



**FOR IMMEDIATE RELEASE**

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**Long-time Melrose Resident and Mystic Valley Elder Services  
Consumer Turns 100**

**(Melrose, MA)**— Ruth “Ruthie” Doucette, a long-resident of Melrose—nearly 90 years—and current resident of the McCarthy House in Melrose, recently turned 100 years old.

Betsy Kantt, the Mystic Valley Elder Services (MVES) Resident Services Coordinator (RSC) for the McCarthy House, and the Melrose Housing Authority, worked together to plan a special celebration for Ruthie’s special birthday. More than 50 friends, family and fellow residents were at hand to wish Ruthie a special happy birthday.

As a resident of the McCarthy House, Ruthie is part of the Supportive Housing Program, a partnership between MVES and the housing authority of Melrose. The Program provides on-site services to residents living in the building. Ruthie currently receives homemaking, laundry and Lifeline services through MVES, and she also attends the meal site twice a week in which the meals are provided by MVES. Included in the program is a RSC who works at the apartment building and makes sure that the services offered fit the needs and desires of the residents.

Ruthie is one of the seven children of James and Lillian Maguire, who permanently moved to Melrose from Woburn in 1930. Marriage, children and grandchildren soon followed Ruthie as the year’s passed. Her family will tell you that if you need to know anything about the history of Melrose, Ruthie is the one to ask.

**-30-**

*Located in Malden, Mass., Mystic Valley Elder Services is a non-profit agency that provides essential home- and community-based care and resources to elders, adults living with disabilities, and caregivers who reside in Chelsea, Everett, Malden, Medford, Melrose, North Reading, Reading, Revere, Stoneham, Wakefield and Winthrop. Agency services include coordination of home care, transportation, Meals on Wheels, and information and referrals. For more information, please call (781) 324-7705 or visit [www.mves.org](http://www.mves.org).*



*Mystic Valley Elder Services and the Melrose Housing Authority together threw a 100<sup>th</sup> birthday celebration for long-time Melrose and current McCarthy House resident Ruth “Ruthie” Doucette (pictured center). Celebrating with her was her brother Tom Maguire, and sister, Anne Maguire O’Brien.*