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Emerson Village
Nursing and Rehabilitation Center



59 Coolidge Hill Road
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Emerson Village Resident Thrives and Embraces Life

Watertown, MA – For Emerson Village Skilled Nursing & Rehabilitation Center resident Theodora Karakouda, every day is filled with new and exciting activities.

Ms. Karakouda has been enjoying a full and active life for over 11 years at Emerson Village. When she first arrived at Emerson Village in January 2000, Karakouda had been unable to walk for two and a half years for reasons unknown to her doctors. After undergoing a multitude of medical tests but receiving no specific diagnosis, Karakouda, 76, was admitted to Emerson Village for rehabilitation.

“I always believed I’d walk again and I can walk just fine now. In fact, I’m told I walk too fast. Getting me to walk again was a concerted effort by so many wonderful people here. I know it was a combination of hard work and prayer that restored my ability to walk,” noted Ms. Karakouda.

These days Ms. Karakouda rises around seven each morning, eats breakfast and then heads outside to tend to the herb garden she helped create. The garden, which is located off the first floor patio, has three raised rectangular beds where Ms. Karakouda grows rosemary, sage, basil, spearmint and beet leaves, which she happily shares with her fellow residents.

“After tending to my garden, I go back to my room to sew comforters or work on other sewing projects that I make for my daughter, granddaughter or friends. I’ve been sewing since I was in the eighth grade when I began making my own clothes. I find it very relaxing and I enjoy being creative,” she added.

In addition to gardening and sewing, Ms. Karakouda enjoys participating in as many activities as she can at Emerson Village. “I love to play Scrabble, and Bingo and take part in the spelling bee. It keeps my mind sharp and that’s so important as we age. I enjoy watching movies, especially the comedies, which I find to be very therapeutic. We are very fortunate to have so many recreational opportunities here. We also have musicians and singers who come in to entertain us on a regular basis,” Ms. Karakouda noted.

With the help of Emerson’s Activities Director, Zuzana Armstrong, Ms. Karakouda began a recycling program at Emerson Village. “I help collect paper and plastic and Zuzana takes it to the recycling center. Although it’s a small thing, I feel like I’m doing something good for the community and the environment through the recycling,” she added.

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Outside of the facility, Karakouda has taken yoga classes and has participated in several Senior Olympic walking events at Springfield College and has even won a medal.

When asked how she likes living at Emerson Village, Karakouda responded, “I’m Greek and there are six other residents here who are also of Greek heritage. I enjoy being able to converse with them in my native language. And everyone on the staff is so friendly and encouraging. I feel very fortunate to be here.”