



Nominating Committee Begins Work

The Executive Committee has formed the 2022 Nominating Committee, which will announce its slate of officers and board directors with brief bios in the September newsletter. Voting will take place at the Annual Meeting on Tuesday, October 11. Committee members are Ralph Adler, Mimi Ferrell, Rosalie Gimeno, Maureen Meyer and Marlies Stueart, who will elect one of their number as chair. President Adele Langevin and Executive Director Joyce Wadlington are *ex officio* members.

According to our bylaws, the Nominating Committee is to have two members of the Board of Directors and three from the general membership. The Board can have no fewer than 12 members or more than 20 members.

Directors serve three years and may be renominated for a second consecutive term. After rotating off the board for at least one year, a member may be re-elected to the Board and serve another two terms. Officers include President, Vice-President, Clerk, and Treasurer, who are elected for one year terms and may serve three consecutive terms. They may be re-elected after an interval of at least one year.

Four directors will need to be replaced this fall. As the Committee assembles its slate of candidates, WN members are welcome to suggest their own or other member names up to 15 days before the Annual Meeting. Suggestions should be made in writing to President Adele Langevin.

Happy Return of Annual Dinner Attracts a Big Crowd

Almost 60 members of Wellesley Neighbors descended upon the Heritage in Sherborn at about 5 pm June 21, greeting friends and grouping themselves at tables for six that filled the brick patio. A “partly sunny” day had been predicted, and luckily we got the sunny part—almost too sunny at first, and only a few wise members had worn hats. Then it grew shadier but still warm, and everyone enjoyed dining and talking together until a little after 8 pm. It was a happy event, especially given the much appreciated support of the Needham Bank. See more pictures on page 4.



From the President: Changes Ahead



With credit to Bob Dylan, “*And the times they are a-changing....*” At the June meeting of the Wellesley Neighbors Board of Directors, and following a robust discussion, the Board voted to relinquish the office space at 888 Worcester Street, Wellesley, by October 31, 2022.

The Executive Committee has appointed a “Close the Office Transition Team” to implement this vote. Its members include Teri Lilly, Polly Conlon, Barbara Slavin, Dan Kemp, and Joyce Wadlington, with Linda Griffith also contributing. Past President Catherine Connor has agreed to serve as a kibitzer. Other WN members may be tapped by this committee to assist as well.

Singing the same song but the next verse, there will be some changes on the Board of Directors as several terms end in December, 2022. At that time we will be thanking the following directors who will roll off, having served either one or two three-year terms: Peter Offenhartz, Hank Solomon, Barbara Slavin, and Stu Zerner. Please see the article on the Nominating Committee on page 1 and consider making recommendations of WN members for election to the Board. The Nominating Committee will be making recommendations to fill these four positions at the Annual Meeting in October.

Please note that this newsletter combines July and August. Enjoy your summer, local tomatoes, and corn on the cob!
Adele

A friend we will miss: Robert W. Ferrell, December 2, 1940, to June 16, 2022. A notice was emailed to members on June 20, 2022, and an obituary will follow with details of a fall memorial service.

From the Executive Director: Summertime

I look forward to summer as I value the longer, warmer days when I can come out of hibernation and spend a lot of time outdoors. I enjoy taking walks around the neighborhood, watching the sun set later in the day, and most of all sitting on the deck reading favorite authors and poets.



Robert Louis Stevenson expressed a child’s thoughts about summer in the poem “Bed at Night:

Joyce

In winter I get up at night
And dress by yellow candle-light.
In summer, quite the other way,
I have to go to bed by day.
I have to go to bed and see
The birds still hopping on the tree,
Or hear the grown-up people’s feet
Still going past me in the street.
And does it not seem hard to you,
When all the sky is clear and blue,
And I should like so much to play,
To have to go to bed by day?



June Service and Support

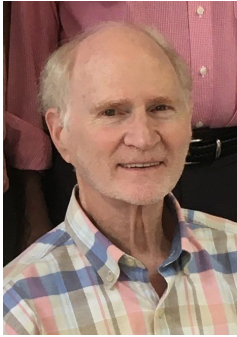
Service requests: 2 (carpenter, gardening assistance)

Support Requests: 24 (rides)

To request service or support, call Joyce at 781-283-0417, ext. 1.



How Covid-19 Gave Birth to a Book



As the saying goes, “It’s an ill wind that blows no good,” and even Covid brought us some good things—like better handwashing and Zoom. Even the months of confinement could be a gift, providing time for special projects (if one could find the motivation).

For Jerry Gans, who co-chairs the WN Health and Wellbeing Committee, the project was a book. A recently retired psychiatrist/psychotherapist, he shared his experience in *Addressing Challenging Moments in Psychotherapy*, subtitled *Clinical wisdom for working with individuals, groups and couples*.

Dedicated to his wife Nancy (“my very best editor”), it’s a slim book, written mainly for therapists and psychotherapy supervisors. However, it’s interesting also for lay readers, particularly those who have spent any time in therapy or counseling and may be curious about the process.

Unlike most physician authors, Jerry has the writerly advantage of having majored in English literature as an undergraduate. It’s also a therapeutic advantage. “I employ with clients a wide number of literary devices such as irony, paradox, exaggeration, indirection,

surprise and humor,” he explains in the introduction to his book.

Of course, such devices must be used only when the patient is ready to take them in a useful way. For example, a rambling patient must already have recognized his penchant for vagueness as camouflage when the therapist playfully responds, “Could you be a little more *vague*?”

The book has 21 very short chapters on what Jerry has learned from two major groups of people: his patients (in individual and group or couple therapy) and the many young therapists he has supervised over the years. A sample of chapter subheadings shows how his insights serve not only therapist and patient but all of us, every day, as we relate to others:

The way I am with you partly determines the way you are with me.

Many natural reactions are not helpful, and many helpful reactions do not come naturally.

In most cases, people are doing the best they can. If you don’t think so, you probably don’t have enough information or do not fully understand the information you do have.
L.P.

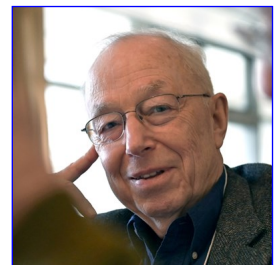
Dan Kemp’s Tips for Better Hearing on your Smartphone

If you have trouble hearing cellphone calls, you may wonder whether the problem is age-related hearing impairment or the cell phone itself. To find out, start with the obvious: It’s easy to turn down the volume by accident, so check the buttons on the side of the phone to make sure the volume is turned up.

When the problem is your phone. If you have no trouble hearing music or podcasts on your phone, then your carrier’s coverage may be suspect. The main carriers (Verizon, T-Mobile, and AT&T) claim great MetroWest coverage, but they have weak and dead zones. Check your signal strength. Five, four, three, or even two bars are adequate, but one bar will likely mean dropped calls and sub-par audio. You can try another carrier, but it might have the same dead zones.

You may be able work around bad cell reception by using *Wi-Fi calling*, which both iPhone and Android

smartphones support. *Wi-Fi calling* uses an internet connection to carry your telephone conversation when the regular cell network signal is weak, and switching between Wi-Fi and cellular happens automatically.



But before you can use it, you must turn on *Wi-Fi calling* on your smartphone. (On my iPhone, it’s in Settings under Cellular.) You must also have your phone connected to your local Wi-Fi network. Finally, you must provide your address in emergencies, as a 911 call over Wi-Fi does not automatically reveal the caller’s location. Once you set up *Wi-Fi calling*, it should work wherever you can establish an internet connection.

continued on page 4

Happenings: Heritage Dinner...thanks to a generous grant from Needham Bank



Above, L to R, Harriet Goldin, Susan McCraw, Gloria Rose, Paula and Allen Mitchell; below, L to R, Ralph Wagner, Ann Swanson, Audrey Wagner, Jean Berry, Adele Langevin, and Louise Grossman. Insets below, L to R, Arnold Sacks and Joyce Wadlington, Shirley Shih and Sally Bradford-LaRhetta.

Photos by Mickey Goldin, Lucy Phillips, and Joyce Wadlington.



Above left, President Adele Langevin speaks over party noise to welcome the crowd; above right, Past Presidents Margot Lansing and Janet Giele; near left, Ann Swanson and Hank Solomon at the wine bar.



SMARTPHONE TIPS *continued from page 3*

When the problem is your hearing. Try in-ear “ear buds” if they came with your phone, but many over a certain age, including me, find them awkward. On-ear or over-the-ear headphones plugged into your smartphone can work better. Ranging from cheap to ridiculously expensive, headphones use both ears, not just one, and provide amplification. I’ll mention two that I have used. **Sony MDR-ZX110 in-ear headphones**, about \$10 on Amazon, are nicely padded and can be folded into a relatively small package. If you’re bothered by external noise (passing traffic, leaf blowers, a blaring television), try **Sony MDR-7506 over-the-ear studio headphones** at

about \$86. Studio headphones from other vendors may cost as little as half as much.

You can get *wireless* headphones from about \$40. These require a Bluetooth connection between your headphones and your smartphone, which is easy but not intuitive to set up. Also, wireless headphones must be charged every few days.

By the way, all the above solutions require you to speak into your phone’s microphone, but for a few dollars more you can get headphones with a *built-in* microphone so you need not handle your phone at all.

D.K.



JULY Events/Group Meetings

NOTE: Those on Zoom are labeled (Z)

Fri. July 1, 3 pm--Afternoon Tea (Z)
Wed. July 6, 5:30 pm--Women's Night Out, Papa Razzi
Thu. July 7, 12:30 pm--Men's Lunch (Z)
Thu. July 7, 3 pm--New Yorker Group II (Z)
Sun. July 10, 4 pm--T-CAN, new Downton Abbey film
Sun. July 10, 6:30 pm--Dinner, location TBD
Tue. July 12, 4 pm--Discussion of Mint Theater's streaming of Conflict
Wed. July 13, 2 pm--New Yorker Group I (Z)
Thu. July 14, 1:00 pm--Lunch at Ken's Steakhouse
Fri. July 15, 4:30-6:30 pm--Cocktails with music* and refreshments; reservations limited to 20 (rain date 7/22)
Mon. July 18, 3:30 pm--TED Talk re: life beyond Earth (Z)
Wed. July 20, 5 pm--Dinner at Wellesley Tavern
Thu. July 21, 1 pm--Short Story Group, location TBD
Fri. July 22, 4:30-6:30 pm--Rain Date for July 15 Event
Wed. July 27, 6:30 pm--Wellesley Town Concert and Ice Cream
Fri. July 29, 5pm--Cocktail Hour (Z)

***Early music provided by WN members Janet King, Barbara Offenhartz and Lucy Phillips**

AUGUST Events**

Wed. Aug. 3, 5:30 pm--Women's Night Out, Papa Razzi
Thu. Aug. 4, 12:30 pm--Men's Lunch (Z)
Thu. Aug. 4, 3 pm--New Yorker Group II (Z)
Fri. Aug. 5, 3 pm--Afternoon Tea (Z)
Sun. Aug. 7, 2 pm--Pippin, a Musical by the Reagle Players, Waltham
Wed. Aug. 10, 2 pm--New Yorker Group I (Z)
Thu. Aug. 18, 10:30 am--Fruitlands Museum and Lunch
Fri. Aug. 19, 5 pm - Cocktail Hour (Z)
Mon. Aug. 22, 3:30 pm--TED Talk: "What a nun can teach a scientist about ecology"

****Watch for weekly email blasts, in case additional events are organized for August.**

JULY 2022

Sun	Mo	Tue	Wed	Thu	Fri	Sat
					1 •	2
3	4	5	6 •	7 •	8	9
10 •	11	12 •	13 •	14 •	15 •	16
17	18 •	19	20 •	21 •	22 •	23
24	25	26	27 •	28	29 •	30
31						

AUGUST 2022

Sun	Mon	Tue	Wed	Thu	Fri	Sat
	1	2	3 •	4 •	5 •	6
7 •	8	9	10 •	11	12	13
14	15	16	17	18 •	19 •	20
21	22 •	23	24	25	26	27
28	29	30	31			

**Please note: our next issue
will be September. See you in
the fall!**

Wellesley Neighbors
888 Worcester Street Suite 260
Wellesley, MA 02482

July / August Newsletter

«Name»

«Street» «Addr 2»

«Town, State, Zip»

Board of Directors 2022

OFFICERS

Adele Langevin, President
Liz von Kessler, Vice President
Catherine Connor, Past President
Lucy Phillips, Clerk
Richard Lansing, Treasurer

DIRECTORS

Polly Conlon	Margot Lansing
Lee Delph	Teri Ann Lilly
Jerry Gans	Peter Offenhartz
Janet Giele	Barbara Slavin
Rosalie Gimeno	Hank Solomon
Marcia Goldsmith	Marlies Stueart
Linda Griffith	Susan Taylor
Dan Kemp	Stuart Zerner