

Wellesley Neighbors Dover Natick Needham Wellesley Weston

Newsletter

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April 2023

Cancer, One-Eyed Sheep, and Bitter Lessons Learned While Developing a New Drug Ervin Epstein, MD, 3-4 pm Wednesday, April 19, 2023, on Zoom

Dr. Ervin Epstein is a clinical professor of dermatology at the University of California, San Francisco. He's spent more than 50 years in private practice while also serving 45 years as principal investigator in an NIH-supported laboratory. A former president of the Society of Investigative Dermatology, he is co-founder of PellePharm, Inc.

Dr. Epstein's lab focused for decades on identifying the site of the mutations that cause rare inherited diseases of the skin, especially basal cell carcinoma. Although amazing oral drugs have been developed to treat this cancer, their side effects are often prohibitive. Dr. Epstein will describe how his company developed a topical version of a drug that is much safer. In talking about his 30-year labor of love to elucidate the offending gene and develop this new product, Dr. Epstein will address several interesting questions: Why is it so risky to develop new drugs? Why are

they so very, very expensive? and Why don't we have more targeted drugs that really work?







L to R: Fred Mandell (selfportrait); Dori Mintzer; Bruce Frankel.

Remember to Register on the Wellesley Free Library Website for Three FREE Lectures, 7-8 pm, Wakelin Room: April 12, Fred Mandell, "Purpose and the Four Dimensions of Life Change"...April 19, Dori Mintzer, "The Couple's Retirement Puzzle"... May 10, Bruce Frankel, "What Should I Do With The Rest of My Life?" Sponsored by Friends of the WFL, this series is presented by WN in partnership with the Wellesley COA. Special thanks to Hank Solomon!

Beyond Laughter Through Tears: A Short History of Jewish Humor Rabbi Moshe Waldoks, Monday, April 24, 7:30 pm on Zoom



Reb Moshe is the Founding Rabbi of Temple Zion (TBZ), an independent congregation in Brookline, Massachusetts. The child of Holocaust survivors, raised with a sense of memory and hope, Reb Moshe was educated in a yeshiva in New York City. He earned an undergraduate degree focusing on the history of Jewish thought at the Hebrew University in Jerusalem, then a doctorate in Jewish intellectual history at Brandeis University.

After co-editing The Big Book of Jewish Humor and producing 200 episodes of Aleph (the first Jewish cable television series in the Boston pre-internet era), Reb Moshe came to TBZ in 1998. In 2008 he was one of Newsweek's top 25 pulpit rabbis in the U.S. He has engaged in 50 years

of interfaith activism and bridge-building. As an example, he helped to convene the first Jewish-Tibetan Dialogue with the Dalai Lama, first in the New York area (1989) then at Dharamsala, India (1990), the seat of the Tibetan government in exile. Today he is active in Jewish-Muslim affairs. Reb Moshe and his wife Anne Pomerantz Waldoks, a clinical psychologist, are the parents of three daughters and have two grandchildren.

From the President: April Showers Bring May Flowers



"And where you see clouds upon the hills You soon will see crowds of daffodils..."

Yes, Spring at last! And there are already crowds of daffodils on the campus of Wellesley College. This is the season of renewal in our beautiful physical world as well as our spiritual worlds: Easter, Passover, Ramadan—enduring cycles in our lives.

Wellesley Neighbors is also part of our lives, providing us with opportunities to do interesting and energizing activities--dining, theatre, museums, speakers, discussion groups, music. Working to

share these benefits with others, we have participated in multiple community information sessions and have attracted a number of new members as a result of these outreach efforts. We are continuing to do this—and we need you to do so, too!

Be sure to catch one or all of the lectures we are co-presenting with the Wellesley COA at the Wellesley Free Library on April 12, April 19 and May 10 (see page 1). And tell your friends! Happy Spring.

Adele

March Service and Support



Service requests - 1 (medical alert device)

Support requests—6 (rides)

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



From the Executive Director: To Stay or Go...That is The Question

This past Sunday's Globe article, *Staying Put*, noted that many baby boomers aren't selling their homes and moving. The reasons cited are that home prices are higher and older adults are healthier than in the past. The article caused me to think again about how long I can remain in the house I've enjoyed for over 30 years. I love sitting on my deck in warm weather and use most of the rooms in the house every day. I wonder, however, if I'll continue to be able to climb three flights of stairs and manage the repair and landscape work that's required every year. If I decide to leave or circumstances require it, where will I go? Or, despite encouraging my mother to move to a retirement community, she was adamant that she would remain in her house until she died...and she did.



Will that be my path? These are the things I think about in quiet times. **Joyce**



Welcome to New Member Marvin Dainoff, who grew up in central Pennsylvania and joined the U.S. Navy, which sent him to the University of Rochester. He majored in psychology and, after completing his Navy service, he earned a PhD in cognitive psychology at Rochester. After 40 years of teaching at Miami University in Oxford, Ohio, he joined a research institute at Liberty Mutual Insurance to apply behavioral science to worker safety. Now he's a freelance consultant in ergonomics, which makes the workplace more user-friendly. He enjoys three children, two grandchildren, reading and music, mostly classical and jazz.

Newsletter staff: Mickey Goldin, Marcia Goldsmith, Curt Martin, Lucy Phillips, Ann Swanson

MORE Members Who Volunteer Beyond WN

Once a week Cynthia Hunt drives out Route 135 to Framingham, as if heading for the long-gone Fabric Place. Just as the old brick Dennison factory looms on her right, she turns left and drives about a mile to the Harmony Grove School (formerly named after Woodrow Wilson).

For the next couple of hours, she serves as a teacher's aide, reading with two secondgraders at a time.

No teaching background is required, just experience with children—and Cynthia is a retired pediatrician who raised a daughter. "The school really needs more volunteers, and different teachers use the help in different ways. You set your own time."

Harmony Grove is part of the Framingham public school system. Many students are from Brazil and don't have much means or much English. "Also, they enter the school at all times of year," Cynthia says. "It's quite a job for the teachers—and for the kids. It would be great if we could get more help."

She started helping the school a few years ago, stopped for Covid, and is glad the program has resumed this year. For more detail and a referral to the school's volunteer coordinator, contact Cynthia at 781 237-5215 or ckbhunt@gmail.com.

Another place that welcomes volunteers is Wellesley Friendly Aid (WFA), where **Deb Cogill** has volunteered for several years. In 2017 she agreed to be president "because WFA really, really does deep-down good work." Programs serve every possible age group, from Friendship Circle (for senior women) to Wellesley Connects (developed by Margot Lansing and a friend to help high school kids prepare for college) to something for tweens and pre-K children (both in planning stages).

The WFA is more than 125 years old and relies entirely on local donations . Its property at 219 Washington Street includes The Annex (formerly the Wellesley Community Center), where current renters include the Wellesley Theater Project and the WHS Launch Program.

Deb is happy to talk with potential volunteers. Right now, she particularly needs someone with "hard skills" to be assistant treasurer or assistant house manager. Deb would be glad to discuss the volunteer opportunities for

anyone who is interested. Contact her at 781-235-4696 or cogilld@yahoo.com.

Many members have volunteered at museums, and Polly Conlon still does. She's been volunteering at the Isabella

> Stewart Gardner Museum for twelve years - seven as a "museum teacher" (docent) and the last five as "volunteer." She's often a "program greeter" who gets free admission to Gardner events while welcoming people and answering questions.

"I just love being there and the programs are wonderful," she says. "I meet so many interesting people." The last performer was a violinist who had a long blond braid and wore a flowing blue and yellow dress, like the Ukranian flag. "She looked like a young girl but was older than most of our performers," Polly says. "Of course they all look very young to me!"

She also notices increasing diversity at the Gardner, particularly the many Asian visitors. American museums are committed now to the drive for DEAI: diversity, equity, access and inclusion—in

both their visitors and volunteers. There is less focus on the traditionally white majority as they encourage more

varied age groups and ethnicities. **Linda Griffith** has given time to WFA, where she organized a 110th anniversary celebration, but her current focus is the Wellesley Historical Society. It's run by a large board of people who all commit to volunteering in various ways, so there's little need for additional helpers right now. Lately Linda has worked on the committee that coordinates events that range from the annual beer fest to formal dances. She expects that soon the WHS will



Polly Conlon, former docent, recently guided WN members around the Gardner Museum.



Linda Griffith



finally move into its new home—Standish House—on

Washington Street in Wellesley Hills. L.P.

Deb Cogill



Cynthia Hunt

Tech Tip from Dan Kemp: Detecting an Email Scam

A friend recently forwarded to me an email that she feared was a scam, asking for my opinion. It pretended to be from Microsoft and displayed the Microsoft logo; it said her email account had been suspended and told her to click on a link to "Revalidate" her contact information so that service could be restored.

This email had several indicators of a scam. 1) The sender's address was unusually formatted, with many dashes--probably to avoid algorithms that would flag the message as junk. 2) The address in the **From** field was not Microsoft (but see CAUTION below). 3) The sender claims that the recipient must take some action NOW to restore her service. 4) The link implies that she needs to input data that a legitimate sender would already have.

CAUTION: Fraudulent senders can "spoof" a return address so that the name of a legitimate company

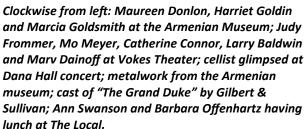
appears in the **From** line of an email. In my Apple email you can reveal the real sending address by clicking on a small down arrow next to the name in the **From** field. You will often find the name of some person or company other than the purported sender. (Don't be fooled by the presence of logos or other material that makes an email look official. These can easily be copied from the real company's web site.)

In general, don't click on any link in any email that is not from a friend or small organization like Wellesley Neighbors. However, one legitimate use of a "Validate" link occurs when you have just used your email address to sign up for some new service. In such cases, the new service will **immediately** send a message to your email address to confirm that it is a validated address. **D.K.**

Happenings

















APRIL Events/Interest Group Meetings

Notes: Events on Zoom are marked (Z) Watch weekly blasts for new information!

Sun. April 2, 4 pm - TCAN, Natick, Cecil B. DeMille, *Ten Commandments*

Wed. April 5, 5:30 pm - Women's Night Out, Papa Razzi, Wellesley

Thu. April 6, 12:30 pm—Men's Lunch

Thu. April 6, 2 pm - New Yorker II at Nouvelle Conference Rm, Natick

Tue. April 11 or 14, 4 pm - Possible TED Talk (Z)

Wed. April 12, 2 pm – New Yorker I (Z)

Thu. April 13, 1 pm - Lunch at Seasons 52, Chestnut Hill

Tue. April 18, 10 am—Tour of Historical Piano Study Center, Ashburnham MA, and lunch

Thu. April 20, 1 pm - Short Story Group (Z)

Fri. April 21, 5 pm - Cocktail Hour: Adele and Fred's trip to Egypt and Jordan (Z)

Tue. April 25, 1 pm - Lunch at Bernard's, Chestnut Hill Thu. April 27, 1 pm - Vintage Tea & Cake Co., Lexington

EARLY MAY Events/Interest Group Meetings

Wed, May 3, 5:30 pm - Women's Night Out, Papa Razzi, Wellesley

Thu. May 4, 12:30 pm - Men's Lunch

Thu. May 4, 2 pm – New Yorker II, Nouvelle Conference Rm, Natick

Fri. May 5, 3 pm - Afternoon Tea (Z)

Tue. May 9, 5:30 pm - Dinner at The Farmhouse, Needham

Thu. May 10, 2 pm – New Yorker I (Z)



April 2023

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Helpful Tips from CCRC Speaker

Eleanor Castleman, who spoke in January about finding and moving to a retirement community, has provided information that you may want to save for future reference:

Her move manager was Marie LeBlanc at <u>Transitionsliquidation.com</u> or 617-513-0433.

Handling consignment sales was Jon Golden at https://www.tablestoteapots.com/ or 617-312-2770.

Receiver of used books was "More Than Words" at https://shop.mtwyouth.org/
pages/donate-books-and-clothes

In addition, most CCRC's have a list of vendors they recommend to people moving in.

«Name»
«Street» «Addr 2»
«Town, State, Zip»

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Wellesley Neighbors

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