



Two Health Support Committee Speakers: January 6 and 14



On Wednesday, January 6, at 3-4:30 pm, Cathy Spear (near left) will give a Zoom talk on strategies to help during these challenging times of COVID-19 when many of our usual coping strategies are not available to us. How can we come up with new ones, and how can we keep our

spirits up, especially as we tolerate shorter and colder days? Cathy is a licensed social worker (LICSW) with a psychotherapy practice in Wellesley.

On Thursday, January 14, at 3-4:30 pm, Ailene Gerhardt, M.A. (far right), will speak via Zoom on “Solo Aging,” with a focus on the available support and the

value of developing a dynamic life plan. Ailene is a former higher education professional whose personal experience with a family member’s medical crisis led her to switch careers. Having earned her Professional Certificate in Consumer Health Advocacy, she is now an Independent Board Certified Patient Advocate and Founder of Beacon Patient Solutions, located in Brookline, MA.

When her Solo Aging talk was offered by an area library, 70 people attended via zoom—at 1:30 pm on a sunny Thursday! She has spoken to many senior citizen groups in this area, including Cambridge Neighbors and Newton at Home.



Curt Martin Speaks January 27, 7:30 pm: Petticoat Whalers

For more than 200 years, American sailing ships roamed the world’s oceans in search of whales and their precious oil. The voyages could be three to five years long and sometimes dangerous. No less than other professions in those decades, whaling was considered men’s work, and sailors’ wives stayed at home—until early in the 19th century, when some captains began to bring their wives along. By the end of the 19th century, as whaling was dying out as an industry, it was common for wives to go to sea with their captain husbands.

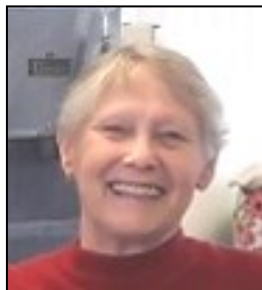
Once at sea, they faced many constraints because of their sex—they were forbidden to engage in any of the work of sailing the ship or hunting whales but had to share all the challenges that beset the crew—storms, illness, poor food, boredom and homesickness. This talk will

examine what it was like for those women who went to sea—“sister sailors” they called each other. What motivated them? What were their living conditions? How did they spend their time? How did they regard the crew, and how did the crew regard them? What constraints and dangers did they face? Did wives bring their children?



A member of Wellesley Neighbors, Curt has been a Wellesley resident since 1979. He earned a BA at Harvard College and a PhD from the Tufts Fletcher School of Law and Diplomacy, and taught International Relations at Merrimack College from 1974 to 2012. The author of two books, Curt has written numerous articles and case studies in international and foreign policy. He has had a lifelong interest in the history of American whaling and has given lectures on whaling for WN and other groups.

From the President: Time? oh, yes...Time



They say...and I think each of us is rather keenly aware...that time goes faster as we age. If that is true, I must be at least 183, time whizzes by me so rapidly. OK, I know that time is not actually passing faster...but certainly our perception of time does, whether that is due to some vagary of age or whether we mark time by how much we accomplish and are slower at each task...well, you get my drift. I am guessing I am not the only one to notice this.

But I have found one thing that pleases me about this seeming rapidity of time. For most of my life, each January...sometimes into February... I had difficulty writing the correct year when I had to write the date. Instead of the numbers of the new year, I would write the numbers of the year just past. For the first few weeks I seemed to be constantly correcting the date. But somewhere in my 60s, this difficulty completely vanished! The years, it seems, were going by as quickly as months, and I never did have trouble switching to a new month. This may seem like too long a stretch to find a silver lining...but I find it fun, so let's hear it for one of the (surprisingly many, when we look for them) good things about aging.

As we enter the new year, we have not only much to be thankful for, but also much to look forward to: The little joys of small things like writing the correct year on a check; the larger joys of having weathered a difficult year safely; and the expectant joys of what the New Year may bring. Even though the joy of travel will likely be put off until toward the end of the year, we are, at least, assured that it will happen. And who knows...maybe being confined to keeping in touch through Zoom meetings and on-line activities will heighten our pleasure when we finally get to meet and enjoy each other's company in person. As a friend recently said, "We will see that each of us has legs! And bodies!" Here's hoping this will happen soon.

Catherine

P.S. Meanwhile, I'll enjoy our Zoom Holiday Lunch on December 29 at 12:15 pm. Hope to see you there!

From the Executive Director: Embracing the Quiet Times

Typically in late December and January we wish each other a Happy New Year. The daily influx of negative news and events, however, can make it difficult to express best wishes. I'll still be spending a lot of time at home seeing family and friends via Zoom, reading books, checking emails, watching TV and Netflix, making occasional trips to the grocery store and CVS, and wearing and washing face masks.

For me the word happy connotes being fortunate. On a positive note, I'm reminded that we survived the past year and will continue to manage the restrictions imposed by the pandemic with grace. We'll take care of ourselves and embrace the quiet times. We'll reach out to each other with support and empathy when emotions run high. We'll find ways to stay engaged when being alone brings sadness. Best of all, we'll look forward to experiencing some happy times in the new year.



Joyce

December Service and Support



Service requests: 1 (house-cleaning)

Support requests: 0

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



New Board Members

Jean Boyle, who served several years on the WN Board of Directors, asked our three newest members to comment on what major issue(s) they see facing the Board in 2021. Their replies follow:



Polly Conlon: "I've enjoyed belonging to Wellesley Neighbors for the last year and a half and would love to help us recover from the impact of the virus, particularly regarding membership numbers. It's such a companionable group—more people need to learn about it." Polly is a Massachusetts native and has lived in Wellesley for 20 years. She is a retired librarian, having worked in secondary schools and public libraries in Massachusetts and Virginia. She enjoys classical music, opera and theater, and has been a volunteer at the Isabella Stewart Gardner Museum for the last decade.



Rosalie Gimeno: "Wellesley Neighbors has adapted to meet the changing needs of its members during the pandemic. I'd like to collaborate in the design of a productive transition to a post-pandemic world. As the 'new normal' emerges over the next few years, our organization has time to evaluate its operations, mission and goals, as well as its strategies and programs in order to make them current and aligned." Rosalie earned a PhD from Case Western Reserve University with a focus on Spanish language, literature and culture. Until now she has divided her time between Wellesley and Madrid, Spain.



Linda Griffith: "I am looking forward to being a member of the WN Board. When I first became a WN member I joined the Museum Committee, and I recently joined the Membership Committee. Based on my 42-year career in marketing communications and sales for AT&T, Verizon and Lucent Technologies, I hope to support marketing and development efforts for Wellesley Neighbors, leveraging any expertise I have in growing and retaining the membership and the value this organization brings to us all." Linda enjoys her beach house in Rhode Island, as well as travel, books and museums.

Watch Out For The Winter Blues

Winter 2021 is even less welcome than most years. In a recent *New York Times* article, Jane Brody warned against the "double whammy" of winter blues and the epidemic. For WN member Bob Ferrell, a geriatric psychiatrist, these factors plus political unrest create a "perfect storm" for seasonal affective disorder (SAD).

Studies show that a significant percentage of people are susceptible to SAD. The Brody article said that it tends to depart with winter, but that many cases lingered in 2020. Except for its seasonal pattern, SAD is similar to clinical depression in symptoms like pervasive sadness, fatigue, poor concentration, sleeping too much (or too little), eating too much (or too little), or finding less pleasure in usually pleasurable things.

Forewarned is forearmed, so here are some anti-SAD measures from Jane Brody and Bob Ferrell. Make a schedule for the day, even if there's little to do. Get outside in the sunlight, even if only to sit on your porch or

take a brisk walk. Notice everything around you; look for sources of beauty or joy; whatever you've enjoyed in the past, seek more of it—music, bridge, books, whatever. Bring joy to yourself and others by calling family or friends. (They too may need a chat!)

What about therapy? The Brody article was paired with one titled, "You're Not Too Old to Talk to Someone." Some older people feel they should just "pull themselves together," and some practitioners doubt that older people can change. But the article quoted studies that show older people can respond as well as anyone.

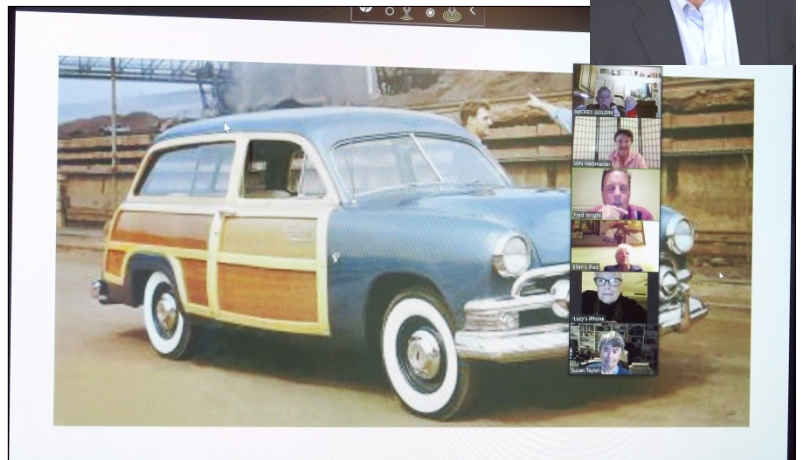
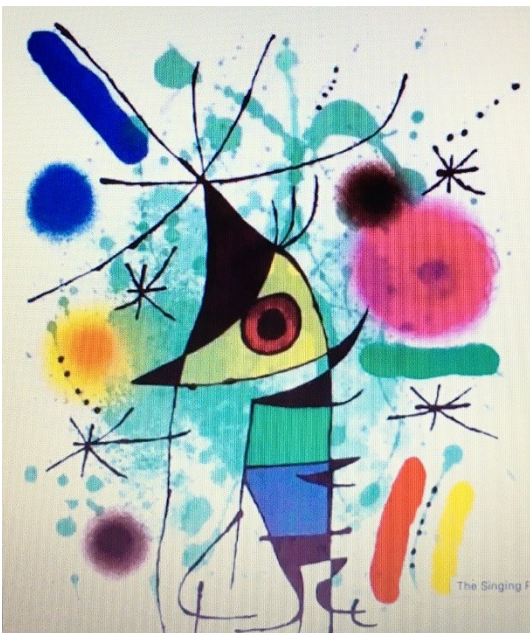
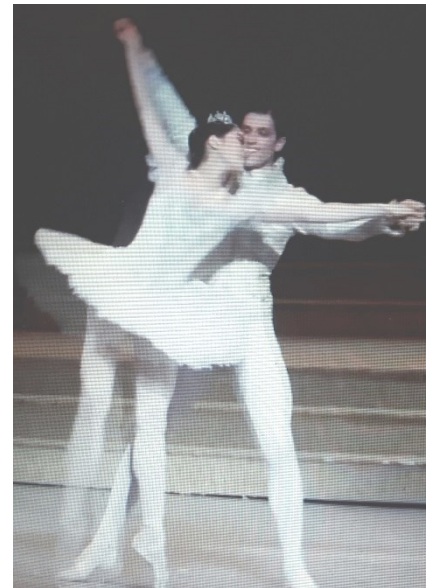
In fact, one physician said that older patients who seek therapy often benefit more than young patients. "They are more reflective," she said. "They want to resolve something and feel they don't have time to lose." Bob adds that talking to a therapist can open people up to the kind of "self-talk" that can ultimately bring them a new perspective and improved outlook on life. **L.P.**

Happenings



Our members are generously sharing their interests and expertise on Zoom. Clockwise from upper left, life-long dancer Mimi Ferrell treated a big crowd to her impressions of several ballets, including Eugene Onegin. Fred Wright gave us a glimpse of the 50s and 60s: the cars, drive-ins and architecture; and

Rosalie Gimeno (shown on page 3) gave another talk on Spanish culture, this time about the Catalan artist Joan Miro and paintings like "The Singing Fish" (lower left). In her audience were Harriet Goldin and Mickey, who is rarely seen in photos because he's too busy taking them.





January Zoom Events

Fri. Jan. 1—HAPPY NEW YEAR!

Wed. Jan. 6, 3-4:30 pm—Speaker Cathy Spear (see page 1)

Wed. Jan. 6, 5:30 pm—Women's Night Out (In)

Thu. Jan. 7, 12:30 pm—Men's Lunch

Fri. Jan. 8, 5 pm—Cocktail Hour

Tue. Jan. 12, 3:30 pm—BBC, Wyeth's World

Thu. Jan. 14, 3-4:30 pm—Speaker Ailene Gerhardt (see page 1)

Fri. Jan. 15, 3 pm—Afternoon Tea

Fri. Jan. 22, 5 pm—Cocktail Hour

Wed. Jan. 27, 7:30 pm—Speaker Curt Martin (see page 1)

Thu. Jan. 28, 2 pm—Oral Histories of Local War Veterans

Fri. Jan. 29, 3 pm—Afternoon Tea

Early February Events

Wed. Feb. 3, 5:30 pm—Women's Night Out (In)

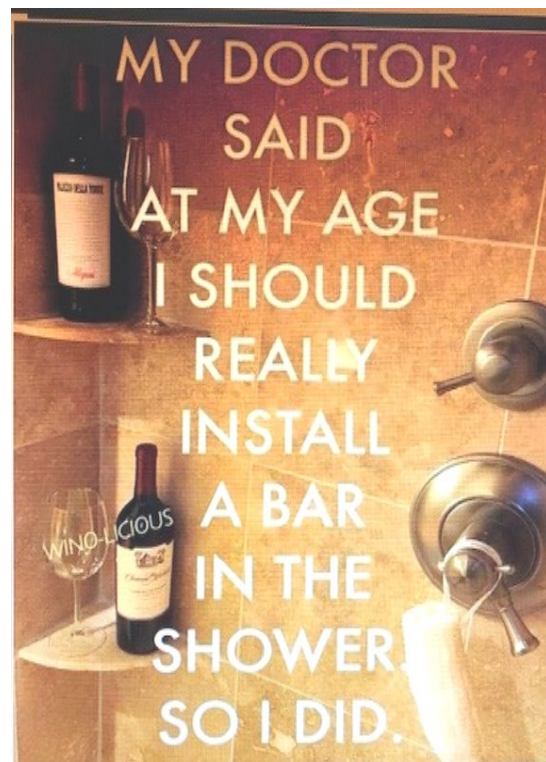
Thu. Feb. 4, 12:30 pm—Men's Lunch

Fri. Feb. 5, 5 pm—Cocktail Hour

January 2021

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At a recent cocktail hour, Maureen Donlon showed us how to make non-alcoholic cocktails. At left is the "Strawberry-tini," made as follows (for three to four drinks):

In a blender, mix 3 C water with 1 packet Crystal Light strawberry drink mix. Add 1/2 C ginger ale (or tonic or seltzer) and 1 and 1/2 C frozen strawberries (partially thawed). Add ice and pour into martini glasses or reasonable facsimile.

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«Name»

January Newsletter

Wellesley Neighbors
888 Worcester Street Suite 260
Wellesley, MA 02482

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