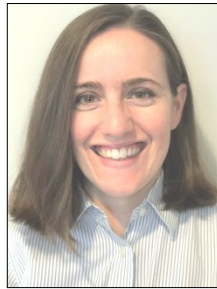




Health Support Speaker: Medicare Supplemental Insurance Wednesday, June 15, 3-4:30 pm on Zoom

Do you feel that your Medicare plan is not meeting your needs? Do you feel that you are paying too much for too little coverage? In this presentation, Michelle Gucciardi, LICSW, will go into detail on our options to supplement Medicare--from Medicare Advantage plans to Medigaps with separate drug coverage. Learn about all the factors to consider, such as cost, provider networks, and overseas coverage.



Michelle Gucciardi is the Assistant Program Coordinator for the MetroWest SHINE program. She became a certified SHINE counselor in 2017 when she was working at the Council on Aging in Weston. (In case you wondered, SHINE is an acronym for Serving Health Insurance Needs of Elders.) Michelle has an MSW in geriatric social work from the University of Michigan as well as an MS in Administrative Studies from Boston College.

From Turnpike to Ted Williams: The History of Route 9 in Natick Local Historian Terri Evans, Wednesday, June 23, 7:30 pm on Zoom

We think of Route 9 today as a regional shopping mecca, but its history as a highway and business enterprise goes back more than 200 years. In this presentation, local historian Terri Evans shares stories of Route 9's role in Natick history, from the location of the town's first post offices and the brief life of its only airport to the rise of retail following the



second world war. Natick resident Terri Evans serves on her town's planning board and the board of the Natick Historical Society, through which she gives walking tours of South Natick. She's also a longstanding volunteer with the Friends of the Morse Institute Library. Farther afield, she shares stories of Boston's architectural history as a guide with Boston By Foot.

More Tech Assistance for WN Members

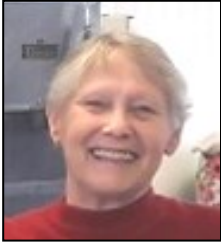
During the pandemic, most of us spent more time online: shopping, Zooming, and locating our Covid-19 vaccination. Many of us became more comfortable with technology, but many still need help—and all of us can learn more about our various devices. To address this issue—and to support the (very busy) Technology Committee—a new program with two components is being launched by Teri Lilly and others. She stresses that both involve WN members helping each other.

A **team of tech assistants** will respond to requests for help with technology problems. Team members need not be “gurus” but simply proficient enough to help others by phone, email or home visits. Polly Conlon and Lucy Phillips have volunteered and need others to join them. To learn more, call Lucy at 508 934-6497.

Tech-assist groups (TAGs) will be organized to focus on a particular device or app so members can share questions, tips, and frustrations (!) over a cup of tea or coffee. A group might be formed for iPads or PCs--or for those wanting to know their cell phones better. TAGs are meant to be a fun and flexible way to help each other to develop feelings of pride and competency. The leader of a newly-formed pilot group is inviting members who use Apple watches to meet on her lovely lawn and sip wine while sharing knowledge.

“We are now looking for more TAG leaders—that is, people knowledgeable about a particular device who are willing to organize a group,” says Teri. “All inquiries are welcome!” Please call Teri at 508 733-9538 if you would like to be a TAG leader or participant. **L.P.**

From the President: Cicadas and Rainbows



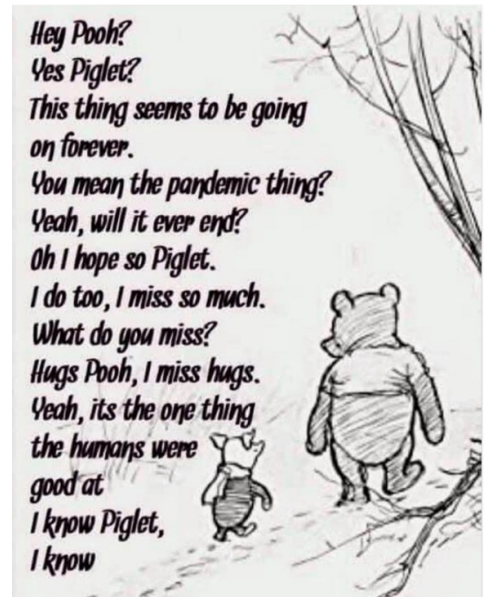
Early one evening I was sitting here musing about the one-year cicadas that are capturing headlines... It was that magical time when the sun is not quite down and the sunlight tips the tree tops in gold...emphasized that night by dark clouds lower in the sky. It was certainly enough beauty in and of itself, and then my phone rang. "Are you watching the rainbow?" my neighbor asked. "Look toward the garden!"

Just a turn of my head, and the magic sparkled. What is it that makes a rainbow magical? That's surely not a question anyone can answer, but I think we all feel a little of that magic when that great arch lights up our sky.

But the dark is deepening, and the rainbow fading, and I am back to my musings on cicadas, their emergence and clamor. Has anyone else thought of the parallels between these creatures with their large eyes, emerging to trumpet their existence to the world, and our own emergence from months of isolation--bursting into each others' presence, bug-eyed at finding how much we enjoy being within each others' reach? Talking and laughing together, seeing entire faces (and legs!) and maybe even getting hugs.

I hope you are enjoying the close proximity of others who have had their shots as much as I am, and that at least a figurative rainbow brightens your life in these days of reopening.

Catherine



A Friend We Will Miss: Alan Frommer, December 20, 1935 to May 15, 2021. He and his wife Judy joined Wellesley Neighbors in 2011. A remembrance of his life was emailed to all members on May 17.

From the Executive Director: Negative and Positive Views on Aging

In 2019 the University of Michigan National Poll on Healthy Aging asked 2,000 adults aged 50–80 about their experiences with ageism, positive views on aging, and health. It examined exposure to ageist messages in the media and internet; ageism in interpersonal interactions; and internalized ageism (personally held ageist beliefs). Overall, 82% of older adults reported regularly experiencing at least one form of ageism. Two in three (65%) reported exposure to ageist messages in their daily lives. Nearly half (45%) had experienced ageism in interpersonal interactions, for example, the assumption by others that older people have difficulty using technology (22%), hearing and/or seeing (17%), or remembering and/or understanding (17%). In addition, 36% of adults age 50–80 endorsed at least one form of internalized ageism based on their agreement that feeling lonely (29%) or depressed, sad, or worried (26%) are a normal part of getting older. On the positive side, 88% felt more comfortable being themselves as they became older; 80% felt a strong sense of purpose; (67%) felt more positive about aging, and 65% think their life is better than they expected it would be.

Joyce



May Service and Support

Service requests--2 (1 gutter cleaning, 1 exterior painter)

Support requests—2 (rides)

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



Phishing and Other Scamming Techniques

Phishing is a sneaky kind of fishing: the fraudulent practice of using telephone, texting, email or pop-up ads to induce people to reveal personal information such as passwords and credit card numbers. It can result in identity theft or plain old-fashioned money theft. Phishing is growing threat, always taking new forms, and older people are a favorite prey.

The April AARP *Bulletin* ran a long story about these and other scammers. “Robocall technology has made it shockingly cheap and easy for fraudsters to call millions of homes,” it said. Texts, emails and pop-up ads are likewise cheap.

Scammers often pretend to represent a reputable company. I recently received phony texts and emails from Verizon and Microsoft, warning of a problem with my account. Both came again and again but finally stopped. It’s hard to ignore such messages, especially at first, but as they went on, their very persistence made them suspect. Also, they contained mistakes in spelling or grammar (they largely come from foreign countries, mainly India and Nigeria).

I also got phony calls wanting to “verify my Medicare ID number.” I picked up the first one, then couldn’t get rid of the guy! He even called back when I’d hung up—over a period of days—and his supervisor pitched in! But eventually they went away.

According to the AARP article, anyone can be scammed if the conditions are right. The key is to give yourself time to think. **Start by not answering the phone** if you

have caller ID and don’t recognize the number. **Let strangers leave messages** that you can process at your own speed. If they claim to be from the government or a business, warning you of a problem, **hang up or delete**. (Big organizations rarely approach problems this way.)

Similarly, don’t respond to pop-up ads on your computer. If you have trouble deleting one, hold your power key down five seconds to shut off your computer. Wait a few seconds, then restart.

If you find yourself on a suspicious call, know that scammers pressure people into making snap decisions. They often warn you not to tell others about the situation. And they want cash or gift cards, not credit cards. These are all clues to **HANG UP!** However, scammers are trained to seem solicitous, even flattering, while never giving up. They take advantage of our desire to “discuss things reasonably” and avoid being “rude.” (If reluctant to “just hang up,” ask the caller to supply the information as a written letter through the mail—and then quickly say good-bye and hang up.)

Most important, according to AARP, “Never allow anyone remote access to your home computer, and don’t download software unless you are absolutely sure it is from a reputable source.”

Finally, if you see a text or email that worries you, call the company it purports to come from. Or get a second opinion by forwarding it to a computer-savvy friend or relative—or our new tech-assist team, described on page one. **L.P.**

Welcome to new member Valerie Foley (below, left), who grew up in Deerfield, Massachusetts. She went to Fisher Junior College, then raised a son and daughter in Framingham with her husband Larry, a clinical psychologist who died in 2020. At age 40 she earned a BA at Framingham State, then worked mainly for the Easter Seals Society and Au Pair Homestay (coordinating between au pairs and families). She and Larry moved to Wellesley some years ago. Her main interests are “grandchildren, gardening and golf,” writing and painting, and walking Hunter, her Shihtzu.

In May, two new WN members attended the first in-person lunches of 2021: Val Foley in pink at Paparazzi and Joan Benzie in green (with Barbara Offenhartz) in the outdoor area of the Heritage, formerly Sherborn Inn.



Happenings

A lot of advance planning goes into our events. In May, Barbara Offenhartz of the Activities Committee took a small scouting party to visit the Stevens Coolidge House and Gardens in North Andover. (From 1914 to 1962, it was the summer home of Helen Stevens Coolidge and her husband, John Gardner Coolidge, a diplomat descended from Thomas Jefferson and a nephew to Isabella Stewart Gardner.) Adele Langevin and Fred Breimyer came along, and Fred took the wonderful pictures on this page—except for the one showing them at the Heritage lunch.



The new Play Reading Group headed by Alison Partridge is growing but needs more readers “with or without experience.” And by the way, scientists have reported that reading out loud is good for your brain health! Call Lucy Phillips at 508 934-6497 for information.

A Note from the Bredens:

We will miss Wellesley Neighbors and the wonderful Activities Committee. We met so many new friends, did a lot of exploring, and ate a lot of good lunches. We are moving close to our daughter in a small town outside of Rochester, NY. We will stay in touch...Stay well and love, Ruth and Wil





June Events and Special Interest Group Meetings

NOTE: All are on Zoom unless a location is indicated

Wed. June 2, 5:30 pm—Women's Night Out, CPK in Wellesley
Thu. June 3, 10 am—Walkers meet at Wellesley Main Library*
Thu. June 3, 12:30—Men's Lunch
Thu. June 3, 2-3:30 pm—New Yorker Group II
Fri. June 4, 3 pm—Afternoon Tea
Tue. June 8, 10 am—Walkers meet near Main Library*
Wed. June 9, 2-3:15 pm—New Yorker Group I
Thu. June 10, 10 am-- Walkers meet near Main Library*
Thu. June 10, 11 am—Boston By Foot Tour/Lunch *rain or shine*
Fri. June 11, 5 pm—Cocktail Hour
Tue. June 15, 10 am-- Walkers meet near Main Library*
Tue. June 15, 3-4:30 pm—Health Support Speaker (see page 1)
Thu. June 17, 10 am--Walkers meet near Main Library*
Thu. June 17, 12 noon—Lunch at Spiga, in Needham**
Thu. June 17, 3 pm—Short Story Group
Fri. June 18, 3 pm—Afternoon Tea
Mon. June 21, 4:45—Dinner at Morse Tavern, Natick, *rain or shine*
Tue. June 22, 10 am-- Walkers meet near Main Library*
Tue. June 22, 4 pm—The Fatal Weakness, play on Zoom
Wed. June 23, 2-3:15 pm—New Yorker Group I
Wed. June 23, 7:30 pm—Speaker Series (see page 1)
Thu. June 24, 10 am-- Walkers meet near Main Library*
Thu. June 24, 1-2:30 pm—Essex River Cruise and lunch at
Woodman's Seafood Restaurant, Essex, *rain or shine*
Fri. June 25, 5 pm—Cocktail Hour
Mon. June 28, 3:30 pm—TED Talk
Tue. June 29, 10 am-- Walkers meet near Main Library*

***On steps to Cameron St. parking lot**

****outdoors if good weather, indoors if not**

Early July Events and Interest Group Meetings

Thu. July 1, 10 am-- Walkers meet near Main Library*
Thu. July 1, 12:30 pm—Men's Lunch
Thu. July 1, 2-3:30 pm—New Yorker Group II
Fri. July 2, 5 pm—Cocktail Hour

June 2021

Su	M	Tu	W	Th	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			



Some Tuesday walkers on the Brook Path: from left, Deb Cogill, Richard Lansing and Nancy Gans. To join the Tuesday or Thursday group, contact Nancy (781-235-2246 or nlfkans@gmail.com). They meet at 10 am near the Wellesley Main Library.

June Newsletter

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

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