



Report on Nominations for 2022

The 2021 Nominating Committee is chaired by Marlies Stueart and includes Jerry Gans, Marcia Goldsmith, Maureen Meyer, and Joel Slocum. President Catherine Connor and Executive Director Joyce Wadlington are ex officio members.

They have prepared a slate of candidates for WN officers and members of the Board of Directors (BOD) on which we'll vote at the **Annual Meeting, October 12, 2021, at 1 pm**. An insert page in this issue provides short candidate bios with photos.

WN officers have one-year terms and can serve no more than three consecutive years. On the slate are **President Adele Langevin, Vice President Liz von Kessler, Clerk**

Lucy Phillips, and Treasurer Richard Lansing. Board members have three-year terms and can serve no more than six consecutive years. The slate includes **Jerry Gans, Janet Giele, Dan Kemp and Susan Taylor**.

As Covid still threatens, the Annual Meeting will be conducted on Zoom. A quorum of 30 percent of the members is required, so plan to be there October 12 and receive a thank you gift TBA.

Please note that our by-laws state that WN members can propose additional candidates, but must do so at least 15 days before the Annual Meeting. Any such additions should be sent to Catherine Connor.

Somewhere There Is Still a Sun: A Memoir of the Holocaust

Michael Gruenbaum

Tuesday, September 28, 2021, 7:30 pm on Zoom

Michael Gruenbaum will join us September 28 for what promises to be a deeply moving and memorable program. He is the author of the critically-acclaimed memoir *Somewhere There Is Still a Sun*, published by Simon & Schuster, now available in 17 languages.

Before he joins us for a Zoom discussion, you are invited to view at your leisure a recently produced video about him at <https://youtu.be/al88ZR6EcMU>. Co-presented by Ancestry and the U.S. Holocaust Memorial Museum, Washington, DC., it tells his inspiring story and shows how preserving Holocaust evidence and researching family trees can deepen our understanding of history.



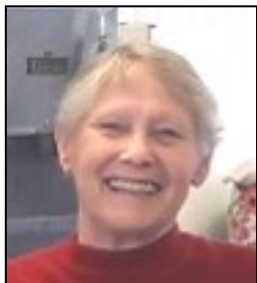
Born in 1930 in Prague, Czechoslovakia, Michael was sent in 1942 to the concentration camp Terezin, or

Theresienstadt, with his mother and sister, and remained there until the end of the war. He immigrated to the United States in 1950 from Cuba, graduated from MIT and Yale, served two years in the Army, and worked for the Boston Redevelopment Authority and Massachusetts Department of Public Works before co-founding a consulting firm.

He was married for 50 years to the late Thelma Gruenbaum, with whom he wrote *Nesarim:*

Child Survivors of Terezin. He has three sons and four grandchildren. Visit him at MichaelGruenbaum.com.

From the President: Chocolate with a Grain of Salt



A friend from Illinois recently sent me the link to a nutritional study that made me absolutely chortle. Did anyone else notice the news stories about chocolate...saying that when consumed within the hour before bedtime, or just after waking in the morning, chocolate led to weight loss and more energy? OH BOY! Furthermore, the caveat of the articles was that all study subjects were post-menopausal women ...and hey, that is the majority of us in WN! Isn't it wonderful that WE are the chosen population? So rare!

Even though I was delighted with these results, my background in science made me look at the details: milk chocolate, eh? I prefer dark. And 100 grams of chocolate right after waking?

Well, maybe before bedtime is the best choice. And me...I am suspicious of any study that has only 19 participants and lasts only two weeks.

The point of this ramble, I guess, is that even though we are reasonable to take with a grain of salt and look closely at the various studies and news stories that bombard us, we can still benefit from the enjoyment of what amuses and pleases us. We can learn from the information, even when we find it suspicious. We can even let it guide our actions sometimes. For example, as I eat my nightly two squares of dark chocolate (which I now take just before bedtime, instead of just after dinner), I no longer feel guilty, but smile and feel virtuous.

Catherine



July/August Service and Support

Service requests--3 (upholsterer, medical alert system, stair lift)

Support requests—5 (1 home healthcare aide, 2 rides, 1 technology, 1 grocery shopping)

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



From the Executive Director: Myths About Aging Debunked

Myths persist about what we'll experience as we age. The following are some assumptions and the ways that we can combat them:

—*Aging brings the end of cognitive development.* In fact, keeping our minds active and learning new skills stimulates our brains.

—*Dementia or memory loss is likely as we age.* Yes, we'll experience some forgetfulness, but remaining active and exploring new interests keeps us sharp.

—*Depression is normal as we age.* We can reduce or avoid depression through ongoing communication with family and friends and through making new acquaintances.

—*Older adults should avoid strenuous exercise.* In fact, exercise at comfortable levels supports our physical and mental health.

—*We don't need a lot of sleep as we age.* Although some of us wake up one or more times during the night, most of us benefit from seven to nine hours of sleep each night.



Joyce

Friends We Will Miss...

David L. Giele, November 13, 1924 to June 25, 2021. A remembrance of his life was emailed to members on July 1.

Ronald Burns Campbell, Jr., June 12, 1938 to July 25, 2021. A remembrance of his life was sent to members on August 5.

Found Your Inner Thespian?

An earlier article urged members to free their inner thespian by joining a new WN play-reading group. Co-hosted by Alison Partridge and Lucy Phillips, its launch was delayed by summer, but the first meeting will be at 2 pm, September 17, at Ann Swanson's house in Wellesley.

Several people have signed up to read the first play, "Our Town" by Thornton Wilder, but we need more-- both men and women, with or without experience. **To sign up, call Alison at 781 237-1627 or Lucy at 508 934-**

6497. We will meet in person but bring masks to wear if the group feels it necessary.

Free copies have been collected from the Wellesley Free Library, which will provide copies for whatever plays we choose to do in the future. Casting will take place mainly ahead of the reading date, and people will receive their own copy at least a week ahead, so they can prepare. If there are more parts than people, readers can play several; if there are more people than parts, some will read while others provide an audience.

Welcome to New Members



Susan M. McCraw of Wellesley grew up in Jackson, Mississippi, graduated from Ole Miss, and earned an MA in History from the University of Wisconsin. After moving to Massachusetts in the 1970s, her husband Thomas taught business history at Harvard Business School and Susan attended Harvard Law School, then practiced in Boston for 18 years. Their son and daughter, both litigators, have several children and live nearby. Susan's interests range from quilting to voice lessons and singing in a church choir.



Florence Schumacher of Wellesley grew up in Canada and graduated from UCLA. Traveling after college, she survived a terrible auto accident but went on to a "normal life" except for a "stiff knee." Her husband Jerry was a pharmacist at UCLA Medical Center, where she worked as a student, but he turned to teaching and was ultimately Dean of the School of Pharmacy and Allied Health at Northeastern University. Florence earned an MA in English, taught awhile, then earned an MBA and did marketing for hospitals. Her two local sons and a California step-son and step-daughter have given her eight grandchildren and two great-grandchildren. She enjoys swimming and writing.



Gail Hansen of Wellesley spent her early years in Lexington, Massachusetts. After earning an MBA from Babson College, she spent 40 years working in retirement financial services at various companies. Since retiring in 2013, she has focused on art, collecting but mainly making prints and books (she even creates her own marbled paper for the handmade books). She works in a studio in West Newton. Pressed for "other interests," she mentioned theater but confessed to "making art all the time. It's fun!"

Walking is Good for Your Brain!

In the July 19 New York *Times*, "How Walking Can Build Up The Brain" reported study findings that walking for 40 minutes 3 times a week renews the white cells in the brain, improving memory and brain health.

Wellesley Neighbors has two walking groups, Tuesdays and Thursdays at 10 am. In good weather, we meet near the library and walk the Brook Path. In bad

weather—pandemic permitting—we will walk indoors at the Natick Mall or the Wellesley College Sports Center. Group members are emailed the night before and asked to **REPLY ALL**, so we know who is coming. It's fun, we get to know each other, and it's good for our brains.

If you want to join us, contact Nancy Gans at 781 235-2246 or nlfans@gmail.com.

Happenings



Summer began with a windy cruise on the Essex River and dinner at Woodman's (above). The upper insets show (L to R) Bette Lehman, Margot Lansing, Maureen Donlon and Linda Griffith. Later on, it was much warmer when we had dinner at Buttercup in Natick (below). Shown L to R are Claire Benfatto, Catherine Connor (back table) Sally Bradford-Lahrette, Shirley Shih, Ellen Hosbjor (back table) and Joyce Wadlington. Lower inset shows (L to R) Fred Breymeier and Richard Lansing.



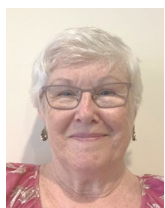
2021 Slate of Candidates for WN Officers and Board Members



President: Adele Langevin earned a bachelor's degree from the University of Rhode Island and a master's degree from Harvard University. Her career has been invested in education and organizational management, including labor relations/mediation and human resources. She recently retired as Global Director of Human Resources for Oxfam America, headquartered in Boston. Adele served 25 years in the US Navy Reserve in the field of intelligence, rising to the rank of Captain. Following September 11, she was mobilized to active duty with the Naval Criminal Investigative Service (NCIS), Northeast Field Office, Newport, RI, and subsequently the NCIS Middle East Field Office, Bahrain. She spent eight years on the board of Harvard Vanguard Medical Associates.



Vice-President: Liz von Kessler is a Baltimorean who moved to Wellesley with her husband Kirby, a surgeon, after both retired from Johns Hopkins Health System. Besides WN, she's been involved in many local volunteer activities. Liz graduated from University of Maryland School of Nursing in 1979, earning an MS in hospital administration in 1989—while raising three children. She spent 18 years as VP of The Children's Hospital, where she started a rehab center and Maryland's first on-site day-care for employees' children. Moving to Johns Hopkins Hospital, she was Director of Patient Services, Manager of Ambulatory Services, and finally Director of Johns Hopkins International, a network of 12 international hospitals.



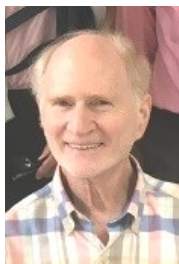
Clerk: Lucy Phillips was born in San Francisco, grew up in California, and graduated from Pomona College. She moved to Boston to work as co-editor of the Harvard Medical *Alumni Bulletin* and met her husband Hal who was at Harvard Business School. They came to Wellesley in 1973. Once their three children were all in school, Lucy went back to work, mainly on hospital publications and PR. In the 90s, she earned an MA in linguistics at the Harvard Extension School and began freelance editing of medical research papers, a sideline she continues. When widowed in 2011, Lucy joined WN and moved to Wellesley Green. She edits newsletters for both and also enjoys cooking, reading, playing cello, and travel.



Treasurer: Richard Lansing grew up in Rochester, New York, and graduated from Columbia College in NYC. He took his PhD in Comparative Literature at University of California Berkeley, specializing in Italian literature. He met his wife Margot during his studies there, and then taught at Brandeis University for more than forty years before retiring and joining Wellesley Neighbors. He has continued publishing literary criticism and translations of works by Dante and other poets. His interests include music (particularly organ and piano), swimming and reading, and he also enjoys a men's book group.

Board Members , other side

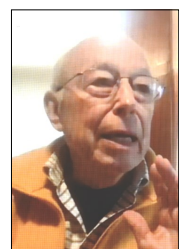
Candidates for the Board of Directors



Jerry Gans was born in Rochester, New York, and attended Harvard College and the University of Rochester School of Medicine and Dentistry. A Distinguished Life Fellow of the American Group Psychotherapy Association and the American Psychiatric Association, he long taught clinical psychiatry at Harvard Medical School. In 2018, Northeastern Society for Group Psychotherapy presented him its Lifetime Achievement Award. His second book, *Addressing Challenging Moments in Psychotherapy: Clinical Wisdom for Working with Individuals, Groups and Couples* comes out this fall. For fun, Jerry enjoys reading fiction, raising dahlias and playing tennis.



Janet Giele grew up in Wooster, Ohio, graduated from Earlham College, and received her PhD in sociology from Harvard University. She taught at Wellesley College in the 1960s, was a Radcliffe fellow in the 1970s, then taught at the Heller School for Social Policy and Management at Brandeis University, retiring in 2004. Beginning in 2008, she helped to launch Wellesley Neighbors and was its first president. She has served on the Board and looks forward to another term. Her devotion to WN is an outgrowth of her academic interest in sociology and public policy as related to the family and aging. She is a Wellesley Town Meeting member and is active at St. Andrew's Episcopal Church.



Dan grew up on Cape Cod and graduated in history from Harvard. After five years in the Air Force, he left as a Captain, then worked for IBM and Computer Sciences Corporation (CSC), designing and building large computer systems. In 2001 he helped found Process Unity Inc., which delivers risk-management software and services. In 2009 he began a master's program in environmental studies at Antioch University New England, also editing the *Whole Terrain* journal. He's active in environmental organizations in the Squam Lakes area of New Hampshire, where he and his wife Susan have a second home. He writes for the Musketaquid Arts and Environment program in Concord, Massachusetts, and serves on its advisory board. As photographer and filmmaker, he helped create two WN videos.



Susan Taylor comes from Freeport, Long Island. She attended Bucknell University and Boston University and began teaching in Sudbury, Massachusetts, but then studied school psychology and counseling at Assumption College (now University) in Worcester. While working in that field she became interested in special education and such larger issues as how to provide adequate resources for all students. She earned an EdD in Educational Policy and Administration at UMass Amherst and was director of curriculum, instruction and special services for Scituate, then assistant superintendent of schools in Randolph. On retirement, she and her husband moved to Natick, and Susan became active in Wellesley Weston Lifetime Learning. Other interests include music and her large, far-flung family.



September Events/Group Meetings

NOTE: Those on Zoom are labeled (Z).

Wed. Sept. 1, 5:30—Women's Night Out at Wellesley CPK

Thu. Sept. 2, 12:30 pm—Men's lunch (Z)

Thu. Sept. 2, 2 pm—New Yorker Group II

Fri. Sept. 3, 5 pm—Cocktail Hour (Z)

Thu. Sept. 9, 5 pm—Dinner at Wellesley Tavern

Tue. Sept. 14, 12 noon—Lunch at Singh's Café, Wellesley

Fri. Sept. 17, 2 pm—Play Reading Group (see page 3)

Fri. Sept. 17, 5 pm—Cocktail Hour (Z)

Mon. Sept. 20, 11:45 am—Lunch at Café Mangal, Wellesley

Wed. Sept. 22, 2 pm—New Yorker Group I (see report below)

Thu. Sept. 23, 1 pm—Short Story Group (Z)

Thu. Sept. 23, 6:30-7:30 pm—Outdoor Concert, Wellesley Symphony Orchestra at Elm Bank/Mass. Horticultural Society. Watch for info on cost, deadline and possible boxed supper.

Sun. Sept. 26, 11 am—Charles River Architecture Cruise. Info to come on cost etc.

Mon. Sept. 27, 3:30 pm—TED Talk: "How to Make Stress Your Friend" (Z)

Wed. Sept. 29, 12 noon—Lunch at Papa Razzi, Wellesley.

September 2021

Sun	Mo	Tue	We	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		



Above, swans on Morse's Pond in Wellesley, by Adele Langevin. Below, geese near in park near Wellesley's Town Hall, by Marcia Goldsmith.



New Yorker Group Survives Heat-Wave

Despite rumors that the glacier behind Morse's Pond is melting and that areas in eastern Wellesley will soon be waterfront property, WN's intrepid Wednesday New Yorker group decided to meet as usual. Defying the 90+ degree temperatures and withering humidity—and to show that we are a force to be reckoned with—five members (who could make the meeting) decided to meet in a sauna, also known as Nancy and Jerry Gans' screened-in porch. With two fans running, armed with water, iced tea and a few cookies, we enjoyed a lively discussion that served its basic purpose: the opportunity to learn more about each other. It became obvious during our 75 minutes together that all of us are worried about the fate of our precious planet.

Jerry Gans

«Town, State, Zip»

«Street»

«Name»

September Newsletter

Wellesley Neighbors
888 Worcester Street Suite 260
Wellesley, MA 02482

Board of Directors 2021

OFFICERS

Catherine Connor, President
Adele Langevin, Vice-President
Lucy Phillips, Clerk
Richard Lansing, Treasurer

DIRECTORS

Polly Conlon	Teri Ann Lilly
Lee Delph	Peter Offenhartz
Maureen Donlon	Barbara Slavin
Rosalie Gimeno	Lauri Slawsby
Marcia Goldsmith	Hank Solomon
Sara-Jane Green	Marlies Stueart
Linda Griffith	Ann Swanson
Margot Lansing	Stuart Zerner