



A Doctor's Perspective on America's Failing Healthcare System

Edward Hoffer, MD, Wednesday, May 18 at 3:00 pm on Zoom



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The presentation will explore why this situation exists and suggest ways to improve it. Participants are encouraged to read his new book--it is short, around 130 pages--entitled *Prescription for Bankruptcy: A doctor's perspective on America's failing health care system and how we can fix it*.

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He has held many leadership roles in the Massachusetts Department of Public Health; local medical societies and hospitals; HMOs; hospice care, and private practice.

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From the President: A Celebration Dinner



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Chocolate Factory tour (lots of samples!) and lunch afterward, Wellesley Chamber Players concert at Dana Hall School, fascinating exhibition of quilts by WN member Susan McCraw at a Needham church,

and in-person lunches galore--you get the picture.

Now I'd like to announce an in-person, free, live, members-only Celebration Dinner, bringing back one of our favorite events. Mark your calendars-- June 21, 5-8 pm--at The Heritage of Sherborn (formerly Sherborn Inn).

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- Stay active, whether through taking walks, joining a health club or doing an exercise class at home on your TV.



Joyce

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“Whatever they want or need,” she says. “I often enjoy them as people but, as with psychotherapy, we are not exactly friends. Friendship is mutual, and this is all about them. If I tell them something personal about myself, it's for them, not me.”

There are about 50 staff in her division. Besides their training, most bring personal experience with substance abuse or mental health issues. Jeanne grew up in a large family in Newton. After college and a brief marriage, she was hospitalized with a mental health diagnosis in 1980. “We make sense of what we've been through by helping others to feel hope and develop self-esteem, resilience,



self-improvement goals and coping skills,” she says. “We encourage our people to maximize their lives in spite of their disabilities.”

Forty years ago, such people were typically steered into a very limited life. Jeanne had always wanted to help other people, but it was considered beyond her. She spent years in a boring job in the Department of Defense until she finally decided she could do better. Already armed with a BA in sociology, she entered U Mass Boston to earn an MS in vocational rehabilitation and a certificate of advanced graduate studies in mental health counselling.

“I loved graduate school! It was the best thing I ever did for myself,” she says. “I went from a failure identity to a success identity.” She also loves her new job—and she loved her last one: peer specialist for Unify, a Tufts Health Plan, but a merger led to reorganization and many layoffs.

Jeanne even appreciates having had boring jobs, because they help her appreciate what she has now. “I doubt I'd quit even if I won the lottery!” she says. “Life is difficult for everyone, but gratitude for the good things is very important. Every night I try to think of three things I'm grateful for. Often they're the same things again and again, and that's okay.” **L.P.**

Book Review: Blink by Malcolm Gladwell

Malcolm Gladwell's best-selling [**Blink: The Power of Thinking Without Thinking**](#) explores the benefits of what he calls “rapid cognition,” or “thin slicing.” This is the kind of thinking we engage in when we “size up” or create a first impression of a person we have just met, or when we make a snap judgment about something without even being aware of our reasons.

Thin slicing takes place in the “fast thinking” part of the brain that Daniel Kahneman identifies in *Thinking Fast and Slow*.^{*} It happens unconsciously, compared with the kind of deliberate, conscious decision-making we associate with rationality or scientific reasoning.

Though relying on instinct or “gut” feelings instead of careful consideration of evidence has been widely criticized, *Blink* provides specific instances where thin slicing can actually outperform careful, systematic

analysis—particularly under conditions of time constraint. There are situations when too much information and too much deliberation can obscure the truth and lead to poor choices, whether on the battlefield or in the emergency room.

“There can be as much value in the blink of an eye,” he writes, “as in months of rational analysis.” Gladwell is well aware the downside of thin slicing, which can lead to racial or gender bias. He ultimately concludes that “truly successful decision-making relies on a balance between deliberate and instinctive thinking.” **C.M.**

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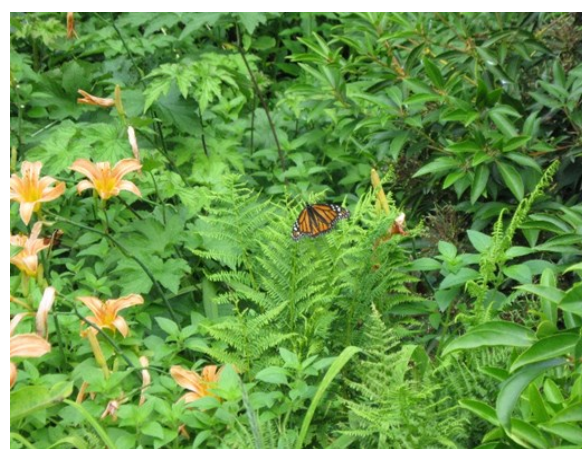
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Natick, MA 01760

7 Greenleaf Road

Susan Taylor

May Newsletter

Wellesley, MA 02482

888 Worcester Street Suite 260

Wellesley Neighbors

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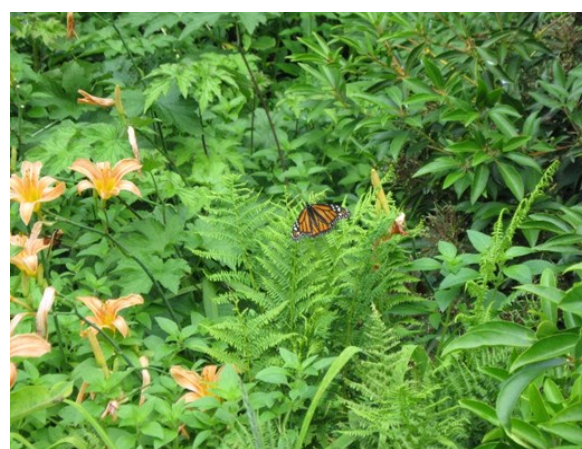
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Susan McCraw

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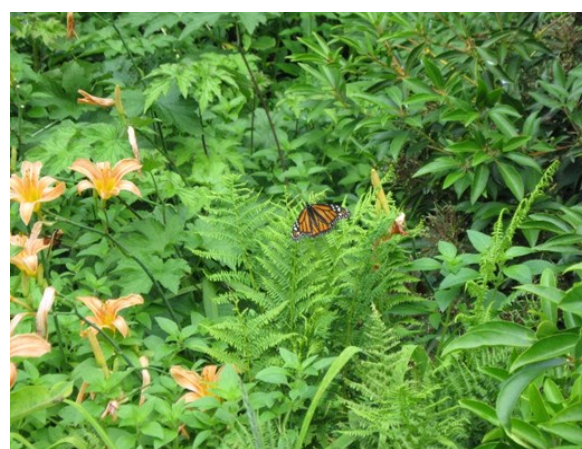
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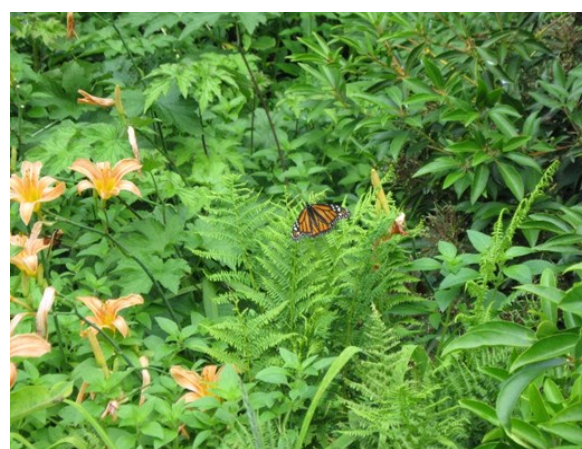
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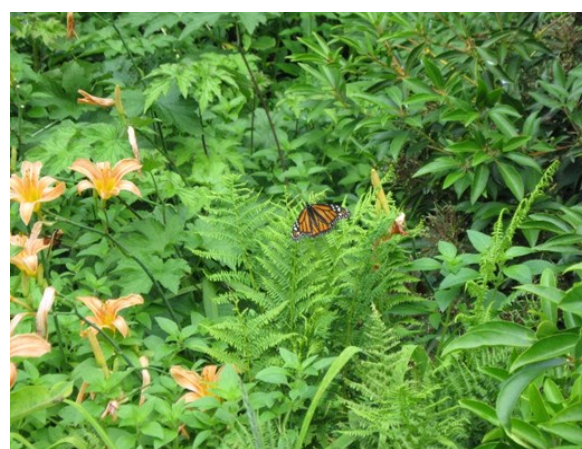
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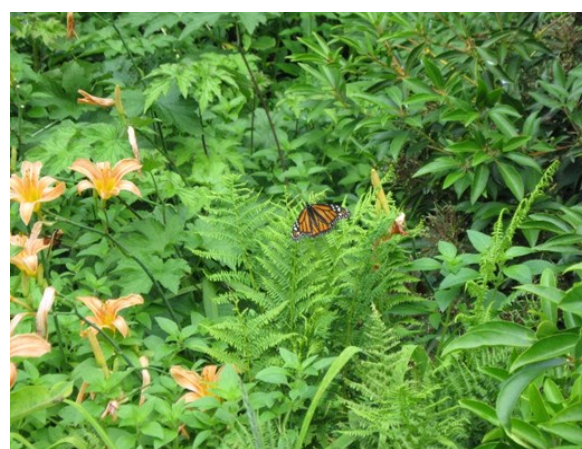
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888 Worcester Street Suite 260
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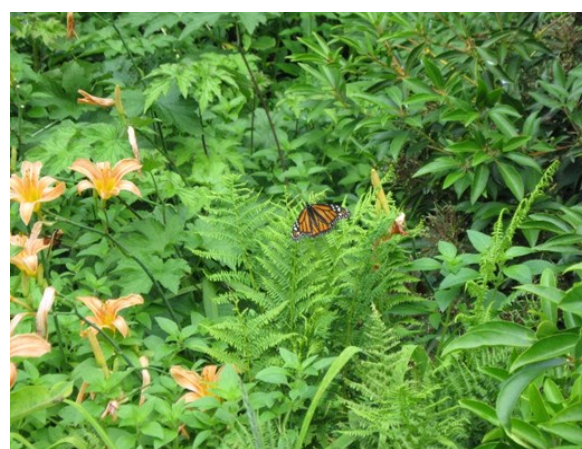
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- Keep floors clutter-free.
- Use brighter light bulbs.
- Make sure that electrical cords don't trail across the floors.
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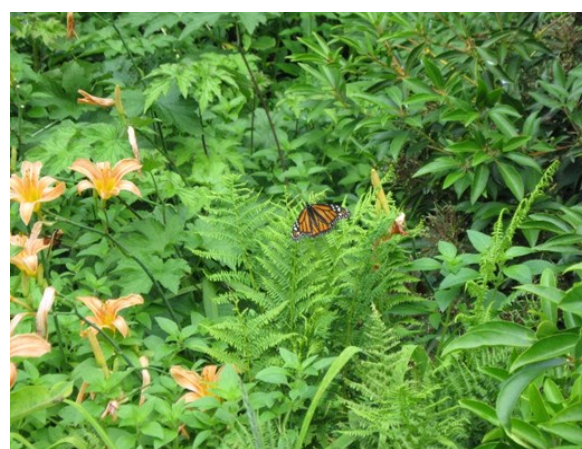
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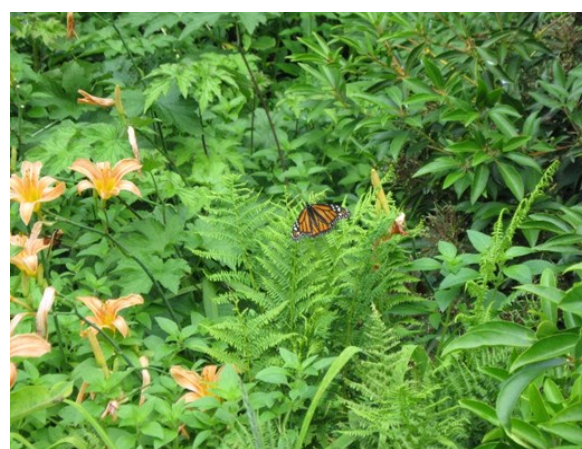
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- Keep floors clutter-free.
- Use brighter light bulbs.
- Make sure that electrical cords don't trail across the floors.
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Jeanne even appreciates having had boring jobs, because they help her appreciate what she has now. “I doubt I'd quit even if I won the lottery!” she says. “Life is difficult for everyone, but gratitude for the good things is very important. Every night I try to think of three things I'm grateful for. Often they're the same things again and again, and that's okay.” **L.P.**

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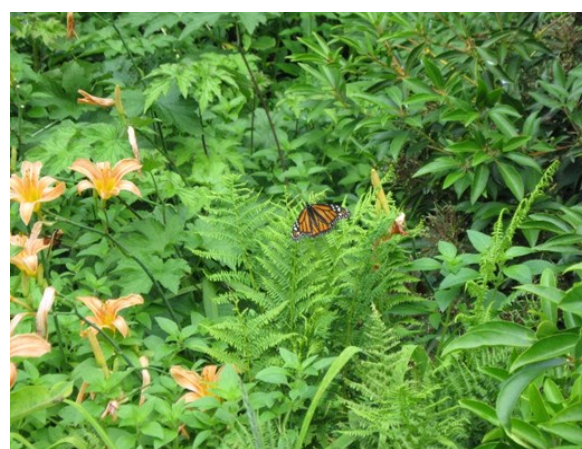
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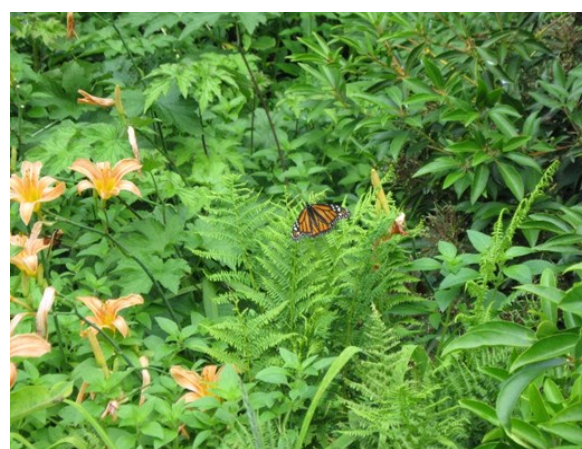
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Wellesley, MA 02482

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Catherine Connor, Past President
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Marcia Goldsmith	Marlies Stueart
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Chocolate Factory tour (lots of samples!) and lunch afterward, Wellesley Chamber Players concert at Dana Hall School, fascinating exhibition of quilts by WN member Susan McCraw at a Needham church,

and in-person lunches galore--you get the picture.

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- Wear shoes with good tread.
- Keep floors clutter-free.
- Use brighter light bulbs.
- Make sure that electrical cords don't trail across the floors.
- Install grab bars in the bathroom.
- Stay active, whether through taking walks, joining a health club or doing an exercise class at home on your TV.



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“Whatever they want or need,” she says. “I often enjoy them as people but, as with psychotherapy, we are not exactly friends. Friendship is mutual, and this is all about them. If I tell them something personal about myself, it's for them, not me.”

There are about 50 staff in her division. Besides their training, most bring personal experience with substance abuse or mental health issues. Jeanne grew up in a large family in Newton. After college and a brief marriage, she was hospitalized with a mental health diagnosis in 1980. “We make sense of what we've been through by helping others to feel hope and develop self-esteem, resilience,



self-improvement goals and coping skills,” she says. “We encourage our people to maximize their lives in spite of their disabilities.”

Forty years ago, such people were typically steered into a very limited life. Jeanne had always wanted to help other people, but it was considered beyond her. She spent years in a boring job in the Department of Defense until she finally decided she could do better. Already armed with a BA in sociology, she entered U Mass Boston to earn an MS in vocational rehabilitation and a certificate of advanced graduate studies in mental health counselling.

“I loved graduate school! It was the best thing I ever did for myself,” she says. “I went from a failure identity to a success identity.” She also loves her new job—and she loved her last one: peer specialist for Unify, a Tufts Health Plan, but a merger led to reorganization and many layoffs.

Jeanne even appreciates having had boring jobs, because they help her appreciate what she has now. “I doubt I'd quit even if I won the lottery!” she says. “Life is difficult for everyone, but gratitude for the good things is very important. Every night I try to think of three things I'm grateful for. Often they're the same things again and again, and that's okay.” **L.P.**

Book Review: Blink by Malcolm Gladwell

Malcolm Gladwell's best-selling [*Blink: The Power of Thinking Without Thinking*](#) explores the benefits of what he calls “rapid cognition,” or “thin slicing.” This is the kind of thinking we engage in when we “size up” or create a first impression of a person we have just met, or when we make a snap judgment about something without even being aware of our reasons.

Thin slicing takes place in the “fast thinking” part of the brain that Daniel Kahneman identifies in *Thinking Fast and Slow*.^{*} It happens unconsciously, compared with the kind of deliberate, conscious decision-making we associate with rationality or scientific reasoning.

Though relying on instinct or “gut” feelings instead of careful consideration of evidence has been widely criticized, *Blink* provides specific instances where thin slicing can actually outperform careful, systematic

analysis—particularly under conditions of time constraint. There are situations when too much information and too much deliberation can obscure the truth and lead to poor choices, whether on the battlefield or in the emergency room.

“There can be as much value in the blink of an eye,” he writes, “as in months of rational analysis.” Gladwell is well aware the downside of thin slicing, which can lead to racial or gender bias. He ultimately concludes that “truly successful decision-making relies on a balance between deliberate and instinctive thinking.” **C.M.**

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Among many other things, we enjoyed (clockwise from right) a Wellesley Chamber Players piano concert and master class; lunch at Masala Art (shown are Polly Conlon and Barbara Offenhartz), and Art in Bloom, in which works like this Tiffany window were echoed in floral creations.





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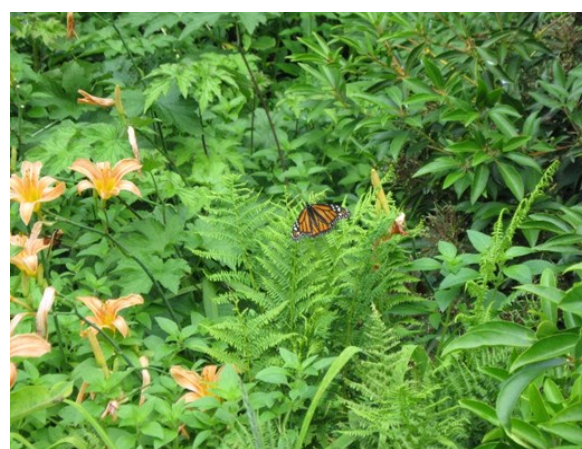
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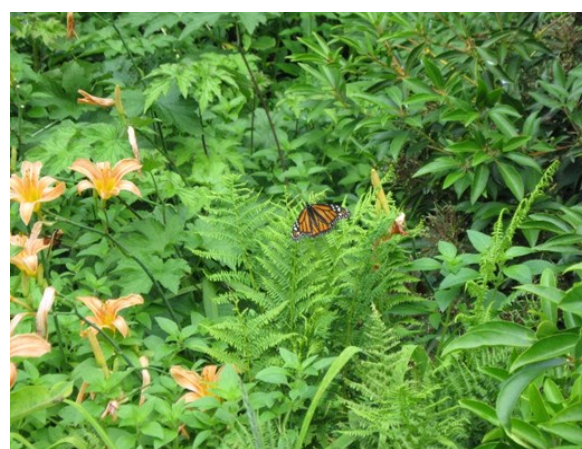
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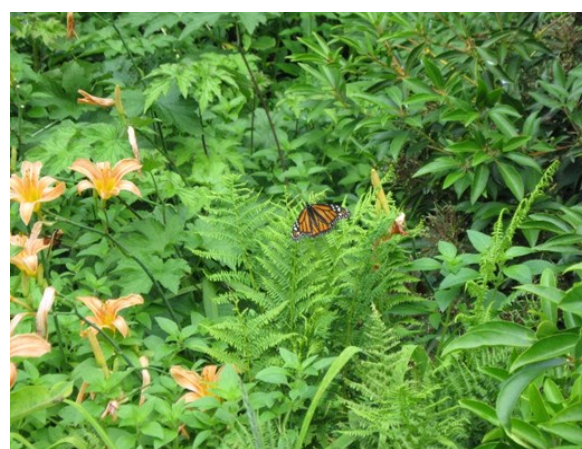
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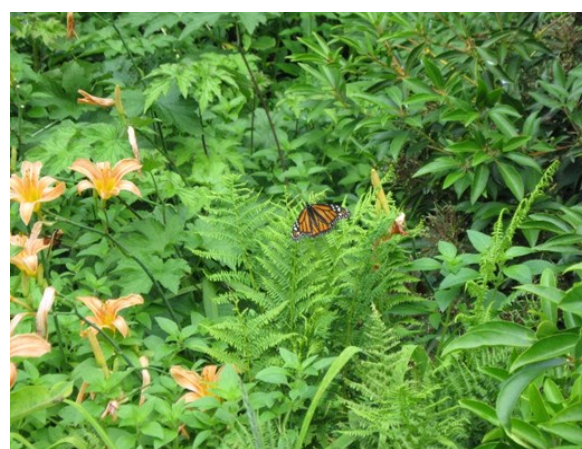
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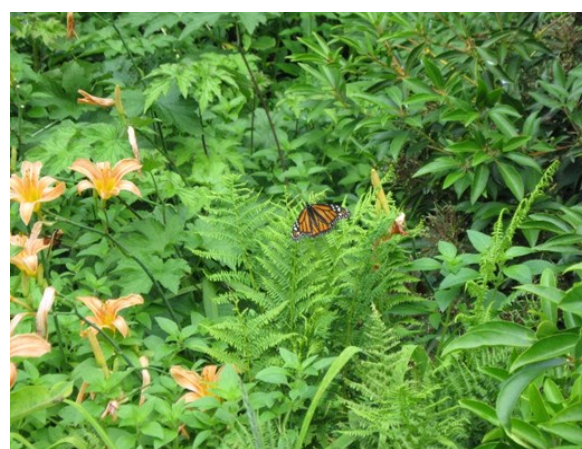
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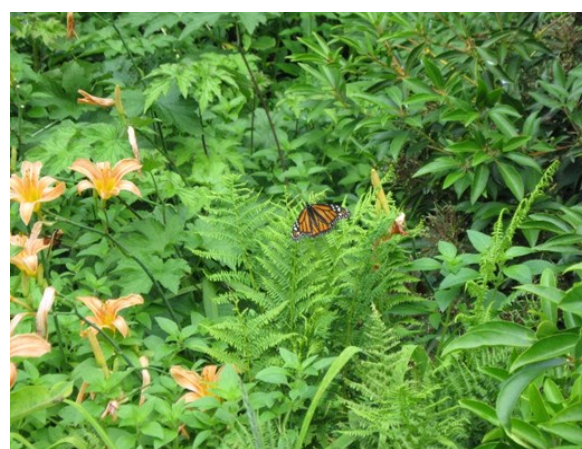
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Among many other things, we enjoyed (clockwise from right) a Wellesley Chamber Players piano concert and master class; lunch at Masala Art (shown are Polly Conlon and Barbara Offenhartz), and Art in Bloom, in which works like this Tiffany window were echoed in floral creations.





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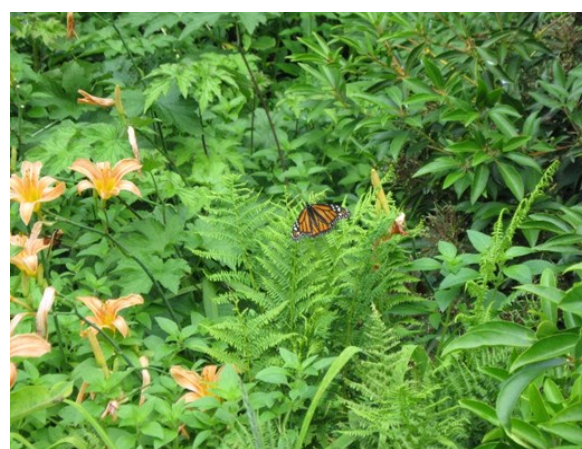
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As spring brings back both flowers and weeds, you can fight the weeds or welcome diversity in a “pollinator garden.” Janet King has one in her front yard (above left, a photo from last year). “A pollinator garden is where bees and other insects can do their thing—visiting flowers and transferring pollen to them,” she explains. “It’s always a victory to spot Monarch butterflies, which are going extinct!” (above right) A pollinator garden is “no-mow” except for a few paths. No pesticides are used, and native plants are favored, with at least one blooming at any one time, keeping the insects busy somewhere all summer. In winter, the soil and some of the dead stalks are left intact, inviting insects and microbes to “hibernate” and get a good start in the following spring.

Alexia Sontag
7 Ayer Road
Wellesley, MA 02481

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A Doctor's Perspective on America's Failing Healthcare System

Edward Hoffer, MD, Wednesday, May 18 at 3:00 pm on Zoom



On Wednesday, May 18th, at 3:00 pm, Dr. Edward Hoffer will give a virtual talk on our nation's health care system. He will address the fact that the United States spends more on health care than any other nation but provides only mediocre care to its people.

The presentation will explore why this situation exists and suggest ways to improve it. Participants are encouraged to read his new book--it is short, around 130 pages--entitled *Prescription for Bankruptcy: A doctor's perspective on America's failing health care system and how we can fix it*.

Edward Hoffer, MD, graduated from MIT with a degree in Economics, Politics and Science. A 1969 graduate of Harvard Medical School, he completed his four years of postgraduate training at MGH. From 1978 through 2017 he was in solo or small group practice of cardiology and general internal medicine.

He has held many leadership roles in the Massachusetts Department of Public Health; local medical societies and hospitals; HMOs; hospice care, and private practice.

For many years he has had a part-time position at the MGH Laboratory of Computer Science. There he has worked in the broad field of medical informatics, which uses computer technology to improve medical care.

Shadowing Shackleton: An Adventure Voyage to Antarctica

Dr. Robert Partridge, Tuesday, May 31, at 7:30 pm on Zoom

Dr. Partridge will talk about his voyage as ship's physician to South Georgia Island and the Antarctic Peninsula in November 2021. He will touch on his role during the Covid-19 pandemic but also the famous expedition of Ernest Shackleton, whose lost ship was recently discovered; Antarctic history and wildlife (illustrated with many photos) and the threats by climate change, geopolitics, and tourism.

Robert Partridge, MD, MPH, practices emergency medicine at Emerson Hospital in Concord, Massachusetts, and teaches at the Warren Alpert Medical School at Brown University. Since 2014 he has been the international tour physician for the Boston Symphony Orchestra, a role he discussed previously as one of our speakers.

As a volunteer promoting health locally, nationally, and internationally, he chairs the Board of Health for the Town of Needham, where he lives. He's also on the Trauma and Critical Care Team under the U.S. Department of Health and Human Services, which

deploys during national and overseas emergencies.

Dr. Partridge has more than 25 years of experience working and teaching in the developing world. His work has taken him to all seven continents. He has directed disaster preparedness and medical relief operations in the Pacific region and has served as a consultant on a wide variety of projects in injury prevention, trauma care, and tropical medicine.



Dr. Partridge received his medical degree at Tufts University School of Medicine and his Master's in Public Health from Harvard University. He is a Fellow of the American College of Emergency Physicians and serves as an examiner for the American Board of Emergency Medicine. He has written more than 40 articles and numerous book chapters. His most recent book, *Disaster Medicine*, was published by the Oxford University Press.

From the President: A Celebration Dinner



Spring is in full swing, and it's time for renewal. I'm very glad to stop hibernating, and it's time for us to step out and sniff the flowers (as long as you are not allergic...)

We've had a number of wonderful opportunities to be together, in person: Taza

Chocolate Factory tour (lots of samples!) and lunch afterward, Wellesley Chamber Players concert at Dana Hall School, fascinating exhibition of quilts by WN member Susan McCraw at a Needham church,

and in-person lunches galore--you get the picture.

Now I'd like to announce an in-person, free, live, members-only Celebration Dinner, bringing back one of our favorite events. Mark your calendars-- June 21, 5-8 pm--at The Heritage of Sherborn (formerly Sherborn Inn).

The cash bar and seating will be outdoors, on the concrete patio—with regular tables and chairs (no uncomfortable picnic tables). Rain fallback is either in the main dining room or a formal tent. This should be a wonderful event, and I look forward to welcoming you all. Spring has sprung! ***Adele***

From the Executive Director: Preventing Falls

I've always had good balance, so I was surprised when I "wobbled" and took a spill recently. I was shaken but fortunate, as I only incurred a bruised arm. I learned that my experience is fairly common. The CDC reported that more than 1 in 4 older adults report falling each year, resulting in about 36 million falls. Falls can cause serious injuries, but they can be prevented by taking some simple actions:

- Ask your doctor if any of your medications could increase your risk of falling.
- Have your eyes checked once a year.
- Wear shoes with good tread.
- Keep floors clutter-free.
- Use brighter light bulbs.
- Make sure that electrical cords don't trail across the floors.
- Install grab bars in the bathroom.
- Stay active, whether through taking walks, joining a health club or doing an exercise class at home on your TV.



Joyce

April Service and Support



Service requests: 1 (student to help move items)

Support Requests: 17 (16 rides, 1 medical appointment scribe)

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



It's Never Too Late For a New Job

Most of us in Wellesley Neighbors are retired, though some of us keep working a little—so it's news when a member begins an exciting new job. On December 7, 2021, Jeanne Boudreau started as a peer specialist and recovery coach at Advocates, a not-for-profit human services organization based in Framingham. She works about four hours each weekday, serving people with mental health or substance abuse challenges—or both, since they often go together.

Besides training sessions with other staff, Jeanne mainly spends time with her people by phone or in person—just talking or doing things with them: running errands, getting a snack, maybe going to an AA meeting.

“Whatever they want or need,” she says. “I often enjoy them as people but, as with psychotherapy, we are not exactly friends. Friendship is mutual, and this is all about them. If I tell them something personal about myself, it's for them, not me.”

There are about 50 staff in her division. Besides their training, most bring personal experience with substance abuse or mental health issues. Jeanne grew up in a large family in Newton. After college and a brief marriage, she was hospitalized with a mental health diagnosis in 1980. “We make sense of what we've been through by helping others to feel hope and develop self-esteem, resilience,



self-improvement goals and coping skills,” she says. “We encourage our people to maximize their lives in spite of their disabilities.”

Forty years ago, such people were typically steered into a very limited life. Jeanne had always wanted to help other people, but it was considered beyond her. She spent years in a boring job in the Department of Defense until she finally decided she could do better. Already armed with a BA in sociology, she entered U Mass Boston to earn an MS in vocational rehabilitation and a certificate of advanced graduate studies in mental health counselling.

“I loved graduate school! It was the best thing I ever did for myself,” she says. “I went from a failure identity to a success identity.” She also loves her new job—and she loved her last one: peer specialist for Unify, a Tufts Health Plan, but a merger led to reorganization and many layoffs.

Jeanne even appreciates having had boring jobs, because they help her appreciate what she has now. “I doubt I'd quit even if I won the lottery!” she says. “Life is difficult for everyone, but gratitude for the good things is very important. Every night I try to think of three things I'm grateful for. Often they're the same things again and again, and that's okay.” **L.P.**

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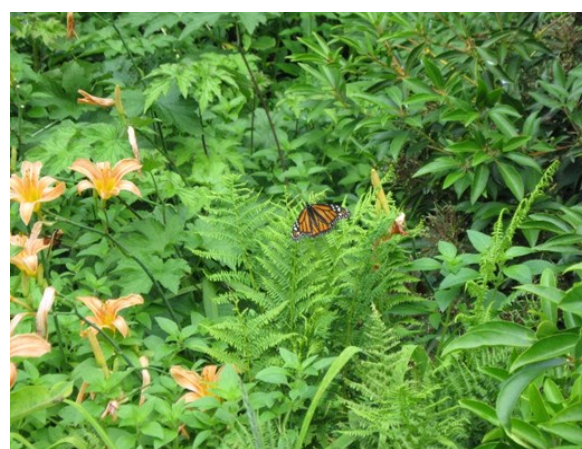
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Adele Langevin/Fred Breimyer
35 College Road
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May Newsletter

Wellesley Neighbors
888 Worcester Street Suite 260
Wellesley, MA 02482

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