

Panel Discussion on Refugee Resettlement
Thursday, November 3, 7pm, Wellesley Free Library



“This Land Was Made for You and Me,” a panel discussion on refugee resettlement, will feature an introduction to forced migration by refugee trauma recovery specialist, Mick Hirsch. Two refugee survivors who have successfully resettled in the United States from Laos and Nepal will share their experience of moving from their homeland to refugee camps to a new, unfamiliar “home” in the United States.

A graduate of the University of Chicago, the Yale University Divinity School and the Harvard Program in Refugee Trauma, Mick is director of religious education and development at the Unitarian Universalist Society of Wellesley Hills.

This is a timely topic, given the eruption of war in Syria and the subsequent mass migration of refugees into Europe, forcing us to rethink assumptions about welcoming the stranger and sharing lived space and resources with others. Co-sponsoring this presentation with Wellesley Neighbors are the Wellesley Free Library and the World of Wellesley.

From the President: An Enterprise in Community Building



Wellesley Neighbors is an enterprise in community building. Joining us is not just a commercial transaction. We don't say, “For your dues you get three lunches, one speaker and one tour each month.” Instead, we give you the chance to be part of an evolving and caring group of people. In building this community, we are taking charge of our lives at this stage. We are sharing our experience, our vitality and our needs— our strengths and our vulnerabilities and frailties. We gain from helping each other and being helped. Instead of becoming isolated and lonely as we age, we have the opportunity through Wellesley Neighbors to enrich this phase of our lives through new friendships and new experiences.

We have meals together, walk and hike together, learn together, and go to theatre, ballet, concerts, and interesting places together. We give each other rides to events and appointments. We give emotional and practical support in hard times and are happy to hear someone else's good news. So take advantage of the events and tours planned by the Activities Committee, the speaker series, and interest groups to get to know other members. Join a committee, or one of the walking groups or interest groups. Then your life will be enriched as mine has been by being part of and building this wonderful community.

Nancy



Preparing for Winter

Executive Director Joyce Wadlington suggests that you review the following to be prepared for the cold winter months ahead.

HOME

Know how to shut off your interior valves in case a pipe bursts;

Make sure your exterior water is turned off so your pipe doesn't freeze;

Weatherproof areas where you experience drafts;

Test your smoke detector and carbon monoxide detectors monthly and replace worn out batteries;

Establish a communications plan with family and neighbors (who will call whom in emergencies);

Don't leave a space heater unattended, operating when asleep, or near things that could catch fire;

Check weather forecast regularly.

Have on hand: sufficient supply of bottled water for drinking and sanitation; three-day supply of non-perishable food; sufficient supply of food for pets; flashlight and/or lantern and extra batteries; supply of candles and matches; fire extinguisher; first-aid kit; sufficient supply of prescriptions; cell phone and charger; manual can opener; sufficient heating fuel; extra wood for fireplace or wood-burning stove; rock salt or environmentally safe products, including kitty litter or cracked corn for sidewalks and decks; ergonomic model shovels (best for older adults).

CAR

Have a mechanic check your car for: antifreeze; battery; brakes; heater and defroster; filters; oil level; tires.

Equip your car with: sufficient supply of bottled water for drinking and sanitation; sufficient supply of snacks; blanket; first-aid kit; flashlight or battery-powered lantern and extra batteries; matches; collapsible shovel; windshield scraper and brush; sufficient windshield wiper fluid (use winter mixture); tire chains; traction mats and/or bag of sand or kitty litter for added traction; booster cables; tow chain or rope.

Carry your mobile phone and charger no matter the distance you're driving.

Meet Carmia Borek

Carmia was born and educated in Israel. After graduating from high school she was conscripted into compulsory military duty for two years. After her service, she earned her Ph.D. in Genetics and Molecular Biology from the Weizmann Institute. Once, she left her lab to enter a cooking competition, preparing her dish at a fancy hotel. Out of a thousand entries, she won the National Prize for gourmet cooking and then returned to her lab to continue experimenting. To this day she loves cooking and the culinary arts.

Carmia took a job as Professor of Pathology at Columbia University in NYC.

In her personal life in the subsequent years she was married twice, bore two daughters, and was twice widowed. She moved to Wellesley in 1992 and is currently a professor at Tufts University Medical School, Department of Public Health and Community Medicine.

Her research and expertise have been in cancer research and prevention. She has also researched and taught environmental issues, aging and nutritional factors in health and disease prevention. She served as consultant to the National Institutes of Health, the National Academy of Sciences, and testified before the US Senate as an expert witness on environmental issues.

She has traveled widely to present her scientific findings as well as for personal holidays. Europe is a favorite destination but she has made long professional visits to South East Asia, China, India, Nepal (hiking the Himalayas), Egypt and Japan.

The latter destination was memorable because she was invited to present her work at a special cancer symposium and have dinner with the royal princess and her husband. She also toured the country. India made an indelible impression on her because her lunch was stolen off the table in front of her by a monkey, who then climbed up a tree and sat happily eating it.

Carmia enjoys bel canto operas, classical music, art museums and ballroom dancing. She is a voracious reader and student of the classics, both history and literature. She enjoys being a member of WN and the many activities although, unfortunately, they sometimes clash with her professional responsibilities. For those of you wondering what that prize winning gourmet dish was, you will have to ask Carmia when you see her at the next College Club luncheon.

Bon appetit!

B.G.



Annual Meeting: Election of Officers and Board Members

Sixty-five WN members attended our Annual Meeting at the Wellesley College Club on October 18. Following lunch and lively conversation, we recognized outgoing Vice President and Board member Margot Lansing and outgoing Board members Peter Goldberg, Barbara Offenhartz and Joel Slocum for their many contributions to the success of our organization.

Board members who were elected to a second, three-year term to begin on January 1, 2017, are

Nancy Amstutz and Troy Murray. Newly-elected to a three-year term to begin on January 1, 2017, are Jean Boyle, Peter Offenhartz, Hank Solomon and Ruth Treitman.

Officers elected to serve for an additional one-year term were President Nancy Gans, Treasurer Stan Treitman, and Clerk Ann Swanson. Ilse Sangree was elected as the new Vice President for a one-year term.

Welcome New Members

Susan Barber grew up in Wellesley and has spent the last 27 years living in Needham. Susan raised her two sons in Needham, and now has two grandsons. She began her career as a biology teacher, then turned to environmental work (hazardous wastes, water, ecology, and conservation). Over the years Susan has enjoyed tennis and squash and is trying to continue a quest for learning, and attempting to return to the piano. She tells us that she is very much looking forward to being a Wellesley Neighbors member.

Elaine Kateman moved to Natick from Wellesley six years ago. Her primary work is as a realtor with Coldwell Banker in the surrounding communities. Elaine was originally a psychiatric social worker, and she still has a small practice. One of her specialties is working with elders and their families who are dealing with the challenges of aging or disability. Elaine's hobby is gardening, and she has a "phenomenal" garden where she'd like to hostess next year. Elaine plays classical piano, appreciates fine crafts but particularly contemporary glass art.

WN Welcomes Visitors from Japan

Each year members of the Ota, Tokyo, Japan, city council visit the United States. Ota has been a "sister city" of Salem, MA, for over 25 years.

The city council is interested in the new structures in the United States that support older adults, as in the past few decades Japan has become the oldest rapidly aging society. The city is facing many different challenges, including the shortage of caregivers, increasing costs of elderly care, and the lack of available activities for seniors.

The Executive Director of Beacon Hill Village met with some council members in the past, and suggested that this year's group visit Wellesley Neighbors. Accompanied by a translator, a group of the council members met with Margot Lansing, Ann Swanson and me on October 17. We responded to the group's questions about services and support we provide, our activities, volunteers, methods of communication, and other topics.



Joyce Wadlington

P.S. WN received a very generous donation and a note of thanks from these visitors in appreciation for our hospitality and the knowledge they gained.

October Service and Support

Service referrals: Handyman, Gutter cleaner, Trash collector, Geriatric attorney

Support requests: Rides (10)

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



November 2016 Calendar

Mon. Oct 31, Deadline for "Glass Menagerie" ★

Tue. Nov. 1, 3 pm "Selecting Home Care Options" Wang Center, Wellesley College **RSVP**

Wed. Nov. 2, 12:30 pm Men's Lunch at Wellesley College Club **RSVP**

Wed. Nov. 2, 5:30 pm Women's Night Out at Calif. Pizza Kitchen **RSVP**

Thur. Nov. 3, Deadline for New Bedford Museum Whaling Museum ★

Thur. Nov. 3, 7 pm "Panel discussion on Refugees" Wellesley Library **RSVP**

Sun. Nov. 6, 12 noon Gourmet Decisions brunch, Natick **RSVP**

Sun. Nov. 6, 2 pm TCAN "Glass Menagerie" Natick **RSVP**

Mon. Nov. 7, 1 pm Dumpling Daughter Lunch, Weston **RSVP**

Thur. Nov. 10, 10 am New Bedford Whaling Museum tour **RSVP**

Mon. Nov. 14, 5:30 pm Papa Razzi dinner **RSVP**

Wed. Nov. 16, 7:30 pm Jordan Hall FREE concert, Boston **RSVP**

Thur. Nov. 17, 12 noon All Members Lunch at W College Club **RSVP**

Fri. Nov 18, Deadline for Wayside Inn ★

Sun. Nov. 20, 2 pm, Highland Jazz, Newton **RSVP**

Mon. Nov. 21, 11:45 am, Wayside Inn Holiday Lunch, Sudbury **RSVP**

Tue. Nov. 29, 12 noon - Blue Ginger Lunch **RSVP**

November 2016

Sun	Mon	Tue	Wed	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			

Note: Times and dates are subject to change. Email notices will be sent prior to events.

- ◆ Register on the website, call 781 283-0417, ext. 2, or email events@wellesleyneighbors.org
- ◆ Tell us if you need a ride or can offer a ride.
- ◆ **RSVP at least 24 hours before an event to ensure adequate seating and refreshments.**
- ◆ **Please call or email to cancel if you find you cannot attend an event.**
- ◆ Most events are open to non-members who would like to get acquainted with WN.

First Week in December 2016 Events

Sun. Dec. 4, 11 am Brunch at Wang Center **RSVP**

Wed. Dec. 7, 12:30 pm Men's Lunch at Wellesley College Club **RSVP**

Wed. Dec. 7, 5:30 pm Women's Night Out **RSVP**

Wed. Dec. 7, 7:30 pm Jordan Hall free concert **RSVP**

Fri. Dec. 9, 1 pm Rice Barn Lunch **RSVP**

How to Contact Wellesley Neighbors

Phone:



Executive Director: 781 283-0417, ext. 1

Events: 781 283-0417, ext. 2

Email:



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Wellesley Neighbors

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November Newsletter

Wellesley Neighbors
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“I am not young enough to know everything.”

Oscar Wilde