



Small Dues Increase Insures Continued Financial Health of Wellesley Neighbors

At its meeting on June 3 the Wellesley Neighbors Board of Directors approved an increase in member dues, effective July 1, 2019. Dues for individual members will increase from \$410 annually to \$440, while dues for households will rise from \$540 to \$580 annually. Wellesley Neighbors will continue to maintain a program of discounted memberships for those members who qualify.

The Board decided that the dues increase was necessary because Wellesley Neighbors' budget deficits have been getting larger over time. The dues increase is necessary to insure our continued financial stability.

WN depends on member dues for almost 75 percent of its yearly revenues. The rate of this increase is less than the growth in the Consumer Price Index since our last increase three years ago.

Even with this increase, Wellesley Neighbors dues remain near the low end of a range of the dues

charged by neighboring Villages. Our member volunteerism, as opposed to a large staff, is the difference. As examples, members produced our brand new video which is available on our newly member-designed and member-built website; and members plan and lead our busy annual schedule of activities and social events.



Please contact our Executive Director, Joyce Wadlington, to inquire about discounted memberships.

Troy Murray

Finance Committee Chair

From the President: Let Me Count the Ways



Especially at this time, as I consider the increase in our dues, I am reminded of the many ways that Wellesley Neighbors matters to me. I think not only of the obvious things—the stimulating speakers and social events, the services and support if I need them—but small things that can be very important.

For example, as I write this, it is past mid-June, and the skies are grey, and the next days are not promising any improvement. I happen to be very weather-dependent. Sunshine lifts my mood, no matter what, but rainy days sap my energy, and I find it difficult to get anything done.

I'm sitting here at home wondering if there is anything I can do to make myself feel better. I imagine that I am not the only one, but that some of my friends could use a lift. Yes...and if I call them, we will all feel better after a little chat. Since I have many friends among WN members, I could talk forever...Yes, I'll go to the phone right now.

Ilse

From the Executive Director: Support for Older Adults at Home



A recent study by Johns Hopkins University researchers focused on how older adults respond to changes in physical function. Participants resided in their communities, as opposed to living in assisted living centers, nursing homes, etc.

Approximately one-third, or nearly 13 million, needed help with daily activities such as eating, getting dressed, bathing, moving around their homes. About one-third had few needs, and one-third had no notable difficulties.

Participants were asked if they use “assistive devices” such as canes, walkers, grab bars, special clothing, disposable pads for people with toilet issues, etc. Sixty

percent used one device, twenty percent used two or more, thirteen percent also received personal assistance, and five percent had trouble with daily activities but didn’t have help.

Medicare covers nursing care given at home for a limited time, but not most non-medical care, with some exceptions. Many older adults at home, therefore, especially those with limited incomes, experience significant economic hardship. While the CHRONIC Care Act enables Medicare to offer additional benefits such as transportation, ramps, grab bars and personal care to chronically ill members, due to budget concerns, it’s not evident how robust these benefits will be in the future.

Joyce

June Service and Support

Service Requests: 5—painter, junk removal, gutter cleaning, AC repair, garden weeding



Support requests: 3—2 technical, 1 ride

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



Discover the Index for WN Newsletters

Is there something you would like to find in an old issue of the *Wellesley Neighbors Newsletter*? An article about a member perhaps? A past talk or performance? How to prepare for winter or for a visit to the doctor?

Now you can quickly and easily find what you are looking for in the new WN Monthly Newsletter Index. All you need to do is to log on to the WN website, and click on “Documents and Photos” on the menu at the top of the page. Click on the second choice, “Newsletter Index,” and you will be taken directly to the Index. Search terms appear in the left-hand column under boldface headings such as **“advice/how to, health issues, members, speakers and speaker topics, performances, services and support, and Wellesley Neighbors organization.”**

Once you have found your search term, you can access the relevant article(s) by clicking on the issue date that appears to the right of each search term along with the page number. You will be taken immediately to the issue you are looking for. Full instructions are printed at the top of the Index.

C.M.

Editor’s note: Our thanks to Curt Martin for creating and managing the Index. It’s very handy!

Meet Bette Lehman

Bette Lehman is a member of the WN board and also active on the Membership Committee. She belongs to the second *New Yorker* interest group, which often meets in the community space at Nouvelle, her condominium complex next to the Natick Mall. “I’m not a big shopper, but I do like being close to Wegmans and all their wonderful prepared food,” she says.

Bette and her husband Stuart raised their children in Framingham and Sudbury while he practiced oral and maxillofacial surgery at Framingham Union Hospital (now MetroWest Medical Center). After retirement, they spent ten years on the Cape, where they were avid sailors. “Stuart was an enthusiastic athlete so all of us skied, sailed and played tennis,” she notes.



Born and raised in Passaic, New Jersey, Bette met Stuart “down the shore” the summer after high school. She went to Douglass College, the women’s college affiliated with Rutgers, and majored in English. “It was like a nunnery, and I had only one co-ed course—but it changed my life!” she says. “The professor was visiting from Princeton and taught comparative literature. He taught me how to read and get to the core of literature—and how to share it with others.”

She would build a career on that foundation—but first, she and Stuart married and started their family. In the 70s, Bette earned an MA in English at Simmons College, one of few schools in those days that allowed women to study part-time. For the next ten years, she taught short story courses at the Cambridge Center for Adult Education in Harvard Square.

The Women’s Lib movement was just starting up, and women’s book groups were becoming popular, so

Bette began to lead seminars exploring classic and contemporary fiction. She founded “Reading between the Lines,” a business through which she brought readers together to explore literature—mainly short stories by authors such as Margaret Atwood and John Updike. “People love short stories because you can (and should, according to Edgar Allan Poe) read them in one sitting,” she explains.

Over several decades, Bette led one-time and on-going book groups in and around Boston and gave presentations at libraries, book stores, and private organizations. She’s taught for Lifelong Learning programs at Brandeis University and Regis College.

She’s now retired but occasionally taps into her expertise. For example, although

the *New Yorker* group concentrates on non-fiction, Bette recently discussed a short story in her unique way. And in June she made a presentation on Philip Roth for a women’s organization. It was a lot of work but went well, so maybe we can coax her into the WN speaker series.

Not surprisingly, Bette reads a lot. She also spends time with family in Lexington, MA, and Hartford, CT. Her daughter and two sons have eight children, who range from preschoolers to college graduates.

On a recent family outing, Bette ran into Gloria Steinem in a New York deli. “I hate to bother people like that,” she says. “But I had to tell her that Stuart and I heard her speak years ago, and he said to me, ‘Now I get it!’ She was very gracious and down-to-earth. It was the highlight of the trip!”

L.P.

Happenings



As we enter a new fiscal year, Activities Chair Maureen Donlon looked for photo highlights of the past year and found (clockwise from top left) the annual holiday buffet dinner, beer-making, a landscape tour of Wellesley College, the monthly men's lunch, and a tulip farm tour. (The tours and beer-making have all been repeated due to popularity.) WN members clearly enjoy anything that includes eating! Maureen thanks Judy Frommer for her support and advice and the other Activities Committee members for their help and creativity—and all WN participants for their great enthusiasm!



For more WN pictures, log onto our home page and click Photo Albums. To contribute photos, email them to bslavinb@gmail.com—thanks!

July Events Calendar

July 2019

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	31 ●			

Wed. July 3, 5:30 pm, Women's Night Out, CPK
California cooking in Wellesley

Fri. July 5, 12 noon, Singh's Lunch
An Indian buffet lunch in Wellesley

Wed. July 10, 11 am, Addison Gallery, Andover
Tour the Addison Gallery of American Art

Wed. July 10, 12:30 pm, Lunch at Andover Inn
Fine food at Samuel's Restaurant

Thur. July 11, 12:30 pm, Men's Lunch
A monthly favorite at Wellesley College Club (WCC)

Thur. July 11, 5 pm, Thirsty Thursday at WCC
The next in a refreshing summer series!

Wed. July 17, 12 noon, All Members Lunch
Enjoy the terrace if weather permits

Wed. July 17, 7 pm, Big Band Concert
Wellesley Town Hall Green

Wed. July 24, 12 noon, Eli's for Lunch
Next to the Dolphin in Natick

Thur. July 25, Thirsty Thursday
At WCC, Cocktails and hors d'oeuvres

Sun. July 28, 4 pm, TCAN, Movie
"The Biggest Little Farm"

Sun. July 28, 6 pm, Dinner at Agostino's
Traditional Italian food in Natick

Wed. July 31, 10:30 am Fruitlands tour and lunch, Harvard
Go back in history with a docent-led tour

Early August Events

Wed. Aug. 7, 5:30 pm, Women's Night Out, CPK

Thurs. Aug. 8, 12:30 pm, Men's Lunch

Please register for events so planners can provide enough seating and refreshments.

Register on our website OR email events@wellesleyneighbors.com
OR call 781 283-0417 (ext. 2). Tell us if you need or can offer a ride.

To cancel, please call or email if you find you cannot attend an event.

NOTE: Times and dates may change. Email notices will be sent before events.

July Newsletter

Wellesley Neighbors
88 Worcester Street Suite 260
Wellesley, MA 02482

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