



Thanks to All from Our Outgoing President

This is my last message as president of this amazing organization. I thank you all for having made my tenure so enjoyable and rewarding. Looking into the future, I see wonderful things coming up: a great new energetic president, increased community fundraising by a very capable development committee, and plans for a spring jazz concert that could become a signature event. (See page 5 to see how you can help!)

Mind you, I am not disappearing; I am looking forward to being part of these exciting times. Don't forget: when you get engaged and volunteer your time, you not only help the organization, you yourself benefit enormously, gaining a heightened sense of connectedness to others and of your own self-worth. *Ilse*

From the Health Support Committee: Cannabis as Medicine Dr. Jordan Tishler, Tuesday, December 3, 3-4:30 pm, Room 413 Lulu Wang Campus Center, Wellesley College

Come talk about cannabis as medicine. We'll discuss what is known about cannabis and how it can help with a variety of symptoms. There's a lot of misinformation out there, so we'll address what is true and what is hype. We'll also look at risks and how to handle them. There will be significant time to answer all questions.

Dr. Jordan Tishler is a cannabis specialist. Through his training in internal medicine and years of practice as an ER physician, he brings his knowledge, reason, and caring to patients at inhaleMD, which has offices in Brookline and Cambridge.

A graduate of Harvard College and Harvard Medical School, Dr. Tishler trained at the Brigham and Women's Hospital, and teaches at both the Brigham and Harvard Medical School. He has spent many years working with the underserved, particularly American war veterans. While treating countless patients harmed by alcohol and drugs, he never saw a cannabis overdose, which led him to delve deeply into the science of cannabis safety and treatment.

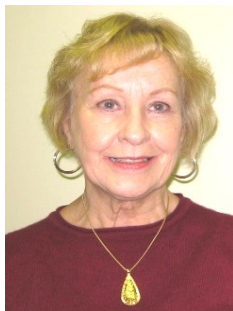
Dr. Tishler is a frequent speaker and author on a variety of topics related to the medical applications of cannabis. He is the President of the Association of Cannabis Specialists which aims to educate clinicians, lawmakers, and the industry about best practices and needed tools for proper patient care.



Holiday Potluck Lunch – Thursday, January 9, 12 noon – 2 pm

It's almost time to launch the New Year with our annual Potluck Lunch—at the Wellesley Community Center, 219 Washington Street. After signing up online or by calling Joyce at the office, you'll be contacted and asked to bring a dish. **Be sure to register—we need to provide enough tables and chairs! Deadline is December 30.** Watch for more information—and enjoy the holiday season ahead.

From the Executive Director: Discounted Memberships



Wellesley Neighbors offers discounted memberships to current and prospective members for whom our fees may be a financial strain. These memberships go into effect at the time of joining or membership renewal.

Using federal guidelines, an individual whose annual income is \$37,470 or less pays \$110 to belong, and an individual whose income is less than \$49,960 pays \$220. In addition, persons in the first category are reimbursed for activity and event fees up to \$100 per fiscal year. As for households, those with income of \$50,730 or less pay \$145 to belong, and those with income of \$67,640 or less pay \$290. A household in the first category is reimbursed for activity and event fees up to \$200 during the fiscal year. Please contact me if you qualify for a reduced membership fee. Any information you share will be held in confidence.

Joyce

November Service and Support

Service Requests: 12 (4 gutter cleaning, handyman, house cleaner, electrician, exterminator, dentist, furniture restoration, chimney work)
Support Requests: 2 (rides)



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

Healthy Aging: Did You Say “Heel Drops”?

Quite correctly, it has been drummed into us that, as seniors, we really *do not want to fall*. According to the U.S. Centers for Disease Control and Prevention (Texas A & M, *Vital Record*, Feb 2016):

- One in four Americans aged 65+ falls each year.
- Every 11 seconds, an older adult is treated in the ER for a fall; every 19 minutes, an older adult dies from a fall.
- Falls are the leading cause of fatal injury and the most common cause of nonfatal trauma-related hospital admissions among older adults.
- Falls result in more than 2.8 million injuries treated in ERs annually, including over 800,000 hospitalizations and more than 27,000 deaths.
- Falls are responsible for 87 percent of fractures in seniors, 25 percent of all hospital admissions, and 40 percent of all nursing home admissions.

O.K. so you've read the scary statistics, and you've already taken steps to reduce your risk. But here are a few more ideas:

Get some exercise. Weak bones and muscles increase your risk of falling. You don't necessarily have to join a

fitness club or a yoga group, but keep moving in whatever way you feel comfortable! Just for one example, Patrick Cox ("Health and Wealth Research" subscribers@mauldineconomics.com) suggests an easy home exercise that he calls the "heel drop" that you can do anywhere, any time, and often: Remove your shoes; rise up on your toes; then drop down hard on your heels. Repeat. This simple exercise gets your metabolism up and running *and* increases bone strength.

Eliminate home hazards. The home is a dangerous place, where nearly 50% of falls take place. Remove clutter and slippery rugs. Maintain adequate lighting, including night lights. Install grab bars and hand rails where needed. You can increase your safety by wearing non-skid shoes and slippers. Don't resist using a cane if you need one. Stay off ladders!

To learn other ways that you can make falls less likely, visit the National Council on Aging (www.ncoa.org) and the Mayo Clinic on "Healthy Aging" (<https://www.mayoclinic.org/healthy-lifestyle/healthy-aging/in-depth/fall-prevention/art-20047358>). See also *Home Modification for Aging in Place* in the *WN Newsletter* of July 2017.

C.M.

Meet Kirby von Kessler

Kirby von Kessler grew up in Santa Barbara, the son of a career army surgeon, but moved steadily eastward, first to Lake Forest Academy in Indianapolis and then to Harvard, where, reflecting America's Cold War preoccupations, he majored in Russian. Inspired by his father, he attended Harvard Medical School and took up the life of an orthopedic surgeon.

Following his internship at Roosevelt Hospital in New York, he served a stint as an army surgeon in Germany before returning to the U.S. for his orthopedic residency at Harvard. Subsequently he served as Chief Resident of Orthopedic Surgery at Massachusetts General Hospital before finally settling in Baltimore, where, for the remainder of his career, he had his own private practice while holding the position of associate professor of orthopedics at Johns Hopkins Medical School.

At Hopkins Kirby was a member of the oldest organization of orthopedic surgeons in the United States. By combining a private surgical practice with faculty status, he was able to enjoy not only financial independence, but the pleasure of teaching future doctors, and the

flexibility to pursue other interests as well. He traveled widely, teaching in England, Germany, Russia, Indonesia and the Philippines. But life in Baltimore had another attraction--its proximity to Maryland's horse country, where Kirby could act out his life-long love of horses and pursue his favorite pastime, fox-hunting.

Since retiring, he and his wife Liz have split their time between homes in Baltimore and Wellesley, though, weather permitting, they also enjoy Nantucket. Kirby

no longer goes on fox hunts, but he welcomes having plenty of time to read--mostly history and biography. He and Liz have seven children--two in the Boston area, and others scattered from Baltimore, to Chattanooga, to Portsmouth to Santa Barbara--and many grandchildren. In many respects, he says, it has been the ideal life--"wonderful, really wonderful." Nothing, he insists, beats being able to spend your life doing what you love.

Kirby and Liz von Kessler joined Wellesley Neighbors three years ago, after attending an informational gathering hosted by members. Liz is now a board member and heads the Wellesley Green cluster. **C.M.**



Stay or Go Panels a Great Success

Our "Stay or Go" panels drew capacity crowds to the Wellesley Free Library October 15 and 29. The room filled up, and more chairs were brought in. People came from as far as Medfield and Boston, and Joyce has since fielded many inquiries, e.g., from the Wayland COA. A repeat program is being discussed with Regis College, and other future venues could include various town libraries and COAs.

The panels were first presented last spring to our own membership by our WN Health Support Committee, chaired by Mary Lefkowitz. This fall, they were co-sponsored by the library and had some new participants, but Mary moderated both series. Many thanks to Mary, Joyce, all the

panelists, and helpers like Susan Adler, who organized refreshments!

The "Stay panel" discussed "aging in place," avoiding isolation, and getting support if needed. It included WN members Hank Solomon, Sharon Clark, Lee Delph and Parky Damon. The "Go Panel" discussed retirement communities. Panelists were WN member Nancy Amstutz, considering one near Oberlin College; former member Stan Treitman, now at Newbridge on the Charles; Maude Chaplin at Lasell Village and Phyllis Fanger at North Hill. **NOTE: Many attendees went home**

with a flyer, "Considerations when Researching Retirement Communities," prepared by Joyce and available on request. L.P.



Happenings



At left, one of several tables pampered with lunch by Maureen Donlon (and helpers) between acts of La Boheme. Thanks to Ralph Wagner for sharing the film and to the Wellesley Community Center for sharing its space! Below are three of a big crowd at Morse Tavern after having the \$5 hamburger special (shown at left). Monday nights at Morse's have become a popular repeat destination for WN.



Below left and right, a docent described the iridescent La Farge windows at the McMullen Museum of Boston College and the BC bronze eagle. Lunch followed at the BC faculty club.



For more photos of these and other events, log onto our home page and click on "Photo Albums" under "Documents-Photos." Contribute your own photos to the albums by sending them to bslavinb@gmail.com.

December Events Calendar

Tues. Dec. 3, 3-4:30 pm, "Medical Marijuana"

Room 413 Wang Center, Wellesley College (see page 1)

Wed. Dec. 4, 5:30 pm, Women's Night Out at CPK

California cooking close to home

Thurs. Dec. 5, 12:30 pm, Men's Lunch

A monthly favorite at WCC

Thurs. Dec. 5, 7:00 pm, Dessert and Speaker, WCC

Dr. Marjorie Agosin on Chile (rescheduled from Nov. 26)

Fri. Dec. 6, 12 noon, Lunch at Singh's in Wellesley

It's a la carte (not buffet) so you can take some home!

Tues. Dec. 10, 5:30 pm, Dinner at 110 Grill, Wayland

Modern American fare in a casual atmosphere

Thurs. Dec. 12, 12 noon, All Members Lunch

A break from the holiday rush to touch base with friends

Fri. Dec. 13, 11 am, American Heritage Museum and Lunch in Hudson

Awesome tanks and other military gear (sign-up DEADLINE 12/6)

Thurs. Dec. 19, 4 pm, Holiday Lights Tour and Dinner

A festive visit to Tower Hill, Boylston (sign-up DEADLINE 12/13)

Fri. Dec. 27, 12 noon, Lunch at Eli's in Natick

Breakfast all day plus soups, salads and sandwiches

Mon. Dec. 30, DEADLINE to register for January 9 Holiday Potluck

Early January Events!

Wed. Jan. 1, 5:30 pm, Women's Night Out at CPK

Thurs, Jan. 2, 12:30 pm, Men's Lunch at WCC

December 2019

Su	Mo	Tu	W	Th	Fri	Sa
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				

WN Jazz Concert April 4, 2020 at Wellesley Middle School

Spring may seem far away, but we have just four months to make this happen! If successful, it could become our "signature event." Hank Solomon had the idea and will be the impresario (with all his past experience), assisted by one or two project managers and many, many other members doing publicity and other jobs. Think about what you'd like to do, and call Ilse Sangree (781-237-1962) to sign on. More details to come!

Please, always register for events so seating and refreshments can be planned. Register on our website OR email events@wellesleyneighbors.org OR call 781-283-0417. (Use same email or phone number to cancel.) NOTE: Times and dates may change—watch for email blasts.

Wellesley Neighbors
888 Worcester Street Suite 260
Wellesley, MA 02482

December Newsletter

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

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