



# LATHROP *Lamp Post*

June 2, 2024 - June 8, 2024

## LATHROP MEMORIAL DAY PICNICS 2024



# DINING DELIGHTS



## Sunday, June 2

**Soup:** Butternut Bisque (GF)

**Salad:** Julienned Vegetables

**Entrée 1:** Stuffed Flounder

**Entrée 2:** Roast Strip Loin of Beef with Sauce Bearnaise (VA, GF)

**Side Dishes:** Asparagus, Parmesan Tomatoes, and Mashed Potatoes

**Dessert:** Chocolate Crème de Menthe Parfait (GF)

## Monday, June 3

**Soup:** Southwest Pork and Beans (GF)

**Salad:** Cumin Apples in Lime Dressing

**Entrée 1:** Crab Cakes with Remoulade Sauce

**Entrée 2:** Chicken Thigh with Smoked Paprika Sour Cream (VA, GF)

**Side Dishes:** Roasted Squash, Swiss Chard, and Herbed Basmati Rice

**Dessert:** Coconut Pudding (GF)

## Tuesday, June 4

**Soup:** Summer Vegetable (V, GF)

**Salad:** Irish Pea

**Entrée 1:** Kielbasa with Apple and Sauerkraut (VA, GF)

**Entrée 2:** Beef with Cognac Mustard Cream Sauce (GF)

**Side Dishes:** Vegetable Medley, Gingered Carrots, and Lemon Herb Roasted Potatoes

**Dessert:** Chocolate and Peanut Butter Napoleon

## Wednesday, June 5

**Soup:** Chicken Orzo

**Salad:** Falafel with Tzatziki Sauce (V, GF)

**Entrée 1:** Shrimp Skewer (GF)

**Entrée 2:** Greek Style Chicken Thighs (GF)

**Side Dishes:** Sautéed Zucchini, Herbed Mushrooms, and Noodles Baked in Greek Yogurt

**Dessert:** Baklava (Honeyed Walnuts Layered in Phyllo Dough)

## Thursday, June 6

**Soup:** Portugese with Linguicia (GF)

**Salad:** Cottage Cheese with Pineapple

**Entrée 1:** Tournedos of Beef with Sour Cream Dill Sauce (GF)

**Entrée 2:** Tofu in Coconut Curry with Cashews (V, GF)

**Side Dishes:** Wilted Spinach, Green Beans, and Baked Sweet Potato

**Dessert:** Strawberry Cheesecake

## Friday, June 7

**Soup:** French Onion

**Salad:** Cole Slaw

**Entrée 1:** Roast BBQ Chicken (GF)

**Entrée 2:** Fried Clam Strips

**Side Dishes:** Peas and Pearl Onions, Buttered Corn, and Ranch Potato Wedges

**Dessert:** Limoncello Steeped Berries over Meringues (GF)

## Saturday, June 8

**Soup:** Beet and Fennel (V, GF)

**Salad:** Herbed Pasta in Balsamic Vinegar

**Entrée 1:** Salt and Vinegar Potato Crusted Cod (GF)

**Entrée 2:** Turkey Medallions with Forest Mushroom Sauce (GF)

**Side Dishes:** Dill Carrots, Vegetable Medley, and Almond Brown Rice

**Dessert:** Carrot Cake with Cream Cheese Frosting and Walnuts

## DINING ROOM SEATING TIMES

Breakfast: 8:00 - 10:00

Lunch: 11:00 - 1:00

Dinner: 5:00 - 7:00 (6:30 last seating)

Townhome residents can make reservations for dinner in the Dining Room. A 24-hour notice is required. Those with a meal plan are still receiving delivery unless otherwise specified.

# EAST DAILY HAPPENINGS

## Saturday, June 1

- 11:30 Chair Yoga Video (MTR)
- 2:00 Bingo
- 3:00 Marcia Jestaedt: Talk About Her Art
- 7:00 Movie Night: "Unfrosted" (MTR)

## Sunday, June 2

- 10:00 Quaker Gathering (GR)
- 2:00 Music East: Ellen Cogen and John Mason (MTR)

## Monday, June 3

- Trash Only
- 10:00 Exercise with Eunice (MTR)
- 11:30 Pilat-Ease with Julie (MTR)
- 2:00 You Be the Judge with Julie (MTR)

## Tuesday, June 4

- 10:00 One Day University: "The Universal Timekeeper" (GR)
- 10:00 Touchtown Training with Sarah (MTR)
- 11:30 Pilat-Ease with Julie (MTR)
- 2:00 Movie: "Mosaic" and Discussion with Risa Silverman (MTR)
- 3:30 "Move and Groove" with Dolores (MTR)

## Wednesday, June 5

- 10:00 "Dancercise" with Dolores (MTR)
- 11:30 Chair Yoga Video (MTR)
- 12:00 Bright Spot Dog Therapy (Lobby)
- 1:00 Watch the Play: Sleeping Beauty (MTR)
- 2:00 Scrabble (LW)
- 2:00 Wistariahurst Lecture (MTR)
- 7:00 Movie Night: "Blended" (MTR)

## Thursday, June 6

- 10:00 One Day University: "Uncle Sam Wants You" (GR)
- 10:00 Breathe and Stretch with Rob (MTR)
- 11:30 Chair Yoga Video
- 2:00 Better Balance with Jen (MTR)

### Wellness Clinic Hours:

Monday to Friday  
9:30 AM to 10:30 AM  
**Transportation:** Call 413-437-5371  
Monday - Friday 8:00 AM to 4:00 PM

- 1:30 Home Grown National Park film and Discussion with George Kriebel (MTR)
- 3:30 Series Viewing: "This is Us"

## Friday, June 7

- 9:00 Healthy Bones and Balance with Denise (MTR)
- 10:00 One Day University: "The Six Wives of Henry VIII" (GR)
- 11:30 Chair Yoga Video (MTR)
- 1:30 Homegrown National Park with George Kriebel (MTR)
- 3:30 Series Viewing: "This is Us" (MTR)

## Saturday, June 8

- 11:30 Chair Yoga Video (MTR)
- 2:00 Bingo (LW)
- 7:00 Movie Night "Hillbilly Elegy" (MTR)

## VAN TRIPS (EAST)

### **Monday, June 3**

|                    |          |
|--------------------|----------|
| Stop & Shop (SU,V) | 10:00 AM |
| Aldi's (SU,V)      | 1:00 PM  |

### **Tuesday, June 4**

|                |          |
|----------------|----------|
| Walmart (SU,V) | 10:00 AM |
| Big E's (SU,V) | 1:00 PM  |

### **Wednesday, June 5**

|                        |          |
|------------------------|----------|
| CVS and Errands (SU,V) | 10:00 AM |
|------------------------|----------|

# NORTH DAILY HAPPENINGS

**JUNE 1 – JUNE 8**

## STAFF OFFICE HOURS:

Monday: 12:00 – 3:00 Erin Curtin  
Wednesday: 12:00 – 3:00 Erin Curtin  
Thursday: 2:00 - 4:00 Holly Smith-Bové  
Thursday: 9:00 - 12:00 Sarah Gauger  
Friday: 1:00 - 4:00 Rob Olmsted  
Jen Davis: [jdavis@lathrop.kendal.org](mailto:jdavis@lathrop.kendal.org)

### **Saturday, June 1**

2:00 Walk Around, Go Right  
3:00 Presented by The Green Screen, George Kriebel. Home Grown National Park - Video and Discussion (GR)

### **Sunday, June 2**

2:00 Hamlet (with Laurence Olivier) (GR)

### **Monday, June 3**

Trash and Recycling  
10:00 Aging with Grace (Zoom)  
12:30 Bones & Balance (GR)  
2:30 Mahjong (L)

### **Tuesday, June 4**

10:00 Men's Group (GR)  
1:00 Bridge (L)  
1:00 Balance Class with Jen (FR)  
1:30 Better Strength with Jen (FR)  
4:30 Bereavement Group (Zoom)

### **Wednesday, June 5**

10:00 - 12:00 Chair Massage  
12:30 Bones & Balance (GR)  
1:30 Handi-Craft Group (GR)  
3:30 Tai Chi (FR)  
3:30 Walk Around, Go Left

### **Thursday, June 6**

10:00 Balance Class (FR)  
10:00 Thursday Café (Meet the Maintenance Team) (GR)  
10:30 30 Minute Strength Class (FR)  
11:30 Touchtown Training with Sarah  
12:30 Private Event, Flutes (GR)

### **Friday, June 7**

10:00 Yoga (GR)  
1:30 Chair Yoga  
2:30 Poker (L)  
4:00 Lane Meeting, Dogwood

### **Saturday, June 8**

2:00 Walk Around, Go Right  
3:00 Peter Blanchette (Patio)

## VAN TRIPS

### **Monday, June 3**

River Valley 10:00 AM

### **Thursday, June 6**

Big Y 9:00 AM

## SAVE THE DATES:

**June 12** at 3:30 (GR): Ward 1 City Councilor Stan Moulton will join us.

**June 13** at 3:00: New Horizon Band and Ice Cream Social

**June 15** at 2:00: Backyard Beauty Walk Around

**June 19** Juneteenth Celebration: Stay tuned for more information

# COMMUNITY LIFE

## MUSIC EAST PRESENTS: ELLEN COGEN AND JOHN MASON SUNDAY, JUNE 2 IN THE MTR

Ellen Cogen and John Mason, a wife and husband team, will treat us to a program of jazz standards and other repertoire. Ellen is a singer/conductor/pianist/educator, currently Professor of Music at Holyoke Community College and Director of Music at the Unitarian Society of Northampton and Florence. John is a guitarist and educator, teaching at Westfield State University, HCC, Western New England University, Northfield Mt. Hermon School, and the Northampton Community Music School. Both are performers in a wide variety of styles, and they enjoy improvisational exploration.



The butterfly garden from the Meeting House porch. Now the challenge: let's get some photos with butterflies...



# COMMUNITY LIFE

## MUSIC NORTH PRESENTS:

### PETER BLANCHETTE, COMING SUNDAY, JUNE 9



Friends - If you haven't heard Peter Blanchette and his archguitar - and perhaps especially if you have (!) - you'll want to come to his next concert here. If the weather is good, it will be outside under our new tent.

A perennial favorite here at Lathrop, Peter Blanchette returns with his archguitar on June 9. Though the music of the Baroque and Renaissance eras is especially close to his heart, Blanchette's repertoire - including original compositions - ranges far beyond those periods. He is a master musician of world-wide acclaim. We're lucky he calls the Pioneer Valley home and can play for us as often as he does!

## MOSAIC



Mark your calendars for Tuesday, June 4 at 2:00 in the Mt Tom Room for a showing of the locally-produced short film "Mosaic" and a discussion with producer Risa Silverman. This is a documentary created by the Western MA Health Equity Network (part of the UMass School of Public Health and Health Sciences). Mosaic highlights poetry and conversations with Western MA organizations and leaders of color on the topics of racism and health. What if quality health care were accessible to all?

## SAVE THE DATE

Backyard Beauty Walk Around will be held on Saturday, June 15<sup>th</sup> at 2:00. North campus home gardeners will share what they have created in their garden areas in conjunction with the regular Saturday afternoon walk around. Participating gardeners will tie a green ribbon on their front porch posts, which means you are welcome to check out the gardens all around their cottages. Rain date is Sunday, June 16.



# COMMUNITY LIFE

## RESIDENTS CREATING COMMUNITY

Thank you to all those from the Inn and the townhomes on both campuses who have already given generously to our 2024 Community Fund Appeal!

These funds support the activities of all residents on and allow our shared work to thrive. Almost \$20,000 has been received from 53 donations: Land Conservation \$4520; Music East \$3535; Music North \$4875; East Residents' Association \$3869; and North Residents' Association \$4875.

If you have not yet made a contribution, please consider one. The deadline is June 16<sup>th</sup>.

From your Association officers and representatives of the music and land conservation committees



## WHEN YOU ARE AWAY...

For Northampton residents please notify Donna, and for Easthampton residents, the front desk at the Inn if you plan to be away for any extended period of time. During prolonged absences, staff will monitor homes for safety hazards.

Residents should provide a means of contact while away, in case of emergency concerning their home. When residents go away for extended periods and leave their vehicles in the garage, vehicle keys should be left in an obvious place, such as the dining table, in case staff need to move the vehicle in order to reach the furnace via the garage in the event of an emergency.

### JOKE OF THE WEEK:

A priest, a pastor, and a rabbit walk into a blood donation clinic. The nurse asked the rabbit, "What's your blood type?" "I'm probably a type-O," said the rabbit.

Please send all submissions for a Friday Lamp Post to Jennifer Kinsman (jkinsman@lathrop.kendal.org and Holly Smith-Bové (hsmithbove@lathrop.kendal.org) by noon on the preceding Wednesday.

## JUNE 5 LECTURE ABOUT WISTARIAHURST

Holyoke's City Historian, Penni Martorell, will give a presentation on Wednesday, June 5 at 2:00 in the Mt Tom Room about the Wistariahurst Museum and the Skinner Family. William Skinner had a major role in Holyoke's industrial success, rebuilding his silk mills there after they were destroyed by a dam burst in Williamsburg. Skinner established ties with Japanese silk suppliers and produced silks and satins that were reputed to be the best in the world.

The family mansion, Wistariahurst, was built in Williamsburg in 1868, was spared by the flood, and then moved to Holyoke. It was donated to the City and turned into a museum that showcases what life was like for the Skinners. Its gardens occupy an entire city block and are open to the public.

## WELLNESS MATTERS

### SAVE THE DATE: JUNE 11 ON BOTH CAMPUSES

Mark your calendars to attend a presentation by Attorneys Michael and Jake Hooker. They will be in the Gathering Room in Northampton at 11:00 AM and in the Mt Tom Room at 2:00 on June 11. They will present on issues around estate planning and elder law, including asset protection and probate avoidance and naming someone to manage your affairs if need be. Their firm is unique, as the team of professionals includes a social worker, a Medicaid specialist, and an estate planning paralegal so they can provide expert legal, financial, and social services for elders and their families. For information about their firm, visit [elderlawservice.com](http://elderlawservice.com)





# WELLNESS MATTERS

## LIFESTYLE CHOICES TO REDUCE FALL RISK

### FROM ERIN CURTIN

- Maintain a healthy lifestyle and stay physically active
- Complete exercises to strengthen your muscles (LE in particular), improve balance and range of motion (ankles)
- Get your hearing and vision checked regularly
- Get an annual physical that includes an evaluation for cardiac/blood pressure problems
- Check with your doctor about medication side effects
- Stand up slowly and pause a bit before walking
- Maintain proper hydration
- Wear appropriate footwear that fits properly and has rubber/non-skid soles
- In the home never walk in bare socks and replace slippers that are too loose, have no backs, or poor treads
- Consider staying inside when the weather is bad. Use ice grippers on your shoes
- Get enough sleep
- Have your bone density checked as recommended by your physician
- Use an assistive device recommended for you by a health care professional (make sure it is correct height)
- Have a foot exam if you have pain
- Address safety hazards in your home

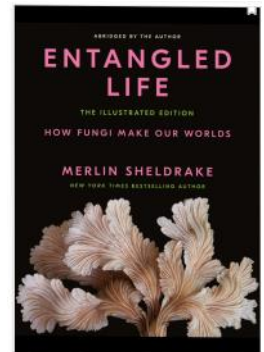


# ENVIRONMENTAL CORNER:

## NEWS FROM LATHROP'S ENVIRONMENTAL STEWARDS

### SAVE THE DATE FOR THE BOOK DISCUSSION: ENTANGLED LIFE BY MERLIN SHELDRAKE

For all those interested: a discussion of "Entangled Life" by Merlin Sheldrake will take place on Monday, June 24 at 4:00 in the Mt Tom Room.



## THE INN GARDEN

Phase One of the Inn Garden renovation is complete, as all the shrubs and trees have been planted. Now we embark on Phase Two. The native perennials have emerged and now we can see what has come back this year. We plan to clear areas around the new plants so they are more visible and do some other weeding to tidy the garden. Watering equipment has been installed to be used by a team of volunteers. During watering, a hose will lie across the sidewalk, but it is clearly marked with red tape and an orange cone. Please bear with us as we work on the garden. The renovation will take time and ongoing work. Just like Rome, this garden was not built in a day!



## HOMEGROWN NATIONAL PARK

Join us on June 1 at 3:00 on the North campus and June 7 at 1:30 in the Mt Tom Room on the East campus for a Green Screen showing of a 52-minute film with Doug Tallamy about the Homegrown National Park concept. It will be followed by a 90-second video of the "larval landings" that can be placed under trees to "leave the leaves" neatly, but allow places for larvae to grow, then a 4-5 minute power point of pictures of real-life meadows and non-grass gardens to show how attractive they can be. George Kriebel will lead the discussion after the videos. George is a resident of Lathrop Northampton and an active member of SSFAE.