



LATHROP

Lamp Post

May 19, 2024 - May 25, 2024

LET'S LUNCH AT THE INN...

If you have never had lunch at the Inn, you are in for a treat when you opt to visit. The Dining Room at the Inn is open for lunch Monday through Saturday from 11:00 AM - 1:00 PM for dining in or take out. Please make a reservation if you are a party of four or more. If you are a party of ten or more, extra advance notice is required. Daily specials are noted on the black board in the lobby, or you can inquire at the front desk. Prices are reasonable and the staff is amazing. Below is a menu so you can muse about what looks delicious.

Lathrop Community Lunch Menu

Ask about our Daily Special \$6.00

Seasonal Salad \$6.00

Soup of the Day: Cup \$2.50 Bowl \$4.00

Homemade French Fries: \$3.50

Sandwiches Served on White, Multigrain or Marble Rye

Grilled Cheese, Chicken Salad, Egg Salad or Soft Salad Sandwich of the Day
\$4.50

BLT \$5.50

Southwestern Quesadilla \$6.00

Grilled Hot Dog, Hamburger, Vegetarian Burger or Chicken Tenders \$6.00

All Sandwiches Come with Lays Potato Chips & Pickles

Or Add Our Homemade Fries for \$2.50

DINING DELIGHTS



Sunday, May 19

Soup: Roasted Red Pepper (V, GF)

Salad: Quinoa Vegetable

Entrée 1: Cornmeal Crusted Trout with Orange Onion Marmalade (GF)

Entrée 2: Roast Beef with Wild Mushroom Merlot Sauce (VA, GF)

Side Dishes: Bok Choy, Garlic Roma Tomatoes, and Yukon Gold Mashed Potatoes

Dessert: Peanut Oreo Trifle

Monday, May 20

Soup: Curry Lentil (V, GF)

Salad: Marinated Mushroom

Entrée 1: Salmon Cake with Sauce Remoulade (VA)

Entrée 2: Chicken Thighs with Salsa Verde (VA, GF)

Side Dishes: Asparagus, Carrots Tzimmes, and Au Gratin Potatoes

Dessert: Blueberries and Lemon Custard (GF)

Tuesday, May 21

Soup: Beef and Bean Chili (GF)

Salad: Caesar

Entrée 1: Shrimp in Lemon Dill Sauce (VA, GF)

Entrée 2: Beef Cognac Mustard Sauce (VA, GF)

Side Dishes: Italian Flat Bean, Vegetable Medley and Jasmine Rice

Dessert: Ice Cream Parfait with Hazelnut Liqueur (GF)

Wednesday, May 22

Soup: Tarragon Mushroom (V, GF)

Salad: Fresh Strawberries and Bleu Cheese over Greens

Entrée 1: Pork Cutlet with Apples, Oranges, and Almond (VA, GF)

Entrée 2: Swordfish with Lemon Caper Beurre Blanc

Side Dishes: Steamed Broccoli, Yellow Squash Provençal, and Roasted Fingerling Potatoes

Dessert: Apple Pie

Thursday, May 23

Soup: Minestrone (V, GF)

Salad: Prosciutto Wrapped Melon, Balsamic Reduction

Entrée 1: Grilled Eggplant Parm (V, GF)

Entrée 2: Spaghetti and Meatballs

Side Dishes: Peas, Italian Seasoned Zucchini, and Spaghetti Marinara

Dessert: Italian Ice (GF)

Friday, May 24

Soup: Seafood Chowder (GF)

Salad: Watermelon with Mint

Entrée 1: Baked Ham with Tarragon Peaches (VA, GF)

Entrée 2: Red Snapper with Pineapple Salsa (VA, GF)

Side Dishes: Wax Beans, Wilted Spinach, and Oven Roasted Sweet Potato Wedges

Dessert: Strawberry Romanoff (GF)

Saturday, May 25

Soup: Split Pea (V, GF)

Salad: Arugula and Orange

Entrée 1: Sautéed Shrimp in Tasso Cream (GF)

Entrée 2: Chicken and Broccoli Cheddar Casserole

Side Dishes: Basil Green Beans, Mixed Vegetables, and Basmati Rice

Dessert: Chocolate Cake

DINING ROOM SEATING TIMES

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, May 18

- 11:30 Chair Yoga Video (MTR)
- 1:30 Dennis Burke Art Talk (DR)
- 2:00 Bingo
- 7:00 Movie Night: "Erin Brockovich" (MTR)

Sunday, May 19

- 10:00 Quaker Gathering (GR)
- 2:00 Music Concert - Fiesta Rumbera (MTR)

Monday, May 20

- Trash for Townhomes
- 10:00 Exercise with Eunice (MTR)
- ~~11:30 Pilat-Ease with Julie (MTR)~~
- 2:00 Forever Chemicals with Allison Ryan (MTR)

Tuesday, May 21

- 10:00 One Day University: "Bronze Age: Rise of Civilization" (GR)
- 11:00 Rick Peterson: Presentation on mini-split use and efficiency (MTR)
- 11:30 Pilat-Ease with Video (MTR)
- 1:00 Community Circle
- 4:00 Annual Meeting at Look Park (Registration closed)

Wednesday, May 22

- 10:00 "Dancercise" with Dolores (MTR)
- 11:30 Chair Yoga Video (MTR)
- 12:00 Bright Spot Dog Therapy (Lobby)
- 2:00 Scrabble (LW)
- 7:00 Movie Night: "The Long Game" (MTR)

Thursday, May 23

- 10:00 One Day University: "Who Wore What When Where (History of Fashion)" (GR)
- 10:00 Breathe and Stretch with Rob (MTR)
- 11:30 Financial Roundtable with Holly (Zoom)
- 11:30 Chair Yoga Video (MTR)
- 1:00 Build a Flower Word Game (MTR)
- 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

- 2:30 Better Strength with Jen (MTR)
- 3:00 Meditation (GR)
- 3:30 Series Viewing: "This is Us" (MTR)

Friday, May 24

- 9:00 Healthy Bones and Balance with Denise (MTR)
- 10:00 One Day University: "All That Glitters: The History of the California Gold Rush" (GR)
- 11:00 Falls Prevention Program
- ~~11:30 Chair Yoga Video (MTR)~~
- 3:30 Series Viewing: "This is Us" (MTR)

Saturday, May 25

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

PLEASE NOTE: Julie will be on vacation from May 15 - May 31. Please contact sgauger@lathrop.kendal.org if you need assistance with any resident services.

VAN TRIPS (EAST)

Monday, May 20

Stop & Shop (SU,V) 10:00 AM
 Trader Joe's (SU,V,\$)
 1:00 PM

Tuesday, May 21

Walmart (SU,V) 10:00 AM
 Big E's (SU,V) 12:00 PM

Wednesday, May 22

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

NORTH DAILY HAPPENINGS

MAY 18 – MAY 25

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

Saturday, May 18

2:00 Walk Around, Go Right

Sunday, May 19

3:00 Music: The Hampshire Trio (GR)

Monday, May 20 (Trash and Recycling)

10:00 Aging with Grace

12:30 Bones & Balance (GR)

2:30 Mahjong (L)

Tuesday, May 21

10:00 Men's Group (GR)

1:00 Bridge (L)

1:00 Balance Class with Jen (FR)

1:30 Better Strength with Jen (FR)

2:30 Fitness Committee (CR)

4:00 Annual Meeting at Look Park (Registration Closed)

4:30 Bereavement Group

Wednesday, May 22

12:30 Bones & Balance (GR)

1:30 Handi-Craft Group (GR)

3:30 Tai Chi (FR)

3:30 Walk Around, Go Left

4:00 Lane Meeting, Crabapple

Thursday, May 23

10:00 Balance Class (FR)

10:00 Thursday Café (GR)

10:30 30 Minute Strength Class (FR)

11:30 Financial Roundtable with Holly (Zoom)

12:30 Private Event, Flutes (GR)

VAN TRIPS

Monday, May 20

Stop & Shop

10:15 AM

Trader Joe's

1:15 PM

Thursday, May 23

Big Y

9:00 AM

SAVE THE DATE:

Ward 1 City Councilor Stan Moulton will join us at 3:30 on June 12.

Friday, May 24

10:00 Yoga (GR)

10:00 African American Writers Group (Zoom)

12:00 BBQ Chicken Pot Luck Picnic (Cost: \$5)

2:30 Poker (L)

4:00 Lane Meeting, Dogwood

Saturday, May 25

2:00 Walk Around, Go Right

COMMUNITY LIFE

**MUSIC NORTH PRESENTS:
THE HAMPSHIRE TRIO,
SUNDAY, MAY 19 AT 3:00**



Not every concert offers the noble sound of the French horn in two trios for horn, violin, and piano - but this one will. Johannes Brahms's "majestic" and "heartbreaking" masterpiece for those three instruments will be paired with Max Mueller's "Tryptich," premiered only last year. The lyrical Three Romances of Clara Schumann will round out the program. If you were lucky enough to be present when the Hampshire Trio last visited, you'll remember their glorious performances of Haydn and Schubert. Now violinist Sarah Briggs and pianist Gregory Hayes are back with new partner, hornist Christine Mortensen. Similar glories are in store! (Please sign up in the Meeting House entryway.)



DENNIS BURKE: LOCAL ARTIST



Everyone is invited to join the East Art Committee members as they welcome Dennis Burke to the Inn on Saturday, May 18 at 1:30 PM. Currently his work is featured in the Gallery, together with some of his late wife's creations. The exhibit includes examples of many different techniques that are quite compelling. Bring a friend and join us for Dennis' talk in the Dining Room on Saturday.

AND WHILE YOU ARE IN THE GALLERY...Check out the display case with Doug Hostetter's photography from around the world.



COMMUNITY LIFE

FIESTA RUMBERA: SUNDAY, MAY 19 AT 2:00 IN THE MTR



Fiesta Rumbera is a Massachusetts-based group of talented musicians whose love and dedication to flamenco music has earned them wide acclaim. Tony Silva (Spanish guitar), Brian O'Connell (base guitar), and Michel Moushabeck (cajones) perform Rumba Flamenca, based on the folkloric music traditions of southern Spain. The music of celebration offers cheerful rhythms that invite you to move your body!

Please join us next Sunday the 19th at 2:00pm in the MTR. Masks will be available.

Stay tuned for the next concert on June 2nd, when we welcome Ellen Cogen and Brian O'Connell, a husband/wife/guitar/vocal duo.

SAVE THE DATE

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?

What's blooming now???



COMMUNITY LIFE



RESIDENTS WORKING TOGETHER TO CREATE COMMUNITY

Each spring you have the opportunity to support the rich community life that Lathrop residents enjoy by making a financial gift to our annual resident-organized Community Fund Appeal. Gifts allow us to bring performers to our treasured music programs, to fund stewardship of our beautiful natural lands, and to support programs, speakers and a diversity of other community activities. In the coming weeks, we will be sharing more about what your contributions help to create. Today we write about why Music Matters to us at Lathrop.

Nothing raises our spirits like music. We have wonderful committees on both campuses identifying and hosting a great variety of musical talent for our listening pleasure. A recent concert on North Campus featured Adrienne Greenbaum and Allison Monroe who both played period instruments and delighted us with their musical talent. Adrienne is a master musician and a delightful character with her offbeat humor and pill box hat. Whether she is playing klezmer music or Bach, we love her.

One East campus resident, describing what Lathrop's live music concerts had meant to him and his wife, said: *When we are listening to a Sunday afternoon performance, we, in community with our fellow residents, are engaging in an exercise that refreshes, stimulates, educates and challenges us in many ways ... The informal nature of the concerts and the physical closeness of the venues allow us the unique opportunity to see the pianist's hands, to watch the interaction of the players in a string quartet and to share in the back and forth camaraderie of (musicians) doing what they love to do – making music for an audience.*

But musicians deserve to be paid for their work and that's why we need your contribution to the Community Fund Appeal. The letter that each resident received included a form and details of how you can make a gift by check or through your monthly bill. To donate by credit card, go to lathrop.kendal.org, choose donate now and follow the prompts for Music Matters (East or North), Land Conservation, and Residents' Association (East or North).

Your contribution will ensure more great music to stir our hearts and get our feet tapping.

JOKE OF THE WEEK:

Absolute proof of round earth: if the earth were flat, cats would have knocked everything off the edge by now.

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.

WHAT JUST HAPPENED?



Becca Gastfriend, Adele Oppenheim's granddaughter, entertained Lathrop residents on Mother's Day with some stellar singing. Here are Becca and Adele, together with Adele's daughter (Becca's mother) and Becca's aunt.

The Northampton High School Wind Ensemble serenaded a full house in the Mt Tom Room on May 14. The 18 students, led by Paul Kinsman, played selections from Katajoh Copley, James Reese Europe, and Florence Price, entertaining residents and staff with some wonderful ragtime pieces.



Leslie Farlow offered fun facts about common and uncommon backyard birds in the Mt Tom Room on May 13.

WELLNESS MATTERS

PROFESSIONAL FOOT CARE OPTIONS

from Erin Curtin

Debra Deane, RN

Home visits for professional foot care.
413-667-5363



Foot Care by Nurses

Home visits for professional foot care.
413-367-8369

<https://footcarebynurses.net>

Easthampton Senior Center

Clinic 1st Wednesday of each month
Services provided by Debra Deane, RN
Typically, 1-2 months wait time for an appointment.
Call 413-527-6151 to schedule.

Northampton Senior Center

Clinic at least one Tuesday of each month (call or check their monthly calendar for dates)
Services provided by Deb Deane, RN
Typically, 1-2 months wait time for an appointment.
Call 413-587-1228 to schedule.



WELLNESS MATTERS

TALKING WELLNESS TOGETHER VIDEO LINK

Last week a curious handful of residents joined Erin and Rob for the first of what we hope will be many lively "Talking Wellness Together" Zoom conversations. We will continue with this drop-in event on the second Thursday of the month at 11:30 in the same slot as the Financial Roundtable events. This past week our conversation touched on aspects of Lane and Community culture with some practical suggestions about services and supportive habits to share. Knowing that scheduling can be challenging, and that some may not be able to join but would like to following the conversation, we are putting a recording of the event on the Lathrop YouTube Channel from where it will be posted to Touchtown. Contact Rob at rolmsted@lathrop.kendal.org for the link.

Next month we hope to look together at a thoughtful community document that a group of North Residents published prior to our formal Strategic Planning and Aging in Community committee work. We will send that document out with the link before the next session on June 13.

LOW VISION SUPPORT GROUP TO MEET

The first meeting of the "Low Vision Support Group" will be held Tuesday, May 28 at 1:00 in the Inn Dining Room. The group plans to meet once a month on Tuesdays, with future dates to be determined. Currently there are seven people interested. If you would like to join the group, please contact Marny Smith at 413-203-5610 or Erin Curtin at 413-537-5372.

ENVIRONMENTAL CORNER: HOMEGROWN NATIONAL PARK

Join us 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 SSAFE.

ENVIRONMENTAL CORNER:

NEWS FROM LATHROP'S ENVIRONMENTAL STEWARDS

WHAT, WHY, WHERE, WHAT'S THE PROBLEM, WHAT TO DO...

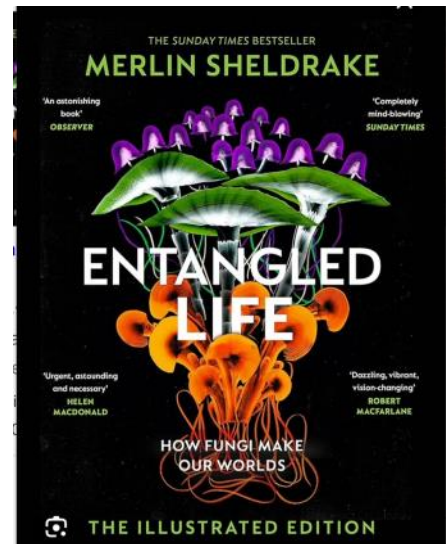
Everyone is welcome to join us in the Mount Tom Room on May 20 at 2:00 as Allison Ryan presents a primer on Forever Chemicals on behalf of the Environmental and Education Committee.

ENTANGLED LIFE BY MERLIN SHELDRAKE: THE NEXT ENVIRONMENTAL BOOK CLUB SELECTION

Next Environmental Book Club Selection: "Entangled Life" by Merlin Sheldrake, about 200 pages. Discussion will be held the last week of June.

Be sure to get the illustrated edition! Stunning photos!

NOTE: Two copies of The Devils Element are checked out to Allison Ryan and need to be returned. If you have a copy from the library, please return to any library, or to Allison.



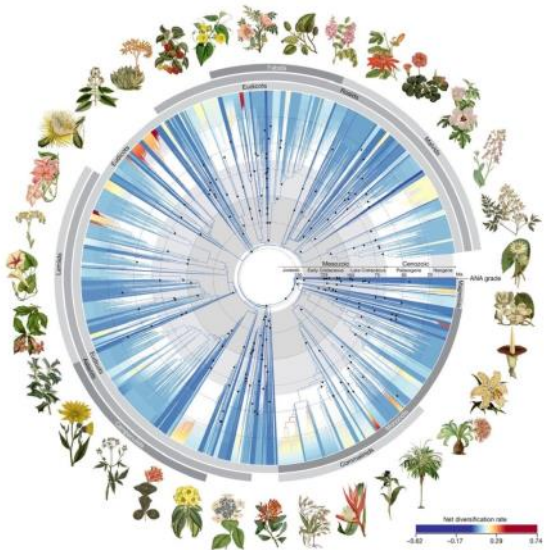
HAVE YOU WONDERED WHAT THE STORY IS ON MINI-SPLITS?



Do you have them and wonder if you are using them efficiently? Do you have questions? If so, come to the Mt Tom Room on Tuesday, May 21 at 11:00 or to the Meeting Room on May 28 at 11:00 to hear Rick Peterson explain it all.

ENVIRONMENTAL CORNER:

NEWS FROM LATHROP'S ENVIRONMENTAL STEWARDS



A new, time-calibrated phylogenetic tree for angiosperms based on 353 nuclear genes.
Mol. Biol. Evol. 2024.

DNA sequencing has led to showing us where every bloom belongs on the Tree of Flowers. So now we can delight all the more as we luxuriate in Nature's beauty and bounty!

https://lathrop.kendal.org/wp-content/uploads/sites/12/2024/05/flowery-evolution_.pdf

Check out the link above to read an article from the NY Times titled "Flowery Evolution: Maybe It's a Case of the Survival of the Prettiest" by Veronique Greenwood.

HERPS: THE OTHER BIRDS

TUESDAY, MAY 21 AT 7:00 - 8:00 PM IN THE MT TOM ROOM

May is one of the most exciting birding months of the year, with all of the returning residents and northbound migrants in their spring finery. But did you know that May is also the best month of the year to see most of our local reptiles and amphibians? Join veterinarians Bill Benner and Joe Wicinski (and Hampshire Bird Club members) as they show us how to look down as well as up, for a closer look at some of these other interesting animals we see when we're out birding.

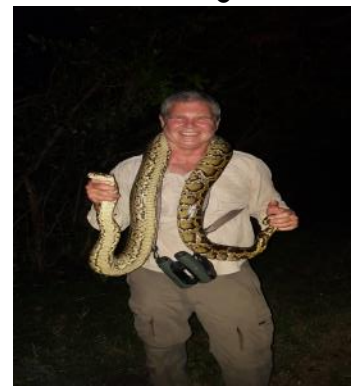
To join the workshop, go to <https://lathropres.org/wp-content/uploads/2024/05/Herps-the-other-Birds.pdf>

Meeting ID: 822 7788 5665

Passcode: Education



Joe Wicinski



Bill Benner