



LATHROP

# Lamp Post

August 11, 2024 - August 17, 2024

**IN POSSIBLE, PA, USA**

**By Ham Salsich**

In the town of Possible,  
all things seem feasible  
even sorrows transforming into wisdom,  
even fear reshaping into fearlessness.

It's practical, there,  
to throw yourself into life  
like into an endless, fascinating ocean,  
to smile at disappointment  
like at a passing breeze,  
to believe in everlasting goodness  
even when hostility struts and shouts.

Many residents say  
it's believable  
that they're brand new each moment,  
and many say it's probable  
that each day delivers gifts  
grander than the Grand Canyon.

In Possible, PA,  
even being grateful  
for the gift of being old  
is possible,  
and singing  
instead of whining  
is a viable way to live.

# DINING DELIGHTS



## Sunday, August 11

**Soup:** Chicken Noodle

**Salad:** Shrimp Cocktail

**Entrée 1:** Grilled Chicken Thighs with Sundried Tomato Cream (VA, GF)

**Entrée 2:** Cabernet-Braised Beef (GF)

**Side Dishes:** Butternut Squash, Dilled Carrots, and Rice Pilaf

**Dessert:** Strawberry Rhubarb Pie

## Monday, August 12

**Soup:** Gazpacho (GF)

**Salad:** Caesar

**Entrée 1:** Sautéed Veal Sauterne (VA)

**Entrée 2:** BBQ Chicken (VA, GF)

**Side Dishes:** Grilled Summer Vegetables, Corn on the Cob, and Sweet Potato Fries

**Dessert:** Cherry Crisp

## Tuesday, August 13

**Soup:** Tomato Florentine (V, GF)

**Salad:** Spinach and Strawberries

**Entrée 1:** Catch of the Day (ask your server) with Salsa Verde (VA, GF)

**Entrée 2:** Pork Tenderloin with Mango Salsa (VA, GF)

**Side Dishes:** Kale with Dried Cranberry, Vegetable Medley, and Steamed Jasmine Rice

**Dessert:** Key Lime Pie (GF)

## Wednesday, August 14

**Soup:** Minestrone (V)

**Salad:** Iceberg Wedge

**Entrée 1:** Cioppino Stew with Shrimp, Clams, and Calamari in Tomato Saffron Broth

**Entrée 2:** Chicken Piccata (V)

**Side Dishes:** Cauliflower, Peas and Carrots, and Roasted Yukon Golds

**Dessert:** Butterscotch Pudding (GF)

## Thursday, August 15

**Soup:** Tarragon Corn Chowder (V, GF)

**Salad:** Cottage Cheese with Chive

**Entrée 1:** Vegetable Lasagna

**Entrée 2:** Grilled Salmon with Dill Sauce (VA, GF)

**Side Dishes:** Sautéed Zucchini, Green Beans, and Cheddar Mashed Potatoes

**Dessert:** Blueberries over Lemon Curd (GF)

## Friday, August 16

**Soup:** Beef Vegetable (GF)

**Salad:** Arugula and Orange

**Entrée 1:** Lemon Garlic Shrimp Skewer (VA, GF)

**Entrée 2:** Apricot Rosemary Roast Chicken (VA, GF)

**Side Dishes:** Steamed Broccoli, Glazed Parsnips, and Sweet Potato Hash

**Dessert:** Lemon Meringue

## Saturday, August 17

**Soup:** 5 Lily (V, GF)

**Salad:** Apples in Maple Vinaigrette

**Entrée 1:** Lamb Burger Topped with Feta and Arugula

**Entrée 2:** Cod with Lemon, Capers, and Garden Herbs (VA, GF)

**Side Dishes:** Wilted Greens, Mixed Vegetables, and Lemon Herb Orzo

**Dessert:** Baklava

## DINING ROOM SEATING

Town Home 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, August 10

- 10:00 Walker Repair Clinic (MTR)
- 11:30 Chair Yoga Video (MTR)
- 7:00 Movie Night: "Jezebel" (MTR)

## Sunday, August 11

- 10:00 Quaker Gathering (GR)
- 2:00 Music East Presents: The Catalytics Swing Band (MTR)

## Monday, August 12

- Trash Only for Town Homes
- 10:00 Exercise with Eunice (MTR)
- 11:30 Chair Yoga with Julie (MTR)
- 2:00 Ham Salsich: Poems for Troubled Times (MTR)

## Tuesday, August 13

- 10:00 One Day University: "Ancient Olympics" (GR)
- 11:30 Pilat-Ease with Julie (MTR)
- 12:30 Activities Committee
- 1:30 NorthEast Book Club (Zoom)
- 2:00 Abe Gelbein sermon (MTR)

## Wednesday, August 14

- 10:00 Dancercise with Dolores
- 11:30 Chair Yoga with Julie (MTR)
- 12:00 Bright Spot Therapy Dog (Lobby)
- 2:00 Scrabble (LW)
- 2:00 Cope for Hope with Julie (MTR)
- 7:00 Movie Night: "Eye in the Sky" (MTR)

## Thursday, August 15

- 10:00 Breathe and Stretch with Rob (MTR)
- 10:00 One Day University: "Margaret Thatcher" (GR)
- 11:30 Chair Yoga Video (MTR)
- 1:00 Word Game with Allison Ryan (MTR)
- 3:00 Meditation (GR)
- 3:30 Series: "Slings & Arrows" (MTR)

## Wellness Clinic Hours:

Every Day  
 9:30 AM to 10:30 AM  
**Transportation:** Call 413-437-5371  
 Monday - Friday 8:00 AM to 4:00 PM  
**Jen Davis on vacation August 6 - 16**

## Friday, August 16

- 9:00 Healthy Bones and Balance with Denise (MTR)
- 10:00 One Day University "Shakespeare in Space" (GR)
- 11:30 Chair Yoga (MTR)

## Saturday, August 17

- 11:30 Chair Yoga Video (MTR)
- 7:00 Movie Night: "Curly Top" (MTR)

## VAN TRIPS (EAST)

### **Saturday, August 10**

Open Rehearsal Tanglewood 8:15 AM  
 (SU/V/\$)

### **Monday, August 12**

Stop & Shop (SU/V) 10:00 PM  
 Aldi's (SU/V) 1:00 PM

### **Tuesday, August 13**

Walmart (SU/V) 10:00 AM  
 Big E's (SU/V) 1:00 PM

### **Wednesday, August 14**

Life and Music of Fats Waller,  
 Florence Community Center 9:15 AM  
 (SU/V/\$)  
 CVS and Errands (SU/V) 1:00 PM

### **Thursday, August 15**

Lunch at The Boathouse & Cruise  
 on the Lady Bea (SU/V/\$) 12:00 PM

### **Friday, August 16**

Trader Joe's & Silos Ice Cream  
 (SU/V/\$) 1:00 PM

### **Saturday, August 17**

Open Rehearsal, Tanglewood 8:15 AM  
 (SU/V/\$)

# NORTH DAILY HAPPENINGS

## AUGUST 4 – AUGUST 10

### STAFF OFFICE HOURS:

Monday: 12:00 – 3:00 Erin Curtin  
 Tuesday: 1:00 - 4:00 Paul Kane  
 Wednesday: 9:00 - 4:00 Patrick Arguin  
 Wednesday: 12:00 – 3:00 Erin Curtin  
 Thursday: 2:00 - 4:00 Holly Smith-Bové  
 Friday: 1:00 - 4:00 Rob Olmsted  
 Jen Davis: jdavis@lathrop.kendal.org

### Saturday, August 10

2:00 Walk Around, Go Right

### Sunday, August 11

2:00 Movie: “Mid-August Lunch”

### Monday, August 12

Trash and Recycle  
 10:00 Executive Officers Committee (GR)  
 12:30 Bones & Balance  
 2:00 Inn Transition with Rob & Erin (GR)  
 2:30 Mahjong (L)

### Tuesday, August 13

10:00 Men’s Group (GR)  
 1:00 Bridge (L)  
 1:30 NorthEast Book Club (Zoom)

### Wednesday, August 14

10:00 Executive Committee (GR)  
 10:30 Caregivers Group (Zoom)  
 12:30 Bones & Balance  
 1:30 Knitters Group (GR)  
 3:30 Walk Around, Go Left  
 3:30 Tai Chi (FR)

### Thursday, August 15

10:00 Thursday Café (GR)  
 10:00 Program Committee (L)  
 11:30 Wellness Talk (Zoom)  
 12:00 90’s Luncheon (Patio)

### Friday, August 16

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

### Saturday, August 17

2:00 Walk Around, Go Right

### VAN TRIPS

#### **Saturday, August 10**

Tanglewood (SU/V/\$) 8:45 AM

#### **Monday, August 12**

Stop & Shop (SU/V) 10:15 AM

#### **Tuesday, August 13**

Walmart (SU/V) 10:00 AM

#### **Wednesday, August 14**

Life & Music of Fats Walter, 9:30 AM  
 Florence Community Center  
 (SU/V)

#### **Thursday, August 15**

Big Y (SU/V) 9:00 AM  
 Ride the Lady Bea 12:30 PM  
 (SU/V/\$)

#### **Friday, August 16**

Trader Joe’s and Silos 1:00 PM  
 Ice Cream (SU/V/\$)

Big Sky (SU/V/\$)

#### **Saturday, August 17**

Tanglewood (SU/V/\$) 8:45 AM

Please note: Jen Davis will be on vacation from August 6 - August 16.

# COMMUNITY LIFE

## MUSIC EAST PRESENTS THE CATALYTICS: AUGUST 11 AT 2:00



“This coming Sunday, August 11 at 2:00, the Catalytics will perform music of many different styles, from early “traditional” jazz to French, Latin, Blues, Gypsy Swing, Folk, French, Country Latin, R&B, and Reggae. The band’s members play everything from guitar and mandolin to trombone, bass, and drums. Their repertoire includes compositions by the likes of Duke Ellington, Louis Armstrong, Billie Strayhorn, Antonio Carlos Jobim, Django Reinhardt, and Benny Goodman. The result is fun, upbeat music that appeals to all ages.

Please join us on Sunday, August 11, at 2:00 in the MTR!

On August 25th we will host Fiesta del Norte, Connecticut’s first mariachi band, performing traditional folk and popular music from Mexico.”

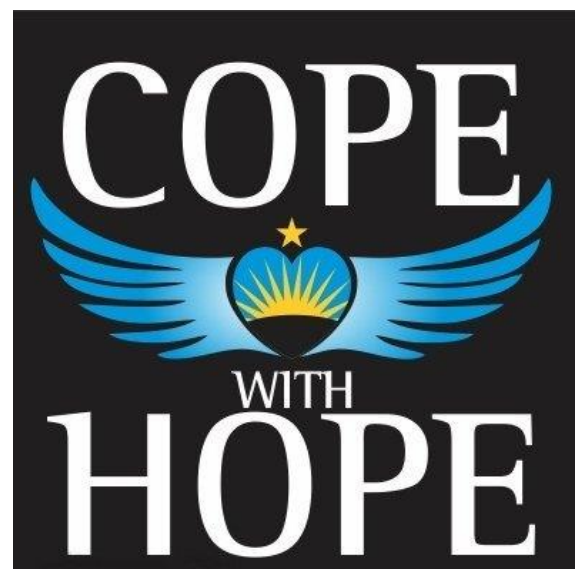
## WEDNESDAY, AUGUST 14, 2:00 MTR

Please join us in a dialogue to discuss strategies we all use to cope in challenging times.

Julie will bring material to be pondered. You will share what you specifically use when trying to find peace when occasionally walking on broken pieces.

Examples of songs, books, quotes, movies, meditations even YouTube videos for art, humor, etc.

How do you climb every mountain?



# COMMUNITY LIFE

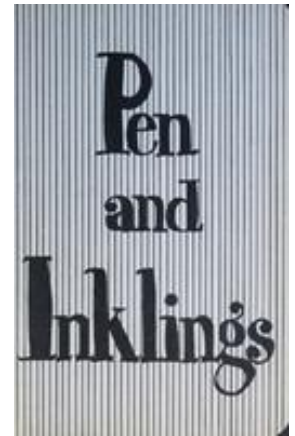


**Join Patrick Arguin, CEO, for a cup of coffee and good conversation on Friday, August 30 at 10:00 in the Mt Tom Room**

## POEMS AND STORIES WITH HAM:

Monday, August 12 at 2:00 in the Mt Tom Room: "Uplifting Poems for Troubling Times"

Monday, August 26 at 2:00 in the Mt Tom Room: "A Short Story Written by Ham While Smiling"



## LOW VISION SUPPORT GROUP

There will be a meeting of the Low Vision Support Group on Tuesday, August 13 from 1:00 - 2:00 in the Dining Room at the Inn. All are welcome to join us.

### JOKE OF THE WEEK:

Do you call it when a coffee joke is so funny that it causes an uproar?

A brew-haha!

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.

# COMMUNITY LIFE

## PARTY AT NORTH



**WE ARE CELEBRATING WITH  
A PIZZA PARTY ON THE  
PATIO FOR THOSE WHO WILL  
OR HAVE TURNED 90 YEARS  
OR OLDER IN 2024!  
AUGUST 15**

## IN MEMORIAM

Our thoughts are with the family of Roger Herman, who passed away in July. A voracious reader and lifelong learner, Roger was a teacher for many years and also served as an addiction counselor. When he and Eleanor moved to Cranberry Lane nine years ago, he became active as president of the Residents' Association, taught Sudoku, was a regular member of the book and the writing clubs, and always enjoyed engaging in conversation with residents, staff, and health aides. He will be missed at Lathrop.

## IN MEMORIAM

Lathrop is sad to note the passing of Martha Chandler, who lived at the Inn since 2020, having moved here to be near family. Martha was in a military family as a child, so she learned to make friends easily. She spent 50 years in Atlanta, where she raised her children. Martha earned her MSW and became an early childhood and lower grade teacher. Her family and care team were with her the past several days.

# COMMUNITY LIFE

**TUESDAY, AUGUST 13 AT 2:00 IN THE MT TOM ROOM**

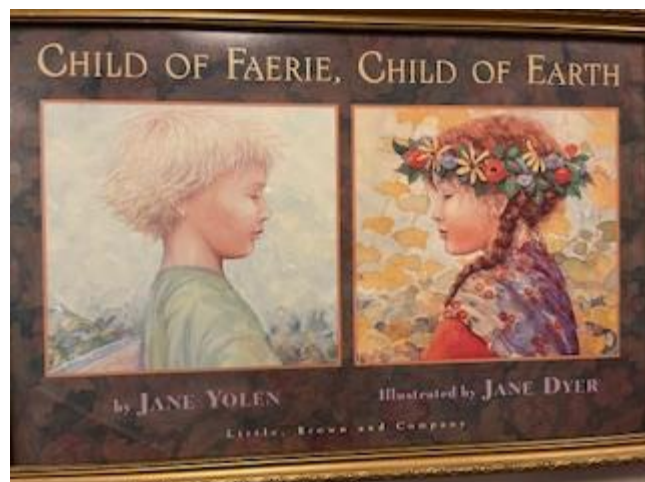
Abe Gelbein will present a beautiful sermon that was written by his late wife Reverend Joan Gelbein, who was ordained on June 27, 1982, by the Unitarian Church of Monmouth County, NJ.



## ART COMMITTEE PRESENTS, EAST CAMPUS

August finds both the Gallery and the glass display case adorned with artworks created by artist Jane Dyer. Jane has lived in Northampton for a number of years and is well known here and nationally for her intriguing work as an author and as an illustrator of children's books. In the Gallery Jane has hung some of her charming watercolors that were used to illustrate three of her books. On the shelves of the glass case you will find wonderful figures that Jane has created, then photographed to be used as illustrations.

On Sunday August 18 Jane will be here to describe her work, to introduce you to the characters who reside on the pages of her stories, and to answer any questions you might have. All are welcome! Come to the Inn Dining Room at 3:00 on Sunday, August 18.





# COMMUNITY LIFE

## SAVE THE DATE: MUSIC NORTH PRESENTS "DEAR ELLA"

### COMING SUNDAY, AUGUST 18

Friends—A Lathrop summer would be incomplete without Annie Patterson, Ann Percival, and Mary Witt—AKA Dear Ella. Fortunately this Lathrop summer won't have that problem. They and their music will be at the Meeting House a week from Sunday. They hope you will too!

Back again by popular demand: we are so pleased to present the wonderful vocal and instrumental trio Dear Ella. Their beautifully blended vocal harmonies - backed by guitar, bass, ukulele, snare drum, and banjo - make their spirited performances truly infectious. Come to hear old Motown, folk, jazz, and blues standards revitalized with their enthusiasm and skill! Here they are at Lathrop last year:

[https://www.youtube.com/watch?v=Tg\\_M\\_pba-Xw](https://www.youtube.com/watch?v=Tg_M_pba-Xw)



"And, for those of you that want to relive your school days, our retirement community has a walking trail that is uphill both ways."

Please note that Sharon Grace should have been listed among all of the stalwart gardeners who have been so instrumental in developing and maintaining the Easthampton Community Garden.

Thank you to Erin Curtin and Amy Garrigan for noting that at Lathrop, flowers are even happy to grow in the gutters!



# WELLNESS MATTERS

## *Life at the Inn*

**NORTH: Monday, August 12**

**2:00**

**Gathering Room**

**EAST: Monday, August 19**

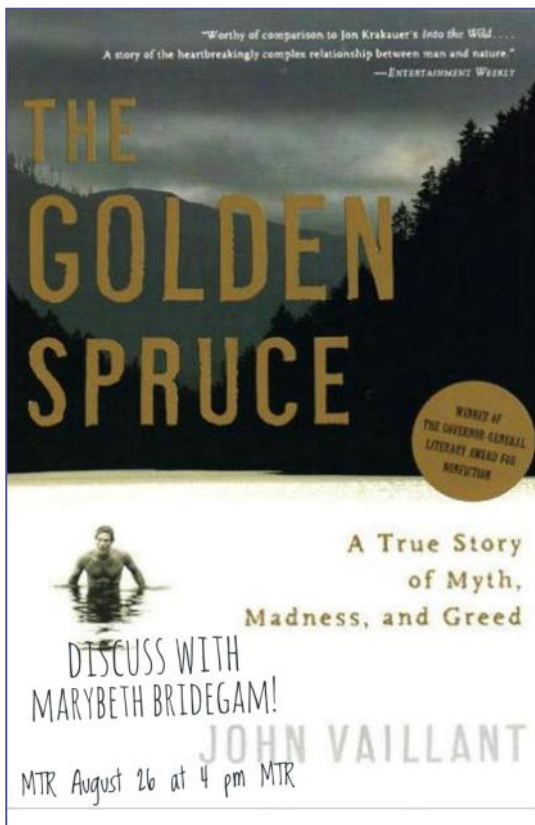
**2:00**

**Mt Tom Room**

***Townhome residents**, please join Rob to learn more about what life is like at the Inn, including what services are offered and if/when it may be a good move for you.*

*Bring your questions!*

# ENVIRONMENTAL CORNER



A man kills the thing he loves most- the only giant golden spruce on earth. Vaillant explores both backstory and fallout in fascinating detail, provoking us to rethink our relationship with nature. Join Marybeth Bridegam August 26 at 4:00 in the MT Tom Room to discuss this riveting true tale.

# ENVIRONMENTAL CORNER

On August 5 Allison Ryan led her audience on a Deep Dive- into Earth's crust miles beneath our feet and under the ocean floor, where recent discoveries are opening our eyes to a dramatically expanding biosphere. Far from being a dark, dead zone, the rocks are alive and full of surprises that upend many "dogmas" about life on Earth.

The crust is home to perhaps 10-20% of all Earth's biomass, teeming with 90% of Earth's microbes, including its most ancient - holding clues to life's origin on Earth. Some can withstand 20k atm pressures, near boiling or freezing temperatures, acid or alkali extremes, radiation 50 thousand times lethal for us, eat rock, breathe sulfur, or make or eat methane (modulating our crucial carbon cycle and thus climate change in ways not yet fully understood). All support complex and abundant ecosystems of creatures, many truly bizarre denizens of the deep, others critical to the overall dynamic health of the planet.

These discoveries over the past few decades have even inspired a new version of the Gaia Hypothesis - that Earth itself is a living organism. In his 2024 book "Creating Earth," Ferris Jabr describes how as soon as life emerged on Earth, it started transforming Earth's actual composition and shape. Some examples: photosynthetic Cyanobacteria produced enough oxygen to create an atmosphere capable of supporting eons of other life. Oxygen also interacted with many of Earth's metals to create new oxygen-rich minerals which, being lighter than basalt and iron ore, rose above the sea surface to create the continents.

The pace of new discoveries about the origins and capabilities of life on Earth is truly remarkable. For example, in the past few months:

## Whole New Group of Methane-Burping Microbes Discovered in Yellowstone Springs

NATURE 31 July 2024 By Carly Cassella



Grand Prismatic Spring, Yellowstone National Park. (Deb Snelson/Moments/Getty Images)

## Complex Life on Earth May Be 1.5 Billion Years Older Than We Thought

NATURE 31 July 2024 By David Nield



Microfossils recovered from the Precambrian basin. (Abderrazak El Albani/University of Potsdam)



Polymetallic nodules rich in nickel, manganese, and cobalt that could be used for batteries.

Photo by Pallava Bagla / Corbis via Getty Images

# TECHNOLOGY ASSISTANCE

## **For assistance in the community:**

### **Forbes Library (for Easthampton and Northampton residents)**

20 West Street, Northampton

[techservices@forbeslibrary.org](mailto:techservices@forbeslibrary.org)

413-587-1011 ext.4528

Appointment recommended for one-on-one instruction that may take more than 1 hour.

Reference librarian also welcomes “quick questions” at the reference desk without an appointment.

Drop-in hours for tech help available (check Forbes Library Events Calendar on their website for times).

### **Easthampton Public Library (for Easthampton and Northampton residents)**

9 Park Street, Easthampton

[ewmlibrary.org/tech-help/](http://ewmlibrary.org/tech-help/)

413-527-1031

Technology help by appointment is offered on alternating Tuesdays from 4:00-5:00pm and Wednesdays from 2:30-5:30pm.

If you are unable to make an appointment during these times, you may email Katya at

[kschapiro@ewmlibrary.org](mailto:kschapiro@ewmlibrary.org) and she will try to accommodate you.

## **For assistance in your home:**

### **Easthampton and Northampton Neighbors (recommended by Lathrop residents)**

Part of a local support network of “neighbors helping neighbors,” affiliated with the National Village to Village Network.

This is a free assistance program to residents of Easthampton and Northampton who are members.

Offers technology assistance at home from volunteers.

Easthampton Neighbors: <http://easthamptonneighbors.org>

413-225-1338

Northampton Neighbors: <http://northamptonneighbors.org>

413-341-0160

### **Jared Libby (family member of a Lathrop resident and recommended by Lathrop residents)**

[jklabby@gmail.com](mailto:jklabby@gmail.com)

413-824-9421

Support by phone, email, or house call.

\$50 per hour with a \$25 travel charge for households outside of Northampton.