



LATHROP

Lamp Post

October 13 - 19, 2024

ALZHEIMER'S AWARENESS WALKS AT LATHROP: OCTOBER 16 AT NORTH AT 3:00 AT THE MEETING HOUSE OCTOBER 18 AT EAST AT 1:00 - 3:00 OUTSIDE THE INN

Join us for a meaningful day of connection, community, and fun at our Alzheimer's Awareness Walk! This event aims to raise awareness and support for those affected by Alzheimer's disease, and everyone is welcome to participate. Don't miss out on:

- Delicious food
- Refreshing drinks
- Yard games
- Mind games
- Live music from our very own residents
- Photo Booth
- Alzheimer's Awareness information
- Donations are optional

Don't forget to wear purple all week!



DINING DELIGHTS



Sunday, October 13

Soup: Red Cabbage & Potato (V, GF)

Salad: Spinach & Sundried Tomato with Cider Vinaigrette

Entrée 1: Mustard-Crusted Pork Chop Drizzled with Maple

Entrée 2: Cranberry Baked Cod

Side Dishes: Pierogies in Brown Butter, Vegetable Medley, and Rutabaga

Dessert: Hot Apples with Vanilla Ice Cream

Monday, October 14

Soup: Parsnip & Potato (V, GF)

Salad: Autumn Salad with Caramel Vinaigrette & Sweet Potato Corn Bread

Entrée 1: Stuffed Spaghetti Squash with Sausage (VA)

Entrée 2: Garden Pesto Grilled Chicken (GF)

Side Dishes: Mac & Cheese, Roasted Carrots and Zucchini, and Corn on the Cob

Dessert: Fresh Sugar Pumpkin Cheesecake

Tuesday, October 15

Soup: White Bean with Spinach (V, GF)

Salad: Caesar

Entrée 1: Chicken Parmesan (VA)

Entrée 2: Stuffed Manicotti with Meat Sauce (VA)

Side Dishes: Spaghetti Marinara, Peas, and Carrots with Dill

Dessert: Tapioca Pudding (GF)

Wednesday, October 16

Soup: Chicken Tortilla (GF)

Salad: Cumin Apple & Celery Slaw with Lime

Entrée 1: Mexican Style Chicken Thighs (VA, GF)

Entrée 2: Pulled Pork Soft Tacos (VA, GF)

Side Dishes: Fiesta Rice, Mixed Vegetables, and Seasoned Corn

Dessert: Flan with Crisp Pumpkin Seed (GF)

Thursday, October 17

Soup: Pumpkin Brie (VA, GF)

Salad: Waldorf

Entrée 1: Salmon with Pumpkin Butter (VA, GF)

Entrée 2: Vegetable Lasagna

Side Dishes: Potatoes au Gratin, Green Bean Casserole, and Glazed Carrots

Dessert: Vanilla Custard with Fresh Berries (GF)

Friday, October 18

Soup: Minestrone (V, GF)

Salad: Sweet Potato

Entrée 1: Petite Filet Mignon with Sauteéd Mushrooms and Onions, Worcestershire Butter (VA, GF)

Entrée 2: Fillet of Sole Veronique (VA, GF)

Side Dishes: Garlic Mashed Potatoes, Wax Beans, and Okra and Mushroom

Dessert: Apple Cake

Saturday, October 19

Soup: Loaded Potato (GF)

Salad: Mixed Greens with Lemon Herb Vinaigrette

Entrée 1: Sauteed Shrimp with Balsamic Buerre Blanc and Chives (VA, GF)

Entrée 2: French Meat Pie with Gravy

Side Dishes: Rice Pilaf, Kale, and Yellow Squash with Almonds

Dessert: Butterscotch Tart

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, October 12

- 11:30 Chair Yoga Video (MTR)
- 2:00 One Day University: "Martha Washington" (GR)
- 7:00 Movie Night: "His Three Daughters" (MTR)

Sunday, October 13

- 10:00 Quaker Gathering (GR)
- 2:00 Music East Presents: "UMass Students Musical Concert" (MTR)

Monday, October 14

- Trash and Recycling for Townhomes
- 10:00 Exercise with Eunice (MTR)
- 11:45 and 1:15 Harvest Meal (DR)
- 2:00 Ham Salsich: "Words and Light: Ham's Writings on How Everyday Life Can Bring Comforting Light" (MTR)

Tuesday, October 15

- 10:15 One Day University: "Cuban Missile Crisis" (MTR)
- 11:30 Pilat-Ease with Julie (MTR)
- 12:30 Activities Committee
- 1:00 Inn Community Circle (MTR)
- 2:00 Scam Safety Presentation (MTR)
- 2:00 - 4:00 Trail Rides from the Inn (SU)

Wednesday, October 16

- 10:00 Better Balance with Jen (MTR)
- 10:30 Better Strength with Jen (MTR)
- 11:30 Chair Yoga with Julie (MTR)
- 12:00 Bright Spot Therapy Dog (Lobby)
- 12:00 Walker Wash with Dianne (Garden Patio/Alcove)
- 1:30 Council Meeting
- 1:30 Great Art Explained with Julie (GR)
- 2:00 Scrabble (LW)
- 7:00 Movie: "The Great Waldo Pepper" (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

Thursday, October 17

- 10:00 Dancercise with Dolores (MTR)
- 11:30 Chair Yoga with Sam (MTR)
- 1:00 Word Game with Sam (MTR)
- 3:00 Meditation (GR)
- 3:30 Halloween Series: Wednesday (MTR)

Friday, October 18

- 9:00 Healthy Bones & Balance with Denise (MTR)
- 10:15 One Day University: "Power of Mindset" (MTR)
- 11:30 Chair Volleyball with Sam (MTR)
- 1:00 Alzheimer's Walk (Outside)
- 3:00 Friday Folkies (MTR)

Saturday, October 19

- 9:00 Townhome Coffee Social (MTR)
- 11:30 Chair Yoga Video (MTR)
- 2:00 One Day University: "Water in America" (GR)
- 2:00 Walk and Talk for Invasive Species Grant (MTR)
- 7:00 Movie Night: "The Paper" (MTR)

VAN TRIPS (EAST)

Tuesday, October 15

Walmart (SU/V)	10:00 AM
Big E's (SU/V)	12:00 PM
Trail Rides (SU)	2:00 PM

Wednesday, October 16

CVS & Errands (SU/V)	10:00 AM
Trader Joe's (SU/V/\$)	1:00 PM

Thursday, October 17

Dinner at Comfort Kitchen & Sunset Gaze at Knightville Dam (SU/V/\$)	3:30 PM
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NORTH DAILY HAPPENINGS

OCTOBER 12 – 19

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, October 12

2:00 Walk Around, Go Right

Sunday, October 13

3:00 Movie: "Gosford Park"

Monday, October 14

Trash Only

Office Closed for Indigenous Peoples Day

10:00 Executive Committee

3:00 Community Garden Meeting

4:00 Lane Meeting, Crabapple (GR)

Tuesday, October 15

10:00 Men's Group (GR)

1:00 Balance Class (FR)

1:30 Strength Class (FR)

1:00 Bridge (L)

3:00 Country Dance (GR)

4:30 Bereavement Group (Zoom)

4:30 Lane Meeting, Goldenchain (GR)

Wednesday, October 16

10:00 Resident Council Meeting (GR)

12:30 Bones & Balance (FR)

1:30 Knitters Group (GR)

3:00 North Campus Walk for Alzheimer's
Patio

3:30 Tai Chi, Fitness Room (FR)

3:30 Walk Around, Go Left

Thursday, October 17

10:00 Thursday Café (GR)

10:00 Balance Class (FR)

10:30 Strength Class (FR)

12:30 Flutes, GR

2:00 Fall Fair with Erin (GR)

Friday, October 18

10:00 Yoga (GR)

1:30 Chair Yoga (GR)

2:30 Poker (L)

5:00 Lane Meeting, Dogwood (GR)

6:00 Dinner at the Inn (SU/V)

Saturday, October 19

12:00 - 5:00 Private Event (GR)

2:00 Walk Around, Go Right

VAN TRIPS

Thursday, October 17

Big Y (SU/V)

9:00 AM

10/31 3:00 Halloween Walk Around and Trick or Treat,
(Costumes required).

4:00 pm Halloween Wine & Cheese Party.

Wear Something Spooky (or Not)

If the Broom fits, fly it to the Meeting House and Get
this Party Startled!

10/24 at 3:00: NEPM brings Season 1 Episode
1 of the *Marlow Murder Club* *Preview*



COMMUNITY LIFE

NEWS FROM THE KITCHEN:

It's that time of the year: Join us for a Harvest meal celebration on Monday, October 14 at the Inn. There are two seatings: 11:45 and 1:15. Everyone is invited. INN residents do not need to sign up. East townhomes can sign up in the mailroom. North residents, please see Donna to sign up.



OUR STORIES: FRIDAY, OCTOBER 11 WITH RUSS CLARK

Russ Clark will be with us this Friday! Russ is currently still consulting and traveling for the Department of Energy, and is regularly briefed on what is going on in Ukraine. He will present an overview, with comment and general discussion, of the nuclear power plants in the Ukraine. He'll discuss the effects on the country from the Russian invasion, and future challenges.

Please join us on Friday the 11th in the MTR at 1:30 for this most interesting and timely talk!

Masks will be provided.



LOOK PARK STAFF CLEARLY ENJOYS HALLOWEEN...



Thank you
to Sally Ives
for sharing.



COMMUNITY LIFE

MUSIC EAST PRESENTS: UMASS STUDENT RECITAL ON SUNDAY, OCTOBER 13 AT 2:00 IN THE MT TOM ROOM

UMass music students, both graduate and undergraduate, will perform classical works in small ensembles. One, the FIKA Quartet, will present Quartet No. 66 in G major, No. 1 billion Franz Joseph Haydn. All the students have been preparing these works throughout the semester, and have performed them in various venues in the area.

The UMass music department offers an exceptionally strong chamber music program and the students are delighted to have the opportunity to perform for the Lathrop community.

Please join us on Sunday the 13th in the MTR at 2:00 for an enjoyable classical afternoon! Masks will be available.

Then, on the following Sunday, October 20, we will welcome singer-songwriter Laura Wetzler for her performance "A Celebration of The Great American Songbook."



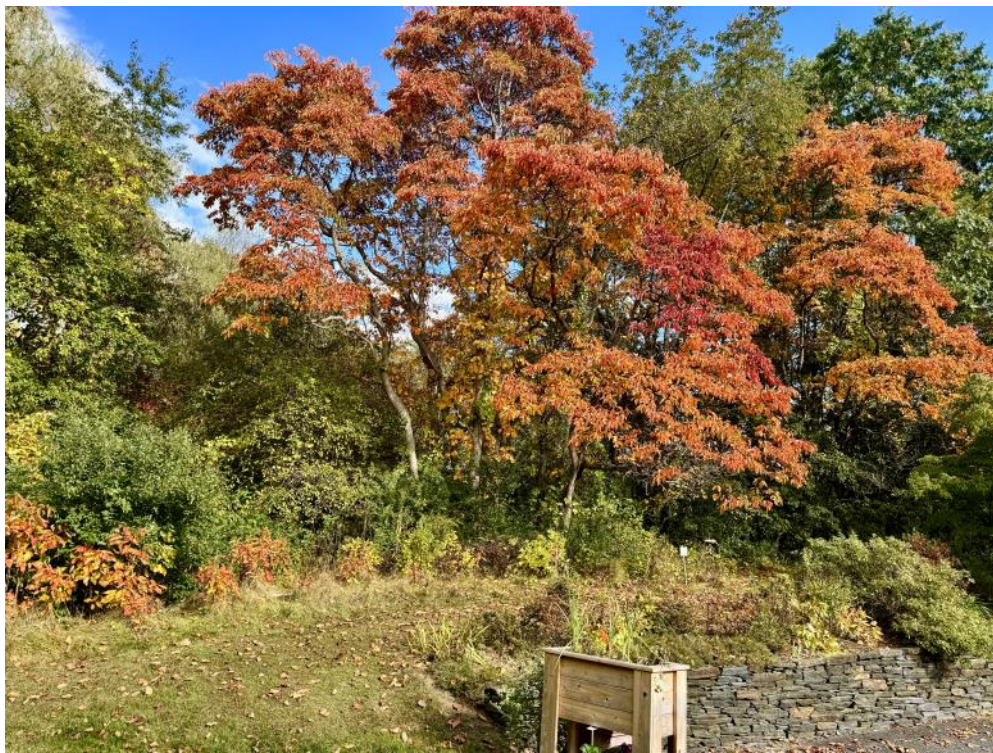
Q: What's a land acknowledgement? Why does Lathrop have one?

A: A land acknowledgement "recognizes the Indigenous peoples who have lived on a land, and the relationship between the Indigenous people and the land. It's a way to show respect and gratitude to the Indigenous people who are the original stewards of the land." Our two campuses are located in Norwottuck, land that for many generations sustained Indigenous peoples and now sustains us. This is one way we honor and celebrate their presence while we work to protect the land that was their homeland. You can read the Lathrop Community Land Acknowledgement Statement at:

<https://lathropres.org>

Interested to learn more about Indigenous authors and issues? We'll discuss *Bury My Heart at Wounded Knee* by Dee Brown on November 15 and *Noopiming: The Cure for White Ladies* by Leanne Simpson on December 20. Contact Nancy Felton at feltondansky@verizon.net to join the discussion in person or by Zoom.

COMMUNITY LIFE



FALL HAS ARRIVED AT LATHROP

Thank you to Tinka
McArdle for the lovely
photography

Preview PBS Masterpiece TV series: The Marlow Murder Club



Join us for an advanced screening of episode one of the new Masterpiece series, *The Marlow Murder Club* on October 24 at 3:00. Presented by New England Public Media (NEPM), this new PBS series premieres on Sunday evening, October 27. Take this chance to see a sneak peek before the premiere.

The Marlow Murder Club is a TV adaptation of Robert Thorogood's novel "The Marlow Murder Club." He is the creator of global hit "Death in Paradise."

The show sees retired archaeologist Judith Potts, who lives alone in a faded mansion in the peaceful town of Marlow, filling her time by setting crosswords for the local paper. During one of her regular wild swims in the Thames, Judith hears a gunshot coming from a neighbor's garden and believes a brutal murder has taken place. When the police are reluctant to believe her story, Judith finds herself forming an unlikely friendship with local dog-walker and empty-nester Suzie and unfulfilled vicar's wife Becks as they start an investigation of their own. Eventually asked to assist with the official police investigation, the women must piece together clues, grill suspect witnesses, and face down real danger as they work against the clock to stop the killer in their tracks.

Please join us for refreshments, a prize give-away, and this preview of the series on Thursday, October 24 on the North campus in the Gathering Room. All are Invited!

COMMUNITY LIFE

TRAIL RIDES IN THE BUGGY DURING OCTOBER ON EAST

The trails committee has been working hard on all of the hiking trails! Take this 20 minute buggy ride to enjoy what's in your own backyard. The beautifully maintained trails, gorgeous meadows and breathtaking fall foliage all on Lathrop land is quite the sight to see! Four trips will run every Monday morning (except Monday, October 14 due to the holiday) beginning at 10:00 and every Tuesday afternoon beginning at 2:00. Sign-ups are located in the lobby sign-up book!



SAVE THE DATE: OCTOBER 25

Bake Sale at the Inn to support the Residents' Association; stay tuned for more information.



INN GARDEN UPDATE

You will notice that the fall cleanup of the Inn's native plant garden is underway. As the tall perennials die back at the end of the season, they will be cut down to act as mulch and give the insects a place to hide for the winter. This is particularly important for bees, our summer pollinators. The annual zinnias and marigolds will be removed and the border will be prepared so the resident garden team can plant spring bulbs. You can look forward to seeing daffodils, hyacinths, and crocuses next year!

JOKE OF THE WEEK:

What do you call an apology written in dots and dashes?

Re-morse code!

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.

WELLNESS MATTERS

WATCH OUT FOR “TOLL SCAMS”



...Erin Curtin

If you receive a text or email appearing to be from a legitimate highway authority or transponder company such as E-Z Pass, and the message claims you have unpaid tolls, **DO NOT CLICK ON ANY LINKS!**

These messages are designed to be realistic (based on geography) and the toll amount is typically small. Their goal is to steal money and payment information or to infect your device with malicious software that could lead to financial loss and identity fraud.

What should you do?

- Do not respond or click on any links.
- Check your account using the state tolling agency or transponder company's legitimate website or phone number **(NOT THE CONTACT INFORMATION FROM THE TEXT/EMAIL)**.
- If you've been targeted by a toll scam, report it to the FBI's Internet Crime Complaint Center [IC3.gov](https://www.ic3.gov)

Did you know that AARP Fraud Watch Network offers free emotional support sessions for people affected by fraud? Trained peer facilitators conduct hour long small group sessions online. Learn more at:

<https://www.aarp.org/money/scams-fraud/about-fraud-watch-network/>

SIGN UP FOR THE COVID CLINIC BY SUNDAY, OCTOBER 13

This clinic will be held in the Easthampton Garden Room, TUESDAY OCTOBER 22 beginning at 10:15. Please make sure we have your correct, updated insurance information on your File of Life for pre- registration. Townhome residents will need to complete the Vaccine Registration Form and bring it with you to the clinic. As always, you will be assigned a time once we have all folks registered. **Contact Rob at 437-5375 or rolmsted@lathrop.kendal.org if you have special scheduling needs.**

WELLNESS MATTERS

SCAM SAFETY TALK BY THE NORTHWESTERN DISTRICT ATTORNEY'S OFFICE ON EACH CAMPUS

East campus: Tuesday, October 15 at 2:00 in the Mt Tom Room

North campus: Monday, October 21 at 2:00 in the Gathering Room



COMMUNITY ENGAGEMENT FAIR ON EACH CAMPUS

Join in to learn more about community resources from representatives of the Northampton Senior Center, Northampton Neighbors, and Retired Senior Volunteer Program (RSVP). Be sure to bring your questions.

North Campus: Thursday, October 17 at 2:00 in the Gathering Room

East Campus: Monday, October 28 at 2:00 in the Mt Tom Room



Let's Make Lathrop a Community of *DEMENTIA FRIENDS*

To be a Dementia Friend is to be “someone who is knowledgeable about and committed to being mindful and respectful toward people living with Dementia.” This new Lathrop initiative hopes to have every resident and every staff member attend the one-hour Dementia Friends information session. We'll be scheduling these sessions intermittently over the next 6 months, limiting the size of each session to encourage conversation. Going forward, we hope to make these a regular part of our annual education series. Look for the sign-up book on either campus to enroll and become a *Dementia Friend*.

EASTHAMPTON Session October 21 at 3pm
NORTHAMPTON Session October 23 at 3pm

ENVIRONMENTAL CORNER

BLACK PLASTICS ARE REALLY BAD NEWS

Recent studies show that black plastics in particular are loaded with seriously high levels of toxic Forever Chemicals, especially flame retardants - which have been banned for several years but still get concentrated in the current methods of black plastic production. They are clearly highly carcinogenic.

New guidelines suggest eliminating black plastic utensils - and substituting those made of stainless steel, wood, or heat tolerant silicones.

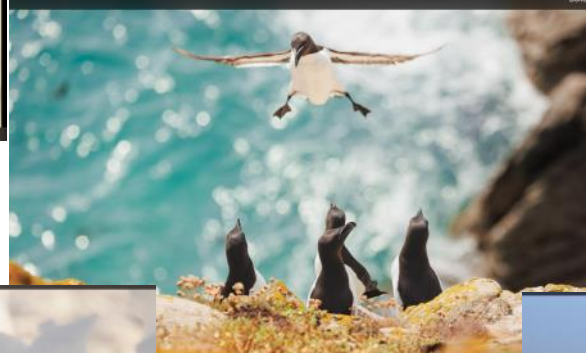
Black plastic is also ubiquitous in food packaging- which is challenging to avoid completely. However, food should be removed as soon as possible and transferred to other containers such as glass or ceramic. And of course nothing should ever be microwaved or otherwise cooked in plastic of any color.



Black-colored plastics used in electronics are leaching flame retardants into kitchen utensils, toys and food containers, a new study found. [Grace Cary/Moment RF/Getty Images/File](#)

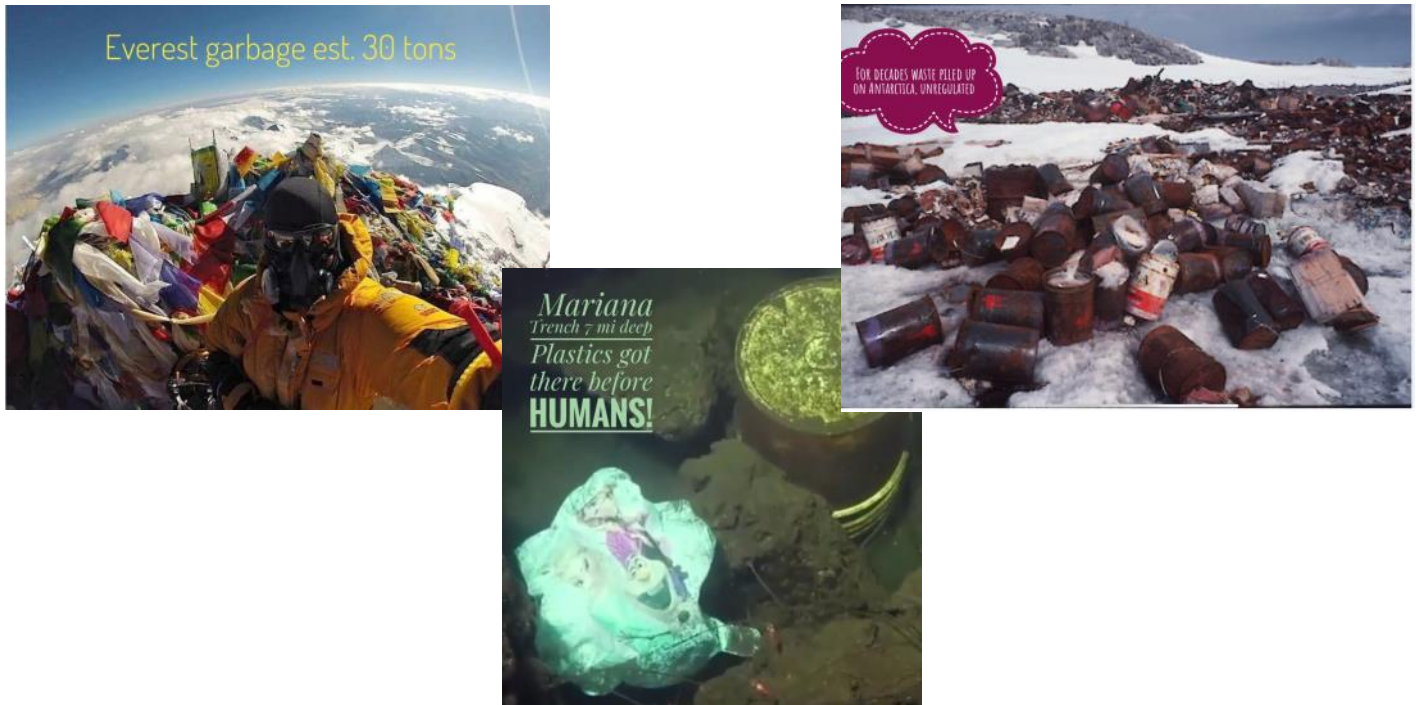


Contenders for
“best comic wildlife
photo...”



ENVIRONMENTAL CORNER

IN SEARCH OF A PLASTIC-FREE LOCATION? GOOD LUCK...



OCTOBER 19 AT 2:00 IN THE MTR: LOCAL CONSERVATION TALK, FREE AND OPEN TO RESIDENTS AND THE PUBLIC



How does Lathrop's protection of wildlife habitat fit into the broader picture of ecosystem change and conservation in the Connecticut River Valley?

Our speaker, Peter Curtis, is a wonderfully lively and knowledgeable presenter. He is Professor Emeritus of ecology at The Ohio State University and serves on the board of the Kestrel Land Trust.

After his talk, Peter will lead a short walk on the land, helping us understand what we are seeing. The walk will begin at the Inn, on pavement, and go onto the Wide Woods trail. The trail is dirt, with some roots and stones, level at first and then sloping. People are welcome to join as much of the walk as they wish.

This event is funded by Lathrop and the Kestrel Land Trust as part of our three-year grant project that also includes funding from Easthampton and Northampton City Community Preservation Acts. Light refreshments will be served.

<https://www.kestreltrust.org>