



LATHROP Lamp Post

November 3 - 9, 2024

ALZHEIMER'S AWARENESS ACTIVITIES IN OCTOBER



Lathrop events at North Campus, East Campus, and Holyoke Community College



DINING DELIGHTS



Sunday, November 3

Soup: Chicken and Rice (GF)

Salad: Marinated Artichoke

Entrée 1: Linguini with White Clam Sauce

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

Side Dishes: Grilled Vegetable, Mushrooms with Red Pepper, and Linguini with Garlic and Butter

Dessert: Assorted Pies

Monday, November 4

Soup: Ginger Carrot with Peanut (V, GF)

Salad: Minted Cucumber

Entrée 1: Coconut Curry Tofu with Cashew (V, GF)

Entrée 2: Keema Matar (simmered Lamb gently Spiced) (VA, GF)

Side Dishes: Honeyed Carrots, Spinach, and Basmati Rice

Dessert: Vanilla Ride Pudding with Toasted Almonds (GF)

Tuesday, November 5

Soup: Potato Cabbage (V, GF)

Salad: Fresh Fruit

Entrée 1: Shrimp Scampi over Pasta

Entrée 2: Grilled Marinated Chicken Thigh (GF)

Side Dishes: Vegetable Medley, Herb Roasted Tomato, and Linguini Marinara

Dessert: Pumpkin Whoopie Pie (GF)

Wednesday, November 6

Soup: Beef Vegetable (GF)

Salad: Balsamic Tortellini

Entrée 1: Baked Cod Florentine (VA, GF)

Entrée 2: Veal Scaloppini Marsala (VA)

Side Dishes: Balsamic Greens, Braised Cabbage, and Wild Rice

Dessert: Pineapple Mango Upside Down Cake

Thursday, November 7

Soup: Chicken Noodle

Salad: Greens with Dried Cherries, Feta and Roasted Pumpkin Seeds with Balsamic Dressing

Entrée 1: Fish and Chips

Entrée 2: Meatloaf with Gravy

Side Dishes: Roasted Zucchini, Wax Beans, and Hand Cut Fries

Dessert: Coffee Mousse (GF)

Friday, November 8

Soup: Vegetable Quinoa (V, GF)

Salad: Cole Slaw

Entrée 1: BBQ Roast Pork Shoulder (VA, GF)

Entrée 2: Southern Fried Chicken

Side Dishes: Italian Beans with Bacon, Broccoli, and Mashed Potatoes

Dessert: Banana Cake with Chocolate Peanut Butter Frosting

Saturday, November 9

Soup: Cream of Broccoli (GF)

Salad: Marinated Tomato

Entrée 1: Shrimp and Mushroom in Pesto (VA, GF)

Entrée 2: Bistro Steak with Caramelized Onion with Roast Garlic Butter

Side Dishes: Wilted Kale, Peas and Pearl Onions, and Baked Sweet Potato

Dessert: Raspberry Peach Cobbler (GF)

DINING ROOM 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.

Dining Room Hours:

Sunday 12:00 - 2:00

Monday - Saturday 5:00 - 7:00

EAST DAILY HAPPENINGS

Saturday, November 2

11:30 Chair Yoga Video (MTR)
 2:00 One Day University: "What's Wrong with Congress?" (GR)
 7:00 Movie Night: "Still Alice" (MTR)
 Turn clocks back one hour before going to bed

Sunday, November 3

10:00 Quaker Gathering (GR)

Monday, November 4

Trash Only
 10:00 Exercise with Eunice (MTR)
 11:30 Chair Volleyball with Sam (MTR)
 1:00 Bingo with Dawn (MTR)
 2:00 - 4:00 Trail Rides Leaving from the Inn (SU)

Tuesday, November 5

10:15 One Day University: "Frequencies: Bad Vibes to Good Vibrations" (MTR)
 11:30 Pilat-Ease with Julie (MTR)
 2:00 Pad Thai with Dianne (MTR)

Wednesday, November 6

11:45 Chair Yoga with Julie (MTR)
 12:00 Bright Spot Therapy Dog (Lobby)
 2:00 Healing Songs with Julie (DR)
 2:00 Scrabble (MTR Alcove)
 2:00 Book Club hybrid (North)
 3:30 Florence Hearing Clinic (MTR)
 7:00 Movie Night: "Cake" (MTR)

Thursday, November 7

10:00 Dancercise with Dolores (MTR)
 11:30 Chair Yoga with Julie (MTR)
 1:00 Word Game with Julie (MTR)
 2:00 Quarterly Birthday Party (MTR)
 3:00 Meditation

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

Friday, November 8

9:00 Healthy Bones & Balance with Denise (MTR)
 10:15 One Day University: "Travels of Marco Polo" (GR)
 10:15 Chair Volleyball with Sam (MTR)
 1:30 Our Stories (MTR)
 3:00 Series Viewing: The Queen's Gambit (MTR)

Saturday, November 9

11:30 Chair Yoga Video (MTR)
 1:00 The Meanies Music Concert (MTR)
 2:00 One Day University: "Very Best Moments in Cinematic History" (GR)
 7:00 Movie Night: "Away from Her" (MTR)

VAN TRIPS (EAST)

Saturday, November 2

PVSO: Visions of Utopia, 2:30 PM
 Greenfield (SU/V/\$)

Monday, November 4

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

Tuesday, November 5

Voting (SU/V) 9:00 AM
 Big Y (SU/V) 10:00 AM
 Big E's (SU/V) 1:00 PM
 Voting (SU/V) 2:30 PM

Wednesday, November 6

CVS & Errands (SU/V) 10:00 AM

NORTH DAILY HAPPENINGS

NOVEMBER 2 - 9

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, November 2

2:00 Walk Around, Go Right
 Set your clocks back 1 hour before bed

Sunday, November 3

2:00 Movie: "Departures"

Monday, November 4

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

Tuesday, November 5

TBA Vote - Van Available
 10:00 Men's Group (GR)
 1:00 Bridge (L)
 1:00 Balance Class (FR)
 1:30 Strength Class (FR)
 3:00 Country Dance (GR)
 4:30 Bereavement Group (Zoom)
 7:30 Election Survival Party, Pot Luck
 Snacks (GR)

Wednesday, November 6

12:30 Bones & Balance (FR)
 1:30 Knitters' Group (GR)
 3:30 Tai Chi, Fitness Room (FR)
 3:30 Walk Around, Go Left

Thursday, November 7

10:00 Thursday Café (GR)
 10:00 Balance Class (FR)
 10:30 Strength Class (FR)
 12:30 Flutes, GR
 3:30 Hearing Clinic

Friday, November 8

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 (Van)

Saturday, November 9

2:00 Walk Around, Go Right

VAN TRIPS

Thursday, November 7

Big Y (SU/V) 9:00 AM

Friday, November 8

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

Saturday, November 9

McAdo at the Academy 2:00 PM
 (SU/V/\$)

11/13 at 2:00

Coffee and Conversation with Patrick

11/14 at 4:00

Newcomers Welcome Wine & Cheese
 Party

11/18 9:00 - 12:00

Habitat for Humanity Volunteer

11/22 at 12:00

Thanksgiving Luncheon



COMMUNITY LIFE

LIBRARY BOOK BIKE WITH KELLEY CRISP

By Sam Monks

Kelley Crisp is the innovative force behind Library Book Bike, a community service dedicated to delivering library books to residents of Easthampton who lack access to transportation or the internet. Inspired by townhome resident Joan Geller, Kelley embarked on a mission to connect her community with the joy of reading.



Six years ago, she undertook an ambitious cross-country bike trip, pedaling over 3,000 miles to San Francisco to raise funds for her delivery service. Living primarily in a hammock and occasionally staying in hotels to escape the elements, Kelley found that her journey was as much about adventure as it was about building a resource for her community.

Working closely with the Easthampton Public Library, Kelley has made it her goal to respond to specific book requests from individuals, especially during the challenging times of the COVID-19 pandemic. Her commitment to literacy and accessibility shines through in her work. Kelley describes Lathrop as a wonderfully vibrant community, rich in intellectual engagement and activism. She cherishes her deep connections with residents and finds joy in learning their life stories, which she believes is her greatest reward. Kelly is on the East Campus in the Lobby many Tuesdays from 8:30 - 9:30 AM.

TRAVEL TO NEW GUINEA VICARIOUSLY: TUESDAY, NOVEMBER 12 AT 2:00 IN THE MT TOM ROOM

Join Julie for a fascinating look at the culture of New Guinea on Tuesday, November 12 at 2:00



COMMUNITY LIFE



The Easthampton Resource Fair held on Monday, October 28 welcomed RSVP, Easthampton Neighbors, and Easthampton Council on Aging

Wednesday, Nov. 6 at 2:00 Dining Room: SONG CIRCLE

It's time after an election to heal and rejoice in a song circle with Julie. Lyrics will be distributed. Townhomes and Inn, you may sing your hearts out, hum, or be the audience to fill your soul and allow your mind to breathe.



Q. Who were the native people who lived in the Connecticut River Valley of Western Mass before the white settlers came?

A. They were the Norwottuck (or Nonotuck), from the Native 'Noah-Tuk' meaning 'in the midst of the river'. An Eastern Algonquin-speaking people (a linguistic group with multiple tribal dialects that included present-day New England, southern Quebec and the Great Lakes area), the Norwottucks were one of five large communities in the Pocumtuck Confederacy, which stretched along the Kwinitekw (Connecticut) River from what is now southern VT to northern CT. The Norwottuck (present day Northampton, Hadley and Hatfield), Agawam (Springfield), Woronoco (Westfield), Pocumtuc (Deerfield) and Sokoki (Northfield) territories encompassed the areas we call Hampshire, Hamden and Franklin Counties, and in 1600 numbered 3,000-5,000 people. According to the season, the Norwottuck would move their dwellings from inland forests and valleys to the rich soil of waterways near them, and there they would cultivate the corn, bean and squash (the Three Sisters) that were a staple of their winter diet. All pastureland, hunting and fishing grounds, and ceremonial sites were held in common with adjoining family villages and tribes.

COMMUNITY LIFE



WEDNESDAY, NOVEMBER 13 ADULT CAMP FOREVER 1:00 - 3:00 in the MTR

Come play and experience the games, crafts, songs, s'mores, and scary stories of camp from your salad days. Friends from the outside will be joining you with their talents. Two hours of immeasurable delight until "Day is done, gone the sun."

THE HEALING POWER OF POETRY: COMING NOVEMBER 27



Join us in the Mt Tom Room on Wednesday, November 27 at 2:00, as Dr. Lindsay Rockwell delivers a program about the healing power of poetry. Dr. Rockwell is a local oncologist and a published author.



The Lathrop Community and Hilltown Charter Public School team: *Forever Young*, was among the top five fundraising teams for the 2023 Annual March for the Western MA Food Bank. We hope to do as well or even better this year. Please consider giving generously to help feed our neighbors in need. To conveniently and securely donate to the Food Bank

click on this link: https://secure.foodbankwma.org/site/TR/Events/General?team_id=3491&pg=team&fr_id=1130. It will take you directly to the Lathrop Team page. North Campus residents may also give checks to Donna. East Residents may give checks to Sam Monks. Checks should be made out to the Food Bank of Western MA. In the memo line, "Forever Young: Lathrop/Hilltown School."

Stay tuned for more information about marching with Monte Belmonte and Representative Jim McGovern in Deerfield on Tuesday afternoon, November 26 at approximately 3:00.

COMMUNITY LIFE

MUSIC NORTH PRESENTS: THE EVAN ARNTZEN TRIO COMING SUNDAY, NOVEMBER 10 AT 3:00

One of our favorite performers, Evan Arntzen, will be playing for us again - this time as part of a trio: Matt DeChamplain on piano and Sean Cronin on acoustic bass will join Evan's clarinet and saxophone. Master musicians all, they each have extensive experience as both soloists and collaborators, in venues worldwide. With amazing skill and brilliant improvisations, they promise a program of old-time jazz you won't forget!

In the Meeting House. No need to sign up. Masks both optional and welcome.



Alison and Bruce Kriviskey continue their tradition of carving pumpkins for Presidential election years

JOKE OF THE WEEK:

What do you call a chicken that haunts your house?

A poultrygeist!

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.

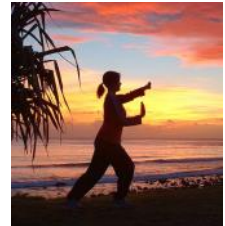
WELLNESS MATTERS

TAI CHI TO BEGIN NOVEMBER 5

We are pleased to report that Suzanne Strauss, an expert and beloved local Tai Chi instructor, has agreed to come back to Lathrop's Northampton Meeting House to teach a class series geared to, but not exclusively for, beginners. This practice is ideal for those of us concerned about balance, memory and stress management. Suzanne requires a minimum of five students making a commitment to seven one-hour classes beginning on Tuesday, November 5 from 4:30 to 5:30 PM. We hope Easthampton residents will make the trip for this special class.

The breakdown fee for each class is \$15. Please let us know if you are interested in signing up.

Any questions, please contact Joe Kulin at joekulin@aol.com or Jen Davis at jdavis@lathrop.kendal.org



ENVIRONMENTAL CORNER

CALIFORNIA vs EXXON on lying about plastics. A study in greenwashing semantics?

California AG Bonta is suing Exxon - the world's biggest producer of single-use plastics from fossil fuel – for lying about its plastic recycling, as well as for polluting the state's water to the tune of 3.3 million metric tons over the past 30 years.

The case may revolve around two competing definitions of “recycling.” For California and the EPA, “recycling” means turning used plastic into new plastic. For Exxon, their so-called “advanced recycling” actually turns plastic into fuel - which is then burned.

The EPA regards “advanced recycling” as a form of incineration, and therefore subject to various federal clean air rules.

Exxon's retort to the suit: unless we “continue our advanced recycling program, we will have to use more oil and gas to make new plastic to meet society's insatiable appetite for containers, packaging, and other products.” It accuses the California AG of being “actually for more oil and gas extraction.” Bonta's response: “absurd but unsurprising deflection.”

Meanwhile, fossil fuel lobbyists are proposing a law to recognize “advanced recycling” as a manufacturing process and therefore most of its products as recycled.

Stay tuned! Meanwhile, we need to be more savvy/skeptical about industry's recycling claims in general.

ENVIRONMENTAL CORNER

ENVIRONMENTAL STEWARDSHIP FORUM: FRIDAY, NOVEMBER 8 AT 11:00

All residents of both campuses are invited to attend the first quarterly Environmental Stewardship Forum on Friday, November 8, at 11:00 AM in the Mt Tom Room. An invitation and further information about the meeting have been sent to all residents by Patrick and Barbara Walvoord. Anyone who did not receive the invitation or Barbara's follow-up email, or who has any questions about the meeting may contact Barbara (Walvoord@nd.edu).



At the forum, residents and management will work together to construct a report of what has been done and what is being planned in areas of environmental stewardship: energy, land, waste, water, and education. Residents are also invited to submit written reports to Barbara. This is not a meeting to repeat the work done in 2022 and 2023 by the Environmental Stewardship Strategic Planning Committee, which consulted widely with residents to brainstorm ideas and produce a long report containing multiple suggestions about what Lathrop could do. Rather, this is a snapshot of our current condition - what has been done and is being planned at this point in time. The forum report will inform us of further action by residents, management, and the Board.

SAVE THE DATE: FRIDAY, NOVEMBER 15

On Friday, November 15 from 2:30 - 3:30, contractor Matt Verson, joined by resident volunteers, will be on the North campus to talk about the results of this fall's removal of invasive plants on the North campus. The talk will be followed by a walk to see the results.

