

The Laurelmead Weekly Bulletin

Sunday, July 5 - Saturday, July 11

7/5/2026 – Sunday

7:30 p.m. *Resident's Choice Movie*
The Conference Room

7/6/2026 – Monday

9:30 a.m.
Duplicate Bridge
The Card Room

12:30 p.m. Departure
CVS/Bank
The Main Lobby

1:30 p.m. Departure
Ocean State Job Lot
The Main Lobby

3:30 p.m.
Meditation
The Library

7:30 p.m.
Bingo
The Card Room

7/7/2026 – Tuesday

10:00 a.m.
Q&A Session with Carolyn and Lucinda
The Conference Room

1:00 p.m. Departure
Stop & Shop
The Main Lobby

7:30 p.m.
Pianist, Frederick Moyer
The Great Room

7/8/2026 – Wednesday

12:00 p.m.
Men's Lunch
The Card Room

2:00 p.m.
Meditation
The Odeon

3:00 p.m.
Kevin's Retirement Party
The Great Room

7/9/2026 – Thursday

1:00 p.m. Departure
Market Basket
The Main Lobby

3:30 p.m.
Meditation
The Library

7:30 p.m.
Adrienne Taylor and Andrei Baumann
Community Music Works Performance
The Great Room

7/10/2026 – Friday

7:30 p.m. *Movie*
Hamilton
The Odeon

7/11/2026 – Saturday

9:30 a.m.
Morning Social
The Great Room

7:30 p.m. *Resident's Choice Movie*
The Conference Room



THIS WEEK'S MESSAGES

MINDFULNESS MEDITATION

Wednesdays

2:00 p.m.

The Odeon

-Practice & Discussion-

Materials provided.

Mondays and Thursdays

3:30 p.m.

In the back of the Library.

-Silent Practice-

BEGINNERS WELCOME!

WEEKLY WELLNESS:

Risk factors for seniors in extreme heat:

- **Heat Stroke:** This is a medical emergency where the body temperature quickly shoots up to 103°F or higher. Signs include confusion, rapid pulse, dizziness, nausea, and a sudden stop in sweating (causing hot, dry skin).
- **Heat Exhaustion:** A precursor to heat stroke that leaves the senior feeling weak, cold, and clammy. It is characterized by heavy sweating, dizziness, headaches, a faint pulse, and muscle cramps.
- **Severe Dehydration:** Older adults naturally have a weakened thirst signal, meaning they may be severely dehydrated before they ever feel thirsty. This can cause immediate drops in blood pressure, fainting, and dangerous falls.
- **Cardiovascular Strain:** High ambient heat forces the heart to pump much harder to circulate blood to the skin for cooling. For those with pre-existing heart conditions, this extra workload can trigger heart attacks or heart failure.
- **Worsening Chronic Illnesses:** Extreme heat places massive stress on internal organs, rapidly exacerbating kidney disease, respiratory conditions, and diabetes.
- **Physiological Changes:** Aging reduces the total number of active sweat glands and impairs blood circulation, destroying the body's primary cooling mechanisms.
- **Medication Interferences:** Many seniors take prescription drugs like diuretics (water pills), beta-blockers, and antidepressants. Organizations like the CDC warn that these medications deliberately suppress sweating, alter heart rates, or accelerate fluid loss.
- **Cognitive and Social Barriers:** Conditions like dementia can prevent a senior from realizing they are overheating or taking self-protective measures like turning on air conditioning. Social isolation also increases risk, as many seniors live alone without anyone checking on them.





**WITH CAROLYN ROBERTS, BOB PRESIDENT AND
LUCINDA DOHANIAN, EXECUTIVE DIRECTOR**

DO YOU HAVE QUESTIONS FOR THE BOARD?

**DO YOU WANT TO KNOW MORE ABOUT LAURELMEAD'S
GOVERNANCE PROCESS OR POLICIES?**

**OR MAYBE YOU JUST WANT TO GET CAUGHT UP ON WHAT IS
HAPPENING AT LAURELMEAD.**

LET'S TALK



TUESDAY, JULY 7



10:00 A.M.



THE CONFERENCE ROOM



Pianist Fred Moyer

Performing the music of the Great Jazz Pianists

Frederick Moyer is one of the most exciting pianists before the public today. Equally at home with Bach, Beethoven, and Rachmaninoff, as well as Ellington and Gershwin, his recitals are creative, engaging, and entertaining and generally include time honored favorites as well as pieces that audiences may be hearing for the first time. Also featured is his MoyerCam, a projection system that allows the audience to see his hands as he plays.

Frederick Moyer has established a vital musical career that has taken him to forty-four countries and to such distant venues as Suntory Hall in Tokyo, Sydney Opera House, Windsor Castle, Carnegie Recital Hall, Tanglewood, and the Kennedy Center. He has appeared as piano soloist with world renowned orchestras including the Cleveland, Philadelphia, and Minnesota Orchestras, the St. Louis, Dallas, Indianapolis, Milwaukee, Baltimore, Pittsburgh, Houston, Boston, Singapore, Netherlands Radio, Latvian, Iceland, and London Symphony Orchestras, the Buffalo, Hong Kong, and Japan Philharmonic Symphony Orchestras, the National Symphony Orchestra of Brazil, and the major orchestras of Australia. His many recordings on the Biddulph, GM and JRI labels reflect an affinity for a wide variety of styles. In recital, his delightful commentary from the stage brings the audience into the heart of the musical experience. Moyer's wide-ranging interests have led him to undertake many unique and ground-breaking projects, often involving software that he writes himself.

Critical praise for Frederick Moyer, Pianist:

- "First-class ... His playing is clean, unmannered, and full of ideas and intelligence." *The New York Times*

- "Moyer breezed through this splendidly varied and arduously demanding recital with technical and stylistic colors flying."

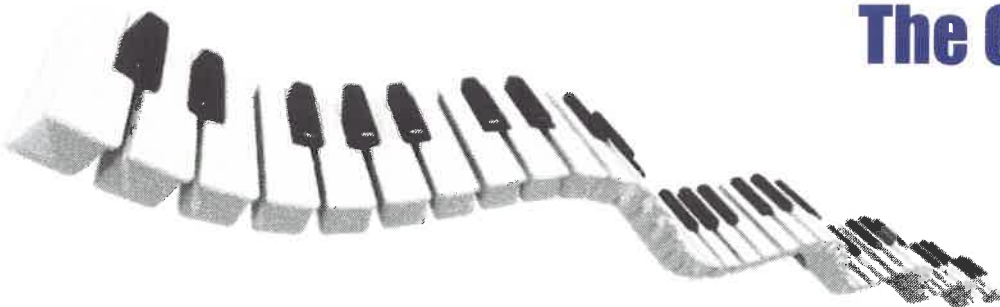
Los Angeles Times

- "His interpretations were as instinctively true as they were intelligent, and his technique was capable of all demands placed on it."

Washington Post

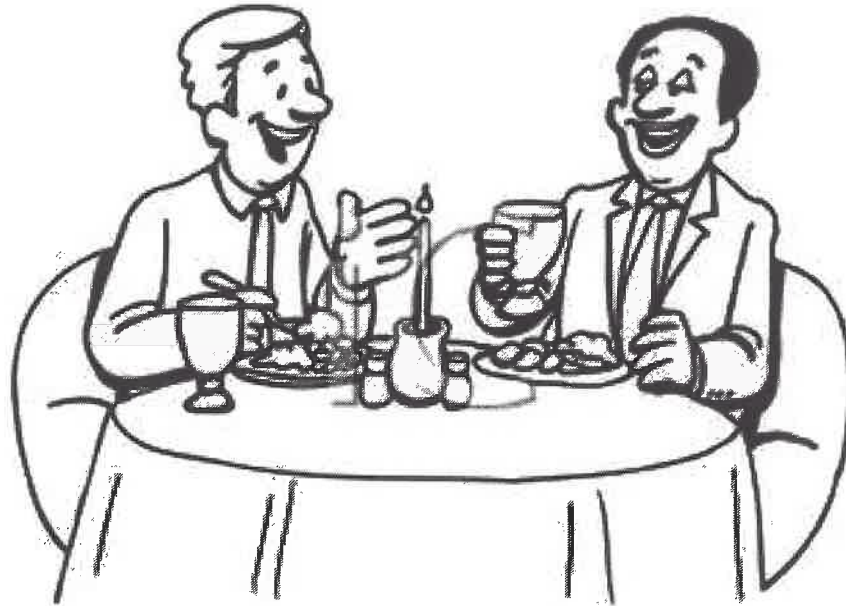


Tuesday, July 7
7:30 p.m.
The Great Room



Men's Lunch

enjoying each other's company!



Wednesday, July 8

12:00 p.m.

The Card Room

(max. 8 residents)

Please make sure to order your lunch in the Café by 11:00 a.m. the day of to ensure it's ready by noon for take-out into the Card Room to enjoy.

(The phone number for the Café is 401-228-8406).

Join us For a
*Farewell
Celebration*

HONORING

Kevin Sullivan, Security Director

Be sure to join us while we thank Kevin for all of his
hard work at Laurelmead over the last 27 YEARS!

While wishing him the very best on his retirement!

He will be *deeply* missed!

Wednesday, July 8

3:00 p.m.

The Great Room



Piano and Cello performance by Adrienne Taylor and Andrei Baumann

Pianist Andrei Baumann has performed extensively around the globe. As winner of the 2009 Borromeo String Quartet Guest Artist Award, he performed with the quartet in Jordan Hall in 2009. His Carnegie Hall debut at Weill Recital Hall occurred in 2008 with violinist, Lily Francis as part of the Distinctive Debuts series.

Other notable performances include a solo recital on the Sundays Live Concert Series at Los Angeles County Arts Museum which was broadcast by KCSN, 88.5 FM, solo recitals at the Crocker Art Museum Classical Music Series in California, performances at the Caramoor Festival, and with Itzhak Perlman at the Perlman Music Program.

Currently living in Providence, R.I., Andrei performs regularly as a soloist and chamber musician with members of Community Music Works. Recent collaborations have included programs with the Rhode Island dance company Newport Contemporary Ballet. He is currently the Director of Instrumental Music at Portsmouth Abbey School in Portsmouth, R.I., Music Director at First Church in Jamaica Plain, M.A., and piano faculty at University of Massachusetts in Dartmouth, M.A.



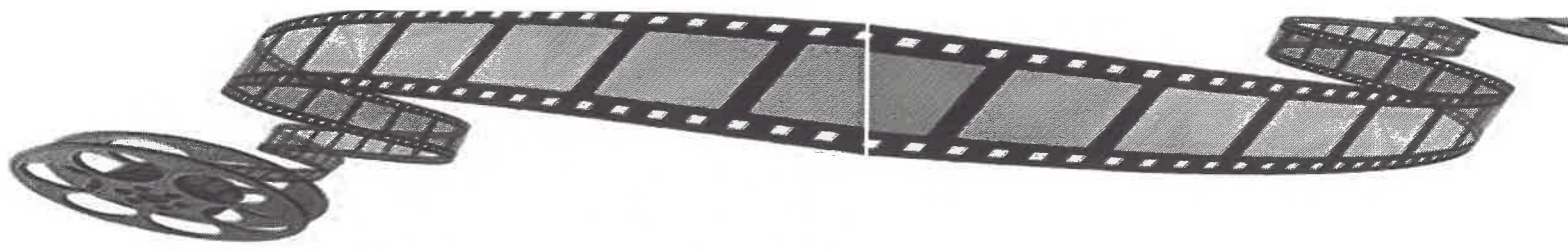
Cellist Adrienne Taylor has performed internationally in major U.S. concert halls including the New World Center in Miami Beach, the Harris Theatre in Chicago, and Carnegie Hall.

Formerly assistant principal cello of Portugal's *Orquestra do Norte*, Taylor has performed as a soloist and chamber musician throughout Europe and in Japan. She has collaborated in performances with innovative chamber ensembles including the Kronos Quartet, the Sphinx Virtuosi, Yo-Yo Ma's Silk Road Ensemble, and with artists Emanuel Ax, Johnny Gandelsman, Roger Tapping, and others. Adrienne draws inspiration from collaboration with other artists including work with composers and singer-songwriters as well as work in film, theater, and dance. Recent collaborations include Festival Ballet Providence, Newport Contemporary Ballet, and Trinity Repertory Company. A recipient of the Robert and Margaret MacColl Johnson Fellowship for composition, Adrienne also writes her own music, having composed works both for chamber ensembles and solo cello.

Thursday, July 9

7:30 p.m.

The Great Room



Stars, Stripes, and Friday Movie Nights

Hamilton



FRIDAY, JULY 10 AT 7:30 P.M. IN THE ODEON

Hamilton (2021) – Musical/Drama – 2 hrs., 59 mins.

The original Broadway production of the award-winning musical that tells the story of Alexander Hamilton, first secretary of the treasury, blending hip-hop, jazz, R&B, and Broadway styles, filmed from the Richard Rogers Theater in New York.

