The Laurelmead Weekly Bulletin

Sunday, November 22 - Saturday, November 28

11/22/2026 – Sunday
7:30 p.m. *Resident's Choice Movie*
The Conference Room

11/23/2026 – Monday
9:30 a.m.
Duplicate Bridge
The Card Room

9:30 a.m.
Budget and Finance Committee Meeting
The Conference Room

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

1:30 p.m. Departure **Note Day Change*
Market Basket
The Main Lobby

3:30 p.m.
Meditation
The Library

7:30 p.m.
Ted Widmer:
What Just Happened in the Mid-term Elections?
The Odeon

11/24/2026 – Tuesday
9:30 a.m.
Board of Directors Meeting
The Odeon

10:00 a.m. – 2:00 p.m.
Sunshine Fund Bake Sale/Cash & Carry
The Great Room

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

3:00 p.m.
Poetry Group
The Library

7:30 p.m.
Leigh Hochberg – BrainGate:
Implantable Brain-Computer Interfaces
for the Restoration of Communication
and Mobility
The Odeon

11/25/2026 – Wednesday
2:00 p.m.
Meditation
The Odeon

3:00 p.m.
Book Group
The Library

11/26/2026 – Thursday

HAPPY THANKSGIVING!

11/27/2026 – Friday
1:00 p.m.
Mah Jongg
The Great Room

7:30 p.m. *Movie*
East of Eden: Episode 3
The Odeon

11/28/2026 – 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: HAPPY THANKSGIVING

Seek Out Water

Being near blue spaces (the ocean, a lake or river, the pond at your local park) can positively impact mental health and well-being. Standing in front of an exhibit in an aquarium is enough to lift the mood. Living things crave water, and honestly, we flourish when we're near it. Even just seeing or hearing water triggers a flood of neurochemicals that increase blood flow to the brain and heart.

Nature

While the peace and quiet of nature certainly soothes our senses, appreciating the overpowering immensity of the great outdoors and the sights that you see can be just as calming. This emotion is called awe, and tapping into this feeling is what can help boost mental health. Awe deepens our feeling of connection to the earth and to other creatures. Slowing down and noticing the little wonders all around you—such as taking in an amazing sunset, admiring the changing leaves or freshly fallen snow, or spotting a rainbow after a rainstorm, are all beneficial.

Spend Time in the Sun

Exposing ourselves to sunlight—especially in the bright morning hours—helps regulate our circadian rhythm, or the biological clock that controls so many functions within the body, including when we wake up and fall asleep. Warm rays of the sun seem to give us the greatest lift. An overcast day will provide more intense light than you can typically get inside your home, which can still benefit your circadian rhythm and health. Morning light appears to have the greatest impact on circadian rhythms, but spending time in the sun at any hour of day can be beneficial. There's evidence that sunlight can immediately increase serotonin levels in the brain.



Ted Widmer:
The Earthquake of 2026:
What Just Happened in the Mid-term Elections?



Ted Widmer grew up in Providence, and as a kid, often played in the woods along the Seekonk River, not far from Laurelmead. He attended the Gordon School, Moses Brown, and Harvard University, where he received an AB and later a Ph.D. He has written on a number of different historical topics including Abraham Lincoln, the history of presidential speeches, and an upcoming volume, published with the Library of America, on the history of the Declaration of Independence (with a preface by Laurelmead's Gordon Wood.) Ted served in the Clinton White House from 1997-2000 as Chief Foreign Policy Speechwriter and held other roles like Special Assistant for National Security Affairs, writing speeches for President Clinton on global issues, and he's known for his work as a presidential historian and librarian. In essence, Ted Widmer was a significant figure in the Clinton administration's foreign policy and communications, later becoming a respected historian known for his deep dives into presidential history.

Will Democrats take back the House and Senate? Will Republicans perform better than expected? Will the results even be knowable with so much mutual recrimination between the parties? At the time of this writing, the results are not known; but on November 23, we can expect to know a great deal. If the Democrats are in control of one or two chambers, how should they proceed? Will the Trump brand be significantly diminished, including among Republicans? How will the results affect US foreign policy? Join us for what is sure to be a lively evening as historian Ted Widmer joins us again to break down the results and outline the likely next outcomes, including the candidates who are already positioning themselves for 2028.

Monday, November 23 – 7:30 p.m. – The Odeon

Fall Bake SALE

AND CASH & CARRY

TUESDAY, NOVEMBER 24
10 AM - 2 PM
THE GREAT ROOM

COOKIES • PIES • PASTRIES

HOME DECOR • KNICK KNACKS • SMALL FURNITURE

AND MORE!

All proceeds will go to the Laurelmead Sunshine Fund.

BROWN

BrainGate: Implantable Brain-Computer Interfaces for the Restoration of Communication and Mobility

presented by

Leigh R. Hochberg, M.D., Ph.D.

L. Herbert Ballou University Professor of Engineering and Professor of Brain Science, Brown University



Dr. Hochberg's research focuses on the development and testing of novel neurotechnologies to help people with paralysis and other neurologic disorders, and on understanding cortical neuronal ensemble activities. As IDE Sponsor-Investigator, Principal Investigator and lead Clinical Investigator of the pilot clinical trials of the BrainGate2 Neural Interface System, he has been honored with the Joseph Martin Prize in Basic Research, the Herbert Pardes Prize for Excellence in Clinical Research, and the Derek Denny-Brown Young Neurological Scholar Award. He is a Fellow of the American Academy of Neurology and the American Neurological Association, and has received grant awards from the Doris Duke Charitable Foundation, the ALS Association, the American Heart Association, the Department of Veterans Affairs, and the National Institutes of Health (NIDCD and BRAIN Intitiative/NINDS). Dr. Hochberg's research has been published in leading journals such as Nature and the Journal of Neuroscience. He received his Sc.B. with Honors in Neural Science from Brown University in 1990. He received his M.D. and Ph.D. from Emory University in 1999, where he was continued an intern in Internal Medicine. He was a resident and Chief Resident in Neurology at MGH/BWH/Harvard Medical School, where he also completed a fellowship in Stroke/Neurocritical Care in 2004.

Implantable brain-computer interfaces (iBCIs) are poised to revolutionize our ability to restore lost neurologic functions. By recording high resolution neural activity from the brain, the intention to move one's hand can be detected and decoded in real-time, toward providing people with stroke, spinal cord injury, or ALS with restored ability to control communication devices, assistive technologies, and their own limbs. Over the past 22 years, clinical trials of the investigational BrainGate system have demonstrated that people with tetraplegia can control a computer cursor, a tablet computer, robotic limbs, and other devices quickly and intuitively, simply by thinking about the movement of their own hand. More recently, for people with profound dysarthria due to motor neuron disease, recordings from speech-related areas of the motor cortex have enabled clinical trial participants to 'speak' (brain-to-audible-text) at more than 60 words per minute. Dr. Hochberg will discuss this exciting clinical trial, the ethical implications of recording high-resolution brain activity, and the long-standing connections between Brown and BrainGate.

Tuesday, November 24 – 7:30 p.m. – The Odeon

Friday Movie Nights

East of Eden (Series)



FRIDAY, NOVEMBER 27 AT 7:30 P.M. IN THE ODEON

East of Eden (7-part series) (2026) Historical Drama

EPISODE 3: (58 min.) **In the Valley –**

While Adam pursues his dream of a home and family in California, Cathy has her own ideas about the future.









Rosie & Jay are Looking for SINGERS!

We will be singing
Holiday Songs for the Laurelmead Community
Christmas Day at 4PM and New Year's Eve at 8PM

Rehearsals will be on Sunday, December 13th and 20th
3PM - 4PM in the Great Room

Please join us for a joyful and musical
Fa la la la la la la la la!

Questions? Call or text Rosie at 401-749-3858

Please open up the Activities binder in the Mail Room to the **"Outings"** tab for outside events, **"Shopping Trips," "In House Events/Classes,"** etc.

The following DECEMBER trips/events are advertised in the ACTIVITIES BINDER:

Film Discussion: The Dig –
Monday, December 7 at 2:00 p.m. in the Conference Room.

La Salette Shrine Festival of Lights:
Wednesday, December 9. Departure is at 4:00 p.m.

Christmas Shopping at Seekonk Square:
Monday, December 14. Departure is at 10:00 a.m.

Roger Williams Holiday Lights Spectacular & Pizza at Antonio's:
Wednesday, December 16. Departure is at 4:00 p.m.

You will find more information and sign-up sheets for each event under the appropriate tab in the ACTIVITIES BINDER in the Mail Room. A minimum of 6 residents is required for each trip to go. Subscriptions such as R.I. Philharmonic, Met Opera, Trinity Rep, etc. are in the SUBSCRIPTIONS BINDER also in the Mail Room. Please be sure to write each event you sign up for on your calendar. We are counting on you to show up at the scheduled time or to call the Activities Department 48 hours prior if you are unable to attend. Otherwise, a $25.00 cancellation policy takes effect upon issuance of the reminder email.

