

## From the CT Chapter President

**Dear Fellow ARENU Members:**



*Larry Levy*

Recently I have been noticing the little things in life that make living so wonderful. Things like walking my neighborhood on a sunny early spring day, watching the robins build their nests, enjoying the company of good friends, experiencing a tasty meal.



I think you get the picture. Perhaps it is my age (73) that has changed the way I look at things. It is never too late to smell the roses. Many of us have not kept in touch with friends and family that don't live nearby, but have had pleasant interactions with over the years. It's time to reconnect. Life can be short, so perhaps enjoy life by enjoying live entertainment, or going on a trip with family, and old and new friends.

### Fidelity 401k Fixed Income Account

The interest rate on the Eversource 401k Fixed Income Account from January 1, 2018 to June 30, 2018 is now **2.6%**. That is a **4% increase** from the previous rate of 2.5%.



The following article was written by [Czepiga Daly Pope & Perri LLC](#)

We have had Paul Czepiga give several presentations at our CT Chapter meeting on legal issues affecting retirees.

### How To Keep Your Brain Strong: 3 Great Ways to Build Your Mental Muscles



Just as keeping physically fit is important as we age, so is keeping mentally fit. More research is being done on how adults can work out their "mental muscles" to keep their minds sharp

and possibly put off or avoid the onset of Alzheimer's and dementia.

**1. Engage in physical exercise.** Surprised that physical exercise tops the list? You shouldn't be. **Exercise is arguably the single most effective way to keep the mind sharp and the memory strong.**

Any type of physical exercise that gets the heart rate up is good for the brain as well as the body.

Among its many benefits to the brain, exercise leads to increases in the size of the hippocampus, which is crucial for memory consolidation and navigation. Interestingly, the hippocampus is one of the first brain structures to be affected by Alzheimer's disease.

Brisk walking, swimming, cycling, and weight lifting are all good choices for physical exercise in seniors. The CDC [recommends](#) that adults over 65 engage in 150 minutes of moderate intensity activity each week, the equivalent of a 20-minute walk every day.

**2. Learn something new.** The brain loves to learn, and **active learning of new skills forces the brain to make new connections.**



The key here is "new". It's a challenge to learn new things, and that challenge is what brings the most benefit to the brain. This might include learning how to play an instrument, play a new card game, quilt or crochet, make jewelry, use a digital camera, or speak a new language, to name just a few.

**3. Maintain social connections.** **Maintaining social connections is not just good for our emotional health, but for our physical and mental health, too.** Lack of contact with other people can lead to excess stress hormones, which can impair memory by affecting sleep cycles and the hippocampus. It can also cause depression and anxiety, both of which impair cognition and memory.



This is a particular problem for seniors. Their social circle may shrink after they retire from work or stop going out much due to health reasons. Seniors should make a point to actively maintain social connections by attending events like classes, clubs, and religious services. Homebound seniors should take advantage of technology to keep in touch with friends and family via email, video chat, and the phone.



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## ARENU CHAPTER NEWS

### CT President's Letter (continued from Page 1)

One great way to get social interaction is to take up dance lessons. Not only do you spend time with other people, you also get the brain benefits of physical exercise and of learning a new skill.

**What about puzzles?** Crossword puzzles, sudoku and "brain training games" are a lot of fun, but research isn't conclusive about whether they actually have a positive long-term effect on the brain and help stave off Alzheimer's. However, if you enjoy them, it can't hurt.

Go ahead – make some plans for the New Year to start building your mental muscles!

### Upcoming CT Chapter Meetings

Please mark your calendars with the following **dates of our monthly meetings, which begin at 10:00 a.m. in the Eversource Berlin office:**



<b>April 11</b>	<b>Tom Nash</b> , expert on identity theft
<b>May 16</b>	<b>Professor Gigliotti</b> to speak about Frank Sinatra
<b>June 20</b>	<b>Paul Czepiga</b> , Elder Law attorney
<b>September 12</b>	No speaker scheduled
<b>October 17</b>	No speaker scheduled
<b>November 28</b>	<b>Holiday Luncheon</b>

Wishing you and your family a healthy and happy new year!

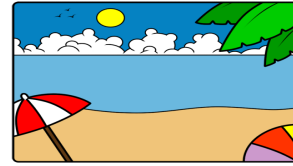
Sincerely,

*Larry Levy*

Connecticut Chapter President  
E-Mail: [LEVYL2@Yahoo.com](mailto:LEVYL2@Yahoo.com)  
(860) 523-9570

Welcome  
Spring

### SOUTHWEST FLORIDA RETIREES LUNCHEON



**The 9th annual luncheon was held on March 6<sup>th</sup>.** Dick and Donna Drasdis hosted the event with 35 retirees and guests attending. Thanks to the generous donations from several retirees, a free raffle was held with most attendees winning wine, restaurant gift cards or trinkets.

All attendees were very impressed with the Peridia Golf & Country Club in Bradenton, Florida, and with its meals and service. The same venue has been reserved for next year's luncheon, which will be held on March 5, 2019.

The Florida weather is always fantastic at this time of year and quite a bit warmer than New England's, so it's hoped that many more retirees can attend in 2019. Please go to the following website to view pictures of the event:

[2018swflnuretireeluncheon.shutterfly.com](http://2018swflnuretireeluncheon.shutterfly.com)



### MASSACHUSETTS CHAPTER

- **Spring Breakfast Meeting** – We will once again have our Spring breakfast meeting at the Bluebonnet Diner on Thursday, May 3 with a start time of 9:00 a.m. The all-you-can-eat breakfast buffet will be served from 9:30 – 10:30 a.m. We have an interesting and informative speaker at this meeting. Brenda Labbe from Greater Springfield Senior Services will be our guest speaker. She will talk about "Services, Resources, and Opportunities for Older Adults". Reservation information will be mailed soon – so **SAVE THE DATE!!**



- **"WATTz UP"** - Bob Abair prepares this news brief for the Massachusetts Chapter. Our members truly enjoy reading about their co-workers and reminiscing about the past. We all can appreciate the "good old days" when we read the newsletters. Thank you, Bob, for all the time and effort!

Below is the October issue about our past Chapter President, **Jim Lucey!** Hope you enjoy reading this issue. Bob is working on another issue to be published soon.

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**MASSACHUSETTS CHAPTER** (continued from page 2)

\*\*\*\*\* WATTz UP \*\*\*\*\*

*A News Brief by the Massachusetts Chapter of ARENU*

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**Volume 1 Issue 5**  
**October 2017**

**Direct mail to: [arenuwmeco@gmail.com](mailto:arenuwmeco@gmail.com)**

## **A SUSTAINING FORCE**

*As I began to prepare the following feature article for this issue, I thought hard about who would be of interest to our members and who would they likely enjoy knowing more about. In the last few issues, I have written about our ARENU leaders. Least we forgot, there is one individual whose leadership stands out.*

*Our featured person was a recent President of the WMECo. Chapter and a leader in his many positions, over the years, within our company. This likeable, calm, soft spoken, gentle person is a friend to all that he encounters. I'm sure by now you have guessed that the featured person of this issue is none other than **Jim Lucey**. I am proud to present this write-up that he and I have written for your enjoyment.*

*Jim was born in 1937 and was blessed with a partner - a twin by the name of Louise. He had 5 additional siblings...all girls. It was told that he was favored because of his lone status as the only boy, but that, according to him was only hearsay. He attended St. Michael's Catholic School in Northampton and graduated in 1954. At the time of his graduation, Jim worked part-time as a repairman in the typewriter shop located in the basement of Northampton Commercial College. He continued to work there during his first year out of high school.*

*He then joined the U.S. Air Force in the fall of 1955 and was sent to Sampson AFB in New York State for basic training. He was then assigned to Kirkland AFB in Albuquerque, New Mexico where he was trained as a metals specialist. In the fall of 1956, he was assigned to Chaumont AFB, France where he was attached to the 494<sup>th</sup> Tactical Fighter Squadron under the 48<sup>th</sup> Fighter Bomber Wing. He cross-trained while in the 494<sup>th</sup> to a Hydraulic Specialist and worked on the F86 and F100 jet fighters. While assigned overseas, Jim had many TDY (temporary duty) assignments to Africa where the Squadron's pilots were trained in gunnery and bombing missions. Most of the assignments were spent in Libya at the Air Force base in Tripoli. He completed his military duty in the fall of 1959 and returned to his home in Northampton.*

*He returned to the typewriter shop for a short period of time and started taking courses at Holyoke Community College. He next took a position with Hamilton Standard (HS) where he worked in their Quality Control Metals shop. He moved on from there to become an engineering assistant in the HS's space program while continuing his studies attending night classes. He left Hamilton to attend the University of Massachusetts full-time in the mechanical engineering program. Jim graduated in 1969. He returned to HS's space program following graduation for one year before being laid off during the engineering rollback in 1970. One other future WMECo engineer was also affected by that rollback - Charlie Glinski. Charlie convinced Jim to apply to Holyoke Water Power Co. Jim applied at HWP and was hired the next day by Carl Schmidt. Jim started with HWP as a field engineer, under the supervision of Wayne Boulais. Jim worked with Guy Beaudet as an understudy, learning the hydro operation in Holyoke and becoming familiar with the substations and distribution systems. Jim also enjoyed working with the work force there and became very active in the social activities of the employees. As was true of all employees there, Jim was most fond of Robert Barrett and his care and consideration for the HWP Company and its employees. It was an exceptional way to become involved in the utility business. During his time at HWP, Jim continued his studies at Western New England College. He received his MBA degree in 1969.*

*Shortly after HWP was bought by Northeast Utilities, Jim was given the opportunity to join WMECo. Jim joined WMECo in August 1977 as a field engineer assigned to Brush Hill operations. It was there that he joined up once again with Charlie Glinski working together on Transmission and Distribution studies under Dana Louth, supervisor of WMECo's Planning and Dispatch departments. This was another very good learning experience for Jim, thanks to the help of many employees and patient and talented supervision. WMECo was a cut-above most utility companies in Jim's eyes, because of the quality of the personnel and the knowledge of many of the engineers/technicians, as well as the character of its workforce.*

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## ARENU CHAPTER NEWS

### MASSACHUSETTS CHAPTER (continued from page 3)

After three years at Brush Hill, Jim was given the opportunity to work in the field under Walt Wandeloski in the Greenfield Work Center. He took the position of Substation Supervisor held by Ed Bergiel who was retiring. It was here that Jim first became familiar with what's required to supervise and manage personnel and attend to the needs of the people working with him. Maintenance of the substation and hydro facilities in the Greenfield area was another new experience in that the substations were larger and more sophisticated.

Jim returned to Brush Hill in November 1984 as a Planning Engineer. During his time in this position, he hired several engineers to assist with the planning of the WMECo. distribution system. With the new engineers and the experience of people like Rich Towsley and the regional technicians, the department became very efficient at creating projects to remedy the reliability problems. Jim was promoted to Manager Regional Systems Engineering in December 1991. A downsizing of the company over the next two years required personnel reductions in all areas. In October 1993, Jim reluctantly retired after 24 years of service.

Jim has always felt that he was a very fortunate individual having been employed by two very employee-conscious companies during his working lifetime. Those two companies were HWP and WMECo. After his retirement, Jim stayed connected to the company by working part-time on projects in the Connecticut towns of Northeast Utilities. Additionally, he worked for Neil Tompkins in WMECo's Customer Service Center gathering information for storm preparation.

In 1995 Bob O'Brien asked Jim to come to an ARENU meeting with the intent of replacing Bob as president. Bob and his wife, Arlene, continued to help Jim with the activities of ARENU through 2013. Recently, Colleen Mason and Michele Witowski have taken over as the co-Chairpersons of ARENU. Jim added that he is confident that they are doing and will continue to do a great job.

Now this next part is truly a "love at first sight" story. He met a very pretty young lady working at the candy counter in a local department store soon after his discharge from the Air Force. He found out her name and as the story goes, shortly afterwards they started their courtship. Jim still considers himself to be very lucky for having found the love of his life. On June 15, 1963, Dorothy Bertrand from Florence and Jim were married at Annunciation Church in Florence. They had waited for Dot to finish Nursing School at Burbank Hospital.

Dot has been a very supportive wife in all aspects of their life. Everyone who encounters Dot quickly recognizes her wonderful charm and charisma. For all of Jim's working years and his extensive years guiding ARENU through some difficult times, Dot has been there supporting his efforts. In fact, her dedication and love of Jim has been the main ingredient in his being a **SUSTAINING FORCE**.

In the early 1970's, they brought home a beautiful young child who they named Kathleen. Kate grew up fast, went to local schools through her 6<sup>th</sup> school year in Williamsburg. She then attended Bement in Deerfield and Stoneleigh Burnham in Greenfield where she graduated in 1989. From there she attended Hofstra University and graduated Liberal Arts in 1993.

Dot was also very busy during this time at Smith Vocational in Northampton as the Director of Practical Nursing. Dot retired in 1992.

Jim and Dot had moved to Williamsburg in the fall of 1964 and had begun a gradual modification of the 1865 home. They began by installing a central heating system which replaced three kerosene stoves. Two barrels of kerosene sat in the cellar...Jim said they couldn't get them out of there fast enough. Over the years, their home was a gradual transformation and a work in progress and a labor of love with Jim doing a lot of the work. They lived in Williamsburg for 53 years and sold the home in January of 2017. Dot and Jim recently moved back to Florence from whence Dot was born and are happy to be moving into something smaller on one floor. Waiting to downsize at 80 is not the thing to do according to Jim...he recommends that downsizers should do it much earlier.

Jim and Dot have both worked at the game of golf for many years and have been members of the Northampton Country Club since 1973.

A very important date in Jim's and Dot's lives came when, on a snowy morning in March, Lucey Elizabeth Flanagan was born. Lucey is the only grandchild and she has changed their lives, as did her mother. Lucey is 9 years old now and keeps her Grandparents in Florence a bit younger than their actual ages.

After reading this brief review of Jim's work history and his personal life, it is easy to recognize that he was and is a very talented individual as well as a great Husband, Father and Grandfather.

**By: Bob Abair, September 25, 2017**



## ARENU CHAPTER NEWS

### NEWS FROM LINDA YOST, TRAVEL COORDINATOR

#### Hello Fellow Retirees:

I am sitting at my computer putting together my portion of the newsletter and occasionally get up to glance out the window to see what we're getting hit with today! I am blessed to live in Glastonbury which seems to be receiving much less snow than other parts of Connecticut and we won't mention how difficult it is for those living in Boston!

Our Trip Presentation on **February 16<sup>th</sup>** was well received and we had a healthy turnout!

One thing I want to mention: I have **two** spots left for the **3-day Boston Red Sox - Baltimore Orioles Baseball** at Camden Yards, Annapolis on August 10-12<sup>th</sup>. This is a fabulous trip – two couples who attended last year have already signed up to go again this year. Comments were that the hotel accommodations were fabulous and within walking distance to the stadium – a stadium rated the best in the nation! Seating for the two games were the best; food was wonderful; the morning excursion to Annapolis, Maryland's capital, was also very interesting and beautiful! See the ARENU website for the all the details. Remember - I only have two spots left!



I want to focus on the day trips I have chosen for this year. I need your help in deciding how much interest there is in each of these trips. If there is not enough interest, I will be forced to cancel and you know I hate to do that for the ones who are looking forward to attending some of them.

Please take a look at the flyers on the ARENU website and, if anyone is interested in attending, please email me or call me (860-657-3407) to let me know. I understand these trips are a few months off, but so much planning needs to take place well in advance.

Thanks!

[www.arenu.org](http://www.arenu.org)

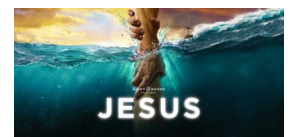
#### Day Trips You Can Enjoy:

- [A Taste of Cape Cod](#) - Thursday, June 14, 2018
- [Exploring Our Past](#) - Sunday, August 12, 2018
- [The Colors of Autumn in Vermont](#) - Tuesday, September 25, 2018



#### Other Trips that are showing a lot of interest:

- [Cape May, New Jersey](#) - September 17-19, 2018  
This 3-day trip is really catching on and people are beginning to get their registrations in! Please take a moment to access this lovely trip and see how much it has to offer. Also, dinner is included in the price for both Day 1 and Day 2. A full breakfast is also included for Day 2 and Day 3! So much beauty to see on this journey – please give yourself a little “treat” as we enter our fall season. You won't be disappointed! Check out the flyer!
- [JESUS](#) at the Sight & Sound Theater in Lancaster, PA - October 15-17, 2018  
This is the **biggest** event in the **Northeast in 2018**. I am more than half full already so **PLEASE** plan to register **ASAP**.
- [Iceland Inspired](#) - November 2-9, 2018. Limited Space / Top 2018 Destination.  
We still have room for a second trip that has been scheduled. Please call **ASAP** – this will also fill quickly as they have in the past two years – an incredible trip!
- [Europe's Special Christmas Markets](#) - November 26-December 2, 2018



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Travel & Entertainment (continued from Page 5)

**Still more Air, Cruise & Overnight Tours**



**Tulip Time Festival – Holland, MI, May 8-15, 2018**

**France’s Hidden Canals – Loire Valley, June 26-July 4, 2018**



**Cruising Adriatic’s Eastern Shore, July 15-22, 2018**

**Wonderful Vietnam, September 20-30, 2018**

**Tuscany to Amalfi, October 1-11, 2018**

**Hawaii CruiseTour, January 17-27, 2019**

*Book by May 31, 2018 & Save \$200 pp*

**Be** sure to check the ARENU website for flyers on any of the trips, for additional information such as what each trip includes, the cost, and how to go ahead and book a trip.

Please don't hesitate to contact me with questions at (860-657-3407) or email me at ([lgystct@cox.net](mailto:lgystct@cox.net)). I look forward to hearing back from you and also to share time together on any of these wonderful trips!

As you may well imagine, a lot of time and effort goes into selecting trips and assigning them dates. I ask you to voice **YOUR** opinion - that is the only way I can provide what you would like to see and do. Your feedback is greatly needed and appreciated.

**Fondly,**

*Linda Yest*

Trip Coordinator

[lgystct@cox.net](mailto:lgystct@cox.net)

860-657-3407

245 Georgetown Drive

Glastonbury, CT 06033



# OBITUARIES

*Our sympathy to the family and friends of those listed below.*

<u>Name</u>	<u>Date of Death</u>	<u>Company</u>	<u>Retirement Date</u>
Reginald Cyr	8/15/17	NU	1/31/92
Paul D. Oneil	8/16/17	NU	12/1/88
Milan Keser	12/8/17	NU	4/2/01
John J. Pataky, Jr.	12/8/17	NU	11/1/93
Raymond Bardsley	12/9/17	NU	11/1/02
John P. Flattery	12/9/17	NU	7/1/04
Joseph Halleft	12/10/17	NU	12/31/91
William M. Latawec	12/13/17	NU	2/1/95
Henry T. Stebbins	12/15/17	NU	12/1/91
Lucille P. Lavigne	12/15/17	NU	11/1/93
William Constantini	12/20/17	NU	10/1/82
John F. Moker	12/22/17	NU	11/1/93
William R. Rotherforth	12/31/17	NU	9/1/92
Richard Beebe	1/1/18	NU	11/1/92
Mary H. Kurecki	1/2/18	NU	9/1/93
Henry L. Depathy	1/2/18	NU	4/1/87
John Hopkinson	1/8/18	NU	6/1/80
Roger E. Costa	1/9/18	NU	11/1/93
Raymond Nutting	1/9/18	PSNH	10/2/84
Ronald Widelo	1/11/18	NU	5/1/02
Robert F. Desrochers	1/13/18	NU	11/1/93
Carlton W. Frye	1/14/18	NU	8/2/87
Robert E. Head	1/15/18	NU	11/1/06
Edward Dziewisz	1/16/18	NU	11/1/93
Leonard O. Pufahl	1/16/18	NU	2/1/10
Donald Quagliaroli	1/16/18	CL&P	2/1/90
William O'Keefe	1/17/18	CL&P	8/1/83
John A. Stumpf	1/17/18	NU	1/17/18
Anna Yonan	1/19/18	NU	12/31/91

*(continued on page 5)*



# OBITUARIES

*Our sympathy to the family and friends of those listed below.*

<u>Name</u>	<u>Date of Death</u>	<u>Company</u>	<u>Retirement Date</u>
Joan Larose	1/22/18	NU	9/1/05
Wilfred Burr	1/24/18	PSNH	9/17/87
Catherine Olsen	1/25/18	CL&P	8/1/90
Merrill G. Jenne	1/27/18	NU	9/30/13
Rosemarie Topor	1/29/18	NU	2/1/00
Roger E. Johnson, Jr.	1/30/18	NU	11/1/93
Frank A. Haux	1/31/18	NU	11/1/92
Frank J. Marcille	2/2/18	NU	11/1/95
Benjamin Rhodes	2/2/18	CL&P	10/1/12
Merrilee Thomas	2/2/18	NU	2/1/09
Constance Leblanc	2/4/18	PSNH	8/1/06
Vincent J. Kalina	2/4/18	NU	1/1/87
Gary Dewhirst	2/5/18	NU	1/1/00
Edna Brycki	2/5/18	NU	7/1/98
David Fitz	2/7/18	NU	7/1/03
Julius J. Leh	2/7/18	NU	8/1/07
Alfred Cote	2/7/18	NU	2/1/04
Donald Hawkins	2/10/18	PSNH	5/1/93
Helen Bidwell	2/10/18	NU	7/31/87
David C. Knight	2/12/18	NU	8/1/06
Charles F. Dorn	2/12/18	NU	12/31/91
Arthur Healey	2/16/18	CL&P	6/1/07
William Spaziani	2/18/18	NU	11/1/77
Michael Manware	2/18/18	NU	7/2/97
Albert P. Horne	2/18/18	NU	5/1/93
Ronald Watrous	2/24/18	CL&P	1/1/87
Emily Thames	2/26/18	NU	2/1/00
Phyllis Gilbert	3/2/18	NU	8/1/03

