Welcome to the first issue of "Pulsebeat" since we reopened our doors on July 20th. Much has transpired since we closed the building on March 17th both on a personal and national level. For many of us it has been a roller coaster of emotions as we grapple with the effects of the pandemic, the national focus on systemic racism, and of course the upcoming Presidential election.

Center Club, founded 61 years ago this Fall continues to be a community based on mutual respect and opportunity. We have always prided ourselves on being a supportive and affirming place with our diversity a major strength.

Since May racism in America has been a standing item on our weekly Clubhouse meeting agenda. This edition of Pulsebeat introduces some of the initiatives which we will be undertaking. We welcome and encourage your participation. Hope that you enjoy reading this publication and are able to catch up on what we’ve been doing these past 6 months!

Mary C. Gregorio
After Center Club reopened its doors and welcomed back our club members and staff members. We asked them to share their thoughts on our reopening:

"Opening went very smoothly, it seemed like everybody adhered to the rules, Acting Workshop went well too and was fun, Chris H. set up the computer so members could call in and participate over the phone." -Alan B.

"I had a nice time and helped in the kitchen"

"Returning to Center Club after all this time, like much in this world right now, has been a unique and new experience. It has been so great to have members back and I am thankful that we have the opportunity to connect with one another in a time that can sometimes feel so isolating." -Chris H.

"I thought it was well planned and organized, staff were checking people coming in, and social distancing rules were easy to follow."

"Being back in the building has been really good. Members seem happy to be back and it's nice to be able to work with people in person." -Kate F.

"I thought it went very well and enjoyed the lunch."

"Surreal, different, happy reunions, team effort, encouraging."

"It felt strange not being able to eat together or have meetings." -Rose D.

"Being back in the building has been very beneficial for my own mental health and well-being after a very challenging summer of not being able to do much outside the house. Seeing members and staff members has been a nice reminder of how things used to be and makes me look forward to the future when things eventually go back to normal." -Ryan M.

On the left: Clubhouse staff member, Amy, checks in Helen C. as she comes into Center club
JOIN THE LITERARY CALL
TUESDAYS FOR STIMULATING DISCUSSIONS
by Alan Baptista

Every Tuesday from 2:30 pm to 3:30 pm, Robin Chase facilitates the Literary Conference Call. In September, members may join by dialing (646) 558-8656 and entering the code 94005661134#.

I have found each session to be quite enjoyable. Each participant is given the opportunity to read a piece of literature, be that a poem; play; song; essay; or a passage from a book. We may also choose to read one of our own pieces or just to listen. Comments are welcome.

In my experience, this leads to stimulating and pleasant conversation. During these difficult times that we are facing, it is a relief to take an hour to appreciate literature and the company of those who share a common interest. I encourage others to join us Tuesdays at 2:30 pm.

NEWS FROM THE EMPLOYMENT UNIT
by Kate Fazio

As most people know, Rina Wolok left Center Club in April to return to graduate school. Since that time, Ryan and I have been hard at work helping members with finding work or managing any employment needs that come up. This has included helping several members apply for unemployment who were furloughed or laid off due to the pandemic.

We have been supporting people over the phone since March and have been able to begin meeting with members in-person to work on job applications, resumes, interview skills, and benefits management. We re-started our weekly Employment, Education, and Housing Unit Meeting and had several members return to the first meeting that was held on September 2nd.

The current economic environment has made job searching a little more difficult than prior to the pandemic. However, there are still many places that are hiring so please reach out to Ryan or myself if you would like to find a new job!

In addition, long-standing job training resources like Operation ABLE, BU Center for Psych Rehab, and the CVS Training Program are offering virtual options. This allows for training without the commute so please contact a staff member if you would like to learn more.
I am so excited to be back at Center Club to facilitate the Acting Workshop onsite! First of all, it is wonderful to be in the community amid my friends and the staff. Second, it is great to get out of my apartment for a few hours. Third, I have missed the workshop and my fellow thespians, so I am happy to get back into the swing of things.

Some members have been signing up for the Wednesday time-slot, while others have been joining us on the conference call. It has been working out well as it has allowed anyone who wishes to join the chance to do so. Everyone involved has been participating to the fullest, for which I am extremely grateful. Their enthusiasm and imagination inspires me.

We start out each session with body warm ups, which each member has the opportunity to initiate. This is followed by a simple vocal exercise, also initiated by the members. We have some fun with theatre games and improvisations. Since we need to socially distance due to the Coronavirus, we are limited to what we can do when it comes to acting. Therefore, we do Reader’s Theatre scripts.

I encourage anyone who is interested in joining us to sign up for Wednesday’s from 3:00 PM to 6:00 PM as the Acting Workshop begins at 4:00 PM. If you are unable to sign up for that time, you may join us on the conference call. The phone number is 646-558-8656. The code for the month of September that you would enter is 97066447963#. I look forward to seeing – and hearing – from all of you.

"I THINK IT’S A FUN GROUP, WE GET TO EXPLORE DIFFERENT ACTING ROLES AND TYPES OF READINGS. I ENJOY IT A LOT, I MISS THE SINGING PART THOUGH! IT’S NICE THE WAY ALAN DOES A TRIVIA CONTEST AT THE END."

L. Campbell

"I’M VERY MUCH ENJOYING MYSELF. I MISS THE SINGING, BUT I DO THINK THE PLAYS ARE GOING GREAT."

Cheryl

Artwork by Gertrude Rivers
JOIN US FOR A SONG OR TWO
by Chris Hatch

Center Club and Point After have been known for their epic monthly karaoke crossovers. These in person celebrations of song and friendship were unfortunately halted due to the onset of the pandemic. However, in July we hosted our first ever virtual karaoke! During these events, we connect with one another through zoom video or phone call and everyone has the chance to sing, share poetry, or just listen if you'd like!

July’s Pride themed karaoke had meaningful discussions of the history and current state of LGBTQ+ rights as well as outstanding performances from club members including Debra W., Lynne C., Shirley P., and Alan B. and of course our friends Dolores, Maureen, Mary Ann, and April from Point After! The last week of August was our "End of Summer" event, where we celebrated the season and had even more performances from Center Club and Point After members, ending with a fun group performance of "Summer Love" from Grease. If you've missed these wonderful events, don't worry! Our next "Crisp Fall Eve" karaoke event will take place on Tuesday, September 29th from 5pm-7pm, and we will be inviting our friends from Point After as well as from Transitions of Boston!
LET'S GO FOR A WALK

Every Tuesday and Wednesday, Center Club organizes a daily walk around our surrounding neighborhoods, such as the Boston Common or the Harbor Walk. Here are some photos from the most recent walks.

Clockwise: Robin and Rose at the Boston Common.
Penguins at the Boston Aquarium, photo by Michael Barker
Pierre, David, Scott, Gloria, and Lea near Park St.

Hope to see you in our next walk. Tuesday's walking group facilitated by Robin, meets at Fanuel Hall at 11:30. Wednesday walking group facilitated by Sean meets at Center Club at 3:30
Out of the despair comes a woman we call dare
She dares to care
Seeks and finds hope
Steers Clear of the streets and dope.
Although she finds it hard to cope,
She won't give up - to that she'll say nope!
What keeps her going?
A friend called hope.
DOLLY PARTON’S KEEPING BUSY
by Alan Baptista

Those of you that know me are aware that I am a devout Dolly Parton fan. Since I was a child, I have admired her singing; songwriting talents; acting; business savvy; philanthropic work; and positive attitude. It is also admirable that at seventy-four years old, she is still as creative and active as ever. Following are some of her latest projects and some of the accolades that she is receiving.

On November 17th, Dolly is releasing Dolly Parton, Songteller: My Life in Lyrics, a book she has cowritten with music historian Robert K. Oermann. It is the celebration of the remarkable life and career of a country music and pop culture legend. As told by Dolly Parton in her own inimitable words, it explores the songs that have defined her journey. Illustrated throughout with previously unpublished images from Dolly Parton’s personal and business archives. An audiobook read by Dolly will also be released.

This fall, she is also releasing her long-anticipated Christmas album titled A Holly Dolly Christmas, October 3rd. It will feature collaborations with Michael Buble, Randy Parton and Heidi Parton, Billy Ray Cyrus, Jimmy Fallon, and Miley Cyrus. Dolly noted it will also include the song “Circle Of Love” from her previous TV movie Christmas of Many Colors: Circle of Love and classics like I Saw Mommy Kissing Santa Claus.

The country music legend is also releasing a Christmas musical for Netflix this year, titled Christmas on the Square. The new movie will have twelve original songs written by Parton herself. The plot revolves around an heiress trying to sell the town she inherited before Christmas. Christmas on the Square will star Dolly Parton, Treat Williams, Christine Barnski, and Mary Lane Haskell, among others. The film is directed by Debbie Allen.

Although an official renewal hasn't been announced, Sam Haskell, Dolly's co-executive producer on her Netflix anthology series Dolly Parton's Heartstrings, revealed at a panel discussion at Paley Fest that the network wants a second season. He is getting scripts written now so that they may begin production of a new season as soon as it is determined safe for filming again once the coronavirus crisis has ended. The panel discussion is available to the general public on Paley Fest’s YouTube channel. They also noted they are discussing a possible sitcom for Dolly to star in on the streaming service as well.

At a recent press conference, Dolly announced that she is working with author James Patterson on a collaborative mystery novel set in Nashville. He frequently collaborates with others, including a thriller he co-wrote with former President Bill Clinton. She also noted she is continuing to work on her Broadway musical of her life.

In addition to Dolly’s own projects, there are books about her being released by other authors. They include: Everything I Need To Know I Learned From Dolly Parton: Country Wisdom For Life's Little Challenges, November 3; She Come By It Natural: Dolly Parton, the Great Unifier, October. 13; Unlikely Angel: The Songs of Dolly Parton, September 30; The Little Guide to Dolly Parton: It’s Hard to be a Diamond in a Rhinestone World, October 6; and Dolly Parton: In Her Own Words, December 8.
The Two Doors Down episode of Dolly's Netflix anthology Dolly Parton's Heartstrings on July 30th won a GLAAD Media Award for Best Individual Television Episode (for a show without a recurring LGBTQ character). GLAAD is the Gay & Lesbian Alliance Against Defamation. The awards celebrate positive LGBTQ representation in popular media. As the ceremony was held virtually, she accepted via video, thanking everyone associated with making the episode and ending by singing a chorus of Two Doors Down.

Dolly is this year's recipient of the Legacy Award from the Ole Miss Women’s Council for Philanthropy. Due to the Coronavirus pandemic, the award presentation event where she will read to children at the University of Mississippi's Gertrude C. Ford Center for the Performing Arts.

Dolly has been nominated for the third time for a Prime-time Emmy Award, her second as executive producer of a film up for Outstanding Television Movie, as the one movie-length episode of her Netflix anthology series Dolly Parton's Heartstrings: These Old Bones, received the nomination. It competes against HBO's Bad Education and Netflix’s American Son, El Camino and Unbreakable Kimmy Schmidt: Kimmy vs. The Reverend. Winners will be announced on ABC Sept. 20.
ALL LIVES MATTER, TO ME

by Gertrude Rivers

About the first ten (10) years of my life was spent in rural Alabama. Because of the times, and maybe just where the civil rights movement was and I was not, I managed to escape physically and mentally unblemished most of the racial and hatred activities that were directed at me, a person of color, in the south.

Thinking about it, now some sixty (60) years later, I do not feel missing out on seeing and experience all that went along with segregationally racist behavior, was a good experience to miss out on. I recently watched a video that was emailed to me and my co-workers of a young black women in turmoil about what it meant to her to live in a country, where some 400 years later, still fails to treat all its citizens' with respect and dignity.

I was ashamed faced as I sat watching this young Black woman who agonized deeply, verbally and physically, about how she was being treated in America. And there I was, not feeling inclined to pick up a sign, shove that sign in some white police officer's face, stare him down, and say, yes, Black Lives Matter. It should matter to you, to me, to the entire world.

I pray before I die, I will burn with the same passion of that young Black woman. However, for me, All Lives Matter, which is what I am all about. I work at Advocates, Inc., in Framingham, as a Peer Specialist. It’s a position that took me three (3) years to get.

The work I do, the people I support are not Black, White, Brown, Blue or yellow, to me. They are people I support, and they all matter to me. By and by, some may be innocent of any racist inclinations and actions. Others not so clean handed. All Lives Still Matters to Me. I chose not to disrespect you, to dislike you because of the color of your skin. We are different from each other. What I will dislike and disrespect about is your attempt to see me a lesser person than yourself.

When my mother was alive, there was a time in our relationship when I was very disrespectful. I stopped speaking to my mother for a number of years because I did not like the way she was leading her life and raising me and my siblings. One day I woke up to how I was misbehaving, and said to myself, what is important to you? Having a loving single parent doing the best she can to care for three children? Or lamenting to all that will listen, of her faults and missteps. About three (3) years before her death, my mother and I were reaching out to each other, learning to be the best of friends. Too late, I realized the time I had lost reuniting with my mother.

Lesson learned: we should come together now with open minds and hearts. Let’s matter to each other before actions and words go too far and cannot be taken back. When I was younger, I watched the show Star Trek all the time. The episodes about people of obvious differences and not so obvious differences coming together were my favorites. By the end of the episode, everyone was communicating with a sense of curiosity and respect.

Let’s remember, though we are different, all lives matters.
I am fifty-eight years old, and it saddens me to see things getting worse rather than better in this country. There were advances in civil rights, gay rights and women's rights, but now there is a major backlash. I once heard Gloria Steinem say something to the effect that following victory there is always danger. I believe that after Obama's presidency, we found the danger in 2016. Yet, like Steinem, I will not give up the fight to make things better.

Racism was not created by Donald Trump. However, he certainly has fueled the flames. When the leader of the “Free World” condones honoring treasonous military men who fought to secede from the Union and keep slavery alive, you know that something is radically wrong. I realize that we cannot forget history so that it is not repeated, but it has a place. That place is in the history books and it must be taught truthfully, in all its ugliness. In addition, we need to teach more Black history as well as the history of other racial and ethnic groups. According to a recent study, students are taught only eight percent of Black history in public schools.

In my estimation, there are too many Americans who have not gotten over the fact that the South lost the Civil War. Otherwise, why would they feel so proud to uphold the Confederate Flag as a symbol of their heritage? The Confederacy consisted of treasonous Americans, period. The North won the war and our country was united. There should be no pride in a flag that represents slavery and an attempt to secede.

Many people throughout the country – including in the north – still grapple with racism.

Since the death of George Floyd due to police brutality on May 25, 2020, the Black Lives Movement has grown stronger. Yet many white people still do not fully understand the significance of the movement. Far too many times do I hear the words “All Lives Matter.” This is a callous phrase. As a gay, Caucasian, disabled, low-income man of Portuguese descent, I still own up to my white privilege. I am not in the group most in danger of being killed by the police, being followed by mall security or being lynched because of my skin color.

The other thing that I keep hearing are questions like “What about all the crimes that some black men commit?” or “Why do they have to be so violent at the protests?” First of all, there is a minority of protesters who commit violence. Secondly, some of the violence is not enacted by the protesters themselves. As for crime, according to the latest count in the year 2018, white people accounted for 7,115,940 criminal offenses and black people account for 2,826,460.

In addition, it is irrelevant to even bring up the issue of black crime. The white man has been the cause of more violence and damage throughout the history of the world than any other race. No amount of crime or violence could ever rival the countless wars, pillaging, and desecration that the white man has done.

(Continued on the next page)
Then there is the argument that anyone who protests racial injustice and police brutality in this country by “taking a knee” during the National Anthem is un-American. How untrue that is because those who do so are exercising their First Amendment Rights. There is nothing more American than that.

To be clear: The First Amendment gives Americans five basic freedoms: Freedom of speech, press, petition, assembly and religion. While all five are important, perhaps Freedom of speech is talked about the most. Free speech is the cornerstone of our democracy. It allows citizens to support political movements and candidates. It gives people the power to call out government corruption and abuse.

Patriotism is a devotion to and vigorous support for one's country. However, it does not mean that one must accept what is wrong with one's country. If one is devoted to one's country and supports it, one must be committed to fighting for it to become a better place to live for everyone. Eradicating systemic racism, ending police brutality, making certain that everyone - including our Black brothers and sisters - are treated equally and fairly, are worth fighting for. Then America will be great.

**BLACK LIVES MATTER: THE MOVEMENT, THE WEBSITE AND HOW YOU CAN BECOME INVOLVED ONLINE**
by Alan Baptista

Black Lives Matter is a Movement to fight for Freedom, Liberation and Justice for Black people. Since the unjust killing of George Floyd on May 25, 2020, the movement has become stronger. It has brought to the forefront that police brutality is part of the problem of systemic racism in this country.

There is an actual organization called #BlackLivesMatter, which was founded in 2013 in response to the acquittal of Trayvon Martin's murderer. Black Lives Matter Foundation, Inc is a global organization in the US, UK, and Canada, whose mission is to eradicate white supremacy and build local power to intervene in violence inflicted on Black communities by the state and vigilantes. By combating and countering acts of violence, creating space for Black imagination and innovation, and centering Black joy, the organization winning immediate improvements in the lives of Black people.

Black Lives Matter began as a call to action in response to state-sanctioned violence and anti-Black racism. Their intention from the very beginning was to connect Black people from all over the world who have a shared desire for justice to act together in their communities. The impetus for that commitment was, and still is, the rampant and deliberate violence inflicted on the Black community by the state.

Continued on the next page

“Vote 2020: Systemic Racism and Covid-19 Kill,” by Alan Baptista. “I painted this because of the deaths of Black Americans due to the color of their skin and deaths caused by the ongoing coronavirus pandemic. One thing that we can do to fight both is vote.”
ABLM’s #WhatMatters2020 is a campaign aimed to maximize the impact of the BLM movement by galvanizing BLM supporters and allies to the polls in the 2020 U.S Presidential Election to build collective power and ensure candidates are held accountable for the issues that systematically and disproportionately impact Black and under-served communities across the nation.

BLM’s #WhatMatters2020 will focus on issues concerning racial injustice, police brutality, criminal justice reform, Black immigration, economic injustice, LGBTQIA+ and human rights, environmental injustice, access to healthcare, access to quality education, and voting rights and suppression.

This initiative will inspire and motivate people to ask themselves and their candidates are you really addressing What Matters in 2020? Find out more about their campaign goals and focus on their website https://blacklivesmatter.com.

**THE DRESSER**

Did you know Bay Cove has a clothing closet called The Dresser? It’s located at 66 Canal Street, and Center Club members can go once a month to pick out 5 items of clothing. With winter coming, it’s a great place to find warm clothes and winter jackets! Right now, the best way to access it is to go with a staff member from Center Club, do not go to The Dresser without a referral or they can’t help you.
COMMUNITY

What bell time means to me?

by Jay Morris
I have always felt like I didn’t belong anywhere or had anybody I could rely on a lot. Then, I found Beau and Bear and finally found not just friends but a family that I’d do anything for. A place I can trust and finally be myself. Bell Time is a wrestling club in Wakefield I’ve participated in for 2 years but I have wrestled since I was 21. It helps me to get up in the morning and work harder than I have most of my life. I have learned so much from this family like how to never give up, and how to be a better role model. Now Bell Time needs help so I’m asking people to please help support us if you can. Any donation is appreciated, Thank you.

Latinx Heritage Month
The United States recognizes Latinx Heritage Month from September 15 to October 15 by celebrating the histories, cultures and contributions of those whose ancestors came from Spain, Mexico, the Caribbean and Central and South America. Latinx Heritage Month always starts on September 15, a historically significant day that marks the anniversary of independence of five Latin American countries: Costa Rica, El Salvador, Guatemala, Honduras and Nicaragua. The designated period is also a nod to those from Mexico and Chile, which celebrate their independence on Sept. 16 and Sept. 18, respectively. Latinx Heritage Month might sound more familiar to you as Hispanic Heritage Month. The term “Latinx” relates to people of Latin American origin or descent and is used as a gender-neutral or non-binary alternative to Latino or Latina. In honor of Latinx Heritage Month, Center Club will be hosting several virtual/telephone events throughout the coming weeks. We will be mailing out flyers with more information soon.

CENTER CLUB ROCKS

We have a new project underway as the result of a suggestion from one of our club members. It is called “Center Club Rocks.” Everyone will be encouraged to paint a rock or two expressing how they have coped during the pandemic. The theme is hope and positivity. The club will provide all of the supplies. The deadline for submitting the finished pieces will be October 15th.

PENNE WITH CANNELLINI BEANS

by Gabi A.

This is a quick, 5 ingredient recipe. It comes from Light and Tasty. You should definitely be using the Italian-style diced tomatoes that come already seasoned with herbs for flavor.

- uncooked penne pasta
- 2 (14 1/2oz) cans Italian-style diced tomatoes
- 1 (15 ounce) can cannellini beans, rinsed and drained
- 1 (10 ounce) package Baby Spinach, chopped
- 1/2 cup romano cheese, shredded

Cook pasta according to package directions.
In large saucepan, combine the tomatoes and beans, and bring to a boil. Reduce heat and simmer uncovered for 10 minutes. Add spinach, cook and stir for 2 minutes, or until spinach is wilted. Drain pasta, top with the tomato mixture. Sprinkle with cheese.
The idea for this project was borne out of a feeling of helplessness. How could I lend support to Black Americans in their fight for justice and equality in the face of systemic racism? A video featuring members and staff from Center Club lending their voice, including readings, poems, songs and personal stories would not only be a step in that direction for me, but it would offer an opportunity to others at the club to contribute as well.

The video that the Acting Workshop plans to produce intends to show that the members of the Center Club community supports Black Lives Matter. This does not mean that we are endorsing the organization Black Lives Matter. Rather, our intention is to show support for Black Americans who are subject to systemic racism and are at most immediate peril in this country.

Systemic racism is not new; it has plagued this country since it’s birth. However, our eyes have been opened wider to the ongoing ugliness of systemic racism starting with the death of Trayvon Martin in 2013.

Black people are twice as likely to be killed by police officers while unarmed compared to white people who are unarmed. According to a recent study, Black Americans died at the hands of police at a rate of 7.2 per million while white people were killed at a rate of 2.9 per million.

More than half of Black people report experiencing discrimination at work, get job interviews at lower rates, lower pay and promotion disparities.

By saying Black Lives Matter, we do not imply that all other lives do not matter. That is a given. While many well-meaning people counter Black Lives Matter with the slogan All Lives Matter, that takes the focus away from Black Lives, the ones who are in most peril due to the color of their skin. It goes without saying that all lives matter. **We must understand that when Black people get justice and are truly treated equally, the benefits will be wide-reaching and transformative for society as a whole.**

Anyone interested in participating may sign up for Wednesdays from 3 pm to 6 pm and attend the Acting Workshop onsite at 4 pm in order to film. If you are unable to attend, you may call in by dialing (646)-558-8656 and entering the code 961 3345 5599. We will make accommodations for those who cannot attend Wednesdays and wish to be filmed. On Thursday, October 1, we will have a Zoom meeting in order to have a singing session for the project. This will begin at 4 pm. (Gabi, Chris will give you the Zoom information.) If you need to schedule a separate filming, contact Chris Hatch.

**Dialectical Behavior Therapy**

*Amy Gusefski*

We’ve been hosting a dialectical behavior therapy (DBT) discussion group on Saturday mornings at 11 am. DBT is a type of therapy some people find useful to learn to live in the moment, cope with stress, understand emotions, and improve relationships with others. This group is not therapy, but it is a chance to explore the topic through conversation and practice some of the skills.

I’ve really enjoyed our conversations so far! We talk about topics like self-esteem, gratitude, and how self-care helps us with mental health. We begin the meeting with an icebreaker, talk about what topics interest us, then close with 10 minutes of meditation or mindfulness. You can join via zoom video (meeting ID 948-5549-6285) or call in with no video (call (646) 558-8656 and use code 948-5549-6285#), Saturdays at 11 am.
John Walter Black
1938-2020

John Black was a Member at Center Club for a very long time, and the Club was a more well rounded place because of his presence. Sadly, John passed away this past Spring.

John was the definition of a Renaissance Man: He was a prolific Poet (something many of us did not know of until after his passing) a very talented chess player, and probably the most well-read member the Club has ever had. He either had a Boston Globe sprawled-out in front of him on a table on the second floor, or always a paperback of some sort inches from his face.

He was witty, yet never insulting with his humor, knowledgeable about many topics, but never patronizing, and simply a very interesting and opinionated guy who always had a thought about the latest hot-button topic of the day.

He inspired many of us to read, and think more, and to share are opinions within the Club, and the Community. He had a profound effect on many members.

John grew up on the tough streets of South Philadelphia. He was an orphan, but was raised by an Italian family there who also adopted many other young children. After High School, he served in the Navy for several years, and eventually, made his way to Boston where he lived in Charlestown for many years.

John had many friends at Center Club and was honestly loved by all.

He was buried at the Bourne National Military Cemetery on Cape Cod in May. Mary Gregorio, Alison Demasi, Sean Coppinger and John Gardner attended the Service. Another more formal service will be held there this Fall.

Anchors away my friend.
- John Gardner

---

John was a prolific writer and contributed to Center Club’s publications throughout the years. We are lucky to have a vast collection of his poetry, here are four of his poems.

Who will fill it with love denied the fount of life soon dries up.
The loving people must give and give tho their heart be hurt. It still remains that someone must full the cup.

In Faith
I dream the dreams of ages past.
when hearts were true and faith held fast.
I dream the dreams of ages yet to be. will some dreamer look back and find hearts untrue and in faith a lack.

Who will fill it with love denied the fount of life soon dries up.
The loving people must give and give tho their heart be hurt. It still remains that someone must fill the cup.

Untitled
A tree in the morning it stands leaning, the naked sun wind aged branches in the morning gold of the clear-aired day.
Shining sticks jut from the dry, black-brown main stem of this, this somnolent keeper of they shaded day.

In Faith
I dream the dreams of ages past.
when hearts were true and faith held fast.
I dream the dreams of ages yet to be. will some dreamer look back and find hearts untrue and in faith a lack.

The Mind in Armour
to grow up- hard to don the cynics armoured suit prevents no frostbite from life’s frigid blasts nor asphyxiation from the vile verbal gas. No kiss is sweet to lips of steel no petals soft, can armoured hand feel, for The shot and shell of living can pierce the stoutest heart and iron plates or fortress walls can’t shield us from darts. The best protection that i know is loving gentleness. You’ll still feel life’s brutal force, but without the armour also, it’s tenderness.

---

Photo by John Gardner
IN MEMORIAM

John "Jack" Cole
1962-2020

by Alison DeMasi

Jack Cole was a longtime member at Center Club, though we first met when I started at Center Club back in 2003. Jack could frequently be found in the Food Service and Social Activities Unit helping with prepping lunch or special meals and was well known for his infamous Chicken Cacciatore! He was a regular Costco shopper, despite any hot weather, rain, or snow!

You could always count on Jack to bring a good joke or a smile and could bring a smile to the face of anyone who wasn’t having the best day. Jack was also a regular on our club trips and would often join us for our yearly camping trip, Hampton Beach outing, cookout to Houghton’s Pond or a trip to see the Bourne Braves down on the Cape. A favorite memory I have of Jack involves one of our weekend camping trips that we were on. For those of you who have joined us for some of those trips, you know it’s sometimes a little challenging to get everyone motivated to help pack-up and get ready to leave. Jack seemed to have the magic touch because on the last day, he managed to get all the members up and have their tents taken down and put away and all before 7:00am even!

Jack, your presence will be missed greatly around Center Club and we thank you for all the memories. Rest easy, friend.

While going through the members’ poetry collection, I came upon a poem Jack had contributed to Center Club’s literary magazine:

snowfalls
As the snow falls, I fall with it.
To gaze at such a wonder, Is to know the will of nature.
To cleanse when need be,
And cover all that can be.
It’s the snow that changes your view
Our view
A change that only nature can do.
Jill Judson was a long time member from Center Club who passed away in April.

She grew up in our area, and was very active in local, and National politics, volunteering in 2016 for Hillary Clinton in her bid for the White house. She met Mrs. Clinton early that Year, and told me how nice she was to her, and to all of the Boston Campaign workers. Years ago, she also worked on the John Kerry for Senate campaign. She also liked Senator Kerry too...

Perhaps Jill's first love though was her involvement with Special Olympics where she competed in various Swimming competitions over many Years. I was able to see her compete in many races which she won. She received numerous medals from those victories which overflowed from the drawers of her bedroom dressers.

One thing I will remember about Jill was that she was always in a good mood, smiling, and letting loose with a uniquely, uplifting-laugh.

In the last several years of her life, Jill lived in an Assisted Care facility in Chestnut Hill which she loved. It was great fun visiting her there for Weekend lunches and spending time with her friends.

Following her death, I made contact with her Cousin, Brian, from Savannah, GA. He invited me to visit him in Savannah to reminisce about Jill—which I eagerly agreed to.

Jill will be greatly missed by her many family members and friends.

--By John Gardner
WE LIVE IN A TIME WHERE MAKING YOUR VOICE HEARD IS CRUCIAL TO PROVIDING A BETTER TOMORROW FOR OURSELVES AND OUR COMMUNITIES. THE WORLD OF POLITICS CAN BE FRUSTRATING AND COMPLICATED, BUT WE MUST NOT LOSE SIGHT OF THE STAKE WE ALL HAVE IN THESE DECISIONS. CENTER CLUB IS HERE TO SUPPORT YOU IN GETTING YOUR VOTE IN!

***IF YOU WOULD LIKE TO TALK FURTHER ABOUT ANY OF THESE STEPS OR HAVE QUESTIONS RELATED TO VOTING NOT COVERED IN THIS FACT SHEET, DO NOT HESITATE TO REACH OUT TO STAFF MEMBERS BY CALLING THE MAIN NUMBER (617)-788-1000 OR STAFF MEMBER CHRIS HATCH DIRECTLY (617)-221-6435!***

Center Club is a Clubhouse for adults with psychiatric disabilities. Since 1959 we have been dedicated to the principles of selfhelp, peer support, and empowerment. We offer a safe and supportive environment in which members of the program can work towards building meaningful lives, connecting to the larger community, assuming valued roles in the communities of their choice, and ultimately live as independently as possible.