

CAMBRIDGE NEIGHBORS

ARLINGTON BELMONT CAMBRIDGE SOMERVILLE WATERTOWN

April 2019 Newsletter & Event Calendar

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Abby Smith, Celebrating Nine Years with CN



It has been about nine years now that I've been a member of Cambridge Neighbors (CN). I joined when the group was known as Cambridge at Home (CAH), just as I was retiring from work and wondering what I would do next. It seemed like this organization would answer a number of needs for me and indeed it has and answered them beautifully.

I knew of the organization as being a Cambridge group. I live in Belmont, but I had spent my career in Cambridge and so I was quite comfortable affiliating with a Cambridge group. When I received a postcard saying that CAH was expanding to include Belmont, I thought "perfect". I went to an Open House, liked what I saw and heard, and signed right up.

In fact, CN has been, and continues to be, a wonderful community for me. I joined the Program Committee early on, and have had fun and interest working with the others to develop events that we can all enjoy. I have formed friendships and have participated in lots of varied activities such as museum trips, excursions, intellectual talks and discussions, (many relevant to aging in place), and informal gatherings for nibbles and socializing.

I have also very much enjoyed the two different exercise classes offered by CN, and I have participated in both of them since I first joined. At the moment I am trying to recover from an injury suffered in December and have therefore been less active than formerly, but I hope to be back up to speed soon.

I say Thank You to CN. You are important to me. Long may you be a strong, active, and joyful community dedicated to supporting what can sometimes be that "awkward age" between pursuing a high speed career and lifestyle and trying to deal with the many next phases of life.

Welcome Spring!



New Members

We wish to send a warm welcome to the newest members of Cambridge Neighbors!

✧ Nancy Atwood, Ken Brown, Barbara Filipac, Joyce Galantic, Ann Elliott-Holmes, Peter Holmes, Carolyn May, Connie O'Conner, Judy Wasserman, Anna Whitcomb and Wendy Zens ✧

We Appreciate Our Generous Donors!

As we go through our days here at Cambridge Neighbors, we are often reminded that much of what we do here -- providing supports to individuals who consciously choose to age in place -- is, in no small part, a result of the generosity of our financial supporters. We deeply appreciate your choice to extend your commitment to Cambridge Neighbors by making a financial gift. Since membership fees account for only 65% of our budget, we do need support from other sources. Thank you from the bottom of our hearts to our members, friends, and community partners for your generous donations. If you would like to become a supporter, please see www.cambridgeneighbors.org and click "Become a Donor." And, thank you!



Vegetable of the Month – The Artichoke



Nutritional info: A medium artichoke contains just 60 calories and 7 grams of fiber. They're also a good source of magnesium and potassium — minerals that help lower blood pressure.

Fun Fact: Artichokes produce a chemical which can help remove cholesterol from the body.

A Letter from the Executive Director

Dear Members and Friends,

Spring Greetings!

We are almost at the point where we can experience green grass, blossoming trees and singing birds! I do love winter, but there is nothing quite so revitalizing as seeing the first crocuses break ground. In their modest display, they herald a season of renewal and possibilities.

Speaking of renewal and possibilities, CN is bringing a variety of interesting activities and events to members this month. I hope you find something in our April calendar to attend! We'd love to see you! Here are some of the highlights:

The **Tufts Nutrition program** is back! CN in partnership with the Cambridge Public Library is presenting a three-part series this Spring. In April, learn how **staying active and eating healthy can help maintain mobility, improve cognition and prevent chronic disease**. Speaking of movement, **Monday Explorer Walks**, led by our own Dick Joslin, are back! The walks are bolstered by Dick's enthusiastic interest in, and impressive knowledge of, Cambridge and surrounding areas.

Interested in more **erudite activities**? Come hear local author, Jane Healey, discuss her historical novel **The Beantown Girls**. Or come hear Chris Teal, former Vanderbilt University Professor of Violin, perform with pianist Yukiko Shimazaki on Sunday, April 28th. Chris gave two recitals last year to much acclaim! Or, how about joining us at the Gardner Museum for the **Botticelli exhibit**?

On another note, I want to inform you that Kristie Nagpal, our member services manager, left her position at CN to make more use of her communications skills and training. **We welcome Jean Devine** who will serve in that role until we find a permanent replacement. Jean brings a wealth of administrative and client services experience and I'm sure you will enjoy working with her. We will miss Kristie's diligence, conscientiousness, and work ethic. We wish her all the best as she moves on.

My first few months as executive director have been humbling, exciting, and busy. I am honored to work with such fine people, including members, staff, volunteers, board members, and community partners who are profoundly dedicated to supporting the choice to age in place. It truly takes a village...

Jan Latorre-Stiller
Executive Director

P.S. I would love to hear from you! Please contact me with questions or comments anytime.



Jean Devine



Phil Chisholm,
CN Volunteer

Neighbors Helping Neighbors – An Important Part of Our Mission

An important ethos of Cambridge Neighbors and the Village model is “neighbor helping neighbor.” We value the fact that we look out for each other, we check in on each other, and we ensure that services are delivered to those who need them.

Our Neighbors in Service program where CN and community members provide a variety of assistance to other members is growing strong! **We warmly welcome the following new volunteers** to our program and thank them for their dedication to helping others.

Phil Chisholm, driver, grocery shopping

Hanna Mogensen, home repair or tasks, organizing, gardening

Claire MacMurray, organizing, tech assistance, errands, friendly visiting

Taryn Caitlin, driver, errands, grocery shopping, organizing, companionship

We Welcome New Board Member, Ann Baehr

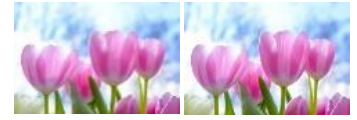
We want to welcome Ann Baehr as the newest member of our Board of Directors. Ann and her husband Joel joined Cambridge Neighbors two years ago. Some of you might recognize Joel’s name as the capable guide for our monthly meditation group.

Cambridge residents for the past 22 years, Ann and Joel have two daughters and four grandchildren. Before retiring, she was a financial administrator for Berkeley College of Music. A practicing Buddhist for over 35 years, Ann appreciates the lessons and values that Buddhism offer: she is more self-aware and thoughtful about her behavior, more patient and accepting. Music also plays a huge part in her life: she was a music major in college; she has been singing in major choruses since 21; and, she is a proud patron of local symphonies.

Ann and Joel joined Cambridge Neighbors to meet more people of their age. She is so impressed with the members she has met at events and activities (including knitting group). “Everyone here is very nice and so many have led such interesting lives.” She also finds it valuable to learn from others with like experiences as she undergoes her own challenges associated with aging. Ann hopes to contribute her administrative and financial skills to the work of the board and looks forward to her tenure. We are delighted to have her on board!



April 2019



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1 Explorer Walk 10:30 Meditation 1 – 2 PM Knitting Group 2 – 3 PM	2 Author Event: Jane Healey, <i>The Beantown Girls</i> 1:30 TCH Supper 6 – 7:30 PM	3 Stretch Class 2 – 3 PM	4	5 Stroll in the Park 10:30 AM Movement Class 11 AM – 12 PM	6
7	8 Explorer Walk 10:00 Knitting Group 2 – 3 PM Tipple at Legal's 5-6:30	9 Volunteer Meeting 11 AM Cambridge Public Library Talk, Online Resources from Home 2 PM	10 Stretch Class 2 - 3 PM	11 2nd Thursdays with Neighbors: Tina & Steve's Journey, 10:30 AM	12 Stroll in the Park 10:30 AM Movement Class 11 AM – 12 PM	13 Cambridge Science Festival (April 12-21)
14	15 Explorer Walk 10:30 Knitting Group 2 – 3 PM	16 Crossword Club 10 AM Bio Group 2 PM	17 Stretch Class 2 - 3 PM	18 Gardner Museum, Botticelli 10 AM	19 Stroll in the Park 10:30 AM Movement Class 11 AM – 12 PM	20
21	22 Explorer Walk 10:30 Knitting Group 2 – 3 PM Tipple at Nubar 5 – 6:30 PM	23 Tufts Nutrition Series: Keep Moving 11 AM (CPL)	24 Stretch Class 2 - 3 PM TCH Supper 6 7:30 PM	25 Harvard Museum - Bauhaus 10:30 AM Open House 11 AM Restaurant Dinner: Tryst 5:30 – 7 PM	26 Stroll in the Park 10:30 Movement Class 11 AM – 12 PM	27
28 Chris Teal Recital 3 - 4:30 PM	29 Explorer Walk 10:30 Meditation 1 – 2 PM Knitting Group 2 – 3 PM	30				

Grocery Shopping

A volunteer driver will pick you up, drive you to a local supermarket, stay on site, drive you home and carry your bags into the house.

- Please call the CN office a few days in advance to arrange a volunteer driver.
- We appreciate your being mindful of the driver's time, limiting your shopping to 5 bags.

Exercise Classes

Wednesday and Friday exercise classes take place at Evolve Fitness – 52 New Street, Cambridge.

- Registration is no longer required for exercise classes.

April 2019 Events

[Please register](#) for all events by contacting the office – 617-864-1715 or info@cambridgeneighbors.org

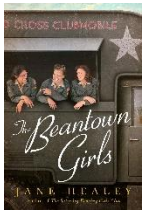
Monday, April 1, 10:30 – 2:00 pm Explorer Walk: Cambridge at the Outbreak of the Revolution

Meet in front of Washington's 1775 Headquarters (now 105 Brattle St.). We'll start by walking by some of the mansions on Tory Row, then cross the Charles River. We'll detour back by the old Cambridge market place to Harvard Yard from whence we'll go over to the Common where John Dawe's horse's footprints are preserved as well as a cannon from Ticonderoga. Next, we will visit Martha Washington's chapel which still bears bullet scars. Join us for a light lunch (self-pay) afterwards. Approx. 2.5 miles. Free and open to members and guests.

Monday, April 1, 1:00 – 2:00 pm Meditation with Joel Baehr, CN Office

CN member and teacher, Joel Baehr, will lead a Tibetan meditation. All members welcome, regardless of previous experience with meditation.

Tuesday, April 2, 1:30 - 3:00 pm Author Event: Jane Healey, *The Beantown Girls*



Jane Healey left a career in high tech to become a freelance writer and now has a niche as writer of historical fiction. Come hear her present how she developed this critically acclaimed story about three young Boston women who volunteered during WWII to serve overseas as Red Cross Club mobile girls. Jane will answer questions and sign copies of books, which will be available for purchase at CN.

Tuesday, April 2 and Wednesday April 24, 6 – 7:30 Suppers at TCH – 360 Mt. Auburn St. Cambridge

Join us for a three-course meal in the private dining room at The Cambridge Homes. \$15/person in advance. Open to members only. Call or email the office in advance.

Fridays, April 5, 12, 19, 26 10:30 – 11:00 am Stroll in Danehy Park, New St. Entrance

Join fellow members for leisurely 30-minute walks through Danehy Park. Parking is available in the New St. Parking lot. At 11, join members at Evolve Fitness for 11 am movement class.

Monday, April 8, 10:00 am - 2:30 pm Explorer Walk: Along Battle Road at the Minuteman National Park, Concord



Join us as we retrace the route taken by British soldiers on their march from Boston to Concord. We'll begin by seeing a brief video of that day. Then, while walking the restored, dirt-paved road, we'll go to the spot where Brits pulled Paul Revere from his horse. After, we'll drive to nearby Lexington Common where we'll walk around the Green, and then enjoy a light lunch at Via Lago (self-pay). Approx. 2.5 miles. Free and open to members and guests. Meet at Apple Cinemas to carpool. Willing to drive? Let us know.

Monday, April 8, 5:00 – 6:30 pm Tipple at Legal's: Wine and nibbles event for members. Call CN office to RSVP. \$20 / person.

Tuesday, April 9, 2:00 - 3:30 pm Public Library Resources available online (from home), CN office



Two staff members from Cambridge Public Library, Diana Fendler, Manager of Adult Services and Janet Borron, Senior Services

Outreach Librarian, will talk about how to access eBooks, audiobooks, movies, music, digital magazines, newspapers and much more from home! We will learn what resources are generally available from neighboring public libraries as well as options to Cambridge residents through their public library.

Thursday, April 11, 10:30 am – 12 pm Second Thursdays with Neighbors: Steve & Tina's Journey around the World, CN Office



CN members Tina Olton & Steve Salmon sailed around the world on their 40 ft. sailboat for nearly eight years. Come hear how amidst the beauty and wonder of the world, Tina & Steve examined the limits of their determination, ability to endure hardship, tolerance for others, and their good will toward each other. Free and open to members only.

April 2019 Events Continued

Monday, April 15, 10:30 am - 2:00 pm Explorer Walk: Minuteman Path, Cambridge to Arlington Heights



Meet at Alewife Station in front of Bertucci's. We'll follow the paved Minuteman Path from the station around Spy Pond to Arlington Center. Then on to Arlington Heights. Midway we'll stop and walk down to Mass.

Ave., take a light lunch at a bakery there (self-pay), before busing back to Cambridge. Approx. 2.5 miles. Free and open to members and guests.

Tuesday, April 16, 10:00 - 11:00 am Crossword Club, CN Office

Under the guidance of CN member and crossword guru, Steve Salmon, we will work to solve challenging word puzzles. Free and open to members only ,

Tuesday, April 16, 2:00 – 3:30 pm Biography Group, CN Office

Join us for our discussion of *Mark Twain: The Man in White*, by Michael Shelden. Open to new members provided you have read the book.

Thursday, April 18, 10:00 am at Apple Cinemas Isabella Stewart Gardner Museum: *Botticelli: Heroines & Heroes*, 25 Evans Way, Boston

The Gardner Museum's new show highlights two different visual storytelling styles separated by more than 500 years. \$12 (get \$2 off with MFA member card or if you wear Red Sox attire). For those wishing to carpool, meet at Apple Cinemas at 10:00 am. Willing to drive? Let us know. We will stop for an optional lunch (self-pay) at Summer Shack Alewife afterwards.

Monday, April 22, 10:30 am - Noon Easter Monday Walk: Mount Auburn Cemetery

Join us as we walk and enjoy the spring buds, blooms and birds in our local arboretum. Meet at the Visitors' Center just inside the gate. Approximately two miles. Free and open to members and guests.

Monday, April 22, 5:00 – 6:30 pm Tipple at Nubar, 16 Garden St. Harvard Square

Join us as we gather over wine and appetizers at Nubar at the Sheraton Commander Hotel. Please call the office to reserve your space. \$20/person.

Tuesday, April 23, 11:00 am – 12:00 pm Tufts Nutrition Series, First of three talks:

“Key to Independence: Keep moving!”

Cambridge Public Library, 449 Broadway

Learn how exercise and healthy eating can help maintain mobility, improve cognition and perhaps prevent chronic disease. Dr. Kieran Reid, Scientist at Jean Mayer USDA Human Nutrition Research Center on Aging at Tufts, will present this thought-provoking program at the Cambridge Public Library.

Thursday, April 25, 10:30 am

Harvard Art Museums: Bauhaus Exhibit, 32 Quincy St., Cambridge

We will view *The Bauhaus and Harvard*, mounted in conjunction with the 100th anniversary of the founding of the Bauhaus in Weimar, Germany. See nearly 200 works by 74 artists. Meet in lobby afterward for an optional self-pay lunch at Grafton Street Pub & Grill. Museum admission: free for Cambridge residents and Harvard ID holders; \$13 for seniors.

Thursday, April 25, 11:00 am

Cambridge Neighbors Open House, CN Office

Help CN grow by inviting family, friends and neighbors to our next open house!

Thursday, April 25, 5:30 – 7:00 pm

Dinner at Tryst, 689 Mass. Ave. Arlington

Join us for dinner at Tryst, a popular bistro offering New American plates. Dinner is self-pay. Limit is 14. If you need to cancel, contact the office so others can be invited.

Sunday, April 28, 3:00 – 4:30 pm

Violin & Piano Recital, Member's Home, Cambridge

Join us for another exclusive recital by CN member Chris Teal, violinist, and pianist Yukiko Shimazaki. Musical pieces will include sonatas by Mozart and Brahms and other works. This event will take place at a member's home in Cambridge. Free and open to members only. Call or email the office to RSVP. Limited to 25.



April 2019 Events Continued

Monday, April 29, 10:30 - 2:30

Explorer Walk: Cambridge to Bunker Hill, Charlestown



We'll walk from Lechmere Station to North Point Park on the Charles River, then through the historic center of Charlestown to Bunker Hill. We'll briefly

visit the small museum there and then walk to the present-day center of Charlestown for a light lunch at an inexpensive bistro (self-pay). Then we'll subway home. Meet at the Harvard Square bus stop, opposite Cambridge Trust. Approx. 2.5 miles. Free and open to members and guests.

CN Interest Groups

There are members who wish to share their interests with you, their fellow neighbors!

- **Knitting Group** – meets Mondays at 2 pm
- **Crossword Club** – meets the third Tuesday of Month at 10 am (no meeting in May)
- **Weekend Activity Group** – see below

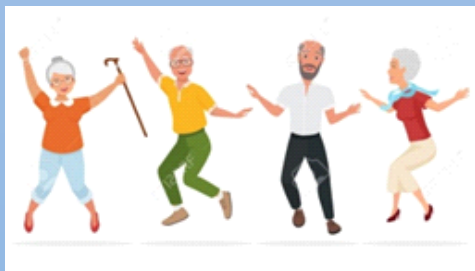
Weekend Activity Group: Want to fill your weekends with spontaneous or short-notice activities? Then join with other members to learn about some wonderful activity happening 'next weekend'. If you are interested in participating in this group or in being a co-leader, please contact the Office.

Community Event

Cambridge Science Festival (April 13 – 21, 2019)

www.cambridgesciencefestival.org/calendar

Experience cutting-edge Science, Art and Technology during a week of fun and enlightening events! This is an example of what weekend activity group could attend.



Vision Loss Presentation by CN member, Nancy Carlson

On March 14, CN member, Nancy Carlson and her former colleague, now friend, Richard Jamara, delivered a vision loss presentation to a capacity crowd of CN members. Their presentation focused on three issues:

what actually happens during an eye exam; the common eye diseases in aging adults; and low-vision rehabilitation. The third focus is especially important to our members. "A low-vision eye exam is different from a regular eye exam," says Jamara. "During a low-vision eye exam, you will find out the various devices that help with rather than change your eyesight, because change is not usually possible." In fact, a program participant who is experiencing macular degeneration, brought in the various devices he uses, proving very helpful for those in attendance. A **helpful hint:** There is a phone app called "Super Vision" which is free and, among other things, serves as a magnifier for near and far situations. Check it out!

Nancy and Richard are both retired Doctors of Optometry. Nancy is Professor Emeritus at New England College of Optometry. She is happy to speak by email with anyone who has questions. Please contact her at: carlsonn@neco.edu



Nancy Carlson at computer

Cambridge Neighbors' Mission

Cambridge Neighbors (CN) is a membership-driven organization dedicated to helping adults age 60 and older in Arlington, Belmont, Cambridge, Somerville, and Watertown stay in the homes and neighborhoods they love. Anticipating the challenges of an ever-increasing senior population, CN seeks to provide its members the opportunities and support necessary to remain an integral part of their communities, affording peace of mind with practical services, stimulating experiences and activities, and a social network to enable successful "aging in place."



CN Volunteer, Jay Rogers, in his woodworking studio

A Match Made in Heaven

Jay Rogers, a volunteer for Cambridge Neighbors, began visiting CN member, Bill (named changed to protect privacy) in 2017. Jay always liked the idea of volunteering in a way that provided sustained contact with another -- he thought it would be more fun. He also appreciated the CN mission – helping people in the community as they age.

Jay heard about Bill through the folks at CN. Bill’s wife was concerned about his increasing isolation and felt he needed someone to talk with besides her. Bill was not so enthusiastic, which is not unusual. However, when he and Jay met, they found they had an unusual thing in common. Jay noticed a book Bill had by his favorite French author. And it was written in French which both could read. That sealed their bond. They have been meeting every week for two years. Jay says, “I really enjoy Bill. He is interested in life, is well read and well-traveled and has a great sense of humor. We share many interests and find lots to talk about.” Sometimes his wife joins them. “She is equally interesting and fun.” “I hit the jackpot with Bill,” Jay concludes. We are so glad he did!

To learn more about our Friendly Visitor program, please contact Jan Latorre-Stiller at jan@cambridgenighbors.org.

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