

# CAMBRIDGE NEIGHBORS

ARLINGTON BELMONT CAMBRIDGE SOMERVILLE WATERTOWN  
A community of neighbors helping aging adults lead independent and engaged lives at home.

## August 2021 Newsletter

Dear Members and Friends,

When it came to my attention that AARP was looking for 2021 nominations for The AARP Andrus Award for Community Service, an annual awards program developed to honor individuals whose service is a unique and valuable contribution to society, we knew immediately that we would nominate Bill Walker, our tech volunteer extraordinaire. He truly exemplifies the Cambridge Neighbors' "neighbors helping neighbor" ethos.



Bill, a graduate of MIT and a self-employed technical consultant, walked into the Cambridge Neighbors office two years ago asking how he could help. At just 60 years of age, he had a busy life with a full time gig and a family, all living at home. Given his background in technology, it was easy to find a place for him as a volunteer.

It wasn't long before we heard from a number of members, all singing his praises. We often received news about him going beyond helping them solve a computer problem. He would run errands and sometimes take on minor household repairs. He went so far as to feed a member's cat (twice a day!). On another occasion, when one of our members moved from his home to an assisted living facility, Bill spent six hours putting together an IKEA desk for him.

When the pandemic hit and members were isolated at home, Bill was available to coach anyone interested in learning about Zoom. Members were more than grateful to have the opportunity to "see" family, friends and other members. Remaining connected in that way made a huge difference during those long, lonely months of quarantine.

Here are just a few of many testimonies to Bill's big heart and talents:

*"Bill Walker is not like anyone else I have ever met. Recently, unable to solve a technical issue myself, I sought help from tech savvy friends. They were stumped. Bill made himself available the next day. The process took some time and involved conversations with company representatives and long telephone holds. During these calls, Bill's rejoinders were always measured but razor sharp and he solved the problem. In response to my effusive gratitude he smiled, picked up his belongings, and began to leave. Departing, he turned, smiled again, saying he was happy to help and to call anytime. Talking with other members of CN, I hear my experience repeated." -Carolyn Woollen-Tucker, CN Member*

*"Not only does Bill solve the computer problem at hand, he continues to examine the circumstances, making sure there would be no repeat of the problem. Also, if he sees a problem unrelated to technology (example: my broken front door bell), he steps right in to take care of it, ordering the part and returning to install it. Going the extra mile it's called." -Candace Boyden, CN Member*

*"At 88 yrs. I was forced to move to senior living last summer and I do not know how I might have done it without Bill's help in several ways. He moved my computer equipment, phone, and TV to my new apartment and installed them on the new network he organized for me. He fills the definition of a "Life Saver." His touch is magical in the sense it is given with ease and charm. We are so fortunate to have an experienced and very well-informed volunteer available to help those of us computer literate and it is even more valuable for the less capable." -Richard Land, CN Member*

**Thank you, Bill!**

Jan Latorre-Stiller  
Executive Director

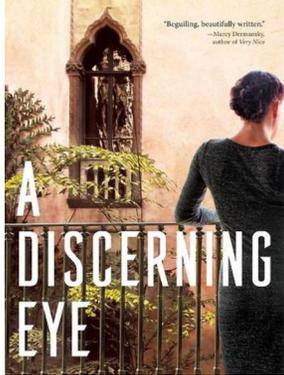
### CN Member Passings

We'd like to share the names of those CN Members whose passings over the last few months we've been made aware, and offer our condolences to their family and friends:

- Alicia Sinclair
- Priscilla McMillan
- Ann Baehr



CAROL ORANGE



## A Special Opportunity...

Virtual Book Club — *A Discerning Eye* by Carol Orange. A real life unsolved art theft mystery. Once again, we have a special opportunity with this month's Virtual Book Club. **Author, Carol Orange will be joining us in our online book discussion in early October.** Place your order with the CN Office for your book by Wednesday, August 11. \$12.00

"On March 18, 1990, thieves broke into Boston's Isabella Stewart Gardner Museum and stole 13 works of art including masterpieces by such renowned artists as Vermeer, Rembrandt and Degas, in what would become history's largest art theft. A debut novel by Carol Orange, writer and fine arts consultant for over twenty years, the novel's art heist mystery and high stakes international intrigue involves Interpol, the FBI, the Mafia, drug lords, and the daring, clever art dealer at the center: Portia Malatesta. Orange utilizes her vast art knowledge and experience working in Latin American to craft a fast-paced, deftly plotted mystery."



*Carol Orange has worked in the art world for more than twenty years. She began as a research editor on art books in London and later became an art dealer in Boston. She has an MBA from Simmons University and worked as a marketing manager at the Polaroid Corporation. Her short story "Delicious Dates" was included in Warren Adler's 2010 short story anthology. Another story, "Close Call," appeared in the Atherton Review, Volume 02. A recent article, "7 Great Heist Novels recommended by an Art Dealer" was published in Crime Reads. Her debut novel A DISCERNING EYE takes off from the world's largest unsolved theft at Boston's Isabella Stewart Gardner Museum. The novel was published by Cavan Bridge Press on October 13, 2020. An audiobook is narrated by actors Campbell Scott and Kathleen McElfresh.*

## PROGRAM HIGHLIGHTS

### The Metropolitan Opera: Tosca

**Wednesday, Aug. 4, 1:00pm, Somerville Assembly Row Theater**

Relive popular performances from The Met when Puccini's Tosca returns to select cinemas on Wednesday August 4. Puccini's timeless verismo score is well served by an exceptional cast, led by Patricia Racette in the title role of the jealous diva, opposite Roberto Alagna as her lover, Cavaradossi. George Gagnidze is the villainous Scarpia. A great way to get out of the heat of the afternoon and sit back in the theater's large, reclining chairs in the AC while enjoying the opera. A limited number of tickets will be pre-purchased. Masks are optional. Please be aware of the potential health risks in attending. Contact the CN Office to sign up.

### Ferry Trip to Salem & Peabody Essex Museum

**Thursday, August 12, 10:15am - 5:15pm**

You'll join the group and take the T to Long Wharf where you'll board the 11:45 am Catamaran for a 55 minute trip through Boston Harbor and along the coast North to Salem. At the landing you'll get on the trolley to ride to the museum where the current maritime exhibition is "In American Waters." Afterwards enjoy a light lunch in the museum's atrium, leaving time to see more of the museum before heading for the 4:00pm ferry returning to Boston. Roundtrip ferry tickets, \$41, and will be purchased at the ticket booth on Long Wharf. Museum tickets are \$18. Meet downstairs at the main Harvard T ticketing machines at 10:15 am. Masks are optional in PEM and required on the ferry. Please be aware of the potential health risks in attending. Contact the CN Office to sign up.

### "Pushing the Envelope: A History of the US Post Office Through Stamps." **Wednesday, August 18, 11:00am over Zoom**

By viewing images of vintage US postage stamps, learn about the history of the US Post Office from the first letters carried on the Boston Post Road to the current postal controversies. Hear about the expansion of the Post Office after the Revolution, controversies

about mailing anti-slavery literature, the introduction of home delivery, the short-lived Pony Express, mail-in ballots in the Civil War, the origin of money-orders, carrying of mail by railroads, buses and trollies, the start of Rural Free Delivery and Parcel Post, the start of airmail, the innovation of zip codes, calling the Marines to protect the mail, postal strikes, the introduction of Forever stamps and the impact of email on the PO's financial situation. See images of the many creative ways mail has been carried including rockets, dog sleds, and mules in the Grand Canyon. The program is presented by Henry Lukas, Education Director at the Spellman Museum of Stamps & Postal History at Regis College. Contact the CN Office to sign up.



### **Confronting Anti-Asian Hate: A Conversation with Chizu Omori** **Thursday, August 19th, 10:30-am-12:00 pm over Zoom** **Courtesy of Newton at Home.**

Chizu Omori was incarcerated with her family during World War II and has been a lifelong activist for the rights of marginalized people, a journalist and filmmaker. She will speak about her experiences in incarceration and her work to ensure that no other group is subjected to such treatment, as well as the current issue of anti-Asian hate. Contact the CN Office by Tuesday, Aug. 17 to sign up.

### **Backyard Concert featuring Chris Teal and Sarah Coffman** **Tuesday, August 24, 4:00pm—5:30pm. Rain Date: Aug. 26.**



CN Members Peter and Susie White have generously offered their beautiful backyard as the setting for a summer outdoor concert featuring accomplished musicians, Chris Teal on violin and Sarah Coffman playing cello and singing. They'll be performing works by Bach, Holst, Rebecca Clarke, Debussy, and Handel. To keep everyone safe, only fully-vaccinated members may attend and the number of attendees will be limited. Please sign up through the CN Office at which point the address and parking directions will be provided. Because of limited parking, carpooling, if possible, is appreciated.

# AUGUST PROGRAMS

Sun.	Monday	Tuesday	Wednesday	Thursday	Friday	Sat.
1	2	3	4	5	6	7
	Handworks 2:00-3:00pm Tipple-Zoom 5:00pm—6:00pm	Zoom Stretch 11am	Tosca Opera 1:00pm	Explorer Walk 10:30am	Zoom Movement 11:00am	
8	9	10	11	12	13	14
	Handworks 2:00-3:00pm	Zoom Stretch 11am		Peabody Museum Outing 10:15am—5:15pm	Zoom Movement 11:00am Meditation w/ Joel via Zoom 1:30pm	
15	16	17	18	19	20	21
	Handworks 2:00-3:00pm Tipple-Live 5:00pm—6:00pm	Zoom Stretch 11am  Biography Bk Grp. 2:00pm—3:30pm	History of the US Post Office Spellman Museum 11:00am	Chizu Omori 10:30am-12:00pm	Zoom Movement 11:00am	
22	23	24	25	26	27	28
	Handworks 2:00-3:00pm	Zoom Stretch 11am  Backyard Concert 4:00pm—5:30pm		Explorer Walk 10:30am Backyard Concert Rain Date	Zoom Movement 11:00am Meditation w/ Joel via Zoom 1:30pm	
29	30	31				
	Handworks 2:00-3:00pm	Zoom Stretch 11am				

## The Handworks Group is Back!

**Mondays, August 2, 9, 16, 23, & 30. 2:00pm-3:00pm, CN Office**  
Bring your knitting, crocheting, or whatever your craft, and convene with others in our office workspace. Enjoy the company of others as you work. Sign up through the CN office.

## Tipple—Mondays, August 2 and 16, 5:00-6:00pm

Enjoy a summer evening and some “cheer” with some of your fellow “neighbors” **on the 2nd over Zoom, and on the 16th in person** at Nubar at the Sheraton Hotel. Sign up through the CN office. For August 2, a Zoom invite will be emailed to you.

## Tosca Opera—Wednesday, August 4, 1:00pm

See page 2 for full description. Sign up through the CN office.

**Explorer Walks**—Walk Leaders Dick Joslin and Catherine Taylor will lead two walks this month, weather permitting, in addition to a special outing to the Peabody Museum. (Masks may be required for the Peabody outing.) Sign up through the CN office.

## • Thursday, August 5, 10:30am

### Banks of the Upper Charles River, Watertown

Far from traffic, the group will walk the smoothly paved walkway from Watertown Square along the North bank of the river to Bridge Street. There you’ll cross to the South bank to return to the starting point. Meet at the Watertown Square bus turnaround at 10:30am (Bus #71 which leaves Harvard Square at 10:10 am fits

the schedule.) Walking distance approximately two miles. At Watertown Square, some may decide to have lunch at the nearby diner.

## • Thursday, August 12, 10:15am, Peabody Museum Outing

See page 2 for full description. Sign up through the CN office.

## • Thursday, August 26, 10:30am, Mount Auburn Cemetery

Meet at the Visitor’s Center, just inside the entrance gate, for a nice walk around our nation’s first public arboretum.

## Meditation—Fridays, August 13 & 27, 1:30-2:30pm over Zoom

Join CN Member, Joel Baehr over Zoom in “Natural Meditation”. Sign up through the CN office. A zoom invite will be emailed to you.

## Biography Book Group—Tues., Aug. 17, 2:00-3:30pm over Zoom

This month, the group will be discussing the book *Leonard Bernstein: A Life* by Meryle Secrest. Contact the office if interested in finding out more about the Biography Group.

## History of the U.S. Post Office through Stamps/Spellman Museum Wednesday, August 18, 11:00am, over Zoom

See page 2 for full description. Sign up through the CN office.

## A Conversation with Chizu Omori—courtesy of Newton at Home

### Thursday, August 19, 10:30am-12:00pm over Zoom

See page 2 for full description. Sign up through the CN office.

## Backyard Concert—Tuesday, August 24, 4:00pm-5:30pm

### Rain Date: Thursday, August 26

See page 2 for full description. Sign up through the CN office.

## CN Welcomes New Leadership and a New Addition to its Board

Dear members of CN – I am delighted to serve on the CN board as a Vice President with a wonderful team including Andrew Spooner as our President and Nancy Carlson joining me as a Vice President. I have been a member for four years and have found that Cambridge Neighbors provides excellent support and opportunities for learning to our members. I have enjoyed being a volunteer with Cambridge Neighbors and look forward to participating on the leadership team.



**Nancy Carlson**

My husband and I joined Cambridge Neighbors about four years ago and were immediately welcomed by a group of warm, active, smart people who continued to have new interests in many areas as they aged. I am honored to be a part of the Board of CN to help maintain the organization and to help lead it in new directions. I am pleased to be working with Andrew Spooner, the new president, and with Anna Whitcomb who will share the role of vice president with me. I frequently worked with teams in my job and truly feel that two heads (or three) are better than one.



**Anna Whitcomb**

When I retired in 2014, I started to appreciate Cambridge as the ideal age-in-place community that it is. I did things I'd had little time for while working, using my car less by traveling on the subway and walking more to places I wanted to explore. Simultaneously I was sent a mailing from Cambridge Neighbors (CN) so I started to think about what kinds of losses of function my husband Ken and I might prepare for as we age that could lead to displacement—some so minor that it would be tragic to have to make a big move to solve a small problem. I needed to educate myself and wondered what a support network such as CN could provide. The clincher for our joining was the wonderful body-conditioning opportunities Sergio and Suzanne provide with their exercise classes. I was surprised at how many other interesting programs CN offered and am still learning about its mission after three years of membership. I hope, as a member of the board, there are things I can contribute, such as my experience in healthcare management, and also hope to help in efforts to expand our membership by attracting diverse members to our community within a community. I thank CN for the opportunity.

Coming in September:

### Women's Support Group – 8 Sessions

This group will offer an opportunity to look within and share as one navigates through later life.

Facilitated by Barbara Lynne, a CN Member with over 50 years experience practicing psychotherapy.

More details in your September Newsletter.



**Wendy Zens**

### 2021 Board of Directors

Webb Brown  
Nancy Carlson  
Emily Flax  
Judy Lindamood  
Jay Lorsch  
Brian Merrick  
Helene Quinn  
Connor Regan  
Andrew Spooner  
Kenneth Tingle  
Virginia Vaughan  
Anna Whitcomb  
Peter White  
Janet Whitla  
Wendy Zens

### Staff

Jan Latorre-Stiller  
*Executive Director*

Meghan Maloney  
*Assistant Director*



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