

# CAMBRIDGE NEIGHBORS

ARLINGTON BELMONT CAMBRIDGE SOMERVILLE WATERTOWN

A community of neighbors helping aging adults lead independent and engaged lives at home.

## February 2021 Newsletter

With Valentine's Day around the corner, we thought we'd spotlight relationships, specifically those who describe themselves as "couples", although these suggestions could apply to anyone with whom we are currently co-habiting. The coronavirus pandemic has decidedly impacted how we live with each other, testing our bonds in unusual and challenging ways. Below is an excerpt from an article from the John Hopkins Health website that may be helpful to maintaining peace and harmony.

### How to Keep Your Relationship Healthy During the Coronavirus.

**By Chris Kraft, Ph.D.** Kraft, a psychologist and expert in relationships and sexuality, shares some tips and encouragement for couples waiting out the pandemic together.

Spending day after day in the same place can make even devoted couples a little stir-crazy. Dr. Kraft says, "Even committed couples can start to become lethargic and lose sense of time, asking themselves, *What day is it?* A sense of monotony can cause a numbness to feelings, which is part of coping with so much uncertainty in the world right now."



**Take care of yourself.** Though relationships can offer solace, it's important for each person to take responsibility for individual health and well-being.

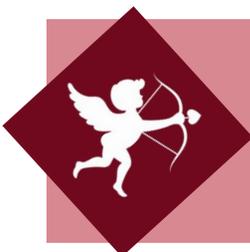
**Broaden your support system.** Your partner is just one person, no matter how amazing. Kraft advises against leaning on any single individual for all your emotional needs just because you're under the same roof. "It's important for both people in the relationship to stay connected with family and friends who can be available for them, especially as time wears on with continuing physical distancing measures."

**Go outside together.** Exercising outdoors together can be a powerful way to reduce stress and strengthen positive connections. Couples who are more sedentary can start a healthy habit, such as a regular walks outdoors together during this time.

**Be on your best behavior.** It's helpful for partners to look at the shelter-in-place situation realistically, and make a conscious commitment to stay strong for one another during these unusual — but finite — times.

"Most people understand that these are unprecedented circumstances, and are willing to work at being more patient and considerate than usual. The pandemic won't last forever, even though on some days, it feels like it might," says Kraft. "Treating one another well could leave couples even better off once the pandemic is under control and we return to a more normal life."

For the full article go to: <https://www.hopkinsmedicine.org/health/conditions-and-diseases/coronavirus/keep-healthy-relationship-during-pandemic>



In the spirit of both Valentine's Day and CN's credo of "neighbors helping neighbor" a reminder that your 2021 Membership Directory includes a grouping by neighborhood. Since so many older adults are experiencing increased feelings of loneliness and isolation because of COVID, consider safely reaching out to a fellow member who lives close by — offer a friendly phone call, a safely-distanced walk, or maybe even a Valentine treat at their doorstep.

# PROGRAM HIGHLIGHTS

***Much Ado About Nothing*—by William Shakespeare.**

**Play reading over Zoom, hosted by Naomi Hinchon from Theater at First.**

**Sign-up for roles now open! Contact the CN Office. Reading in March.**

Here's your chance to unleash your inner-actor.

Theatre-at-Home readings have been a popular activity once pandemic restrictions began last year. CN is working with Naomi Hinchon in presenting this theatrical presentation. There are 19 roles in this performance. Members can sign up on a first come, first served basis. (Audience members will be needed too!)

You can rehearse during this month of February. (Don't worry, you can read straight from the script.) The group will convene on of March 1 at 5:00pm to perform over Zoom. You can even search your closet for attire appropriate for your character, if you'd like. Contact the office to sign up.



## **Everything You Ever Wanted to Know About Hearing Loss - And Then Some! Tuesday, Feb. 9, 2:00pm via Zoom Presented by Dr. Melissa Mahaffey, Au.D.**

Topics will include how we hear when things work well, and what happens when things go wrong. Dr. Mahaffey will discuss the effects of untreated hearing loss and how treating hearing loss improves more than just our hearing. Contact the office to sign up.

*Melissa Mahaffey, Doctor of Audiology at the West Newton Hearing Center, has over 20 years of experience in the treatment of hearing loss. She has presented locally and nationally on the topics of hearing loss, its effect on communication and the advances in hearing assistive technology.*



## **Why Healthcare Costs So Much and How "Medicare for All" Will Reduce It. Monday, February 22, 11:00am via Zoom Presented by William Hsiao, K.T. Li Professor of Economics, Emeritus at Harvard T.H. Chan School of Public Health.**



Hsiao is a leading global expert in universal health insurance, which he has studied for more than forty years. He specializes on single-payer health system such as Medicare for All. Hsiao has been actively engaged in designing health system reforms and universal health insurance programs for many countries, including the USA, Taiwan, China, Colombia, Poland, Vietnam, Hong Kong, Sweden, Cyprus, Uganda and most recently for Malaysia and South Africa. He also designed a single payer universal insurance model for the state of Vermont which intended to serve as a vanguard for the USA. Contact the office to sign up.



## **Exploring Race in America —Tuesday, February 23, 3:00pm-4:00pm via Zoom**

CN continues its monthly discussion program on race as part of our efforts toward greater diversity, equity, and inclusion in our organization and world. In recognition of Black History month, CN has chosen the "1619 Project" lead article written by Nikole Hannah-Jones, as the second installment of our monthly discussion group. The 1619 Project, initiated by The New York Times, observes the 400<sup>th</sup> anniversary of the beginning of American slavery. The chosen article begins examining the legacy of slavery in America and how the contributions of black Americans formed what we know as democracy today. Contact the office to sign up.

Interested members will read, in advance, the article, "America Wasn't a Democracy, Until Black Americans Made It One," then meet to discuss on Tuesday, Feb. 23 from 3:00-4:00 pm. The article can be accessed online at: [www.nytimes.com/interactive/2019/08/14/magazine/blackhistory-american-democracy.html](http://www.nytimes.com/interactive/2019/08/14/magazine/blackhistory-american-democracy.html). (If you have difficulty accessing the New York Times article, a similar version is available as a podcast at: <https://www.nytimes.com/2020/01/23/podcasts/1619-podcast.html>.)



## **Thank you to Cambridge Neighbors donors and supporters!**

Because of our generous donors (many of whom are members), we have surpassed our 2020 fundraising goals. Thank you for demonstrating, by making donations and by your kind words, how meaningful Cambridge Neighbors has been to you during this difficult period. Through and beyond this pandemic, with your help, we will continue our steadfast mission to provide a variety of supports to those who wish to remain in their homes and communities as they age, as long as they are able.

We also thank the Katharine C. Pierce Foundation, the Cambridge Community Foundation, the City of Cambridge COVID-relief fund, Cambridge Trust, and Cambridge Savings Bank. Thank you also to 2020 program sponsors: Always Best Home Care, Gosselin Law, Home Instead Senior Care, and Youville Assisted Living.

And lastly, we thank our invaluable volunteers. They have helped keep members safe and engaged by their regular outreach by phone, as grocery shoppers, and as tech help, a critical need as we rely more than ever on virtual platforms to stay connected.

## FEBRUARY PROGRAMS

Sun.	Monday	Tuesday	Wednesday	Thursday	Friday	Sat.
	1	2	3	4	5	6
	Tipple 5:00pm—6:00pm	Stretch Class 11am	Crossword Club 10:00am	Six Foot Stroll 10:30am	Zoom Movement 11am	
7	8	9	10	11	12	13
		Stretch Class 11am Everything about Hearing Loss 2:00pm		Partners in Rhyme 1:00pm	Zoom Movement 11am Meditation w/ Joel via Zoom 1:30pm	
14	15	16	17	18	19	20
	Office Closed Presidents' Day Tipple 5:00pm—6:00pm	Covid Info w/ Dr. Huber 10:30am Stretch Class 11am Biography Bk Grp. 2:00pm—3:30pm		Six Foot Stroll 10:30am Partners in Rhyme 1:00pm	Zoom Movement 11am	
21	22	23	24	25	26	27
	Medicare for All 11:00am	Stretch Class 11am Exploring Race 3:00pm—4:00pm	Virtual Book Club Discussion-Caste TBD		Zoom Movement 11am Meditation w/ Joel via Zoom 1:30pm	
28						

**Tipple—Mondays, February 1 and 15, 5:00-6:00pm via Zoom**  
Make yourself a glass of “love potion” and extend your Valentine’s Day celebration with some “neighbors.” Contact the CN office to sign up prior to the event. A Zoom invite will be emailed to you.

**Crossword Club—Wednesday, February 3, 10:00am via Zoom**  
Join Steve Salmon and others as they reconvene (this time over Zoom) to tackle some challenging crosswords. A great way to stay sharp during the pandemic! Contact the office to sign up.

**Six-Foot Strolls—Walk Leader Dick Joslin and his protégé, Catherine Taylor will try to lead two walks in the month of February, *weather permitting*. Bundle up and enjoy getting out and getting some fresh air. **Masks and social distancing are required.** If you are not feeling well or have recently been exposed to Covid-19, we ask that you refrain from participating.**

- **Walk at Mount Auburn — Thursday, February 4, 10:30am**  
Details to come. Contact the office to sign up.
- **Walk at Fresh Pond — Thursday, Feb.18, 10:30am**  
Details to come. Contact the office to sign up.

**Everything You Ever Wanted to Know About Hearing Loss - And Then Some! Tuesday, February 9, 2:00pm via Zoom**  
Topics will include how we hear when things work well and what happens when things go wrong, as well as the effects of untreated hearing loss and how treating hearing loss improves more than just our hearing. (See page 2) Contact the office to sign up.

**Partners in Rhyme—Thursdays, Feb 11 & 18, 2:30pm via Zoom**  
This four-week workshop continues in February. Those participating will receive a Zoom invite from instructor, Patti Russo.

**Meditation with Joel Baehr—Fridays, Feb. 12 and 26, 1:30pm**  
Join CN Member, Joel Baehr over Zoom in “Natural Meditation”. All members welcome regardless of previous experience. Contact the office to sign up. A zoom invite will be emailed to you.

**Covid-19 Information Session with infectious disease specialist Dr. Douglas Huber—Tuesday, February 16, 10:30am via Zoom**  
CN Members can join in on these once-a-month presentations courtesy of Newton at Home. Contact the CN Office to sign up.

**Biography Book Group—Tues., Feb. 16, 2:00-3:30pm via Zoom**  
This month, the group will be discussing the book *Charles Dickens: A Life* by Claire Tomalin. Contact the office if interested in finding out more about the Biography Group.

**Why Healthcare Costs So Much and How “Medicare for All” Will Reduce It. Monday, February 22, 11:00am via Zoom**  
Presented by William Hsiao, a leading global expert in universal health insurance. (See Page 2) Contact the office to sign up.

**Exploring Race in America —Tues., Feb. 23, 3:00pm-4:00pm**  
CN continues its monthly discussion program on race as part of our efforts toward greater diversity, equity, and inclusion in our organization and world. Interested members will read the article “America Wasn’t a Democracy, Until Black Americans Made It One,” from: [www.nytimes.com/interactive/2019/08/14/magazine/black-history-american-democracy.html](http://www.nytimes.com/interactive/2019/08/14/magazine/black-history-american-democracy.html), (see complete details on page 2) and then meet to discuss on the 23rd. Contact the CN office to sign up.

**Virtual Book Club—Wednesday, February 24, TBD. Via Zoom**  
Participants will gather over Zoom to discuss the book *Caste*. A Zoom invite will be sent prior to the meeting.

## Covid-19 Vaccines are Coming...

In a recent NYT article, writer David Leonhardt stressed the efficacy of the Moderna and Pfizer vaccines, having consulted with many doctors in the field, and encouraged the public not to hesitate on receiving these vaccines: "...the only two approved in the U.S. (Moderna and Pfizer) — are among the best vaccines ever created, with effectiveness rates of about 95 percent after two doses. That's on par with the vaccines for chickenpox and measles. And a vaccine doesn't even need to be so effective to reduce cases sharply and crush a pandemic." (1/18/2021, NYT)

Cambridge Neighbors will continue to publish information regarding the vaccines and their distribution as information becomes available. Please make sure to check your Friday emails for the CN eblasts which often contains such information.

### Here are some useful links to get you started:

<https://www.cdc.gov/coronavirus/2019-ncov/vaccines/faq.html>

For those of you who live in Cambridge, there is a Cambridge Vaccine Hotline at 617-349-9789. Please note that the 211 help line is available for all Massachusetts residents.

### Once the vaccine is available, where can I go to get a COVID-19 vaccine?

A map of public and restricted vaccine clinics can be found on the state's website at [mass.gov/COVIDVaccineMap](https://mass.gov/COVIDVaccineMap). Note the color coding.

### You can sign up for Covid19 and Vaccine Alerts at:

<https://member.everbridge.net/index/406686158291020/#/signup>

And you can sign up for the next Covid Information Presentation through Newton at Home with infectious disease specialist, **Dr. Douglas Huber**, **Tuesday, February 16 at 10:30am**. Contact the CN Office to sign up.

## NEW YEAR by Rebecca Rikleen



At night  
Half awake, reflecting,  
I have time to watch time rocket by, to relive, review.

I see cracks in the earth that spread open to reveal  
another layer uncovered, a life below:  
buildings, walls, roofs, art, war, and beneath that another still;  
we have been living age by age on top of what came before, wide  
eyed, surprised, learning bit by bit,  
trying to correct mistakes trying to remember hows and whys,  
lessons, maybe having heard of the great kingdom Troy;  
it has been unearthed to nine levels of civilization, perhaps more.

Did the succeeding lives care about the previous?  
Honing better skills, stories, traditions with lessons?

We whisper bits of hearsay speculation,  
we hope and keep constructing,  
keep trying to remember, do better;  
creating afresh upon the old;  
we dig to discover and mull over lost remnants.

So we place tomorrow on top of yesterday, and this year above last,  
each time slightly twisted.

This old year of pandemic 2020, a deadly plague, is finishing perhaps;  
We bravely face a new year, learn from the old, hope for the future,  
manage better, try to be smarter.

New year, 2021, here we come. We're counting on the young ones:  
learn from our mistakes. Build it better on this old foundation.

*Rebecca, age 97, is an artist and poet living in New York City, now residing with her daughter during the pandemic. She is a treasured member of our executive director's extended family.*

### 2021 Board of Directors

Ann Baehr  
Webb Brown  
Nancy Carlson  
Emily Flax  
Judy Lindamood  
Ellen Liner  
Jay Lorsch  
Brian Merrick  
Tina Olton  
Helene Quinn  
Connor Regan  
Andrew Spooner  
Kenneth Tingle  
Virginia Vaughan  
Anna Whitcomb  
Peter White  
Janet Whitla

### Staff

Jan Latorre-Stiller  
*Executive Director*  
  
Meghan Maloney  
*Assistant Director*



## CAMBRIDGE NEIGHBORS

ARLINGTON BELMONT CAMBRIDGE SOMERVILLE WATERTOWN

545 Concord Avenue, Suite 104  
Cambridge, MA 02138

## February 2021 Newsletter