

CAMBRIDGE NEIGHBORS

ARLINGTON BELMONT CAMBRIDGE SOMERVILLE WATERTOWN

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

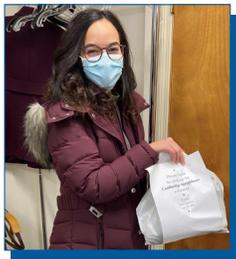
January 2022 Newsletter

Dear Members and Friends,

I have found, over the years, that when efforts for good are somehow made effortless, with outcomes often exceeding perceived expectations, it is often the result of harmonious, and sometime serendipitous, collaborations.

As we've been relishing in the holiday season these past many weeks, I've witnessed several occurrences of wonderful collaborations — some of which seemed to seize the spirit of the season — where volunteers, members, staff, and even outside friends worked together to bring about a great result and a greater good. Truly, these moments are merely extensions of the ethos Cambridge Neighbors strives to impart year-round, but for whatever reason, there seemed to be some stand-out instances of these collaborations in recent weeks. I'd like to share some of those examples with you:

I'll start with the story of The Cambridge Homes on Mount Auburn Street working to, once again, create Blessing Bags for local veterans who may be struggling in various ways. This year, Cambridge Neighbors decided to make this an actual program for its members in which to participate — and the collaboration was very fruitful. Many CN Members came though, dropping their donations at the office. One member even used her quilting skills to actually make her "bags" before stuffing them full of useful toiletries and treats for the veterans. The CN donations were delivered to The Cambridge Homes and were received by the grateful staff overseeing the project.



In another instance, we had two members who wanted to donate Bags, but found it difficult to get to our office. They requested that a CN volunteer stop by to pick up their donations for delivery. The new, young volunteer who was chosen for the task ended up living in their very building. A budding pastry/bakery student, Daniella has now offered to bring her "homework" over every week to this couple, appreciating their feedback on her baking, and will be joining them for an afternoon tea soon, where they'll be sampling more of her work.

On the more technical side of things, Bill Walker, our computer techie extraordinaire, was struggling to help a member with her Mac-based computer and monitor. The member was having vision problems and Bill was using every trick he knew, but to little avail. Fortunately, CN had just taken on two new Mac savvy volunteers and Bill saw it as an opportunity to collaborate and create a team to tackle the issue (as well as other issues) realizing many technically-trained heads are better than one.

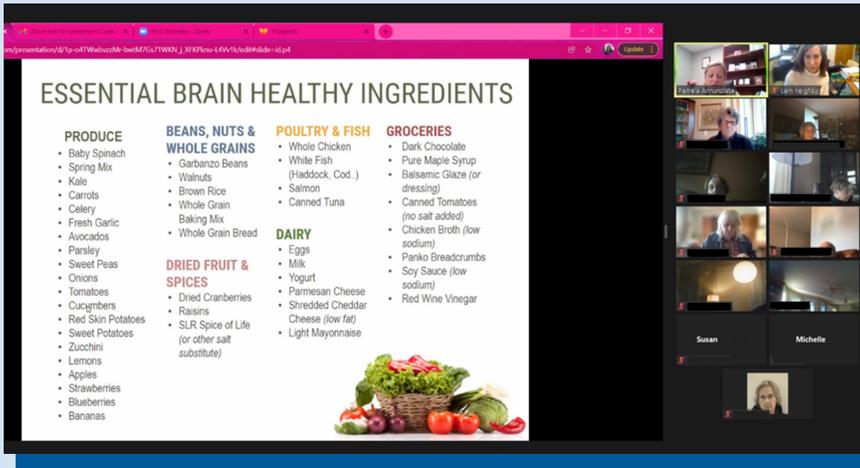
And when CN Volunteer Jean Devine saw CN's December newsletter and the plan for a walk in Danehy Park that incorporated visiting the new Miyawaki bio-diversity forest, she immediately called the office. Jean, being an environmental educator and native plant coach, knew much about the planting and offered to join the walking group so as to extend her knowledge to the attendees.

Lastly, our beloved and talented member, Chris Teal, who has, for many years now, regaled us with his violin concerts, recently began a collaboration with a young and talented cellist/vocalist, Sarah Coffman. The two will come together on January 5, after having to postpone in December, to provide our members with a Holiday Concert over Zoom so that CN Members (as well as members of our sister villages) are able to celebrate the holidays with inspiring music and song while staying safely at home.

It's a joy to see examples like these unfold. May we carry this spirit of collaboration, sharing, and kindness into the new year. And may we all face this year ahead with renewed hope and fortitude in our hearts.

The CN Staff and Board wish all of you a Healthy and Happy 2022.

Meghan Maloney, Assistant Director



In December, we welcomed Pam Annunziata from The Cambridge Homes who presented on “Brain Healthy Cooking for One.” This program was part of a series CN hosted this fall that focused on “Solo Aging.” However, the information and cooking videos that Pam shared with us were certainly filled with *choice* tips and *sage* advice for anyone looking to make wise food choices that can go a long way in protecting brain health.

An added benefit to Pam’s program was her

sharing of a small cookbook which features recipes that focus on meals that are supported by the Mediterranean Diet guidelines. Its recipe portions are designed for small quantities, but one can certainly double the ingredients if need be. CN is pleased to share this recipe book with all of our members. Please go to our website (www.cambridgenighbors.org) and click on the “News!” menu item on our homepage. It will lead you to a link that provides a PDF of the cookbook, which you may print out at home. [\(Or Click Here.\)](#)

PROGRAM HIGHLIGHTS

Holiday Concert over Zoom, Wednesday, January 5, 5:00pm (Postponed from December 2021) Zoom

Accomplished violinist and CN Member, Chris Teal, is returning for a holiday concert, this time accompanied by cellist and vocalist, Sarah Coffman. Chris and Sarah will be performing a medley of holiday and seasonal pieces interspersed with some classic vocal and instrumental selections.

Extend the holidays and sit back, relax, and enjoy the gift of Chris and Sarah’s talents with this special event. Contact the CN Office to sign up.

Safety and Security in the Digital Age, Bill Walker Wednesday, January 19, 2:00pm, Zoom

The presentation will cover technology safety and security guidelines. Topics will include email safety, recognizing and dealing with web based threats, cell phone safety, software and hardware security, technology and travel, platform specific issues (Windows/Apple/Android) and the “Internet of Things” (non-computing devices with a connection to the internet).

Bill Walker is an independent technology consultant with over 35 years of experience in software, hardware, communications and support. Contact the CN Office to sign up.

CN Information Session

Friday, January 21, 3:00pm, Zoom

If you have friends or neighbors you think may be interested in joining CN, please have them contact us for this informative session held over Zoom.

Exploring Race in American: The Prison System, Part 2: Life After Incarceration, Tuesday, January 25, 4:00pm, Zoom

Each year, more than half a million Americans are released from prison and join a population of twenty million people who live with a felony record. But that is not the end of the story. Life after incarceration is its own form of prison. Ex-prisoners, their families

and their communities struggle against a system that seems designed for them to fail. The group will meet to discuss the effects of the parole system on America’s formerly-incarcerated citizens.

In advance of the discussion, you are encouraged to watch “Life on Parole”, a documentary from PBS’s Frontline. You can also watch a video of a conversation about incarceration and its aftermath with Reuben Jonathan Miller, author of “Halfway Home: Race, Punishment, and the Afterlife of Mass Incarceration.”

Here are the links:

“Life on Parole” - <https://www.youtube.com/watch?v=WuaRikHsQGY>

Reuben Jonathan Miller conversation - https://www.youtube.com/watch?v=A_XmlxXoM_w Contact the CN Office to sign up.

Getting Your Affairs In Order, John E. Hughes. Courtesy of Wellesley Neighbors, Tuesday, January 25, 7:30pm, Zoom

John will discuss why you need an estate plan. He’ll address estate planning and distribution techniques, dealing with disability, key elements of a last will, and revocable trusts. He’ll review the challenges of estate conservation such as estate, gifts and generation-skipping taxes. **Contact the CN Office by January 23 to sign up.**

John E. Hughes concentrates his practice in tax, business and estate planning. He focuses on estate planning for family owned businesses and has authored several articles on this subject.

Formerly, John practiced in the Boston office of Arthur Andersen, LLP where he was a senior member of the Research and Development Team. John was chosen by The Union Leader as one New Hampshire’s “40 Under 40.”

The Lincoln Highway Book Discussion Wednesday, January. 26, 2:00pm Zoom

Those who have read the book will convene over Zoom for a discussion on Amor Towles latest tale of “misadventure and self-discovery.” If you did not sign up in November, but have read the book and want to join in the discussion, please contact the office to sign up.

JANUARY PROGRAMS

| Sun. | Monday | Tuesday | Wednesday | Thursday | Friday | Sat. |
|------|---|---|--|--------------------------|---|------|
| | | | | | | 1 |
| 2 | 3 | 4 | 5 | 6 | 7 | 8 |
| | Dr. Doug Huber Covid Update 10:30am Zoom Stretch 3:00pm | | Holiday/New Year Concert 5:00pm | | Zoom Movement 11:00am | |
| 9 | 10 | 11 | 12 | 13 | 14 | 15 |
| | Zoom Stretch 3:00pm Tipple-Zoom 5:00pm-6:00pm | | | Explorer Walk 10:30am | Zoom Movement 11:00am Meditation with Nancy 1:00pm | |
| 16 | 17 | 18 | 19 | 20 | 21 | 22 |
| | Office Closed Martin Luther King Jr. Day | Biography Bk Grp. 2:00pm-3:30pm | Bill Walker Safety & Security in Digital Age 2:00pm | | Zoom Movement 11:00am CN Info Session 3:00pm | |
| 23 | 24 | 25 | 26 | 27 | 28 | 29 |
| | Zoom Stretch 3:00pm Tipple-Zoom 5:00pm-6:00pm | Exploring Race 4:00-5:00pm Getting Affairs in Order 7:30pm | Lincoln Highway Book Discussion 2:00pm | | Zoom Movement 11:00am Meditation with Nancy 1:00pm | |
| 30 | 31 | | | | | |
| | Zoom Stretch 3:00pm | | | | | |

Covid-19 Update with Dr. Douglas Huber courtesy of Newton at Home—Monday, January 3, 10:30am, Zoom

Dr. Huber returns to update us on the latest info on Covid-19. Contact the CN Office by January 2 to sign up.

Holiday Concert with Chris Teal and Sarah Coffman Wednesday, January 5, 5:00pm over Zoom

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

Tipple—Mondays, January 10 & 24, 5:00pm-6:00pm, Zoom

Pour yourself a glass of cheer and celebrate the brand new year. Toast with others over Zoom. Spaces are limited to allow for good conversation. Sign up through the CN office.

Explorer Walk—Thursday, January 13, 10:30am, Harvard Business School Meet in front of the Harvard Coop in Harvard Sq. and walk down the Kennedy walkway to cross over the Anderson bridge onto the campus of the Harvard Business School. After walking by many landmarks, you'll return over the Week's Footbridge and back to the Square. Sign up through the CN office

Meditation with Nancy—Fridays, Jan. 14 & 28, 1:00pm, Zoom Join CN Member Nancy Barcelo who has been a practitioner of

Vipassana (Insight) meditation for 17 years. Sign up through the CN office. (New attendees, please plan to attend 15 minutes early.)

Biography Book Group—Tuesday January 18, 2:00pm, Zoom

This month, the group will be discussing the book *Cross of Snow: A Life of Henry Wadsworth Longfellow* by Nicholas Basbanes. Contact the office if interested in finding out more about the Biography Group or to sign up.

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We at Cambridge Neighbors are full of gratitude going into 2022 because when we look back at 2021, our members, volunteers, and supporters stayed with us. Members told us that our work mattered – that we've helped them get through difficult times, our generous volunteers stepped up, and our donors and grantors came through to help. - Jan Latorre-Stiller, Executive Director

Here are a few messages from members that helped boost our morale...

"Thanks for checking in regularly. I really appreciate it. I am so impressed at how wonderfully CN is able to take care of its membership. An extraordinary organization."

Jane Williams

"My computer crashed, and I contacted CN for help. They sent me Bill Walker, a volunteer who provides tech assistance to CN members. He was great! He came to my home within 24 hours and fixed my problem. As a CN member, I very much appreciate this and their other valuable services." Mimi Grosser

"I am so glad that I decided to join CN. It has been fun enjoying the social gatherings, and I have been pleased to volunteer as needed. I look forward to serving on the Program Committee and to taking advantage of offerings in the future!" Kathy Gallery

2022
HAPPY NEW YEAR

A thoughtful reflection on how to face the times by author Andy Stanley on LinkedIn:

"Sometimes I just want to stop talk of COVID, looting, brutality. I'd become convinced that this "new normal" is real life.

Then I met an 87-year-old who talked of living through polio, diphtheria, Vietnam protests and yet is still enchanted with life. He seemed surprised when I said that 2020 must [have been] especially challenging for him. "No," he said slowly, looking me straight in the eyes. "I learned a long time ago to not see the world through the printed headlines, I see the world through the people that surround me. I see the world with the realization that we love big. Therefore, I just choose to write my own headlines: Husband loves wife today. Family dropped everything to come to Grandma's bedside." He patted my hand. "Old man makes new friend." His words collide with my worries freeing them from the tether I had been holding tight. They float away. I am left with a renewed spirit and a new way to write my own headlines."

2022 Board of Directors

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