

# CAMBRIDGE NEIGHBORS

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

## October 2021 Newsletter

Dear Members and Friends,

I had the distinct pleasure to talk with Joel Baehr who joined Cambridge Neighbors (CN) with his late wife, Ann, in 2018, and has been the meditation instructor to interested CN members since then. Joel has decided to step down from that role and focus more on other pursuits in line with his deep connection to Buddhism. He leaves with some ambivalence, which is actually the way, he says, he started.

“I was uncertain about doing it. What most people think of as meditation is actually the distilling out of the profound aspects of it. So that you’re left with is the basics—breath and relaxation. It’s far beyond relaxation. Meditation is not for self-improvement, but rather getting to a place of being real and authentic. Real is an experience that is one’s own reality. For example, mediation starts with inviting the friendly world into one’s awareness. The world is incredibly friendly. We all have benefactors who have ushered and loved us into the world. Some obvious examples are our parents, grandparents, numerous ancestors, teachers, and the hospital staff who brought us into this world. And there are the people who enrich us every day—from the garbage collector to our best and dearest friends and family. The blessings of being real are fantastic. Those blessings are peace, assurance, gratitude, and love. The idea of meditation is to be in the context of that reality (being real). We spend most of our lives not acknowledging all of that. There is a Buddhist understanding called “dependent arising.” If you take a look at a tree on property, it can be just a tree. But if you really inspect it and think about it, it wouldn’t be there without the innumerable forces that have cooperated in its flourishing (the seed, the sun and the rain). So if you look at your own life, it’s totally imbedded in a whole system of benefactors who loved us. We’re all dependent on that. It’s a matter of seeing our interconnectedness. My life is not all about me but is about all of those connections. And meditation is a way of coming into the presence of that way of knowing and becoming one with it.”



His having taught meditation for a total of 30 years, I asked Joel what the practice has meant to him. “Teaching has brought me my life. You become the practice. Everyone becomes what they practice. If you practice piano, you will become a pianist. If you practice meditation, you will become what the meditation is about and that happens to be peace, assurance, gratitude and love. You will have a profound awareness of interdependence.”

Joel talked about how his practice is helping get him through the heartbreak of recently losing his beloved wife, Ann.

“The whole idea of loss is naturalized. Everything we value and attach ourselves to, we will become separated from. We are all going to separate from things we love. The practice prepares us for that. You’ll find yourself crying and lonely and you’ll find yourself inspired by having had the opportunity to be with that person who has died. It gradually quiets.”

“If you practice what Buddhism is about, conditions will no longer control your life. What will control your life is the practice. You will become the peace. You do that by mediating and you will become the meditation you practice. It doesn’t happen instantly, it takes years and paying attention. A casual twice-a-month practice is good but it’s not going to change your experience.”

*Continued...*

We thank Joel for his wise musings and wonderful contribution to Cambridge Neighbors. He wishes his former CN students well and suggests they try CN's newest meditation practitioner, Nancy Barcelo. (See below.) And one last thing, "Realize that all your humanness and reality are present every moment and that meditation gives you a chance to experience that."

### Speaking about the benefits of meditation...

On Tuesday, September 21, our sister village, Beacon Hill Village along with Boston Public Library hosted Neuroscientist Dr. Rudolph Tanzi as he presented some of the newest information on Alzheimer's disease and reviewed the remarkable progress in understanding this complex disease. He discussed emerging therapies to treat Alzheimer's and practices to reduce risk. Dr. Tanzi spoke about keeping brains healthy through a variety of lifestyle interventions and strongly recommended the use of meditation as a way to stave off age-related brain pathogens.

With warmest regards,  
Jan Latorre-Stiller, Executive Director



## PROGRAM HIGHLIGHTS

### **The Discerning Eye Book Discussion with author Carol Orange Wednesday, October 6, 1:00pm over Zoom**

If you read Carol Orange's book on the Isabella Stewart Gardner Museum heist, please join as we welcome Carol to join us in a book discussion over Zoom. Participants are to submit questions for Carol ahead of time. A Zoom invite will be sent to those who registered.

### **The Unique Considerations of Solo Agers—Thursday, Oct. 7, 10:30am over Zoom and hosted by Cambridge Public Library**

Join Ailene Gerhardt, Independent Board Certified Patient Advocate, to explore the needs and unique considerations of solo agers, review specific needs related to healthcare and community, tips and strategies for avoiding loneliness and isolation, and tools for creating and identifying a support system. Contact the CN Office to sign up for this Zoom program or register at the CPL website: <https://cambridgepl.libcal.com/event/8328085>

### **Restaurant Outing: Branch Line, Watertown Tuesday, October 12, 6:00pm**

Branch Line is a neighborhood rotisserie and wood fire grill serving wine and beer. Outdoor bocce and patio seating are available year round. Enjoy the company of other CN Members at a reserved, outdoor table. Separate checks. Please be aware of the potential health risks in attending. Limited spaces. Contact the CN Office to sign up.

### **Medicare Presentation—Tuesday, Oct. 19, 1:00pm over Zoom Elaine Miller, Regional SHINE Program Director**

This program will provide information regarding Medicare Part A and B-covered health services, making health plan changes during open enrollment, eligibility, when and how to enroll, and supplemental coverage that works with Medicare including pharmacy benefits. This program is ideal for people planning to make health plan changes, people who are disabled, and caregivers of others who are enrolled in Medicare. Contact the CN Office to sign up.

*Elaine Miller is the Regional SHINE (Serving Health Information Needs of Everyone) Program Director at Minuteman Senior Services. She coordinates Medicare benefits counseling services in 18 communities, leads a team of 45 state certified SHINE volunteers and has an extensive background in non-profit management working with elders, families, vulnerable populations with a focus on public and private health benefits programs for Medicare eligible consumers.*

### **New! Mediation with Nancy—Friday, Oct 22, 1:00pm, Zoom**

CN Member Nancy Barcelo has been a practitioner of Vipassana (Insight) meditation for 17 years and has a daily meditation practice. She is happy to continue on with what Joel Baehr has introduced to CN and share her meditation practice and its benefits with CN Members. Contact the CN Office to sign up.

### **Head of the Charles Regatta (HOTC)—Sunday, Oct. 24, 12:30pm**

Join Dick Joslin as he leads a group around on the last day of the annual, international rowing event on the Charles River, where boats from over a hundred colleges and schools from around-the-world challenge each other. You'll circle the event by walking the two banks of the river, crossing over the Weeks and the Eliot bridges. Take a break for a snack lunch that can be bought from the many vendors along the way. Meet in front of the alcove of the Harvard Coop where you'll walk down the Kennedy Walkway to the river-bank. Bring a friend, or a grandchild. Approximately two hours of walking. Please be aware of the potential health risks in attending. Contact the CN Office to sign up.

### **Honoring Choice and Advance Care Planning—Tuesday, Oct 26 11:00am over Zoom, Dr. Katy Goldlist and Ellen DiPaola, JD**

Join Dr. Katy Goldlist from the Quimby Center and Ellen DiPaola, JD, President and CEO of Honoring Choices Massachusetts for this presentation which will give you a practical approach to care planning as you age. Learn up-to-date health care planning information, the Health Care Proxy, MOLST (Medical Orders for Life Sustaining Treatment) and about Personal Directives. This presentation includes a do-it-yourself Getting Started Tool Kit to make your own personal plan and will give you information to help a family member go through this process as well. Contact the CN Office to sign up.

### **Exploring Race—Tuesday, October 26, 3:00pm over Zoom**

**The Prison System:** In 2016 the U.S., with 5% of the world's population, had 25% of the world's prisoners. Incarceration rates have since declined a little, but the US still has the highest rate of incarceration in the world. For our October program, we will take a look at this issue. In advance of our meeting, we invite you to watch the award winning documentary "13<sup>th</sup>", which looks at how the country's history of racial inequality drives the high rate of incarceration in America. We will meet on the 26th to discuss the film and the effects of the prison system on our communities today. Contact the CN Office to sign up. Click here for the documentary: <https://www.youtube.com/watch?v=krfcq5pF8u8>

# OCTOBER PROGRAMS

Sun.	Monday	Tuesday	Wednesday	Thursday	Friday	Sat.
					1	2
					Zoom Movement 11:00am	
3	4	5	6	7	8	9
	Zoom Stretch 3:00pm  Tipple-Zoom 5:00pm-6:00pm		Discerning Eye Book Discussion w/ Carol Orange 1:00pm	Unique Consideration for Solo Aging 10:30am	Zoom Movement 11:00am	
10	11	12	13	14	15	16
	Columbus/ Indigenous Peoples' Day Office Closed	Restaurant Outing 6:00pm		Explorer Walk 10:30am	Zoom Movement 11:00am	
17	18	19	20	21	22	23
	Zoom Stretch 3:00pm  Tipple-Live 5:00pm-6:00pm	Medicare Talk 1:00pm  Biography Bk Grp. 2:00pm-3:30pm			Zoom Movement 11:00am  Meditation with Nancy 1:00pm	
24	25	26	27	28	29	30
HOTC Regatta Outing 12:30pm	Zoom Stretch 3:00pm	Honoring Choice 11:00am  Exploring Race 3:00pm-4:00pm		Explorer Walk 10:30am	Zoom Movement 11:00am	
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## Tipple—Mondays, October 4 and 18, 5:00pm-6:00pm

Come together, either remotely or in person, and have a cocktail with some of your fellow CN Neighbors. **On the 4th it will be over Zoom, and on the 18th in person**, at Nubar at the Sheraton Hotel. Please be aware of the potential health risks in attending. Sign up through the CN office. A Zoom invite will be sent for the 4th.

## The Discerning Eye Book Discussion—Wed., Oct. 6, 1:00pm

See page 2 for full description. A Zoom invite will be sent to you.

## Solo Agers—Thursday, October 7, 10:30am over Zoom

See page 2 for full description. A Zoom invite will be sent to you.

## Restaurant Outing—Tuesday, October 12, 6:00pm

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. Sign up through the CN office.

• **Thursday, Oct. 14, 10:30am - 2:45pm, East Boston Harborwalk**  
Meet down in the Harvard Sq. T by the ticket machines (masks required.) You'll take the subway to Maverick Square and walk along the East Boston harbor front to Piers Park. You'll walk by the temporarily-closed ICA art gallery and continue to the Marriott Hotel for a light lunch on their outdoor terrace. (pay on your own) before sharing a water taxi (\$12/each) back across the harbor and then to the subway for home. Walking distance approximately 2.5

miles. Sign up through the CN office.

## • Thursday, October 28, 10:30am Mount Auburn Cemetery

For our Fall foliage stroll you'll walk around this country's oldest public arboretum to enjoy nature's celebration of the changing seasons. Meet in front of the Visitors Center for approximately two miles of walking. Sign up through the CN office.

## Medicare Presentation—Tuesday Oct. 19, 1:00pm over Zoom

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

## Biography Book Group—Tuesday Oct. 19, 2:00pm over Zoom

This month, the group will be discussing the book *Simón Bolívar, A Life* by John Lynch. A few copies are in the CN office. Contact the office if interested in finding out more about the Biography Group.

## Meditation with Nancy—Friday, October 22, 1:00pm, Zoom

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

## HOTC Regatta Outing—Sunday, October 24, 12:30pm

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## Honoring Choice—Tuesday, October 26, 11:00am, Zoom

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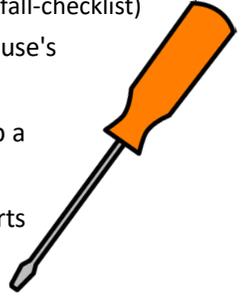
## Exploring Race—Tuesday, October 26, 3:00pm-4:00pm, Zoom

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

## It's That Time of Year...

Excerpts from "Prep Your Home for the Season with Our Fall Maintenance Checklist" By Jessica Bennett  
Better Holmes and Gardens, BHG.com, Updated Sept. 07, 2021 ([www.bhg.com/home-improvement/advice/your-homes-fall-checklist](http://www.bhg.com/home-improvement/advice/your-homes-fall-checklist))

- 1. Clean your gutters.** Your roof's drainage system annually diverts thousands of gallons of water from your house's exterior and foundation walls, so it's vital to keep this system flowing smoothly.
- 2. Seal up air leaks.** A home with air leaks around windows and doors is like a coat left unbuttoned. Sealing up a drafty house can save up to 20% on your heating bills.
- 3. Inspect your roof.** Inspect your roof from top to bottom, using binoculars if necessary. Once a leaky roof starts dripping, finding the source of the problem can be time-consuming. Check ridge shingles for cracks and wind damage, and metal flashing in valleys around vents.
- 4. Protect faucets from freezing temps.** Take steps to ensure that outside faucets (also called sill cocks) don't freeze and burst.
- 5. Freshen your furnace filter.** Furnace filters trap dust that would otherwise be distributed throughout your home. Clogged filters make it harder to keep your home at a comfortable temperature, thus increasing your utility bills.
- 6. Ready your fireplace and wood-burning stove.** Even if you use your fireplace and wood-burning stove only occasionally, you should have it checked annually for damage and hazards.
- 7. Keep the humidifier humming.** Dry winter air can be tough on your skin and airways, but it can also make fine wood more prone to cracking. You will feel more comfortable if you keep your central humidifier in tip-top shape during winter months.
- 8. Repair walkways.** Damaged walkways, drives, and steps are a hazard year-round, but their dangers are compounded when the weather turns icy. Fix issues in the fall. Look for cracks more than 1/8-inch wide, uneven sections, and loose railings on steps.
- 9. Review safety features.** Replace the batteries in smoke and carbon monoxide (CO) detectors. Check your fire extinguishers, checking the indicator on the pressure gauge to make sure the extinguisher is charged. Fire extinguishers that are more than six years old should be replaced. Have a Fire Escape Plan, reviewing what to do in case of fire. And rid your home of old newspapers and leftover hazardous household chemicals.



See the complete list at: [www.bhg.com/home-improvement/advice/your-homes-fall-checklist](http://www.bhg.com/home-improvement/advice/your-homes-fall-checklist)

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