



CAMBRIDGE NEIGHBORS

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

September 2021 Newsletter

Dear Members and Friends,

Take Care of Yourself

Did you know that September is self-care awareness month? We've all heard about the benefits of paying attention to what we need – for many, a difficult thing to do. Considering our own needs doesn't have to be at the exclusion of being there for others. It's actually been shown that nourishing ourselves increases our capacity to give. It's similar to putting on your oxygen mask before you help others with theirs. Self-care may be more important than ever as we make our way through extraordinarily challenging times. There are so many stressors out there. Be kind to yourselves. And, for members, remember, we are here to provide support and cheer you on!

Self-Care Reminders

1. Be really kind to yourself.
2. Say "yes" to meeting a need.
3. Pay attention to how you talk to yourself.
4. Pause and take really deep belly breaths.
5. Cheer yourself on.
6. Be gentle with your feelings.
7. Do one thing that makes you really happy.
8. Love yourself the best you can.

@BlessingManifesting

Celebrating the Hazy Days of Summer

I don't know about you, but I am going to eke out every last day of summer which, unfortunately, officially ends this month. Cambridge Neighbors took advantage of the season and the pent-up demand for social mixing and mingling. We planned several outdoor events, two generously hosted by CN members, Jeff and Webb Brown in their colorful backyard. Members appreciated seeing one another and the mood at each event was friendly and festive. By the time this newsletter arrives, we will have held another very special outdoor gathering at the lovely home of CN members, Peter and Susie White, featuring virtuoso violinist and CN member, Chris Teal, along with vocalist/cellist, Sarah Coffman.



What's Ahead This Fall

Dr. Douglas Huber, a local epidemiologist and a regular presenter on the issue of COVID, recently presented on the Delta variant and the precautions he suggests to take even for the fully vaccinated (see below for a list of the salient points of his talk).

Given his and the CDC's guidelines regarding this highly-transmissible strain, we will continue to hold programs and events via Zoom until further notice. Our Explorer walks will take place until the weather turns treacherous. We are optimistic that we will be back in-person sooner than later! Stay tuned...

With warmest regards,
Jan Latorre-Stiller

CN Members were invited to participate in a presentation last month by Dr. Douglas Huber, Newton at Home member and infectious disease specialist. He gave the following tips and recommendations regarding the Delta variant of Covid-19:

- Dr Huber cautioned on the elevated level of contagiousness of the Delta variant in comparison to the Alpha version of Covid-19. He strongly recommended the continued use of masks indoors, even double-masking if one feels their mask has gaps on the side or does not pinch the nose properly. With break-through cases happening in fully-vaccinated individuals, this may prove wise.
- Watch out for symptoms such as headaches, sore throat, cough, and shortness of breath.
- If you are having symptom and choose to get tested, Dr. Huber recommends getting a PCR covid test, which takes a day or two to get results vs. an Antigen Rapid Test, with immediate results, which he feels is not as accurate.
- Come fall, if you choose to get a Booster vaccine, be sure to space at least 2 weeks between it and a Flu vaccine.

We'd like to Welcome Our Newest Cambridge Neighbor Volunteers:



"I get great satisfaction from helping others. I value the comforts of home, good health and well being. I want to help older people who feel the same. Cambridge Neighbors offers me the opportunity to do this as a volunteer in the scope of my wider community." —Martha DasSarma, Volunteer



"I have always loved living in Cambridge and I now think it's a great place to grow old. Cambridge Neighbors is a perfect example of why that's true. I'm happy helping others now when I am able and will appreciate similar help when I need it." —Kathy Gallery, CN Member and Volunteer



"As a volunteer with Cambridge Neighbors, I look forward to meeting new people and deepening my connection to the community." —Kim Bandtel, Volunteer

PROGRAM HIGHLIGHTS

Better Balance with Fall Prevention Strategies—Quimby Center Tuesday, September 14, 11:00am, over Zoom

September is fall prevention month. Join presenter Mary DeCourney from the Quimby Center as she presents on fall prevention strategies and tips for building better balance. Learn about your risks for falling in order to reduce your risk. Strategies to improve your balance will be discussed. Exercises will be introduced which one can practice at home. Contact the CN Office to sign up by 9/13.

Nature Walk with Jean & Lunch Outing. (Native Plants and Wildlife around Alewife Reservation & lunch at The Summer Shack) Wednesday, September 15, 11:00am - 12:30+

Join Jean Devine and tour native flora and fauna around Alewife Reservation, learning how the city's need to improve stormwater management provided opportunity to restore local ecosystems and wildlife habitat. Meet at the Alewife MBTA station in front of the big T (near the old Bertucci's) at 11:00am. Afterwards, stay on for lunch (outside seating) at The Summer Shack. Please be aware of the potential health risks in attending. Contact the CN Office to sign up.

Restaurant Outing—Gustazo, Wednesday, Sept. 22, 6:00pm

For those who enjoy Cuban fare, CN has reserved an outside table for 9 at Cambridge's Gustavo's at 2067 Massachusetts Ave. Gustazo aims to bring authentic Cuban flavors to the vibrant Boston restaurant scene. Enjoy other CN Member's company on the first day of fall. Checks will be separate. Please be aware of the potential health risks in attending. Contact the CN Office to sign up.

CN Information Session—Fri. 24, 3:00-4:00pm

If you have friends or neighbors that you think may be interested in joining CN, please have them contact us in order to join this informative session. We'll hold the meeting over Zoom on Friday, Sept. 24. Otherwise, they can contact CN for a meeting in person at a later date.

Telling Your Story—Memoir Writing Workshop from Write the Family, an Intergenerational Program of Write the World. Thursdays, September 23 & 30. 7:00pm—8:00pm over Zoom

Write the World has generously offered a writing workshop program to 12 members of CN. If you have stories you want to tell, and a lifetime of memories to share, this two-week workshop will bring them into focus! With expert guidance and feedback from instructor Kerry Felton, participants will start by writing a six-word memoir to introduce themselves, reflect on their personal storytelling goals, and share their ideas with other participants in a supportive small group setting. Contact the CN Office to sign up.

WEEK ONE: Writing Six-word Memoirs, discussing personal storytelling goals, and introduction to Memory Mapping as a foundation for memoirs of all lengths, using your Memory Map in writing and sharing 100 word tiny stories.

WEEK TWO: Transition to longer memoir formats; learning to write micro-memoirs with expert advice, read-aloud examples, and writing practice, optional sharing of your own draft micro-memoir, small group reflection on future storytelling goals, and workshop wrap up.

Kerry Feltner is a Writing Studies Program Instructor at Emerson College, where she earned her Master of Fine Arts in Creative Non-fiction. She is also the Senior Multimedia Journalist at the Waltham News Tribune one of the state's oldest printed newspapers, the latest position in her eight-year writing career in journalism and media.

Exploring Race in America

Tuesday, September 28, 3:00pm-4:00pm over Zoom

It's September, and CN's monthly program exploring the history and present-day consequences of racial injustice is starting up again. If you haven't already, we invite you to watch the film adaptation of August Wilson's play *Ma Rainey's Black Bottom*. We'll convene on the 28th to discuss our thoughts and reactions, over Zoom. The film is available on Netflix. If you prefer to read the play, it is available on Amazon and at the library. Contact the CN Office to sign up.

SEPTEMBER PROGRAMS

Sun.	Monday	Tuesday	Wednesday	Thursday	Friday	Sat.
			1	2	3	4
				Explorer Walk 10:30am Postponed to 9/9 due to weather	Zoom Movement 11:00am	
5	6	7	8	9	10	11
	Labor Day Office Closed 	Zoom Stretch 11am		Explorer Walk 10:30am	Zoom Movement 11:00am Meditation w/ Joel via Zoom 1:30pm	
12	13	14	15	16	17	18
	Zoom Stretch 3:00pm Tipple-Zoom 5:00pm-6:00pm	Better Balance/ Fall Prevention 11:00am	Nature Walk with Jean & Lunch 11:00am		Zoom Movement 11:00am	
19	20	21	22	23	24	25
	Zoom Stretch 3:00pm	Biography Bk Grp. 2:00pm-3:30pm	Restaurant Outing 6:00pm	Write the World 7:00pm-8:00pm	Zoom Movement 11:00am Meditation w/ Joel via Zoom 1:30pm Info Session Zoom 3:00pm-4:00pm	
26	27	28	29	30		
	Zoom Stretch 3:00pm Tipple-Live 5:00pm-6:00pm	Exploring Race 3:00pm-4:00pm		Explorer Walk 10:30am Write the World 7:00pm-8:00pm		

Explorer Walks—Walk Leaders Dick Joslin and Catherine Taylor will lead two walks this month, weather permitting. Sign up through the CN office.

• **Thursday, September 9, 10:30am, Harvard Business School**
Postponed from 9/2, meet at the front door of the Harvard Coop to walk the manicured campus of the Harvard Business School.

• **Thursday, September 30, 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 Sq. 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.

Meditation—September 10 and 24, 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.

Tipple—Mondays, September 13 and 27, 5:00-6:00pm
Come together, either remotely or in person, and have some cheer with some of your fellow CN Neighbors. **On the 13th it will be over Zoom, and on the 27th 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 13th.

Better Balance/Fall Prevention—Tuesday, Sept. 14, 11:00am
See page 2 for full description. Sign up through the CN office by 9/13.

Nature Walk with Jean & Lunch—Wednesday, Sept. 15, 11:00am
See page 2 for full description. Sign up through the CN office.

Biography Book Group—Tuesday, Sept. 21, 2:00pm over Zoom
This month, the group will be discussing the book *On a Grand Scale: The Outstanding Life of Sir Christopher Wren* by Lisa Jardine. Contact the office if interested in finding out more about the Biography Group.

Restaurant Outing at Guztaso—Wednesday, Sept. 22, 6:00pm
See page 2 for full description. Sign up through the CN office.

Telling Your Story: Memoir Writing Workshop from Write the World—Thursdays, Sept. 23 & 30, 7:00pm-8:00pm, Zoom
See page 2 for full description. Sign up through the CN office.

CN Info Session—Friday, September 24, 3:00pm
The Info Session over Zoom will still take place on Friday, Sept 24.

Exploring Race—Tuesday, Sept. 28, 3:00pm-4:00pm, Zoom
See page 2 for full description. Sign up through the CN office.

Avoiding Internet and Phone Scams

In July, Cambridge Neighbors was happy to host Kristin Dzialo, Esq. of Eckert Byrne, LLC as she presented on “Avoiding Internet and Phone Scams.” Kristin shared with us many tragic stories of older individuals falling prey to fraudsters using the internet and phone to scam individuals out of their savings, or to obtain personal information, such as social security or Medicare numbers, that could be used to defraud them. She also encouraged members to share their own stories so that we’d all learn from one another. Kristin enjoyed relaying some helpful tips to our members, and hopes to return again next year to present the material once again for those who missed it.



Kristin Dzialo, Esq

In the meantime, here are some basic and popular ones to be aware of:

1. **Lottery scams:** Kristin’s tip—Nothing is free. If you didn’t enter a lottery, don’t be fooled by a phone call or email telling you that you’ve won something.

2. **Tech support—Representatives asking permission to access your computer remotely:**

Once they have access, they can dig into your personal files, seeking out all sorts of information. Fortunately, with CN full-service memberships, our vetted and trusted Tech volunteers such as Bill Walker, can do those things at no additional charge.

3. **A friend or grandchild in need:** Don’t be fooled by someone posing as a nephew, grandchild, or even friend needing financial help or gifts to be purchased. Hang up (or delete the email) and call the relative or friend directly and confirm that it is them and that they do, in fact, require your help.

4. **Romance:** Whether someone is posing as someone you used to know a long time ago, or is a new “friend,” don’t fall victim to their ploy. There are heart-breaking stories of lonely individuals who gave away money just in order to have someone with whom to speak. Call Cambridge Neighbors instead. There are many ways for you to connect with other Members.

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