

CAMBRIDGE NEIGHBORS

ARLINGTON BELMONT CAMBRIDGE SOMERVILLE WATERTOWN

August 2020 Newsletter

A Message from the Executive Director:

Dear Members and Friends,

Regular exercise is essential for everyone under normal conditions. Present circumstances make it even more so. Cambridge Neighbors is pleased to offer members multiple ways to keep moving as well as stay connected to other members - both important to physical and mental health. Members can join Sergio Vinci for his Tuesday morning stretch class or Susanne Liebich for her Friday morning balance and movement class via Zoom. If exercising in the out-of-doors is preferred, Dick Joslin, our resident walking leader, will take you on interesting and educational strolls in the area. Of course, masks and physical distancing are required. We are always on the lookout for other community resources that provide ways to stay active such as Tai Chi through the Belmont Library or Chair Yoga through 2Sisters Living Advisors. We'll keep you posted on any new discoveries through our Friday email blasts.



Here are a few reasons why exercise is especially crucial during the COVID-19 pandemic:

Exercise boosts the immune system: Research shows that regular, moderate-intensity exercise has immune-boosting benefits that may help your body fight off infections, including COVID-19.

Exercise may prevent weight gain: Exercise can help you burn extra calories caused by dietary changes and offset the effects of sedentary activities.

Exercise reduces stress and anxiety: Exercise is a proven mood-booster and can help adults reduce stress levels and build emotional resilience.

Exercise improves sleep: There is evidence that suggests regular exercise helps you fall asleep faster and improves sleep quality - and getting a good night's sleep has also been found to boost your immune system.

Exercise may be especially beneficial for older adults and people with chronic health conditions, such as diabetes, arthritis, or heart disease. Regular exercise can help to improve balance, flexibility, strength, mobility, and cardiovascular health. Plus, it can boost energy and overall well-being.

The bottom line: Although it may take some effort to create and adjust to new fitness routines, regular physical activity can help you optimize your health and well-being during the coronavirus pandemic.

Excerpt *Exercise is Essential for Well-Being During COVID-19 Pandemic* Norwalk Hospital April 22, 2020. Norwalk Hospital is part of Nuvance Health, keeping the communities informed. Visit the website at nuvancehealth.org/coronavirus

Stay healthy!

Warm regards,

Jan Latorre-Stiller

Starting Soon:

Writing Stories From Your Life - 4 weekly meetings Fee: \$25

Join us for 4 weeks of writing about your life, the good, the bad, the naughty, the strange and beautiful. We'll discuss ways to get started and how to keep it going. You'll break down barriers to writing, find subjects, see themes, find fresh slants on the familiar all while adding vividness and interest. You'll awaken curiosity as to



Kendall Dudley, MA

what happened and how the picture you have of your life may be different once you start writing. People write about places, moments, milestones, reveries, missteps, ideas, work, lovers, gardens, wildcards and more. Join us to see what comes out. Once you pick up your pen you may never put it down!

Kendall has been teaching life story and autobiography for years at the Cambridge Center for Adult Education where he's collected members work into 64 volumes. He consults with individuals and families on family histories, offers workshops, journal programs and annual retreats. His current novel, now in comments stage, is *Woman in Red Gloves*. For more info, see: www.kendalldudley.com; www.writeyourvividjourney.com



We are excited to offer you this class, but we need at least 6 committed participants. Class meetings (over Zoom) will likely be Tuesday afternoons. If you are interested, please let us know if that time works for you. Please express your interest by Friday, August 7 by emailing or calling the office.

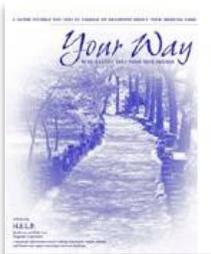


Haijing Hao

Haijing's Open Clinic via Zoom

CN Computer Tech, Haijing Hao has kindly offered her assistance with using Zoom and answering other tech-related questions to members of CN. Support can come in one of a couple of ways:

1. **OPEN HOURS on WEDNESDAYS from 4:30pm—5:10pm.** Members who are somewhat familiar with Zoom can respond to Haijing's Zoom Invite Link to discuss any of their computer or mobile phone problems during this time. This Zoom Q&A session is like "a walk-in time at a doctor's office."
2. If you are unavailable during the Wednesday evening time slot, you can schedule an appointment with Haijing through the CN Office. She can then meet with you over Zoom on a different day. **Check the calendar for dates. Please call or email the office to sign up.**



Aging Your Way August 31 at 1:30pm-3:00pm via Zoom Presenters: Tina Olton and Nancy Barcelo

This program introduces the concept of staying in charge of your medical care and other important matters concerning end of life issues and choices.

The Aging Your Way booklet will be sent ahead of time to those who sign up, and asks the questions and proposes the hypothetical situations that can help participants think about what means the most to them. Subjects include present day values, communication with others, pain management, end-of-life, and more.

[This program] "gave me the freedom to know I have addressed some important questions about my own wishes, and that frees me to let go and live as fully as I am able!" - CN Member

This 1 1/2 hour session will allow for Q&A at the end. Please make sure to register early to allow for mailing time of the booklet to your home. Please call or email the office to sign up.

*In the midst of the pandemic gloom,
With the aid of a system called Zoom,
At the end of our labors,
We can tiddle with Neighbors
Without even leaving the room!*

Steve Salmon, CN Member



Cambridge Neighbors has resumed Tiddle Gatherings—only now they're virtual! Check the August calendar for the next gatherings. Spaces are limited. Call or email the office to sign.

AUGUST PROGRAMS

Sun.	Monday	Tuesday	Wednesday	Thursday	Friday	Sat.
						1
2	3	4	5	6	7	8
		Sergio's Stretch Class on Zoom 11am	Haijing Zoom 4:30-5:10		Zoom Movement w/ Susanne 11am Meditation w/ Joel via Zoom 1:30pm	
9	10	11	12	13	14	15
	Tipple 5:00—6:00pm	Sergio's Stretch Class on Zoom 11am	Haijing Zoom 4:30-5:10	Six Foot Stroll 10:30	Zoom Movement w/ Susanne 11am	
16	17	18	19	20	21	22
	How the Light Gets In Discussion 1:00pm	Sergio's Stretch Class on Zoom 11am Biography Book Group 2:00pm			Zoom Movement w/ Susanne 11am Meditation w/ Joel via Zoom 1:30pm	
23	24	25	26	27	28	29
	Tipple 5:00—6:00pm	Sergio's Stretch Class on Zoom 11am Between the World & Me Discussion 1:00pm		Six Foot Stroll 10:30	No Zoom Movement	
30	31					
	Aging Your Way 1:30pm					

Meditation with Joel Baehr—Fridays, August 7 and 21, 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 invitation will be emailed to you.**

Six-Foot Strolls—We're happy to have Walk Leader, Dick Joslin, leading some walks again. However, **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. **Please call or email the office to sign up.**

Garden Street, from Danehy Park to Waterhouse St. Loop. Thursday, August 13, 10:30 am - 12:30 pm

The City of Cambridge recently designated three major cross-streets (Garden, Harvard, and Magazine Streets) as part of a "Shared Streets" program where thru-auto traffic is discouraged, thus making them safer for pedestrians and bicyclists. Let's see what the planners are up to. Meet at the public parking lot at the intersection of Fern and Garden Streets.

Mount Auburn Cemetery—Thursday, August 27, 10:30 am - Noon.

Last month we had a good time walking around Mount Auburn's Willow Pond, so this time let's take a mid-summer, shaded walk around Halcyon Lake. Meet at the Visitor's Center, adjacent to Visitor's Parking just inside the Mount Auburn Street gate.

Exercise Classes over Zoom—Tuesdays & Fridays at 11:00am

Evolve Fitness Instructor, Sergio Venci is offering a Stretch Class, which incorporates a stretch band, and Susanne Liebich offers a Friday Movement class. **Please sign up for your initial class (and for a band) through the CN office by phone or email.**

Tipple—Mondays, August 10 and 24, 5:00pm—6:00pm

Who says you can't still be sociable during the pandemic? Come together (via Zoom) with other CN members and enjoy "cocktail hour" together. Pour yourself a glass of wine and meet some new "neighbors". **Call or email the CN office to sign up prior to the event. A Zoom invitation will be emailed to you.**

How the Light Gets In Book Discussion, Mon. Aug. 17, 1:00pm

Biography Book Group, Tuesday, August 18, 2:00pm

Between the World & Me Book Discussion, Tues, Aug. 25, 1:00pm

Aging Your Way, Monday, August 31 at 1:30-3:00pm via Zoom Presenters: Tina Olton and Nancy Barcelo

This program introduces the concept of staying in charge of your medical care and other important matters concerning end of life issues and choices. **Please call or email the office to sign up. A Zoom invitation will be emailed to you.**

How to “Creatively Grandparent” in the midst of a pandemic.

Recently, Dr. Ruth Nemzoff, speaker and author of “Don’t Bite Your Tongue: How to Foster Relationships with Your Young Adult Children” and “Don’t Roll Your Eyes: Making In-Laws into Family,” facilitated a program for CN members called “Grandparenting from a Distance.” With the unprecedented constraints of the pandemic, grandparents everywhere, with precious grandchildren near and far, are missing them. Here are a few things that Dr. Nemzoff suggests to keep you connected and relevant in your loved one’s lives. Let us know if you’d like the complete list and we’d be happy to send it to you.



Dr. Ruth Nemzoff

Young Kids:

- Distract the kids for a bit in any way you can — give their quarantined parents a break. To do this by computer or phone, create things like a puppet or music show, something the kids will focus on. Keep your expectations low in terms of how long their attention will remain.
- Have the kids walk you through their pantries, showing their favorite foods.

School-age kids:

- If your grandkids have a hobby or are learning a skill (music or art, for instance), you can help by talking about it with them, looking at their work or sitting with them while they practice.
- Hold classes for your grandkids — teach them poetry by Facetime, maybe, at a consistent time during the week. Some good resources: *Wishes, Lies and Dreams*; and *Rose, Where Did You Get That Red?* both by Kenneth Koch and available on Amazon.

Tweens, teens, and older:

- You can play virtual board games: scrabble, chess, etc.
- Cook together — teach them a recipe as you Zoom into each others’ kitchens, and see how each of your creations turn out! You can always have the family taste-test.

*Note: While resources have been sorted into age categories, many of them can be enjoyable for multiple age groups, depending on your own and your grandchild’s interests.

FACEBOOK

We are building our Facebook Community! Please follow us and share with your friends!

<https://www.facebook.com/CambridgeNeighbors>



ALERT:

Free masks for your Medicare Number? Don't fall for it.

If anyone reaches out to get your Medicare Number or personal information in exchange for something, you can bet it's a scam.

2020 Board of Directors

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