

CAMBRIDGE NEIGHBORS

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

September 2022 Newsletter

Dear Members and Friends,

There are so many special members at Cambridge Neighbors who inspire and amaze. Nancy Barcelo is one of them. As many of you know, Nancy is our Friday afternoon volunteer meditation instructor, was our volunteer meeting facilitator, and has offered occasional programs to her fellow members. She presented on her travels to Cuba a few years back, and will be leading, along with CN member, Webb Brown, an October program called *Aging Your Way* (check out the inside calendar for more information). In addition, Nancy is a generous supporter of Cambridge Neighbors.

Early into my tenure at Cambridge Neighbors, I was interested in building a more robust volunteer program and met with Nancy to learn from her layered experience as both a volunteer and volunteer leader. One knows soon into talking with her that she is a deeply caring person who is deliberate in applying her values, skills, and resources to causes she holds dear.

Nancy joined Cambridge Neighbors as a member and volunteer after listening to an NPR program where volunteers in England (the UK recently created a cabinet position: the Minister for Loneliness) visited older people who wanted to feel more connected. "Visiting those who would benefit from companionship appealed to me," she said.



Nancy Barcelo

Prior to arriving at Cambridge Neighbors, Nancy spent over 20 years working with hospice patients, first as a volunteer and then as a volunteer manager. She became interested in the field after her experience tending to her grandmother at the end of her life. "It felt so easy for me," she said. A self-admittedly overactive person by nature, she found herself able to sit quietly with her grandmother for long periods of time. She reflects, "I found it beautiful to be fully present with her in this way during the time she was dying. It's a very sacred experience to be with people in that way." She says that her meditation practice, honed over several decades, was very helpful with her hospice work. A former teacher at Cambridge Insight Meditation Center, she conducted workshops using meditation practice lessons in working with the dying.

Nancy took over our meditation class last spring after Joel Baehr stepped down. "I love my meditation group at Cambridge Neighbors. It's a little community we have now. We're able to both be quiet and come together to talk about life in the context of this meditation practice we're doing together. It's a way to be with other people and connect with being silent. People keep coming back."

Nancy shared what *Aging Your Way* is about and what she hopes to bring to the workshop. "It's a platform for people to talk about anything related to aspects of aging that the booklet sparks. There are so many things to think about as we age, especially what we want to push away that makes us nervous. We can see our resistances and our openness, and new ways of thinking as to how aging can be a productive time of life, a meaningful and spiritual time. The booklet covers all these possibilities, and we will be able to talk about them together."

To sign up for *Aging Your Way* or Nancy's meditation class, please contact us.

Enjoy the rest of this beautiful but too-dry summer!

-Jan Latorre-Stiller, Executive Director

PROGRAM HIGHLIGHTS

Please be aware of possible health risks in attending in-person events.

Backyard Concert featuring Chris Teal and Sarah Coffman

Tuesday, September 6, 4:00pm–5:30pm

Rain Date: Tuesday, September 20

CN Members Peter and Susie White have, once again, generously offered their beautiful backyard as the setting for a summer outdoor concert featuring accomplished musicians, Chris Teal on violin and cellist and vocalist, Sarah Coffman. Wine and appetizers will be available. To keep everyone safe, only fully-vaccinated members may attend and the number of attendees will be limited. Please sign up through the CN Office at which point the address and parking directions will be provided. Because of limited parking, carpooling, if possible, is appreciated.



Helmand Restaurant Outing, Wednesday, Sept. 14, 6:00pm

143 1st Street, Cambridge

Join fellow CN members for dinner at an outside table at this Afghani restaurant, named for a river and known for its flatbread. Spaces are limited. Separate checks. Please contact the CN Office to sign up.

Gore Place Outing, Saturday, September 17, 2:00pm

52 Gore Street, Waltham, MA

Gore Place is a 50-acre country estate in Waltham, consisting of a historic Federal-style mansion and a working farm. On the 17th, the group will have an opportunity to view two interesting exhibits: *House in Bloom*, their annual flower show where floral arrangements are inspired by the historic home's beautiful architecture and furnishings; and *Hand-made for the Holidays*, a celebration of New England hand-crafts showcasing crafters with the opportunity to take advantage of early holiday shopping. There will be time to tour the first floor of the mansion and to explore the grounds. Meet at Gore Place's carriage house next to their parking lot at 2:00pm or carpool from Cambridge's Apple Cinema at 1:15pm. Please contact the CN Office to sign up.



IN PREPARATION FOR OCTOBER:

Aging Your Way, Thursday, October 6,

11:00am-1:00pm, Zoom

Presenters: Nancy Barcelo and Webb Brown

Register now for this program which 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, with Q&A at the end. Contact the CN Office to sign up.

Exploring Race, Wednesday, September 21, 4:00pm, Zoom

The DEI group is starting back up and if you haven't already, they invite you to read *Waking Up White, and Finding Myself in the Story of Race* by Debbie Irving. In her book she shares her personal struggle to understand racism and racial tension and how her well-intentioned "colorblind" mindset actually perpetuated the bias, stereotypes, and manners that have come to define race and racism. The group will meet to discuss the book and share reactions. "Waking Up White" is available in several formats at CPL, on Amazon, and Audible. An additional resource that presents an interesting perspective can be found in the article "The Trouble with White Fragility Discourse" forummag.com/2022/05/12/the-trouble-with-white-fragility-discourse/ Contact the CN office to sign up. All are welcome, even if you haven't read the book.

Royall House & Slave Quarters Visit, Sat., Sept.24, 2:00pm

15 George Street, Medford

In the eighteenth century, the Royall House and Slave Quarters was home to the largest slaveholding family in Massachusetts and to the enslaved Africans who made their lavish life possible. Today, the Royall House & Slave Quarters is a museum whose architecture, household items and archaeological artifacts bear witness to intertwined stories of wealth and bondage. Tour is \$8 for the 2pm tour. Meet at 15 George Street, Medford, at 1:50pm. Limited parking is available directly in front of the property. Or take the #96 bus from Harvard Sq. (at 1:25pm) or Davis Sq. (1:36pm) to the George St. at Main Street stop. Please contact the CN Office to sign up.

"Is Green the Way to Go?" Tues., Sept. 27, 11:00am, Zoom

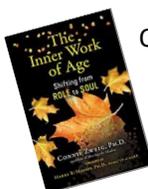
This presentation explores environmentally friendly end-of-life choices and options currently available in our state, and how one can be intentional about planning for greener care. We welcome Dr. Emily McClatchey who will be exploring the intersection of environmental awareness and end-of-life choices as she gives us the inside scoop on green death care options available in Massachusetts, what questions you should consider, and how you can be intentional about your wishes for a more "natural," eco-friendly departure. Please contact the CN Office to sign up.

Let's Talk: An Open-ended, Unscripted Conversation About Aging.

October 2022, Date and Time TBA

Facilitated by CN Member Michelle Seligson, Psychoanalyst

CN members will be invited to gather, over Zoom, for an informal meeting to explore what it feels like to enter the challenging stage of growing old. No curriculum or agenda, just bring yourself and whatever is on your mind.



Optional suggested reading for this program:
The Inner Work of Age: Shifting From Role to Soul
by Connie Zweig, Ph.D. (pub. Park Street Press, 2021)

SEPTEMBER PROGRAMS

Sun.	Monday	Tuesday	Wednesday	Thursday	Friday	Sat.
				1	2	3
					Zoom Movement 11:00am	
4	5	6	7	8	9	10
	Labor Day Office Closed  No Zoom Stretch	Backyard Concert 4:00pm-5:30pm		Explorer Walk 10:30am	Zoom Movement 11:00am Meditation with Nancy 1:00pm	
11	12	13	14	15	16	17
	Zoom Stretch 3:00pm Tipple at Nubar 5:00pm-6:00pm		Helmand Restaurant 6:00pm		Zoom Movement 11:00am Meditation with Nancy 1:00pm	Gore Place 2:00pm
18	19	20	21	22	23	24
	Zoom Stretch 3:00pm	Biography Bk 2:00pm-3:30pm Backyard Concert Rain Date	Exploring Race 4:00pm	Newton At Home Talk, TBA 10:30am	Zoom Movement 11:00am	Royall House & Slave Quarters 2:00pm
25	26	27	28	29	30	
	Zoom Stretch 3:00pm Tipple at Nubar 5:00pm-6:00pm	"Is Green the Way to Go?" 11:00am		Explorer Walk 10:30am	Zoom Movement 11:00am	

Backyard Concert—Tuesday, September 6, 4:00pm-5:30pm
See page 2 for full description. Sign up through the CN office.

Explorer Walks—Thursdays, September 8 and 29, 10:30am

- **Alewife to Davis Square, September 8, 10:30am**
Since it was cancelled in July, we're trying again. You'll meet at the Alewife Station's big "T" sculpture at 10:30am and begin by checking out the Alewife Brook Reservation near the station in hopes of seeing a great blue heron and other wildlife. Then head to Cambridge's Linear Park which connects to the Somerville Community Path for a 1-mile stroll along the paved and mostly tree-lined pathway to Davis Square. Last stop will be the Rosebud Kitchen for a pay-your-own lunch/brunch. Either return to Cambridge by Red Line at Davis Square or walk the mile back again to Alewife. Sign up through the CN office.
- **Fresh Pond Reservoir, September 29, 10:30am**
We will walk on the beautifully maintained path around Fresh Pond to see it in its early fall glory. Meet at 10:30 outside the CN office building, 545 Concord Ave. After our two-mile walk, we we'll grab coffee at the Starbucks near Cambridge Neighbors.

Meditation w/ Nancy—Fridays, Sept. 9 & 16, 1:00pm, Zoom
Join CN Member Nancy Barcelo who has been a practitioner of Vipassana meditation for 17 years. Sign up through the office.

Tipple—Mondays, Sept. 12 and 26 (Both at Nubar) 5:00pm
We will hold both of our Tipples at Nubar at the Sheraton Commander in Cambridge this month, with none to be held over Zoom. Limited spaces. Please be aware of possible health risks in attending this in-person event. Sign up through CN.

Helmand Restaurant Outing—Wednesday, Sept. 14, 6:00pm
See page 2 for full description. Sign up through the CN office.

Gore Place Outing—Saturday, September 17, 2:00pm
See page 2 for full description. Sign up through the CN office.

Biography Book Group—Tuesday, Sept. 20, 2:00pm, Zoom
This month, the group will be discussing the book *Bully Pulpit* by Doris Kearns Goodwin.

Exploring Race—Wednesday, September 21, 4:00pm, Zoom
See page 2 for full description. Sign up through the CN office.

Royall House & Slave Quarters —Saturday, Sept. 24, 2:00pm
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September 28 is National Good Neighbor Day!

You are invited to participate in a virtual summit to celebrate National Good Neighbor Day on **September 28 from 10:00am-12:00pm.**



The theme is *“Shift Happens, looking beyond the pandemic to address social isolation and build community.”*

You’ll hear from the keynote speaker, Marc Freedman, Founder & Co-CEO of Encore.org, on the importance of “embracing shift” as we move toward a co-generational approach to healthy aging and problem-solving in the community.

You’ll also learn from Senator Patricia Jehlen about the state’s commitment to this issue, have the opportunity to engage with Taskforce leaders (like our own Jan Latorre-Stiller!) and fellow Massachusetts residents of all ages, and come away with tangible ideas to take action in your neighborhood. Learn more and register at www.endlonelinessma.com/summit



Massachusetts Taskforce
to End Loneliness & Build Community

Affinity Groups

In response to feedback from CN Members on some of the gatherings they’d like to see offered, the CN Program Committee would like you to let us know of your interest level in any (or all) of these potential Affinity Groups:

- 1. A Foreign Language Group**— Consider gathering casually with others to learn either French, Italian, or German, lead by one of our CN Members who is fluent in all three!
- 2. A Men’s Group**— CN Men who might like to gather socially and meet up with some of the other men of Cambridge Neighbors may like to start with a monthly lunch gathering at Panera Bread, or other suggested venue. The group’s agenda can only grow from the there.
- 3. A Games Group**— Mahjong anyone? Or maybe Bridge, Scrabble, or Cribbage? A few members have expressed interest in gathering for games.

Don’t be shy! If any (or all) of these interest you, please call the office and get your name added to our interest lists and give us your suggestions so that we may proceed in helping to make these Affinity Groups happen.



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Suite 104
Cambridge, MA 02138**

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