



CAMBRIDGE NEIGHBORS

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

October 2022 Newsletter

Dear Members and Friends,

We are fast heading into the heart of this colorful fall season that's so easy on the eye but that also mercilessly heralds the winter to come. For most of us non-skiers that means taking refuge inside more than we'd like. So, in fond memory of the sunny days of this past summer, here's a look back at the lovely warm-weather events we enjoyed. Thank you to CN members, Jeff and Webb Brown, for hosting us yet again this summer against the backdrop of their stunning backyard garden. And they did this not only once but twice!

Of course, there were our bi-weekly Nubar Tipples and several restaurant outings that we will remember as we head into the colder months. And, our bi-weekly Explorer Walks will continue through the winter, weather permitting. But don't entirely despair! Because of new hybrid-meeting technology, we will be able to accommodate both in-person and Zoom participation in programs (not events). We thank Jason Kao, one of our talented technology volunteers, who will help us get it up and running. More to come on this.



Summer outing at the Browns

Speaking of programs, I want to thank members of the Program Committee led by Meghan Maloney: Nancy Carlson, Kathy Gallery, Susan Murray, and Monica Bennett for helping to create interesting and fun programs that produce varied opportunities for members to get to know one another, an important part of the mission of Cambridge Neighbors.

Welcome to new board member, Rachel McCaw



Rachel McCaw

Rachel McCaw joined the Cambridge Neighbors board for the volunteering opportunity as well as to help elders in the area live independently for as long as possible with the help of her knowledge in Elder Law. Rachel currently works at an elder law and estate planning law firm based in Arlington. After giving two presentations to the members of Cambridge Neighbors, she was looking for ways to become involved in the organization such as becoming a Board member. Her favorite part of her job is being able to help the elders in her community protect their rights and ensure that their wishes are heard. Rachel currently lives with her fiancé Paul and their chunky orange cat Oliver. She spends her free time skiing in the winter and sailing with her parents in the summer.

Keep a look out!

Look for a one-question survey coming by email soon that asks if you would feel comfortable attending an in-person Cambridge Neighbors gala event at the Sheraton Commander in Cambridge in mid-December. Most of you remember the "before times" event where over 100 members would gather over a festive lunch to enjoy one another's company, savor great food, and lift a glass of wine in the spirit of the season! We hope to do it again as soon as it seems safe to do so. We will let you guide our decision, so please do take a minute to respond.

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Home Visits

CN members, Anna Whitcomb (right) and Nancy Carlson, our interim board chair and vice-chair respectively, are excited to announce that, starting in October, they will each be making home visits to interested members to get acquainted and to better assess what they might need from Cambridge Neighbors. Some of you may recall that Tina Olton, CN member and preceding CN board chair, was dedicated to making these visits as her time allowed. Both Nancy and Anna are pleased to follow in her footsteps. If you are interested in scheduling a home visit with either Nancy or Anna, please let the office know.

Warm regards, Jan Latorre-Stiller



Anna Whitcomb



Nancy Carlson

PROGRAM HIGHLIGHTS

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

Aging Your Way—Thurs. 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 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.



"How to Promote Brain Health from the Perspective of a Geriatrician." Quimby Center. Tues. Oct. 11, 11:00am, Zoom

There are normal changes to our body and brain as we age. Dr. Kady Goldlist will review information on normal, expected cognitive changes with age. She will also discuss ways to slow memory loss and optimize brain function. Contact the CN Office to sign up for this Quimby Center Zoom presentation.

Buttermilk & Bourbon Restaurant, Wed., Oct. 12, 6:00pm
100 Arsenal Yard Boulevard, Watertown

"Drawing on the South's trademark charm, the restaurant offers a vibrant, cozy atmosphere with an innovative American menu featuring Southern-influences. The chef channels his love of New Orleans and all things Southern to transport guests to the Bayou." Limited spaces. Separate Checks. Contact the CN Office to sign up.

Charles River Fall Foliage Cruise

Sunday, October 16, 2:30pm-4:00pm, Tickets \$25.00

This 90-minute trip is "perfect for soaking up the spectacular fall foliage New England has to offer." Enjoy beautiful views of the cities of Boston and Cambridge including the Back Bay, MIT, Harvard U., along with countless sailboats and rowers. Indulge in the quintessential flavors of fall with complimentary apple cider available onboard." (There are heaters inside the vessel.)

The cruise will depart from the Lechmere Canal Park at the



CambridgeSide Mall (directly outside of the Food Court). Validated \$4 parking is available for the CambridgeSide Mall Parking Garage. Check in for redeeming your tickets will be at the ticket booth beginning 30 minutes prior to departure. Boarding will begin 15 minutes prior and cruises leave right on schedule. **Sign up early!** Contact the CN Office to sign up.

MFA—Life Magazine and the Power of Photography.

Wednesday, October 19, Early Afternoon. Tickets \$34.00

"In the period from the Great Depression to the Vietnam War, the majority of photographs printed and consumed in the United States appeared on the pages of illustrated magazines. Among them, *Life*—published weekly from 1936 to 1972—was both extraordinarily popular and visually revolutionary. The major exhibition "*Life Magazine and the Power of Photography*" offers a revealing look at the collaborative processes behind many of the publication's most recognizable, beloved, and controversial images and photo essays—and considers how photographs continue to shape media narratives today." If time, see The Obama Portraits also.

Meet at Apple Cinemas at 12:45pm for carpooling. Sign up early! Contact the CN Office to sign up.

Men's Group, Thursday, October 20, 1:00pm. Panera Bread

We'll kick off our new Men's Group with lunch at Panera Bread in Porter Square. We encourage our CN Men to join in for this first gathering. The group can discuss future plans and interests and the program's agenda can only grow from there. We're open to feedback. Please contact the CN Office with questions and to sign up for this outing.

"Let's Talk"—Wed., October 26, 2:00pm, Zoom

Facilitated by CN Member Michelle Seligson, Jungian 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 St. Press, 2021) Contact the CN Office to sign up.



OCTOBER PROGRAMS

Sun.	Monday	Tuesday	Wednesday	Thursday	Friday	Sat.
						1
2	3	4	5	6	7	8
	Zoom Stretch 3:00pm Tipple at Nubar 5:00pm-6:30pm			Aging Your Way 11:00am-1:00pm	Zoom Movement 11:00am	
9	10	11	12	13	14	15
	Columbus Day/ Indigenous Day Office Closed No Zoom Stretch	Quimby Center "How to Promote Brain Health" 11:00am	Buttermilk & Bourbon Restaurant 6:00pm	Explorer Walk 10:30am	Zoom Movement 11:00am Meditation with Nancy 1:00pm CN Info Session 3:00pm-4:00pm	
16	17	18	19	20	21	22
Charles River Cruise 2:30pm	Zoom Stretch 3:00pm	Biography Bk 2:00pm-3:30pm	MFA Life Magazine Photography 12:45pm	Men's Group 1:00pm	Zoom Movement 11:00am	
23	24	25	26	27	28	29
	Zoom Stretch 3:00pm Tipple at Nubar 5:00pm-6:30pm		Let's Talk 2:00pm	Explorer Walk 10:30am	Zoom Movement 11:00am Meditation with Nancy 1:00pm	
30	31					

Tipple—Mondays, October 3 and 24, (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.

Aging Your Way—Thursday, October 6, 11:00am, Zoom

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

Brain Health/Quimby Center—Tues., Oct. 11, 11:00am, Zoom

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

Buttermilk & Bourbon Restaurant—Wed., October 12, 6:00pm

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

Explorer Walks—Thursdays, October 13 & 27

• Minuteman Path, Camb. to Arlington Heights, 10:30am-2:00pm

Meet at Alewife Station in front of the big "T" sculpture. You'll follow the paved Minuteman Pedestrian/Bike Path from the station, around Spy Pond to Arlington Center, and then on toward Arlington Heights. On the way back you'll stop for a light lunch (self-pay) before busing home down Mass Ave on the #77 bus to Porter and Harvard Squares. (Note: if you parked at Alewife, you can take the #77 to Arlington Center and then take the #67 to Alewife - or the #77 to Porter and then the Red Line to Alewife.) Approximately 2.5 miles walking. Sign up through the CN office.

• Mount Auburn Cemetery, Thurs. Oct. 27, 10:30am-12:00pm

On this walk you'll look at some of the monuments and resting places in the area of Halcyon Pond, including Mary Baker Eddy's monument. In the nearby areas you'll look for sites of several people listed on Mount Auburn's African American Heritage Trail, including Harriot Jacobs, Mary Walker, and George and Josephine Ruffin. Meet at the Visitors Center just inside the main gate. Sign up through the CN office.

Meditation w/ Nancy—Fridays, Oct. 14 & 28, 1:00pm, Zoom

Join CN Member Nancy Barcelo who has been a practitioner of Vipassana meditation for 17 years. Sign up through the office.

Charles Riverboat Cruise—Sunday, October 16, 2:30pm

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

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

This month, the group will be discussing the book *Empire of the Summer Moon* by S.C.Gwynne

MFA, Life Magazine Photography—Wed. Oct. 19, 12:45pm

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

Men's Group—Thursday, October 20, 1:00pm

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

"Let's Talk"—Wednesday, October 26, 2:00pm, Zoom

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

A Ukrainian Guest

In August, CN was delighted to host Oleksandra Kovalchuk, acting director of the Odesa Fine Arts Museum as she presented on some of the artwork and history of Odesa and the people of Ukraine. She began the presentation with a painting depicting Cossack Mamay—a Ukrainian folk hero who, though often enjoying life's simple pleasures, is always ready to stand up to defend his freedom. Another painting Oleksandra presented was *Harvest* which depicts female laborers working in a field of grain—imagery commonly associated with Ukraine. In fact, for those of you who may not know, the Ukrainian flag is representative of a golden field of grain (the yellow bottom half) with a blue sky above (blue upper half).



Harvest by Zinaida Serebryakova



Cossack Mamay
Artist Unknown

Oleksandra went on to explain that Russia, at one point, created a Union of Artists that commissioned works of art and oversaw some of the subject matter created.

One piece that had been commissioned by the Union was a painting entitled *The Flight* but it was later forbidden to be displayed. The Odesa Fine Arts Museum decided to exhibit it anyway, and it became one of the most popular paintings in the museum. Oleksandra claimed that “being a rebel sits somewhere deep in our history and our tradition.” One of the last paintings in her presentation was that of a painting donated in 2019 in honor of the museum’s 120th anniversary—a modern and stylistic version of David and Goliath.



The Flight
by Oleksander Atsmanchuk

In addition to being the acting director of the museum, Oleksandra has been working to lead fundraising efforts for the newly (and quickly) created Museum for Change. It’s mission is to help Ukrainian museums in their efforts to secure and save their works of art, as well as the buildings that house them. Attending CN Members, in their great sense of concern and generosity, donated more than \$1,100.00 to this noble cause.

—Meghan Maloney, Assistant Director

2022 Board of Directors

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