CAMBRIDGE NEIGHBORS

ARLINGTON BELMONT CAMBRIDGE SOMERVILLE WATERTOWN

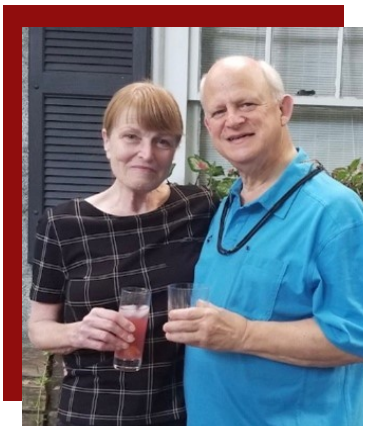
A community of neighbors helping aging adults lead independent and engaged lives at home.

November 2022 Newsletter

Dear Members and Friends,

This is the season of giving thanks. During these times when so much of the world is experiencing disaster and hardship, we especially take note of our relatively good fortune. We hope you get to celebrate your good fortune in a meaningful way this Thanksgiving.

On another note: In a conscious and continuing effort to show off our members, I'd like to highlight J.B. and Valerie Maxwell, a delightful couple who joined Cambridge Neighbors a few years ago—in fact, just before the pandemic hit. They were "gone missing" for much of the time (as many of us were) but have recently resurfaced to enjoy their membership and, in turn, to give other members the opportunity to enjoy getting to know them. J.B. was a business owner and management and marketing consultant. He is currently on the board of the Arlington Library Foundation and has interests in history, physics and science, and model trains and ships. Valerie, a former educator and financial services executive, has interests in gardening, reading, economics and markets, history, and art history and museums.



Valerie & J.B. Maxwell

"We heard about the village movement from a friend who told us about the one in Boston. We were intrigued and decided to check it out at one of their regular Information Sessions. We liked what we heard and decided to give it a try."

Because they love living in Arlington—they note it's very accessible to Boston and there's lots of places they can walk to including the library, two theatres, restaurants, etc.—they want to stay put for as long as they are able. J.B. says that belonging to an organization like CN where it's possible to age in place with reliable practical supports and a social network is fantastic. He and Valerie have already taken advantage of CN's list of Vetted Service Providers, having had a professional home safety assessment and railings installed with a CN member discount. They have also used CN's Neighbors-in-Service program where volunteers provide a variety of services including technology help ("I've especially appreciated this service since I'm a luddite," Valerie admits), rides to medical appointments, help with small household tasks, etc. And they are reassured by staff support. "We love the fact that staff is knowledgeable about local resources. They know where to find things."

One of the pillars of CN is creating opportunities for members to get to know one another. J.B. and Valerie have expanded their social circles by attending a variety of programs and events including brunch at Branch Line and dinners at Tryst, backyard get-togethers, and Explorers Walks. J.B. and Valerie enjoy meeting other members at various events. "Every time we go, we have a wonderful time. It's an interesting group!" J.B. added, "During the pandemic, we received regular check-in calls from volunteers at CN to see if we needed anything. It was nice to have that happen during such an isolating time."

When asked how CN has affected their lives, J.B. and Valerie quickly answer, "It's much better. We've met nice people, enjoyed meals with other members, and had referrals to expert professionals who are doing work for us. It's been a real plus."

J.B. adds, "We're so glad we came across CN and decided to take a chance. It's worth every penny of membership. You get a lot for your money."

Warm regards,
Jan Latorre-Stiller, Executive Director

Announcement: Because of Covid and increased risks with indoor dining, CN has decided to temporarily suspend our Restaurant Outings beginning in December. (Please note our last scheduled one on Nov. 10.) In lieu of these outings, we invite those still interested in doing such to call the office to have their name put on a "Dining List." Those members who'd like to seek out others to join them in restaurant dining excursions, be it with one person or with a group, can call the office to obtain the list. We hope to resume organizing our Restaurant Outings in the spring.

PROGRAM HIGHLIGHTS

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

Covid Update with Dr. Huber (courtesy of Newton at Home)
Tuesday, November 1, 10:30am, Zoom
Given the myriad of health related decisions that everyone is confronted with these days, this will be a time for an open discussion about what people are doing about Covid precautions and what activities you feel comfortable doing (or not doing). This will also be a time to cover the other immunizations including pneumonia vaccines, shingles, etc. Bring your questions. Contact the CN Office by Oct. 31 to sign up.

"Navigate the Holidays as a Solo Ager" Virtual Workshop
Tuesday, Nov. 8, 10:30am-11:30am, Zoom. Through CPL
Sponsored by Cambridge Neighbors, Cambridge Public Library will host Aileen Gerhardt, Board Certified Patient Advocate, for this special holiday program. Planning ahead is one of the best ways for Solo Agers to live a dynamic life. Maximizing connections with others is always helpful, especially as you approach the holiday season. Despite best efforts and intentions, it may be that individuals are left to our own devices in taking pleasure during this time of year. Throughout the discussion Ailene will identify useful approaches for navigating the ups and downs of the holiday season. Registration is required: 617-349-4041 or www.cambridgema.gov/cpl/calendarofevents

Trinktisch Restaurant, Thursday, November 10, 6:00pm
87 Leonard Street, Belmont
"Borrowing its namesake from the fusion of two German words 'drink' and 'table,' Trinktisch is a new convivial beer and food hall in Belmont created by the founders of Craft Beer Cellar." This will be held inside, in a private room. Limited spaces. Separate Checks. Contact the Office to sign up.

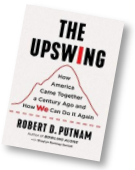
Exploring Race, Wednesday, Nov. 16, 4:00pm-5:00pm, Zoom
CN's monthly program exploring the history and present-day consequences of racial injustice invites you to read *Waking Up White, and Finding Myself in the Story of Race* by Debbie Irving. In her book, Irving shares her personal struggle to understand 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. On the 16th, you'll meet to discuss the book and share our reactions. *Waking Up White* is available in several formats at the Cambridge Library and on Amazon and Audible. An additional resource that presents an interesting perspective on the approach to discussions of white superiority is "The Trouble with White Fragility Discourse" https://forummag.com/2022/05/12/the-trouble-with-white-fragility-discourse/ All are welcome, even if you haven't read the book. Contact the office to sign up.

"Designing Your Sleep Environment" Jo M. Solet, PhD
Friday, November 18, 2:00pm, Zoom

Join Jo M. Solet, PhD, member of the Harvard Medical School Faculty in the Division of Sleep Medicine and the Department of Medicine at Cambridge Health Alliance, as she helps us learn more about sleep as a pillar of health. She'll provide background and focus on "Where?" as you design your sleep environment. Please feel free to submit questions in advance. Contact the CN Office to sign up.

MIT Museum, Monday, November 21, 1:30pm
Tickets $15; Cambridge Residents: Free
Reinvented with new programs and exhibitions, the MIT Museum, now located at 314 Main St. near the Kendall Square T, aims to make innovation and research available to all by presenting the best of STEAM (science, technology, engineering, arts, and math). "The MIT Museum turns MIT inside-out, inviting visitors to take part in on-going research and demonstrates how science and technology will shape the future of society." Their website (mitmuseum.mit.edu) offers detailed info. Cambridge residents should sign up online for free Cambridge Resident Membership and must also show proof of residency at the door. Meet at the Harvard Square T ticket machines, lower platform, at 1:30 pm. Contact the office to sign up.

Robert Putnam, political scientist and author of *Bowling Alone: The Collapse and Revival of American Community*
Monday, Nov. 28, 11:30am, in person and by Zoom



CN welcomes guest speaker, Robert Putnam, political scientist and author of *Bowling Alone:The Collapse and Revival of American Community* and his most recent book, *The Upswing How America Came Together a Century Ago and How We Can Do It Again.* "Deep and accelerating inequality; unprecedented political polarization; vitriolic public discourse; a fraying social fabric; public and private narcissism—Americans today seem to agree on only one thing: This is the worst of times. But we've been here before. During the Gilded Age of the late 1800s, America was highly individualistic, starkly unequal, fiercely polarized, and deeply fragmented, just as it is today. However as the twentieth century opened, America became a society on the upswing, more focused on our responsibilities to one another and less focused on our narrower self-interest. Sometime during the 1960s, however, these trends reversed, In a sweeping overview of more than a century of history, Robert Putnam will share his analysis of a remarkable confluence of trends that brought America from an "I" society to a "We" society and then back again." Robert will speak at the CN Office. Members are welcome to attend in person, or tune in over Zoom. Contact the office to sign up and please specify which way you'll be attending.

NOVEMBER PROGRAMS

Sun.	Monday	Tuesday	Wednesday	Thursday	Friday	Sat.
		1	2	3	4	5
		Dr. Huber 10:30am		Explorer Walk 10:30am-1:00pm	Zoom Movement 11:00am Meditation with Nancy 1:00pm	
6	7	8	9	10	11	12
	Zoom Stretch 3:00pm	Navigate the Holidays 10:30am	Let's Talk 2:00pm	Trinktisch Restaurant 6:00pm	Office Closed Veterans Day Zoom Movement 11:00am Meditation with Nancy 1:00pm	
13	14	15	16	17	18	19
	Zoom Stretch 3:00pm Tipple at Nubar 5:00pm-6:30pm	Biography Bk 2:00pm-3:30pm	Exploring Race 4:00pm-5:00pm	Explorer Walk 10:30am	Zoom Movement 11:00am Designing Sleep Environment 2:00pm	
20	21	22	23	24	25	26
	MIT Museum 1:30pm Zoom Stretch 3:00pm			Office Closed Happy Thanksgiving	Zoom Movement 11:00am Office Closed	
27	28	29	30			
	Robert Putnam 11:30am Zoom Stretch 3:00pm Tipple at Nubar 5:00pm-6:30pm	Conversational French 2:00pm Men's Group 2:30pm Details to come.				

Covid Update with Dr. Huber—Tuesday, November 1, 10:30am
See page 2 for full description. Sign up through the CN office.

Explorer Walks—Thursdays, November 3 and 17

• Boston Harborwalk & Greenway, Thursday, Nov. 3, 10:30am
The group will travel by Red Line to South Station and Silver Line to the Court House stop. Masks are recommended on the T. You'll go up the Harborwalk and follow the walk along the waterfront, around the Court House, and over the bridge to the Greenway. You'll amble down the landscaped Greenway and stop at Boston Public Market's farmer's market at Dewey Square. If time permits, you'll continue on the Greenway to the Auntie Kay and Uncle Frank Chin Park by the Chinatown Gate. The park should be decorated with its seasonal "Lantern Stories" art on display celebrating "the past, present, and future of Boston's vibrant Chinatown community." There are several options along the route for a self-pay lunch. Meet 10:30am at Harvard Station, downstairs by the ticket machines. Sign up through the CN office.

• Mount Auburn Cemetery, Thurs. November 17, 10:30am
Meet at the Visitor's Center, just inside the entrance gate, for a late autumn walk to visit a couple of the ponds in our nation's first public arboretum. Sign up through the CN office.

Meditation w/ Nancy—Fridays, Nov. 4 and 11, 1:00pm, Zoom
Join CN Member Nancy Barcelo who has been a practitioner of Vipassana meditation for 17 years. Sign up through the office.

Navigate the Holidays—Tuesday, Nov 8, 10:30am
See page 2 for full description.

Trinktisch Restaurant—Thursday, November 10, 6:00pm
See page 2 for full description. Sign up through the CN office.

Tipple—Mondays, Nov. 14 & 28 (Both at Nubar) 5:00pm
Join CN Members for wine and appetizers at Nubar at the Sheraton Commander Hotel in Cambridge. Limited spaces. Sign up through the CN office.

Biography Book Group—Tues., Nov. 15 2:00pm, Inprsn/Zoom
This month, the group will be discussing the book *His Truth Is Marching On (John Lewis)* by Jon Meacham.

Exploring Race—Wednesday, Nov. 16, 4:00pm-5:00pm, Zoom
See page 2 for full description. Sign up through the CN office.

Designing Sleep Environment—Friday, Nov 18, 2:00pm, Zoom
See page 2 for full description. Sign up through the CN office.

MIT Museum Outing—Monday, November 21, 1:30pm
See page 2 for full description. Sign up through the CN office.

Robert Putnam—Mon., Nov. 28, 11:30am, In person/Zoom
See page 2 for full description. Sign up through the CN office.

We Celebrate and Thank Our Wonderful Volunteers!

CN would not be able to deliver its services and programs without our volunteers, many of whom are members. They are critical to our mission. During the pandemic, they risked their health by delivering groceries, running errands, and helping with technology (especially crucial when so many of us relied on it as a means of connecting during the pandemic). Many regularly contacted members by phone to ask how we could help. We couldn't be more grateful to them.

Before the pandemic, volunteers would meet regularly to get to know one another and to discuss their experiences, successes, and challenges. A full two and one-half years later, we have officially resumed these meetings. It was especially noteworthy since it was also our first opportunity to use our newly installed hybrid meeting technology. We were able to conduct the meeting with both in-person and virtual attendees. Barring a few minor logistical issues, it went well!

Volunteers agreed that it was great to get to meet one another and to be able to get advice and suggestions not only from our meeting facilitator, Nancy Barcelo, but from one another. One outcome from the event is that we will produce guidelines for using volunteer services which will better ensure a positive experience for both members and volunteers. Watch for this in an upcoming email in the next couple of months.

GALA EVENT ON HOLD!

We have decided that it is in the best interest of our members to delay our end-of-year gala event. While we are sad about having to go yet another year without being together, it is the only choice given the predictions of the likely possibility of another wave of COVID-19 cases and a resurgence of influenza cases.

We plan to hold a similar event in the late spring of 2023 when we can gather at an outdoor venue. If you haven't already, please schedule an appointment for your annual influenza vaccine and the bivalent COVID booster vaccines.

A "Celebration of Life" for long-time CN Member and former Board Member, Kristin Mortimer will be held at St. Andrew's Church in Wellesley on Saturday, November 5 at 11:00am.

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