

CAMBRIDGE NEIGHBORS

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

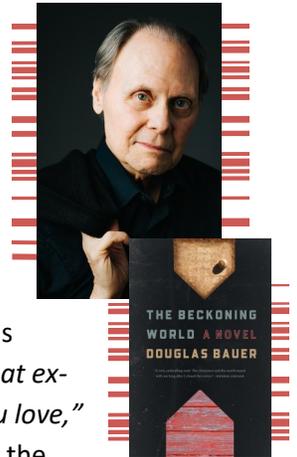
February 2023 Newsletter

Dear Members and Friends,

I once read that if one were to hang around Harvard Square and talk to ten adults, two out of the ten would be authors or writers. Cambridge is a literary hub where there is inspired opportunity to write, find support from peers, and perhaps teach the craft.

So, it is not surprising that, among the Cambridge Neighbors membership, we have more than a handful of noted writers and authors. Among them is Douglas Bauer who, along with his equally celebrated wife, author Sue Miller, has lived in Cambridge for many years. They joined Cambridge Neighbors at its inception in 2007, mostly to support the cause (though Doug tells me, as they grow older, they are relying more on our services.)

We are pleased to announce that Doug will be discussing and reading from his new and highly praised novel, “The Beckoning World,” on February 15 at 2:00pm. Perhaps apropos with this month’s celebration of romantic love, Doug’s latest novel is said to be, “A beautiful, slow-cooker of a novel that examines what it means to love, to follow your dreams, and to bend your aspirations for the people you love,” writes Lee Woodruff, author of *New York Times* bestseller, “In An Instant”. And Richard Bausch from the University of Ohio press writes, “Based on a true story, the novel follows the life and times of Earl Dunham, a coal miner turned baseball pitcher turned farmer. Ranging across the first half of the twentieth century, ‘The Beckoning World’ gives us this man’s story of the long love of his life and his relationship with his son. The book provides a vision of American life and legends—Babe Ruth and Lou Gehrig are vividly portrayed—but mostly, through Bauer’s sorcery, it provides a bright window into the nature of love itself, familial and passionate, abiding, and yes, going through the ‘blunt work’ of survival in all weathers.”



Doug is the author of three previous novels: “Dexterity”, “The Very Air” and “The Book of Famous Iowans” as well as three works of non-fiction: “Prairie City Iowa: Three Seasons at Home”, “The Stuff of Fiction: Advice on Craft and What Happens Next?” and “Matters of Life and Death” which won the PEN/New England Award in Non-Fiction. His Numerous essays and articles have appeared in *Esquire*, *Harper’s*, *The Atlantic*, *The New York Times Magazine*, *The New York Times Book Review*, *The Los Angeles Book Review*, and many other publications. He has won grants from the National Endowment for the Arts in both fiction and creative non-fiction and teaches at Bennington College where he is a core faculty member of the Bennington Seminars MFA program in writing and literature.

In addition to discussing “The Beckoning World” on the 15th, Doug will also read from his award-winning collection of essays, “What Happens Next?: Matters of Life and Death.” The anthology was inspired by his personal epiphany about end-of-life matters triggered by his mother’s death.

With all his impressive credentials and accomplishments, I found Doug to be lovely to talk with—down-to-earth, passionate about his work, unassuming, and delightfully honest. We hope you’ll join us for what is sure to be a thought-provoking literary treat.

Warm regards,

Jan Latorre-Stiller, Executive Director

PROGRAM HIGHLIGHTS

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

“The Caregiving Years”, Wednesday, Feb. 1, 12:00pm, Zoom
Carmel Murphy-Kotyan, Director and Owner of *CMK Home Care, LLC*, will talk about the many Stumbles and Steadies in the six stages of caregiving and how one can cope with them all. You will recognize what stage you are in, what may be ahead for you, and the importance of taking care of yourself:

- The Expectant Caregiver
- The Freshman Caregiver
- The Entrenched Caregiver
- The Pragmatic Caregiver
- The Transitioning Caregiver
- The Godspeed Caregiver



Carmel Murphy-Kotyan has worked in the Caregiving/Aging Industry for over 25 years. She is a Certified Retirement Coach, Certified Caregiver Consultant, End-of-Life Doula Consultant and a Grief Coach.

In addition to being Director and Owner of CMK Home Car, which offers non-medical help and safety for elders in their place of residence, she is the Founder of the Caregiver Support Project, designed to help guide families through the difficult journey of caregiving for their aging loved ones/spouse by offering free monthly educational Lunch & Learns on the third Wednesday of every month from 12noon–1pm. <https://cmkhomecare.net/caregiver-support-project/> Contact the CN Office to sign up.

Tour of the Harvard Museums Display of Ancient Coins Tuesday, February 7, 2:00pm

CN is fortunate to have among its members Carmen Arnold-Biucchi, former Damarete Curator of Ancient Coins at the Harvard Art Museums who has offered to give a tour of the coins on display in the different galleries of ancient art. Ancient coins are works of art in miniature, since the dies were cut by hand. They are comparable to statues and can tell us a lot about history and art, often more than the written sources. You will see some of the earliest coins from the east, some from Ancient Greece, and beautiful portraits of Roman emperors. The museum is free for Cambridge residents and is otherwise \$18 for seniors. Meet inside the museum entrance at 32 Quincy St. by 1:55pm. Limited number of attendees. Contact the CN Office to sign up.



Douglas Bauer, Author. Wednesday, Feb. 15, 2:00pm, Zoom
We are happy to host award-winning author—and CN Member—Douglas Bauer as he discusses and shares excerpts from his recently published, and highly praised novel, “The Beckoning World”. (The book is currently available at local bookstores and Amazon should attendees like to read it before the discussion.) In addition, Doug will also read from his collection of essays, “What Happens Next?: Matters of Life and Death”. The anthology was inspired by his personal epiphany about end-of-life matters triggered by his mother’s death. Time will be allotted for

questions from the audience at the end of the program. Please see the article on page 1 of this newsletter to read more about Douglas Bauer and join in on this special opportunity. Contact the CN Office to sign up.

Exploring Race, Wednesday, Feb. 22, 4:00pm-5:00pm, Zoom



With much excitement, CN’s Diversity, Equity, and Inclusion Discussion Group will offer a program featuring the celebrated playwright August Wilson’s 1988 work: *Joe Turner’s Come and Gone*. The group will be offering a two-series program on the Pulitzer Prize-winning drama works of Wilson. The March 29 discussion will focus on his work: *Fences*.

August Wilson (1945-2005) has been called by many as “Theatre’s Poet of Black America.” He is best known for a series of ten plays called “Pittsburgh Cycle” or “Century Cycle” which chronicles the experiences and heritage of the African-American community in the 20th Century.

We encourage you to check out a copy of the play *Joe Turner’s Come and Gone* at your local library to read before the program on the 22nd. Although it is not necessary to read the play before you participate in the program, it certainly makes the discussion more interactive and interesting if you are aware of the themes lifted up in the play. If you have questions, contact Webb Brown: webb.brown80@gmail.com

Herewith are additional interesting resources for further info and study about Wilson and *Joe Turner’s Come and Gone*:

- For a Biography of August Wilson:

https://en.Wikipedia.org/wiki/August_Wilson

- Analysis of major themes in the play:

<https://www.essaywriting.expert/analysis-of-the-major-themes-in-the-play-joe-turners-come-and-gone-essay/>

- Character analysis in play:

<https://www.litcharts.com/lit/joe-turner-s-come-and-gone/characters/herald-loomis>

- August Wilson’s Pittsburgh Cycle (Century Cycle):

<https://www.courttheatre.org/about/blog/august-wilsons-century-cycle/>

“Scams: How to Protect Yourself From Becoming a Victim” with Bill Walker, Friday, February 24, 1:00pm, Zoom

This talk will focus on the online and offline scams that are happening more frequently than ever. Topics will include examples of some of the more common scams, advice on recognizing these exploits, what to do if you are a victim and information on resources to help keep up with the ever-changing landscape. Contact the CN Office to sign up.

Bill Walker is an independent technology consultant with over 35 years of experience in software, hardware, communications and support as well as being a CN tech volunteer.

FEBRUARY PROGRAMS

Sun.	Monday	Tuesday	Wednesday	Thursday	Friday	Sat.
			1	2	3	4
			The Caregiving Years 12:00pm		Zoom Movement 11:00am	
5	6	7	8	9	10	11
	Zoom Stretch 3:00pm Tipple by Zoom 5:00pm	Ancient Coins 2:00pm		Explorer Walk 10:30am	Zoom Movement 11:00am Meditation with Nancy 1:00pm Let's Talk 2:00pm	
12	13	14	15	16	17	18
	Zoom Stretch 3:00pm		Douglas Bauer 2:00pm		Zoom Movement 11:00am Meditation with Nancy 1:00pm	
19	20	21	22	23	24	25
	Office Closed  Zoom Stretch 3:00pm Tipple by Zoom 5:00pm	Biography Bk Group 2:00pm-3:30pm	Men's Group 2:30pm Exploring Race 4:00pm-5:00pm	Explorer Walk 10:30am	Zoom Movement 11:00am Avoiding Scams 1:00pm	
26	27	28				
	Zoom Stretch 3:00pm	Conversational French 2:00pm				

The Caregiving Years—Wednesday, February 1, 12:00pm, Zoom
See page 2 for full description. Sign up through the CN office.

Tipple—Mondays, February 6 and 20, 5:00pm-6:00pm, Zoom
A great way to meet some fellow members! In trying to keep our members safe in bad weather and from pathogens, we're holding both of our February Tipples over Zoom. Pour yourself a drink and join some of your fellow CN Members for a toast and some good conversation. Limited spaces. Sign up through the CN office.

Ancient Coins—Tuesday, February 7, 2:00pm
See page 2 for full description. Sign up through the CN office.

Explorer Walks—Thursdays, Feb. 9 and 23. Weather permitting.

- **Danehy Park Meanderings, Thursday, February 9, 10:30am**
You'll walk to the top of the hill to see a public art installation titled 'Throne Room for the King and Queen of the Hill', then down the hill to check on the Miyawaki Forest before heading over to the new Universal Playground which includes some wonderful design details. About 1.25 miles. Meet at the New Street parking lot at 10:30am. Sign up through the CN office.

- **Mount Auburn Cemetery, Thursday, February 23, 10:30am**
For this month's Mount Auburn walk, you'll visit some of the cemetery's "notables"—lots of familiar names in this area—between Spruce and Walnut Avenues. Meet in front of the Visitors Center. Sign up through the CN office.

Meditation w/ Nancy—Fridays, Feb. 10 & 17, 1:00pm, Zoom
Join CN Member Nancy Barcelo who has been a practitioner of Vipassana meditation for 17 years. Sign up through the office.

Let's Talk—Friday, February 10, 2:00pm, Zoom
This informal group will continue their discussion on the possibilities and challenges of the aging journey. Join your fellow travelers in what is always a lively and insightful exchange of ideas. Sign up through the CN office.

Douglas Bauer—Wednesday, February 15, 2:00pm, Zoom
See page 2 for full description. Sign up through the CN office.

Biography Book Group—Tues., Feb. 21, 2:00pm, Inprsn/Zoom
This month, the group will be discussing "A Revolution in Color: The World of John Singleton Copley" by Jane Kamensky

Men's Group—Wednesday, February 22, 2:30pm
Meet 4th floor Conference. Sign up if you're new to the group.

Exploring Race—Wednesday, February 22, 4:00pm, Zoom
See page 2 for full description. Sign up through the CN office.

Avoiding Scams—Friday, February 24, 1:00pm, Zoom
See page 2 for full description. Sign up through the CN office.

Conversational French Group—Tuesday, Feb. 28, 2:00pm
Meet at Freeport. Sign up only if you're new to the group.

A Big “Thank You” to our Generous Donors.

All of us at Cambridge Neighbors, including board and staff, are very grateful to those individuals and foundations who so generously donated to our organization in 2022. Because of you, we can focus on the issues that matter— delivering life-enhancing personalized services so that our constituents are able to stay in their homes and communities with confidence as they age.

Because of you, staff is well equipped to continue to maintain high quality services and programs. Because of you, members enjoy multiple opportunities to connect with one another and enjoy being part of a caring community, much needed in these precarious and somewhat lonely times. And, finally, the absolute best way to demonstrate the impact of your contribution is by hearing directly from our members. Here is an example:

“Thank you for all you do for me and everyone at CN finding various kind of helpers. I do not know what I would do without this service that finds people to help me get to my doctors, manage my old and cranky computer, and many other good deeds that get me through my day. You all help me live a much fuller, healthier life in every way.” —Jane R., CN Member

We are looking forward to a year filled with possibility and growth (yes, even in the midst of a relentless pandemic.) As you are an important part of our community, we welcome your voice in what happens at Cambridge Neighbors. Let us know your ideas, suggestions, and concerns!

Thanks to:



- Cambridge Savings Charitable Foundation
- Cambridge Trust Foundation
- City of Cambridge Small Business Grant
- Cambridge Community Foundation

Please Note: We are resuming our Check-In Calls in February and our Board Chair and Vice-Chair, Anna Whitcomb and Nancy Carlson, will resume home visits with some of our members. Please let the office know if you would like to arrange a visit.

CN Member Passing

We’d like to remember former CN Member, Tom Rodes, noting his recent passing, and offer our condolences to his family and friends. A Celebration of Life will be held near the date of the Head of the Charles — a favorite of Tom’s. Please contact CN for a full obituary.

2023 Board of Directors

Nancy Carlson
Emily Flax
Jan Kinasewich
Judy Lindamood
Jay Lorsch
Rachel McCaw
Helene Quinn
Connor Regan
Matt Sullivan
Anna Whitcomb
Peter White
Janet Whitla
Wendy Zens



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Meghan Maloney
Assistant Director

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