



CAMBRIDGE NEIGHBORS

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

January 2023 Newsletter

Dear Members and Friends,

Here we are heading into a brand-new year full of possibility and, dare I say, hope for a better world. All of us at Cambridge Neighbors wish you all the best in the year ahead and look forward to making the world a bit brighter and lighter for our members in 2023.

We will sorely miss Cambridge Neighbors board member, Webb Brown, who stepped down from the board at the end of December. Webb has been an invaluable voice in guiding Cambridge Neighbors over the past six years, bringing her unique perspective as a chaplain and community organizer to the discussion. Her wisdom, kindness, and commitment to the village concept will reverberate beyond her tenure. We are delighted that Webb will continue to participate on our Diversity, Equity, and Inclusion Committee which has been a labor of love for her. Thank you, Webb!

"What a distinct honor and fun privilege for me to have served on the Cambridge Neighbors Board these past six years! I am so glad that Shippen Page, then Board Chair, encouraged me to join. I have loved working with other committed and talented Board members to support and further the goals of our Cambridge Neighbors organization. I am proud that we are regarded as a leader in the national village movement.

One of my life's passions is "building community". Thus, I have greatly enjoyed furthering our member-driven organization's goals to enable us to age safely and interdependently in place while staying connected to and being valued in our community. What a pleasure to witness and help support the amazing, caring, and professional commitment of our staff (Jan and Meghan) and many volunteers as they further CN's goals. I have enjoyed getting to know so many members in various ways through programs, activities and the Committee work which has been quite meaningful and fun. Love the parties too! I am looking forward to the time when CN can safely resume our annual Holiday party.

I am very glad the Board enacted CN's commitment to Diversity, Equity, and Inclusion and supports its programs. Monitoring the varied and exciting Committee reports at Board meetings has been awesome; and during the unexpected Covid issue these recent years, Jan, Meghan and many volunteers from our membership stepped up to provide critical services and Zoom program opportunities to continue our goals of staying connected and building community. What a joy now to have hybrid options (both Zoom and in person) for programs and events.

After six years of service, it is time for me to step back and make way to welcome others to join the Board. Step forward, you talented and skilled folks!

I will happily remain an active member of Cambridge Neighbors and am looking forward to continuing the treasured friendships I've made here and to getting to know new members and being with many of you in programs and activities."

*Blessings,
Webb Brown*



Webb Brown

Warm regards,
Jan Latorre-Stiller, Executive Director



Happy January 2023, a New Year and new beginnings.

I am delighted to be the newly elected President of the Board of Cambridge Neighbors and look forward to serving our membership community. As we enter into the winter months, a time for reflection and renewal, I hope you'll consider attending one of the many programs and activities that Cambridge Neighbors has to offer. Jan, Meghan, and CN committees work to deliver wonderful programs which often include opportunities to interact with other members, such as Conversational French, a Men's Group, winter walks, or Tipples. There are also speakers who present on a host of important, educational, or just plain entertaining topics—a wonderful way to stay engaged throughout the wintery months.

Wishing you a Happy New Year!
Anna Whitcomb – President of the Board



PROGRAM HIGHLIGHTS

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

Late Holiday Concert to Enjoy from Home Friday, January 6, 4:00pm, Zoom

Postponed from December, we'll wrap up the holiday season with this concert featuring accomplished violinist, Chris Teal with the talented cellist/vocalist Sarah Coffman. Relax at home, pull up a chair, and extend the spirit of the holidays with this concert featuring "festive songs from the British Isles for voice and violin, and some traditional Carols on strings that should be familiar to all." Contact the CN Office to sign up.



"British Royals" presented by the Museum of Fine Arts, Houston, Wednesday, January 11, 2:00pm, Zoom. Courtesy of Newton At Home

"This presentation will discuss interesting, surprising and scandalous stories about the British Royals from the time of Henry VIII to Queen Elizabeth II. The artworks to be shown and discussed come from a once in a lifetime exhibition that took place at the Museum of Fine Arts Houston, and featured works that almost never travel from the National Portrait Gallery in London. Additionally, probably the most famous painting of Henry VIII by Holbein will be presented, a work displayed courtesy of the Palazzo Barberini in Rome." Contact the CN office to sign up.

"Let's Talk", Friday, January 13, 2:00pm, Zoom

Due to popular demand, this informal group discussion continues as CN members are invited to gather, over Zoom, to explore the stage of later life with all its attendant challenges and opportunities. No curriculum or agenda, just bring yourself and whatever is on your mind. Facilitators and topics will rotate. Contact the CN Office to sign up.

"Navigating Bereavement", Tuesday, Jan. 17, 11:00am, Zoom
Ronnie Genser, President of Bereavement Navigators, will discuss how she went from having a sole proprietor international sales and marketing consulting business and a wonderful, seemingly healthy husband, to building a new life and a new business (which she refers to as "Second Act") after the unexpected death of her husband in 2011 from complications of a heart attack. The things Ronnie learned to do following her husband's death included how to organize the numerous and unexpected tasks she faced, the resources she found, and the tips she learned. She now uses this knowledge in her work with widows, widowers, adult children, and other relatives who have lost a loved one, with the hope that it will make the myriad of tasks, and the journey ahead, easier for them.

She'll also address how she overcame her grief, especially as a new widow without any friends who were widow or widowers.

Lastly, Ronnie will provide attendees with:

- A comprehensive list of "**Recommended Additional Resources**" consisting of books and articles full of additional information, and
- Her "**Suggested Resources for a Widow/Widower/Adult Child When You Want to Help But Don't Know What to Do**" document. Contact the CN office to sign up.

Prior to founding Bereavement Navigators in 2012, Ronnie Genser's professional background included over 20 years in international and domestic sales, marketing, training, and consulting. In addition, Ronnie served on the Board of Directors of the Lewy Body Dementia Association from 2006-2008. As a board member and subsequent volunteer, she created the LBDA's support group network of almost 100 support groups, which spanned 36 states and the province of Ontario, Canada.

"The Continuing Care Retirement Community Decision: One Couple's Experience" with Eleanor Counselman Thursday, January 26, 7:30pm, Zoom Courtesy of Wellesley Neighbors

"In June 2022 my husband and I moved into an independent living apartment in a Continuing Care Retirement Community (CCRC). We are happy with our decision, which is the outcome of a process that we began five years ago. In my talk I will describe our journey including the preliminary research we did about CCRCs, our particular criteria, visits to several CCRCs, how we made our final decision, downsizing and selling our house, and what the adjustment has been like. There will be time for questions." Contact the CN office to sign up.

Dr. Eleanor Counselman is a psychologist with a private psychotherapy practice in Lexington, MA. She is Past President of the American Group Psychotherapy Association and of the Northeastern Society for Group Psychotherapy. She has published extensively in the areas of group and couple psychotherapy and supervision. She is a graduate of Wellesley College and Boston University.



JANUARY PROGRAMS

Sun.	Monday	Tuesday	Wednesday	Thursday	Friday	Sat.
1	2	3	4	5	6	7
	Office Closed for New Year's Day Zoom Stretch 3:00pm				Zoom Movement 11:00am Meditation with Nancy 1:00pm Holiday Concert at Home 4:00pm	
8	9	10	11	12	13	14
	Zoom Stretch 3:00pm Tipple by Zoom 5:00pm		British Royals 2:00pm	Explorer Walk 10:30am	Zoom Movement 11:00am Let's Talk 2:00pm Info Session 3:00pm	
15	16	17	18	19	20	21
	Office Closed for Martin Luther King, Jr. Day Zoom Stretch 3:00pm	Bereavement 11:00am Biography Bk Group 2:00pm-3:30pm			Zoom Movement 11:00am	
22	23	24	25	26	27	28
	Zoom Stretch 3:00pm Tipple by Zoom 5:00pm	Conversational French 2:00pm	Men's Group 2:30pm	Explorer Walk 10:30am CCRC Decision 7:30pm	Zoom Movement 11:00am Meditation with Nancy 1:00pm	
29	30	31				
	Zoom Stretch 3:00pm					

Meditation w/ Nancy—Fridays, January 6 and 27, 1:00pm, Zoom
Join CN Member Nancy Barcelo who has been a practitioner of Vipassana meditation for 17 years. Sign up through the office.

Holiday Concert at Home—Friday, January 6, 4:00pm, Zoom
See page 2 for full description. Sign up through the CN office.

Tipple—Mondays, January 9 and 23, Zoom, 5:00pm-6:00pm
Drink a toast to the new year. In trying to keep our members safe in bad weather and from pathogens, we're holding both of our January Tipples over Zoom. Pour yourself a drink and belly-up to your computer, joining some of your fellow CN Members for a toast. Sign up through the CN office.

British Royals—Wednesday, January 11, 2:00pm, Zoom
See page 2 for full description. Sign up through the CN office.

Explorer Walks—Thursdays, January 12 and 26

● **Green Line Exten. & Somerville Comm. Path, Jan 12, 10:40am-1pm**
The group will take the 69 bus from Harvard Sq. to Lechmere for a ride on the new Green Line Extension, exiting the train at Magoun Sq. for a walk on the Somerville Comm. Path back to Davis Square (about 1.3 miles). Davis Sq. has wonderful eateries for an optional self-pay lunch before returning to Harvard Sq. on the Red Line. Meet at the bus stop opposite Cambridge Trust in Harvard Sq. at 10:40am for the 10:45am bus. Sign up through the CN office.

● **Mount Auburn Cemetery, Thurs. January 26, 10:30am**
You'll explore the northwest corner of the cemetery; its paths include Greenbriar, Mimosa, Excelsior, and Mistletoe! Meet in front of the visitors center. Sign up through the CN office.

Let's Talk—Friday, January 13, 2:00pm, Zoom
See page 2 for full description. Sign up through the CN office.

CN Information Session—Friday, January 13, 3:00pm, Zoom
Have friends who may be interested in learning about CN? Please encourage them to join in on our Info Session on Zoom.

Navigating Bereavement—Tuesday, Jan. 17, 2:00pm, Zoom
See page 2 for full description. Sign up through the CN office.

Biography Book Group—Tues., Jan. 17, 2:00pm, Inprsn/Zoom
This month, the group will be discussing *E.B. White—A Biography* by Scott Elledge.

Conversational French Group—Tuesday, Jan 24, 2:00pm
Meet at Freepoint. Sign up only if you're new to the group.

Men's Group—Wednesday, January 25, 2:30pm
Meet 4th floor Conference. Sign up if you're new to the group.

CCRC Decision—Thursday, January 26, 7:30pm, Zoom
See page 2 for full description. Sign up through the CN office.

— Member Guidelines for Using Volunteers —

As mentioned in our December newsletter, we have resumed our regular volunteer meetings with the help of CN member and facilitator, Nancy Barcelo (some may recognize her as our meditation class leader). Although participants unanimously agreed that they enjoy their volunteer experience at CN, they offered some valuable advice. We thought we'd share their input as guidelines which, going forward, should make the experience for both volunteer and member even more fulfilling:



- 1. Communicate with the volunteer the day before you are to meet in order to confirm details of the assignment or should your plans change. If you have a volunteer waiting to drive you home from your appointment and the waiting time has changed, please let them know.**
- 2. Leave your cell phone on (if possible) at all times so that the volunteer can get a hold of you, if needed. This especially applies to those who are requesting rides or expecting grocery deliveries.**
- 3. When you call the office for volunteer assistance with a ride, please let us know about parking availability. If your appointment is in an area where the volunteer might grab coffee while they wait, please let us know. If you have a handicap access card, please bring it with you. This is especially important for those brave volunteers who have kindly agreed to drive to and from Boston.**
- 4. This applies to all volunteers, but with a special nod to our volunteer drivers: Driving anywhere with the nightmare of traffic and maze of buildings can be stressful. Look at it as an opportunity to get to know one another (most volunteers are members themselves) and appreciate the kind gesture of one giving of their time to help.**

Coming Soon...

Keep your eye out for the **2023 Cambridge Neighbors Member Directory**, arriving in your mailboxes in late January or early February. If you have recently address, changed your address, phone number, or email address, please be sure to notify Meghan.

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

Staff

Jan Latorre-Stiller
Executive Director

Meghan Maloney
Assistant Director



CAMBRIDGE NEIGHBORS

ARLINGTON BELMONT CAMBRIDGE SOMERVILLE WATERTOWN

**545 Concord Avenue, Suite 104
Cambridge, MA 02138**

January 2023 Newsletter