

# CAMBRIDGE NEIGHBORS

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

## March 2023 Newsletter

### Dear Members and Friends,

While March can be dreary, those of us who enjoy film look forward to this month's celebration of movies delivered through the televised Academy Awards extravaganza. Once again, Cambridge Neighbors member, Documentary Filmmaker, and Instructor of film and screenwriting at Harvard Summer School, Susan Steinberg Woll, generously offers her assessment of last year's films, many of which are contenders for Oscar Awards this month. Happy spring! —Jan Latorre Stiller, Executive Director

### Films: What Are You Watching?

The Academy Awards ceremony will be on March 12, 2023 at 8pm. Each year, prior to the event, I survey films from the previous year. My purpose is not to assess which films might win Oscars—although I may make a few guesses—but to think about which films in 2022 contain memorable stories, ideas and images. The list is not in any particular ranking order. Instead, I note that autobiographical film emerged this year as a genre; and I group animation and documentaries where they occur. The list is limited to feature films, not series. Below are one dozen films for 2022 that may be worth your viewing if you haven't already seen them.

This past year, films were often grim, savage and contained wildly over-the-top elements. But doesn't that match the times? I also found that this year's films contained a number of themes relevant to aging—among them: The choice to end a lifelong friendship (*Banshees of Inisherin*); contemplation of one's own life path from the vantage point of age (*The Fabelmans*; *Armageddon Times*); the necessity of having lived a meaningful life (*Living*).

### Note: The Search is Over!

No need to spend (seemingly endless) time hunting around for the platform on which the film you want to see is playing. We are providing a guide courtesy of Clementine Zei, Researcher.

- 🌀 [\*Banshees of Inisherin\*](#)— Martin McDonagh. Where to Watch: HBO Max, Amazon Prime Video
- 🌀 [\*Everything, Everywhere, All at Once\*](#)— Daniel Kwan; Daniel Scheinert. Where to Watch: Amazon Prime, Hulu, Showtime
- 🌀 [\*Broker\*](#)— Writer-Director: Hirokazu Kore-eda. Where to Watch: As of this writing, theaters only
- 🌀 [\*Living\*](#)— Writers: Kazuo Ishiguro (adapted from Akira Kurosawa); Director: Oliver Hermanus  
Where to Watch: As of this writing, theaters only
- 🌀 [\*Tár\*](#)— Where to Watch: In theaters, YouTube, Apple TV

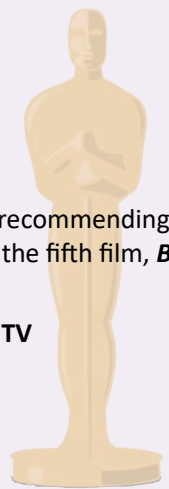
In 2022, five directors made films about themselves or about what they love most: the world of film. I am recommending two that are autobiographical (below). The other three are *Armageddon Times* and the lovely *Empire of Light*; the fifth film, *Babylon* is a film with problems.

- 🌀 [\*The Fabelmans\*](#)— Steven Spielberg and Tony Kushner Where to Watch: In theaters, Amazon, Apple TV
- 🌀 [\*Bardo: A False Chronicle of a Handful of Truths\*](#)— Alejandro G. Iñárritu, Where to Watch: Netflix

And one animated and two documentaries worth noting:

- 🌀 [\*Turning Red \(Animated\)\*](#)— Where to Watch: Disney Plus YouTube Apple TV
- 🌀 [\*All the Beauty and the Bloodshed \(Documentary\)\*](#)— Where to Watch: As of this writing, theaters only, HBOMax TBA
- 🌀 [\*Stutz \(Documentary\)\*](#)— Where to Watch: Netflix

Among the Many 2022 Films I have Not Yet Seen are: *Women Talking*; *All Quiet on the Western Front*; *Close*; *Argentina 1985*; *The Whale*; *The Woman King*; *Decision to Leave*; *Kimi*; *Nope*; *Avatar: The Way of Water*; *She Said*; *RRR*, and sadly, more...  
—Susan Steinberg Woll



## PROGRAM HIGHLIGHTS

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

**Bowling, Saco's, 45 Day Street, Somerville, Tues., Mar. 7, 11am**  
Candlepin Bowling is not defunct: Strike up some conversation but spare us the puns and gather at Sacco's Bowl Haven in Davis Sq., Somerville. Meet at the alley at 11:00am and look for the Cambridge Neighbors group. Metered parking is available across the street, or take the Red Line to Davis Square which is very close by, or take the 96 bus at Porter Sq. on the Broadway side across the street from the T station. Lane charges are \$30/hour and \$15/half hour (to be split among attendees) and shoe rentals are \$4. If successful, we may play against the Beacon Hill Village group some day. The group may stay for lunch. Contact the CN Office to sign up.

**Eileen Moran Brown, Founder of Cambridge College  
Wednesday, March 15, 2:00pm, Zoom**

In honoring Women's History Month, CN is honored to host as a special guest, Eileen Moran Brown, founder and the first President of Cambridge College. Brown began her career as an English teacher at John Bartram High School in Philadelphia and later became the coordinator of a federally funded program at the West Philadelphia High School to prepare inner-city students for college. She entered teaching "hoping that [she] could be a part of creating a future of a more inclusive America," and has "spent a lifetime fighting the notion of two Americas—the idea that some people deserve opportunity and others don't."

Eileen's recently published book, "It's Not Where You Start... It's Where You Finish," is a gripping and entertaining account of her work culminating in the founding of Cambridge College (which recently celebrated its 50th anniversary) and the struggles and barriers, she, her students, and her colleagues faced over the years in their efforts to create "equal opportunities for all students."

Eileen has donated copies of her book to some local libraries, and, a CN member has also generously offered to purchase several copies of this book so that attendees can read it prior to the March 15 program. (The book is also available on Amazon.) Contact the CN Office for a book and to sign up for this special program.

**"Making Cents of Caregiving Costs," Wed. March 22, 1:00pm Zoom**

As a supplement to February's program on The Caregiving Years, we welcome Renee Senes from AARP who will introduce essential information caregivers need to more easily manage some of the financial complexities of caregiving. Using AARP's Financial Workbook for Family Caregivers, provided to all attendees, you will learn how to incorporate financial tips into your caregiving. Additional resources will be discussed and we will leave time for questions. By the end of the session, it is hoped that you will have the confidence to make your own plans, as well as a better understanding of how to plan for your care recipient. **Please sign up through the CN Office early to allow for the mailing of your AARP Financial Workbook.**

*Renee Senes, CDFA® AARP Massachusetts joins us as a volunteer with the Massachusetts AARP Speakers Bureau. She is a frequent*

*lecturer on planning for retirement, managing finances and social security with over 25 years of experience in the financial planning and investment field.*

**"Labor of Life: Textiles + Fiber," Monday, March 27, 10:30am  
Arlington Arts Center — Shaira Ali Gallery  
20 Academy Street, Arlington**

The Arlington Arts Center has mounted a new exhibit: *Labor of Life: Textiles + Fiber*. Historically, textiles have been a part of what moves cultures forward: Innovations like spinning fibers together to create thread have been instrumental in survival from the beginning of human existence. Cultures around the

world have used textiles as currency, to show wealth and power, and as an everyday tool. The artwork in this exhibit (by mostly women) showcases the diverse techniques that encompass the world of textiles. Following the viewing of the exhibit, the group may wish to have a pay-you-own

lunch at one of the nearby eateries. Meet downstairs at the Harvard Station at 10:30am to take the 10:40am No. 77 bus to Arlington. Contact the CN Office to sign up.

**Exploring Race, Wed., March 29, 4:00pm-5:00pm, Zoom**

CN's Diversity, Equity and Inclusion Discussion Group will offer another program featuring August Wilson and his Pulitzer Prize-winning play "Fences" written in 1985, which was made into a film starring Denzel Washington and Viola Davis. Wilson is one of the most compelling story tellers in the theatre. "Fences" encompasses the 1950's and a Black family struggling to put down roots in an industrial city like Pittsburgh. He tells the story of four generations of a Black American family and how they have passed on a legacy of morals, mores, attitude and pattern looking for security and safety in a racist society. As we know, Fences as an allegory and in real life, are built to keep things and people out or in.

We encourage you to check out a copy of "Fences" from your local library to read before the discussion group. If you have questions, contact Webb Brown: [webb.brown80@gmail.com](mailto:webb.brown80@gmail.com). Herewith are interesting resources for further information and study on "Fences"; also info for TV platforms to watch the movie if you desire. For themes in the story:

<https://fiyin-okupe.medium.com/10-things-i-learnt-from-fences-the-film-76784ef77b63>

For plot and allegories:

[https://en.wikipedia.org/wiki/Fences\\_\(play\)](https://en.wikipedia.org/wiki/Fences_(play))

TV platforms to watch the film:

Prime Video, Paramount Plus, the ROKU Channel, EPIX, SpectrumTV, MM+, Redbox, VUDU or Apple TV on your ROKU

**Facts about Hearing Aids, Thursday, March 30, 2:00pm, Zoom**

With Over The Counter (OTC) hearing aids now available, we will welcome two professionals who will talk about the differences between these and the traditional (including digital) hearing aids, as well as other hearing helpers called Personal Sound Amplification Products (PSAPs). Contact the CN Office to sign up.



# MARCH PROGRAMS

Sun.	Monday	Tuesday	Wednesday	Thursday	Friday	Sat.
			1	2	3	4
					Zoom Movement 11:00am CN Info Session 3:00pm	
5	6	7	8	9	10	11
	Zoom Stretch 3:00pm Tipple by Zoom 5:00pm	Candlepin Bowling 11:00am		Explorer Walk 10:30am	Zoom Movement 11:00am Let's Talk 2:00pm	
12	13	14	15	16	17	18
	Zoom Stretch 3:00pm		Eileen Moran Brown 2:00pm		Zoom Movement 11:00am Meditation with Nancy 1:00pm	
19	20	21	22	23	24	25
	Zoom Stretch 3:00pm Tipple at Nubar 5:00pm	Biography Bk Group 2:00pm-3:30pm	Making Cents of Caregiving Costs 1:00pm	Explorer Walk 10:30am	Zoom Movement 11:00am Meditation with Nancy 1:00pm	
26	27	28	29	30	31	
	Fiber Arts Outing 10:30am Zoom Stretch 3:00pm	Conversational French 2:00pm	Men's Group 2:30pm Exploring Race 4:00pm-5:00pm	Hearing Aids 2:00pm	Zoom Movement 11:00am	

## CN Information Session—Friday, March 3, 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.

## Tipple—Mondays, March 6 and 20, 5:00pm, Zoom & In Person

This month, we will hold both a Zoom Tipple and, once again, a Tipple at Nubar at the Sheraton Commander Hotel. Join some of your fellow CN Members for a toast and some good conversation. Limited spaces. March 6 is by Zoom. March 20 is at Nubar. Sign up through the CN office.

## Candlepin Bowling—Tuesday, March 7, 11:00am

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

## Explorer Walks—Thursdays, Mar. 9 and 23. Weather permitting.

### • Fresh Pond, Thursday, March 9, 10:30am

We'll head out in a counter clockwise direction around the pond. Depending on the conditions of the paths, we'll either go all the way around the pond or you'll detour to Black's Nook and then retrace our steps. Meet outside the CN building at 10:30am. Maybe Starbucks afterwards. Sign up through the CN office.

### • Mount Auburn Cemetery, Thursday, March 23, 10:30am

Join with your fellow Cambridge Neighbors at Mount Auburn Cemetery for an uphill walk to the Tower to enjoy the beautiful views, maybe even experience a sense of awe. After that, it's downhill! Sign up through the CN office.

## Let's Talk—Friday, March 10, 2:00pm, Zoom

This informal group will continue their discussion on the challenges of the aging journey. Join your fellow travelers in what is always an insightful exchange of ideas. Sign up through the office.

## Eileen Moran Brown—Wednesday, March 15, 2:00pm, Zoom

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

## Meditation w/ Nancy—Fridays, Mar. 17 & 24, 1:00pm, Zoom

Join practitioner Nancy Barcelo. Sign up through the office.

## Biography Book Group—Tues., Mar. 21, 2:00pm, Inprsn/Zoom

This month the group will be discussing, *Kenneth Clark: Life and Art and Civilization* by James Stourton

## "Making Cents of Caregiving Costs"—Wed. Mar. 22, 4:00pm

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

## Conversational French Group—Tuesday, March 28, 2:00pm

Meet at Freepoint. Sign up only if you're new to the group.

## Men's Group—Wednesday, March 29, 2:30pm

Meet 4th floor Conference. Sign up if you're new to the group.

## Exploring Race—Wednesday, March 29, 4:00pm, Zoom

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

## Hearing Aids—Thursday, March 30, 2:00pm, Zoom

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

## “How Do You Increase Joy?” excerpts from Harvard Medical School Healthbeat

Dr. Stephanie Collier is the director of education in the division of geriatric psychiatry at McLean Hospital; consulting psychiatrist for the population health management team at Newton-Wellesley Hospital; and instructor in psychiatry at Harvard Medical School.

“During difficult times, it becomes twice as important to modify your routine, allowing yourself to experience joy. Here are some ideas, although it may take some trial and error to find what works best for you:

- Perform regular aerobic physical activity. Think of physical activity as releasing a bubble bath of neurotransmitters—and their effects linger long after the exercise is over.
- Dedicate yourself to others. Activities such as volunteering produce greater joy than focusing on oneself.
- Connect with your spiritual side. When we join with something larger than ourselves, we develop feelings of gratitude, compassion, and peace. Meditation is a powerful way to modify brain pathways to increase joy.
- Discover something new. As humans, we are hard-wired to experience joy when experiencing novelty. Developing a new pursuit can help us refocus our energy.

### Surprising benefits of joy.

Regardless of the changes you make to your mindset or to your daily routine, increasing your ability to find joy may provide long-lasting health benefits. Your immune system can be strengthened by your mental state (immune cells even have receptors for neurotransmitters). Interventions to increase joy may also decrease stress hormones, improve pain, and relieve depression. Finally, finding joy can help you live longer!

## NOTICE

Cambridge Neighbors staff covers the phones Monday through Friday from 9:00 a.m. to 5:00 p.m. If, in the rare event, we don't answer the phone when you call, it's because we're either on another line, have stepped away from our desk momentarily, or are conducting a Zoom program. Please leave a message. We will call you right back. If one of us goes on an extended vacation, we will notify members if there is a change in the office schedule.

**For your convenience**, we advise that you to let us know if you will be stopping by the office so that we can let you know if we are available to give you our undivided attention. Oftentimes, there is a Zoom program that we are hosting, and we would not be able to do so. Thank you!

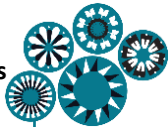


## 2023 Board of Directors

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