

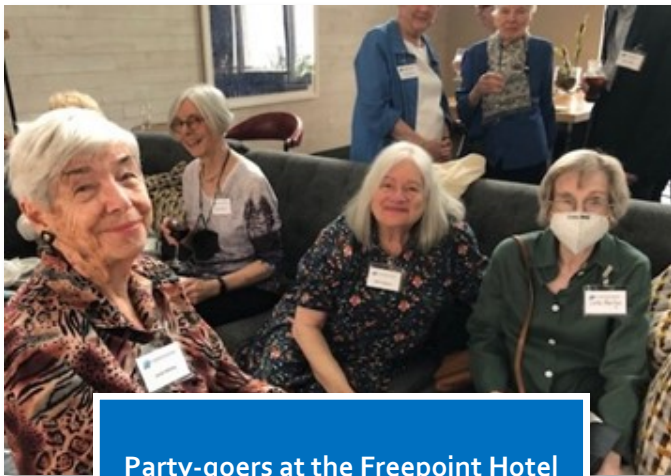
CAMBRIDGE NEIGHBORS

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

June 2023 Newsletter

Dear Members and Friends,

The Covid-19 public health emergency ended on Thursday May 11, the same day we held our “Almost Back to Normal” party at The Freepoint Hotel, the first big social event we’ve had since December 2019.



Party-goers at the Freepoint Hotel

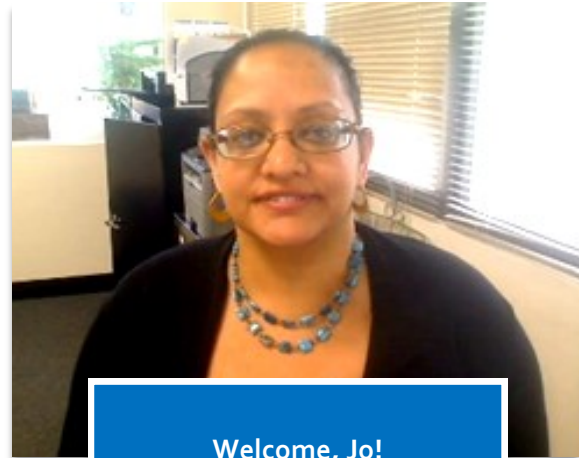
It was ironic that the two events intersected. It gave reason to lift a glass in celebration and to appreciate one another’s company more than ever. At the same time, it was emotional to hear the various media retrospectives marking the lifting of the emergency. It was a reminder of the terror of the global pandemic’s three-year reign and how far we have come. Feeling grateful.

On a lighter note, ‘tis the season of outdoor events! If you regrettably missed the May 11th party, you will be glad to know that CN members, Jeff and Webb Brown, will generously hosting another round of backyard soirees, the first of which is this month (see the inside calendar for more details.). Keep an eye out for other ways to mingle outdoors over the next several months.

We are delighted to welcome **Jo Gupta**, the new Assistant Director of Cambridge Neighbors. Jo was drawn to

Cambridge Neighbors because of our commitment to the concept of “aging in place”. She hopes to help Cambridge Neighbors explore innovative ways to build connections and community among members. She looks forward to working with members on offering stimulating events and programming that connect our members to ideas and people.

Prior to this role, Jo worked in the tech industry as an engineer and educator for 25 years. She has built technical education programs that help people understand how to use complicated software and assess their software skills. She has an undergraduate engineering degree and a master’s degree in education.



Welcome, Jo!

Jo has lived and worked in the greater Boston area for the past 25 years. She has lived in Somerville and Cambridge. She currently lives in Revere with her husband and their pets. She is an avid hiker and camper. Her next outing will likely be to the Mount Greylock area in Western Massachusetts. She is quite easily bribed by chocolate.

Wishing all of you a wonderful summer!

Warm regards,
Jan Latorre-Stiller, Executive Director

PROGRAM HIGHLIGHTS

Please be aware of possible health risks in attending in-person events. [Unless otherwise noted, please call/email the office to register for an event.](#)

South Station Tour

Saturday, June 3, 12:00-2:30pm

The free South Station tour is a lively hour-long walk through the 20th century, glimpsing into the railroad past and peeking into its future. Points of discussion include: geography of the area, architecture, history of the railroad, and historic events that shaped the railroad and South Station Terminal in particular. The tour covers three levels of South Station, accessed via escalator and elevator. Comfortable walking shoes recommended. Following the tour, we have the option of stopping nearby for self-pay refreshments and a chance to relax and socialize with fellow members, possibly at the South Street Diner, 178 Kneeland St., about a 5-10 minute walk from South Station. We will meet outside the Red Line ticket machines at the Harvard subway station at noon to arrive in time for the 1pm tour. The meeting place for the tour is inside South Station, using the Summer Street entrance, at the tour sign near the souvenir counter. Free. Open to members and guests.

Cyrus Dallin Art Museum,

Wednesday, June 7, 10:00am, Arlington, MA

Discover the art and life of the celebrated American sculptor, educator, and Indigenous rights advocate, Cyrus Dallin, at the only museum in the US solely dedicated to preserving his legacy. In the intimate setting of the Museum, visitors experience 90+ artworks spanning the sculptor's 66-year career. Join other CN members for a docent-led tour of the Museum, followed by a possible lunch gathering. \$10 Museum fee. Meet at the museum. Space limited. \$10.

Should I Stay or Go? Series: "What If Staying Home Doesn't Work Anymore?"

Wednesday, June 7, 1:00pm, Zoom

This presentation will cover the different levels of senior care communities, how to choose the right level, the costs of each, and what to consider when deciding if a place is right for you.

Navigating Solo: Planning Tools for Aging Well 5-Part Series

May 1, 16, 30 and June 13, 27. 6:30pm-7:45pm, Zoom

- ⇒ 6/13: "Assessing and Enhancing Your Support System"
- ⇒ 6/27: "Bringing It All Together & Developing an Organized Solo Aging Plan"

CN is teaming up with the Cambridge Public Library again to bring you a 5-part series on Solo Aging. Ailene Gerhardt, independent Board Certified Patient Advocate, will explore the unique considerations and planning needs of solo agers (an adult who, because of choice or circumstance, is without family support structure of adult children or close family members.)

We're grateful for our sponsors for this event: The Cambridge Homes, HouseWorks, Seniors Helping Seniors, Paine Senior Services, Somerville Cambridge Elder Services, Gosselin Law, Oakley Home Access, and Always Best Care.

Sign up for each evening through the CPL: 617-349-4041
<https://www.cambridgema.gov/cpl/calendarofevents>

CN Backyard Cocktail Party, Watertown, MA

Wed., June 14, 4:00pm-6:00pm (Rain Date: Thurs., June 15)

Ready to see friendly faces again—and maybe meet some new ones? CN Members, Webb and Jeff Brown are kindly opening their home again for another Backyard Cocktail Party. To keep everyone safe, only fully-vaccinated members may attend. Wine and appetizers are provided. Number of attendees are limited to 25, however, the Browns will hold a second party in July for those who were unable to attend the June gathering. Contact the Office to sign up and for address details.

Exploring Diversity,

Wednesday, June 21, 4:00pm-5:00pm, Zoom

Our June program will focus on the extraordinary life and legacy of the Rev Pauli Murray, an African American Woman : lawyer, author, activist, Episcopal Priest, who was very active in the Civil Rights Movement working for justice and equality for all. She will be one of the 4 women whose images will be minted on our US currency quarters this summer. Our guest discussion leader will be Mary Beth Clack who was one of the stellar researchers for the film "My Name is Pauli Murray".

Below are 3 short video links to introduce Pauli Murray:

- ⇒ https://sites.fhi.duke.edu/paulimurrayproject/files/2014/07/PauliMurray_timeline.pdf
- ⇒ <https://www.episcopalarchives.org/church-awakens/items/show/57>
- ⇒ <https://www.youtube.com/watch?v=CXUWg2gh6xs>

Restaurant Outing: Toscano,

Monday, June 26, 6:00pm

Join other CN Members for an evening out at Toscano, 52 Brattle St., Cambridge. Spaces are limited. Separate Checks.

Explorer Walk with Beacon Hill Village: Harvard Business School

Saturday, June 24, 10:30 am – 12:30 pm

Meet up with Beacon Hill Village walkers in front of the Harvard Coop and walk down the Kennedy Walkway to cross over the Anderson Bridge onto the manicured campus of the Harvard Business School. We'll head for the Moshe Safdie-designed chapel and then ramble around the campus over to the Chao Center, designed by Goody Clancy. Then on to Tata Hall, designed by William Rawn Architects. We'll then return over the Week's Footbridge and through the Harvard Houses back to Harvard Square for a pay-your-own lunch with our Beacon Hill friends.

CCTV Technology Lessons for Older Adults

Cambridge Community Television (CCTV) is offering online 1:1 technology help sessions once a month with Boston University students. They do these sessions over Zoom and usually have about four available spots per session. They also have weekly online technology lessons on Mondays from 1:00 -2:00 pm. If you are interested in participating, please contact Ellen Daoust (she/her) at ellen@cctvcambridge.org.

JUNE PROGRAMS

Sun.	Monday	Tuesday	Wednesday	Thursday	Friday	Sat.
				1	2	3
					Zoom Movement 11:00am	South Station Tour 12:00pm
4	5	6	7	8	9	10
	Zoom Stretch 3:00pm Tipple 5:00pm		Dallin Museum 10:00am What if Staying Home Doesn't Work Anymore? 1:00pm	Explorer Walk 10:30am	Zoom Movement 11:00am Meditation w/ Nancy, 1:00pm Let's Talk 2:00pm	
11	12	13	14	15	16	17
	Zoom Stretch 3:00pm	Solo Aging 6:30pm	CN Backyard Cocktail Party 4:00pm (Rain date 6/15)		Zoom Movement 11:00am CN Info Session 3:00pm	
18	19	20	21	22	23	24
	Office Closed For Juneteenth Zoom Stretch 3:00pm Tipple 5:00pm	Biography Book Group 2:00pm	Exploring Diversity 4:00pm		Zoom Movement 11:00am Meditation w/ Nancy, 1:00pm	Walk and Lunch with Beacon Hill Village 10:30am
25	26	27	28	29	30	
	Zoom Stretch 3:00pm Toscana, Res- taurant Outing 6:00pm	Conversational French 2:00pm Solo Aging 6:30pm	Men's Group 2:30pm		Zoom Movement 11:00am	

South Station Tour—Sat., June 3, 12:00pm

See page 2 for full description.

Tipple—Mondays, June 5 and 19, 5:00 pm

Join members for wine, appetizers, and good conversation. Limited spaces. NuBar, 16 Garden Street, Cambridge

Cyrus Dallin Art Museum—Tues., June 7, 10:00am

See page 2 for full description.

What If Staying Home Doesn't Work Anymore—Wed., June 7, 1:00pm, Zoom

See page 2 for full description.

Solo Aging Series—Tues., June 13 & 27, 6:30pm, Zoom

See page 2 for full description.

Explorer Walk—Thurs. June 8, 10:30am

A walk around Fresh Pond. Meet outside the lobby of the Cambridge Neighbors office, 545 Concord Avenue. After our two-mile walk, we'll stop in at Starbucks at the Freepoint Hotel.

Meditation w/ Nancy—Fridays, June 9 & 23, 1:00pm, Zoom

Join practitioner Nancy Barcelo.

Let's Talk—Friday, June 12, 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.

CN Backyard Cocktail Party—Wed., June 14, 4:00-6:00pm

See page 2 for full description.

Exploring Diversity—Wednesday, June 21, 4:00pm, Zoom

See page 2 for full description.

Walk with Beacon Hill Village—Sat., June 24, 4:00-6:00pm

See page 2 for full description.

Toscana, Restaurant Outing—Monday, June 26, 6:00pm

See page 2 for full description.

Conversational French Group—Tuesday, June 30, 2:00pm

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

Welcome, New Volunteers



Eugene Pool:

I wanted to volunteer for Cambridge Neighbors because I like being useful, I have lived and worked in the area for most of my life, and I like meeting new people of all kinds!



Estelle Disch

I like the structure of CN and hope to both contribute to and benefit from what's offered. I joined as a volunteer to pay it forward while I still can. I look forward to getting involved.



Michael Berden

I enjoy working with Cambridge Neighbors helping people keep their independence. It is an added bonus that I get to spend time with people I haven't met before.



Can you help? CN member, Gerald Holton, a Cambridge resident, is looking for a volunteer who will take him for a short walk once a week. Please contact the CN office for more information.

Volunteer Appreciation. "My kindle is up and running and I am happily reading Rough Sleepers by Tracy Kidder. You were right in saying that Serena [CN volunteer] was fabulous. She set up my kindle and then fixed my printer. She was so nice, and I am so appreciative that you found her for me."



- Barbara Petery, CN Member

The poster is for the 2023 Community Volunteer Fair. It features a red background with white and yellow text. At the top left is the Cambridge Volunteer logo. The main title is '2023 COMMUNITY VOLUNTEER FAIR' in large, bold, white letters. Below the title, it says 'Find opportunities - Make a difference'. The date and time are 'THURSDAY, JUNE 8 12-1 PM'. The event is 'REMOTE ON ZOOM'. A list of activities includes: 30+ local agencies, Breakout sessions, 1-on-1 guidance, and Q&A. There is a QR code and a registration link: bit.ly/cvc2023volunteerfair. More info is at cambridgevolunteers.org and sponsorship info is at info@cambridgevolunteers.org. The bottom section says 'Thank You Sponsors!' and lists logos for Cambridge Local First, ECBA, H.S.B.A., and MIT. The Cambridge Center for Adult Education logo is also present.

Online Volunteer Recruitment Fair

Link: <http://bit.ly/cvc2023volunteerfair>

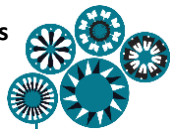
2023 Board of Directors

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