



September 2024

CAMBRIDGE NEIGHBORS

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

Dear Members and Friends,

I hope you have a lovely last month of summer! As we head into the autumn months, here's some of what's happening at Cambridge Neighbors.

Miracle of Miracles — A Volunteer Handyman



We are delighted to add Matt Mulvey to our roster of volunteers. He is one of three Cambridge Neighbors volunteers who so generously offer their skills to members who need help with a variety of handyman jobs.

"I am a lifelong handyman who now works full time in the robotics field. I spent most of the last 6 years traveling, and now that I'm set in one place (Arlington), I'm exploring opportunities to engage with my community, give back, and dust off my old tools."

Marianne Iacuzio to lead an in-person Women's Group



"I am a new member of Cambridge Neighbors. When I joined, I was asked if I wanted to volunteer. I was excited when I learned that I could use my Clinical Social Work skills to contribute to the program by facilitating a Women's Group. I worked as a clinical social worker for over 20 years, and I always loved being a part of Women's Groups. I felt honored to listen to each person's story and to be a part of a process where members offered their support and wisdom to each other. I look forward to being a part of Cambridge Neighbors and to being a group facilitator."

In addition to her role with the Women's Group, Marianne will also help with grocery shopping, errands, and companionship.

Our *Should I Stay or Should I Go* program is back!

This month we will resume our Stay/Go series co-hosted with our partner, Kate Granigan, CEO of Life Care Advocates. The September program will be about the role of Life Care Advocates (formerly known as geriatric care managers). Please see inside for more details.

September 28th is *Good Neighbor Day*!

Cambridge Neighbors is a member of the [Massachusetts Coalition to Build Community and End Loneliness](#). To bring attention to this issue, the Coalition has designated September 28th as Good Neighbor Day. The Surgeon General, Vivek Murthy, recently issued an advisory report calling attention to the public health crisis of loneliness, isolation, and lack of connection in our country. Recognizing that loneliness and isolation pose serious health risks for both physical and mental well-being, Good Neighbor Day is an opportunity for communities to come together and help alleviate this problem.



Because Villages like Cambridge Neighbors are, by definition, all about building community, we have lots of good neighbor stories. This day is a great opportunity to further support the notion of community. What about: visiting an isolated neighbor, inviting someone out for coffee, making a meal for someone who is ailing, or introducing yourself to a neighbor you haven't yet met. Happy connections!

Warmly,

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.

NEW: WOMEN'S GROUP!

**Wed., 9/4 | 11:00am | Limited spaces | CN office
545 Concord Ave. Suite 104, Cambridge 02138**

Starting this month we are excited to offer a monthly in-person Women's Group! The group will meet the first Wednesday of each month at 11:00am in the CN office conference room and will be facilitated by CN member and volunteer, Marianne Iacuzio. The group will be discussion-based and member-led. Marianne, a retired clinical social worker, has extensive experience organizing and leading groups. Join us for our first meeting to meet other women, brainstorm discussion topics, and see if the group may be the right fit for you!

Tech Tuesday: Navigating Uber

Tues., 9/10 | 11:00am | CN Office

Join us as Beth Luchner, long-time tech instructor for seniors, teaches us all about Uber: how to set up your Uber account, how to schedule rides, pickups and deliveries, and how to set up the safety/security features. Note: *This class is open to both Apple and Android users. Please bring your cell phone and credit card (optional) to help set up your Uber account.*

Explorer Walk: Mount Auburn Cemetery

**Mon., 9/16 | 10:00am | Mount Auburn Cemetery
580 Mt Auburn St., Cambridge 02138**

Meet in front of the visitor center at 10:00am to walk-and-talk and observe all there is to offer at Mount Auburn Cemetery. Event leader: Susan Murray

Stay or Go with Kate Granigan

Wed., 9/18 | 1:00pm | Zoom



Join Kate Granigan, CEO of LifeCare Advocates and current President of the Aging Life Care Association to explore the idea of an Aging Life Care Manager as an objective expert and partner for you and your family to assist in navigating aspects of the aging journey. Kate will discuss the ins and outs of Life Care, general areas of expertise, how one works together with an Aging Life Care Manager, and the best ways to maximize this assistance for you and your loved ones.

Hooper Lee Nichols House Tour

**Thurs., 9/19 | 11:00am | Brattle St.
159 Brattle St., Cambridge 02138**

Join other CN members for a tour/discussion of the Hooper Lee Nichols House, the second oldest house in Cambridge and one of the oldest in New England. The group will talk about the history of the Hooper Lee Nichols House (c.1685), the Cambridge Historical Society's change to History Cambridge, and the work the group does throughout the city. Bring your Cambridge experiences and your questions! Event leader: Susan Murray

New Member Orientation

**Fri., 9/20 | 11:00am | CN Office
545 Concord Ave. Suite 104, Cambridge 02138**

New to Cambridge Neighbors? Joined within the last year

or so but want a refresher on what CN can offer you? Join two of our members as they talk you through the ins and outs of the organization from a member's perspective. This is a great way to get to meet your fellow neighbors and get any questions you may have answered. Members interested in an update also welcome. Event leaders: Megan Lower & Claudia Albert

Sharing Memories, Creating Community

**Fri., 9/20 | 2:00-3:00pm | CN Office (4th floor)
545 Concord Ave. 4th Floor, Cambridge 02138**

Join other CN members to share an artifact—something of significance to you—and the stories/memories associated with it. Artifacts, such as a photograph, a coffee mug, or a song that you could play on your phone, can be any object of significance often representing to you a special moment in time. Each participant will have about five minutes to show their object and share the memories associated with that object. Near the end of the session we will take time to reflect on our collective memories and build community. Co-facilitators: Claudia Albert & Michael McCormack

Join or Die

Sat., 9/21 | 1:30-4:30pm | Cambridge Public Library

We are delighted to join the Cambridge Public Library to bring you Join or Die: A Film About Why You Should Join a Club. This film depicts why the fate of America depends on it. See *back page* for more details.

Joint Walk with Beacon Hill Village

Thurs., 9/26 | 10:30am | Union Square

Detailed instructions provided upon signup

Members of BHV will be our guests for this walk, so come walk with old friends and new while you learn a bit about Somerville. We'll walk from Union Sq. up the hill (slowly!) to the Prospect Hill Tower and Park—a 1903 memorial—a spot that played a significant role in the early months of the Revolutionary War and served as an encampment during the Civil War. Legend has it that George Washington first raised the Grand Union Flag here. As we wend our way back to Union Square, we'll explore some of the neighborhood seeing both grand and more modest homes built on Prospect Hill during the 1850s -1890s. Our pay-your-own lunch will be at Machu Picchu. About 1.5-2 miles walking. Event leader: Susan Murray

Low Vision Talk

Fri., 9/27 | 2:00pm | Zoom



Join Dr. Malkin for a discussion on the common causes of vision changes as people age. She will discuss the role of low vision services and how to improve your functional vision if you start to experience vision changes.

Dr. Malkin is a faculty member at New England College of Optometry and provides low vision care to people throughout greater Boston. She is passionate about issues around access to care and improved quality of life for people as they experience vision loss.

THIS MONTH'S PROGRAMS

MON	TUES	WED	THURS	FRI	SAT
2	3	4	5	6	7
OFFICE CLOSED		Women's Group 11:00am	Dinner: Grafton Street Pub & Grill 6:00pm	Info Session 3:00pm	
9	10	11	12	13	14
Tipple 5:00pm	Tech Tuesday: Navigating Uber 11:00am	Coffee & Conversation 11:00am		Meditation 1:00pm Let's Talk 2:00pm	
16	17	18	19	20	21
Explorer Walk 10:00am	Bio Book Club 2:00pm	Stay or Go 1:00pm LGBTQ+ Meetup 4:00pm	Hooper Lee Nichols House Tour 11:00am	New Member Orientation 11:00am Sharing Memories 2:00pm	Join or Die 1:30pm
23	24	25	26	27	28
Tipple 5:00pm	Conversational French 11:00am	Men's Group 2:30pm	Joint Walk with BHV 10:30am Exploring Diversity 4:00pm	Meditation 1:00pm Low Vision Talk 2:00pm	
30					
Lunch: Base Crave 12:00pm					

Women's Group 9/4 | 11:00am | CN Office
See page 2 for full description.

Restaurant Outings Self-pay | Limited Spaces
Dinner: Grafton St. Pub & Grill 9/5 | 6:00pm | Harvard Square | parking garage, validated parking after 5:00pm
Lunch: Base Crave 9/30 | 12:00pm | Huron Ave. | Street parking available

Info Session 9/6 | 3:00pm | Zoom and In-person
Tell your friends about Cambridge Neighbors! Prospective members can register by calling 617-864-1715.

Tipple 9/9 | 9/23 | 5:00pm | Nubar | Limited spaces
16 Garden Street, Cambridge 02138

Join members for wine, appetizers & good conversation.
Event leader: Nancy Carlson

Tech Tuesday: Navigating Uber 9/10 | 11:00am | CN Office
See page 2 for full description.

Coffee & Conversation 9/11 | 11:00am | Watertown
575 Mount Auburn St., Watertown 02472

Join other CN members for coffee and conversation this month at Uncommon Grounds. Parking available. Self-pay.

Meditation 9/13 | 9/27 | 1:00pm | Zoom
Event leader: Nancy Barcelo

Let's Talk 9/13 | 2:00pm | Zoom

Online discussion on the challenges and opportunities of the aging journey. Event leaders: Lotte Bailyn & Micki Seligson

Explorer Walk 9/16 | 10:00 | Mt. Auburn Cemetery
See page 2 for full description.

Bio Book Club 9/17 | 2:00pm | CN Office

This month's discussion: *King, A Life* by Jonathon Eig.
Event leader: Mary Alice Stanton

Stay or Go with Kate Granigan 9/18 | 1:00pm | Zoom
See page 2 for full description.

LGBTQ+ Group Meetup 9/18 | 4:00pm | Porter Square
Panera Bread, 5 White St, Cambridge, MA 02140

Discuss issues specific to the intersection of aging and being part of the LGBTQ+ community. Event leader: Estelle Disch

Hooper Lee Nichols House Tour 9/19 | 11:00am | Brattle St.
See page 2 for full description.

New Member Orientation 9/20 | 11:00-12:30 | CN Office
See page 2 for full description

Sharing Memories, Creating Community 9/20 | 2:00pm | CN Office | See page 2 for full description.

Join or Die 9/21 | 1:30pm | Cambridge Public Library
See back page for full description.

Conversational French 9/24 | 11:00am | CN Office
Event leader: Carmen Arnold. **New members encouraged!**

Men's Group 9/25 | 2:30pm | CN Office | Event leader: Michael McCormack. **New members encouraged!**

Joint Walk with BHV 9/26 | 10:30am | Union Square
See page 2 for full description.

Exploring Diversity 9/26 | 4:00pm | Zoom

The group will explore Native American arts featuring the pottery of Maria Martinez. Event leader: Mary Alice Stanton

Low Vision Talk 9/27 | 2:00pm | Zoom
See page 2 for full description.



PROGRAM HIGHLIGHT:



Cambridge Neighbors and the Cambridge Public Library to co-host the documentary, *JOIN OR DIE*, on Saturday, September 21st from 1:30pm – 4:30pm at the Main Lecture Hall of the Cambridge Public Library

We are delighted to join the Cambridge Public Library in bringing you **Join or Die: A Film About Why You Should**



Join a Club, and why the fate of America depends on it. In this feature documentary, follow the half-century story of the unraveling of America's social fabric through the journey of legendary Harvard social scientist Robert Putnam. Dr. Putnam's groundbreaking "Bowling Alone" research has illuminated the powerful connection between ordinary community bonds and our health, happiness, economy, and politics. Flanked by influential fans and scholars as well as inspiring groups building community in neighborhoods across the country, join Dr. Putnam as he shows why more people becoming "joiners" could hold the solution to our personal and national problems. **Cambridge Neighbors member Claudia Albert will be part of an après-viewing panel discussion.**

The phrase "Join or Die" is attributed to the first political cartoon published in an American newspaper along with a commentary delivered by Benjamin Franklin that urged the colonies to unite against the French and the Natives. To read more: [CLICK HERE](#)

Note: Some of you may remember Dr. Robert Putnam's presentation at our office a few years ago. Dr. Putnam, the Malkin Research Professor of Public Policy at Harvard University, discussed his most recent book, *The Up-swing, How America Came Together a Century Ago and How We Can Do It Again*.

Registration required. Register by emailing info@cambridgeneighbors.org or by calling the office at 617-864-1715.

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