



November 2024

CAMBRIDGE NEIGHBORS

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

Dear Members and Friends,

We are heading fast and furious into the holidays (wasn't it just July 4th?) Besides celebrating the beauty of the season through our cherished traditions, the holidays — especially Thanksgiving — give us an opportunity to count our blessings and give special attention to those for whom we are grateful. At the same time, we feel deeply for our fellow human beings at home and abroad who are suffering under such tragic circumstances.

We are especially grateful to our expanding group of CN volunteers. They get members to medical appointments, help with their technology problems, pay friendly visits, and grocery shop, among other things. A good number of our volunteers are not members, but “neighbors” of all ages who believe in and support our mission.

There are many moving stories of service at Cambridge Neighbors, but here I want to write about one volunteer's extraordinary gift.

Volunteer Bill Walker (many of you know him), met Richard (Dick) Land, a CN member for many years, when Dick reached out to us requesting a volunteer. Because of his physical limitations, he needed someone who understood technology (Bill works as a computer consultant) to help him change his office set up. At the time, Dick, who never married, had lived in his Belmont apartment for 50 years. The reason for his long stay was because his landlords took care of his place when Dick was away for long stretches of time, enabling him to work all over the world (for instance, he travelled frequently to Australia). Dick headed up Undergrad Labs at Harvard University specializing in Vision, Fire Safety, Physics and Computer Graphics (he made significant contributions to the development of computer graphics.)

During the course of helping Dick with various service requests (the most infamous being that Bill spent six hours putting together an IKEA-like desk with bookshelves!), Dick and Bill became fast friends. Their love of technology was the initial common bond, but beyond that, Bill came to appreciate Dick as a person and vice versa. Bill says that Dick was a “master storyteller” sharing stories about his extraordinary travels, career, people he worked with, and his more esoteric interests of mining, meteorology, eclipses, whiskey and live theatre.



Richard (Dick) Land

Because of increasing physical challenges, Dick moved to The Cambridge Homes. Of course, Bill would help Dick with the move, assisting in purging unnecessary belongings and helping him set up his room. Bill would frequently visit him there. As Dick's health grew worse, he was transferred to Sancta Maria Nursing Facility in Cambridge. This past summer, Dick went under hospice care. He called the CN office to let us know and expressed his gratitude for our services over the years, making sure we knew how important Bill's help and friendship were to him. We found out that, in keeping with Bill's record as a wonderful human being, he was visiting Dick daily. I asked Bill about his extraordinary commitment. “He had friends locally and globally, but at a certain point he had a hard time rallying for other visitors.” Bill recollected one of his own father's greatest fears – “He was of a generation when most men were somewhat closed off. But he shared with our family that he didn't want to die alone.” Bill took that remark to heart. “I wanted to make sure that Dick didn't feel alone.”

For us at the helm of Cambridge Neighbors, it's a privilege to be among a remarkable group of volunteers who are so generous of spirit. They can make such a significant difference in the lives of members. Bill's remarkable commitment to Dick — ushering him through his last years and end of life — is a story that inspires.

P.S. Dick gifted that IKEA-like desk to Bill at which he now sits at every day.

We are very sad to announce that Dick passed away on October 12th.

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.

Stay or Go: Hacks for Long-term Care

Tues., 11/5 | 3:30pm | Zoom

Join Kimberly Whiter, CEO of Elder Care Solutions, as she shares her mission: ensuring that aging/caring for an aging loved one isn't going to financially break you. Unfortunately, long-term care costs are a challenge for most families. This presentation will give an overview of why this is the case and some broad strategies that all families should find helpful.

Women's Group

Wed., 11/6 | 11:00am | CN office | New members welcome!

545 Concord Ave., 4th fl. Conference Room, Cambridge 02138

This month, the group will continue to explore different ways to have fun at this stage of life. The group will work with the surveys that each member filled out during the October meeting to help members identify others with similar interests. Event leader: Marianne Iacuzio

Joint Walk with Beacon Hill Village *RESCHEDULED*

Thurs., 11/7 | 10:30am | Union Square | 1.5 miles

Detailed meeting 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 Square up the hill (slowly!) to the Prospect Hill Tower and Park, a 1903 memorial that played a significant role in the early months of the Revolutionary War and also 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 homes built on Prospect Hill during the 1850s-1890s. Our pay-your-own lunch will be at Machu Picchu. Event leader: Susan Murray

Tech Tuesday: iPhone Photo App (part 2)

Tues., 11/12 | 11:00am | CN Office

545 Concord Ave. Suite 104, Cambridge 02138

Join Beth Luchner, long-time tech instructor for seniors, as she teaches us all about the iPhone photo app: editing photos on your iPhone, downloading photos to your computer, sending/attaching photos to emails and texts, saving photos from emails and texts to your photos app. Note: Apple users only.

Paine Senior Services: To Boldly Go...

Tues., 11/12 | 2:00pm | Zoom

In this presentation, Liz — Executive Director of Paine Senior Services — will demonstrate the process she uses with clients who have both specific and general questions about the challenges they are facing. This starts with assessing where you are and going through the collaborative process of getting where you want to be. *Paine Senior Services serves Cambridge residents only age 60+ years old who prefer to remain independent in their community and need guidance on resources, services, benefits, and more.*

Fresh Pond Walk

Thurs., 11/21 | 10:30am | Fresh Pond | 2.5 miles

**Meet outside the main entrance of the Freeport Hotel
220 Alewife Brook Parkway, Cambridge 02138**

Join other CN members for a walk around the beautiful Fresh Pond. Cozy up for cooler weather and enjoy your neighbors' company! Event leader: Bill Barnert

Exploring Diversity: The Red Dress Project

Thurs., 11/21 | 4:00pm | Zoom

This month, the group will discuss the Red Dress project. The project, by Kirstie Macleod, is a collaborative art initiative that explores themes of identity, cultural heritage, and the universal experience of womanhood. The project involves the creation of a red dress that serves as a canvas for contributions from different women around the world, who add their own textiles, embroidery, or other embellishments. 14 years, 380 embroiderers, 51 countries — the dress tells a powerful story.

Jazz Night at the Harvard-Epsworth Church

Thurs., 11/21 | 8:00pm | Self-pay | \$10

1555 Massachusetts Ave, Cambridge 02138

Join other CN members for "Third Thursdays", a monthly harmolodic jazz series project featuring keyboardist and composer Dave Bryant. Complimentary parking is available at the Everett Street Garage at 10 Everett St (a five minute walk away). Just mention that you are attending a "Third Thursdays" event. **Meet outside the church doors at 7:30pm.** Event leader: Kathy Gallery

New Member Orientation

Fri., 11/22 | 11:00am | CN Office

545 Concord Ave. Suite 104, Cambridge 02138

New to Cambridge Neighbors? Already a member but want a refresher on what CN can offer you? Join two 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. Event leaders: Megan Lower & Claudia Albert

Streaming Services with Bill Walker

Tues., 11/26 | 2:00pm | Zoom

There are many different ways to watch TV and other video content these days, and many different services available. This presentation by tech volunteer Bill Walker will cover traditional (antenna and cable) as well as newer (streaming) options. Topics will include: content creation, distribution, service providers, interfaces and devices. The goal will be to provide enough information to help you make choices that are right for you.

"Single & Mingle"

Tues., 11/26 | 5:00pm | Self-pay | Alewife

149 Alewife Brook Parkway, Cambridge 02140

Meet with other single members of Cambridge Neighbors over drinks and food at Summer Shack, located near the Alewife T station. Parking available in their lot.

Friendsgiving

Thurs., 11/28 | 4:00pm | Self-pay | Harvard Square

59 John F. Kennedy St, Cambridge 02138

Alone for the Thanksgiving holiday? Join other CN members for a warm Thanksgiving meal. Grafton Street Pub & Grill will be welcoming holiday diners with their regular menu as well as a selection of Thanksgiving specials. Validated parking available in the Harvard Square Parking Garage located at 20 Elliot St.

THIS MONTH'S PROGRAMS

MON	TUES	WED	THURS	FRI
				1
				Meditation 1:00pm
4	5	6	7	8
Tipple 5:00pm	Stay or Go 3:30pm	Women's Group 11:00am	Joint Walk with BHV 10:30am	Lunch: Savino's 12:00pm Let's Talk 2:00pm
11	12	13	14	15
OFFICE CLOSED	Tech Tuesday 11:00am Paine Senior Services 2:00pm	Coffee & Conversation 11:00am	Dinner: Lavash Bar & Grille 6:00pm	Meditation 1:00pm Info Session 3:00pm
18	19	20	21	22
Tipple 5:00pm	Bio Book Club 1:30pm	Men's Group 2:30pm	Fresh Pond Walk 10:30am Exp. Diversity 4:00pm Jazz Night 8:00pm	New Member Orientation 11:00am
25	26	27	28	29
LGBTQ+ Meetup 4:00pm	Streaming Services with Bill Walker 2:00pm "Single & Mingle" 5:00pm	OFFICE CLOSED AT 12:00PM	Friendsgiving 4:00pm OFFICE CLOSED	OFFICE CLOSED

[Meditation 11/1 | 11/15 | 1:00pm | Zoom](#)

Event leader: [Nancy Barcelo](#)

[Tipple 11/4 | 11/18 | 5:00pm | Nubar | Limited spaces](#)

16 Garden Street, Cambridge 02138

Join members for wine, appetizers & good conversation.

Event leader: [Nancy Carlson](#)

[Stay or Go: Hacks for Long-Term Care 11/5 | 3:30pm | Zoom](#)

See page 2 for full description.

Women's Group 11/6 | 11:00am | CN Office

See page 2 for full description.

Joint Walk with BHV 11/7 | 10:30am | Union Square

See page 2 for full description.

Restaurant Outings Self-pay | Limited Spaces

Lunch: [Savino's 11/8 | 12:00pm | Belmont | Street parking](#)

available/Bradford lot nearby | Cash strongly preferred

Dinner: [Lavash Bar & Grille 11/14 | 6:00pm | Cambridge |](#)

Metered street parking

[Let's Talk 11/8 | 2:00pm | Zoom](#)

Online discussion on the challenges and opportunities of the aging journey. Event leaders: [Lotte Bailyn & Micki Seligson](#)

Tech Tuesday: iPhone Photos 11/12 | 11:00am | CN Office

See page 2 for full description.

[Paine Senior Services 11/12 | 2:00pm | Zoom](#)

See page 2 for full description.

Coffee & Conversation 11/13 | 11:00am | Self-pay

757 Massachusetts Ave. Cambridge, MA 02139

Join other members for coffee this month at 1369 Coffee

House, located in Central Square.

Info Session 11/15 | 3:00pm | Zoom and In-person

Tell your friends about Cambridge Neighbors! Prospective members can register by calling 617-864-1715.

Bio Book Club 11/19 | 1:30pm | CN Office

This month's discussion: [Charlie Chaplin vs. America](#) by Scott Eyman. There is an earlier work titled [Charlie Chaplin](#) by John McCabe — also worth a read. Event leader: [Mary Alice Stanton](#)

Men's Group 11/20 | 2:30pm | CN Office

Event leader: [JB Maxwell](#). **New members encouraged!**

Fresh Pond Walk 11/21 | 10:30 | Fresh Pond

See page 2 for full description.

[Exploring Diversity 11/21 | 4:00pm | Zoom](#)

See page 2 for full description. Event leader: [Helene Quinn](#)

Jazz Night at the Harvard-Epsworth Church 11/21 | 8:00pm

See page 2 for full description.

New Member Orientation 11/22 | 11:00am | CN Office

See page 2 for full description.

LGBTQ+ Group Meetup 11/25 | 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](#)

[Streaming Services with Bill Walker 11/26 | 2:00pm | Zoom](#)

See page 2 for full description.

"Single & Mingle" 11/26 | 5:00pm | Self-pay | Summer Shack

See page 2 for full description.

"Friendsgiving" 11/28 | 4:00pm | Self-pay | Grafton St. Pub

See page 2 for full description.

Please call/email the office to register for all events.

It's not just tech volunteer Bill Walker who has done incredible work for so many CN members over the years.
Read below for member testimonies highlighting just a few of CN's wonderful volunteers.

“Jay came today and was extremely helpful. He was able to install a smoke detector that had my son-in-law and myself baffled. Also got the storm windows in their correct position.” **on CN handyman volunteer, Jay Rogers**

“Soon after I first asked for help, Jacob Cohen opened communication with me and we were able to arrange a help session for this morning. He arrived punctually, he stayed over an hour. His advice was very helpful to me. He is both knowledgeable and talented in phrasing his advice in an easily understood manner. This type of service is invaluable for older people to become and to remain connected in our community.” **on former CN tech volunteer, Jacob Cohen**

“Kim Bandtel is a wonderful, very pleasant volunteer. She gave me a ride today to my PCP, formerly at Mount Auburn, now in Watertown. Total elapsed time about an hour and a quarter plus. It was a delight to talk with Kim to and fro. CN has wonderful volunteers. This was my second experience. Both great!” **on CN driving volunteer, Kim Bandtel**

“What a gift! He came when he promised, changed two high lightbulbs for us and then solved the cord which had caused the breakdown of our telephone system and got it working again. We are very grateful – hang on to him.” **on CN handyman volunteer, Kevin Qazilbash**

“What a great help was Yifu (Philip). A lovely young man...couldn't have been nicer. Many thanks.” **on CN tech volunteer, Yifu (Philip) Zhang**

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Cambridge Neighbors

545 Concord Avenue, Suite 104
Cambridge, MA 02138