



October 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 heartily thank the 75 Cambridge Neighbors members who participated in our Member Survey. Given we are a member-centric and member-driven organization, your opinions and feedback matter immensely. Thank you to CN members and board members, Lotte Bailyn and Claudia Albert, who worked on analyzing your responses and summarizing survey information with utmost care and thoughtfulness.

We want to share with you two parts of the report: the first has to do with why Cambridge Neighbors is important to members and the second discusses feedback on programs and activities. We were not surprised at the results.

Why Cambridge Neighbors is important to members

Given four choices of what makes CN important, forty-one percent of the participants ranked **"peace of mind"** * as their first choice. Twenty-five percent chose **"opportunity to support and be part of an important mission"** as most important for them. These responses were validated in another section of the survey where **"safety and security-like insurance"** was first, **"opportunities for socializing and connection"** was second; and **"support for the mission"** was third. We also looked at spontaneous comments members made throughout the survey. All three of the above areas were mentioned by participants as positive for their CN membership. In addition, many emphasized that socializing was a real plus, saying:

"The best thing is the people, leadership team and members. Everyone is so welcoming, open and supportive, and has interesting lives to share." I enjoy the social activities that allow me to spend more time with members and explore new interests."

Nonetheless, a few members felt there might be more effort made to connect people who were not successful at doing this themselves.

Programs and Activities

"For activities, the greatest number of participants — independent of their membership type — selected attending educational programs, followed closely by taking part in social activities and cultural programming. There was a clear preference for having both in-person and zoom opportunities. More than half of all survey takers (61%) participated in CN activities on a weekly or monthly basis. When asked directly about future programming needs, 55% of survey takers gave priority to wellness programming; given the age distribution of members, this choice is understandable. The question *'What are the best things about your CN membership?'* frequently elicited positive comments about existing activities."

In the comments specific activities, programs, and services were also mentioned as well as participants' enjoyment of some of the affinity groups. Regret was mentioned at the loss of 'Sergio's classes' and 'Suzanne's dance class' — CN-sponsored exercise classes. There was also a desire for more musical events (See page 2 for this month's music program) and an in-person Women's Group (We started one led by CN member Marianne Iacuzio in September.) Finally, there were many nice words for the staff — as above — and for the volunteers. Particularly valued was **"volunteer help with transportation"** and with **"technical problems."**

If you have additional suggestions, ideas, or comments please give me a call!

Warm regards,

Jan Latorre-Stiller, Executive Director

* Text in quotes was taken directly from the survey report.

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.

Women's Group

Wed., 10/2 | 11:00am | Limited spaces | CN office
545 Concord Ave., 4th fl. Conference Room, Cambridge 02138

This month's topic is FUN. Are you enjoying your life? Do you find that the things that used to bring fun into your life are not as satisfying as the once were? Come join other women from CN as we explore ways to enrich our lives as we age.

In the spirit of having more fun in life, our meeting will be followed by lunch nearby at Summer Shack. Please let the office know if you will attend. Event leader: Marianne Iacuzio

Tech Tuesday: iPhone Photo App

Tues., 10/8 | 11:00am | CN Office

Join volunteer Beth Luchner, long-time tech instructor for seniors, as she teaches us all about the iPhone photo app: iPhone camera settings, how photos are organized in your photo library, how to view photos in your photo library, how to create photo albums and shared albums. Note: Apple users only.

Explorer Walk: Charles River Path

Thurs., 10/10 | 10:30am-1:00pm | Watertown

Meet at the Watertown Sq. bus turnaround at 10:30am

We'll walk from Watertown Sq. on the shaded path that runs along the wooded north bank of this section of the Charles River. Walking distance 2-2½mi followed by an optional lunch.

From Harvard Station, you can get to Watertown Sq. on the #71 bus scheduled to leave Harvard at 10:13am. The #70 bus from Central Sq. will also get you close to the Watertown Sq. bus turnaround (Arsenal St. at Merchant Row). If you plan to drive, parking is available in the public metered lot (2 hr limit) behind the Watertown Sq. CVS). Event leader: Susan Murray

Stay or Go with Scott Maibor

Wed., 10/16 | 11:00am | Zoom



Join Scott Maibor, this month's presenter as part of our *Should I Stay or Should I Go?* series, as he talks about Medicare — focusing on new changes and the importance of taking advantage of the Open Enrollment period. Our series host, Kate Granigan, will also weigh in on insurance options specifically pertaining to home health care services. *More information to come.*

What Can Music Say, and How: Some Answers From the Music of Friderik Handel

Fri., 10/18 | 2:30pm | Zoom

This talk will deal with a puzzling phenomenon that has been intensely debated throughout music history: on the one hand, music can be a highly expressive art form, which is generally agreed upon; on the other hand, what is being expressed remains elusive, more suggestive than precise, appealing more to the senses than to reason. The talk will examine how expressive musical ideas that elicit a spontaneous instinctive response are inextricably linked to coherent rational processes that enrich their meaning.

Dr. Cynthia Verba has been grappling with the issue of

meaning in music since her Vassar senior thesis (1955), and never tires of asking questions with no simple answers. She has written about musical meaning in two books, several published articles, and book chapters.

Death Café

Tue., 10/22 | 1:00pm | CN office

545 Concord Ave., Cambridge 02138

"A Death Café is a group-directed discussion of death with no agenda, objectives or themes. It is a discussion group rather than a grief support or counseling session. Our purpose is for each of us to talk about our own death — what we are thinking and how we are feeling. We will have an open, respectful, and confidential space where people can express their views safely. We will create time to discuss death without expectations." Tea and snacks will be provided. Event leader: Bill Barnert

Explorer Walk: Mount Auburn Cemetery

Thurs., 10/23 | 10:00am | Mount Auburn Cemetery

580 Mt Auburn St., Cambridge 02138

Let's hope for a nice brisk fall day for this month's amble around the beautiful Mount Auburn Cemetery with old and new Cambridge Neighbors friends. Meet in front of the Visitors Center by 10:00. Event leader: Susan Murray

Fall Foliage Cruise

Sat., 10/26 | 2:30pm | \$30 | Cancellation fee applicable
100 CambridgeSide Place, Cambridge

Join members for a 90 minute scenic cruise along the Charles River. You'll get a chance to admire the foliage along the Esplanade and take in the picturesque views of both Boston and Cambridge.

Architecture tours depart from Lechmere Canal at CambridgeSide Place. \$4 validated parking available. Ticket fee to be billed to your credit card following the event.

"Single & Mingle"

Tues., 10/29 | 5:00pm | Self-pay | Alewife

149 Alewife Brook Parkway, Cambridge 02140

Meet with other single members of Cambridge Neighbors over drinks and food this month at Summer Shack, near the Alewife T station. **New members encouraged!**

Harvard Museum at Night

Thurs., 10/31 | 5:00-9:00pm | Free

32 Quincy Street, Cambridge, Harvard Square

Join us for an evening of art, fun, food, and more! We will meet inside the Quincy Street entrance, admission is free, food and drink will be available for sale. Join us to mingle with friends inside the Italian-inspired courtyard while taking in the smooth sounds from DJ C-Zone. Browse the museum shop and chat over a snack or drink for purchase from local vendors. Wander the galleries to take in the world-class art collections in over 50 galleries. Parking: On street meters or paid parking garages. The museum is a short walk from the Harvard Square Red Line T. No Tricks, just Treats! Event leader: Tina Smith

THIS MONTH'S PROGRAMS

MON	TUES	WED	THURS	FRI	SAT
	1	2	3	4	5
		Women's Group 11:00am	Lunch: Changsho 12:00pm	Meditation 1:00pm	
7	8	9	10	11	12
Tipple 5:00pm	Tech Tuesday: iPhone Photo App 11:00am	Coffee & Conversation 11:00am	Explorer Walk: Charles River Path 10:30am	Let's Talk 2:00pm Info Session 3:00pm	
14	15	16	17	18	19
	Bio Book Club 1:30pm	Stay or Go 11:00am	Dinner: Bar 'Cino 6:00pm	Meditation 1:00pm What Can Music Say 2:30pm	
21	22	23	24	25	26
Tipple 5:00pm	Conversational French 11:00am Death Café 1:00pm	Explorer Walk: Mount Auburn Cemetery 10:00am	Exploring Diversity 4:00pm		Fall Foliage Cruise 2:30pm
28	29	30	31		
LGBTQ+ Meetup 4:00pm	"Single & Mingle" 5:00pm	Men's Group 2:30pm	Harvard Art Museum at Night 5:00pm		

Women's Group 10/2 | 11:00am | CN Office
See page 2 for full description.

Restaurant Outings Self-pay | Limited Spaces
Lunch: Changsho 10/3 | 12:00pm | Cambridge | Resident/
street parking available
Dinner: Bar 'Cino 10/17 | 6:00pm | Watertown | Public
parking lot

Meditation 10/4 | 10/18 | 1:00pm | Zoom
Event leader: Nancy Barcelo

Tipple 10/7 | 10/21 | 5:00pm | Nubar | Limited spaces
16 Garden Street, Cambridge 02138
Join members for wine, appetizers & good conversation.
Event leader: Nancy Carlson

Tech Tuesday: iPhone Photos 10/8 | 11:00am | CN Office
See page 2 for full description.

Coffee & Conversation 10/9 | 11:00am | Arlington | Self-pay
594 Massachusetts Ave, Arlington, MA 02476
Join other members for coffee this month at Kickstand Café
in Arlington. Parking lot available.

Explorer Walk 10/10 | 10:30am-1:00pm | Watertown
See page 2 for full description.

Let's Talk 10/11 | 2:00pm | Zoom
Online discussion on the challenges and opportunities of the
aging journey. Event leaders: Lotte Bailyn & Micki Seligson

Info Session 10/11 | 3:00pm | Zoom and In-person
Tell your friends about Cambridge Neighbors! Prospective
members can register by calling 617-864-1715.

Bio Book Club 10/15 | 1:30pm | CN Office
This month's discussion: Cleopatra by Stacey Schiff — a trip

to the past to see how a competent female leader has been
dealt with over the centuries. Event leader: Mary Alice Stanton

Stay or Go with Scott Maibor 10/16 | 11:00am | Zoom
See page 2 for full description.

What Can Music Say; and How 10/18 | 2:30pm | Zoom
See page 2 for full description.

Conversational French 10/22 | 11:00am | CN Office
Event leader: Carmen Arnold. **New members encouraged!**

Death Café 10/22 | 1:00pm | CN Office
See page 2 for full description.

Explorer Walk 10/23 | 10:00 | Mt. Auburn Cemetery
See page 2 for full description.

Exploring Diversity 10/24 | 4:00pm | Zoom
The group will continue to explore Indigenous Art focusing on
the history and various meanings of Totem Pole art. Event
leader: Webb Brown

Fall Foliage Cruise 10/26 | 2:30pm | CN Office
See page 2 for full description.

LGBTQ+ Group Meetup 10/28 | 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

"Single & Mingle" 10/29 | 5:00pm | Summer Shack
See page 2 for full description.

Men's Group 10/30 | 2:30pm | CN Office | Event leader:
Michael McCormack. **New members encouraged!**

Harvard Art Museum at Night 10/31 | 5:00-9:00pm | Cambridge
See page 2 for full description.

Cambridge Neighbors' Updated COVID Policy

One of Cambridge Neighbors' (CN) top priorities is the safety of members and volunteers in all interactions. Our guidelines/protocols are based on recommendations from the Centers for Disease Control and Prevention (CDC) and are predicated on recommendations from the Massachusetts Department of Public Health.

CDC now says people who have Covid-19 should stay home until they've been fever-free without medication for at least 24 hours and their symptoms have been improving for 24 hours.



After that, it's fine to resume regular activities, agency experts say. But they recommend that people take additional precautions for the next five days — including improving ventilation, masking* and limiting close contact with others — to lower the risk of spreading the virus.

These enhanced precautions are particularly important for people who are around vulnerable individuals, such as those who are elderly or have immune function that's been blunted by medication or an illness/condition.

*N95 Masks are recommended.

COVID-19 Vaccines & Boosters

People ages 6 months+ who live, work, or study in Massachusetts should get a COVID-19 vaccine. Use [VaxFinder.mass.gov](https://vaxfinder.mass.gov) to learn more and find a pharmacy or other location to get your booster or call 2-1-1 for help over the phone. (City of Cambridge, <https://www.cambridgema.gov>)

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