



December 2024

CAMBRIDGE NEIGHBORS

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

Dear Members and Friends,

This edition is about transition—a particularly relevant topic these days. It was my pleasure to have sat down recently with Barclay Henderson who reinvented himself in later life to his absolute delight. He, along with his wife, Minako, joined Cambridge Neighbors in 2022 and soon after, Barclay became a loyal member of our Men's Group which he considers "pretty powerful." J.B. Maxwell, a fellow member of the group told me that, during his recovery from an injury that laid him up, he was enjoying reading one of Barclay's books, *Laugh Your Way to Wisdom*. I was intrigued, as I always am, with people who surprise. I wanted to talk to this man who seemed to joyfully transition from successful businessman to author in his later years.



Barclay with some Men's Group members, top row third from the left

Barclay was born in Cambridge 85 years ago. He attended Reed College in Oregon and studied economics (With a wink, he told me his real-life goal, inspired by Thoreau, was to become a hermit.) During college, he studied judo and won a few tournaments. He pursued his avid interest in the martial arts which led him to live in Japan for three years where he met his wife, Minako. He went on to receive his MBA from Dartmouth College and soon after bought his first



Benihana Restaurant franchise in Boston. He eventually expanded to own multiple franchises that were all extremely successful. After many years in the restaurant industry, it was time to move on to gentler pursuits. He loved to travel with his wife and kept a journal on his experience visiting foreign lands. He found that he loved the process of writing. He now schedules three hours a day to devote himself to his later-life passion. In addition to his aforementioned book, he has written several others including *A Bungalow of Surprises* and *Tales of Wonder and Weirdness* (His books can be found on Amazon.) And at 4:00 p.m. every day, Barclay and Minako join one another for a musical interlude – she plays the piano and he accompanies her on the oboe. Pretty lovely if you ask me.

Barclay says, "I spent 40 years as an entrepreneur building, owning, and operating 20 successful restaurants in the US and Canada. Now I have sold them all and spend my time writing and playing chamber music. Once I measured success in dollars. Today's metrics are getting a smile out of the reader [of my books]. If they finish reading and gasp 'Right on baby. That's exactly the way it is. Dead on!'—that's the new measure of my success."

Sending warm wishes for a meaningful and joyful holiday season as we transition from 2024 to 2025!

Jan Latorre-Stiller, Executive Director

Please consider giving to Cambridge Neighbors this year

Our work to provide the supports necessary for members to safely and confidently age in place is in no small part due to the generosity of our individual donors. We deeply appreciate your decision to extend your commitment to Cambridge Neighbors by making a financial gift. Since membership fees only cover 52% of our budget, we rely on additional support like yours. Thank you from the bottom of our hearts to those who have already given. If you would like to become a supporter, please go to our website at www.cambridgenighbors.org and click DONATE. Thank you!

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., 12/4 | 11:00am | CN office | New members welcome!
545 Concord Ave., 4th fl. Conference Room, Cambridge 02138**

Come join us for an opportunity to get to know the women of Cambridge Neighbors as we work to know and support one another on a deeper level. Event leader: Marianne Iacuzio

Achieving A Good Death with Chris Palmer

Thurs., 12/5 | 11:00am | Zoom

There is an art to dying well that can be taught and learned. While death is inevitable, dying badly is not. Author and end-of-life activist Chris Palmer will explain how a good death is achievable. He says, *"This book started about a decade ago when I realized I was petrified of dying and resolved to confront this fear. My parents and three brothers, including my twin Jon, all died badly, and I was determined that my own end would be different. This book is the result of searching for answers to questions like how to deal with dementia, when it is appropriate to hasten death, and how we can talk about death and dying more openly."*

"[A]n important and incredibly useful book...Everyone should read this book and imbibe its wisdom." - Steven Petrow, contributing columnist, The Washington Post, and author of *Stupid Things I Won't Do When I Get Old*

Holiday Event

**Thurs., 12/5 | 4:00-6:00pm | \$25 | Freepoint Hotel
220 Alewife Brook Pkwy, Cambridge 02138**

We invite members to join us in celebrating the holiday season at the Freepoint Hotel to enjoy food catered by Formaggio Kitchen, libations and great company! This event will run for two hours and has limited availability. **Please RSVP by calling the office or emailing Alex at ad@cambridgenighbors.org no later than November 29th.** We look forward to seeing you!

Tech Tuesday: PDFs

**Tues., 12/10 | 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 PDFs: what a PDF is, how to create a PDF using Pages, Word, and Google Docs, PDF converters and other PDF tools, and how to sign a PDF. Note: This class is open to both Apple and Windows users.

Victorian London: The First Modern City

**Tues., 12/10 | 1:00-3:00pm | CN Office
545 Concord Ave. Suite 104, Cambridge 02138**

Join Cambridge Center for Adult Education instructor Allan Converse for a couple hours; take a closer look at daily life in Victorian London and examine how the Victorians coped with the city's problems.

London in the Victorian era was the first truly modern big city. A former medieval center, Victorian London quickly grew into the largest city in the world with the familiar modern, urban problems of pollution, poverty, crime, traffic, housing,

public health, and sanitation. CCAE has graciously offered this program at no charge to CN members, and offers us their regular programs at a 10% discounted rate.

Ceramics Show and Sale

**Thurs., 12/12 | 11:00am | Allston | Free admission
Meet inside the main entrance at 224 Western Avenue**

Twice per year in May and December, the Ceramics Program, Office for the Arts at Harvard, hosts an exhibition and sale featuring thousands of pieces of original artwork by instructors, staff, and Ceramics Program class participants. You'll find a dazzling array of pottery, sculpture, items for the home and garden, ceramic jewelry, ornaments, and more.

After viewing and shopping at the studio there will be an optional, self-pay lunch at Sloane's restaurant at 197 North Harvard Street.

How to get there: The studio is one mile from Harvard Square MBTA station. Convenient to the 66, 86, and 70 MBTA bus lines. The 66 or 86 bus stop is on North Harvard Street across from the restaurant (corner of Western Avenue). Parking is available in the Ceramics Program lot, directly behind the building. Car parking is likely to be full at times, especially on Thursday and Friday. Street parking on Western Avenue and North Harvard Street. Metered parking on South Campus Drive and Ivy Lane. 24 hour parking garage located inside the Continuum building. Enter from Ivy Lane. Rates apply.

Explorer Walk: Boston Common Holiday Lights and "The Embrace"

**Thurs., 12/19 | 10:30am | Boston Common
Meet downstairs by the ticket machines at Harvard T stop**
We'll take the Red Line from Harvard to Park Street so we can check out the holiday lights on the Boston Common, watch the skaters at the Frog Pond (If it's cold enough to have ice!), and then visit the sculpture, "The Embrace". Optional self-pay lunch at a nearby eatery following the walk. Event leader: Susan Murray

**Explorer Walk: Mount Auburn Cemetery
Mon., 12/30 | 10:30am | Mount Auburn Cemetery
580 Mt Auburn St., Cambridge 02138**

With the trees bare of their leaves, we should have wonderfully clear views of the landscape and the memorials. Join other CN members for a chance to walk and talk in this beautiful space. Meet in front of the Visitor Center at 10:30. Event leader: Susan Murray

"Single & Mingle"

**Tues., 12/31 | 10:30am | Self-pay | Kismet Café
358 Huron Ave., Cambridge 02138**

Join other single members of Cambridge Neighbors this month over coffee and croissants at the brand new Kismet Café, located on Huron Avenue (the old Iggy's Café location). This is a great way to get to meet and chat with other members! *Street parking available.*

THIS MONTH'S PROGRAMS

MON	TUES	WED	THURS	FRI
2	3	4	5	6
Tipple 5:00pm		Women's Group 11:00am	Achieving a Good Death 11:00am Holiday Event 4:00pm	Meditation 1:00pm
9	10	11	12	13
Dinner: Menotomy Grill & Tavern 6:00pm	Tech Tuesday 11:00am Victorian London 1:00pm	Coffee & Conversation 11:00am	Ceramics Show and Sale 11:00am	Meditation 1:00pm Let's Talk 2:00pm
16	17	18	19	20
Tipple 5:00pm	Bio Book Club 1:30pm	Men's Group 2:30pm	Explorer Walk: Boston Common 10:30am	Lunch: Cambridge Common 12:00pm
23	24	25	26	27
LGBTQ+ Group 4:00pm	OFFICE CLOSED	OFFICE CLOSED	OFFICE CLOSED	OFFICE CLOSED
30	31			
Explorer Walk: Mt. Auburn Cemetery 10:30am	"Single and Mingle" 11:30am			

Tipple 12/2 | 12/16 | 5:00pm | Nubar | *Limited spaces*
16 Garden St., Cambridge 02138

Join members for wine, appetizers & good conversation.
 Event leader: [Nancy Carlson](#)

Women's Group 12/4 | 11:00am | CN Office
 See page 2 for full description.

Achieving a Good Death 12/5 | 11:00am | Zoom
 See page 2 for full description.

Holiday Event 12/5 | 4:00-6:00pm | Freepoint Hotel
 See page 2 for full description.

Meditation 12/6 | 12/13 | 1:00pm | Zoom
 Event leader: [Nancy Barcelo](#)

Dinner: Menotomy Grill & Tavern | 12/9 | 6:00pm | Arlington
 Parking lot available. Self-pay. Limited spaces.

Tech Tuesday: PDFs 12/10 | 11:00am | CN Office
 See page 2 for full description.

Victorian London 12/10 | 11:00am | CN Office
 See page 2 for full description.

Coffee & Conversation 12/11 | 11:00am | Self-pay
787 Massachusetts Ave., Arlington 02476
 Join other members for coffee this month at Butternut
 Bakehouse, located in Arlington. *Street parking available.*

Ceramics Show and Sale 12/12 | 11:00am | Allston
 See page 2 for full description.

Let's Talk 12/13 | 2:00pm | Zoom

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

Bio Book Club 12/17 | 1:30pm | CN Office
 This month's discussion: *Luckiest Man: The Life and Death of Lou
 Gehrig* by Jonathon Eig. **New voices welcome!** Event leader:
[Mary Alice Stanton](#)

Men's Group 12/18 | 2:30pm | CN Office
 Event leader: [JB Maxwell](#). **New members encouraged!**

Explorer Walk: Boston Common | 12/19 | 10:30am
 See page 2 for full description.

Lunch: Cambridge Common | 12/20 | 12:00pm | Cambridge
 Parking lot available. Self-pay. Limited spaces.

LGBTQ+ Group Meetup 12/23 | 4:00pm
142 Rindge Ave., Cambridge 02140

Join others for coffee, tea, hot chocolate and Christmas treats
 at a member's home this month! Event leader: [Estelle Disch](#)

Explorer Walk: Mt. Auburn Cemetery | 12/30 | 10:30am
 See page 2 for full description.

"Single & Mingle" 12/31 | 11:30am | Self-pay | Kismet Café
 See page 2 for full description.



Cambridge Neighbors Member Passings

We remember Jeff Harris, Nancy Haslett, Perry Neubauer, and John Flackett, and offer our condolences to family and friends.

Tips for Dealing with Transitions Anna Womack, Ph.D. Manhattan Center for Cognitive Behavioral Therapy

- **Prepare (when you can).** When possible, try to prepare for your transition. This may involve outlining a plan for the logistics of your transition — or just setting a helpful mindset.
- **Set reasonable expectations.** Unmet expectations can create frustration or stress. Try to set the reasonable expectation that you will likely feel stressed and overwhelmed at times. It's also helpful to remember that feeling stressed during transitions is completely normal!
- **Develop a routine.** Establishing a routine can help you adjust to a transition. Consider creating morning and evening routines to facilitate a sense of consistency. Regular sleep and wake times, a daily walk, meditation, or intention-setting for the day can be great additions to your routine.
- **Check your self-talk.** What types of things are you saying to yourself? One way to develop helpful self-talk is to recall transitions (or other difficult situations) you've successfully coped with before; they can be a reminder that you can manage this too!
- **Set small goals.** Instead of trying to fully resolve everything related to your transition, set small feasible goals to take on one at a time. This may include things like contacting a broker about a new apartment, scheduling a doctor's appointment, or responding to a text from a friend.
- **Stay connected.** Social support is critical during times of transition. Chatting with a family member or friend can be a way to help your transition feel less lonely.
- **Practice self-compassion.** The reality is that you aren't always going to navigate life transitions perfectly. It is important to also be kind and compassionate to yourself during this time. Ask yourself, "If my best friend was in this situation, what would I say to them to be supportive?" Then offer that same statement to yourself. If you aren't sure what you would say, then try this: "It's okay to feel overwhelmed or stressed when navigating a change in life. I'm just going to do the best I can in this moment."

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