



January 2025

CAMBRIDGE NEIGHBORS

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

Dear Members and Friends,

The following are not my own words, but they so beautifully capture my sentiments as we head toward a new year. I can't attribute the quotation since I don't remember where I saw it. All of us here at Cambridge Neighbors hope that we serve as a reassuring beacon of light in the year ahead.

"We wish you a Happy New Year filled with good health, strength and as much happiness as these times allow. Also, wishing you moments of peace amid the difficulties, meaningful connections with family and friends, and wonderful glimpses of the hope that still lives under the surface."

On that note, we want to announce some of what's happening at CN. Board President, Anna Whitcomb is stepping down. She has contributed much to CN during her tenure including: completion of a guide for the Board and our organization and direction of a strategic planning process led by Board member Judy Lindamood. The Board is at the end of the process – updating the mission and vision statements to reflect a proactive view of aging that keeps in mind our members' need for support and services; reviewing current infrastructure, and staffing; formalizing a fundraising strategy to ensure financial sustainability; and, increasing collaborations with other organizations in the aging network.

We also bid farewell to board members Jay Lorsch (one of our founders!), Rachel McCoy, and Peter White. We thank them for their dedicated service and contributions to Cambridge Neighbors.



We welcome our new President of the Board, Claudia Albert. Claudia has been a member of Cambridge Neighbors since 2023 and has already made her mark as a volunteer and board member.

"My leadership positions spanned 20 years and included assistant principal and two principalships before moving to various Central Office positions. I retired from PK-12 education after 9 years as the Assistant Superintendent in Stonington, CT. After that, I did consulting in CT and taught Educational Leadership to graduate students for 15+ years — at UConn and Brooklyn College. Other experiences relevant to Board President include: grant writing experience (My last grant would be worth \$175K in today's dollars.) and President of my Condominium Board in Brooklyn for about 5 years. I am still serving as an elected member of Belmont Town Meeting, Belmont Public Schools library volunteer, and community representative on Belmont High School and the Chenery Advisory Councils.

After I moved to the greater Boston area to be with my son, daughter-in-law, and two grandchildren, I did not expect to retire nor to be lonely, but both happened. My position at Brooklyn College went back to in-person and my family had jobs and school and friends of their own. After some floundering, I happened to meet a young woman at the Grove Street playground (where I had taken my grandchildren) who told me about an organization called Cambridge Neighbors. I joined, I started meeting people; I volunteered, I went to all sorts of activities. And, as I said at our holiday party, 'The rest is history.' CN gave me what I needed—a community of like-minded people and a purpose. Now it is time for me to give back. I look forward to working collaboratively with the Board, with the staff, and with CN members toward our mission of healthy aging and aging in place. I thank all of you for giving me this opportunity."

We also welcome new board members: Liz Aguillo, Director at Paine Senior Services; Janet Littell, a CN member; and Bill Walker, our beloved CN tech volunteer.



Our Holiday Get-Together was filled to capacity. Thanks to The Freepoint Hotel for their excellent service and to Formaggio Kitchens for their outstanding fare. We were able to honor our wonderful, hardworking, and dedicated technology volunteer, Bill Walker, who many of you know and love. Members Kathy Gallery and Linda Hertwig sang his praises, and Linda went so far as to call him a "tech god."

Thank you to our sponsors who helped support the event.

Gold Sponsor

 **Youville House**
Assisted Living Residence

Youville Assisted Living Residences are secure, caring communities, offering a range of services specific to each resident's needs. They have two locations in Cambridge and Lexington which offer traditional assisted living, Parkinson's support, and memory care. The "Youville Experience" promises the highest quality of service and hospitality, combined with a values-based approach to assisted living that emphasizes the dignity and privacy of each individual.

Silver Sponsors



With warmest wishes for 2025, 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.

Tech Tuesday: Getting to know Zoom

Tues., 1/7 | 11:00am | Zoom

Join Beth Luchner, long-time tech instructor for seniors, as she teaches us all about the ins and outs of using Zoom effectively. She will go over the basic functions of Zoom, as well as some tips and tricks to make your lives easier.

Note: This class is open to all users, not Apple users only.

Women's Group

**Wed., 1/8 | 11:00am | CN office | New members welcome!
545 Concord Ave., 4th fl. Conference Room, Cambridge 02138**

Attend the newly formed Women's Group and enjoy the community of CN women, as we continue to get to know each other on a more personal level. Since January is such a bleak month, members may plan to go out to lunch to the Summer Shack after our meeting—weather permitting. If you would like to join for lunch, please RSVP to the office no later than Mon., 1/6. Event leader: Marianne Iacuzio

Indoor MIT Walk

Thurs., 1/9 | 11:00am | MIT

If you like to walk, but want someplace warm to do it, we'll be walking the many connected halls and "Infinite Corridor" of MIT. We'll meet just inside the main doors at 77 Mass Ave. at 11:00am (The #1 bus stops right there.) Event leader:

Bill Barnert

New Member Orientation

**Fri., 1/10 | 11:00am | CN office | New members encouraged!
545 Concord Ave., 4th fl. Conference Room, 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

Stay or Go: What if Staying at Home Doesn't Work Anymore?

Tues., 1/14 | 1:00pm | Zoom



This presentation will cover the different levels of senior living communities, from 55+ to skilled nursing facilities. Presenter, Megan Fisher, will discuss the levels of care and typical amenities at each level. She will also go over costs, who pays (private pay, long-term care insurance,

MassHealth, subsidy programs, veterans programs), and what to consider when deciding if a place is right for you.

Megan Fisher became a senior living advisor after many years as a caregiver. She owns the Boston South Shore office of Oasis Senior Advisors, providing a free service to seniors and their families, helping them sort through options later in life.

Bird Drawing Workshop

Wed., 1/15 | 1:00-3:00pm | CN office

Join Clare Walker Leslie, Cambridge naturalist, educator, author and artist, as she gives demonstrations on how to draw different kinds of local birds. Paper and pencils will be made available, or feel free to bring your own. No drawing abilities needed, just fun!

Explorer Walk: Mount Auburn Cemetery

**Wed., 1/22 | 10:30am | Mount Auburn Cemetery
580 Mt Auburn St., Cambridge 02138**

Join other CN members for a chance to walk and talk in the beautiful Mount Auburn Cemetery. Meet in front of the Visitor Center at 10:30am. Event leader: Susan Murray

"Single & Mingle" Brunch Edition!

**Tues., 1/28 | 11:00am | Self-pay | The Friendly Toast
1230 Massachusetts Ave, Cambridge, MA 02138**

Join other single members of Cambridge Neighbors this month over brunch at The Friendly Toast, located in Harvard Square. This is a great way to get to meet and chat with other CN members! *Metered street parking available.*

Exploring Diversity

Thurs., 1/30 | 4:00pm | Zoom

Join other CN members in a member-led presentation and discussion on this month's topic: The Grandmothers of Plaza de Mayo. Event leader: Estelle Disch

The Grandmothers of Plaza de Mayo have spent the past 47 years looking for babies stolen during the last Argentinian dictatorship (1976-1983). They have found 133 out of an estimated 400-500.

The group will watch a short film and engage in a talk about the Grandmothers' essential work, which event leader, Estelle Disch, knows well through the work of her late partner, Rita Arditti.

Harvard Museum at Night

**Thurs., 1/30 | 5:00-7:00pm | Free | Harvard Museum
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 more than 50 galleries to take in the world-class art collections. Parking: On street meters or paid parking garages. The museum is a short walk from the Harvard Square Red Line T. Event leader: Tina Smith

****LOOKING FOR PROGRAM PRESENTERS****

CN is fortunate to have so many knowledgeable and interesting members. Do you have something you'd be willing to share with your fellow members? Memoir writing, music, travel experiences, hobbies, and hands-on projects are all things others have expressed an interest in. Contact Alex if you'd be interested in leading a one-hour program. We look forward to hearing from you!

THIS MONTH'S PROGRAMS

MON	TUES	WED	THURS	FRI
NOTE: In-person events are listed in black ; Zoom events are listed in blue		1	2	3
		New Year's Dinner: Patou 6:00pm OFFICE CLOSED		
6	7	8	9	10
	Tech Tuesday: Getting to Know Zoom 11:00am	Women's Group 11:00am	Indoor MIT Walk 11:00am	New Member Orientation 11:00am Let's Talk 2:00pm
13	14	15	16	17
Tipple 5:00pm	Stay or Go: Oasis Senior Advisors 1:00pm	Bird Drawing Workshop 1:00pm	Coffee & Conversation 11:00am	Info Session 3:00pm
20	21	22	23	24
OFFICE CLOSED	Bio Book Club 1:30pm	Explorer Walk: Mt. Auburn Cemetery 10:30am		Meditation 1:00pm
27	28	29	30	31
LGBTQ+ Meetup 4:00pm Tipple 5:00pm	"Single & Mingle" 11:00am	Lunch: Base Crave 12:00pm Men's Group 2:30pm	Exploring Diversity 4:00pm Harvard Museum at Night 5:00pm	Meditation 1:00pm

New Year's Dinner: Patou | 1/1 | 6:00pm | Self-pay
69 Leonard St, Belmont 02478 (parking lot available)

Tech Tuesday: Getting to Know Zoom 1/7 | 11:00am | Zoom
 See page 2 for full description.

Women's Group 1/8 | 11:00am | CN Office
 See page 2 for full description.

Indoor MIT Walk 1/9 | 11:00am | MIT
 See page 2 for full description.

New Member Orientation 1/10 | 11:00am | CN Office
 See page 2 for full description.

Let's Talk 1/10 | 2:00pm | Zoom

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

Tipple 1/13 | 1/27 | 5:00pm | Nubar | *Limited spaces*
16 Garden St., Cambridge 02138

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

Stay or Go: Oasis Senior Advisors 1/14 | 1:00pm | Zoom
 See page 2 for full description.

Bird Drawing Workshop 1/15 | 1:00-3:00pm | CN Office
 See page 2 for full description.

Coffee & Conversation: Revival Café 1/16 | 11:00am | Self-pay
125 CambridgePark Drive, Cambridge 02140 (street parking)
 Join other members for coffee this month at Revival Café, located near Alewife.

Info Session 1/17 | 3:00pm | Hybrid
 Tell your friends about Cambridge Neighbors! Prospective members can register by calling the office at 617-864-1715.

Bio Book Club 1/21 | 1:30pm | CN Office
 This month's discussion: *The Great Abolitionist: Charles Summer and the Fight for a More Perfect Union* by Jonathon Eig. **New voices welcome!** Event leader: Mary Alice Stanton

Explorer Walk: Mt. Auburn Cemetery | 1/22 | 10:30am
 See page 2 for full description.

Meditation 1/24 | 1/31 | 1:00pm | Zoom
 Event leader: Nancy Barcelo

LGBTQ+ Group Meetup 1/27 | 4:00pm | Café Zing
25 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" 1/28 | 11:00am | Self-pay | Cambridge
 See page 2 for full description.

Lunch: Base Crave | 1/29 | 12:00pm | Self-pay
344 Huron Ave, Cambridge, MA 02138 (street parking)

Men's Group 1/29 | 2:30pm | CN Office
 Event leader: JB Maxwell. **New members encouraged!**

Exploring Diversity 1/30 | 4:00pm | Zoom
 See page 2 for full description.

Harvard Museum at Night 1/30 | 5:00pm | Harvard Museum
 See page 2 for full description.

 *Cambridge Neighbors Member Passing* 
 We remember Ken Gaulin and Loren Graham and offer our condolences to their family and friends.

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

Interested in getting involved with the MIT AgeLab? Read on...



The MIT AgeLab was founded in 1999 to reinvent and reconsider aging as an opportunity rather than a problem to be solved. The AgeLab is interested in better understanding what it means to live well into older age and in doing so, challenging long-held beliefs about what it means to be old. There is essentially a new phase of life that comes with longevity. People who had, at one point, expected to live only to age 70 may now be living until 90 or 100. Older adults are increasingly a major consumer group, and it is critical to understand what they need and want in products, tools, and services in order to thrive in their "new longevity."

The MIT AgeLab draws on a variety of multidisciplinary perspectives including design, engineering, policy, sociology, psychology, public health, consumer behavior, and more. They structure their research across four domains: *Transportation and Livable Communities*; *Home Logistics and Services*; *Wellbeing and Caregiving*; *Retirement and Longevity Planning*.

There are many research panels at the AgeLab. They are tools that enable the AgeLab to do the research that they do and engage with people like you through surveys, workshops, and more! The AgeLab has:

- **A panel of family caregivers** that is made up of adult informal family caregivers, who are trying to understand the challenges, needs, and wants of caregivers and the loved ones whom they care for;
- **A panel of financial advisors**, who aim to examine the role of engagement, advice, and trust across generations in ensuring financial preparedness;
- And finally, **a panel of individuals aged 85 years and older**, who host bimonthly workshops to better understand the opportunities and challenges created by unprecedented longevity.

Interested in getting involved with the MIT AgeLab? Consider joining one of the panels listed above. Visit the AgeLab website at <https://agelab.mit.edu/> to explore more about the AgeLab's work, read their publications, and access recent findings. If you don't meet one of the criteria for the panels mentioned, sign up for their volunteer database. The AgeLab also sends out a monthly newsletter with updates on their ongoing projects and highlights of what they've been doing.

2025 Board of Directors

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Cambridge Neighbors

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