



February 2025

CAMBRIDGE NEIGHBORS

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

Dear Members and Friends,

February is a notable month because it celebrates romantic love. For those of us lucky enough to still have that in our lives (I count myself among that group (smile)), bravo! But love is love and there is a good deal of that, I hope, in your world.

I've been re-reading "The Road Less Travelled" by Scott Peck, the celebrated book published back in 1978. In my opinion, his insightful lessons on how to manage life's inevitable sorrows (The first sentence of the book reads, "Life is difficult.") are timeless and original. He describes love as a major coping mechanism; Peck defines love as, "The will to extend oneself for the purpose of nurturing one's own or another's spiritual growth." He clarifies that self-love and love of others go hand-in-hand and are ultimately indistinguishable. Love is not just a desire but a combination of action and intention.

Each of our volunteers is all about action and intention, fueled by a caring and generous spirit. Each assignment is an act of love. Please welcome our newest volunteers!



"'Do unto others as you would have them do unto you.' I know how distressing it can be to need a favor and not have a relative or friend who can help. I also know what a blessing it is when someone offers the desired assistance. I look forward to providing such relief to others." Mary Jane Soule, CN Member



"I'm a mechanical engineer by training, and I also have always enjoyed fixing all manners of items throughout my life. I'm particularly aware [that] home repair and maintenance can be tricky in some of these older homes. I am volunteering at CN because I would enjoy meeting folks who may have lived here longer, and I'd like to be helpful in the process." Tomek Brzesinski



"I joined Cambridge Neighbors after discovering their admirable mission. It seemed like a fulfilling way to use my technology skills." Fabio Lopez



"I joined Cambridge Neighbors because I believe that to be part of a community means to serve the community as best you can. Cambridge has been kind to me since moving here 2 years ago and I want to give back as a handyman." Matthew Karee



"We are a family of 6: Emily & Selom, our daughters Evelyn (7), Shirley (5), son Eli (3) and our dog Bloomer. You can often find me working at a local hospital, or all of us riding our bikes in the neighborhood or spending time in the great local parks. We look forward to meeting you!" Emily Aaronson

We also welcome volunteers, Linda Hertwig (member), Erik Scheier, Joanne Flackett (member), Marcus Stern, Jean Connors (member), Tamisan Johnson and Margot Goodwin (member).

With warmest wishes,

Jan Latorre-Stiller, Executive Director

4th Annual
2025
**CAMBRIDGE
VOLUNTEER
FAIR**
Remote via Zoom!
FRIDAY, FEB. 14
12-1:30 PM

Co-Hosts:

Cambridge Center for adult education
Cambridge VOLUNTEERS
CITY OF CAMBRIDGE

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., 2/5 | 11:00am | CN office | New members welcome!
545 Concord Ave., 4th fl. Conference Room, Cambridge 02138
Meet with other women of Cambridge Neighbors on the first Wednesday of each month to get to know one another better. Following each meeting, women are encouraged to join for lunch at Summer Shack, located near the Alewife T station. Event leader: Marianne Iacuzio

Explorer Walk: Mount Auburn Cemetery

Tues., 2/11 | 10:30am | Mount Auburn Cemetery
580 Mt Auburn St., Cambridge 02138
Join us for our monthly walk-and-talk at Mount Auburn Cemetery. Winter's bare trees offer clear views of the beautiful landscape and the memorials which the leafy greens of summer hide from us. Meet in front of the Visitor Center at 10:30am. Event leader: Susan Murray

Candlepin Bowling

Wed., 2/12 | 11:00am | Davis Square
45 Day St., Somerville 02144
Join other CN member at Sacco's Bowl Haven in Davis Square this month for fun and games! Lane charges are \$39/hour and \$20/half hour (to be split among attendees) and shoe rentals are \$4. The group may stay for lunch following the fun. Metered parking is available across the street, take the Red Line to Davis Square which is very close by, or take the #96 bus to the Mass Ave. T stop at Porter Square. Event leader: Monica Bennett

Explorer Walk: "Hatchlings" Winter Lights Installations on the Rose Kennedy Greenway

Wed., 2/19 | 1:30-3:30pm | North End, Boston
Meet downstairs at the Porter Sq. T station by ticketing booths



"Hatchling"

We'll walk along the Greenway from North Station to South Station, taking in 7 of 9 Hatch Shell Hatchlings. Most of these various-sized illuminated structures are on the grid (Some are also—or solely—solar powered.) so are illuminated all day. We'll take the 1:47pm Commuter Rail from Porter Square to North Station and walk the Greenway to South Station (about 1.25 to 1.5 miles) then take the Red Line back to Cambridge. Meet at Porter Square by the ticketing machines at 1:30pm so we have time to purchase commuter rail tickets. A one-way ticket to/from is \$1.10 with your Senior Charlie card. For more info on the Hatchlings, check out <https://www.roeskenedygreenway.org/hatchlings>

Fleischer Studios' Greatest Hits

Thurs., 2/20 | 3:15pm | Somerville Theatre
55 Davis Square, Somerville
Join us for an afternoon of vintage cartoons by Max Fleischer including Betty Boop, Popeye, Superman and the Inkwell Imps at the Somerville Theatre. There is paid parking a block away, some street parking, and the Red Line T stop is steps away.

Fleischer Studios animation was darker, more adult and more urban than that of Disney (their main competitor); their slinky,

surreal, always morphing short films featured characters seemingly made of elastic. This program includes:

Superman — Magnetic Telescope
Inkwell Imps — Koko's Bawth
Betty Boop — Dizzy Red Riding Hood
Fleischer Studios Behind the Scenes
Color Classics — Play Safe
Betty Boop — Betty in Blunderland
Popeye — A Day to Skate
Superman — The Bulleteers

Tickets are \$12 at the door. We will meet in the lobby at 3:15 and sit together in the large theatre. Optional dinner in Davis Square after the 65 minute film program. Event leader: Tina Smith

"Single & Mingle"

Tues., 2/25 | 12:00pm | Self-pay | Base Crave
344 Huron Ave, Cambridge 02138

Join other single members of Cambridge Neighbors this month over lunch at Base Crave, located on Huron Avenue in Cambridge. The restaurant boasts Nepalese comfort food in a small, cozy environment. This is a great way to get to meet and chat with other CN members! *Metered street parking available.*

Stay or Go: Marie LeBlanc

Wed., 2/26 | 3:00pm | Zoom

This month's speaker will be Marie LeBlanc, owner of Transitions Liquidation: a downsizing and moving company that works exclusively with seniors. More information to come...

Exploring Diversity

Thurs., 2/27 | 4:00pm | Zoom

Join other CN members in a member-led presentation and discussion on this month's topic: The works of Melnia Cass, Leonard Zakim and James Monroe Trotter—a boulevard, a bridge, and a Boston public school. Event leader: Mary Alice Stanton

DID YOU KNOW?

The IRS allows you to deduct mileage for medical care if the transportation costs are mainly for—and essential to—the medical care. When deducting mileage for medical care, you can use either of these methods:

-Standard mileage rate for a personal vehicle: \$0.21/mi

-Actual expenses you have allocated to the use of the vehicle for medical transportation, including: parking fees, tolls, gas, oil

H&R Block

THIS MONTH'S PROGRAMS

MON	TUES	WED	THURS	FRI
NOTE: In-person events are listed in black ; Zoom events are listed in blue				
3	4	5	6	7
Tipple 5:00pm		Women's Group 11:00am	Dinner: Bar 'Cino 6:00pm	Meditation 1:00pm Let's Talk 2:00pm
10	11	12	13	14
	Explorer Walk: Mt. Auburn Cemetery 10:30am	Candlepin Bowling 11:00am	Coffee & Conversation 11:00am	Lunch: Patou 11:30am
17	18	19	20	21
Tipple 5:00pm OFFICE CLOSED	Bio Book Club 1:30pm	Explorer Walk: Rose Kennedy Greenway 1:30pm	Fleischer Studios' Greatest Hits 3:15pm	Meditation 1:00pm Info Session 3:00pm
24	25	26	27	28
LGBTQ+ Meetup 4:00pm	"Single & Mingle" 12:00pm Men's Group 2:30pm	Stay or Go: Marie LeBlanc 3:00pm	Exploring Diversity 4:00pm	

Tipple 2/3 | 2/17 | 5:00pm | Nubar | Limited spaces 16 Garden St., Cambridge 02138
Join members for wine, appetizers & good conversation.
Event leader: Nancy Carlson

Women's Group 2/5 | 11:00am | CN Office
See page 2 for full description.

Dinner: Bar 'Cino 2/6 | 6:00pm | Self-pay 47 Main St, Watertown 02472 (parking lot available)

Meditation 2/7 | 2/21 | 1:00pm | Zoom
Event leader: Nancy Barcelo

Let's Talk 2/7 | 2:00pm | Zoom
Online discussion on the challenges and opportunities of the aging journey. Event leaders: Lotte Bailyn & Micki Seligson

Explorer Walk: Mt. Auburn Cemetery 2/11 | 10:30am
See page 2 for full description.

Candlepin Bowling 2/12 | 11:00am
See page 2 for full description.

Coffee & Conversation: Kickstand Café 2/13 | 11:00am 594 Massachusetts Ave, Arlington 02476 (parking lot available)
Join other members for coffee this month at Kickstand Café.

Lunch: Patou 2/14 | 11:30am | Self-pay
Thai food: Soup/appetizer/entrée less than \$20
69 Leonard St, Belmont 02478 (parking lot available)

Bio Book Club 2/18 | 1:30pm | CN Office

This month's discussion: *First: Sandra Day O'Connor* by Evan Thomas — an intimate portrait of the first woman Supreme Court Justice that covers the not so distant past, and reminds us how far we have come. Event leader: Mary Alice Stanton

Explorer Walk: Rose Kennedy Greenway 2/19 | 1:30pm
See page 2 for full description.

Fleischer Studios' Greatest Hits 2/20 | 3:15pm
See page 2 for full description.

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.

LGBTQ+ Group Meetup 2/24 | 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" 2/25 | 12:00pm | Self-pay | Huron Village
See page 2 for full description.

Men's Group 2/25 | 2:30pm | CN Office | *DATE CHANGE*
Event leader: JB Maxwell.

Stay or Go: Marie LeBlanc 2/26 | 3:00pm | Zoom
See page 2 for full description.

Exploring Diversity 2/27 | 4:00pm | Zoom
See page 2 for full description

Attention: Spanish speakers **ALL LEVELS WELCOME** Fluent in Spanish or just looking to touch up on your skills? Want to make more meaningful connections with fellow Cambridge Neighbors members? Contact the office if you are interested in being part of a member-led Spanish conversation group looking to meet monthly for informal conversation with neighbors.

"As the days get shorter and temperatures drop, many people experience Seasonal Affective Disorder (SAD), a type of depression that occurs during the winter months. Seniors can be particularly vulnerable to SAD due to reduced sunlight exposure and social isolation. Here are some strategies to help seniors stay healthy and combat the winter blues:



5% of the population experiences seasonal affective disorder

Prioritize Natural Light

Try to get outside for a walk during daylight hours, even if it's cold. Opening curtains and blinds can also help maximize natural light in your home. Light therapy lamps can be a great indoor substitute on really cold days.

Stay Active

Regular physical activity can boost your mood and energy levels. Consider indoor exercises like yoga, stretching, or even chair aerobics to keep moving when it's too cold outside.

Maintain Social Connections

Social isolation can worsen feelings of depression. Make an effort to connect with friends and family, whether through phone calls, video chats, or in-person visits if possible.

Eat a Balanced Diet

Eating a diet rich in fruits, vegetables, lean meats, fish and whole grains can improve your mood and overall health. Consider foods high in vitamin D, like fortified dairy products, as vitamin D deficiency is linked to SAD.

If you're struggling with persistent feelings of sadness, talk to your healthcare provider. Medicare covers certain mental health services, including counseling and therapy, which can be invaluable during the winter months."

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