



April 2025

CAMBRIDGE NEIGHBORS

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

Dear Members and Friends,

Dare we hope that spring will not disappoint this year? As I write this letter, the temperature is near 60 degrees and there is a definite shift in the light that thrills. Gentler weather is something to look forward to as we perhaps look to nature to soothe our souls.

The month of April shines a spotlight on volunteerism and poetry.



April celebrates volunteerism (National Volunteer Week is April 20 through 26th). It's an opportunity to recognize the impact of volunteer service to build stronger communities and be a force that transforms. We thank our Cambridge Neighbors' volunteers for their enormous contribution to our organization and to our members. **Interested in helping? We currently need volunteer drivers.** It's a great way to get to know your fellow members and to make a real difference. Please contact the office for more information.



April marks National Poetry Month. This year, we thank members Richard Fein, Adnan Onart, and Janet Whitla for sharing their work. Richard's poem, *Uncovered*, is from a book he is working on, not yet published. His latest book of published poems is *Dear Yiddish*. Enjoy!

Warm wishes and Happy Spring,
Jan Latorre-Stiller, *Executive Director*



Richard Fein



Janet Whitla



Adnan Onart

Uncovered

Richard Fein

In the middle of the night the citation
"Genesis 9:21" kept coming to me
though I had no idea of what
it says, just "Genesis 9:21"
kept coming to me as I went
in and out of sleep, dream voice.
When I got up in the morning
I went to my marked-up King
James
and found in Genesis 9:21
Noah was found by his second
son,
Noah "uncovered within his tent."

If There Is Water

Janet Whitla

If there is rain, robins will sing.
Sparrows will cling to the wires they so love.
Blue jays will jump from the branch to the bough
And scream at the smaller birds laughing below.
Dawn's colors will rise to the cries of the gulls.
If there is tide, fishes will ride
Alongside the sand in the sweet salt of sea.
If there is twilight, deer will assemble to watch
The soft swish of the ducks through the marsh.
And if there is earth with its blanket of food,
Animals softly will move from the wood
And nibble the leaves as if green were a god.
The question is there for those who speak words:
Who knows how to watch, to give, to live?

Fall On Wall Street

Adnan Onart

There it was: a lonely autumn leaf.
I wouldn't know which kind,
definitely not fern, but
in a fading shade of fern green.
Half covered by the brown
of an insolent mud-slush,
she was clamping
to the rain-soaked plastic bag
of *The Wall Street Journal*
and shivering
in horror at the headlines.

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.

“Attaining Stillness”

Tues., 4/1 | 4/8 | 1:00pm | CN Office

545 Concord Ave., Suite 104, Cambridge 02138

In this continuation of the three-week series, you will learn and practice simple breathing exercises—based on yogic tradition—to bring about relaxation of the body and mind. This will be combined with basic meditation instruction and guidance. All practice is done while seated. Beginners welcome! Instructor: Barbara Lynne

Women’s Group

Wed., 4/2 | 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. Group leader: Marianne Iacuzio

Tech Tuesday: Back to Basics (Getting to Know the Apple Finder)

Tues., 4/8 | 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 how to search for and find documents on your computer. Note: This class is for Apple users only.

Stay or Go: Planning with Ease

Tues., 4/9 | 1:00pm | Zoom

This month’s speaker will be Lauren Watts, Vice President and Co-Owner of Dovetail Companies—a company dedicated to empowering older adults through education and expert guidance. *This program is part two of a three-part miniseries.*

Planning for the future is essential as we age, and having the right support makes all the difference. Whether you’re navigating this journey alone or with loved ones, help is always available. In this presentation, Lauren will talk about simplifying the process with expert guidance, connecting you to aligned professionals and community resources so that you can move forward with confidence and ease.

Cannabis 101: Considerations for Older Adults

Tues., 4/15 | 12:00pm | Zoom

This presentation will cover the basics of medical marijuana (how it works and dosage forms available, etc.), and recommendations for specific disease states that often affect older adults. An overview will also be provided of the dispensary experience with what to expect and information about local resources.

Explorer Walk: Mount Auburn Cemetery

Wed., 4/16 | 10:30am | Mount Auburn Cemetery

580 Mt Auburn St., Cambridge 02138

Along with our usual walking-and-talking, we’ll visit the grave sites of Harriet Jacobs and Mary Walker, the subjects of March’s Exploring Diversity program. We can also visit the resting places of some of the other notable black citizens laid to rest in the beautiful grounds of Mount Auburn. Meet outside the Visitor Center at 10:30am. Event leader: Susan Murray

Exploring Diversity

Thurs., 4/24 | 4:00pm | Zoom

An open forum with discussion on the topic of ‘Where are we in our journey towards living in a diverse society?’ Event leaders: Emily Flax & Janet Whitla

Harvard Art Museum at Night

Thurs., 4/24 | 5:30-7:30pm | Free | Harvard Museums

32 Quincy Street, Cambridge, Harvard Square

Join for an evening of art, fun, food, and more! We will meet inside the Quincy St. entrance at 5:30. Admission is free; food and drink will be available for sale. Join to mingle with others inside the Italian-inspired courtyard and browse the museum shop. 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. Event leader: Kathy Gallery

Home Modifications: How to Stay Happily in Your Home for the Long Term

Fri., 4/25 | 1:00pm | CN Office

545 Concord Ave., Suite 104, Cambridge 02138

Have you thought about how you can continue to stay in your home when the space presents challenges? In this seminar, a broad range of concrete solutions will be explored—from the very modest, such as removing door or shower thresholds, to the more ambitious reconfiguring or addition of rooms. ADUs (Accessory Dwelling Units) will also be discussed. Members are encouraged to share their specific issues as part of the conversation.

John Altobello has spent his architectural career enabling people to get the right fit for their home—in the design of house renovations or new construction. He continues that practice as he helps residents find ways that will allow them to remain in their homes long term.

Earth Day Walk & Learn with Jean Devine

Mon., 4/28 | 10:30am | Alewife

10 Acorn Park Drive, Cambridge 02140

Celebrate Earth Month with a walk to explore nature, green infrastructure, and emerging plants at Alewife Reservation. Jean Devine, native plant educator, and Ellen Mass, founder of Friends of Alewife Reservation, will be your guides.

Walking lovers have the option to meet Jean at the Alewife T Station (meet at the giant “T” statue) at 10:30am to walk first to the stormwater basin, then on to the garden on the north side of the reservation. Those not interested in walking can go directly to the Alewife Showcase Biodiversity Pollinator Garden at 11:15am. *If driving on Rt 2 E, take the Alewife Station exit ramp and a quick right onto Acorn Park Drive. Park at the first lot you see opposite Bldg 600 at 10 Acorn Park Drive.*

After a brief garden history, Jean will discuss efforts to diversify the garden ecology and share images of plants and wildlife that have been found at the Reservation.

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	4
	"Attaining Stillness" 1:00pm	Women's Group 11:00am		
7	8	9	10	11
Tipple 5:00pm	Tech Tuesday 11:00am "Attaining Stillness" 1:00pm	Stay or Go 1:00pm	Lunch: Savino's 12:00pm	Meditation 1:00pm Let's Talk 2:00pm
14	15	16	17	18
Coffee & Conversation 11:00am LGBTQ+ Group 4:00pm	Medical Cannabis 12:00pm Bio Book Club 1:30pm	Explorer Walk 10:30am		Meditation 1:00pm Info Session 3:00pm
21	22	23	24	25
OFFICE CLOSED Tipple 5:00pm		Dinner: Cambridge Common 6:00pm	Exploring Diversity 4:00pm Harvard Art Museum at Night 5:30pm	Home Modifications 1:00pm
28	29	30		
Earth Day Walk & Learn 10:30am	"Single & Mingle" 6:00pm	Men's Group 2:30pm		

"Attaining Stillness" 4/1 | 4/8 | 1:00pm | CN Office
See page 2 for full description.

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

Tipple 4/7 | 4/21 | 5:00pm | Nubar | *Limited spaces*
16 Garden St., Cambridge 02138
Wine and appetizers. Self-pay. Event leader: [Nancy Carlson](#)

Tech Tuesday 4/8 | 11:00am | CN Office
See page 2 for full description.

Stay or Go: Planning with Ease 4/9 | 1:00pm | Zoom
See page 2 for full description.

Lunch: Savino's 4/10 | 12:00pm | Self-pay | *CASH PREFERRED*
449 Common St, Belmont 02478 (Parking in Bradford building)

Meditation 4/11 | 4/18 | 1:00pm | Zoom
Event leader: [Nancy Barcelo](#)

Let's Talk 4/11 | 2:00pm | Zoom
Online discussion on the challenges and opportunities of the aging journey. Event leaders: [Lotte Bailyn](#) & [Micki Seligson](#)

Coffee & Conversation: Revival Café 4/14 | 11:00am
125 CambridgePark Drive, Cambridge 02140 (Street parking)
Join other CN members for coffee at Revival Café this month, located near Alewife.

LGBTQ+ Group 3/14 | 4:00pm | Café Zing
25 White St, Cambridge, MA 02140
New members always welcome! Event leader: [Estelle Disch](#)

Medical Cannabis 4/15 | 12:00pm | Zoom
See page 2 for full description.

Bio Book Club 4/15 | 1:30pm | CN Office
This month's discussion: *Coolidge* by Amity Shlaes. New members welcome! Event leader: [Mary Alice Stanton](#)

Explorer Walk: Mt. Auburn Cemetery 4/16 | 10:30am
See page 2 for full description.

Info Session 4/18 | 3:00pm | Hybrid
Tell your friends about CN! For prospective members only.

Dinner: Cambridge Common 4/23 | 6:00pm | Self-pay
1667 Mass Ave, Cambridge 02138 (Parking lot available)

Exploring Diversity 4/24 | 4:00pm | Zoom
See page 2 for full description.

Harvard Art Museum at Night 4/24 | 5:30pm | Harvard Museums
See page 2 for full description.

Home Modifications 4/25 | 1:00pm | CN Office
See page 2 for full description.

Earth Day Walk & Learn 4/28 | 10:30am
See page 2 for full description.

"Single & Mingle" 4/29 | 6:00pm | Self-pay | Parking lot
149 Alewife Brook Parkway, Cambridge 02140
Join other single CN members for dinner at Summer Shack this month, located near Alewife.

Men's Group 4/30 | 2:30pm | CN Office
New members welcome! Group leader: [JB Maxwell](#).

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

Welcome To Our Newest Volunteers!



"I'm volunteering because I have older (like me) friends living alone who have difficulty getting to medical appointments, and I want to help with this important role. Also, I'm paying it forward, as someday I will be in this position."

Kate Jurow



"I was interested in volunteering at Cambridge Neighbors as a means of starting to become more familiar with what CN offers, its members, the "culture" of the office, and opportunities to get to know other folks in our age group. Thus far, everyone has been extremely welcoming. I look forward to participating more fully down the road; there are many appealing events and groups that my husband and I hope to join in the future."

Robin Alt



"I seek to actively support the mission of Cambridge Neighbors to help elders stay in the homes and neighborhoods they love. Plus, I enjoy meeting new people from different backgrounds and learning about their lives and experiences. I chose to be a volunteer driver because I like to drive, and it meets the needs of many members."

Neil Rohr

We would also like to thank new volunteer, **Joanne Flackett**, who does not appear in this month's newsletter.

And speaking of volunteers...

Matt Mulvey, one of CN's wonderful volunteer handymen, is starting a member video project! He and CN staff are looking to interview members: questions about your life, your time in Cambridge and the surrounding areas, your family, your accomplishments, and more. These videos may be added to our website as a 'Get to Know Our Members' initiative. We are looking for between 5-10 members willing to be interviewed. If this is something you are interested in, please contact the office to learn more. We look forward to hearing from you!

2025 Board of Directors

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Cambridge Neighbors

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