



May 2025

CAMBRIDGE NEIGHBORS

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

Dear Members and Friends,

Let's celebrate ourselves!



Older Americans Month 2025 Theme: Flip the Script on Aging

Every May, ACL (Administration for Community Living) leads the nation's observance of Older Americans Month, a time to recognize older Americans' contributions, highlight aging trends, and reaffirm our commitment to serving older adults.

The 2025 theme, *Flip the Script on Aging*, focuses on transforming how society perceives, talks about, and approaches aging. It encourages individuals and communities to challenge stereotypes and dispel misconceptions. This year, we honor older adults' contributions, explore the many opportunities for staying active and engaged as we age, and highlight the opportunities for purpose, exploration, and connection that come with aging.

"When Older Americans Month (May) was established in 1963, only 17 million Americans had celebrated their 65th birthday." Today over 60 million of us can claim the distinction of being 65 or better. However, over 22 million older adults live alone and close to 30% of them have no children or other family support as they age (not to mention those who do have children that live far away). This is a category best known as "Solo Agers."

Solo Aging Spotlight

Since 2024, "Solo Agers have their very own day, right in the middle of Older American's month. [SAVvy Day](#) (Solo Agers Visibility Day) will acknowledge their status, raise awareness about their numbers, and educate others in the ways they can support the Solo Agers among their family members and friends." *

***Spotlight On Solo Agers For Older Americans Month** By [Sara Zeff Geber, PhD](#), Contributor. Author, Speaker, Thought leader on Solo Aging, May 03, 2024



In alliance with Older Americans Month's nod to the unique needs of solo agers, Cambridge Neighbors will offer a program on "Navigating Life as a Solo Ager" on Tuesday, May 13. We are pleased to have Steve Gurney, the Founder, Director, and Publisher of the Positive Aging Community, as our presenter. *See inside for more information.*

PositiveAging
Connections • Choices • Community

JOIN US ON TUESDAY, MAY 6TH!

We hope to see you at our Annual Spring Event at the Freepoint Hotel where we will get the chance to sing along to our favorite songs. *More information inside.*

Singing has been shown to improve our sense of happiness and well-being.

Studies have found that people feel more positive after actively singing than they do after passively listening to music, or even after chatting about positive life events. Improved mood probably comes in part directly from the release of positive neurochemicals such as endorphins, dopamine, and serotonin as one sings.

Warm regards,

Jan Latorre-Stiller
Executive Director

PROGRAM HIGHLIGHTS

Please contact the office to register for all events.



Annual Spring Celebration

Tues., 5/6 | 3:00-5:00pm | Freepoint Hotel
220 Alewife Brook Parkway, Cambridge

We invite members to join us for our Annual Spring Celebration at the Freepoint Hotel for small bites, libations, and great company. This event has limited availability, so please RSVP to the office no later than May 1st. Piano sing-along with Mel Stiller from 4:00-5:00pm. Parking is available at the hotel.

Women's Group

Wed., 5/7 | 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

The Unique Needs of Solo Agers

Tues., 5/13 | 3:00pm | Zoom

We will explore the unique considerations of solo agers and will review their specific needs related to healthcare, finances, and creating and identifying support systems (The Village Movement is a good example.) *This will be a one hour program with time for Q&A.*

The program will be delivered by Steve Gurney, Founder/Director/Publisher of the Positive Aging Community.

Navigating Life's Transitions with Independence, Organization, and Confidence

Wed., 5/14 | 1:00-2:30pm | CN office

545 Concord Ave., Suite 104, Cambridge 02138

Are all your important details organized in one place so your family can easily access them in an emergency? Could your family step in and help you manage your affairs if needed?

Join Sandra Batra as she explains how you can create a Life Transition Binder that pulls together all your important details into one place, including: personal data, property, financial, insurance details and more. This organizational tool will allow you to remain in control and independent as you age. A *handout will be given summarizing the details presented.*

Joint Walk with Beacon Hill Village

Thurs., 5/15 | 10:30am | Charles River | Appx. 2-2.5mi
Meet at 10:30am in front of the Harvard Coop (Harvard Square)

Our walk will take us along the Charles River to the small Riverbend Park (maintained by the non-profit The People for Riverbend Park Trust), through Longfellow Park with its Daniel Chester French-sculpted memorial to Henry Wadsworth Longfellow, to the formal garden at the Longfellow House. From there we'll loop back via Brattle Street and Radcliffe Yard (and, perhaps, the lovely sunken garden just off the Yard) to end our walk in Harvard Square with a pay-your-own lunch. Hoping good weather graces our annual spring walk with our Beacon Hill Village friends! Event leader: Susan Murray

Tech Tuesday: Siri as a Useful Phone Assistant

Tues., 5/20 | 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 use Siri effectively.

Note: This class is for Apple users only.

Stay or Go: Selling with Ease

Wed., 5/21 | 1:30pm | Zoom

This month's speaker will be Erin DiCarlo, founder of Dovetail Companies—a company dedicated to empowering older adults through education and expert guidance. *This program is part three of a three-part miniseries.*

This program will help you understand how to streamline your home sale with expert guidance and proven strategies. The *Move First, Sell Later* approach ensures a smooth transition, while helping to explore financial options and maximize your home's value through preparation and marketing.

Explorer Walk: Mount Auburn Cemetery

Thurs., 5/22 | 10:30am | Mount Auburn Cemetery

580 Mt Auburn St., Cambridge 02138

Join with other Cambridge Neighbors members for a walk-and-talk at Mount Auburn Cemetery. As we go, we'll check out how spring is progressing in this beautiful space. We should see trees leafing out, flowers blooming, more birds than we've been seeing, and, perhaps, turtles in the ponds. We'll meet outside the Visitor Center at 10:30am. Event leader: Susan Murray

Exploring Diversity

Thurs., 5/29 | 4:00pm | Zoom

We find in this moment of history it is time to loudly uplift those that have been overshadowed by the racial biases of our society in the past and present. Following a discussion on findings and feelings from our April program, we will uplift the life of Mary Walker. Event leader: Emily Flax

New Member Orientation

Fri., 5/30 | 11:00am-12:30pm | CN office

545 Concord Ave., Suite 104, Cambridge 02138

New to Cambridge Neighbors? Already a member but want a refresher on what CN can offer? Join two members as they talk you through the ins and outs of the organization from a member's perspective. Q&A at the end. Event leaders: Claudia Albert & Megan Lower

Frontiers in Geriatrics: Falls and Frailty

Fri., 5/30 | 2:00pm | Zoom

Frailty is a geriatric syndrome characterized by diminished physiological reserve and increased vulnerability to stressors leading to adverse health outcomes such as falls, disability, and mortality. This presentation will delve into the relationship between frailty and falls in older adults highlighting the latest research, clinical guidelines, and management strategies.

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
5	6	7	8	9
Tipple 5:00pm	Spring Event 3:00-5:00pm	Women's Group 11:00am	Coffee & Conversation 11:00am	Meditation 1:00pm Let's Talk 2:00pm
12	13	14	15	16
Dinner: Koreana 6:00pm	Solo Aging 3:00pm	Life Transitions Binder 1:00-2:30pm	Joint Walk with BHV 10:30am	Meditation 1:00pm Info Session 3:00pm
19	20	21	22	23
Tipple 5:00pm	Tech Tuesday: 11:00am Bio Book Club 1:30pm	Stay or Go 1:30pm	Explorer Walk: Mt. Auburn Cemetery 10:30am	
26	27	28	29	30
OFFICE CLOSED	"Single & Mingle" 6:00pm	Men's Group 2:30pm	Lunch: McCarthy's and Toad 12:00pm Exploring Diversity 4:00pm	New Member Orientation 11:00am-12:30pm Frontiers in Geriatrics 2:00pm

Tipple 5/5 | 5/19 | 5:00pm | Nubar | Limited spaces
16 Garden St., Cambridge 02138

Wine and appetizers. Self-pay. Event leader: [Nancy Carlson](#)

Spring Event 5/6 | 3:00-5:00pm | Freepoint Hotel
 See page 2 for full description.

Women's Group 5/7 | 11:00am | CN Office (4th floor)
 See page 2 for full description.

Coffee & Conversation: Butternut Bakehouse 5/8 | 11:00am
787 Massachusetts Ave., Arlington 02476 (Street parking)
 Join other CN members for coffee this month at Butternut Bakehouse, located in Arlington.

Meditation 5/9 | 5/16 | 1:00pm | Zoom
 Event leader: [Nancy Barcelo](#)

Let's Talk 5/9 | 2:00pm | Zoom
 Online discussion on the challenges and opportunities of the aging journey. Event leaders: [Lotte Bailyn](#) & [Micki Seligson](#)

Dinner: Koreana 5/12 | 6:00pm | Self-pay
158 Prospect St., Cambridge 02139 (Street parking)

Solo Aging 5/13 | 3:00pm | Zoom
 See page 2 for full description.

Life Transitions Binder 5/14 | 1:00-2:30pm | CN Office
 See page 2 for full description.

Joint Walk with Beacon Hill Village 5/15 | 10:30am
 See page 2 for full description.

Info Session 5/16 | 3:00pm | Hybrid
 Tell your friends about CN! For prospective members only.

Tech Tuesday 5/20 | 11:00am | CN Office
 See page 2 for full description.

Bio Book Club 5/20 | 1:30pm | CN Office
 This month's discussion: *Empress of the Nile: The Daredevil Archaeologist Who Saved Egypt's Ancient Temples from Destruction* by Lynne Olson. Event leader: [Mary Alice Stanton](#)

Stay or Go: Selling with Ease 5/21 | 1:30pm | Zoom
 See page 2 for full description.

Explorer Walk: Mt. Auburn Cemetery 5/22 | 10:30am
 See page 2 for full description.

"Single & Mingle" 5/27 | 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 5/28 | 2:30pm | CN Office (4th floor)
 New members welcome! Group leader: [JB Maxwell](#).

Lunch: McCarthy's and Toad 5/29 | 12:00pm | Self-pay
1920 Massachusetts Ave., Cambridge 02140 (Street parking)

Exploring Diversity 5/29 | 4:00pm | Zoom
 See page 2 for full description.

New Member Orientation 5/30 | 11:00am-12:30pm | CN Office
 See page 2 for full description

Frontiers in Geriatrics: Falls and Frailty 5/30 | 2:00pm | Zoom
 See page 2 for full description.

LGBTQ+ Group
 No meeting this month.

Looking to donate items this spring? Contact the agencies below to get started.

	Location	Hours	Pickup	Items Accepted	Items NOT Accepted	Additional Info
Mission of Deeds 781-944-9797	6 Chapin Ave. Reading, MA 01867	M-F 9-3 Sat. 9-12	No	Furniture, new linens, household/ kitchen items	Used linens, glass, marble, mirrors	Visit https://missionof-deeds.org/ for additional info.
New Life 978-369-0061	102 Elm St. Walpole, MA 02081	Sat. 9:30-11:30	No	Basic furniture and household goods appropriate for a small apartment	Large furniture, clothing, toys, pet supplies, mattresses, box springs	Visit https://newlifefb.org/ for additional info.
Household Goods 978-635-1710 x 4	530 Main St. Acton, MA 01720	T, Th, Sat. 9-12	No	Beds, furniture, kitchen items, linens, appliances, electronics	Clothing, books, toys, glass, pet/ medical/office supplies, outdoor furniture, desks, file cabinets	Visit https://www.householdgoods.org/ for additional info.
Resupply 765-436-6283	N/A	M-Sat. 8-5	Yes	All usable items (Items be in good condition.)	Unusable items	Visit https://resupplyapp.com for additional info. <i>Pickup fees applicable.</i>

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Cambridge Neighbors

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