



June 2025

CAMBRIDGE NEIGHBORS

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

Dear Members and Friends,

Creating community is an essential part of our ethos at Cambridge Neighbors. Members make connections through a variety of programs and events where they can get to know one another and often become friends. Occasionally, a member comes forward with a program suggestion that pushes this agenda. A few years ago, CN member Micki Seligson, approached us with the idea of forming an on-line discussion group open to both men and women. She was soon joined by CN member Lotte Bailyn, who, along with Micki, now co-leads the group **Let's Talk**. Since then, attendees have been faithfully meeting each month to offer one another support, advice, and perspective as they face both the challenges and opportunities of later life. Since the group recently met in person for the first time in May, we wanted to highlight the program and hear from Micki and Lotte as they reflect on their experiences leading the group.



Micki writes, "When I was 74, I graduated from the CG Jung Institute of New England as a Jungian analyst. My training followed a 30-year career in social policy and early childhood education at Wellesley College Centers for Women. I have a private practice and have found this second career to be very fulfilling and meaningful. As a result of working closely with people about their feelings and emotions it became clear to me that as we age many feelings emerge along with practical issues. To that end I suggested CN start a group online for people who want to talk about their concerns and questions about the stage of life we are in. There is no agenda: Lotte Bailyn and I—a generous and skilled partner in this endeavor—only organized the original monthly Zoom meeting, and the participants created the agenda simply by being present with their concerns and ideas."

Although the group has been meeting online for everyone's convenience, the Let's Talk group held its very first in-person gathering recently. This let them get to know one another in an up-close way and they all appreciated it. They will continue to meet online but are looking forward to future opportunities to be together in person.



Let's Talk co-leader, Lotte Bailyn, is the T Wilson (1953) Professor of Management, emerita, at MIT's Sloan School of Management. Her research investigates how institutional and organizational processes intersect with people's lives, with special emphasis on the dynamics of gender in business organizations and academia. She is the coauthor of a recent book, "Retiring: Creating a Life That Works for You."

Members who joined the gathering had rave reviews!

"I have to say...there has been a love connection among the "Let's Talk" group yesterday! Out of 10 people at the table, every person sent an email saying how fantastic the gathering was! Glad that I joined such a smart and thoughtful group." CN member, Barbara Selwyn

"It was great: interesting and fun!!!
So happy that we did this!! Thanks Lotte & Micki!" CN member, Susan Murray

The **Let's Talk** group is a great example of how members can make a difference in one another's lives. We also appreciate the leaders of our Women's and Men's discussion, Marianne Iacuzio and JB Maxwell, respectively. Both these groups are exclusively in-person.

Warm regards and best wishes,
Jan Latorre-Stiller, Executive Director

Cambridge Neighbors Member Passing

We remember our dear Valerie Maxwell and former member Sydney Fingold offering our condolences to family and friends.

PROGRAM HIGHLIGHTS

Please contact the office to register for all events.

Backyard Cocktail Party

Tues., 6/3 | 4:00-6:00pm | *Limited spaces* | Watertown
Address details provided upon signup through CN office

Ready to celebrate the summer season with familiar faces? CN members Webb and Jeff Brown are generously opening their home for another Backyard Cocktail Party. Join for good conversation, cocktails and more! Rain date: Thurs., 6/5

Guided Tour of the DeCordova Sculpture Park

Sat., 6/7 | 11:30am | \$14 | Lincoln
51 Sandy Pond Rd., Lincoln 01773

Meet at the entrance to the Twisted Tree Café (off the parking lot next to the shop) for optional lunch prior to the 1:00pm tour.

Our group will join a tour of the park—a lively conversation about artists, art-making processes, materials, and deCordova's rich history. The tour will run, sun or light precipitation and will be entirely outdoors. Please let the office know if you are able to drive other members in your car upon signup. Event leader: Tina Smith

Tech Tuesday: Creating Events on Your Calendar

Tues., 6/10 | 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 how to create events on your iPhone calendar. Note: This class is for Apple users only.

Optimizing Bone Health

Tue., 6/10 | 2:00pm | Zoom

Join Dr. Deborah Lee—geriatrician at the Section for Geriatric Medicine at MGH—as she reviews with us what “osteopenia” and “osteoporosis” are and how these conditions are diagnosed. She will also review common treatment options and lifestyle changes that can help optimize bone health.

Deborah Lee is the Program Director of the MGH Geriatric Medicine Fellowship and the Subspecialty Core Educator for Geriatrics for the MGH Internal Medicine residency.

Explorer Walk 1: Mount Auburn Cemetery

Tues., 6/17 | 10:30am | Mount Auburn Cemetery

580 Mt Auburn St., Cambridge 02138

Join with other Cambridge Neighbors members for our monthly walk-and-talk at Mount Auburn—a special place to enjoy the beauty of nature. Meet outside the Visitor Center at 10:30am. Event leader: Susan Murray

“Meaningful Work” Exhibition at the North Bennett St. School

Wed., 6/18 | 10:00am | North End, Boston

Meet at 10:00am at the Harvard T station (downstairs by the ticketing machines) to take train to Haymarket.

“At North Bennet Street School, we believe in the transformative power of meaningful work to shape lives, build community, and reflect the values that guide us. The 2025 Exhibition asks the question: *What does “meaningful work” mean to you?*”

Members will be given a one hour tour of the current exhibition. Afterwards, the group will walk over to the Boston Public Market for a pick-your-own lunch from one of the many vendors. Event leader: Kathy Gallery

Exploring Diversity *IN-PERSON*

Thurs., 6/19 | 11:00am | Harvard University
102 Mt Auburn St, Cambridge, MA 02138

Members will meet to explore the Cooper Gallery of African and African American Art at the Hutchins Center to see the exhibit “*Free as they want to be: Artists Committed to Memory*”. Self-pay lunch following outing. Event leaders: Helene Quinn & Anna Whitcomb

Member Spotlight: Drawing Down to the Bones

Fri., 6/20 | 11:00am | CN office

545 Concord Ave., Suite 104, Cambridge 02138

The first of our “Member Spotlight” series—CN member, Anne Harrington, will lead members through an exercise based on a collaboration with her adult son with Asperger's. They call it “The Emotions Project”.

Anne will lead members through a hands-on activity that will consist of members relaying a memory tied to an emotion and another member expressing that emotion in some visual way (colors, shapes, lines, dots, scribbles, etc.). The short-term goal is to create a visual that tells something about an emotion. The longer-term goal is to deepen our understanding of emotions.

Participants should bring a photo of a memorable person, place, or event or a memento.

Stay or Go: Defiantly Joyous Aging

Tue., 6/24 | 1:00pm | Zoom

Debbi Cutler, Director of Health and Aging Programs at 2Life Communities, and Lauren Hathaway, Opus Marketing Manager, will present an overview of 2Life's supportive housing model. Their presentation will cover their various campuses and programs, eligibility requirements, and their newest community Opus Newton—scheduled to open in fall 2025.

The discussion will highlight their Aging in Community model, focusing on how they empower older adults to live with purpose and dignity. Key aspects of this model include physical design, integration of housing and healthcare, advocacy at both local and national levels, and access to lifelong learning centers.

Explorer Walk 2: Christian Science Plaza and the Southwest Corridor

Thurs., 6/26 | 10:30am | Christian Science Plaza

Meet at 10:30am on Mass Ave. opposite Holyoke St. (outside Harvard Yard and across the street from JP Licks) to take the 10:36am #1 bus.

We'll stop first at the Christian Science Plaza with its reflecting pools, children's fountain, and public spaces. Then it's a short walk to a lovely plant-lined section of the Southwest Corridor that will return us to Back Bay Station and Copley Square where we can have lunch at the Boston Public Library's News Feed Café. This is about a 1-mile walk. After lunch, walkers can either return to Cambridge or choose to walk another mile down Commonwealth Ave. and through the Public Garden to the Boston Common to board the Red Line at the Park Street T stop. Event leader: Susan Murray

THIS MONTH'S PROGRAMS

MON	TUES	WED	THURS	FRI	Sat
2	3	4	5	6	7
LGBTQ+ 4:00pm	Backyard Cocktail Party 4:00-6:00pm	Women's Group 11:00am			DeCordova Tour 11:30am
9	10	11	12	13	14
Tipple 5:00pm	Tech Tuesday 11:00am Bone Health 2:00pm		Lunch: Patou 12:00pm	Let's Talk 2:00pm	
16	17	18	19	20	21
	Explorer Walk 1 10:30am	"Meaningful Work" Exhibition 10:00am Dinner: Base Crave 6:00pm	Exploring Diversity 11:00am OFFICE CLOSED	Member Spotlight 11:00am Meditation 1:00pm Info Session 3:00pm	
23	24	25	26	27	28
Tipple 5:00pm	Stay or Go 1:00pm	Coffee 11:00am Men's Group 2:30pm	Explorer Walk 2 10:30am	Meditation 1:00pm	
30	31				
	"Single & Mingle" 6:00pm				

LGBTQ+ Group 6/2 | 4:00pm | Café Zing

25 White St., Porter Square Mall

New members always welcome! Event leader: Estelle Disch

Backyard Party 6/3 | 4:00-6:00pm

See page 2 for full description.

Women's Group 6/4 | 11:00am | CN Office (4th floor)

New members welcome! Group leader: Marianne Iacuzio

DeCordova Sculpture Tour 6/7 | 11:30am | Lincoln

See page 2 for full description.

Tipple 6/9 | 6/23 | 5:00pm | Nubar | *Limited spaces*

16 Garden St., Cambridge 02138

Wine and appetizers. Self-pay. Event leader: Nancy Carlson

Tech Tuesday 6/10 | 11:00am | CN Office

See page 2 for full description.

Bone Health 6/10 | 2:00pm | Zoom

See page 2 for full description.

Lunch: Patou 6/12 | 12:00pm | Self-pay

69 Leonard St, Belmont 02478 (parking lot available)

Let's Talk 6/13 | 2:00pm | Zoom

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

Explorer Walk 1: Mt. Auburn Cemetery 6/17 | 10:30am

See page 2 for full description

"Meaningful Work" Exhibition 6/18 | 10:00am | North End

See page 2 for full description.

Dinner: Base Crave 6/18 | 6:00pm | Self-pay

344 Huron Ave, Cambridge 02138 (Street parking)

Exploring Diversity 6/19 | 11:00am | Harvard University

See page 2 for full description.

Member Spotlight 6/20 | 1:00pm | CN Office

See page 2 for full description.

Meditation 6/20 | 6/27 | 1:00pm | Zoom

New members welcome! Group leader: Nancy Barcelo

Info Session 6/20 | 3:00pm | Hybrid

Tell your friends about CN! For prospective members only.

Stay or Go: 6/24 | 1:00pm | Zoom

See page 2 for full description.

Coffee & Conversation: 6/25 | 11:00am | Self-pay

594 Massachusetts Ave, Arlington 02476 (parking lot available)

Join other members for coffee this month at Kickstand Café.

Men's Group 6/25 | 2:30pm | CN Office (4th floor)

New members welcome! Group leader: JB Maxwell.

Explorer Walk 2: Christian Science Plaza 6/26 | 10:30am

See page 2 for full description

"Single & Mingle": Comella's 6/31 | 6:00pm | Self-pay

11 Brighton St, Belmont 02478 (parking lot behind restaurant)

Join other single CN members for dinner at Comella's, a local family-owned chain. Serves beer and wine.

****There will be no Biography Book Club meeting in June****

New members strongly encouraged to join next month!

Thank you to the May Event Sponsors!

A good time was had by all at our Annual Spring Event at the Freepoint Hotel on May 6th with 50 people in attendance. Great food, great company, and lively music. What's not to like? Thank you to our wonderful sponsors!

Gold Sponsor



Silver Sponsors



Thank You to our Volunteer Callers!

We recently completed our round of semi-annual member calls, checking in to see how members are faring, letting them know of noteworthy happenings at Cambridge Neighbors, and asking for their suggestions and feedback. Many thanks to Claudia Albert, Tina Smith, Jan Kinasewich, Kathy Creedon, Kathy Gallery, Estelle Disch, and new member and volunteer, Carol Lorente. They reported that they found members to be very pleased with CN—music to our ears!

Thank you to The Cambridge Community Foundation!



Cambridge
Community Foundation

We're thrilled to receive a Community Fund grant from @cambridge_cf! Their generous funding helps support our Scholarship Membership Program for low-income Cambridge members. Together, we're making good in our community. **#MakingGood #CambMA**

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