



July 2025

CAMBRIDGE NEIGHBORS

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

Dear Members and Friends,

What better way to celebrate the arrival of summer than to throw a garden party! Just the name invokes feelings of delight, geniality, and perhaps nostalgia for simpler and happier times. On June 3rd, members gathered at the home of fellow members, Webb and Jeff Brown. I wish I had a photo to show of the glorious gardens that served as a colorful backdrop and added a bit of magic to the evening's festivities.



Partygoers (from L to R) Dori Hale and Claudia Albert, and staff member, Alex Clarke

Partnership with Paine Senior Services

We are delighted to announce that the folks at Paine Senior Services have generously agreed to be proactively available to our Cambridge-based members. Executive Director, Liz Aguilo (a member of our board) and her colleague, Maureen Harty—both social workers—offer an array of services including: consultation on housing and healthcare options, referrals to local available service providers, bill paying, and help with applications for benefits or services (e.g., The Ride Flex: discounted rides through Uber/Lyft). [Please contact the office for a referral.](#)

Did someone say, "Handymen Volunteers?"

How lucky are we, and therefore you? One of the many services we offer that makes life easier for members is our handymen volunteer team. Here is an example of what they do:

"Alain and Erik were great! They were very good at listening to the story of our problem (a washing machine that wouldn't stay put!) Alain noticed (which we had not) that one of the other legs besides the one we knew about, was a bit off, which may explain why the machine had been moving slowly. After they finished, we drew lines on the floor marking where the corner is, so we can tell if it moves again. So far, so good! Thanks so much for the help!" -Nick and Anne Patterson, Members



Our volunteers also reap benefits!

"While so many of handyman tasks that I've participated in were seemingly very small, I realize that they can be extremely meaningful for older folks. I derive great personal satisfaction when I can fix something or help someone with a task, no matter how small. Everyone I've helped has been so welcoming and appreciative and respectful of my time." -Erik Scheier, Handyman Volunteer

Welcome to our new volunteers, CN members Barbara Bund and Mary-Anne Morrison



Barbara, a resident of Belmont who recently joined Cambridge Neighbors, will be helping on several fronts with direct service to members and as a member of one of our committees. After a few years teaching quantitative methods at Harvard Business School, she shifted to marketplace strategy, first at HBS and then at MIT's Sloan School. She has also consulted, primarily with businesses, as well as with a few nonprofits. Throughout her work in marketing, she has always strongly emphasized a strong focus on customers—on understanding their behaviors as well as their needs and interests.



Mary-Anne, a new member along with her husband, John, says:
"A key Cambridge Neighbors attraction for me is the ability to volunteer to help others in ways that I can anticipate both my husband and me perhaps needing in the future. A way to 'pay it forward' as we continue to age."

Warm Wishes,
Jan Latorre-Stiller, Executive Director

PROGRAM HIGHLIGHTS

Please contact the office to register for all events.

Living Well with Low Vision: Resources for Maintaining Your Independence

Tues., 7/8 | 2:00pm | Zoom

Changes in vision are a normal part of aging, and many seniors are also affected by progressive eye diseases such as Macular Degeneration, Glaucoma, and Diabetic Retinopathy. Many people fear losing their independence as it becomes harder to complete everyday tasks like reading a medication label or using a mobile phone. This program will provide information on resources available to help you adapt to vision loss, including the role of technology and how to acquire it.

Eleanor Strehl, OT, MS, OTR, is the Vision Rehab Director at the Massachusetts Association for the Blind and Visually Impaired. She provides home-based occupational therapy to individuals living with vision loss in Western MA.

Mount Auburn "Walk & Talk"

**Wed., 7/9 | 10:30am | Mount Auburn Cemetery
580 Mt Auburn St., Cambridge 02138**

Join with other Cambridge Neighbors for our monthly walk-and-talk at Mount Auburn. Tentatively, we'll plan to head to the butterfly garden on the southeast shore of Willow Pond. High temperatures may make for a shorter walk. *Meet outside the Visitor Center at 10:30am.* Event leader: [Susan Murray](#)

Bio Book Club *NEW MEMBERS WELCOME*

Tues., 7/15 | 2:00pm | Zoom

Do you enjoy adventure, expanding your knowledge on diverse subjects, and history? If yes, join us in the biography book group! Drop in for a discussion of one book or a few books, or become a "regular" in the group. We have read about subjects as diverse as Cleopatra, Charlie Chaplin, MLK Jr., and Kenneth Clark—always making certain they are available at the library in print and audio form. Everyone in the group suggests a book and we read one each month. Sign up for this month's Zoom meeting on Tuesday July 15th to discuss *Gallileo's Daughter* by Dave Sobel.

The group meets the third Tuesday of each month on Zoom at 2:00pm. Contact the office for more details.

Outing to the Harvard Art Museum

**Thurs., 7/17 | 12:00pm | Free
32 Quincy St, Cambridge, MA 02138**

Join with other CN members for an in-depth, hour-long public tour of the special exhibition *The Solomon Collection: Dürer to Degas and Beyond* led by one of the exhibition curators. The collection celebrates a significant bequest to the Harvard Art Museums from collectors Arthur K. and Mariot F. Solomon and spotlights over 135 works.

Please meet at the Visitor Services desk in the Calderwood Courtyard at 11:45am. Optional lunch at a nearby eatery following the tour. Event leader: [Bill Barnert](#)

Coffee and Conversation: Vintage Tea & Cake Co. **Wed., 7/23 | 12:30pm | Self-pay | Lexington 21 Muzzey Street, Lexington**

Enjoy an afternoon tea/light lunch in a delightful, airy space. You will be served a variety of small pastries and finger sandwiches on a traditional 3-tiered stand. Vegetarian and gluten-free options are available. Tea choices include herbal teas. \$30 + tax and gratuity.

Please let the office know upon signup if you are able to drive other members in your car. *Parking information provided prior to event.* Event leader: [Susan Murray](#)

Explorer Walk: MIT Museum

**Thurs., 7/24 | 10:30am | MIT Museum | \$15
314 Main Street, Building E-28, Cambridge**

Meet in the lobby of the Museum at 10:30am. Take the Red Line to Kendall/MIT & follow signs to Carleton St. exit.

Let's turn this summer walk into an indoor outing by visiting the 'cool' MIT Museum. They always have interesting exhibits, such as a current one called 'Radical Atoms'. Following our visit, we can go to a nearby eatery for lunch. *Free for Cambridge resident members and to members of the MIT community.* Event leader: [Susan Murray](#)

New Member Orientation

**Fri., 7/25 | 11:00am | CN Office
545 Concord Ave. Suite 104, Cambridge**

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 leader: [Claudia Albert](#)

A Guide to Smart Phones with Bill Walker

Tues., 7/29 | 2:00pm | Zoom

This presentation will cover the types of smart phones available and how they can help you and keep you safe as an older adult. Topics will include: selecting a phone, transitioning from one phone to another, service providers, finding and installing apps, and features designed to help and protect you.

Bill Walker, long-time CN tech volunteer, will lead this program. Q&A following presentation.

Member Spotlight: Origami with Bill Barnert

**Wed., 7/30 | 11:00am | CN Office
545 Concord Ave. Suite 104, Cambridge**

Have you ever wanted the skills to fold a flat piece of paper into a moving piece of art? In this workshop, Bill will teach you how to make two dynamic origami animals: a frog that hops and a bird that flaps its wings. Amaze the grandkids! Paper will be supplied, just bring your fingers and your enthusiasm. Event leader: [Bill Barnert](#)

THIS MONTH'S PROGRAMS

MON	TUES	WED	THURS	FRI
	1	2	3	4
		Women's Group 11:00am		OFFICE CLOSED
7	8	9	10	11
Tipple 5:00pm	Living Well with Low Vision 2:00pm	Mount Auburn "Walk & Talk" 10:30am	Dinner: Fresh Pond Beer Garden 5:00pm	Meditation 1:00pm Let's Talk 2:00pm Info Session 3:00pm
14	15	16	17	18
LGBTQ+ 4:00pm	Bio Book Club 2:00pm		Harvard Art Museum 12:00pm	Meditation 1:00pm
21	22	23	24	25
Tipple 5:00pm		Afternoon Tea 12:30pm	Explorer Walk 10:30am	New Member Orientation 11:00am
28	29	30	31	
Lunch: S&S Deli 12:00pm	A Guide to Smart Phones 2:00pm	Member Spotlight 11:00am Men's Group 2:30pm		

Women's Group 7/2 | 11:00am | CN Office (4th floor)
New members welcome! Group leader: Marianne Iacuzio

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

Living Well with Low Vision 7/8 | 2:00pm | Zoom
See page 2 for full description.

Mount Auburn "Walk & Talk" 7/9 | 10:30am
See page 2 for full description

Dinner: Fresh Pond Beer Garden 7/10 | 5:00pm | Self-pay
168 Alewife Brook Pkwy, Cambridge 02138 (Parking lot)
Join other CN members for drinks outdoors at the Fresh Pond Beer Garden, located near the Apple Cinema in the Fresh Pond Mall. The group can order food for delivery from Ma Magoo's next door for dinner while you enjoy your drinks!

Meditation 7/11 | 7/18 | 1:00pm | Zoom
New members welcome! Group leader: Nancy Barcelo

Let's Talk 7/11 | 2:00pm | Zoom
Online discussion on the challenges and opportunities of the aging journey. Event leaders: Lotte Bailyn & Micki Seligson

Info Session 7/11 | 3:00pm | Hybrid
Tell your friends about CN! *For prospective members only.*

LGBTQ+ Group 7/14 | 4:00pm | Café Zing
25 White St., Porter Square Mall see next column

New members always welcome! Event leader: Estelle Disch

Bio Book Club 7/15 | 2:00pm | Zoom
See page 2 for full description.

Harvard Art Museum 7/17 | 12:00pm
See page 2 for full description.

Afternoon Tea 7/23 | 12:30pm | Self-pay
See page 2 for full description.

Explorer Walk: MIT Museum 7/24 | 10:30am
See page 2 for full description

New Member Orientation 7/25 | 11:00am | CN Office
See page 2 for full description.

Lunch: S&S Deli 6/28 | 12:00pm | Self-pay
1334 Cambridge St, Cambridge 02139 (parking lot available)
Join other members for lunch this month at S&S deli, located in Inman Square.

A Guide to Smart Phones 7/29 | 2:00pm | Zoom
See page 2 for full description.

Member Spotlight 7/30 | 11:00am | CN Office
See page 2 for full description.

Men's Group 6/30 | 2:30pm | CN Office (4th floor)
New members welcome! Group leader: JB Maxwell.

The following programs will not be taking place in July/August:
Tech Tuesday, Exploring Diversity, Stay or Go, "Single & Mingle"

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

A GENTLE REMINDER to all members to call/email the office no less than one week in advance for all volunteer requests (rides to/from medical appointments, grocery shopping, errands, etc.). The more advanced notice we have the more likely we will be able to coordinate with a volunteer able to help you. Also, a reminder to please be understanding that at this time of year many volunteers are away for the summer and, unfortunately, not every request will be able to be fulfilled. Thank you for your cooperation, and a big thank you to our wonderful volunteers!



If you are interested in learning more about volunteering with Cambridge Neighbors (while saving money on your annual membership!) please contact the office at 617-864-1715.

The Keys to Independence for Older Adults

Introducing Lyft Silver, a service designed for older adults. Lyft Silver riders can easily get where they're going with the option of live phone support and can share ride details with people they trust. Featuring a simplified interface for easier use, Lyft Silver is available for early access nationwide to the first 25,000 riders to sign up. If you already have a Lyft account, follow the instructions below to try out Lyft Silver:

1. Open your Lyft app.
2. Tap 'You' in the bottom right corner to access the main menu.
3. Select 'Lyft Silver' to turn it on and experience the simplified interface and phone support.

The Lyft app is available for iPhone and Android. Visit <https://www.lyft.com/rider/silver> to learn more. If you do not already have the Lyft app and would like help setting it up, please contact the office for assistance from one of our many wonderful tech volunteers.

2025 Board of Directors

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