



September 2025

CAMBRIDGE NEIGHBORS

ARLINGTON BELMONT CAMBRIDGE SOMERVILLE WATERTOWN

A community of neighbors helping aging adults lead independent and engaged lives

Dear Members and Friends,

September is a transition month. It's the time of the year when we bid farewell to the summer (though technically we have almost a solid month left) and begin planning projects and getting things done.

For members who are under Full Memberships, you can access an array of professional vetted and recommended vendors who can help you with typical fall activities—purging, organizing, painting, cleaning, repairing, modifying, constructing, and more. One call to our office gets you started. In certain cases, volunteers are able to provide a few of these services.

Speaking of transitions, we want to introduce you to our new Assistant Director, Alia Mehdi. We are excited to have her as part of our team!



Alia brings over a decade of experience in education and nonprofit leadership to her role at Cambridge Neighbors. A graduate of Simmons University, she began her career in the teaching field, spending ten years working with Pre-K students, where she cultivated a deep appreciation for fostering growth, curiosity, and confidence in young learners. Her career journey later transitioned to the nonprofit sector, where she served as a Program Manager for AmeriCorps Fellows before focusing on adult education and workforce development for middle-aged adults. In these roles, she designed and led initiatives that supported personal growth, career readiness, and self-sufficiency—helping individuals build skills, navigate opportunities, and reach their goals.

A native of Cambridge and now a resident of Weston, Alia is excited to broaden both her demographic reach and professional experience at Cambridge Neighbors. Alia is drawn to Cambridge Neighbors' mission to help older adults live with independence, dignity, and vibrant engagement; she was inspired by the organization's emphasis on fostering meaningful relationships and providing personalized support. She is deeply dedicated to enriching the lives of others, creating opportunities for connection, and helping people find purpose at every stage of life. Outside of work, Alia enjoys cooking and baking, practicing yoga, reading, painting, and traveling. She treasures time spent with family and friends, and she finds joy in meeting people from diverse cultures and backgrounds—embracing every new experience as an opportunity to learn and grow.

You'll see an interesting range of programming inside this newsletter compliments of our wonderful Program Committee whose dedication to providing stimulating and fun events and programs is very much appreciated!

Enjoy the unique beauty of our lovely fall season!

Warm regards,

Jan Latorre-Stiller, *Executive Director*

CAMBRIDGE NEIGHBORS IS LOOKING FOR VOLUNTEER HANDYMEN

We are fortunate to have a fantastic group of volunteer handymen who have helped members with a number of small household projects including hanging shelves, changing lightbulbs, small repairs, small paint jobs, heavy liftings, and more. Since we are currently experiencing a high volume of requests, we ask that you be patient. If you, a friend, family member, or neighbor would be interested in volunteering in this role, please reach out to the office.

PROGRAM HIGHLIGHTS

Please contact the office to register for all events.

Mount Auburn “Walk & Talk”

**Thurs., 9/4 | 10:30am | Mount Auburn Cemetery
580 Mt Auburn St., Cambridge 02138**

As we walk and talk this month, we can keep a look-out for what Mount Auburn terms its September 'horticultural highlights': the Franklin tree (they have only one and it's somewhere on Fir Avenue), Joe Pye week, and Seven Son Flower trees. Meet in front of the Visitor Center at 10:30am. Event leader: Susan Murray

Member Spotlight: Roman Szporluk

**Thurs., 9/11 | 1:00pm | CN Office
545 Concord Ave. Suite 104, Cambridge 02138**

Reflections on the Ukrainian Independence Movement and Today's Russia-Ukraine War

Roman Szporluk is an Emeritus Professor of History and former director of the Ukrainian Research Institute at Harvard. He is the author of *Russia, Ukraine and the Breakup of the Soviet Union*.

In this program, he will give a brief background to the fall of the Soviet Union in 1991, Ukrainian nation formation, and the current war. Questions and comments on these topics will be welcomed.

NEW: CAREGIVER SUPPORT GROUP!

**Thurs., 9/18 | 11:00am | CN Office
545 Concord Ave. Suite 104, Cambridge 02138**

As you enjoy the pleasures and weather the challenges of aging in place in your home, there may be times when caregiving enters the equation. And perhaps, as the song says, you could use a little help from your friends. This group will offer a comfortable space for problem solving and mutual support.

The group will be facilitated by Susan Strang—a retired social worker, former Director of Social Services at the Cambridge Hospital, and Director of Case Management at the New England Rehab Hospital. The group will meet bi-weekly.

Stay or Go: The Truth About Senior Living Options

Tues., 9/23 | 2:00pm | Zoom

What you don't know can hurt you. This eye-opening program, presented by Michelle and Alyson Woodbrey of 2Sisters Senior Living Advisors, is designed specifically for older adults who want to understand what their real choices are as they age. Too often, people assume that staying at home forever is the only goal—without realizing the cost, the care gaps, or the full range of support available. This program will break down the confusing senior care landscape, from home health to assisted living, memory care, and nursing homes, in plain language. You'll walk away with a clearer understanding of what's available, what it costs, what's covered (and what's not), and how to plan for the future before a crisis hits.

Joint Walk with Beacon Hill Village: Walk the Two Neighborhoods of Fort Point Channel

Wed., 9/24 | 9:45am | Optional self-pay lunch

Meet at 9:45am downstairs at the Harvard Square T station

Beacon Hill Village invites us to join them for a fascinating walk through the two distinct neighborhoods of Boston's Fort Point

Channel, one on each side of the channel. We'll look at the sorts of buildings, architecture, and activity in each, first from the downtown side and then from the other side of the Summer Street Bridge. Superficially they appear very different but there are similarities to be found. Intriguing and something to puzzle over! An optional lunch (self-pay) is planned in the Seaport for about noon. This is roughly a round-trip walk, beginning and ending in the greater South Station area.

Meet at 9:45am at the Harvard Square T station, downstairs by the ticket machines, to take the Red Line to South Station. Then it's about a 1 block walk to a small terrace with seating where we'll meet up with our BHV friends at 10:30.

If you will be traveling separately, you will receive complete meet-up details with your registration confirmation. Event leader: Susan Murray

Empowerment in Your Later Years

Session 1: Staying Strong & Independent

Thurs., 9/25 | 2:00-3:00pm | Zoom

In the first of a three-part zoom series in partnership with the Cambridge Public Library and Paine Senior Services, Cheryl Field—MSN, RN—will speak to longevity. This session will cover powerful techniques and honest advice about maintaining your independence including habits that make it possible to live at home longer. Join the conversation to stay well together!

To register please visit cambridgepl.libcal.com or call 617-349-4041. A zoom link will be provided one hour before each session begins.

Exploring Diversity

Thurs., 9/25 | 4:00pm | Zoom

Open discussion related to: Who are we as advocates for racial and social justice? Bring your story related to how you became committed to awareness of white privilege, diversity initiatives, and social justice causes. New members welcome! Event leader: Estelle Disch

Oral Health for Seniors

Tues., 9/30 | 12:30pm | CN Office

545 Concord Ave. Suite 104, Cambridge 02138

This program, offered through the Cambridge Public Health Department, will cover the following: the importance of good oral hygiene, the process of dental decay, the progression of periodontal (gum) disease, how to properly clean your teeth and dentures, good eating habits that support oral health, and affordable dental care resources including a referral sheet. Attendees will also be provided with free dental supplies such as toothbrushes, toothpaste, and floss.

Melissa Martins is a dental hygienist with over 25 years of experience working with all age groups. She currently works in the Healthy Smiles program, where she provides free dental screenings to Cambridge Public School students.

THIS MONTH'S PROGRAMS

MON	TUES	WED	THURS	FRI
1	2	3	4	5
		Women's Group 11:00am	Mount Auburn "Walk & Talk" 10:30am	
8	9	10	11	12
Tipple 5:00pm		Coffee & Conversation 11:00am	Member Spotlight 1:00pm	Meditation 1:00pm Let's Talk 2:00pm
15	16	17	18	19
	Bio Book Club 2:00pm		Caregiver Support Group 11:00am	Lunch: Patou 12:00pm Info Session 3:00pm
22	23	24	25	26
Tipple 5:00pm	Stay or Go 2:00pm	Joint Walk with BHV 9:45am Men's Group 2:00pm	LGBTQ+ Group 1:00pm Empowerment in Your Later Years 2:00pm Exploring Diversity 4:00pm	Meditation 1:00pm
29	30			
Dinner: Cambridge Common 6:00pm	Oral Health for Seniors 12:30pm			NOTE: In-person events are listed in black ; Zoom events are listed in blue

Women's Group 9/3 | 11:00am | CN Office (4th floor)
New members welcome! Group leader: [Marianne Iacuzio](#)

Mount Auburn "Walk & Talk" 9/4 | 10:30am
See page 2 for full description

Tipple 9/8 | 9/22 | 5:00pm | Nubar | *Limited spaces*
16 Garden St., Cambridge 02138

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

Coffee & Conversation: Uncommon Grounds 9/10 | 11:00am
575 Mt Auburn St, Watertown 02472

Join other members for coffee this month at Uncommon Grounds, located in East Watertown. Parking lot available.

Member Spotlight 9/11 | 1:00pm | CN Office
See page 2 for full description.

Meditation 9/12 | 9/26 | 1:00pm | Zoom

New members welcome! Group leader: [Nancy Barcelo](#)

Let's Talk 9/12 | 2:00pm | Zoom

Online discussion on the challenges and opportunities of the aging journey. Group leaders: [Lotte Bailyn](#) & [Micki Seligson](#)

Bio Book Club 9/16 | 2:00pm | Zoom | **All are welcome!**

This month's discussion is: *Odyssey of High Hopes* by Cyrus A. An-sary. A child born in 1933 Iran finds success and fame in the USA by seizing opportunities. Event leader: [Monica Bennett](#)

Caregiver Support Group 9/18 | 11:00am

See page 2 for full description

Lunch: Patou | 9/19 | 12:00pm | Self-pay see next column...

69 Leonard St, Belmont, MA 02478

Join other members for lunch this month at Patou, a colorful, cozy restaurant serving familiar Thai dishes. Street parking.

Info Session 9/19 | 3:00pm | Hybrid

Tell your friends about Cambridge Neighbors! *This is for prospective members only.*

Stay or Go 9/23 | 2:00pm | Zoom

See page 2 for full description.

Joint Walk with Beacon Hill Village 9/24 | 9:45am

See page 2 for full description

Men's Group 9/24 | 2:00pm | CN Office (4th floor)

New members welcome! Group leader: [JB Maxwell](#).

LGBTQ+ Group 9/25 | 1:00-2:30pm | Café Zing

25 White St., Porter Square Mall

New members always welcome! Event leader: [Estelle Disch](#)

Empowerment in Your Later Years 9/25 | 2:00pm | Zoom

See page 2 for full description.

Exploring Diversity 9/25 | 4:00pm | Zoom

See page 2 for full description

Dinner: Cambridge Common 9/29 | 6:00pm | Self-pay

1667 Massachusetts Ave, Cambridge, MA 02138

Join other CN members for dinner this month at Cambridge Common (American cuisine). Parking lot behind restaurant.

Oral Health for Seniors 9/30 | 12:30pm | CN Office

See page 2 for full description

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

A Reminder of Our Vetted Vendor Program: As we grow older, we are often in need of varying levels of support. Cambridge Neighbors members with **full memberships** have access to an extensive vetted professional service providers (sometimes at discounted rates) helping you with a variety of tasks. See below for an updated list of vendor services available to you.

ADL Care	Dryer Vent Cleaning & Repair	House Painting (exterior)	Roofing/Gutters
Acupuncture	Duct Repair & Cleaning	Interior Painting	Rug Repair/Cleaning
Adult Day Health Care	Elder Companion	Junk Removal	Short Term Rehab
Air Conditioning	Elder Law	Laundry Service	Snow Removal
Alzheimer's Support	Elder Van Transportation	Lawn Care	Social Worker
Animal Control	Electrician	Lawyer	Tailoring/Alterations
Appliance Sales & Repair	Estate Planning	Living Will	Thermostat Repair
Assisted Living Placement	Exercise	Locksmith	Tile Cleaning
Audiologist	Financial Planner	Manicure/Pedicure	Tree Service
Auto Repair/Maintenance	Floor Waxing	Mason/Masonry	Veterinarian Services
Basement Cleaning	Food Preparation	Massage/Massage Therapy	Vision Loss Outreach
Bereavement Counseling	Food/M meal Delivery	Medical Equipment/Rentals	Window Washer
Bicycle Sales/Service	Furniture Donations	Medical Visits Advocate	Wound Care
Bill Pay/Money Management	Furniture Reupholstering	Medication Assistance	Yard Work
Book Disposal	Gardening & Landscaping	Memory Impairment Specialty Care	Yoga Instruction
Carpentry	Geriatric Care	Mold Removal	
Carpet/Upholstery Cleaning	Grief Counseling	Movers/Packing & Unpacking	
Catering	Gutter Cleaning	Moving Senior Specialist	
Chimney Sweep	HVAC Cleaning & Service	Notary	
Chiropractor	Hair Styling at Home	Nurse Support	
Companionship	Handyman	Nursing Home Placement	
Concierge	Health Club	Organizers	
Contractor (small jobs)	Hearing Aids	Patient Advocacy	
Contractor (large jobs)	Heating & Cooling	Pest Control	
Decluttering	Home Buying & Selling	Physical Therapy	
Donations	Home Care	Plumber	
Doula	Home Modification	Real Estate (rentals)	
Downsizing & Valuation	Hospice Care	Relocation Services	
Dry Cleaning	House Cleaner		

2025 Board of Directors

Liz Aguilo
Claudia Albert
Lotte Bailyn
Nancy Carlson
Emily Flax
Jan Kinasewich
Judy Lindamood
Janet Littell
Tom Novak
Helene Quinn
Bill Walker
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Staff

Jan Latorre-Stiller
Executive Director

Alia Mehdi
Assistant Director

Sarah Hershberger
Bookkeeper

Cambridge Neighbors

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