

October 2025

CAMBRIDGE NEIGHBORS

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

Dear Members and Friends,

In this world that seems to have lost its way, we hope that Cambridge Neighbors gives you the peace of mind and sense of comfort that compensates in some small way.

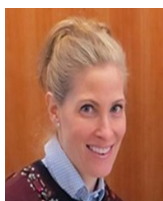
On all our minds is the interminable suffering and devastation in many corners of the world, including Ukraine. As I write this letter, there is a "sold-out" **Member Spotlight** program happening in our conference room, featuring long-time member Roman Szporluk, an Emeritus Professor of History and former director of the Ukrainian Research Institute at Harvard. He is the author of *Russia, Ukraine and the Breakup of the Soviet Union*. His presentation included a brief background on the fall of the Soviet Union in 1991, Ukrainian nation formation, and the current war.

We know that there are many other Cambridge Neighbors members with stories to tell and expertise to share. If you are interested in applying to lead a program, please contact us! We would love to hear from you.

On a lighter note, as you will see from the loaded October calendar, we have been busy here at Cambridge Neighbors. We hope you tune in to the second installment of *Empowerment in Your Later Years*, a CN program hosted by The Cambridge Public Library and generously sponsored by **Gosselin Elder Law**.

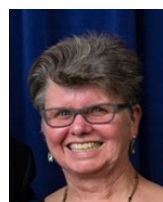
We welcome the following individuals to our caring corps of volunteers.

We are happy to report that, in response to a growing demand, we have significantly increased the number of volunteer drivers compared to this time last year.



Joanna says, "I decided to volunteer as a driver because I have seen firsthand, through my aging parents, the impact of small acts of service. Not only is help with transportation to crucial doctors' appointments logistically helpful, it can also diminish the sense of loneliness and disconnection that is so common among older adults."

Joanna Almeida



Louise says, "I joined as a volunteer member because I like helping people. I'm an ordained minister and enjoy visiting with people - I like to hear people's stories."

Leslie wrote, "My wife Louise Forrest and I joined because, like many, we want to stay in our Watertown home as long as possible. We are more than willing to pay it forward by volunteering to help others."

Louise Forrest Leslie Horst

Attention Volunteers!

You received an email from us a month or so ago with instructions for setting up your volunteer account in our new database, "Helpful Village". The new system provides us with an efficient way to match volunteers to service requests. If you haven't done so, please contact my colleague Alia Mehdi at the office, and she will walk you through the very simple process of registering as a volunteer. THANK YOU!

Warm regards,

Jan Latorre-Stiller, Executive Director

Cambridge Neighbors Member Passing

We remember two former CN members Jay Lorsch and Michael Putnam and offer our condolences to their families and friends.

PROGRAM HIGHLIGHTS

Please contact the office to register for all events.

Explorer Walk: Upper Charles River

Wed., 10/1 | 11:00am

We will walk the Galen Street – Bridge Street loop section of the Charles River Path. It's a delightful section, offering wooded banks and bird sightings, which have included Great Blue Heron and Green Heron. Meet at the Watertown Square bus turnaround at 11am. Directions will be provided with registration. Walking distance around 2.5 miles. Optional self-pay lunch at a nearby eatery.

Event Leader: Susan Murray

Boston Harbor Ferry Tour: Spectacle Island

Sat., 10/4 | 12:30-3:30pm | Optional self pay lunch

Meet at the ticket machines at Harvard Square T at 11:00am

This is one of the Boston Harbor Islands revitalized with landfill from the Big Dig with great views of Boston. There's a Visitor Center with food (empanadas & panini), water & restrooms as well as walking trails, a rocky beach & outdoor showers. The website is www.bostonharbornow.org and you should purchase round trip tickets to Spectacle Island for the boat leaving at 12:30 pm and returning at 3:30. The cost online for seniors is \$25.25. Meet at the ticket machines at the Harvard Square T at 11:00 & take the Red Line to South Station, then walk to Long Wharf. Event Leader: Carol Lorente

Caregiver Support Group

CORRECTION: This group will tentatively start in January 2026 and no sessions will be held for the remainder of 2025.

Heart Health for Seniors

Thurs., 10/9 | 2:00pm | Zoom

This program will be presented by Marie McCune, a critical care nurse at Mount Auburn Hospital. She will provide you with information about your heart, how it works and the importance of keeping it healthy. The information provided includes statistics on heart disease and the risk factors for heart disease. In this session, you will learn how to adjust your lifestyle for a healthy heart.

Bio Book Club

Tues., 10/21 | 2:00pm | Zoom

The Bio Book Club is looking for new members! Drop in and try us out anytime. Please suggest some biographies or memoirs that you have enjoyed and lead the discussion for our group. New regular members and occasional drop-ins welcome.

The group meets on Zoom every third Tuesday of the month (be sure to sign up through the CN office to receive the link). Be sure to contact group leader, Monica Bennett at monicabennett21@comcast.net to suggest a book. It has to be in Minute Man and have audio versions.

Books planned through the end of 2025

October: *"The Wide, Wide Sea"* by Hampton Sides subtitled *"Imperial Ambition, First Contact, and the Fateful Final Voyage of Captain James Cook"*.

November: *"Solito"* by Javier Zamora (NYT Bestseller)

A young poet tells the inspiring story of his migration from El Salvador to the US at age 9 and his trek across the Arizona desert at 10.

December: *"My Beloved World"* by Sonia Sotomayer

In this memoir, she recounts her life from a Bronx, NY housing project, with an alcoholic father who died when she was 9, to becoming the first Hispanic and third woman appointed to the Supreme Court.

NEW! Spanish Conversation Group

Wed., 10/15 | 11:00am | CN Office

545 Concord Ave. Suite 104, Cambridge 02138

This group will be directed at members who have a basic knowledge of Spanish and wish to become more fluent. Its aim is to give participants the opportunity to converse in Spanish on topics they are interested in. The activities may include debates, role playing, and games, depending on the needs and preferences of the participants.

This group will be facilitated by CN member, Robin Urquhart. Robin was born in Scotland and lived many years in Venezuela, where she founded an experimental school and directed it for 30+ years, taught instructional psychology in Venezuela's Central University, and wrote and published several books in Spanish.

Boston Symphony Tour

Thurs., 10/16 | 12:00pm | Free

301 Massachusetts Ave 02115

Detailed transportation instructions provided at time of registration.

Explore Symphony Hall as experienced members of the Boston Symphony Association of Volunteers unfold the history of the Boston Symphony Orchestra — its musicians, conductors, and supporters — as well as offer information about the historic hall. One can get an insiders' view of the auditorium as well as a sneak-peek backstage. In addition, learn about the rich history of both the orchestra and the building. Event Leader: TBD

***Please note that registration for this event will close on 10/8**

Stay or Go: De-Cluttering 101: Understanding Clutter and Effectively Tackling it

Tues., 10/14 | 1:00pm | Zoom

As we journey through life—accumulating memories, possessions, and mementos along the way—it's no surprise that our living spaces can become filled with clutter. This program will speak on how clutter affects the lives of many people within our society. It will focus how to part with items and talk with loved ones who struggle with clutter.

Natasha Naim works at Somerville Council of Aging. She facilitates workshops especially for de-cluttering support group for older adults who engage in hoarding tendencies.

Member Spotlight: Eva Moseley

Friday., 10/24 | 11:00am | Zoom

Skirting History, the memoir of Eva S. Moseley, is built around three themes: absent fathers; how public events affect private lives; and changing meanings of Jewishness. It covers about half her long life as it happened in Austria, England, California, several places in New England, and several in East Asia, especially Macao and Hong Kong.

Continued on next column.

Continued on page 4.

OCTOBER'S PROGRAMS

MON	TUES	WED	THURS	FRI	SAT
		1	2	3	4
NOTE: In-person events are listed in black ; Zoom events are listed in blue		Explorer Walk 11:00am Women's Group 11:00am		Meditation 1:00pm	Spectacle Island 12:30pm
6	7	8	9	10	11
Tipple 5:00pm			Coffee and Conversation 11:00am Heart Health 2:00pm	Let's Talk 2:00pm	
13	14	15	16	17	18
CN CLOSED	Stay or Go: 1:00pm Dinner: Ravello 6:00pm	Spanish Conversation Group 11:00am	Boston Symphony Tour 12:00pm	Meditation 1:00pm Info Session 3:00pm	
20	21	22	23	24	25
	Bio Book Club 2:00pm		LGBTQ+ Group 1:00pm	Member Spotlight 11:00am Lunch: Base Crave 12:00pm	
27	28	29	30	31	
Embracing the Upside 11:00am Tipple 5:00pm	Empowerment in Your Later Years 2:00pm	Mount Auburn "Walk & Talk" 10:30am Men's Group 2:00pm	Exploring Diversity 4:00pm		

Explorer Walk 10/1 | 11:00am | Upper Charles River
See page 2 for full description.

Women's Group 10/1 | 11:00am | CN Office (4th floor)
New members welcome! Group leader: Marianne Iacuzio

Meditation 10/3 | 10/17 | 1:00pm | Zoom
New members welcome! Group leader: Nancy Barcelo

Boston Harbor Ferry Tour: Spectacle Island 10/4 | 12:30-3:30pm
See page 2 for full description.

Tipple 10/6 | 10/27 | 5:00pm | Nubar | *Limited spaces*
16 Garden St., Cambridge 02138

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

Coffee & Conversation: Butternut Bakehouse | 10/9 | 11:00am
49 - 51 Leonard St, Belmont, MA 02478
Enjoy coffee with other CN members. Street parking available.

Heart Health 10/9 | 2:00pm | Zoom
See page 2 for full description.

Let's Talk 10/10 | 2:00pm | Zoom
Online discussion on the challenges and opportunities of the aging journey. Group leaders: Lotte Bailyn & Micki Seligson
***At Full Capacity and CN will create waitlist for members who are interested in joining**

Dinner: Ravello Italian Kitchen 10/14 | 6:00pm | Self-pay
136 Belmont St, Watertown, MA 02472
Join other CN members for dinner this month at Ravello Italian Kitchen for some rustic Italian dishes. Street parking available.

Stay or Go 10/14 | 1:00pm | Zoom
See page 2 for full description.

Spanish Conversation Group 10/15 | 11:00am | CN Office
See page 2 for full description.

Boston Symphony Hall Tour 10/16 | 12:00pm
See page 2 for full description.

Info Session 10/17 | 3:00pm | Hybrid
Tell your friends about CN! *This is for prospective members only.*

Bio Book Club 10/21 | 2:00pm | Zoom
See page 2 for full description.

LGBTQ+ Group 10/23 | 1:00pm | Café Zing
25 White St., Porter Square Mall
New members always welcome! Event leader: Estelle Disch

Member Spotlight 10/24 | 11:00am | Zoom
See page 2 for full description.

Lunch: Base Crave 10/24 | 12:00pm | Self-pay
344 Huron Ave, Cambridge 02138
Join other CN members for lunch this month at Base Crave, serving traditional Nepalese cuisine. Street parking.

Embracing the Upside 10/27 | 11:00am | Zoom
See back page for full description.

Empowerment in Your Later Years 10/28 | 2:00-3:00pm | Zoom
See back page for full description.

Men's Group 10/28 | 2:00pm | CN Office (4th floor)
New members welcome! Group leader: JB Maxwell.

Mount Auburn "Walk & Talk" 10/29 | 10:30am
See back page for full description.

Exploring Diversity 10/30 | 4:00pm | Zoom
See back page for full description.

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

Program Highlights (Continued from Page 2)

Copies of Eva's book will be for sale for \$20 each. All royalties earned will be generously given back to Cambridge Neighbors

Embracing the Upside: A Psychologist's Guide to Aging Well and Overcoming Setbacks

Mon., 10/27 | 11:00am | Zoom

Drawing from decades of clinical work with older adults, Dr. Joseph Casciani highlights practical strategies to maintain vitality, purpose, and optimism—whether navigating daily changes or major life transitions. He will discuss how to reframe setbacks as opportunities, strengthen coping skills, and cultivate a positive outlook that supports both emotional and physical health.

Joseph M. Casciani, PhD, is a psychologist with over 40 years of experience working with older adults and senior living communities.

Empowerment in Your Later Years

Session 2: Plan Ahead, Stay Ahead

Tues., 10/28 | 2:00-3:00pm | Zoom

The second of a three-part series in partnership with the Cambridge Public Library and Paine Senior Services with speaker Cheryl Field, MSN, RN. This session will cover topics and tips related to preparing for sudden changes and what you can do to minimize the impact of illness, such as advanced directives, emergency planning, and communication.

Continued on next column.

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

Mount Auburn "Walk and Talk"

Weds., 10/29 10:30am | Mount Auburn Cemetery
580 Mount Auburn St., Cambridge, 02138

Join us to marvel at Mount Auburn's display of fall colors. As we walk and talk with our fellow Cambridge Neighbors, we will check out some of the 'What's in Bloom' listings for the week of our walk. Meet in front of the Visitor Center at 10:30am. Event Leader: [Susan Murray](#)

Exploring Diversity

Thurs., 10/30 | 4:00pm | Zoom

This month's discussion: Emily Greene Balch. Nobel Peace Prize winner of 1948. Emily is from Boston's Jamaica Plain and led the Women's Peace Party which evolved into the Women's International League for Peace and Freedom in 1915 at the Hague, where women in the US and Europe were meeting to try to prevent World War I. She was effective in her organizing, but lost her job at Wellesley after 22 years of teaching Sociology and Economics, explained by faculty at Wellesley in the video to be shared as part of the program. Program leader: [Ellen Mass](#)

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