



January 2026

CAMBRIDGE NEIGHBORS

ARLINGTON BELMONT CAMBRIDGE SOMERVILLE WATERTOWN

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

Dear Members and Friends,

As we welcome a new year, we wish each of you good health, comfort, and many moments of joy in the months ahead. We look forward to another year together supporting one another as we strive to live fully and well.

Our Holiday Event was a hit!

We are delighted that our Holiday Event at the Freepoint Hotel was such a success. More than 70 members, sponsors, and volunteers attended—a record turnout! Our newest members, Robert and Ky Ober, shared: “We had a really nice time last night and enjoyed meeting quite a few people. Thank you so much for putting on such an enjoyable event!”

Thank you to our generous and kind donors!

We are deeply grateful to our big-hearted donors—most of whom are members—whose generosity helps keep Cambridge Neighbors thriving. Last year, membership fees covered just 52% of our budget, a typical share, so we rely on the support of individual donors, sponsors, and foundations to bridge the gap.



Helene Quinn (R)

Welcome to our new Board Chair!

We are pleased to announce that long-time board member and CN member, Helene Quinn, will take over the role of Board Chair in 2026. We extend our thanks to Claudia Albert, our outgoing Chair, for her valuable contributions to Cambridge Neighbors.

Helene Quinn has worked with and on behalf of elders for her entire professional career. She has worked for not-for-profit organizations and governmental agencies in both New York and Massachusetts. Before retiring, she was the Executive Director of The Cambridge Homes, an assisted living community that has been part of the Cambridge community for over 135 years.

Helene has a BA in Psychology and is an RN with a master's in science in nursing.

Please consider volunteering with Cambridge Neighbors in 2026!

Villages like Cambridge Neighbors are built through community —neighbors helping neighbors. As you look ahead to the new year, we invite you to consider volunteering as one of your resolutions. Any time you can give is deeply appreciated, especially assistance with transportation to medical appointments.

“The worst days of darkness through which I have ever passed have been greatly alleviated by throwing myself with all my energy into some work relating to others.” James A. Garfield, “Dictionary of Burning Words of Brilliant Writers”

Thank you to our Volunteer Callers!

Kathleen Creedon, Terry Dash, Estelle Disch, Kathy Gallery, Jan Kinasewich, Carole Lorente, and Mary-Anne Morrison conducted our semi-annual member check-in calls starting in October and (continued on back page) ending in mid-November. The intention of this project is to assess current needs and issues and to get feedback on our members' experience. Callers reached 44% of the membership.

The following is a brief synopsis of members' responses to the two overriding questions. The Callers recently met with staff to discuss their experience and review the results of their efforts. **(continued on back page)**

PROGRAM HIGHLIGHTS

Please contact the office to register for all events.

Meet the Author: Scott J. Kerman

**Tues., 1/6 11:30am | Robbins Library Community Room
700 Massachusetts Avenue, Arlington, MA 02476**

Cambridge Neighbors is pleased to invite you to an Author Talk with Scott Kerman, featuring a discussion of his book, *The Duke*, a tribute to former Massachusetts Governor Michael Dukakis.

In this engaging program, Mr. Kerman offers a unique perspective on Governor Dukakis through humor and personal reflection, exploring the unexpected moments that arise when a political leader and a comedian share a kitchen. Attendees will gain fresh insight into the life and character of a presidential candidate, three-term Governor of Massachusetts, community role model, advocate for rail travel, and outspoken opponent of littering.

Spanish Conversation Group

Tues., 1/6 | 2:30pm | 61 Shattuck Road, Watertown (CN Member's Home: Nancy Barcelo)

This group is for members with basic Spanish who want to improve their fluency through conversation on topics of interest. Activities may include discussions, debates, role-playing, and games based on participant preferences.

Brain Healthy Cooking

**Fri., 1/9 12:00pm | CN Office
545 Concord Ave, Suite 104, Cambridge 02138**

Through this 1 hour Brain Healthy Cooking demonstration, Senior Library Residences chefs will show you how to prepare multiple tasty dishes out of a short list of healthful staples, helping you cut the waste and stretch your shopping budget when cooking for one!

This workshop is being led by Lucas Amico, the Director of Community Relations at Neville Place Assisted Living in Cambridge.

Member Spotlight: Mikki Ansin

Mon., 1/12 1:00pm | CN Office | Hybrid *
545 Concord Ave, Suite 104, Cambridge 02138**

Mikki has worked on over a dozen Merchant Ivory films with celebrated actors including Paul Newman, Vanessa Redgrave, Anthony Hopkins, Pierce Brosnan, and Helena Bonham Carter, as well as with major Hollywood studios. Mikki invites you to join her presentation to see photographs and hear stories from these films.

Mikki Ansin received her Masters from BU Film school. For 50 years, she worked as the still photographer in the Film industry and worked with many renowned actors/actresses. Mikki is writing a memoir reflecting on her career.

Mount Auburn Cemetery "Walk and Talk"

**Tues., 1/13 | 12:30pm | Mount Auburn Cemetery
580 Mount Auburn St., Cambridge, MA 02138**
In the Winter, we meet at 12:30pm outside the Visitor Center

Mount Auburn Cemetery is beautiful and inviting in all seasons. Our winter meeting time is 12:30pm. Join us for our relaxed monthly walk-and-talk outing.

Group Leader: Susan Murray

1:1 Caregiver Sessions

545 Concord Ave. Suite 104, Cambridge 02138
***Please call the office to arrange a consultation**

As you enjoy the pleasures and weather the challenges of aging in place in your own home there may be a time when caregiving enters the equation. In addition, there can be challenges for individuals living independently. Susan Strang is offering individual consultations for problem solving and support.

Susan is a retired social worker, she was formerly the Director of Social Services at Cambridge Hospital and Director of Case Management at New England Rehab.

West End Museum

**Weds., 1/14 | 11:00am | Self-Pay | Seniors \$8.00 |
West End Museum
150 Staniford Street, Suite 7 Boston, MA 02114**

We'll meet at the ticket booths at the Harvard Square Red line MBTA station at 10:00 and depending on the group, either walk from the Charles St. stop (0.7 Miles) or go to Park St. & take the Green line to North Station (0.3 Mile walk). The Museum is at 150 Staniford Street, accessed via Loomansey Way. There will be an optional lunch afterwards.

The West End Museum is dedicated to collecting, preserving, and sharing the history and culture of Boston's West End neighborhood that led the way in Boston's immigrant era and then after 1950 experienced "urban renewal".

Event Leaders: Kathy Gallery & Carol Lorente

Stay or Go: Home Share

Tues., 1/20 | 1:00pm | Zoom

Through this presentation we will explore how the Home Share program addresses the challenging housing needs of both older homeowners and guests in this tight housing market with dwindling financial and social supports.

Our presenter, Diana O'Brien LCSW is the Jewish Family Services of MetroWest Coordinate Home Share Pilot Program

Bio Book Club

Tues., 1/20 | 2:00pm | Zoom

January: "The Duke" by Scott J. Kerman
Humorist Scott Kerman has weekly conversations with his friend, Michal Dukakis, presidential candidate, three-time governor of Massachusetts, community role model and bane of litterers. Suggested by Men's Group. Books to borrow are on a bookshelf at Cambridge Neighbors office. Please bring them back when you finish reading so we can all be prepared.
Group Leader: J.B. Maxwell

Indoor Walk at MIT

Weds., 1/21 | 2:00pm | MIT

We'll meet just inside the main doors at 77 Mass Ave. at 2pm. (The #1 bus from Harvard and Central stops right across the street at 84 Mass Ave.)

We're taking our walk indoors for January, walking MIT's Infinite Corridor and its many connected halls.

Event leader: Bill Barnett

New Member Orientation

**Fri., 1/23 | 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.

Exploring Diversity

Thurs., 1/29 | 4:00pm | Zoom

Anna Whitcomb will virtually guide the exhibit "Renaissance, Race and Representation" at Harvard's Alain Locke Gallery. The exhibition honors Alain LeRoy Locke, a key figure of the Harlem Renaissance. Selected images will be shown and discussed. The exhibit is free and extended through the spring.

JANUARY'S PROGRAMS

MON	TUES	WED	THURS	FRI	SAT
			1	2	3
			CN CLOSED	Meditation 1:00pm	NOTE: In-person events are listed in black ; Zoom events are listed in blue
5	6	7	8	9	
Tipple 5:00pm	Meet the Author: Scott J. Kerman 11:30 am Spanish Conversation Group 2:30 pm	Women's Group 11:00am		Brain Healthy Cooking 12:00pm Let's Talk 2:00pm	
12	13	14	15	16	17
Member Spotlight: Mikki Ansin 1:00pm	Walk and Talk 12:30 pm	West End Museum 11:00am	Coffee and Conversion: Caffè Nero 11:00am	Meditation 1:00pm Info Session 3:00pm	
19	20	21	22	23	24
CN CLOSED	Stay or Go : Home Share 1:00 pm Bio Book Club 2:00 pm	Indoor MIT Walk 2:00pm	LGBTQ Group 1:00pm	New Member Orientation 11:00am Let's Talk 2:00pm	
Tipple 5:00pm					
26	27	28	29	30	31
		Men's Group 2:00 pm	Exploring Diversity 4:00 pm	Dinner: Ole 6:00pm	

Meditation | 1/2 | 1/16 | 1:00pm | Zoom

New members welcome! Group leader: Nancy Barcelo

Tipple | 1/5 | 1/19 | 5:00pm | Nubar | Limited spaces

16 Garden St., Cambridge 02138

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

Meet the Author Scott J. Kerman | 1/6 | 11:30am | Robbins Library Community Room

See page 2 for full description.

Spanish Conversation Group | 1/6 | 2:30pm | 61 Shattuck Rd, Watertown (CN

Member's Home: Nancy Barcelo)

Group Leader: Robin Urquhart

Women's Group | 1/7 | 11:00am | CN Office (4th floor)

New members welcome! Group leader: Anne Harrington

Brain Healthy Cooking | 1/9 | 12:00pm | CN Office

545 Concord Ave, Suite 104, Cambridge 02138

Let's Talk | 1/9 | 1/23 | 2:00pm | Zoom

Online discussion on the challenges and opportunities of the aging journey.

Group leaders: Lotte Bailyn & Micki Seligson

Member Spotlight: Mikki Ansin | 1/12 | 1:00pm | CN Office | Hybrid ***

545 Concord Ave, Suite 104, Cambridge 02138

See page 2 for full description.

Mount Auburn Cemetery "Walk and Talk" | 1/13 | 12:30pm |

Event Leader: Susan Murray

See page 2 for full description.

West End Museum | 11/14 | 11:00am | Self-Pay | \$ 8:00 | Event Leaders: Carol

Lorente and Kathy Gallery

See page 2 for full description.

Coffee and Conversation: Caffè Nero | 1/15 | 11:00am | Self-Pay | 321 Broadway Arlington, 02474

Join other CN members for coffee this month at Caffè Nero. (Street Parking Available)

Info Session | 1/16 | 3:00pm | CN Office |

545 Concord Ave, Suite 104, Cambridge 02138

Tell your friends about CN! For prospective members only.

Stay or Go: Home Share | 1/20 | 1:00pm | Zoom

See page 2 for full description.

Bio Book Club | 1/20 | 2:00pm | Zoom

See page 2 for full description.

Indoor MIT Walk | 1/21 | 2:00pm | Event Leader: Bill Barnert

See page 2 for full description.

LGBTQ+ Group | 1/22 | 1:00pm | Café Zing

25 White St., Porter Square Mall

New Member Orientation | 1/23 | 11:00am | CN Office

545 Concord Ave, Suite 104, Cambridge 02138

See page 2 for full description.

Men's Group | 1/28 | 2:00pm | CN Office (4th floor)

New members welcome! Group leader: JB Maxwell.

Exploring Diversity | 1/29 | 4:00pm | Zoom

See page 2 for full description.

Dinner: Ole | 1/30 | 6:00pm | Self-Pay |

11 Springfield Street Cambridge 02139 (Street Parking Available)

What do you like about Cambridge Neighbors?

- Members appreciate all the opportunities for social interaction with outings like Tipples, Cultural Events, Lunches and Dinners, Walks with Susan Murray, and Affinity Groups
- They value all the services we provide, including tech support, especially by Bill Walker
- They highly value the transportation services, vetted vendors, and handymen (volunteer and professional)

What would be the biggest improvement to make your CN membership even better for you?

-Most members are extremely happy and satisfied with CN and have no suggestions

Examples of suggestions:

-Hold programming before 11am and after 2:30pm, more tech help classes, a grief counselor*, more restaurant outings**, more tech classes, and handyman help.

*To best serve members, Cambridge Neighbors partners with other organizations to provide services that we do not. We sent a list of grief counselors on file to the member interested in that support.

**We would love to accommodate those interested in more dinners out. However, we need more event “leaders”

to do that. If you are interested in this role, please let us know!

***We will work on adding more volunteers and vendors that seem especially in demand. We did have a monthly tech class, but the instructor left because of low attendance.

With best wishes for the new year,

Jan Latorre-Stiller, Executive Director

2025 Board of Directors

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

Staff

- Jan Latorre-Stiller
Executive Director
- Alia Mehdi
Assistant Director
- Sarah Hershberger
Bookkeeper

Cambridge Neighbors

545 Concord Avenue, Suite 104
Cambridge, MA 02138