

March 2026

CAMBRIDGE NEIGHBORS

ARLINGTON BELMONT CAMBRIDGE SOMERVILLE WATERTOWN

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



By the time you read this newsletter, we should be well past the deep freeze. If you don't love winter the way I do, that's reason enough to celebrate—it means shedding layers of clothing and feeling more comfortable venturing back out into the world. That makes this a perfect moment to highlight our wonderful Program Committee. This productive and enthusiastic group of members, admirably led by my colleague Alia Mehdi, plans programs and events that keep us informed, entertained, and engaged. We are deeply grateful for their work in creating opportunities for members to connect with one another.

And if you have ideas or suggestions for future programs, we would love to hear them—please don't hesitate to share!

Program Committee members, **Bill Barnert, Kathy Gallery, Carol Lorente, and Susan Murray.**

Welcome to our newest volunteers!

As always, we are grateful for those kind individuals who offer their skills and time to support members in their desire to remain in their homes and communities as they age. I'm particularly impressed with how many fabulous young people have come forward to participate in this community of neighbors helping neighbors.



OLIVIA RATAY

Assignments: Snow removal, driver, grocery shopping, and errands

"I chose to volunteer with Cambridge Neighbors because my own grandparents meant the world to me, and I saw firsthand how important it is for older adults to feel supported, valued, and connected. Giving my time to this organization lets me honor their memory by helping other seniors maintain independence, companionship, and a real sense of belonging in their community."



KATHY DESMOND

Assignment: Companionship

"I decided to volunteer at Cambridge Neighbors because I'm interested in supporting older adults' engagement with their community. As a visual artist and former educator, my practice has involved interviewing people from different backgrounds, including women in nontraditional jobs, family members, and older adults. I've found their stories and wisdom both invaluable and inspiring. I'm looking forward to meeting members at events and during visits."



EMMA CONNOLLY

Assignments: Tech assistance and office assistant

"I was looking for a volunteer opportunity which would allow me to practice my tech support skills. I chose Cambridge Neighbors because it is welcoming, well-organized, and has a clear mission that I admire."

PROGRAM HIGHLIGHTS

Please contact the office to register for all events.

Dementia in the Real World

Tues., 3/3 | 12:00pm | Zoom

An understanding of the impact of dementia and how to support and communicate with those living with it can make a huge difference. The purpose of this presentation is to increase awareness of dementia and help build empathy and a better understanding of this affliction, how it affects our communities and an individual's role in helping to enhance the quality of life for those living with it.

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

MFA Surrealism Lecture

Weds., 3/4 | 1:00pm | Self-Pay |

Members: \$28 Nonmembers: \$35 | MFA - Remis Auditorium (161) | 465 Huntington Avenue Boston, 02115

We'll meet at the ticket machines in the Harvard Square Red Line MBTA station at 11:45 am, and take the Red Line to Park St., then the E branch of the Green Line to the MFA.

In 1924 a group of Paris-based poets launched Surrealism using dreams, chance & the unconscious for interdisciplinary artistic inspiration. This is part of the Reinroducing Modernism at the MFA lecture series.

Please purchase the tickets ahead of time and use this link: <https://www.mfa.org/event/lecture/beyond-reality-surrealism-in-the-20th-century?event=159691>

Group Leader: Carol Lorente

Food Delivery Apps

Fri., 3/6 | 1:00pm | CN Office | Hybrid ***

545 Concord Ave, Suite 104 Cambridge 02138

Join us for a beginner-friendly presentation designed to help you feel confident using food delivery apps. We'll walk through the process step by step, making it easy and stress-free to order meals from home.

The presenter will be our new CN volunteer Max Chapin.

WGBH Live Broadcast and Walk

Tues., 3/10 | 11:00 am | Optional Self-Pay Lunch

700 Boylston Street, Boston, 02116

Meet at the ticket machines downstairs at the Harvard T station at 10:10am. If you'll be meeting us there, meet at 10:45 near the studio seating area by the Boylston St entrance.

A two-fer! An outing AND a walk! We'll watch WGBH's Boston Public Radio with Jim Braude and Margery Egan live (11am-1pm) from their Boston Public Library Studio and enjoy self-pay lunches from the Newsfeed Café as we watch. Following the show, we'll walk back to Park Street via the Commonwealth Avenue Mall and the Boston Public Garden (about 1 mile).

Group Leader: Susan Murray

Bio Book Club

Tues., 3/17 | 2:00pm | Zoom

"Sailing Alone Around the World" by Joshua Slocum
Setting off alone from Boston aboard 36' wooden sloop "Spray" in 1895, he describes his 3 year solo voyage of 46,000 miles in gripping detail. Tempests, pirates, uncharted coral reefs and more!

Group Leader: Barclay Henderson

Stay or Go: Moving Forward with Ease

Thurs., 3/19 | 11:00 am | Zoom

Continued on next column.

Moving Forward with Ease gently guides you through planning, rightsizing, and the real estate considerations involved in a move, while honoring the memories, emotions, and experiences that make your home meaningful.

The presenter is Erin DiCarlo is the founder and owner of Dovetail Companies, a transition-focused consulting and resource firm dedicated to helping older adults and their families move through life's changes.

Mount Auburn Cemetery "Walk and Talk"

Tues., 3/24 | 12:30pm | Mount Auburn Cemetery

580 Mount Auburn St., Cambridge, MA 02138

For March, meet as usual outside Story Chapel

We'll visit a couple of Mount Auburn's notable female residents in honor of Women's History month. This will be our last 12:30 walk this year. In April we'll start walking in the morning again.

Group Leader: Susan Murray

Tour of Locke Gallery

Thurs., 3/26 | 3:00pm | 102 Mount Auburn St., Cambridge

We'll meet in front of the Harvard Coop, 1400 Mass. Ave, Cambridge at 2:30 and walk over to the Gallery. (0.1 mile).

The exhibition is part of the Kelly Collection of African American Art and includes paintings, etchings, lithographs, watercolors, block prints, silkscreens and drawings that explore the history of the Harlem Renaissance and selected other works.

Group Leader: Carol Lorente

Exploring Diversity

Thurs., 3/26 | 4:00pm | Zoom

The Exploring Diversity Discussion Group will honor at its March (women's history month) program The Rev Liz Walker, the first Black woman to anchor the Boston area evening news. We will discuss her 2025 book: NO ONE LEFT ALONE, a story of how community helps us heal, offering spiritual resilience. We encourage you to read this inspiring and groundbreaking work; but it is not necessary to have read the book to join in the program. Contact Webb Brown with questions.

New Member Orientation

Fri., 3/27 | 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.

Consultations for Caregivers or Individuals Living Independently

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.

Please call the office to arrange a consultation.

MARCH'S PROGRAMS

MON	TUES	WED	THURS	FRI	SAT
2	3	4	5	6	7
Tipple 5:00pm	Dementia Program 12:00pm Spanish Conversation Group 2:30pm	MFA Surrealism Lecture 1:00pm		Food Delivery Apps 1:00pm	NOTE: In-person events are listed in black ; Zoom events are listed in blue
9	10	11	12	13	14
	WGBH Live Broadcast and Walk 11:00 am	Women's Group 11:00am		Meditation 1:00pm Let's Talk 2:00pm	
16	17	18	19	20	21
Tipple 5:00pm	Bio Book Club 2:00 pm Dinner: Amba 6:00pm		Stay or Go: Moving Forward with Ease 11:00am	Info Session 3:00pm	
23	24	25	26	27	28
	Walk and Talk 12:30 pm	Men's Group 2:00 pm	LGBTQ Group 1:00pm Tour of Locke Gallery 3:00pm Exploring Diversity 4:00pm	New Member Orientation 11:00am Meditation 1:00pm Let's Talk 2:00pm	
30	31				

Tipple | 3/2 | 3/16 | 5:00pm | Nubar | Limited spaces
16 Garden St., Cambridge 02138
Wine and appetizers. Self-pay. Event leader: Nancy Carlson

Dementia Program | 3/3 | 12:00pm | Zoom
See page 2 for full description.

Spanish Conversation Group | 3/3 | 2:30pm | 61 Shattuck Rd, Watertown (CN Member's Home: Nancy Barcelo)
Group Leader: Robin Urquhart

MFA Surrealism Lecture | 3/4 | 1:00pm | Self-Pay |
Members: \$28 Nonmembers: \$35 | MFA - Remis Auditorium (161) |
465 Huntington Avenue Boston, 02115
See page 2 for full description.

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WGBH Live Broadcast and Walk
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See page 2 for full description.

Women's Group 3/11 | 11:00am | CN Office (4th floor)
New members welcome! Group leader: Anne Harrington.

Meditation | 3/13 | 3/27 | 1:00pm | Zoom
New members welcome! Group leader: Nancy Barcelo

Let's Talk | 3/13 | 3/27 | 2:00pm | Zoom
Online discussion on the challenges and opportunities of the aging journey.
Group leaders: Lotte Bailyn & Micki Seligson

Bio Book Club | 3/17 | 2:00pm | Zoom See page 2 for full description.

Dinner: Amba | 3/17 | Self-Pay | 59 First St, Cambridge, 02141
Enjoy a delicious dinner with CN members!

Stay or Go: Moving Forward with Ease | 3/19 | 11:00am | Zoom
See page 2 for full description.

Info Session | 3/20 | 3:00pm | CN Office | Hybrid
545 Concord Ave, Suite 104, Cambridge 02138
Tell your friends about CN! For prospective members only.

Mount Auburn Cemetery "Walk and Talk"
Tues., 3/24 | 12:30pm | Mount Auburn Cemetery
580 Mount Auburn St., Cambridge, MA 02138 |
Group Leader: Susan Muray

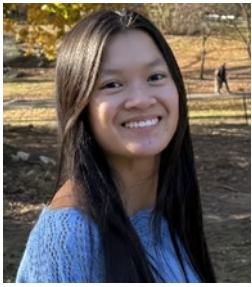
Men's Group 3/25 | 2:00pm | CN Office (4th floor)
New members welcome! Group leader: JB Maxwell.

LGBTQ+ Group 3/26 | 1:00pm | Café Zing
25 White St, Cambridge, MA 02140 | Event Leader: Estelle Disch

Tour of Locke Gallery
Thurs., 3/26 | 3:00pm | 102 Mount Auburn St, Cambridge
See page 2 for full description. Group leader: Carol Lorente

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See page 2 for full description.

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See page 2 for full description.

**MICHELLE GARRISON**

Assignments: Gardening, snow removal, errands, and non-driver escort

"As a healthcare worker, service for others is very important to me. I decided to join Cambridge neighbors because I wanted to find a way to help others in my community outside of a hospital setting."

**TIM O'SULLIVAN**

Assignments: Driver, grocery shopping, meal prep & delivery, errands, organizing, companionship

"I work in Cambridge every day, and volunteering feels like a meaningful way to give back to the community I serve professionally. I want to be more connected to the people who make Cambridge what it is. I enjoy being helpful in concrete, hands-on ways—whether that's running errands, helping with everyday tasks, or making someone's day a little easier. I value the experience and perspective of long-time Cambridge residents and appreciate opportunities to support neighbors who have helped shape the community."

Stay hopeful!

Warmly,

Jan Latorre-Stiller, Executive Director

Important CN Office News: Alia, our Assistant Director, will be working remotely on Mondays, starting February 23.

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
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Jan Latorre-Stiller
Executive Director

Alia Mehdi
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Sarah Hershberger
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