



April 2026

CAMBRIDGE NEIGHBORS

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

"April is the cruellest month," is the first line from T.S. Eliot's *The Waste Land*. April is coincidentally also National Poetry Month.

Launched by the Academy of American Poets in April 1996, National Poetry Month is a special occasion that celebrates poets' integral role in our culture and that poetry matters. Over the years, it has become the largest literary celebration in the world, with tens of millions of readers, students, K-12 teachers, librarians, booksellers, literary events curators, publishers, families, and—of course—poets, marking poetry's important place in our lives.



When I think of Poetry Month, I think of the many Aprils when members who write poetry have graced this newsletter with their artistry—the language, rhythm, and metaphor that have moved us. **Janet Whitla** especially comes to mind this year. A longtime CN member and board member, Janet was a faithful contributor each April. She passed away in early March at the age of 94. We will miss her gracious nature and wise and insightful contributions. In honor of her memory, I'm sharing two of her poems



Poem

A simple goal: to allay the sadness.
Such is the work of words, to sing
Until singing itself becomes essence
And soothes away sorrow.
My throat forms the shape
Of the letters the brain determines
From sore experience.
So I sing, and sing until song and loss
Are merged, and a lofting beauty
Lifts the kite of my heart
With sustaining strength

Sailing

Only in memory now do the sails unfurl
And fill with sweet expectation.
It is not only seasons that change
And demand obedience to weather and wind.
It is time itself that forces
The intrepid sailor away from the helm,
Away from the ocean's roll and rhythm,
Away from the singing grace of the sea
On to tamer territory
Where no gulls scream in triumphant soaring.
There is no reclaiming
Youth, and the endless elation of sailing
Away.

Warm regards,

Jan Latorre-Stiller, Executive Director

We are saddened to share the passing of these valued members of our community.



Carmen Arnold
Polly Chatfield
Joan and Les Ottinger
Janet Whitla

PROGRAM HIGHLIGHTS

Please contact the office to register for all events.

Mount Auburn Cemetery “Walk and Talk”

**Weds 4/1 | 10:30am | Mount Auburn Cemetery
580 Mount Auburn St., Cambridge, MA 02138
Meet at 10:30 outside Story Chapel.**

Join us for our monthly walk-and-talk at the beautiful and serene Mount Auburn Cemetery. It's Poetry month. As we wander, should we look for poets? Search for Shakespeare quotes? Create our own ode to Mount Auburn?

Group Leader: Susan Murray

Stay or Go: Home Modifications

Tues., 4/7 | 1:30pm | Zoom

Ways to Prevent Falls in Your Home and Age in Place Safely with home modifications involves making practical changes that improve safety and mobility throughout your home. Simple upgrades such as installing grab bars in bathrooms, adding handrails on stairs, improving lighting, and removing tripping hazards can greatly reduce the risk of falls. This program will talk about these important home modifications and other helpful strategies to create a safer environment and support aging in place.

Daniel Lynch is a certified Occupational Therapist with over thirteen years of experience working in Geriatrics and Pediatrics. Dan's diverse background allows him to tailor to the individual needs of all of his clients.

Member Spotlight: Nancy Barcelo

Weds., 4/8 | 10:00am | Zoom

During the presentation, Nancy will discuss the progression of her photography from hawks to the streets and people of Cuba. She will show us her process as a photographer from when Nancy first started until now.

Nancy was a former reading specialist and teacher of special needs children. She has volunteered in HOSPICE and ran the Hospice volunteer program for the VNA Care Hospice. She has had an active meditation practice for 26 years and has been a photographer of birds and people, and, especially Cuba for the past 15 years.

Confident and Connected

Tues., 4/14 | 11:00am | Zoom

Join us for a fun, stress-free conversation about staying safe in the digital world! Hosted by the nonprofit Opt-Inspire, this session is designed to help you feel secure and confident while connecting with family and friends online. This is an interactive session, so please bring your questions and your stories!

As the founder of the nonprofit Opt-Inspire, Inc., Alexandria ("Lexi") Lutz is on a mission to bridge the digital safety gap for those who need it most. By providing seniors & their caretakers with the practical knowledge and confidence to stay safe online, Lexi works to ensure that technology remains a tool for connection rather than a source of risk.

Schlesinger Library: Lia and William Poorvu Gallery

Weds., 4/15 | 10:00am | Free

3 James Street Cambridge, MA 02138

Meet in the Library's entrance lobby 5 to 10 minutes before our 10am tour. Limited to 10 people.

Enjoy a curator-led tour of the Schlesinger Library's exhibit *Cooking Up Change: Women's Agency and Community Building Through Cookbooks*, which explores the history and cultural significance of community cookbooks for the 19th into the 21st centuries. "Through recipes and reflections, *Cooking Up Change* celebrates the power of shared cooking traditions and the enduring legacy of women's community building through the kitchen."

Following the tour, we can walk to Harvard or Brattle Square for a self-pay coffee or lunch.

Group Leader: Susan Murray

Sleep Program

Tues., 4/21 | 11:00am | Zoom

This evidence-based program, will enhance our respect for sleep as a critical pillar of health and support aligning our sleep behaviors with that understanding. The program will include a question and answer period.

Our presenter, Dr. Jo Solet is a trained clinician in Occupational Therapy and Behavioral Medicine. Dr. Solet helped lead a parallel behavioral project studying the effects of altering hospital night-care routines to limit patients' care-related sleep disruption and improve medical outcomes.

Bio Book Club

Tues., 4/21 | 2:00pm | Zoom

"Mark Twain" by Ron Chernow

Born in 1835 as Samuel Langhorne Clemens, Chernow draws a richly nuanced portrait of author who crafted a celebrity persona with meticulous care.

The Green Line Extn and Somerville Community Path

Weds., 4/22 | 10:35am | bus stop on Mass Ave opposite Holyoke Street

Meet at the bus stop outside Harvard Yard and opposite Eastern Bank (fka Cambridge Trust) at 10:35 for the 10:40 #69 bus. If you're meeting us at Lechmere, meet us at 11:10 at the Green Line entrance closest to the bus turnaround.

We'll make a loop: Harvard Square to Lechmere by bus; Lechmere to Magoun Square by Green Line Extension; Magoun to Davis Square by foot (about 1 mile) on the Somerville Community Path to Davis Square; and then back to Harvard by bus or Red Line. Optional self-pay lunch at one of Davis Square's many eateries.

Group Leader: Susan Murray

Music for Healthy Aging

Tues., 4/28 | 2:00pm | Zoom

Discover how music can be a powerful tool for wellness at every stage of life. In this interactive workshop, we'll listen to a variety of musical genres and explore how playing an instrument, singing or sounding, listening, and moving to music can lift mood and enhance emotional well-being. The very structure of music has been shown to improve attention, executive function, memory, and processing speed, all of which support healthy aging.

Suzanne L. Cohen, Ed.D., Psychologist and Somatic Educator, who has been teaching The Nia Technique in Wellesley and online for over 25 years. Suzanne brings her deep knowledge of music and movement together to support health, joy, and confidence for people of all ages and circumstances.

Exploring Diversity

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

At this meeting we are asking participants to share a story about a pivotal moment that helped you to open your heart and mind to any sort of difference – race, culture, religion, social class, ability, sexual orientation, gender identity, etc.

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.

APRIL'S PROGRAMS

MON	TUES	WED	THURS	FRI	SAT
		1	2	3	4
		Walk and Talk 10:30am Women's Group 11:00am			NOTE: In-person events are listed in black ; Zoom events are listed in blue
6	7	8	9	10	11
Tipple 5:00pm	Stay or Go: Home Modifications 1:30pm	Member Spotlight: Nancy Barcelo 10:00am		Meditation 1:00pm Let's Talk 2:00pm	
13	14	15	16	17	18
Dinner: Café Vanak 6:00pm	Confident and Connected 11:00am	Schlesinger Library 10:00am		Meditation 1:00pm Info Session *** 3:00pm	
20	21	22	23	24	25
Tipple 5:00pm	Sleep Program 11:00am Bio Book Club 2:00pm	The Green Line Extn and Somerville Community Path 10:35am	LGBTQ Group 1:00pm	Let's Talk 2:00pm	
27	28	29	30		
	Music for Healthy Aging 2:00pm	Men's Group 2:00pm	Exploring Diversity 4:00pm		

Mount Auburn Cemetery "Walk and Talk"
Tues., 4/1 | 10:30am | Mount Auburn Cemetery
 580 Mount Auburn St., Cambridge, MA 02138 |
 Group Leader: Susan Murray

Women's Group 4/1 | 11:00am | CN Office (4th floor)
 New members welcome! Group leader: Anne Harrington.

Tipple | 4/6 | 4/20 | 5:00pm | Nubar | Limited spaces
 16 Garden St., Cambridge 02138
 Wine and appetizers. Self-pay. Event leader: Nancy Carlson
Stay or Go: Home Modifications | 4/7 | 1:30pm | Zoom
 See page 2 for full description.

Member Spotlight: Nancy Barcelo | 4/8 | 10:00am | Zoom
 See page 2 for full description.

Spanish Conversation Group | TBD Group Leader: Robin Urquhart

Meditation | 4/10 | 4/17 | 1:00pm | Zoom
 New members welcome! Group leader: Nancy Barcelo

Let's Talk | 4/10 | 4/24 | 2:00pm | Zoom
 Online discussion on the challenges and opportunities of the aging journey.
 Group leaders: Lotte Bailyn & Micki Seligson

Dinner: Café Vanak | 4/13 | 6:00pm | Self-Pay
271 Belmont St, Belmont, 02478
 Enjoy authentic Persian cuisine with other CN members!
 Street Parking available. Group Leader: TBD

Confident and Connected | 4/14 | 11:00am | Zoom
 See page 2 for full description.

Schlesinger Library | 4/15 | 10:00am | Free
3 James Street Cambridge, MA 02138 Group Leader: Susan Murray

Info Session | 4/17 | 3:00pm | CN Office | Hybrid ***
 545 Concord Ave, Suite 104, Cambridge 02138
 Tell your friends about CN! For prospective members only.

Sleep Program | 4/21 | 11:00am | Zoom
 See page 2 for full description.

Bio Book Club | 4/21 | 2:00pm | Zoom
 See page 2 for full description.

The Green Line Extn and Somerville Community Path | 4/22 | 10:35am
 See page 2 for full description.

LGBTQ+ Group 4/23 | 1:00pm | Café Zing 25 White St, Cambridge, 02140 |
 Event Leader: Estelle Disch

Music for Healthy Aging 4/28 | 2:00pm | Zoom
 See page 2 for full description.

Men's Group 4/29 | 2:00pm | CN Office (4th floor)
 New members welcome! Group leader: JB Maxwell.

Exploring Diversity 4/30 | 4:00pm | Zoom
 See page 2 for full description.

Welcome to our newest volunteers!



Caleb Anderson

Assignments: Gardening, errands, friendly visits, and snow removal

I'm a recent transplant to Cambridge. I hope to volunteer with Cambridge Neighbors to start building strong relationships with my neighbors and to have a direct, meaningful impact on my new community. I'd be especially delighted if I can do this in part through gardening or playing games."



Karl Brzoska

Assignments: Tech help, handyman, gardening, and organizing

"I want to volunteer with Cambridge Neighbors to get more involved with the community here in Cambridge. I also enjoy volunteering in general!"

A grateful member sings the praises of our newest volunteer handyman, Jim Simons

"Just to let you know that Jim came promptly, and, with some ingenuity, fixed both windows so that they work very well. He was so helpful and friendly. Best of all, he showed us how to tackle such a problem in the future. So, next time, we may be able to do it ourselves! We're most grateful for his help and for such a prompt response from Cambridge Neighbors. Thank you!!!"

-Susan Clark

2026 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

Staff

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

Cambridge Neighbors