



May 2026

CAMBRIDGE NEIGHBORS

ARLINGTON BELMONT CAMBRIDGE SOMERVILLE WATERTOWN

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

Dear Members and Friends,

We are sorry to announce that Alia Mehdi, our Assistant Director, will be leaving her position at Cambridge Neighbors at the end of April. She contributed immensely in her role as member services manager as she truly cared about members' needs and concerns. We wish her all the best as she moves forward with her life and career. She writes:



Alia and Jan

"While at Cambridge Neighbors as the Assistant Director, it was incredibly rewarding to have opportunities that fostered connection, learning, wellness, and joy. What I valued most were the relationships I built with members. Being able to listen, respond, and contribute to their well-being each day was both a privilege and a purpose. Supporting the community and helping members live vibrant, connected lives made the experience especially meaningful."

Cambridge Neighbors is a compassionate organization that truly cares about each member's needs and provides thoughtful, personalized support. It has been truly a privilege to work alongside a talented, knowledgeable, and charismatic colleague/director Jan Latorre Stiller, whose leadership made the experience even more meaningful.

I will miss the remarkable individuals whose outstanding accomplishments and lifetime achievements inspired me throughout my time here. I have shifted my professional focus toward pursuing one of my long-standing passions: opening and operating my own bakery business, while also exploring opportunities to work remotely.

I wish Jan and the entire Cambridge Neighbors community continued success, growth, and fulfillment in all that lies ahead!"

We welcome Adrian Liao as our new Assistant Director

With a background in piano performance, Adrian discovered a love for engaging with people while performing in retirement communities during college. She later attended a Bible-based program focused on truth and service, where her passion for working with people continued to grow. There, she gained experience connecting with individuals from a wide range of backgrounds and developed a strong affinity for personal connection.



After returning to the Greater Boston area and settling in Cambridge, Adrian worked closely with college students, planning events and programs while also providing one-on-one mentorship. She is passionate about fostering environments where people feel supported and able to thrive.

Adrian chose to join Cambridge Neighbors because of her desire to make a meaningful, positive impact in people's daily lives. She hopes to create experiences that make members' lives easier, richer, and more connected. In her free time, Adrian enjoys running, baking, and exploring new matcha spots and restaurants with friends. More than anything, she simply loves being with the people she cares about.

Please welcome Adrian, who officially starts on Monday, May 4.

Warmest regards,

Jan Latorre-Stiller, Executive Director

PROGRAM HIGHLIGHTS

Please contact the office to register for all events.

Longy Concert: And, Perhaps, To Bloom

**Sun., 5/3 | 4:00pm | Self-Pay \$25.00 | Pickman Hall |
Longy School of Music, 27 Garden St, Cambridge, 02138
Meet in front of Pickman Hall at 3:45pm.**

The performance of vocal and instrumental music explores the Great Migration and the enduring resilience of Black communities seeking freedom, life, and humanity by tracing "journeys from swamps and maroon societies to northern and midwestern cities like Detroit. Works include Undine Smith Moore's Before I'd Be a Slave, Carlos Simon's Warmth of Other Suns, and Shawn Okpebholo's Great Day."

Please purchase your \$25 general admission ticket as soon as possible at www.givebutter.com/perhaps-to-bloom and click where it says "Donate and Tickets" to get to the ticket purchasing page. When you register with the CN office, please indicate whether or not you already have your ticket.

Group Leader: Helene Quinn

Springwell: Planning For Your Future

Mon., 5/11 | 11:00am | CN Office | Hybrid *
545 Concord Ave. Suite 104, Cambridge 02138**

The presentation will explore how older adults can thrive in their later years while covering several important topics, including successful lifestyle habits, advance directives, and estate planning basics, and housing options to help you decide where you want to live. It will also guide you on how to begin preparing a plan for your future.

Larry Poirier has a BS/BA from Stonehill College and an MBA from Northeastern University. During his professional working career, he has had managerial and supervisory positions at Saint Francis House, Mystic Valley Elder Services and Springwell.

Joint Walk with Beacon Hill Village: Lights of the South End: Literary and Otherwise

Wed., 5/13 | 9:45am | Optional self-pay lunch

We will meet at 9:45am at the Harvard Red Line station, downstairs by the ticket machines, to take the T to our meeting spot.

Boston Village member M J Shultz will highlight the squares and gardens of Boston's picturesque South End. The blooms should be delightful, and there are many famous people remembered in small pocket parks throughout. As grand finale we'll visit the magnificent Cathedral of the Holy Cross, recently renovated and restored, and rededicated in 2019. Optional self-pay lunch will follow at Black Lamb on Tremont Street. Total distance, including return to the Green Line, is a bit over a mile.

If you elect to travel to the Boston meet up spot by car or via a different public transit route, please be sure let the Cambridge Neighbors Group Leader Susan Murray.

CN Annual Spring Celebration

**Thurs., 5/14 | 3:00-5:00pm | Freepoint Hotel | Ticket \$20.00
220 Alewife Brook Parkway, Cambridge**

We invite members to join us for our Annual Spring Celebration at the Freepoint Hotel for light bites, libations, and great company. This event has limited availability, so please RSVP to the office. Parking is available at the hotel.

Bio Book Club

Tues., 5/19 | 2:00pm | Zoom

"Mark Twain" by Ron Chernow

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

Mount Auburn Cemetery "Walk and Talk"

**Weds., 5/20 | 10:30am | Mount Auburn Cemetery
580 Mount Auburn St., Cambridge, 02138
Meet at 10:30 outside Story Chapel.**

The snowdrops were blooming in April. What will we see in May as we walk and talk? We'll watch for May flowers, interesting memorial stones, birds (May is Migratory Bird Month) and enjoy being outdoors in a beautiful space with fellow members. Group Leader: Susan Murray

North Bennet Street School Exhibition: Disciplines Across Decades

**Thurs., 5/21 | 10:30am | Optional Self-Pay Lunch |
150 North St, Boston**

We'll meet at the Harvard Square Red line station by the ticket machines at 9:30 am. The walk from the Haymarket T stop is 0.3 miles.

The exhibit will shine a light on the origins of the 9 career training programs and how students are trained today. It will feature the best work of the student & graduate community, their connections to techniques used at the start of the program, a timeline of NBSS history & artifacts from the early years of each program. Group Leader: Carol Lorente

Stroke Prevention

Weds., 5/27 | 1:00pm | Zoom |

Stroke awareness is key to prevention. This program will provide you with important information about risk-factors and the warning signs of a stroke.

Presenter: Marie McCune, BSN,RN, SCRNP (Specialty in Stroke Care), CCN (Critical Care Nursing specialty)
Marie has been a critical care nurse with a specialty in stroke care at Mount Auburn Hospital for over 15 years.

Exploring Diversity

Thurs., 5/28 | 4:00pm | Zoom

We will discuss two topics: one on climate change issues led by Emily Flax; and secondly discussing Meredith Bergmann's local public art of important women in Boston history led by Mary Alice Stanton and Webb Brown.

First: Oil and Honey: The Education of an Unlikely Activist (2013) which is Bill McKibben's memoir that explores activism, responsibility, and hope in the fight against climate change. We will discuss his reflections on civil disobedience, including his own arrest, and the emotional and moral challenges of activism in the face of slow political change.

Second: Information about Meredith Bergmann and her statues on Commonwealth Ave of Abigail Adams, Phyllis Wheatly, and Lucy Stone.

MAY'S PROGRAMS

MON	TUES	WEDS	THURS	FRI	SAT	SUN
				1	2	3
			NOTE: In-person events are listed in black ; Zoom events are listed in blue			Longy Concert 4:00pm
4	5	6	7	8	9	10
Tipple 5:00pm		Women's Group 11:00am		Let's Talk 2:00pm		
11	12	13	14	15	16	17
Springwell: Planning for Your Future*** 11:00am		Joint Walk with BHV 9:45am	Annual Spring Celebration 3:00pm	Lunch: American Flatbread 12:30pm Info Session*** 3:00pm		
18	19	20	21	22	23	24
Tipple 5:00pm	Bio Book Club 2:00pm	Mount Auburn "Walk & Talk" 10:30am	North Bennet Street School Exhibition 10:30am	New Member Orientation *** 11:00am Meditation 1:00pm Let's Talk 2:00pm		
25	26	27	28	29	30	31
CN CLOSED	Dinner: Branch Line 6:00pm	Stroke Prevention 1:00pm Men's Group 2:00pm	LGBTQ Group 1:00pm Exploring Diversity 4:00pm	Meditation 1:00pm		

Longy Concert 5/3 | 4:00pm | Self-Pay |

27 Garden St, Cambridge, 02138 | Group Leader: Helene Quinn
See page 2 for full description.

Tipple 5/4 | 5/18 | 5:00pm | Nubar | Limited spaces 16 Garden St., Cambridge 02138

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

Women's Group 5/6 | 11:00am | CN Office (4th floor)

New members welcome! Group leader: Anne Harrington

Let's Talk 5/8 | 5/22 | 2:00pm | Zoom

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

Group leaders: Lotte Bailyn & Micki Seligson

Springwell: ASAPS Presentation 5/11 | 11:00am | CN Office | Hybrid***

See page 2 for full description.

Joint Walk with Beacon Hill Village 5/13 | 9:45am

See page 2 for full description. Group Leader: Susan Murray

Spring Event 5/14 | 3:00-5:00pm | Freepoint Hotel

See page 2 for full description.

Lunch: American Flatbread in Sacco's 5/15 | 12:30pm | Self-Pay | 45 Day St, Somerville

CN members celebrate National Pizza Party Day with a pizza lunch!

Group Leader: Susan Murray

Info Session 5/15 | 3:00pm | Hybrid ***

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

Bio Book Club 5/19 | 2:00pm | Zoom | All are welcome!

See page 2 or full description.

Mount Auburn "Walk & Talk" 5/20 | 10:30am

See page 2 for full description

North Bennet Street School Exhibition | 5/21 | 10:30am | Free | Optional Self-Pay Lunch

See page 2 for full description. Group Leader: Carol Lorente.

New Member Orientation | 5/22 11:00am | CN Office | Hybrid***

545 Concord Ave, Suite 104, Cambridge 02138 . See page 2 for full description.

Meditation 5/22 | 5/29 | 1:00pm | Zoom

New members welcome! Group leader: Nancy Barcelo

Dinner: Branch Line 5/26 | 6:00pm | Self-Pay |

321 Arsenal St, Watertown

Enjoy delicious comfort food with CN members!

Stroke Prevention 5/27 | 1:00pm | Zoom

See page 2 for full description.

Men's Group 5/27 | 2:00pm | CN Office (4th floor)

New members welcome! Group leader: JB Maxwell.

LGBTQ+ Group 5/28 | 1:00-2:30pm | Café Zing

25 White St., Porter Square Mall

New members always welcome! Group leader: Estelle Disch

Exploring Diversity 5/28 | 4:00pm | Zoom

See page 2 for full description.

Spanish Conversation Group TDB

Spring has sprung and with that comes spring cleaning! Here are a few helpful tips:

Make getting rid of clutter a priority

Decluttering helps you free up space, decrease stress, and even relieve insomnia. Removing clutter from your home also reduces your risk of tripping and falling.

Leave the heavy lifting to someone else

Enlist the help of friends and family (or a CN volunteer!) to assist you with moving heavy objects. Or, [hire a professional](#) who will come in, clean, and move furniture so that your house is tidy without risking your wellbeing.

Don't forget the detectors

Your smoke detectors and carbon dioxide detectors keep you safe from serious harm. Make sure you have fresh batteries in all your detectors and that they are functioning properly. If your detectors are too high to reach without climbing on a ladder or chair, ask someone (a CN volunteer!) to help you or call on a friend, family member, neighbor, or landlord to take a look.

Clean your dishwasher and washing machine

Your dishwasher and washing machine work hard to keep dishes and clothes clean. But every now and then, they need cleaning, too. To do this, simply purchase specialty dishwasher cleanser and follow the directions for your dishwasher. Don't forget to wipe down the exterior. You can use white vinegar and baking soda to clean your washing machine. Just add hot water to the machine, add the vinegar and baking soda, let it sit for 30 to 60 minutes, then restart your machine, and let it drain and dry.

2026 Board of Directors

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Cambridge Neighbors

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