



June 2026

CAMBRIDGE NEIGHBORS

ARLINGTON BELMONT CAMBRIDGE SOMERVILLE WATERTOWN

Dear Members and Friends,



We Thank Our Partners!

Our many community partnerships play a vital role in strengthening how we serve our members and the broader community. Through these collaborations, we each gain access to additional resources, funding, expertise, and programming. They also expand our visibility, helping us to reach new audiences and build trust. Just as importantly, partnerships foster innovation and the sharing of knowledge, leading to more effective programs and solutions.

We are profoundly grateful for the wonderful partnerships we have built over the years. The latest additions are: JF & CS Aging Life Care Managers, Cambridge Health Alliance, and the MIT Age Lab.

Our Annual Spring Event

Once again, we celebrated the arrival of warmer temperatures at our Annual Spring Event at the Freepoint Hotel on May 14. Over 50 people mingled, nibbled, and sipped their way through a lovely afternoon where old friends met and new friends were made. If you missed this event, join us on Tuesday, June 16 from 4:00 to 6:00 (see inside for more information) when CN members, Webb and Jeff Brown, once again host their lovely annual backyard party on Tuesday, June 16 from 4:00 to 6:00 PM.



CN Member Spotlight: Frederika Steinburg



*"I lived in Europe for six years, met my husband Arthur in Rome, and returned to the States in 1964. I taught in high school and college, and after Arthur and I retired, we wrote *Soul of Venice*, a historical novel. When he began to decline, I began to write poetry about his illness, death, and life afterwards."* Frederika Steinberg

Her books, ***A Good Life*** and ***Things I Am Keeping***, are vivid studies of a shared life that was well-lived and the ache of loss as it slowly slipped away. They reveal the many ways that dementia impacts family life, making these a valuable resource for all whose loved ones are beginning to suffer, or have suffered, from cognitive impairment.

Frederica's books can be purchased on either Amazon or Silver Street Media.

Welcome, Volunteer Rachel Faulkenberry!



Assignments: Grocery shopping, gardening, errands, companionship, and snow shoveling

"I am excited to volunteer and learn more about the members of my new community! I have recently moved from North Carolina, and volunteering with this wonderful group opens the door to connections with those I otherwise might not have the chance to meet."

Stay hopeful!

Jan Latorre-Stiller, Executive Director

PROGRAM HIGHLIGHTS

Please contact the office to register for all events.

Fresh Pond Walk

Wed., 6/10 | 10:30am | Fresh Pond | 2.5 miles

Meet outside CN Office.

It's been a long time since we've walked around beautiful Fresh Pond. Meet outside the lobby of the Cambridge Neighbors office, 545 Concord Avenue, Cambridge, to cross the road together to Fresh Pond Reservation for our walk around the Pond.

Harvard Art Museum Tour

Thurs., 6/11 | 10:00am | Free | Optional Self-Pay lunch

32 Quincy Street, Cambridge 02138

A tour at the Harvard Art Museum with Cassandra Albinson, Head, Division of European and American Art, and Margaret S. Winthrop Curator of European Art of the Wertheim Galleries at the Harvard Art Museums. Limited to 10 people. Register before June 11 through the CN office.

Uber & Lyft for Everyday Life

Fri., 6/12 | 1:00pm | Zoom

In this presentation we will cover what Rideshare apps such as Uber and Lyft are, how to use them, and why they can be a convenient and affordable way to get around town. We'll go through safety tips, compare Uber and Lyft through live demos, and answer any questions you may have.

Presenter: Max Chapin

Max is a Tech Support volunteer at Cambridge Neighbors. After studying computer science and business at Worcester State University, he now works as an IT Project Manager.

Daily Life in Medieval England

Fri., 6/12 | 3:30pm | CN Office | 545 Concord Ave., Suite 104, Cambridge 02138

The story of Medieval England between 1066 and 1509 is a lot more than knights and castles, kings and queens. We will look at the landholding system and agriculture, the class system, the church and religion, folk belief, trade and economics, language and literature, philosophy and science, the daily routine of the different social classes, and much more.

Presenter: Allan Converse

Allan holds degrees in history from Vassar College, Northeastern University, and Brandeis University and has taught in several Boston area colleges and universities, including Northeastern, Emerson, and Lesley.

Backyard Party

Tues., 6/16 | 4:00-6:00pm | Address details provided upon sign-up.

Ready to celebrate the summer season with familiar faces? CN Members Webb and Jeff Brown are generously opening their home for another Backyard Cocktail Party. Join for good conversation, cocktails, and more!

Stay or Go: Aging Life Care Management

Wed., 6/17 | 2:00pm | Zoom

Aging well doesn't happen by accident—it takes thoughtful planning and the right support. In this session, we'll explore how partnering with a Life Care Manager can help you or your loved ones stay proactive, informed, and in control. You'll learn what a Life Care Manager does, the key ways they can support individuals and families, and how to recognize the right time to get started.

Presenters: Elizabeth Savage & Kate Granigan

Elizabeth Savage, LICSW, is a Clinical Director and Senior Care Manager with more than 20 years of experience in aging and health services.

Kate Granigan is a Licensed Independent Clinical Social Worker with a Master's in Social Work from Boston College and over 27 years of experience in aging services.

Coffee & Conversation: Butternut Bakehouse

49-51 Leonard St., Belmont 02478

Thurs., 6/18 | 11:00am | Self-Pay

Back by popular demand! We're happy to bring back Coffee & Conversations as the weather continues to warm up. Come enjoy relaxed conversations over delicious pastries and coffee!

Diabetes Education

Mon., 6/22 | 1:00pm | Zoom

This program will provide you with information about diabetes, the different types of diabetes and how insulin works to regulate sugar in your body. You will also learn about risk factors for diabetes and how you can improve your overall health by lowering your risk factors you have the power to change. Foods to increase and those we should limit to avoid diabetes and to help us stay healthy are also included. A question and answer period will be provided.

Presenter: Marie McCune, BSN, RN, SCRNP (Specialty in Stroke Care), CCN (Critical Care Nursing specialty)

Youville Dinner

Tues., 6/23 | 5:45pm | Youville House | 1573 Cambridge St., Cambridge 02138

We are excited to announce that we will be beginning a new series of dinners at Youville House! They will provide dinner, drinks included, at no cost. We will send the dinner menu beforehand. Please respond by no later than June 16th to allow ample time to process your dinner request.

JUNE'S PROGRAMS

MON 1	TUES 2	WED 3	THURS 4	FRI 5	SAT 6
NOTE: In-person events are listed in black ; Zoom events are listed in blue .		Women's Group 11:00am	Dinner: Menotomy Grill and Tavern 6:00pm	Meditation 1:00pm	
8	9	10	11	12	13
Tipple 5:00pm	Spanish Conversation Group 2:30pm	Fresh Pond Walk 10:30am	Harvard Art Museum Tour 10:00am	Uber & Lyft for Everyday Life 1:00pm Let's Talk 2:00pm Daily Life in Medieval England 3:30pm	
15	16	17	18	19	20
	Backyard Party 4:00pm	Stay or Go: Aging Life Care Management 2:00pm	Coffee and Conversation: Butternut Bakehouse 11:00am Info Session 3:00pm	CN Closed	
22	23	24	25	26	27
Diabetes Education 1:00pm Tipple 5:00pm	Youville Dinner 5:45pm	Lunch: Casa Portugal 12:00pm Men's Group 2:00pm	LGBTQ Group 1:00pm Member Spotlight 2:00pm	Meditation 1:00pm Let's Talk 2:00pm	
29	30				
Intro to MIT AgeLab 11:00am	Mount Auburn Cemetery "Walk & Talk" 10:30am				

Women's Group 6/3 | 11:00 am | CN Office (4th floor)
545 Concord Ave., Suite 104, Cambridge 02138

TOPIC: Outings. Group Leader: Anne Harrington

Dinner: Menotomy Grill and Tavern 6/4 | 6:00pm | Self-pay
25 Massachusetts Ave., Arlington 02474

Group Leader: Susan Murray

Meditation 5/5 | 1:00pm | Zoom

New members welcome! Group Leader: Nancy Barcelo

Tipple 6/8 | 5:00pm | Nubar | Self-pay | Limited spaces
16 Garden St., Cambridge 02138

Wine and appetizers. Group Leader: Nancy Carlson

Spanish Conversation Group 6/9 | 2:30pm

61 Shattuck St., Watertown, 02472 Group Leader: Robin Urquhart

Fresh Pond Walk 6/10 | 10:30am

580 Mt. Auburn St., Cambridge 02138

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

Harvard Art Museum Tour 6/11 | 10:00am | Free

32 Quincy St, Cambridge 02138

See page 2 for full description. Group Leader: Anna Whitcomb

Transportation Apps Presentation: Uber & Lyft for Everyday Life
6/12 | 1:00pm | Zoom

See page 2 for full description. Presenter: Max Chaplin

Let's Talk 6/12 | 2:00pm | Zoom

Online discussion on the challenges and opportunities of the aging journey. Group Leaders: Lotte Bailyn & Micki Seligson

Daily Life in Medieval England 6/12 | 3:00pm | CN Office |

Hybrid*** *See page 2 for more.* Presenter: Allan Converse

Backyard Party 6/16 | 4:00pm

Address details provided upon sign-up. See page 2 for more.

Stay or Go: Aging Life Care Management 6/17 | 2:00pm | Zoom

See page 2 for more. Presenters: Kate Granigan & Elizabeth Savage

Coffee & Conversation: Butternut Bakehouse 6/18 | 11:00am
49-51 Leonard St., Belmont 02478

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

Info Session 6/18 | 3:00pm | CN Office | Hybrid***

545 Concord Ave., Suite 104, Cambridge 02138

Tell your friends about us!

Diabetes Prevention 6/22 | 1:00pm | Zoom

See page 2 for full description. Presenter: Marie McCune

Youville Dinner 6/23 | 5:45pm | 1573 Cambridge St, Cambridge 02138

See page 2 for full description. Group Leader: Helene Quinn

Lunch: Casa Portugal 6/24 | 12:00pm

1200 Cambridge St, Cambridge, 02139

We're bringing back CN lunches! Group Leader: Petra Hesse

Men's Group 6/24 | 2:00pm | CN Office (4th floor)

545 Concord Ave., Suite 104, Cambridge 02138

New members welcome! Group Leader: J.B. Maxwell

LGBTQ+ Group 6/25 | 1:00pm | Cafe Zing

25 White St., Porter Square Mall

New members always welcome! Group Leader: Estelle Disch

Member Spotlight 6/25 | 2:00pm | Zoom

See page 4 for full description. Presenter: Sue Miller

Meditation 6/26 | 1:00pm | Zoom

New members welcome! Group Leader: Nancy Barcelo

Let's Talk 6/26 | 2:00pm | Zoom

Group Leaders: Lotte Bailyn & Micki Seligson

Intro to MIT AgeLab 6/29 | 11:00am | CN Office | Hybrid***

545 Concord Ave., Suite 104, Cambridge 02138

See page 4 for full description. Presenter: Lauren Cerino

Mount Auburn Cemetery "Walk & Talk" 6/30 | 10:30am

See page 4 for full description. Group Leader: Susan Murray

PROGRAM HIGHLIGHTS (cont.)

Member Spotlight: Sue Miller

Thurs., 6/25 | 2:00pm | Zoom

Sue Miller is recognized internationally for her elegant and sharply realistic accounts of the contemporary family. Her novels have been widely translated and published in 25 countries. Her numerous honors include a Guggenheim and a Radcliffe Institute Fellowship. She has taught fiction at, among other places, Amherst, Tufts, Smith, and MIT.

Living Well for Longer: Reimagining Life Tomorrow with the MIT AgeLab

Mon., 6/29 | 11:00am | CN Office | 545 Concord Ave., Suite 104, Cambridge 02138

Longer lives are transforming how we live, work, and engage with the world. Join MIT AgeLab researcher Lauren Cerino for an overview of the AgeLab's research on the longevity economy and the evolving needs of our population. This session will highlight key trends and introduce a selection of current research projects exploring the intersection of aging, technology, and society.

Presenter: Lauren Cerino is a Research Specialist at the MIT AgeLab.

Mount Auburn Cemetery "Walk & Talk"

Wed., 6/30 | 10:30am

580 Mt. Auburn St., Cambridge 02138

Meet at 10:30am outside Story Chapel.

June! Another beautiful month at Mount Auburn. We'll enjoy simply walking and talking with fellow Cambridge Neighbor members. Meet at 10:30 outside Story Chapel.

2026 Board of Directors

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Once again, we would like to thank our
sponsors who made our spring event possible!

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Thank you Mona Lisa team at Compass for
helping underwrite our newsletter!

A Cambridge Neighbor Since 1995.

We know houses and we know people who can fix them.
Please call us if we can help you with any of your real
estate needs. We believe in aging in place.
MonaLisa Team@Compass is a
proud supporter of Cambridge Neighbors!



MONALISA
TEAM

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