

CAMBRIDGE AT HOME

Helping residents of Arlington, Belmont, Cambridge, Somerville and Watertown
age in place with confidence and peace of mind.

JULY 2017

CAH WELCOMES OUR PRESIDENTIAL “TRIUMVERA”

IN THIS ISSUE

New Presidents	1
Nutrition Program	1
Volunteer Appreciation/ Thank You to Shippen	1-2
New Members	2
Available Services	2
Summer Office Hours	3
Change in Exercise	3
You Don't Look That Old	3
July Events	4-6
September Preview	6
Care Partners	7
Brain-Boosting Activities	7
Summer Concerts	8
Thank You to Sponsor	8



Tina, Kristin & Liz

As Shippen Page retires his position as Board President, we are thrilled to announce that three of our current board members will join together and lead Cambridge at Home as a triumvera, sharing the position of president. We are very fortunate to have Kristin Mortimer, Tina Olton and Liz Goodfellow at the helm of CAH. All three embody the spirit of the communities we serve, bringing their expertise, talent and enthusiasm in their shared leadership position.

“I believe in the Village movement simply because it makes sense. We all want to stay active, independent and intellectually engaged as we age —“we” in my case meaning us millions of boomers reaching or contemplating retirement. Carpe diem!” - Kristin

“I am very excited to be a part of CAH. The over-90 project is a phenomenon to me - demonstrating how active our older members are, full of life and looking forward to more! I look forward to moving us all in this direction: Forward!” - Tina

“As a member I feel well supported, and I’m enjoying working and playing with my Village friends. I hope to hear from all members about their interests and needs, and to share experiences, information and social times.” - Liz

Our new Triumvera (that means there are three of them) are putting their heads together to talk with members about where we want to be in the years ahead. As we celebrate CAH’s 10th anniversary, this is a perfect time to reimagine how our village can maintain relevance to the aging population with fresh energy and new ideas.

EAT BETTER. FEEL BETTER. HOW FOOD HELPS YOUR VITALITY AS YOU AGE



Cambridge at Home has teamed up with the Jean Mayer USDA Human Nutrition Research Center on Aging at Tufts University (HNRCA) to host a three part program series this fall about nutrition and age related diseases. All talks will start at 11:00 am at the Cambridge Public Library.

SEPTEMBER 14 - Nutrition & Eye Health - Dr. Liz Johnson

OCTOBER 19 - Nutrition & Bone Health - Dr. Kyla Shea

NOVEMBER 16 - Nutrition & Brain Health - Dennis Steindler, Ph.D.

VOLUNTEER PARTY AND THANK YOU TO SHIPPEN PAGE



At the end of June, members, volunteers and staff gathered to acknowledge the vital role

Continued on page 2

CAH CELEBRATION CONTINUED

volunteers play in helping members age in place with support and peace of mind. The gathering also served as a thank you to Shippen Page, who recently stepped down as board president. Shippen has brought great energy and ideas to CAH, always thinking about the present and future goals of the organization. Kristin Mortimer, CAH board member and new co-president, acknowledged Shippen's impact on CAH with a lovely poem:



As Captain of CAH

You kept the ship on an even keel, steering with a calm and steady hand through occasional rough seas.
You set the sails to fill with the winds of your optimism and forward thinking.
You navigated confidently through a few dangerous shoals.
You buoyed up the crew's morale & always anchored us firmly.
You have enlisted new crew members with the talents & creativity to ensure that we go boldly into as yet uncharted territory.
Finally, though you are relinquishing the helm, we are glad that you are staying on board.

NEW MEMBERS



We want to send a warm welcome to the newest members of CAH:

*Eileen Slayton
Cambridge*

*Susan Goldin
Somerville*



TECH HELP & MEDICAL SCRIBE AVAILABLE!



CAH tech volunteer Haijing Hao is available to help members in their homes with computers, tablets, cell phones, email, Facebook, Microsoft and more. Just call the office to check her availability.



Retired family physician Janet Regier is available to act as a medical scribe during members' doctor's visits. She will meet you at your appointment, sit with you during the visit, help clarify anything you don't understand, take notes and send them to you the next day. Visits to the doctor can sometimes be overwhelming and confusing. Janet can help you better understand what your doctor is saying, making the whole experience less stressful.

SUMMER OFFICE HOURS

Please note that the Cambridge at Home office will be closed on July 3rd and 4th in honor of Independence Day.



For the months of July and August, the office will be open Monday - Thursday, 9:00 am - 5:00 pm and Friday 9:00 am - 1:00 pm.

CHANGE IN CAH EXERCISE CLASSES

After reviewing this year's budget and conducting a cost analysis on operating expenses and services, the CAH board has decided to eliminate Monday exercise classes, effective July 1, 2017. CAH understands that exercise is an essential ingredient to healthy aging, but the low attendance at Monday classes cannot justify the cost of this service.



We are replacing Monday classes with walks, led by member Dick Joslin. These walks will take place every Monday and will alternate between local walks at Mount Auburn Cemetery and adventure walks to different sites in and around Boston. All walks will have restrooms at the beginning and end. See the calendar for more information.

Sergio's Wednesday Stretch and Susanne's Friday Movement classes will continue. Exercise classes will be suspended during August since many members and our instructors are on vacation during this time. These classes will start back up in September. If you have any questions or concerns, feel free to call the office—617-864-1715.

YOU DON'T LOOK THAT OLD BY CAH MEMBER PHIL MILLER

I've Been Thinking...

People occasionally say to me, "Wow, 79? You don't look that old." I have found myself responding, "Well, thank you."

But I now wonder, why do people think that saying I look younger than I am is a compliment? And, more seriously, why do I thank them for saying so?

What's so great about looking younger than you really are? If I didn't look younger, would I look terrible? Would I, should I, then be ashamed of the way I look?

I've never heard anyone say, "Wow, you look a lot older than you are." If they did, I'm sure they would not mean that as a compliment.

I've seen some pretty old people who look terrific, not because they look younger than they are, but because they look terrific.

I know folks think it's a compliment, but the flip side of that supposed compliment, the rather "uncomplimentary" side is a slap in the kisser to all of us who sooner or later will look as old as we are.

Emmy Lou Harris sings a song called "Back When We Were Beautiful" which for a while made me nostalgic for 'back-in-the-day,' but not anymore. How about "Back When We Were Trying To Be Beautiful" or "Now That We Are Beautiful?"

There is a beauty in age that youth will never have and I am happy to be among my peers who are becoming as beautiful as folks can be. Why should we want to look younger than we are? The lines and wrinkles and strands of gray come from investing in life's challenges and persisting through time. We should be proud of them.

I have spent years cultivating my look, and I'm happy to be continuing the cultivation.

July 2017

REGISTRATION IS REQUIRED FOR ALL EVENTS
617-864-1715

SUN	MON	TUE	WED	THU	FRI	SAT
Grocery Shopping - Door-to-door transportation to local supermarkets such as Whole Foods, Trader Joe's, Star Market & Market Basket. Our driver will help carry your groceries! Advanced registration required. Exercise - Classes take place at Evolve Fitness, 52 New Street, Cambridge.						Arl./Bel. Shopping 9 am 1
2	OFFICE CLOSED No Shopping 3	OFFICE CLOSED 4	Cambridge Shopping 11 am - 1 pm Stretch 2 - 3 pm Supper 6 - 7:30 pm 5	6	Cambridge Shopping 11 am - 1 pm No Exercise Charles Sq. Concert 5:30 pm 7	Arl./Bel. Shopping 9 am 8
	Cambridge Shopping 11 am - 1 pm Local Walk 2 pm Tipple 5 - 6:30 pm 10	11	Volunteer Training 10 am Cambridge Shopping 11 am - 1 pm Stretch 2 - 3 pm 12	Armenian Museum 12 pm 13	Cambridge Shopping 11 am - 1 pm Movement & Balance 11 am - 12 pm 14	Arl./Bel. Shopping 9 am 15
16	Cambridge Shopping 11 am - 1 pm Adventure Walk 9:15 am 17	Biography Group 2 pm Supper 6 - 7:30 pm 18	Cambridge Shopping 11 am - 1 pm Stretch 2 - 3 pm 19	Addison Gallery 9:30 am 20	Cambridge Shopping 11 am - 1 pm Movement & Balance 11 am - 12 pm 21	Arl./Bel. Shopping 9 am 22
23	Cambridge Shopping 11 am - 1 pm Local Walk 2 pm 24	Philosophy Chamber 11 am 25	Cambridge Shopping 11 am - 1 pm Stretch 2 - 3 pm 26	Amelia's Trattoria 5:30 pm 27	Cambridge Shopping 11 am - 1 pm Movement & Balance 11 am - 12 pm 28	Arl./Bel. Shopping 9 am 29
30	Cambridge Shopping 11 am - 1 pm Adventure Walk 2 pm 31					

JULY EVENTS

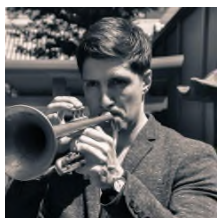
Wednesday, July 5 & Tuesday, July 18, 6:00 - 7:30 pm

CAH Supper, 360 Mount Auburn Street, Cambridge

Join CAH members for a 3-course dinner in the private dining room at The Cambridge Homes. \$15/person. Open to CAH members only. Limited to 10.

Friday, July 7, 5:30 pm

Regattabar Courtyard Concert, One Bennett St., Camb.



Join CAH member Liz Goodfellow in the Charles Hotel courtyard for an evening of jazz by Andrew McAnsch, award-winning trumpeter and recent graduate of the Berklee Global Jazz Institute. Meet in the upper courtyard. Free and open to CAH members and guests.

Monday, July 10, 2:00 - 3:30 pm

Walk: Mount Auburn Cemetery, 580 Mt. Auburn St., Camb.

Meet at the Visitor's Center inside the gate to walk through the picturesque and ever-changing landscape of Cambridge's historic Mount Auburn Cemetery. Our walk will include circling the three distinctive ponds: Willow Pond, Halcyon Lake, and Auburn Lake. Free and open to CAH members and guests.

Monday, July 10, 5:00 pm - 6:30 pm

Tipple at Legal Sea Foods, 20 University Rd, Cambridge

Join us at Legals for drinks, appetizers and conversation. \$20/person in advance. Open to CAH members only.

Wednesday, July 12, 10:00 am - 12:00 pm

Volunteer Training, CAH Office

This training will focus on how to deal with unexpected situations or emergencies, and what it means to be a friend and how this relates to volunteering. Volunteers will be contacted individually to confirm attendance.

Thursday, July 13, 12:00 pm

Tour of Armenian Museum, 65 Main Street, Watertown



Join us for a guided tour of the Armenian Museum in Watertown, which was created to locate, collect, preserve and present the culture, history, art and contributions of the Armenian people during the past 3,000 years. Our tour will cover highlights

from the collection and a look at *Karsh: Celebrating Humanity*, an exhibition showcasing renowned Armenian-Canadian photographer Yousuf Karsh, who dedicated his life's work to "photographing the great in spirit, whether they be famous or humble." Highlights include portraits of Winston Churchill, Helen Keller, Aram Khachaturian and Albert Einstein. \$8/person covers admission and guided tour. Light lunch to follow next door at *Stellina Restaurant*, a local Italian eatery (pay on your own). Open to CAH members only.

Monday, July 17, 9:15 am - 3:30 pm

Walk: Spectacle Island



Join the group as we take the ferry to Spectacle Island in the center of Boston Harbor. We'll follow the very accessible walkway which circles up the main drumlin and gives 360 degree views around the harbor: South Boston,

Blue Hills, other islands, Logan Airport, downtown Boston. We will return back to the Visitor's Center, after our approximately 1.5 mile walk, for a light lunch at the snack bar before boarding the 2:30 pm boat. Meet at Harvard T station ticketing machines promptly by 9:15 am to take the T to the Aquarium stop, where we'll take the 10:30 ferry to the island. T, ferry fare (\$12/senior) and lunch is pay on your own. Open to CAH members and guests.

Tuesday, July 18, 2:00 pm

Biography Group, CAH Office

Join us for our discussion of *The Gentle Subversive: Rachel Carson, Silent Spring, and the Rise of the Environmental Movement*, by Mark Harrington Lytle. Although this group is at capacity, we will start another group if enough members express interest.

Thursday, July 20, 9:30 am - 2:30 pm

Guided Tour of The Addison Gallery of American Art and Lunch at the Andover Inn

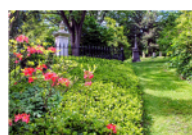


Join us for a guided tour of The Addison Gallery of American Art, an academic museum dedicated to collecting American art. On view will be *Eye on the Collection*, a selection of paintings and sculptures from the permanent collection that

span the 18th through 20th centuries, including works by Thomas Eakins, Hans Hofmann and Winslow Homer. Lunch to follow next door at Samuel's at the Andover Inn, which offers classic New England fare with a contemporary twist. \$25/person covers roundtrip van transportation & tour. Lunch is pay on your own. Open to CAH members and guests. Limited to 12.

Monday, July 24, 2:00 - 3:30 pm

Walk: Mount Auburn Cemetery



Meet at the Visitor's Center inside the main gate. This time we will circle around the "mount" itself and walk up the gently sloping road to the Washington Tower on top where we'll have views of all of Cambridge, Watertown and much of Boston.

JULY EVENTS CONTINUED

Tuesday, July 25, 11:00 am

The Philosophy Chamber: Art and Science in Harvard's Teaching Cabinet, 1766 - 1820,
Harvard Art Museums, 32 Quincy Street



John Singleton Copley,
Nicholas Boylston, 1773.

Between 1766 and 1820, Harvard College assembled an extraordinary collection of paintings, portraits, and prints; mineral, plant, and animal specimens; scientific instruments; Native American artifacts; and relics from the ancient world, all showcased in three rooms adjacent to the college library in Harvard Hall. The largest of these spaces, The Philosophy Chamber, was an ornately decorated room that played a vital role in teaching and research at Harvard. It served as the center for artistic and intellectual life in New England for 50+ years and brought together artists, scientists, students, and advocates of American Independence, including George Washington. In 1820 the college library expanded, leading to the dispersal of the collection to various departments and local museums. *The Philosophy Chamber* reunites many of these original objects, showcasing a range of works that have been hidden away for nearly two centuries. *After freely exploring the exhibition for an hour, we will walk to Grafton Street for lunch (pay on your own). Free for Cambridge residents and Harvard faculty/staff. \$13/senior.*

Thursday, July 27, 5:30 pm

Dinner at Amelia's Trattoria, 111 Harvard Street, Camb.



Join CAH member Liz Goodfellow for dinner and conversation. RSVP to Liz as early as possible - lizgz@aol.com or 617-491-0880. Dinner is self pay.

Monday, July 31, 2:00 - 3:30 pm

Walk: Upper Charles River

Unlike the lower Charles River basin with its formal riverbanks bracketed by parkways, the nearby Upper Charles River is a narrow winding body of water running through rustic woodlands, far from roadways, and with ample wildlife, dams, herons, etc. We will walk on the shaded pathway from Watertown Square along the North bank of the river to Bridge Street. Then we'll cross over to the Southern bank and return to our start point. Meet at the Watertown Square bus turnaround. Bus #71, leaving Harvard Square at 1:38 pm, fits our schedule.

SEPTEMBER PREVIEW

Being Mortal's Village: The Value of Community and Choice as We Grow Older

Monday, September 25, 2017 - 5:00 pm
545 Concord Avenue, Suite 104, Cambridge



Celebrating 15 Years of the Village Movement with Atul Gawande, MD, MPH

More than 150 villages across the country will be participating via simulcast for a lively conversation about community and choice in aging with renowned surgeon and author, Atul Gawande. CAH will be hosting a "watch party" for members, complete with refreshments, at the CAH office. Discussion to follow about the importance of the Village Movement.



Conversation Project

90% of people say that talking with their loved ones about end-of-life care is important,

but

27% have actually done so.

- The Conversation Project National Survey 2013

CAH has formed a group of members who are interested in initiating the Conversation Project for fellow members. We recognize that all older adults grapple with end-of-life issues and how to best express their wishes. This program will offer a safe space for members to share their wishes and learn how to make these difficult conversations easier.

Stay tuned for more information.

CARE PARTNERS GROUP WILL CONTINUE IN THE FALL

Members of CAH's care partners group have expressed deep appreciation for the opportunity to share their experiences of caring for loved ones. We will continue the group in the fall as it has made a profound impact on members' lives. To get a feeling of the impact this group has made, here are a few quotes from participants:

Caring for a spouse with dementia has been my life's most heart-wrenching challenge. These support meetings at CAH have nourished my soul and strengthened my spirit, thanks both to the wisdom and grace of CC's facilitating, and the participants' warmth and willingness to share. My thanks to everyone involved, for what has been a deeply valuable experience.

This group provides the opportunity for 'the village' to join together in a deeper and broader level...to make us feel and know that we are NOT alone.

Caring for my husband, who has dementia, is an everyday challenge. CAH's Care Partner workshop makes me feel supported, comforted, and much less alone. CC King is attuned to each one of us and provides wise counsel, feedback and remarkably helpful techniques. The workshop has been an eye-opener, showing me how much worse-off some members are. Consequently I have felt less sorry for myself.

Thanks to the insightful comments and observations of all the participants in this workshop, I am better prepared to help close family members dealing with dementia, Parkinson's or Alzheimers.

If you believe you would benefit from participating in this group, or if you would like more information, feel free to call the office. The group is open to any CAH member who is caring for a loved one.

BRAIN-BOOSTING ACTIVITIES

BY CAH MEMBER STEVE SALMON

Experts say there are specific ways to keep your mind active and alert as you age. Here are ten of them:



1. **Walk and talk.** Sign up for one of the monthly walks or "strolls" announced in the CAH newsletter. Find a walking partner and discuss a topic of mutual interest, or agree on a study topic and discuss it on your next walk.
2. **Vary your routine.** My father, a minister, once had all the men in the congregation move the contents of their right pockets to the left, and vice versa. Or try a different grocer or pharmacy. Novelty creates new neural connections.
3. **Smarten up**—be a lifelong learner. I like "The Great Courses," audio downloads or DVDs put out by The Teaching Company. Or sign up for a course at HILR.Harvard.edu. But don't dabble; unless it's REALLY boring, stick with it to the end.
4. **Play a game.** Pick one with several levels of difficulty to master, one by one. For quicker thinking, try to beat the clock.
5. **De-stress** with meditation, yoga, or a walk in the woods or along a local nature path.
6. **Sleep**—for your brain's sake as well as your body's. When you sleep, your brain consolidates the memories and experiences of the day. Some research indicates that sleep may be necessary for the cerebro-spinal fluid to clear away the debris from the day's neural activities.
7. **Be creative.** Paint, write a novel or a memoir, visit a new website, or build your own.
8. **Socialize.** Sign up for a CAH dinner, a supper, a walk or a "Lunch and Learn" event. Don't be a loner—it can lull your brain into "slowdown mode."
9. **Eat right** (like you know you should). Fruits, vegetables, fish, whole grains, all help keep oxygen flowing to the brain.
10. **Watch your numbers.** Work with your doctor to keep your blood pressure, weight, blood sugar and cholesterol at healthy levels.

LOCAL SUMMER CONCERTS

Berklee Summer in the City

Free Concerts in Cambridge in July & August



Regattabar Courtyard Series - Monday and Friday nights at 6:00 pm, mix of music

Kendall Plaza - Thursdays at 5:00 pm, mix of jazz standards and originals

Kendall Square - Thursdays at 12:00 pm, mix of music

Club Passim - Thursdays at 5:30 pm, folk

To see the full list, visit <https://www.berklee.edu/events/summer>

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