

# CAMBRIDGE AT HOME

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

SEPTEMBER 2017

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## VOLUNTEERS TRANSFORM MEMBER EXPERIENCE

Just a year ago, Cambridge at Home launched its first formal volunteer outreach program. We started with offering a "Friendly Visitor" program. In a matter of weeks we initiated the "New Member Partner" program, which offers the knowledge of long-term members to new members so they may become more familiar with everything CAH has to offer. And, next winter we will initiate the "Snow Buddy" program, which will pair weather watchers with members who might need help to prepare for any winter storms on the way.

We have also formalized the "Task Program", which offers transportation and help with small tasks in members' homes (e.g., changing light bulbs, gardening, pet care).

We are bringing volunteers together in an information and support group meeting once a month. The meeting offers them an opportunity to ask questions about the volunteer activity they are engaged in, and gives them guidance as to program limits. In addition, we are offering special training on volunteerism, giving volunteers information and techniques that they might utilize with their member contacts.

As we head into Fall, we are looking for more volunteers to join this lively and engaging group. If you are interested in one of the Outreach Programs or the Task Program, we invite you to attend the next volunteer meeting (see page 4) and/or call the office - 617-864-1715.



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

Olivia Armato  
*Cambridge*

Philip Burnham  
*Cambridge*

Mary Coelho  
*Cambridge*

Corinne Mudarri  
*Cambridge*

Frannie Lindsay  
*Belmont*

Vyrna Napoli  
*Belmont*

## CAH GATHERS TO VIEW SOLAR ECLIPSE 2017



Armed with protective glasses, CAH members gathered at the peak of Mount Auburn Cemetery (MAC) to view the much anticipated total solar eclipse that traveled across the U.S. on August 21. This was the first time in 99 years that a total solar eclipse moved from coast to coast, making this event a once-in-a-lifetime spectacular.

Many climbed to the top of Washington Tower at MAC to get a better view of the activity. Although we did not experience totality here in Cambridge, members were able to see the moon cover 63% of the sun...a rather extraordinary sight.

A big thank you to CAH member Dick Joslin and volunteer Tanis Teich for leading this event and ensuring that all members got a glimpse of "The Great American Eclipse."



## MEMBERS EXPLORE ART ALONG THE GREENWAY

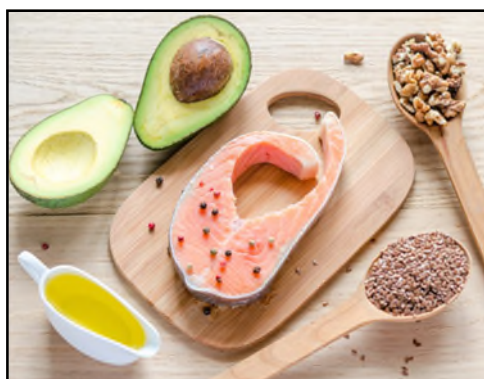


CAH members explored some of the most curious places in Boston and Cambridge this summer. Thanks to CAH member Dick Joslin and CAH volunteer Tanis Teich, members visited Spectacle Island, MIT, Mount Auburn Cemetery and the Rose Kennedy Greenway. During the walk along the Greenway, multiple stops were made to contemplate the strange, one-of-a-kind, and wondrous public art installations sprinkled throughout the park. Check out page 4 to learn about the upcoming walks in September.



## FALL NUTRITION SERIES BEGINS!

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



Cambridge at Home has teamed up with Tufts University's Human Nutrition Research Center on Aging (HNRCA) to host a three-part program series this fall about nutrition and age-related diseases.

All talks will take place in the Cambridge Public Library's Lecture Hall - 449 Broadway, Cambridge. Programs are free and open to the public. Parking is available on the street and in the library's garage.

#### NUTRITION & THE AGING EYE

**THURSDAY, SEPTEMBER 14 - 11:00 AM**

Did you know that the leading cause of vision loss for older Americans is age-related macular degeneration (AMD)? Join Dr. Liz Johnson, researcher at the HNRCA and Associate Professor at the Friedman School of Nutrition Science and Policy at Tufts University, to learn about dietary modifications that can reduce a person's risk of macular degeneration. The right balance of antioxidants and supplements can make all the difference in how you see the world.

#### NUTRITION & BONE HEALTH: THE CALCIUM CONUNDRUM

**THURSDAY, OCTOBER 19 - 11:00 AM**

Join Dr. Kyla Shea for a talk that will focus on osteoporosis and the conflicting evidence regarding calcium supplements.

#### NUTRITION & BRAIN HEALTH

**THURSDAY, NOVEMBER 16 - 11:00 AM**

Can what you eat lower your risk of developing Alzheimer's, dementia or other cognitive issues? Join Dr. Dennis Steindler to learn if green leafy vegetables and fruits are enough, or if you (and all of us) should be taking vitamins to prevent age-related neurological diseases.

## EXERCISE CLASSES RESUME

**Exercise** - Members and instructors are back from summer vacation, which means Wednesday and Friday classes will resume starting on Friday, September 1st. See calendar for details.

**CAH Office** - The CAH office is now open Monday - Friday, 9 am - 5 pm.



## DR. ATUL GAWANDE WILL SPEAK TO VILLAGE MOVEMENT

### *Being Mortal*'s Village: The Role of Community and Choice as We Grow Older



**MONDAY, SEPTEMBER 25**  
**4:45 PM - 6:00 PM**  
(LIVE STREAM BEGINS AT 5 PM)  
**CAMBRIDGE AT HOME**  
**545 CONCORD AVENUE, SUITE 104, CAMBRIDGE**

To celebrate its 15th anniversary and the Village movement it inspired, Beacon Hill Village has invited Villages around the country to participate “virtually” in an event featuring renowned surgeon, public health researcher and writer Dr. Atul Gawande, MD, MPH, author of the seminal book *Being Mortal*.

The event will be held on **Sept. 25, 2017** in Boston and will be **live-streamed** to Villages across the U.S., at which Dr. Gawande will speak about the value of community and opportunities as we grow older and answer questions from Villages across the country.

Cambridge at Home will be hosting a “**watch party**” at the office for members. Space is limited so call the office to reserve your spot.

## CARE PARTNER GROUP CONTINUES



We all age at different rates. If you're in relationship with a loved one (partner, friend, sibling) who is “aging ahead of you,” our support group may be helpful for you. Change is the hallmark of aging: even

the language of relationship changes as we age and when our loved one contends with disability, illness, dementia or simply a body in rapid decline, challenges can mount quickly. Self-care is essential and often not a priority.

Guidance, sharing and community are available in our CAH Care Partner Support Group. In the words of one participant, *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.*

Sessions are led by expressive therapist CC King and will take place from 10:30 am to 12 pm on the following Mondays this fall: **Sept. 11, Sept. 25, Oct. 23, & Nov. 6**

If you believe you would benefit from participating in this group, or are curious to learn more, feel free to call the office. The group is open to all CAH members who are caring for a loved one.

## AGING SUCCESSFULLY BY CAH MEMBER STEVE SALMON



In 1998, Dr. John Rowe and his colleague, R. L. Kahn, published an influential paper that suggested three things provided the foundation for successful aging:

- The absence of disease and disability
- Absence of disease and disability in turn makes it easier to maintain physical and mental functions
- And the maintenance of mental and physical functions in turn enables active engagement with life

Follow-up research studies have shown broad agreement with this three-part view. But critics have pointed out that Rowe and Kahn's conclusions assume that people have the resources to live a healthy life, have access to health care, live in a safe environment, and so forth. Obviously, not all older adult lives meet these assumptions.

Another objection to Rowe and Kahn's model is that by equating health and successful aging, they imply that older people who have disabilities or health problems have NOT aged successfully, and have somehow failed a “life test.” I'm legally blind, the result of age-related macular degeneration, and therefore disabled. But I've lived more than two decades longer than any other male member of my family, have many children, grandchildren (and even great grandchildren) in whom I rejoice, and have occasional work helping to evaluate buildings and facilities in the Boston area for accessibility to the disabled. So I feel I am still aging successfully, and I suspect the other disabled people with whom I work feel the same.

Some researchers have suggested that successful aging may be the ability to pull one's life together from many perspectives into a coherent whole and to be satisfied with it, and that (I think) comes closer to the mark. Perhaps, after all, successful aging is a subjective experience that each of us must judge individually.

# September 2017

SUN	MON	TUE	WED	THU	FRI	SAT
<b>Grocery Shopping</b> - 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. <b>Exercise</b> - Classes take place at Evolve Fitness, 52 New Street, Cambridge.						
3	LABOR DAY OFFICE CLOSED No Shopping	4	Cambridge Shopping 11 am - 1 pm <b>Stretch 2 - 3 pm</b> <b>Supper 6 - 7:30 pm</b>	7	<b>Coffee &amp; Bagels for New Members 10 am</b> Cambridge Shopping 11 am - 1 pm <b>Movement &amp; Balance 11 am - 12 pm</b>	9
10	<b>Adventure Walk 10:30 am</b> <b>Care Partners 10:30 am</b> Cambridge Shopping 11 am - 1 pm <b>Tipple 5 - 6:30 pm</b>	<b>Dinner at Il Casale in Belmont 5:30 pm</b>	<b>Volunteer Training 10:30 am</b> Cambridge Shopping 11 am - 1 pm <b>Stretch 2 - 3 pm</b>	<b>Nutrition &amp; the Aging Eye 11 am</b>	Cambridge Shopping 11 am - 1 pm <b>Movement &amp; Balance 11 am - 12 pm</b>	16
17	<b>Local Walk 1:30 pm</b> Cambridge Shopping 11 am - 1 pm	Open House for Prospects 11 am <b>Biography Group 2 pm</b> <b>Supper 6 - 7:30 pm</b>	<b>Volunteer Meeting 10:30 am</b> Cambridge Shopping 11 am - 1 pm <b>Stretch 2 - 3 pm</b>	21	Cambridge Shopping 11 am - 1 pm <b>Movement &amp; Balance 11 am - 12 pm</b>	23
24	<b>Adventure Walk 10 am</b> <b>Care Partners 10:30 am</b> Cambridge Shopping 11 am - 1 pm <b>Gawande Party 4:45 pm</b>	26	Cambridge Shopping 11 am - 1 pm <b>Stretch 2 - 3 pm</b>	<b>Meditation 10 am</b>	Cambridge Shopping 11 am - 1 pm <b>Movement &amp; Balance 11 am - 12 pm</b>	30

## SEPTEMBER EVENTS

REGISTRATION IS REQUIRED FOR ALL EVENTS - 617-864-1715

**Wednesday, September 6 and**

**Tuesday, September 19, 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, September 8, 10:00 - 11:00 am**

**Coffee and Bagels with New Members, CAH Office**



All new CAH members who have joined in the last 6 months are invited to the office to learn about membership benefits and meet fellow members and staff. Please RSVP by 9/6. Free and open to

CAH members only.

**Monday, September 11 & 25, 10:30 am - 12:00 pm**

**Care Partner Support Group, CAH Office**



Facilitated by expressive therapist, CC King, CAH members meet and share experiences about caring for a spouse, family member, or friend. Free and open to CAH members only.

**Monday, September 11, 10:30 am - 2:00 pm**

**Adventure Walk: Charles Street to Public Garden & Copley**



We'll meet downstairs at the Harvard Square T station to take the subway to the Charles Street station. From Charles Street we'll walk on the Esplanade along the Charles River to the Hatch Shell and then the Boston

Public Garden. After visiting the Ether Monument, Ducklings, George Washington on Horseback, and of course the Swan Boats, we'll continue up the center of the Commonwealth Avenue Mall to Exeter Street. There we'll turn into Copley Square where we'll conclude by enjoying a light lunch in the Map Room of the Boston Public Library. Afterwards we'll return home on the T. Walking distance approx. 2.0 miles. Free and open to CAH members and guests.

**Monday, September 11, 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.

**Tuesday, September 12, 5:30 pm**

**Dinner at il Casale, 50 Leonard Street, Belmont**



Join fellow members for dinner at il Casale, a local eatery that offers classic Italian dishes. Pay on your own. Limited to 12. RSVP to the office. Open to CAH members only.

**Wednesday, September 13, 10:30 am**

**Volunteer Training, CAH Office**

This training will focus on how to deal with the unexpected situations that might occur during volunteer work and what it means to be a friend/volunteer.

**Thursday, September 14, 11:00 am**

**Nutrition & the Aging Eye - A Talk by Dr. Liz Johnson**

**Cambridge Public Library, 449 Broadway**



Join CAH and Tufts University's Human Nutrition Research Center on Aging for a thought-provoking talk about the relationship between food and vision. Come and learn how the food

you eat can both prevent and stabilize macular degeneration, the leading cause of vision loss among older Americans. Free and open to the public.

**Monday, September 18, 1:30 - 2:45 pm**

**Local Walk: Mt. Auburn Cemetery, 580 Mt. Auburn St.**



Meet at the Visitor's Center. We will follow a shady walk around the Cemetery's historic and beautifully maintained arboretum at the height of late summer foliage. Walking distance approx. 1.5 miles. Free and open to CAH members and guests.

**Tuesday, September 19, 2:00 pm**

**Biography Group, CAH Office**

This month we will discuss *His Final Battle: The Last Months of Franklin D. Roosevelt*, by Joseph Lelyveld. This group is closed. Please contact the office if you are interested in joining a new book group.



## SEPTEMBER PROGRAMS CONTINUED

**Wednesday, September 20, 10:30 am**

### **Volunteer Meeting, CAH Office**

Volunteers meet once a month to share experiences and update the group on their work.

**Monday, September 25, 10:00 am - 2:00 pm**

### **Adventure Walk: Southwest Corridor Park & South End**



Meet at Harvard Square at the Johnston Gate (opposite Church Street) to take the No. 1 bus up Mass. Ave. In Back Bay we will walk from Mass. Avenue up the landscaped park detouring through Rutland Square and

Union Park before concluding at Dartmouth Street in Copley Square. There we'll share a light lunch before returning home on the subway. *Walking distance approx. 2.5 miles*

**Monday, September 25, 4:45 - 6:00 pm**

### **Dr. Atul Gawande Live Watch Party, CAH Office**



Join fellow members as we watch Dr. Atul Gawande address the Village movement. Refreshments will be served. *Limited to 25. Free and open to CAH members and guests. See page 3 for details.*

**Thursday, September 28, 10:00 - 11:00 am**

### **Meditation for Staying Young, Open & Resilient**



Join CAH member and practicing meditation teacher, Joel Baehr, for a meditation session at the CAH office. *Free and open to CAH members only. Limited to 12.*



### **Interested in joining a new CAH book group?**

Contact the office and let us know what you're interested in participating in a monthly book group to read fiction, nonfiction, or memoirs. Once we get a list, we will set up a planning meeting for members to get together and discuss how the group should take shape.

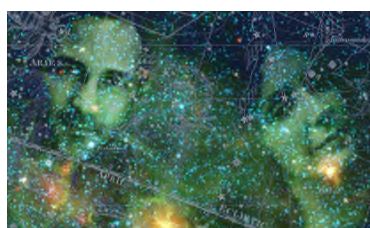


## OCTOBER PREVIEW

**Sunday, October 1, 2:00 pm**

### **Central Square Theater Presents**

#### ***Constellations***



"A mesmerizing romantic journey begins simply. Marianne and Roland meet at a party. They go for a drink. They fall madly

in love and start dating. Or do they? There are infinite possibilities, and a single word may alter their lives at any moment. Scott Edmiston, six-time Elliot Norton Award-winner for Outstanding Director, leads Mariana Bassham and Nael Nacer in Nick Payne's play about love, possibility, bees, and... quantum physics. Discover the reason *The New York Times* asked: 'Who knew that higher physics could be so sexy?'" 8 tickets available for CAH members at \$32 each. *RSVP to the office by 9/22.*

**Tuesday, October 10, 5:00 - 7:00 pm**

### **Botswana's Wildlife Jewels" The "Big Five" and the Okavango Delta**



Game viewing in the Okavango Delta is special. Join Cambridge's inveterate traveler, Harry Pratt, and his nature-loving wife Frances

as they visit five camps in the Delta, each with its distinctive land- and waterscape, and share outstanding views of "The Big Five" (the lion, leopard, rhinoceros, elephant and Cape buffalo), along with wild dogs, sable antelope and a rich bird life.

Viewers are in for an exceptional evening devoted exclusively to wildlife. No previous knowledge of Africa is required – only a keen interest in nature!

*To be held at a member's home. Wine & cheese will be served. Limited to 25. Free and open to CAH members only.*

## HOLIDAY & 10TH ANNIVERSARY CELEBRATION

We know summer isn't even officially over until September 22nd, but we are already planning our holiday and 10th anniversary celebration! Mark your calendar for a luncheon on **Thursday, December 14**. More details to follow.

## WHAT SHALL WE CALL OURSELVES?

BY CAH MEMBER LIZ GOODFELLOW

A recent Economist article *The New Old* inspired letters on what to call people now in their "green old age" (Charles Dickens). Suggestions included:

HOPSKIS HealthyOldPeopleSpendingKidsInheritance;  
WOOPIES WellOffOlderPeople;

JOLLIES JollyOldLadies(with)LotsOfLoot;

ROMEO Retired Old Men Eating Out;

OWL OlderWorkingLess or OlderWiser(still)Learning;

Geriactive; Sunsetter; Nightcapper; Nyppie.

What do you think? Send your suggestions to [info@cambridgeathome.org](mailto:info@cambridgeathome.org) and we will list members' ideas in the next newsletter.

## CALLING AFTER HOURS

### What if I need to talk to someone after work hours?



Several members have asked what happens when they call the office after hours. Like most businesses, CAH is open from 9 am to 5 pm, Monday through Friday. When the office is

closed, members are welcome to leave a message on 617-864-1715. Your concerns or questions will be answered on the next business day.

If you have non-medical emergency and are in need of appliance repair, plumbing, heating or electrical help, refer to page 10 of your CAH Member Handbook. We have provided a list of contacts and 24/7 numbers for evenings and weekends.

If you or someone you live with is experiencing a medical emergency, we urge you to call 911.

## THE CONSERVATION OF ENERGY

BY CAH MEMBER PHIL MILLER

### I've Been Thinking...



"In physics, the **law of conservation of energy** states that energy can neither be created nor destroyed; rather, it transforms from one form to another.

For instance, chemical energy can be converted to kinetic energy in the explosion of a stick of dynamite."

Wikipedia, *Conservation of Energy*.

Wow! Impressive, "Energy can neither be created nor destroyed." I learned that law in high school physics and my amazement at the truth of that law has remained with me to this very day.

When a tree dies in the woods, whether anyone hears it die or not, the energy in its trunk and branches and roots and leaves, are converted over time into the energy of new forms of life, new systems of nature.

I like the idea that when I pass on, my energy will continue long after I go and dissipate into any number of nature's gifts, a flower, a rain storm, a soft breeze, or an onion. Well, maybe not an onion. As subdued and unspectacular as my life has been, I hardly think my energy will be converted to that of an explosion of a stick of dynamite. But I guess its possible so I should alert my friends and family to the possibility.

But lately I have begun to worry about my energy. Since I began approaching my 80's it has been waning year after year. I used to be able to play tag all afternoon and then play ball after dinner. Now I'm nearly exhausted chasing after my 5-year-old granddaughter for fifteen minutes.

I'm afraid, if I keep running after my granddaughter, I won't have any energy left to contribute to the cosmos.

## JOIN CAH FOR SUPPER!



Twice a month members meet at The Cambridge Homes on Mount Auburn Street for a three-course dinner and the opportunity to socialize with fellow members. Join us! Check the calendar for dates.

## FALL OPEN HOUSES

Help CAH grow by inviting a friend or neighbor to one of our information sessions. All sessions take place at the CAH office and give members of the community an opportunity to learn about CAH's efforts to help older people age in place with confidence and peace of mind.

**Tuesday, September 19 - 11:00 am**

**Saturday, October 14 - 11:00 am**

**Tuesday, October 24 - 11:00 am**

**Thursday, November 9 - 11:00 am**

**Saturday, December 2 - 11:00 am**

Call the office to reserve your place - 617-864-1715.

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## CAMBRIDGE AT HOME

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**CAMBRIDGE, MA 02138**