



CAMBRIDGE NEIGHBORS

ARLINGTON BELMONT CAMBRIDGE SOMERVILLE WATERTOWN

January 2018

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Our 10th Anniversary Celebration & Holiday Luncheon in December was a huge success! Check out page 3 to see more pictures from the celebration.

NEW YEAR, NEW NAME, NEW LOOK

What's in a name? For Cambridge at Home, our name has been our trademark for the last ten years.

Since 2007, we have helped hundreds of local residents age in place and have expanded our service area to include the communities that surround Cambridge; Arlington, Belmont, Somerville and Watertown. And in that time, we have learned that we are not just keeping people at home, but rather we are building community, relationships and camaraderie among our members – essential ingredients to healthy aging.

With ten years of history, we feel strongly that this is the time to make a change that will convey a spirit of inclusivity among our current and future members. Thanks to the artistry and insight of our newest board member, Emily Flax, she created a new logo to portray the synergy among the five cities and towns we serve. Each circle, or mandala, represents the uniqueness of each community. One of our founding members said that the circles within the logo makes her think of energy, movement, vitality.

Our Village is among many others that have changed their names over the years, to include the new communities that have joined. Wellesley at Home is now Wellesley Neighbors. Lincoln Park Village, a well-known neighborhood in Chicago, recently changed its name to Chicago Village. With our new moniker, we anticipate that Cambridge Neighbors will take us into the next 10 years helping our members age in their own homes and communities as neighbors and friends.

****See page 8 for important information about our new name.**

New Contact Information

Cambridge Neighbors | 545 Concord Avenue, Suite 104 | Cambridge, MA 02138
617-864-1715 | www.cambridgeneighbors.org | info@cambridgeneighbors.org

New Members!

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



Carol Agate
Cambridge

Robert Brown
Belmont

Natalie Klavans
Cambridge

Mary & David Potter
Cambridge

Joseph Westlund
Cambridge



Cambridge Neighbors Elects New Board President & Vice President



Tina Olton, President

We are thrilled to announce Tina Olton as our new board president, leading Cambridge Neighbors (CN) as we begin our next ten years. Before moving to Cambridge a few years ago and joining CN, Tina worked for several years as a volunteer counselor and advocate for elders in California's Senior Peer Counseling and Elder Court Support programs.

Tina is one of our most active and dedicated members. Her passion for enhancing the aging transition is rivaled only by her extensive leadership experience. It took very little time for the board to recognize Tina's talent and commitment to CN and she joined the board in 2016. In 2017, Tina was part of CAH's Triumvera, sharing the presidency with board members Liz Goodfellow and Kristin Mortimer. As we begin 2018, Tina accepted the position as president, joined by board member Virginia Vaughan as our new vice president.

Throughout her time with CN, Tina has taken the lead in creating our volunteer initiative, a vital ingredient to the success of any Village. She sent out the word that we were looking for members and non-members to attend an initial meeting. Soon we had 30+ volunteers making friendly visits, doing odd jobs, and giving members rides to doctor's appointments. Tina has organized monthly meetings and training opportunities to engage our volunteers, providing them with support and techniques to enhance their volunteerism.

Tina also initiated the "Over 90 Program" to connect our oldest members to one another and to the services we provide. Last May she hosted a party for our members over 90 years old, volunteers, and trustees – a highlight that set a new standard to create community and reduce social isolation.

Looking ahead, our new president is collaborating with other members to begin "Your Way" (see p. 7), an exciting opportunity to begin a conversation with our members as they imagine end of life issues and the rest of their lives.

"I'm very excited to be with Cambridge Neighbors at the threshold of the second decade. New name, new logo, new ideas popping up everywhere. I'm looking forward to an exciting year." - Tina

Virginia Vaughan, Vice President



Virginia joined CN in 2015 and became a board member in 2017. Before retirement, Virginia was a computer programmer, working with a small group of biologists to develop computer programs for biology education. After retirement, she volunteered with the American Red Cross in disaster response – an early "deployment" was to Louisiana to help with Hurricane Katrina. She also spent time helping the refugee/immigrant community in Utica, NY.

Continued on page 3.

New Vice President Continued

Since making the move to full-time residency in Cambridge, she has greatly appreciated all that membership in CN has to offer, especially the opportunity to make new friends and explore her (relatively) new city. As Vice President, Virginia hopes to continue to reach out to current members to ensure that they can participate in all of CN's services and activities. She also hopes to help streamline office operations and help move many of our daily functions to an online system.

“Joining Cambridge Neighbors (at that time, Cambridge at Home) is one of the best things I’ve done. I’ve met some wonderful people and as a single person, I love knowing that there is support available if and when I need it.” - Virginia

Cambridge at Home, now Cambridge Neighbors, Celebrates 10 Years!

Nearly 100 members, volunteers, trustees, trustees emeriti/ae, staff and community partners came together to celebrate 10 years of aging in place in Cambridge, Arlington, Belmont, Somerville and Watertown. The conversation was lively, the food was scrumptious, and the ambiance was just right. Many members were delighted by the occasion and expressed that it lifted their spirits and got them into the holiday spirit. Thank you to everyone who helped make this event a great success!



New Cambridge Neighbors Book Club

A new book club is forming! Our first meeting will be Thursday, January 25 at 10:00am. At this meeting we will discuss "Until the Iris Bloom" by Tina Olton. Those of you who were able to attend Tina's Lunch and Learn have already had an introduction to this interesting and thought provoking book.

Importantly, we will also decide on the details of our future meetings - when and where to meet and what to read next - so come prepared with your ideas and preferences. If you can't make this meeting but you'd like to weigh in with ideas for future meetings, please email Virginia Vaughan at vvaughan@hamilton.edu or call the CAH office. Copies of "Until the Iris Bloom" are available for sale at the CN office and Amazon, and at local libraries.

January 2018

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1 Office Closed No Shopping New Year's Day	2 Walk: Harvard Business School 10:30 am	3 Shopping 11 am Stretch Class 2 - 3 pm Supper 6 pm	4	5 New Member Coffee 10 am Shopping 11 am Movement Class 11 am - 12 pm	6
7	8 Shopping 11 am Tippie 5 - 6:30 pm	9 MFA Day 10:30 - 2:30 pm	10 Volunteer Meeting 10:30 am Shopping 11 am Stretch Class 2 - 3 pm	11	12 Shopping 11 am Movement Class 11 am - 12 pm	13
14 Tenors Sing Out 1 pm	15 Shopping 11 am Office Closed Martin Luther King Jr. Day	16 Biography Group 2 pm Dinner at Toscano 5:30 pm	17 Shopping 11 am Stretch Class 2 - 3 pm	18 Meditation 10 am Changsho Lunch 12 pm	19 Shopping 11 am Movement Class 11 am - 12 pm	20
21	22 Shopping 11 am	23 Supper 6 pm	24 Shopping 11 am Stretch Class 2 - 3 pm	25 Book Group 10 am	26 Shopping 11 am Movement Class 11 am - 12 pm	27
28	29 Shopping 11 am	30	31 Shopping 11 am Stretch Class 2 - 3 pm			

Grocery Shopping

Grocery shopping is available on Mondays, Wednesdays and Fridays for members. Our driver will pick you up, drive you to a local supermarket, stay on site, drive you home and carry your bags into the house. Call the office to sign up!

Exercise Classes

Wednesday and Friday exercise classes take place at Evolve Fitness – 52 New Street, Cambridge. Call the office to sign up!

Please call the office to sign up for all events, exercise classes and shopping. 617-864-1715

January Events & Activities

Tuesday, January 2, 10:30 am

Walk: Harvard Business School



Join us for a stroll across the Charles River, a ramble through the Harvard Business School area, and a saunter back through the Harvard Campus. Meet at 10:30 am outside the

Harvard Coop, across from Out of Town News. Free and open to CN members and guests.

Wednesday, January 3 and

Tuesday, January 23, 6:00 – 7:30 pm

Supper at The Cambridge Homes

Join us for supper! \$15 in advance gets you wine, a three-course meal, and conversation with fellow members. Open to CN members only. Limited to 10.

Friday, January 5, 10:00 am

New Member Coffee & Bagels, CN Office



New to Cambridge Neighbors? Join us over coffee and bagels to meet the staff and learn more about our programs and services. Free and open to CN members only.

Sunday, January 7, 11:00 am

Live Music Brunch at Club Passim

47 Palmer Street, Cambridge



The Late Risers, a Dixieland Jazz Band.

Located in the heart of Harvard Square, Club Passim has been a cornerstone of New England's music community for over 50 years. Join us at CN's first music brunch featuring

Monday, January 8, 5:00 – 6:30 pm

Tipple at Legal Sea Foods

Come "tipple" with us! Tipple is a monthly gathering where members meet over wine and appetizers at Legal Sea Foods in Harvard Square. \$20/person in advance. Open to CN members only.

Tuesday, January 9, 10:30 am – 2:30 pm

MFA Day



Experience five newly installed galleries featuring 28 modern artists – including Frida Kahlo, Jackson Pollock and Georgia O'Keefe. Explore

the galleries at your own pace before meeting for lunch at the New American Café. \$15/person in advance covers roundtrip taxi transportation. Museum admission is \$23/senior at the door.

Sunday, January 14, 1:00 pm

The Tenors Sing Out, Watertown



Join New England Opera Club's Erika Reitshamer for a tour that will take

you beyond the Three Tenors! Erika will feature contemporary and historic audiovisual excerpts of great tenors singing amazing arias. You will learn how the tenor voice first came into being, get to know the challenges of what makes the tenor voice so unique, and meet the famous champions of the high C. This program will take place in Barbara Selwyn's Watertown loft. Call the office for address and parking information. Free and open to CN members only. Limited to 20.

Tuesday, January 16, 2:00 pm

Biography Group, CN Office

This month we will discuss "Daughters of the Samurai," by Janice P. Nimura. This group is closed.

Tuesday, January 16, 5:30 pm

Dinner at Toscano, 52 Brattle Street, Cambridge



Toscano pays homage to its Tuscan roots with seasonal ingredients and rare imports. Dinner is pay on your own. RSVP

to Liz Goodfellow, lizgz@aol.com or 617-491-0880.

Thursday, January 18, 10:00 – 11:00 am
Meditation, CN Office



Join us for our monthly meditation session with CN member and meditation teacher, Joel Baehr. Free and open to CN members only.

Thursday, January 18, 12:00 pm
Buffet Lunch at Changsho, 1712 Mass. Ave.

Join us for lunch! \$15/person for buffet. RSVP to Liz Goodfellow, lizgz@aol.com or 617-491-0880.

Thursday, January 25, 10:00 am
New Book Club, CN Office



Looking for a new and interesting book group? Join us for our first meeting as we discuss CN member Tina Olton's new book, "Until the Iris Bloom," which follows the life of 92-year-old Tidy Bourbon and her quest to live out her remaining days as the

independent woman she has always been. After our discussion, we will work to structure our group with future meetings and book preferences. Free and open to CN members only.

New Program Series to Start in February

Cambridge Neighbors is starting a new program series titled "Sunday Afternoon Story Hour." This new and exciting series will offer members the opportunity to gather on Sunday afternoons and learn about a fellow member's life.

John and Anne Grace will host the first program in February titled "Blanket Story." John will tell the tale of how he and his late wife Carolyn, left their lives as lawyers and moved to an island in Maine to make blankets by hand. Look for more information in the February newsletter.

If you have an interesting story or experience that you would like to share, please contact the office and we will help you think creatively of how and where to tell your story.

Announcing a new program: Choosing YOUR WAY in aging! February 23, 1 pm - SAVE THE DATE

This program will provide an opportunity for you to get information and start the conversation to stay in charge of your medical care. Four Cambridge Neighbors members: Webb Brown, Tina Olton, Anne St. Goar and Susie White have been using YOUR WAY, a GUIDE to being informed about our own end of life issues and choices.

We are excited to share this process with other interested members of Cambridge at Home. To sign up for this introductory program on Feb. 23 or to get more information about it, please contact Susie White by email or phone: susie@smithwhite.net or 617-797-3666

"Our ultimate goal, after all, is not a good death, but a good life to the very end."

- Atul Gawande

Nutrition & Healthy Aging Series Will Continue in March!



After a very successful fall series, with tons and tons of great feedback from both members and nonmembers, we are now working to finalize our spring nutrition program with the Tufts University's Human Nutrition Research Center on Aging and the Cambridge Public Library. Stay tuned for more information!

December Event Recap



CAH member Chris Teal gave an incredible violin recital for 30 members and friends on a snowy December afternoon.



Members enjoyed a brisk walk through Beacon Hill, Boston Common & the Boston Winter Market to enjoy the festivities that transform Boston during the

Fall Prevention, Part II, Update from the Gurney By Steve Salmon, CAH member

Lying on the ambulance gurney in the ER of a small upstate New York hospital, waiting for the morphine to numb the pain in my shoulder, I thought bemusedly about the irony of the situation. Hadn't I contributed an article on preventing falls to the newsletter just a few months ago? Had I failed to follow my own advice?

No, I hadn't tripped over a throw rug or a carelessly placed electrical cord. I wasn't dizzy, or suffering from the side effects of medication. So what happened? And what lessons can be learned?

First, we were in unfamiliar surroundings. We had been visiting old friends who live in the Hudson Valley near Rhinebeck, NY. Their home is on a large and lovely tract of land that was once a working farm. The house has been added onto at various times over the years, and because it lies on the side of a hill, each addition is at a slightly different level, connected to the others by a few stairs.

I had been going from the living room to the kitchen to get something, and to get there I was going down two or three stairs. Tina recalls that someone asked me to get something while I was in the kitchen, and that I turned my head to acknowledge the request. The next second, I missed a step and fell. That's all it took: a moment's inattention in unfamiliar surroundings.

The hospital took x-rays, and the doctor on night duty came in to give me the bad news. I had broken the upper arm bone, the humerus, where it enters the shoulder socket. Because of the location of the break, there was no way to immobilize it. It would take weeks to heal, and I would have to do the best I could with a simple sling.

I guess you could call it a humerus situation, I thought. Then I groaned—at the pain, not the pun—and tried to think of something else.

Six weeks later, the orthopedist at Mass General took another x-ray and grinned at me wryly (why do doctors find these things amusing?)—I had broken the bone in three directions, it was not healing, and it was unlikely that it would ever heal (something to do with my advanced age, I gathered). So it just hangs there, and I avoid using it. (Other people have worse problems, so I can't complain).

But there's a moral here for all of us old folks—as the Sergeant on the old TV series "Hill Street Blues" used to say: "Be careful out there!")

Name Change Process

Over the next month we will be working through the legal and financial documents that come with changing a business name. We ask for your utmost patience as we work through this transition.



Please send all mail to Cambridge Neighbors, 545 Concord Avenue, Suite 104, Cambridge, MA 02138



For now, please continue to make checks out to Cambridge at Home. We are in the middle of changing our name with the IRS.



Add Barbara and Suzanne's new email addresses to your contact list. We will forward email from the old email addresses over the next few months, but it is important that you start using the new ones.
Barbara – barbara@cambridgeneighbors.org Suzanne – suzanne@cambridgeneighbors.org



Visit cambridgeneighbors.org to check out our new and improved website! We encourage you to keep visiting it as the content will be updated regularly.



Questions? Call us at 617-864-1715.

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