

CAMBRIDGE NEIGHBORS

ARLINGTON BELMONT CAMBRIDGE SOMERVILLE WATERTOWN

October 2018 Newsletter & Event Calendar



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Volunteers Transform Cambridge Neighbors



As most of you know, Cambridge Neighbors (CN) has enthusiastically embraced a revitalized volunteer effort, aptly named “Neighbors in Service.” Volunteerism is recognized as one of the pillars of the village movement – volunteers enable us to expand our capacity to provide valuable services to our members so that they are better able to safely and productively remain in the homes and communities they love!

Both board and staff are committed to creating a thriving volunteer program comprised of both CN members and community members who want to participate. To grow and sustain the Neighbors in Service program for years to come, we are designating 2019 as the “Year of the Volunteer,” establishing a variety of ways that individuals, partners, and community organizations can support us in our effort. More to come on that...

We envision that a successful volunteer program will:

- provide our members with a variety of important support services that help them more easily navigate their daily lives
- help with administrative work to free up the staff at CN to focus more of their attention on providing the best overall services and programming to our members
- provide members a natural and meaningful way to interact with and get to know one another
- promote a “neighbors-helping-neighbors” ethos. In doing so, our community will only grow stronger and more vital
- create a variety of ways for our members and those outside our membership (1/3 of our volunteers are non-members) to give back, reach out, and feel great about being a part of a productive team.



Members had a great time exploring the East Boston side of the Harborwalk in September!

The CN office will
be closed on
Monday, October 8
in honor of
Indigenous Peoples’ Day
(formerly Columbus Day)

If you are interested in volunteering, please contact Jan Latorre-Stiller at jan@cambridgenighbors.org.

Save the Date!

Cambridge Neighbors Holiday Luncheon
Tuesday, December 18, 12:00 – 2:00 pm
Sheraton Commander Hotel
16 Garden Street, Cambridge

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

New Members

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



Arlington

Martin & Carol Thrope

Belmont

Ann & Philip Heymann

Cambridge

Monica & Michael Bennett
Nancy Carlson & Tom Corwin

Jan Kinasewich
Steven & Laura Krich
Mary Lou Mehrling
Charles Millstein
Fay Mittleman
Judy Shaw

Somerville

Ursula Chiu

Watertown

Ann Elwell



New Board Members!

Over the last couple of months, CN has elected four new board members to the Board of Directors. Please join us in welcoming:

Brian Merrick



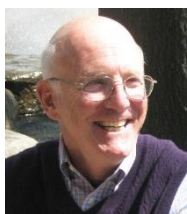
Brian is a retired geriatric social worker and care manager who has lived in Somerville for the past 29 years with his wife Elizabeth. A son/stepson lives in western Mass. with his family, including 2 granddaughters. He enjoys reading, walking, listening to music, and traveling. Brian and Elizabeth joined CN a couple of years ago looking for a community of retired people involved in stimulating activities.

Kenneth Tingle



Ken Tingle is the Assistant Vice President of Belmont Savings Bank and the Branch Manager in Belmont Center. Ken's specialty is corporate finance. He has a passion for the community and often attends local events to get to know residents and neighbors. Ken enjoys hiking with his fiancée and their dog in northern New Hampshire.

Peter White



Peter grew up in upstate New York and came to Cambridge for college. He went to graduate school in microbiology, business, and architecture, finally choosing architecture as a career. He did a good deal of work for the MBTA, was the construction architect for the Mormon Temple in Belmont, and has designed and built sophisticated medical facilities nationwide. He currently teaches and attends classes at the Harvard Institute for Learning in Retirement. He lives in Belmont with his wife Susie and enjoys spending time with their three daughters and seven grandchildren.

Janet Whitla



Janet believes that learning is the liberating force in human development, and was honored to have a career that supported that goal. She retired a dozen years ago after 25 years as President/CEO of Education Development Center, a non-profit organization working throughout the world to promote education, health and community development. During retirement, Janet has served enthusiastically on several other education and arts non-profit boards and is excited to join the CN Board. Janet and her husband, Dean, have also been intrepid sailors and travelers.

New Member Coffee



New to Cambridge Neighbors? Join us on **Friday, October 5th at 10 am** at the CN office to meet other new members and learn about the CN programs and services that you can take advantage of.

The Faces Behind the Phone

We are happy to announce that there will be a CN volunteer in the office almost every day! Our office volunteers are happy to assist members with event sign ups, service requests, taxi reservations and any other questions you might have about programs or services.

Pat Baillieul



Pat spent her career in finance, human resources and financial planning. She also volunteers as a Medicare counselor, tax aide, and as a board member of New England Donor Services.

Nancy Cox



Nancy is a recently retired nurse and has volunteered with the Cambridge Public Health Department, Meals on Wheels and several political campaigns.

Pam Levine



Pam recently retired from a career in high tech project management. She is enjoying her retirement by taking courses and volunteering with CN.

Megan Lower



Megan is a recent arrival to the Boston area, moving here to be closer to family. She previously worked in healthcare in Baltimore, and has also volunteered with the Arlington Council on Aging.

We would also like to welcome:

Kathleen Beyerman, friendly visitor from Cambridge

Nancy Carlson, driver and office volunteer and CN member from Cambridge

Jennifer Korngiebel, driver and friendly visitor from Cambridge

Member Outreach Calls

In October, our office volunteers will begin making outreach calls to members to learn more about their membership experience and current/future needs.

New Program Committee Chair



We are delighted to announce that CN member and program committee member, Susan Murray, has volunteered to chair the committee. Susan has brought an incredible amount of enthusiasm and program possibilities to each program meeting. One of the reasons she and her husband, Robin, joined Cambridge Neighbors was to take part in our social, cultural and educational programming. She is looking forward to playing a bigger role and help plan programs for all members to enjoy.

Susan and Robin moved from Melrose to Cambridge about a year ago. One reason for the move was to be closer to their daughter, son-in-law, and grandson. Another was for the easy access to cultural resources and restaurants. Susan enjoys exploring local walking paths and parks, visiting museums, and attending musical and theatrical events. If you have any program ideas, please contact the office and we will put you in touch with Susan!

October 2018



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1 Shopping 11 am Stroll in the Park 10:30 am	2 Photography Class 10 am – 12 pm Open House 10:30 am	3 Shopping 11 am Stretch Class 2 – 3 pm Supper 6 pm	4 McMullen Museum Tour 10:30 am	5 New Member Coffee 10 am Walk: Esplanade 10:30 am Shopping 11 am Movement Class 11 am – 12 pm	6
7	8 Office Closed Indigenous Peoples' Day (formerly Columbus Day) Shopping 11 am Tipple at Legals 5 – 6:30 pm	9 Photography Class 10 am – 12 pm Volunteer Meeting 11 am	10 Shopping 11 am Stretch Class 2 - 3 pm	11 Nutrition & Immune System 11 am	12 Walk: Forest Hills Cemetery 10:30 am Shopping 11 am Movement Class 11 am – 12 pm	13
14	15 Shopping 11 am Stroll in the Park 10:30 am	16 Photography Class 10 am – 12 pm Plant Based Diet Talk 11 am Bio Group 2 pm	17 Shopping 11 am Stretch Class 2 - 3 pm Supper 6 pm	18 Meditation 10 am	19 Shopping 11 am Movement Class 11 am – 12 pm	20 Regatta Party 12 pm Regatta Walk 1 pm
21 Violin Concert 3 pm	22 Shopping 11 am Tipple at Nubar 5 – 6:30 pm	23	24 Shopping 11 am Stretch Class 2 - 3 pm	25 Book Group 12:30 pm	26 Walk: Harvard Business School 10:30 am Shopping 11 am Movement Class 11 am – 12 pm	27
28 Opera Bites 3 pm	29 Shopping 11 am Aging Your Way 1:30 – 3:30 pm	30 Open House 10:30 am	31 Shopping 11 am Stretch Class 2 - 3 pm Supper 6 pm			

Grocery Shopping

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.

- Please be mindful of the driver's time and limit your shopping to 5 bags.

Exercise Classes

Wednesday and Friday exercise classes take place at Evolve Fitness – 52 New Street, Cambridge.

Registration is required for all events, grocery shopping and exercise classes. Call the office to sign up unless otherwise indicated in the event description - 617-864-1715.

October 2018 Events

Please register for all events by contacting the office – 617-864-1715 or info@cambridgenighbors.org

Monday, October 1 & 15, 10:30 – 11:00 am

Stroll in the Park, Danehy Park, New St. Entrance



Join fellow members for leisurely walks through Danehy Park in Cambridge. Parking is available in the New Street parking lot. These walks will last 30 minutes. Free and open to members and guests.

Tuesday, October 2, 9, 16, 10:00 am – 12:00 pm
CN Photography Classes



CN member, Jane Walker Richmond, will be leading another photography series in October. Jane has spent over 45 years in the photography industry as a photographer, teacher, and manager of camera and photofinishing stores. All skill levels welcome! All three sessions will take place at Jane's home in Somerville.

Wednesday, October 3, 17 & 31, 6:00 – 7:30 pm
Supper at TCH – 360 Mt. Auburn St., Cambridge

Join us for a three-course meal at The Cambridge Homes. \$15/person in advance. Open to members only.

Thursday, October 4, 10:30 am

Guided Tour of *Carrie Mae Weems: Strategies of Engagement* at the McMullen Museum
2101 Commonwealth Avenue, Boston



The exhibition is comprised of 124 diverse works including photography, video, and mixed-media, which expose systems of power and injustice. Weems, a prominent African American artist, is the recipient of numerous awards, grants and fellowships including the MacArthur “genius grant,” W.E.B. Du Bois Medal from Harvard, and the Louis Comfort Tiffany Foundation Award. Meet at Apple Cinemas promptly at 10:30 am to take taxis to the museum. \$10/person in advance for roundtrip taxi transportation. Open to members only.

Friday, October 5, 10:00 – 11:00 am

New Member Coffee & Conversation, CN Office



Come meet fellow members and CN staff over coffee and breakfast at the office! We will give an overview of CN programs and services and answer any questions you might have.

Friday, October 5, 10:30 am – 1:00 pm
Explorers Walk: Boston Esplanade and Longfellow Bridge



At 10:30 we'll meet at the Harvard Square bus stop, opposite the Cambridge Trust, to take the #1 bus across the Harvard Bridge to the North bank of the Charles River. From there we'll walk Westward on the landscaped, riverbank islands, between the Esplanade lagoons on one side and boats sailing on the river. We'll continue by the Hatch Shell and the boat rental facilities to Charles Street. There, some may choose to return home on the T from the Charles Street station. Others may choose to continue by walking over the recently renovated Longfellow Bridge and returning from the Kendall station. Approx. 1.5 miles.

Thursday, October 11 – 11:00 am – 12:00 pm
Feeding Your Immune System
Cambridge Public Library – 449 Broadway



Join Tufts researcher, Dayong Wu, M.D., Ph. D., to learn how nutrition can help your immune system fight off infections, colds and flu, and build a strong defense against inflammatory conditions such as chronic pain, diabetes, rheumatoid arthritis and allergies. Free and open to the public.

Monday, October 8, 5:00 – 6:30 pm

Tipple at Legal Sea Foods, Harvard Square

Tipple is a monthly gathering where members meet over wine and appetizers at Legal Sea Foods. Join us! \$20/person in advance. Open to members only.

October 2018 Events Continued

Friday, October 12, 10:30 am – 3:00 pm

Explorer Walk, Historic Forest Hills Cemetery



Meet downstairs in the Harvard Square T station by the ticket machines to travel to Forest Hills in Boston. Near the Arnold

Arboretum, and founded ten years after Mount Auburn Cemetery, National Historic Designated Forest Hills was similarly developed to be a beautiful and historic rural park as well as a cemetery. Wonderfully maintained, it is also notable for several masterpieces of stone sculpture. After perusing the grounds we'll return close to Forest Hills Station to enjoy a light lunch before taking the subway home. Approx. 2 miles.

Tuesday, October 16, 11:00 am – 12:00 pm

Food As Medicine: The Plant Based Whole Foods Way of Living Longer & Healthier, CN Office



Mona Sigal, MD, is a Board-certified emergency physician and certified health coach who is following her passion – practicing preventive medicine by teaching plant-based nutrition for disease prevention and

reversal. Dr. Sigal will share some of the latest research on plant-based diets to help you make more informed decisions about your health. Free and open to CN members only. Limited to 20.

Tuesday, October 16, 2:00 pm

Biography Group, CN Office

This month we will discuss “Wedgwood: The First Tycoon,” by Brian Nolan. Group is closed.

Thursday, October 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 members only.

Saturday, October 20, 12:00 – 1:30 pm

Head of the Charles Regatta – Pre-Event Barbecue

CN member Tom Rodes has generously offered to host a backyard barbecue for members before walking down to

the river to watch the races. Lunch (including Tom's famous country ham) and beverages will be served. Free and open to members and guests. Please RSVP to the office by October 15 and we will give you Tom's Sparks Street address. Limited to 40 people. The Regatta brings 100,000 people to Cambridge, so parking will be unavailable near Tom's house. We suggest taking the bus (routes #71 & #73), a taxi/Uber, or walking.

Saturday, October 20, 1:30 pm – 3:00 pm

Explorers Walk: Walking Tour of Head of the Charles Regatta



From Tom's house we'll walk down to the Charles River and along both riverbanks and over

the Eliot and Weeks bridges as we circle to observe this grand annual, unfolding event which, over two days, has rowers from hundreds of colleges and clubs from all over the world. Approx. 1.5 miles.

Sunday, October 21, 3:00 pm

Violin Concert at Member's Home



CN member, Chris Teal, who was Professor of Violin at Vanderbilt University for 42 years, will present a recital with pianist Dina Vainshtein, NEC faculty, for members. Chris and Dina

gave two recitals last year and have been encouraged to continue this offering! The program will include Bach's Sonata in G Minor for Solo Violin, a variety of short works for solo piano, and Beethoven Sonata in C Minor, Op. 30, No. 2 for Violin and Piano. Free and open to members only. Call the office for location.

Monday, October 22, 5:00 – 6:30 pm

Tipple at Nubar, 16 Garden Street, Cambridge

Tipple is so popular that we've decided to do it twice a month! Join us as we gather at Nubar. \$20/person in advance. Open to members only.

Thursday, October 25, 12:30 – 1:30 pm

Book Group, CN Office

Join us for our discussion of “Pachinko” by Min Jin Lee. Free/open to members.

October 2018 Events Continued

Friday, October 26, 10:30 am – 12:00 pm
Explorers Walk: Harvard Square to Harvard
Business School



Come for an autumn walk. We'll meet in front of the Harvard Coop and head down the Kennedy Walkway and over the

Charles River on the Agassiz Bridge to the manicured campus of the Business School. We'll continue to the Moshe Safdie-designed chapel, turn back across the campus by Goody Clancy's new Chao Center and William Rawn's recent Tata building, and return over the Weeks Bridge to Harvard Square. Approx. 2 miles.

Sunday, October 28, 3:00 pm
Opera Bites, Longy School, 27 Garden St., Camb.



Boston Opera Collaborative and Longy will once again collaborate for an evening of opera and

revelry in a cabaret-style setting. The seven short operas in this year's production include six brand new commissions and one U.S. premiere. All operas are accompanied by a small instrumental ensemble and served with festive food and drink. CN has ordered 12 tickets. Tickets are \$45/person in advance and nonrefundable. Open to members only.

Monday, October 29, 1:30 – 3:30 pm
Aging Your Way, CN Office

This program will provide an opportunity for you to get information and start the conversation about your end-of-life issues and choices. Four Cambridge Neighbors members have been using "Your Way," and will share their process. To RSVP contact [SusieWhite - susie@smithwhite.net](mailto:SusieWhite-susie@smithwhite.net) or 617-797-3666.

Members Tour WGBH in August



Vendor Update

We are happy to announce that, with the help of volunteers, we will be updating our vendor records and vetting new providers. If you have a great recommendation for a handyperson, snow removal company, or plumber, please let the office know.

Office Needs

The CN office is in need of a new computer.

If you have a recent model that you're looking to donate, please call the office.

Thank you!

Member Testimonial

Cambridge Neighbors has certainly lived up to its name. On learning last week I wouldn't be permitted to take the T home after eye surgery, I was stuck. I spoke to Barbara at Cambridge Neighbors about possibly arranging a cab and she suggested a volunteer driver. On very short notice, they arranged a ride for me. Vin, the driver, arrived promptly and gave Allen and me a wonderful cultural and architectural tour on our ride home. I want to thank everyone who took part in making this work out so beautifully." – Jane, CN member

Digging Up Roots by Steve Salmon, CN member

In 1976, a 20-year veteran of the U. S. Coast Guard, Alexander Haley, published *Roots: The Saga of an American Family*. ABC made it into a mini-series watched by a record-breaking audience of 130 million viewers, which inspired a widespread interest in genealogy. Suddenly, Americans in all walks of life were trying to dig up their roots.

There are now thousands of genealogists, professional and amateur, and genealogical societies, most of them with a unique focus, such as a particular surname, geographic area, or descendancy from participants in a particular historic event. I learned about one such group, the Daughters of the American Revolution (DAR) in an odd way. I knew from family records that I was descended from John Alden and Priscilla Mullins, the *Mayflower* passengers who were the first couple married in America, and never thought much about it. But when the Houston chapter of the DAR found out about it, they made a generous donation to the University of Houston libraries, of which I was then the Director.

The advent of the Internet has now vastly increased the resources available for genealogical research, resulting in a further explosion of interest in the topic. Commercial software has also been developed to assist in genealogical searches. Ancestry.com, for example, claims to provide access to more than 16 billion historical records, and to have more than 2 million paying subscribers.

Be prepared, however, if you go digging up your roots, to find less-than-outstanding characters as well as notables, scoundrels, and dignitaries. I was pleased to be able to document my descent from Benjamin Rush, the Revolutionary-era physician who signed the Declaration of Independence. But from family records I also learned about my great-great-uncle, John Salmon, a real loser—literally—who bet “a well-stock’d farm” that Martin van Buren would beat William Henry Harrison in the presidential election of 1840. Unfortunately (for him, anyway) that didn’t happen. So old Uncle John got in a wooden boat, rowed down the river, and was never heard from again.

And then there was my ancestor (I won’t tell you his name) who fought with George Washington at Long Island and on Manhattan, at what is now known as Fort Washington. Pretty neat, huh? So how do we know about him? It turns out his name is on a list that Washington kept—of deserters. Oh well. Can’t win ‘em all, I guess.

2018 Board of Directors

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