

CAMBRIDGE NEIGHBORS

ARLINGTON BELMONT CAMBRIDGE SOMERVILLE WATERTOWN

September 2019 Newsletter & Events Calendar

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YOUR NEIGHBORS NEED YOUR HELP!

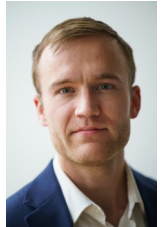
Do you have a couple of hours a month to help your neighbors? We are looking for volunteers who will drive members to medical appointments and grocery shopping. Please contact the office for more information!



2019 — CN's Year of the Volunteer

Three giving individuals—all embodying the spirit of volunteerism.

"I'll be leaving Boston for good on July 1 — the academic job market treated me well, so next year I'll be going to Oxford for a fellowship and then to University of Pittsburgh for a faculty position. I just wanted to thank you for allowing me to be part of Cambridge Neighbors for a bit. It's been lovely to spend time with 'Bob' over these past few months. He really is an amazing person, and I've loved to getting to know him."



Kevin Dorst, CN Volunteer and PhD philosophy student along with Tom Corwin, CN Member/Volunteer, both offer their time as "Friendly Visitors."

"My husband and I have belonged to Cambridge Neighbors since its inception. (At that time C.N. was Cambridge at Home). We immediately embraced the concept of aging at home, but at the time I do recall thinking that perhaps we could wait awhile; we were both physically active. Happily, we did decide to join, thinking that like an insurance policy, it made sense to plan ahead. And, besides, the organization offered many activities that we could enjoy."

*"In the past three years our lives have changed. My husband has suffered two bad falls and his earlier small signs of dementia have now increased. I called upon Cambridge Neighbors for help with issues that I could not have anticipated. They have always responded immediately and stayed in touch to follow up. In response to my call for help, a representative of Cambridge Neighbors visited our home, then quickly came up with names of volunteers they determined might meet our needs. We followed up on their suggestions and now call on two volunteers who come here regularly to visit with my husband and accompany him for walks out of doors. **These two men (Kevin and Tom) have not just improved my husband's quality of life but mine as well.** We are grateful." - Carolyn, CN Member*



"I volunteered to drive some members of Cambridge Neighbors, not really knowing what that would entail. It started with one member who had had some major surgery and was not able to drive for a period of time. He wanted to shop for groceries at Whole Foods, and I was glad to take him. We did that several times and also began to occasionally go for lunch. We enjoyed talking with one another and continued for a while going for lunch, even after he was able to drive again."

"Within the last year, I've become connected to four other Cambridge Neighbors members who need transportation to get groceries. They all happen to prefer Whole Foods and live relatively close to one another. I often take two of my regular shoppers at the same time. I find the conversation and the humor very enjoyable. Each individual has life stories that I find enlightening and a joy to listen to. All of them are long-time residents of Cambridge and have a wealth of knowledge about the area, which is helpful to me as a fairly new resident. I was willing to do this as part of my service with Cambridge Neighbors, but now feel that it is one of the activities I look most forward to." - Chris Teal, CN Member

In addition to driving, Chris, an accomplished violinist, kindly performs small concerts for CN members.

Welcome

New Members



Carolyn May

Connie O'Connor

Wendy Zens

Anna Whitcomb

Ken Brown

Nancy Atwood

Ann Elliott-Holmes
& Peter Holmes

Judith Wasserman

Charles & Paula Small

Patricia Barger

Dr. Joseph Edelstein

Vanitha Singh

Joan Millman

Dale Walsh

Katy Wolff

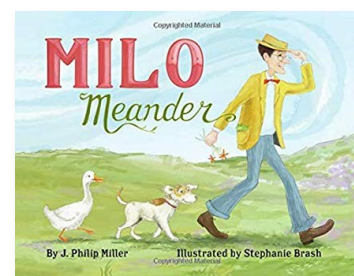
CN Member, Phil Miller, Now a Children's Book Author!



CN member Phil Miller's work life has largely been about children and creating. A few years ago, he woke up one morning with several "characters" in his head and felt compelled to write a story about them. What resulted from several years of work is a newly published children's book entitled, "*Milo Meander*," a charming and poignant story, beautifully illustrated, about a man, new to town, who is having trouble connecting with his neighbors. There is a happy ending!

Phil has had a "storied" career (forgive the pun.) Always interested in the education and entertainment of children, he graduated from Harvard's Masters in Education program and taught elementary school for several years. Following that career, he became part of a folk trio, The Tripjacks, in New York City and eventually parlayed that gig into a job at NBC where he worked in the production of news and entertainment shows, including Jeopardy. He then returned to Boston to work at the local ABC affiliate as a senior producer of special programming.

As a freelancer, he worked with PBS and other media outlets. He wrote, produced, and directed many educational programs for children including a film called "We All Sing with the Same Voice." The film's song was included on an episode of Sesame Street. He co-wrote a book by the same name which was published by Harper Collins and is still available in bookstores and on line. Phil is the recipient of many awards including The Silver Circle Award presented by the National Academy of Television Arts and Sciences in recognition of "significant contributions to television of over twenty-five years or more," and multiple Emmy Awards for "outstanding achievement in children's programming."



Phil moved on to teach television at Boston University for 14 years. Currently, he and his wife, Courtney enjoy boating and their summer home in Maine, as well as spending time with grandchildren. When asked what he hopes to achieve with his latest venture as a children's book author, he said he's always wanted to write a book that he could proudly put on his grandchildren's shelf. Does he have another one in him? He doesn't rule it out!

Looking for a holiday gift for your grandchildren? *Milo Meander* is available on Amazon or directly through the publisher's website at maineauthorspublishing.com.

Our "Explorer Walkers" visit a site memorializing a poignant moment in Harvard's history.

Under a beautiful Linden tree, that with years has grown tall and has strengthened its roots, a few of our CN members gathered to see the newly re-installed plaque that acknowledges the efforts of several Harvard students, staff, and faculty, whose combined efforts made an immeasurable difference in the lives of a select few after the Nazi attack in Germany and Austria known as *Kristallnacht*.

It was in 1938 and '39, that students from Harvard University and neighboring Radcliff came together to make a difference to those under Nazi persecution, initiating a cause in which the institutions would come together to provide scholarships and housing to a handful of potential students, (paid for in-part by the Harvard/Radcliff students.) This initiative provided 16 gifted and intelligent young men and women a way out of Nazi occupied countries, where they might have otherwise perished. This plaque and tree was their expression of gratitude.

Gerald Holton, Ph.D., Mallinckrodt Professor of Physics and professor of the history of science emeritus, as well as Cambridge Neighbors member, wrote an article for Harvard Magazine in 2006 reawakening the memory and importance of the historical event, and was on hand this past May, along with Harvard President Larry Bacow, to see the plaque reinstalled after it had been discovered missing. Thanks to the suggestion by Professor Holton, our Monday morning walkers made a point of visiting the spot and learning of its important history.



**"TO HARVARD UNIVERSITY STUDENTS FACULTY STAFF ALUMNI WHOSE GENEROSITY FIFTY YEARS AGO
OPENED DOORS TO STUDENT REFUGEES FROM NAZI PERSECUTION MAY THIS TREE EXPRESS IN GRACE AND BEAUTY
THE ABIDING AND HEARTFELT GRATITUDE OF THE RECIPIENTS. JUNE 1990"**



Paul Fallon relays his unusual travel story to members at Cambridge Neighbors.

Earlier this month, members of Cambridge Neighbors were rapt as Paul Fallon, a Cambridge resident, MIT graduate and retired architect, regaled them with the story of his 2016 bicycle trip to 48 contiguous US states, asking everyone he came across, *"How will we live tomorrow?"*

Along the way, he kept a travel blog to record his experiences and the many responses he received. Fallon told the group that his faith in the goodness of mankind grew enormously as a result of that trip - *"People are so good!"*

Fallon traveled the entire trip alone, but said he stayed at the homes of more than 150 people. He explained that he typically stayed in other's homes for about five to six nights per week, having not met the majority of those people beforehand.

Traveling through 48 states over a period of 397 days; cycling 20,733 miles; lodging with 267 hosts; writing 464 profiles; and documenting thousands of responses to his question, the following is a sampling of what he felt he learned:



L to R Joanne Klys, CN Member, Paul Fallon, and Susan Murray, CN Member and Program Committee Chair.



- The slower a person travels, the more patient he becomes. Time shifts. Expectations ease. Living slow nourishes the mind, the body, and the soul.

- People who don't have a TV tend to be happier than people who do.



- Southerners use the word 'honor.' They say it with grace and focus. "It is an honor to meet you."

- Asking for something is not a weakness; it is an opportunity.



- We live in a culture that constantly tells us to take it easy, yet our strongest memories, our greatest achievements, are the challenges we have faced and conquered.

- Intuition, trust, and openness are not zero-sum traits. They are expanding blossoms. The more we exercise them, the deeper they root in our conscience, the greater they flower in our countenance. They lead us to appreciation to kindness, and to love. — a quote from Kryss Holmes, Helena, MT

Cambridge Neighbors was grateful to have had Paul speak on his adventures. Anyone interested in reading about his trip can visit his blog at: www.howwillwelivetomorrow.com.

Barbara Selwyn Retires from CN

"It's hard to say goodbye to an organization and role that has been one of



the most engaging in my 45 year professional career. Leading CN as the Executive Director and later as the Membership Director, gave me the opportunity to do what I do best – connect with people, bring groups together to imagine and create new ideas, grapple with organizational challenges, and leverage my 'NYC moxie' to inspire others to embrace aging in place. "

"Thanks to the encouragement of our board and the support of members, I was able to build on the proud achievements of Cambridge Neighbors. Looking back over the arc of my professional life, it is CN that has provided one of the most rewarding and personally gratifying endeavors of my career. For the retirees who are truly fortunate, like I am, it has been the gratifying friendships and sense of community that will stay with me the longest. Thank you. "

Mount Auburn Hospital teams up with Cambridge Neighbors

We are pleased to announce that Mount Auburn Hospital, a teaching hospital of Harvard Medical School, and Cambridge Neighbors will be working together to bring members valuable health-related programming with the latest information on trends and research. The plan is to include a variety of topics of interest on a bi-monthly basis.

In addition, **Kathleen Leahy, a geriatric clinical social worker**, has generously offered consultative assistance by phone or email to members who need guidance about next steps with challenging situations. She has had 40 years of experience in her field, 15 of which have been spent working with the geriatric population. Her phone number is 617-499-5050 and her email is kleahy@mah.harvard.edu.

We appreciate Mount Auburn Hospital's support in providing these important services to Cambridge Neighbors!



MOUNT AUBURN
HOSPITAL

HAVE YOU SEEN OUR NEW VIDEO?



Check out our new video
starring some of your
favorite
fellow CN Members and
Staff!

View it on our homepage at
cambridgenighbors.org
or
on YouTube
by typing in
"Cambridge Neighbors"
in their Search box.

Broader social interaction keeps older adults more active.

From Harvard Health Publishing
Harvard Medical School
Published June 2019
[https://www.health.harvard.edu/mind-and-mood/
broader-social-interaction-keeps-older-adults-more-active](https://www.health.harvard.edu/mind-and-mood/broader-social-interaction-keeps-older-adults-more-active)



A strong social life has been linked with many health benefits, like less risk of depression and longer life span. But a new study suggests that interacting with a wide range of people may offer even greater benefits.

The study, published Feb. 20, 2019, in *The Journals of Gerontology, Series B: Psychological*

Sciences and Social Sciences, found that older adults who interacted with people beyond their usual social circle of family and close friends were more likely to have higher levels of physical activity, greater positive moods, and fewer negative feelings.

The researchers asked 300 adults ages 65 and older to record their activities and social encounters every three hours for a week. They also wore activity trackers to monitor their movement. They found that the people who had more variety in their social interactions spent less time being sedentary.

The reason? The scientists suggested that while older adults may be more sedentary when they're with their closest friends and family — for instance, watching TV together or lounging at home — they need to leave the house to engage with other people and thus have to be more active.

Caregivers Need Care Too!

Cambridge Neighbors starts up monthly Caregiver Support Group.

This summer, CN began providing hour-long caregiver support group sessions, held on the fourth Thursday of every month. Facilitated by **Ted Aransky from Always Here Home Care**, this caregiver support group has been designed to provide a safe gathering space for those caring for partners or family members contending with dementia, disability and/or chronic illness. Care partners need support too—and this gathering offers emotional, educational, and social support to those partners.



Studies show that 20 hours per week is the average amount of time caregivers spend caring for a loved one. Over time, many caregivers themselves eventually show significant symptoms of depression, develop poor eating and exercise habits, and end up skipping their own doctor appointments. And some caregivers experiencing extreme stress in their caregiving situations have been shown to age prematurely.

It is for these reasons that Cambridge Neighbors has added a Caregiver Support Group to its array of programs that supports its members. Upon hearing from some of our long-term members about the challenges of caregiving and, while CN provides support to those in need of caregiving in the way of 'friendly visitors,' Executive Director, Jan Latorre-Stiller felt it was time that CN focused on supporting those *doing* the caregiving also.



Facilitator of the group, Ted Aransky has worked for the past 17 years exclusively with older adults in a variety of roles and settings and is now VP of Operations for Always Here Home Care. He has a Bachelor's degree in exercise physiology and a Master's degree in Health, concentrating on geriatric health and Gerontology. He is also a nationally certified Geriatric Care Manager and Certified Dementia Practitioner.

Participants in the group will be provided with:

- Stress Management Techniques and Exercises
- Emotional Support via Open Dialogue and Shared Experiences
- Dementia Disease Education & Resource Utilization
- Practical Strategies for Dealing with Caregiving Challenges

If interested in joining, please see the CN Calendar in this newsletter for a date and how to sign up.

Spread the word about Cambridge Neighbors!



Please invite your friends
and neighbors to
join us for a
CN Information Session
on
Tuesday, Sept. 10th
from
11:00am to 12:00pm.

The event will take place
at our office. To reserve
a space, they should
contact us at
617-864-1715 or at
info@cambridgenighbors.org

Thank you!

September 2019

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1	2	3	4	5	6	7
	LABOR DAY OFFICE CLOSED 	10:30 Program Meeting	STRETCH CLASS 2pm – 3pm TCH Supper 6:00pm – 7:30pm	Downton Abbey Exhibit in Boston 10:30am - 12:00pm	MOVEMENT CLASS 11am – 12pm	
8	9	10	11	12	13	14
	Meditation 10-11 Explorer Walk 10:30am - 3:00pm Knitting Group, 2:00pm – 3:00pm Tipple at Legal's 5:00pm - 6:30pm	Volunteer Meeting 11:00am (4th Floor conference room) Open House 11:00am - 12:00pm	STRETCH CLASS 2pm – 3pm	2nd Thursdays with Neighbors: Tina Olton “Until the Iris Bloom” 10:30am - 11:30am	MOVEMENT CLASS 11am – 12pm	
15	16	17	18	19	20	21
	Explorer Walk 10:30am - 2:30pm Knitting Group, 1:30pm – 2:30pm	Crossword Club 10:00am-11:00am Tufts Nutrition Lecture 11:00-12:00 Biography Book Group 2:00pm – 3:30pm TCH Supper 6:00pm – 7:30pm	STRETCH CLASS 2pm – 3pm	Adventure Pub Outing in Arlington 4:00pm - 5:30pm	MOVEMENT CLASS 11am – 12pm	
22	23	24	25	26	27	28
	Explorer Walk 10:30am - 3:00pm Knitting Group, 2:00pm – 3:00pm Tipple at Nubar 5:00pm - 6:30pm	Ailene Gerhardt - The Unique Considerations of Solo Agers 2:00pm - 3:30pm	STRETCH CLASS 2pm – 3pm	Care Giver Support Group 11 am - 12:15pm Dinner at Stellina Restaurant 5:30pm - 7:00pm	MOVEMENT CLASS 11am – 12pm	
29	30					
	Explorer Walk 10:30am - 12:00pm Knitting Group, 2:00pm – 3:00pm					

Wednesday, Sept. 4 & Tuesday, Sept. 17, 6:00 - 7:30pm

Suppers at The Cambridge Homes (TCH)



360 Mt. Auburn St., Cambridge

Join us for a three-course meal with wine in the private dining room at The Cambridge Homes. \$15 per person. CN Members only. (Due to the popularity of this event, you can preference your first choice, and be put on a wait list for the other date if you'd like.) Please call or email the office to sign up.

Thursday, September 5, 10:30am – 12:00 noon

Downton Abbey Exhibit

The Castle at Park Plaza 130 Columbus Ave., Boston

Meet a few of your fellow CN members for this special (and temporary) exhibit where you'll view many of the costumes and sets of this popular PBS series, as well as learn about the social history and culture of the time. Because of a scheduled time for entry, it is important to be on time, whichever way you choose to get there. There will be a group going by T, meeting at the Harvard Sq. T ticket machines at 9:15am.

Everyone should meet in front of the Plaza's gift shop for a 10:30am entry. Cost including tax & fees is \$35.50 per person. Option to walk afterwards to a nearby, pay-on-your-own lunch. Please call or email the office to sign up.

Monday, September 9, 10:00am – 11:00am



Meditation with Joel Baehr, CN Office

Join CN Member, Joel Baehr, in "natural meditation." All members welcome, regardless of previous experience. Please call or email the CN office to sign up.

Monday, Sept. 9, Explorer Walk, 10:30am – 3:00pm

East Cambridge Canals and Waterfront

In the Nineteenth Century many industries in East Cambridge were serviced by a series of short canals. Today the few restored canals are mainly used by kayaks and tour boats. Meeting at the Harvard Sq. T station ticketing machines, we will take the subway to Kendall Square. From there we'll walk down along Broad Canal to the Charles River, and then up the Lechmere Canal and over to Lechmere Station, where we'll take the bus to return to Harvard Square. Walking distance about 2.5 miles. Please call or email the office to sign up.

Mondays, September 9, 23, & 30 2:00pm – 3:00pm;

Monday, September 16, 1:30pm – 2:30pm

Knitting Group, CN Office

Join us for conversation and tips as you work on your projects. Held every Monday. Please call or email the office to sign up.

Monday, September 9, 5:00pm – 6:30pm

Tipple at Legal Seafood, Charles Sq., Cambridge

Wine and snack event for members. A great way to meet others! **Appetizers are served at 5:00pm.** \$20/person. (Due to the popularity of Tipple events, you can preference your first choice, and be put on a waiting list for the other Tipple event if you'd like.) Please call or email the office to sign up.



Tuesday, September 10, 11:00am – 12:00pm

Cambridge Neighbors Info Session, CN Office

CN is hosting an info-session for potential new members. *Do you have friends who would love to know more about CN?* They should contact the office (617-864-1715 or info@cambridgenighbors.org) with questions or to sign up.

Thursday, September 12, 10:30am – 11:30am

2nd Thursdays with Neighbors, CN Office

Tina Olton, Author, "Until the Iris Bloom."

This novel has been described as "a powerfully engaging story about the often taboo topic of aging." **Written by CN member**



Tina Olton, the novel is a loving depiction of aging and the things that people do to maintain their identities as they face the end of their lives. The discussion includes a look at Tina's California life as a counselor and advocate for elders, an experience which became the basis for her novel. There will also be a discussion on using writing as an activity in our "later life." NOTE: It is not necessary to read Tina's novel for this session. Please call/email the office to sign up.

PLEASE NOTE: Potluck Lunch (9/13) at Barbara's Selwyn's home has been cancelled.

Monday, Sept. 16, Explorer Walk, 10:30am – 2:30pm

Southwest Corridor and South End

Meet at Harvard Square at the Johnston Gate (opposite Church Street) to take the No. 1 bus to Back Bay where we will walk up the landscaped park/walkway before detouring to Rutland Square, Union Park and the Boston Center for the Arts. We'll conclude at the Boston Public Library to enjoy a light lunch (pay on your own) before returning home on the subway. Walking distance approx. 2.5 miles Please call or email the office to sign up.

Tuesday, September 17, 10:00am – 11:00am

Crossword Club, CN Office

Under the guidance of CN member and crossword guru Steve Salmon, you'll work to solve challenging word puzzles. Such challenges are said to be a great for cognitive stimulation. Free and open to members only. Please call/email to sign up.

Tuesday, September 17, 11:00am – 12:00pm

Tufts Nutrition Series: "Wellbeing and Aging: Staying Healthy and Happy." Cambridge Public Library, 499 Broadway, Cambridge

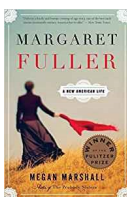
Join us for the first installment of this season's Tufts University Jean Mayer USDA Human Nutrition Research Center of Aging lecture series. Dr. Sai Das will touch on some of her research in calorie restriction as well as vitality and purpose in life and how physical and psychological health require separate and important attention as we age. Please call or email the office to sign up.

Tuesday, September 17, 2:00pm – 3:30pm

Biography Book Group, CN Office

***Margaret Fuller* by Megan Marshall**

A major advocate for the rights of women, Fuller had left the U.S. in 1846, just a year after the publication of her influential book, “Woman in the Nineteenth Century,” which both Susan B. Anthony and Elizabeth Cady Stanton cited as an inspiration. Having accomplished her mission, as Megan Marshall puts it in this biography, “to meet the writers and radicals whose work she’d admired from afar and test their minds in conversation,” Fuller was coming home to the U.S., having flagrantly acted out the freedoms she demanded, when tragedy struck. Open to new members, provided you have read the book by meeting time. Please call/email to sign up.



Thursday, September 19, 4:00pm – 5:30pm

Adventure Pub, 190 Massachusetts Ave., Arlington

We’re trying this new spot as a gathering place for CN members to come together and “match wits” against one another while having a drink and/or an appetizer. The pub has been touted as a place that serves small plates that can be passed and shared in the style of Spanish Tapas while sitting around a table with your favorite board game. With an extensive list of board games, you’re sure to find either an old favorite or a new challenge. Pay on your own for food/drink and \$5 fee to play games. Space is limited. Please call or email the CN office to sign up.

Monday, Sept. 23, Explorer Walk, 10:30am – 3:00pm
East Boston Harborwalk

Meet downstairs at the Harvard Square T station by the ticket machines where we’ll take the subway to Maverick Square. We’ll then walk along the harbor shore to Piers Park which overlooks downtown Boston, and then to the adjacent ICA art gallery (free admission) housed in a former Marine warehouse. We’ll then go across the street to KO Pies, an Australian café, to enjoy a light lunch (pay on your own.) Afterwards, we’ll continue along the Harborwalk to the Marriott Hotel where we’ll share a water taxi back across the harbor to near South Station (charge \$12/each). Home by subway. Walking distance approximately 2.5 miles. Please call or email the CN office to sign up.



Monday, September 23, 5:00pm – 6:30pm

Tipple at Nubar, Sheraton Commander Hotel, Cambridge

Wine and snack event for members. A great way to meet other CN Members! **Appetizers are served at 5:00pm.** \$20 per person. (Due to the popularity of Tipple events, you can preference your first choice, and be put on a waiting list for the other date if you’d like.) Please call or email the office to sign up.

Tuesday, September 24, 2:00pm – 3:30pm, CN Office

Ailene Gerhardt “The Unique Considerations Of Solo Ager: Building Health, Community, and Emotional Support.”

Whether you are currently a ‘solo’ ager (an adult who, because of choice or circumstance, is without the “traditional” family support structure of adult children or close family members) or may be in the future, this program will explore the needs and unique considerations of solo agers and will review specific needs related to healthcare and community, strategies and tips for avoiding loneliness and isolation, and tools for creating and identifying support systems. You’ll leave this talk with useful resources and questions answered. ***CN Members may invite a guest they feel will benefit from this presentation.**

The program is presented by Ailene Gerhardt, an independent Board-Certified Patient Advocate and founder of Beacon Patient Advocates LLC. Please call or email the CN office to sign up.

Thursday, September 26, 11:00am – 12:00pm

Caregiver Support Group, CN Office

Held on the fourth Thursday of every month, this Caregiver Support Group, led by Ted Aransky of Always Here Home Care, has been designed to provide a safe gathering space for those caring for partners or family members contending with dementia, disability, or illness. Care partners need care, and this gathering offers emotional, educational, and social support to those partners. Please contact the CN office with questions or to sign up.



Thursday, September 26, 5:30pm – 7:00pm

Dinner at Stellina Restaurant, 47 Main St., Watertown

Stellina Restaurant is a staple and pioneer of Watertown’s restaurant scene. Its two chefs collaborate in new, unexpected ways: updating the menu regularly with emphasis on both freshness and season. All pasta, bread, and desserts are made in-house, while there is an extensive wine list to choose from. A great way to meet fellow CN Members. Dinner is self-pay. Space is limited. Please call or email the CN office to sign up.

Monday Sept. 30, Explorer Walk, 10:30am – 12:00pm
Mnt. Auburn Cemetery: Memorials of Notable Women

Mount Auburn, beautifully maintained, was American’s first park/arboretum/rural cemetery. Upon a member’s suggestion, on our monthly walks around Mount Auburn, we’ll look at the sites of some of the notables buried there. On this walk we’ll visit the sites of six prominent women: Dorothea Dix, Mary B, Eddy, Fannie Farmer, Isabel S. Gardner, Harriet Jacobs, and Amy Lowell. Please call or email the CN office to sign up.



The Dangers of Sitting

When you're in pain, it may be hard to make yourself get up and move. But consider this: A growing body of evidence suggests

that spending too many hours sitting is hazardous to your health. Habitual inactivity raises risks for obesity, diabetes, cardiovascular disease, deep-vein thrombosis, and metabolic syndrome.

Researchers aren't sure why prolonged sitting has such harmful health consequences. But one possible explanation is that it relaxes your largest muscles. When muscles relax, they take up very little glucose from the blood, raising your risk of type 2 diabetes.

Sitting can also increase pain. Even if you're reasonably active, hours of sitting—whether reading a book, working on the computer, or watching TV—tighten the hip flexor and hamstring muscles and stiffen the joints themselves. Overly tight hip flexors and hamstrings affect gait and balance, making activities like walking harder and perhaps even setting you up for a fall. Plus, tight hip flexors and hamstrings may contribute to lower back pain and knee stiffness, scourges that many people suffer with every day.

Given the research, breaking up long blocks of sitting to flex your muscles seems like a wise move for all of us, so try to build more activity into your day. Set a timer to remind you to get up and move around every so often. Take your phone calls standing up. Try an adjustable standing desk for your computer. Instead of sitting in an armchair while watching TV, sit on a stability ball, which makes you use your muscles to stay upright. And, yes, do our joint pain relief exercises.

For more advice on ways to stay mobile and pain free as you age, read [The Joint Pain Relief Workout](#), a Special Health Report from Harvard Medical School.

Harvard Adult Development Survey Results

Cambridge Neighbors appreciates its Corporate Sponsors!

Always Here Home Care

Cambridge Trust

Compass Real Estate

Eastern Bank

Eckert Byrne Law

Gosselin & Kyriabidis Law

MacInGenius

Next Moves

People Fit at Home

S & H Construction

The Cambridge Homes

Tribute Home Care

Youville House/
Youville Place

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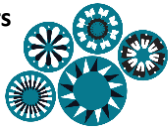
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CAMBRIDGE NEIGHBORS

ARLINGTON BELMONT CAMBRIDGE SOMERVILLE WATERTOWN

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September 2019 Event Calendar