

CAMBRIDGE NEIGHBORS

ARLINGTON BELMONT CAMBRIDGE SOMERVILLE WATERTOWN

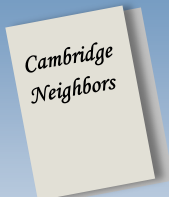
January 2020 Newsletter & Events Calendar

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MEMBER DIRECTORY



CN's Member Directory is out. If you did not attend the Gala, you'll receive one in the mail or you may pick one up in the office.



CN's Holiday Gala is a Success!

Over 100 people gathered at the Sheraton Commander Hotel to celebrate the season at the Cambridge Neighbors Annual Holiday Gala. You will see by the smiling faces on page 3 that a good time was had by all.

This year's event theme was *Community*. The dictionary meanings of the word *community* very much applies to the mission of Cambridge Neighbors. It's defined in several ways: a group of people having a particular characteristic in common, especially one practicing common ownership.

...continued from page 2

"What we can Learn from Mr. Rogers as Adults."

Excerpt from nextavenue.org

by [Shayla Thiel Stern](#), November 22, 2019

We thought you'd enjoy this excerpt from an article about Mr. Rogers and what we can still learn from him as adults. It seems particularly apropos since he was big on the notion of **"neighbors."**

- **Routine and responsibility are the bedrock of your day.** Every day, Mister Rogers entered the home on his show and did the same things — sang a peppy song, put on his cardigan and changed out of his dress shoes, and had a warm conversation with us. Routines are comforting to children, but maintaining a daily routine can get you through hard times no matter your age. A sense of responsibility for ourselves and others — another side of many of our daily routines — can do the same. Feed your pets, call lonely friends, offer a ride to a neighbor, hug your families. As Rogers sang, "It's such a good feeling to know you're alive."
- **It feels good to make something, even if you aren't very good at it.** In one episode, Rogers used crayons to make a quick picture and illustrate a point, saying a little off-handedly, "I'm not very good at it, but it doesn't matter. It feels good to have made something." That's true — from coloring to roasting a turkey to rewiring a lamp to knitting a scarf to putting together an IKEA dresser.
- **The Land of Make-Believe is still there for you.** We know a lot about the benefits of meditation and mindfulness, even if — to paraphrase Mister Rogers — you aren't very good at it. But what about quietly using your imagination to drift and think about how you might make the world better and more magical? Create your own Land of Make Believe—it can be good for the soul. Or maybe you'll brew up an idea that goes from Make Believe to Reality. You don't even have to take a trolley.
- **Look for the helpers.** In recent years, the Fred Rogers Company has published a body of parent resources including a piece with Rogers talking about how to help children get through tragic events. Here's one quote: "When I was a boy and I would see scary things in the news, my mother would say to me, 'Look for the helpers. You will always find people who are helping.' When something terrible happens in your life, do the same." So many people around you are willing to help if they know that you need help. And now that you're grown up, you can be one of the helpers for others in times of need.
- **Finally, just be a good neighbor.** We now live in a time where misunderstanding and hurt feelings abound in real life. Remember, everybody's going through something they probably aren't telling you about. Rogers demonstrated on his show and in real life that empathy and grace are the most important foundations to being a good neighbor. This a great time to remind ourselves of this particular life lesson and to take a moment and figure out how to go out and be a good neighbor to someone who needs one.



Credit: PBS PressRoom

Welcome

New Members of 2019



Carolyn May

Connie O'Connor

Wendy Zens &
Ken Brown

Nancy Atwood

Anna Whitcomb

Ann Elliott-Holmes
& Peter Holmes

Judith Wasserman

Charles & Paula Small

Patricia Barger

Dr. Joseph Edelstein

Vanitha Singh

Joan Millman

Dale Walsh

Katy Wolff

Suzanne Carlson

Elizabeth Rassmeller

Laurie Allen &
Robert Parker

Nancy Webber

Judith Grossman

Virginia (Ginny)
Hathaway

Lawrence (Larry) Kotin

Florence Lewis

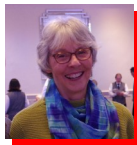
Nick & Anne Patterson

...Gala continued from page 1

(This applies because we are not only member-centric, but many of our leadership positions are filled by members.) Also, community is defined as a feeling of fellowship with others as a result of sharing common attitudes, interests, and goals. We could easily describe Cambridge Neighbors as a "caring community," often looking out for each other amidst challenging times and changing circumstances.

In this spirit, we recognized several volunteers who have gone above and beyond in their caring support of our mission and this community. As always, volunteerism remains an important part of our ethos – neighbors helping neighbors. And our volunteers are of all ages, representing the wider community that lends it support. Our deep appreciation goes out to each and every volunteer who so generously gives of their time to help a member in need.

The three individuals chosen as 2019 Volunteers of the Year were Susan Murray, Catherine Taylor, and Chris Teal.



Susan Murray joined us as a volunteer over a year ago, taking on the enormous task of chairing our program committee. Under Susan's incredible leadership, our calendar of events and programs is replete with interesting opportunities to learn, discover, and establish connections and friendships.



Catherine Taylor has been a member and volunteer for many years – always ready to help other members with rides to medical and other appointments and personal visits when called for. This past year, Catherine took on a leadership role as our volunteer coordinator. She is kindly fierce in her determination to meet members' needs. In the rare case when she cannot find a volunteer to help, she'll often do it herself.



Chris Teal has been a member and a steady and loyal friend to other members who are no longer able to drive. He currently has four members who he takes grocery shopping. The group has gotten to know each other and now look forward to their outings together. Chris, an accomplished violinist, also graciously lends his talents at well-attended annual concerts for members.

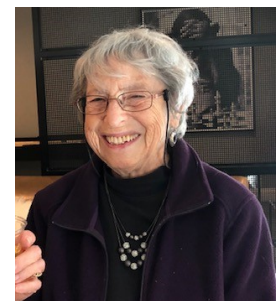
Thank you, Susan, Catherine, and Chris, for all you do to make a difference at Cambridge Neighbors.

Also, thank you to our event sponsors as well as the Gala Committee – Pam Levine, Nancy Carlson, Dick Joslin, Webb Brown, and Nancy Webber.

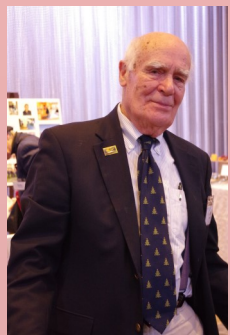
The 90's Party

Cambridge Neighbors serves members ranging in age from 64 to 101! Every year, we celebrate our members, 90 years of age or over. After all, it's an achievement that should be recognized and celebrated! This past October, we gathered to enjoy each other's company, reunite old friends, meet some new ones, and hear some great stories.

Thank you to the volunteers who helped with driving, setting up and being a part of this interesting and lively group – Tina Olton, Virginia Vaughn, Marsha Rosenoff, Catherine Taylor, Diane Leone, Chris Teal, Megan Lower, Anna Whitcomb, and Pat Barger.



— 2019 Cambridge Neighbors Gala at the Sheraton Commander Hotel —



Gold Sponsors

Gosselin & Kyriakidis Elder Law

Sarah MacPhail, Rachel McCaw,
and Haley Wiittala

Cambridge Homes

Pam Annunziata and Teresa Burns

Hathaway Berkshire Home

Services and Real Estate

Adriana Poole and Mirella Duda

Ann Cohen Realtor

Ann Cohen and Jeff Spencer

Complete Property Care

Ed Hofeller and Cheryl Ebenstein

Creative Aging Now

Nancy Webber

Dovetail Companies

Lauren Watts and Erin DiCarlo

Fidelity Investments

Adam Grenier and Emily O'Neil

Home Instead

Melody Gaeta and Art Cormier

Huntington Tax Partners

Devon Davis

MacInGenious

Steven Weil

Mt. Auburn Hospital

Denis Bustin and Katherine Rafferty

Tribute Home Care

Arona Bauer and Tory McBride

Youville House and Assisted Living

Yaniro Burogs and Nicole Breslin

NEW
CN VOLUNTEERS
IN 2019

Pat Barger
Mel Caruso
Phil Chisholm
Peg Lopata
Barbara Lynne
Paul MacGillivray
Adrianna Poole
Allison Stieber
Nancy Webber



Paul MacGillivray, new volunteer with CN

We are always delighted to have people like Paul MacGillivray join our community as a volunteer. He is an unusual young man, generous in spirit and with a wide-open heart. Here is what he says about what drew him to volunteer with Cambridge Neighbors' members:

"I'm originally from Worcester, MA and saw the volunteer opportunity on the Volunteer Match email list that I subscribed to when I moved to the area recently.

Cooking is a big hobby of mine and I visit markets to gather ingredients to experiment with. I've also helped a close friend's grandmother with shopping and really enjoyed it. Spending time with her talking about food, cooking, her life and the Boston area was special to both of us. I know she enjoyed it as much as I did. I was excited to find that

Cambridge Neighbors needs volunteers to help members with food shopping. My friends laugh at my obsession with grocery stores, so I'm thrilled to finally put it to good use with helping others.

The experience so far has been fun and very rewarding. I expect to learn a little from everyone I meet and perhaps pick up a few guarded family recipes along the way. I'm familiar with all the local markets and their layouts. I can help gather items across the store and carry heavy bags. I really do enjoy it so I'm looking forward to meeting everyone that could use help with their food shopping and perhaps other errands. Thank you for the opportunity!"

→ **Pay it forward!** Cambridge Neighbors is currently in need of additional volunteer drivers for members who need to get to medical appointments or grocery shopping but are unable to drive themselves. If you have a couple of hours a month, every other week, or once a week to pay it forward, we'd like to hear from you! You will be joining a great group of people who know that giving back feels good. Please contact Jan Latorre-Stiller at jan@cambridgenighbors.org or 617-864-1715.

If your PC uses Window 7 as its operating system, user beware:

Windows 7 End of Life begins on **January 14, 2020**

Extracted from "How to Prepare for Windows 7 End of Life" by Matt Hanson at msn.com

After January 14, 2020, Microsoft will no longer update or provide support for Windows 7. This means that Windows 7 users will need to start thinking about finally moving on from their favorite Windows operating system. Microsoft does this as with all operating systems because after a while it doesn't make sense, both from a financial point of view and in terms of time and effort, to keep old software patched and updated, especially when there are newer versions of the software out there.

What happens next?

When Windows 7 reaches its End of Life phase on January 14, Microsoft will stop releasing updates and patches for the operating system. It's likely that it also won't offer help and support if you encounter any problems. However, that doesn't mean Windows 7 will stop working on January 14, 2020 —you'll still be able to use Windows 7 for as long as you want. But just because you *can* continue to use Windows 7 in its End of Life status, it doesn't mean you *should*.

The biggest issue with continuing to use 7 is that it won't be patched for any new viruses or security problems once it enters End of Life, and this leaves you extremely vulnerable to any emerging threats. What's more, if a large number of people continue to use Windows 7 after the End of Life date, that could actually be a big incentive for malicious users to target viruses and other nasties at Windows 7.

So, while Windows 7 will continue to work after January 14, you should start planning to upgrade to Windows 10, or an alternative operating system, as soon as possible. Here's the minimum PC specification for Windows 10:

- **Processor:** 1 gigahertz (GHz) or faster processor or SoC.
- **RAM:** 1 gigabyte (GB) for 32-bit or 2 GB for 64-bit.
- **Hard disk space:** 16 GB for 32-bit OS 20 GB for 64-bit OS.
- **Graphics card:** DirectX 9 or later w/ WDDM 1.0 driver & 800 x 600 resolution.

THANK YOU TO THE FOLLOWING FOUNDATIONS:

- **Cambridge Community Foundation** for their support of our *On the Move* transportation program. The foundation is the local giving platform, supporting shared prosperity, social equity and cultural richness in Cambridge and through civic leadership, grantmaking to local nonprofits and advancing philanthropy.
- **Eastern Bank Foundation** for their support of our *On the Move* transportation program
- **Cambridge Trust Foundation** for their support of our *On the Move* transportation program.
- **Katherine C. Pierce Trust Foundation** supporting a limited number of subsidized memberships.

Thankfully, we have
CN Volunteer and computer expert,
Bill Walker, who is ready to help
with this change!

January 2020

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1	2	3	4
			 <p>Office closed. Happy 2020!</p>		<p>NO MOVEMENT CLASS</p> <p>Harvard Art Museum 2 – 3:30pm (12:30pm—3:30pm w/ lunch)</p>	
5	6	7	8	9	10	11
	<p>Handwork Group 2:00pm – 3:00pm</p>	<p>Program Meeting 10:00am - 12:00pm</p> <p>Volunteer Meeting 11:00am (4th Floor conf. room)</p> <p>TCH Supper 6:00pm – 7:30pm</p>	<p>STRETCH CLASS 2pm – 3pm</p>	<p>2nd Thursdays with Neighbors: Anna Whitcomb 10:30am — 11:30am</p>	<p>MOVEMENT CLASS 11am – 12pm</p>	
12	13	14	15	16	17	18
	<p>Handwork Group 2:00pm – 3:00pm</p> <p>Tipple at Legal's 5:00pm - 6:30pm</p>	<p>DELECTATION! 10:00am — 11:00am</p>	<p>Relax & Renew Workshop 10:30am – 11:30am</p> <p>STRETCH CLASS 2pm – 3pm</p>		<p>MOVEMENT CLASS 11am – 12pm</p>	
19	20	21	22	23	24	25
	 <p>Office closed for Martin Luther King Day</p>	<p>Crossword Club 10:00am-11:00am</p> <p>Biography Book Group 2:00pm – 3:30pm</p>	<p>STRETCH CLASS 2pm – 3pm</p> <p>TCH Supper 6:00pm – 7:30pm</p>	<p>Care Giver Support Group 11:00 am - 12:15pm</p> <p>Dinner at Collette's 5:30pm - 7:00pm</p>	<p>MOVEMENT CLASS 11am – 12pm</p> <p>Mapparium at the Mary Baker Eddy Library 11:15am—2:30pm</p>	
26	27	28	29	30	31	
	<p>Handwork Group 2:00pm – 3:00pm</p>		<p>STRETCH CLASS 2pm – 3pm</p> <p>Adventure Pub 4:00pm—5:30pm</p>		<p>MOVEMENT CLASS 11am – 12pm</p>	

Friday, January 3, 2 – 3:30pm (12:30pm—3:30pm w/ lunch)
Harvard Art Museums exhibit “Crossing Lines, Constructing Home: Displacement and Belonging in Contemporary Art”

Harvard Art Museum, 32 Quincy Street, Cambridge

Here’s an opportunity to get out of the house after the holidays to view the timely exhibit “**Crossing Lines, Constructing Home: Displacement and Belonging in Contemporary Art**” before it closes on January 5. “*Crossing Lines* unsettles accepted notions of what constitutes a boundary and of what characterizes the migrant or refugee experience—in part by exploring how culture can persist and be embraced despite displacement. Acknowledging passage as a space of both trauma and transformation, the exhibition opens up new ways of understanding the immigrant experience.” Meet in front of the ticket windows at 2pm. Please call or email office to sign up.



Optional: Meet at Grafton Street Pub at 12:30 for a self-pay lunch before hand; then we will walk together to the museum. Please notify the office when signing up if you will be joining us for lunch.

\$18 for Seniors 65+; free to Cambridge residents. Harvard Art Museum passes for free admission are available from the Belmont, Watertown, and Somerville (with a \$5 deposit) public libraries.

Mondays, January 6,13, & 27 2:00pm – 3:00pm;
Handwork Group (Formerly Knitting Group), CN Office

The CN Knitting Group is changing to be more inclusive to those who have other sorts of sewing and craft projects. Bring your projects to work on with fellow CN members. Share tips and advice. The group meets every Monday. Please call or email the office to sign up.



Tuesday, January 7 and Wednesday, January 22
6:00pm - 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. \$20 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, January 9, 10:30am – 11:30am
2nd Thursdays with Neighbors, CN Office
Riverrock — A New England Family Saga.

Anna Whitcomb, CN member and daughter of the author, will speak about the book which took more than 40 years in the making and will highlight the journey of writing, editing and publishing her mother’s story. Touted as an intriguing, historical, and psychological saga which spans several decades and explores the complex relationships and interplay of a wealthy New England family. There are many twists and turns and surprises on how this book came to be. Anna will have a few copies of the book for sale for \$15 at the presentation. Please call or email the CN office to sign up.



Monday, January 13, 5:00pm – 6:30pm
Tipple at Legal Seafood, Charles Sq., Cambridge

This is the only Tipple outing in January.

Wine and snack event for members. A great way to meet others! **Appetizers are served at 5:00pm.** \$20/person. Please call or email the office to sign up.

Wednesday, January 15, 10:30am – 11:30am
Relax & Renew Workshop, CN Office

Nancy Webber, CN member, yoga instructor and specialist in exercises for the arthritic, has designed a special 1 hour program offering exercises for a calmer, more relaxed you. Practice new ways to relax utilizing deep gentle stretches and breathing techniques. The workshop will conclude with a Seated Progressive Relaxation - sequentially relaxing each area of the body beginning with the feet and working up to the top of the head. Leave feeling refreshed and renewed.

This program is inspired by Dr. Herbert Benson’s ***The Relaxation Response***, which is both a technique he developed and a book he authored. Relaxation exercises help manage stress and tension. Stress (the reaction of the body and mind to everyday tensions and pressures) can increase the over-all aches and pains experienced by the body. Learn to reduce stress with this natural method. Call or email the CN office to sign up.

New **Thursday, January 16**
10:00am—11:00am

Delectation! CN Office

Aging can make meal preparations a challenge. And making sure to get proper nutrition is important at any age. Why not share a favorite dish of yours with others as you sample theirs—new tastes, new recipes, new sociability? If revving up your routine of meal-creating is of interest, come to this first meeting, ready to help this new undertaking take shape.

Call or email the office to sign up for our first meeting and bring your ideas to make **Delectation!** a regular activity.



Tuesday, January 21, 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.

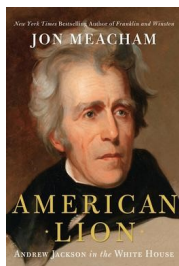
Tuesday, January 21, 2:00pm – 3:30pm

Biography Book Group, CN Office

American Lion: Andrew Jackson in the White House

by Jon Meacham

After having to cancel twice, we'll spend the first hour of our meeting covering *The Wright Brothers* and then move on to January's book *American Lion: Andrew Jackson in the White House*.



The book won Meacham the 2009 Pulitzer Prize for Biography. Drawing on newly discovered family letters and papers, he details the human drama—the women, the family, and the inner circle of advisers that shaped Jackson's private world through years of storm and victory.

Open to new members, provided you have read the book by meeting time. Please call or email the office to sign up.

Thursday, January 23, 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.

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.

Thursday, January 23, 5:30pm – 7:00pm

Dinner at Collette Wine Bistro

1924 Massachusetts Avenue, Cambridge

Collette's, located in the Porter Square Hotel, offers a range of small plates, hot and cold, which remix French classics - Steak Tartare, mussels, steak frites, salads, along with cheese, charcuterie boards and French desserts. 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.



Friday, January 24, 11:15am - 2:30pm

Mapparium at the Mary Baker Eddy Library

200 Massachusetts Ave, Boston

Let's start with an early self-pay lunch at Caffe Bene (333 Mass Ave, Boston) at the Green Line's inbound Symphony stop and then walk over to the Mary Baker Eddy Library by 1pm for the 20-minute tour of the Mapparium (\$4 self-pay) and, time and stamina permitting, also tour the Publishing House Lobby (free). The Mapparium is a spectacular 3-story high walk-through stained glass globe of the world in 1935.



We'll meet at the Harvard Station Red Line ticket machines at 11:15 to travel together. We'll take the Red Line to Park Street and then the Green Line's E train to Symphony. Please call or email the office to sign up.

Wednesday, January 29, 4:00pm – 5:30pm

Adventure Pub

190 Massachusetts Ave., Arlington

A great way to spend a cold, wintery afternoon! We had such fun in September playing Scrabble and eating at the Adventure Pub in Arlington that we want to do it again, with more Cambridge Neighbors joining us. For \$5 each (self-pay), we can select from their huge inventory of board games. What we choose will depend on who shows up and how many of us there are. Check out the menu (food and beverage are self-pay) and details at <https://theadventurepub.com/>.



We'll meet at the Pub at 4pm (opening time). There is on-street parking or you can take the 77, 79, or 350 bus. They stop either right in front of or across Mass Ave from the Pub (the Mass Ave stops are at Lake Street and opposite Lake Street), depending on the direction you're traveling. Please call or email the office to sign up.

2019

Year in Review

It's important that we keep you up to date on what is happening at Cambridge Neighbors.

Here is a brief year-in-review:

We continue to add to our member community and enjoy seeing members stay on year after year.

We appreciate Cambridge Trust, Eastern Bank, and Cambridge Community Foundation for grants that support our discounted *On the Move* transportation program as well as from the Katherine C. Pierce Foundation that supports a total of ten subsidized memberships. We currently have two available for single women.

We have partnered with Mount Auburn Hospital to extend our health-related programming, bringing members cutting-edge information that helps them make informed decisions. In addition, Kathleen Leahy, a geriatric social worker, is available for questions from CN members at 617-499-5665 x4616 or kleahy@mah.harvard.edu.

Our program and events calendar is better than ever thanks to our program committee! We welcome new members, Anna Whitcomb and Nancy Webber.

We have added a monthly Caregivers Support Group led by a professional geriatric care manager.

We welcomed two new staff members, Meghan Maloney, Assistant Director and Rachael Perry, our accountant/bookkeeper.

We continue to build a robust volunteer program, having added eight new volunteers.

Looking ahead to 2020

As we strive to provide our members with the support and assistance they need as they navigate later life, we look forward to:

Increasing member participation in programming and events. One reason that members join is to connect and meet new friends. Come join us if you haven't attended one of our events!

Hearing more from you about what you need and want – someone from our office will be in touch with you directly to find that out! Our organization is member-directed so what we do and what we provide is largely based on your input.

Continuing to build a culture of philanthropy - we are a nonprofit and, because membership dues covers only 65% of our modest budget, we need to fundraise. Cambridge Neighbors is a concept that deserves support – it fills a real need as our population grows older and prefers to remain at home for as long as possible. Cambridge Neighbors members appreciate that there is a local and trusted organization looking out for them.

Wishing you a happy, healthy New Year!

- Jan Latorre-Stiller, Executive Director

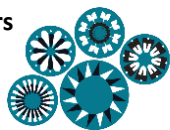
2020 Board of Directors

Ann Baehr
Webb Brown
Emily Flax
Judy Lindamood
Jay Lorsch
Brian Merrick
Tina Olton
Helene Quinn
Connor Regan
Kenneth Tingle
Virginia Vaughan
Peter White
Janet Whitla

Staff

Jan Latorre-Stiller
Executive Director

Meghan Maloney
Assistant Director



CAMBRIDGE NEIGHBORS

ARLINGTON BELMONT CAMBRIDGE SOMERVILLE WATERTOWN

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Cambridge, MA 02138

January 2020 Event Calendar