



# CAMBRIDGE NEIGHBORS

ARLINGTON BELMONT CAMBRIDGE SOMERVILLE WATERTOWN

## April 2020 Newsletter

### Dear Members:

We at Cambridge Neighbors (CN) have been paying close attention to the evolving Coronavirus situation primarily as to how it might affect our members and, secondarily, our scheduled programming and events.

**Board leadership and staff have made the difficult decision to suspend all CN programming and events through the end of April.** The only exception is the Explorer Walks, which we hope to commence in April, allowing our members (an appropriately-sized group) a chance for some fresh air and exercise, while keeping safe distances from one another. Dick Joslin, our fearless leader, will arrange strolls that are local and won't require public transportation. Please watch your Friday eblasts or call the office for more information.

That being said, **we want you to know that we are otherwise here for you during these challenging times.** Someone from our office (an office volunteer, staff, or board member) will be checking in with you (if they haven't already) to find out how we might be of help, as we suspect most of you are choosing to stay at home as a precaution.

### How We Can Help

We have emailed all members with information about the coronavirus, one of which was delivered to you on 3/9 and outlines what to do if you feel symptomatic. Please refer to that email for important guidance from reputable sources.

#### **If you are staying home and are in need of a grocery delivery service or important errands like picking up prescriptions, please let us know.**

- For grocery shopping assistance, we have several resources you can use including volunteers who will shop for and deliver groceries for you (you only pay for the groceries!), on-line ordering services, and services provided by several of our vetted vendors (last two options include a fee unless you're an Amazon Prime member and order through Whole Foods).
- If you are feeling particularly isolated and would like a periodic check-in call, we will have someone from our office call you as frequently as you wish.
- As far as future programming and events, please refer to your email, as that will be the method by which we let you know that we have resumed that part of our program.

#### **If you don't want to wait for our call, please reach out to us and let us know how we can be of help!**

**617-864-1715**

### **Stop and Shop & Whole Foods is opening their doors early for people age 60 and over.**

If you'd rather shop for yourself, please know that both Stop & Shop and Wholefoods are opening their stores early (S&S: 6:00am—7:30am) (Whole Foods: 8:00am—9:00am) exclusively for people age 60 and over. You may find this helpful in avoiding crowds and perhaps finding more on the shelves.



**Stop and Shop**  
171 Watertown Street  
Watertown, MA 02472  
(617) 969-6410

**Stop and Shop**  
779 McGrath Highway  
Somerville, MA 02145  
(617) 666-1024  
Pharmacy

**Stop and Shop**  
105 Alewife Brook Pkwy  
Somerville, MA 02145  
(617) 625-1546

**Stop and Shop**  
905 Massachusetts Ave.  
Arlington, MA 02476  
(781) 646-3625  
Pharmacy

**Whole Foods**  
200 Alewife Brook Pkwy,  
Cambridge · (617) 491-0040

**Whole Foods**  
115 Prospect St,  
Cambridge · (617) 492-0070

**Whole Foods**  
808 Massachusetts Ave  
Arlington · 781-777-7200

**We wanted you to get to know our wonderful Office Volunteers, who are here to help you, not only under normal circumstances, but also during these stressful times:**



**Pat**

**Former occupation:** Financial Services Executive, Financial Planner and educator

**Interests:** Reading. Movies. Helping in financial situations: taxes, Social Security, Medicare, planning. And, of course, grandchildren.

**Reason for volunteering:** I had been a member for several years, solely to support Cambridge Neighbor's mission. When I retired, volunteering seemed like a no-brainer. I think members who volunteer get a great deal more out of the organization.

**What's special about CN:** Genuine interest in its members whether they are involved for the social aspects or need real help.



**Pam**

**Former occupation:** Computer Project/Program Manager

**Interests:** Reading, art, cooking and history

**Reason for Volunteering:** I had recently retired and found that CN was looking for volunteers to help in the office. This was a great match for me since, at the time, I had a 91 year old mother (now 93) living on her own and was interested in what was available to support individuals like her. Also, I love helping people and problem solving.

**What's special about CN:** I'm impressed by the number of members who volunteer – they help each other in so many ways. It really is a wonderful thing and one of the major strengths of the program.



**Peg**

**Occupation:** Journalist

**Interests:** Reading, dogs, Pippa, my children, tennis, anything sociological, history, architecture, the human mind.

**Reason for volunteering at CN:** CN does great work on behalf of elders and through my personal experience with elders, I thought I could be of use within this organization.

**What's special about CN?** CN is special because it offers so much for elders: socializing opportunities, health programs, music events, a monthly potluck and more. Its newsletter is chock-full of things to do. It's creative and dedicated staff are always open to new ideas and ways to serve elders in the community. As a volunteer, CN treats us well and with the utmost respect.



**Megan**

**Former occupation:** Health Care Executive

**Interests:** Reading, gardening, family

**Reasons for volunteering:** Two part: one is that I've always volunteered and I believe in it and I enjoy it. This caught my attention because it was addressing something that to me is a concern –aging alone. And it seemed that CN not only offered some insight and strategies about that but also offered an opportunity to meet interesting, friendly people.

**What's the special about CN?** It's a wonderful community of members joined to support one another in later life, providing assurance in knowing that there will be support should we need it.



**Daniele**

**Former Occupation:** WGBH Director of Administration for the Branding and Visual Communications Department (26 years); Boston Children's Hospital - Program Manager for the Program in Genomics and Obesity Prevention Center (6 years)

**Interests:** Travel, volunteering with my dog, jazz and blues

**Reason for Volunteering:** When I retired I wanted to find an opportunity to apply my experience in my community. Cambridge Neighbors seemed like a good fit because I live in Cambridge and am passionate about providing support to an organization that focuses on elderly individuals staying connected with their communities.

**What's special about CN:** I'm impressed with how much Cambridge Neighbors provides its members given its limited resources.

## Suggestions for keeping your mind and body active while sheltering at home:

- ▶ Take a free, self-paced course at [www.edx.org](http://www.edx.org). Founded by Harvard and MIT, edX is the trusted platform for education and learning. Click on the “**Courses**” tab to find numerous, free self-paced courses and learn something new and interesting. It’s a great way to keep yourself mentally stimulated.
- ▶ The Met Opera will begin streaming encore presentations from their award-winning *Live in HD* series on the company website for the duration of their closure. All “**Nightly Met Opera Streams**” will begin at 7:30 p.m. and will remain available via the homepage of [www.metopera.org](http://www.metopera.org) for 20 hours afterwards.
- ▶ If you just need to smile, many zoos and aquariums are going live with live camera streaming. Watch Cincinnati Zoo’s famous Fiona the Hippo at [https://www.facebook.com/cincinnati\\_zoo/](https://www.facebook.com/cincinnati_zoo/) or check out the Panda cam at the San Diego Zoo: <https://zoo.sandiegozoo.org/cams/panda-cam>
- ▶ Keep your body in check by going to [www.youtube.com](http://www.youtube.com) and move along with an exercise video. You can type something into the search box like “**Easy Stretching**” or “**Stretching for Older Adults**”. There are many videos that can help you keep your body limber while you’re stuck inside.
- ▶ Broadway World is partnering with some incredible Broadway performers to launch a series of Living Room Concerts - performances direct to you from the living rooms of Broadway performers!  
<https://www.broadwayworld.com/topic/living-room-concerts>

## Fresh Air & Sunlight — Some tips taken from the article, “Coronavirus and the Sun: a Lesson from the 1918 Influenza Pandemic” by Dr. Richard Hobday.



As we all know, governments around the world are enforcing quarantine and isolation, and public gatherings are being discouraged. This will probably prove a good decision, especially as it relates to protecting our older citizens. But while we are all hunkered down in our homes, perhaps we can take some lessons from the 1918 Influenza Pandemic.

In 1918, during the pandemic, medics found that a combination of fresh air and sunlight seemed to greatly help patients. Research shows that outdoor air is a natural disinfectant and Dr. Hobday claims that fresh air can help to kill harmful germs, and that sunlight is germicidal.<sup>1</sup>

He also noted that putting infected patients out in the sun, as they did in 1918, may have helped because sunlight also helps to kill bacteria that cause lung and other infections.<sup>2</sup>

More recently, a doctor being consulted on ABC News about the Corona Virus also said there was nothing wrong with opening your window, while you are sequestered, and letting some “fresh air in.”

We are not medical experts and encourage you to consult with your doctor if you have any questions regarding the safety of such action.

But in “light” of that information, and as things continue to evolve, CN is hoping to be able to provide some scheduled walks in April. Attendees will be limited in number and asked to keep a good distance from one another. We hope this will provide a safe way to allow members to breathe a little fresh air, get some sunlight, exercise their lungs, and keep their bodies limber. We will keep you posted as time and conditions progress. In the meantime, maybe you can step out your backdoor and get a few minutes of sunlight and fresh air by yourself or with your loved one.

<sup>1</sup>Hobday RA and Cason JW. The open-air treatment of pandemic influenza. *Am J Public Health* 2009;99 Suppl 2:S236–42. doi:10.2105/AJPH.2008.134627.

<sup>2</sup>Hobday RA, Dancer SJ. Roles of sunlight and natural ventilation for controlling infection: historical and current perspectives. *J Hosp Infect* 2013;84:271–282. doi: 10.1016/j.jhin.2013.04.011.

<https://medium.com/@ra.hobday/coronavirus-and-the-sun-a-lesson-from-the-1918-influenza-pandemic-509151dc8065>

Ailene Gerhardt, who has presented on the topic of Solo Aging at Cambridge Neighbors, has provided us with the following:

## Staying Connected During a Period of "Social Distancing"

By [Ailene Gerhardt, MA, BCPA, Founder Beacon Patient Solutions LLC](#)

Social distancing is critical to limiting the spread of the coronavirus, but it also leaves us disconnected from our community. When we can't physically spend time with others, we can feel isolated and lonely and that is not good for our health.

It's important at this time to make an extra effort to stay connected to our friends, family and community members. Make sure to keep in mind those who may live alone or in communities that are restricting visitors.



Thinking creatively about how to use technology and communication tools in our homes will help us remain "in community." If someone you know doesn't have direct access to the "latest" technology, use the tools they do have to stay connected. The point is making a connection, regardless of the tool used to do it.

Below I've compiled ideas and resources for staying connected by video chat, social networks and via email.

**Video Chat:** You can use video chat to share a meal time, watch a movie or tv show at the same time as a friend, discuss an interesting article or book, host a virtual book club or current events discussion, participate in an online game with others, stay connected to your faith community or connect to a faith community offering streaming/virtual programming, services, etc.

**Skype** • **Facebook Messenger** • **FreeConferenceCall.com** • **Google: HangoutsGoogle**  
**Smart Displays:** **Zoom** • **Amazon Echo, Portal from Facebook** • **WhatsApp**

**Social Networks:** Various social network platforms are a good way to stay connected to others while hanging out a home. You can join affinity and community groups, check on friends, share pictures, ideas, and resources.

**Facebook** • **Linkedin** • **MeetUp (some groups are offering virtual meetups!)**

**Email:** share pictures, highlights of your day, useful resources, recipes, etc.

**\*Please note: If you need additional assistance with these technologies, we have resources available to help you over the phone. Just call the CN Office.**

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