

CAMBRIDGE AT HOME

Helping residents of Arlington, Belmont, Cambridge, Somerville and Watertown age in place with confidence and peace of mind.

AUGUST 2017

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

Nancy Barcelo
Watertown

Sigrid & Peter Tishler
Watertown

Marsha Rosenoff
Somerville



Office Hours

Please note that for the month of August, the office will be open Monday - Thursday, 9 am - 5 pm and Friday 9 am - 1pm.

Exercise

There will be no exercise classes in August. Wednesday and Friday classes will resume in September.

MEMBERS VISIT THE ADDISON GALLERY OF AMERICAN ART



CAH members had a fantastic time viewing the Frank Stella exhibit in Andover and touring the permanent collection. Lunch at the Andover Inn was delicious as always.

EAT BETTER. FEEL BETTER. HOW FOOD HELPS YOUR VITALITY AS YOU AGE



Cambridge at Home has teamed up with Tufts University's Human Nutrition Research Center on Aging to host a three part program series this fall about nutrition and age related diseases. All talks are on Thursday mornings at 11:00 am at the Cambridge Public Library.

NUTRITION & EYE HEALTH - Dr. Liz Johnson
September 14

NUTRITION & BONE HEALTH - Dr. Kyla Shea
October 19

NUTRITION & BRAIN HEALTH - Dennis Steindler, Ph.D.
November 16

These talks are free and open to the public. Parking available. More information to follow.

WELCOMING CAH'S NEWEST BOARD MEMBER



Virginia Vaughan has been appointed secretary of the CAH board. She joined CAH in 2015, first as a Gateway member and then as a full member. A Cambridge resident since 2008, Virginia and her husband split their time between Clinton, NY and Cambridge; more recently she has become a full-time Cambridge resident. She has two grown sons and 4 grandchildren, two in nearby Providence, RI and two in Brooklyn, NY.

Before retirement, Virginia was a computer programmer, working with a small group of biologists to develop computer programs for biology education. After retirement, she volunteered with the American Red Cross in disaster response – an early “deployment” was to Louisiana to help with Hurricane Katrina. She also spent time helping the refugee/immigrant community in Utica, NY, an activity that she hopes to continue in Cambridge and Boston.

Since making the move to full-time residency in Cambridge she has greatly appreciated all that membership in CAH has to offer, especially the opportunity to make new friends and explore her (relatively) new city. As a new board member Virginia hopes to reach out to current and prospective CAH members to ensure that they can participate in all of CAH's services and activities.

SPECTACLE ISLAND TRIP



Summer outings to Spectacle Island have become tradition at Cambridge at Home. Every year members enjoy the ferry ride and the scenic views of the city. Check out our event highlights for upcoming adventure trips that will be led by CAH member Dick Joslin.

OUR MOST COMMON COMPLAINT

BY CAH MEMBER STEVE SALMON

I have it. You have it (probably). An estimated 20 million Americans have it, and virtually everyone over 60 has it, according to one estimate. It's **arthritis**.

As early as our 20s, the protective cartilage in the joints starts to deteriorate, becoming thinner, cracked and frayed. Without the cartilage, the joints grind together, causing inflammation and pain, most commonly in the spine, hips, knees and hands. Strangely, in many people the pain varies from day to day: we have good days and bad days, and we structure our activities around these variations.

Reducing activities, however, has a paradoxical effect. Movement stimulates the secretion of what's called synovial fluid, which lubricates the surfaces between the joints and increases blood flow to the joints. Movement also keeps muscles toned and limber. *Continued on page 4.*

August 2017

REGISTRATION IS REQUIRED FOR ALL EVENTS
617-864-1715

SUN	MON	TUE	WED	THU	FRI	SAT
						
		1	2	3	4	5
6	7	8	9	10	11	12
13	14	15	16	17	18	19
20	21	22	23	24	25	26
27	28	29	30	31	Grocery Shopping - Door-to-door transportation to local supermarkets. Our driver will help carry your groceries! Advanced registration required.	

AUGUST EVENTS

Monday, August 7, 2:00 pm - 4:00 pm

Adventure Walk: Rose Kennedy Greenway & Harborwalk



We'll meet downstairs at the Harvard Square T station by the ticket machines and take the subway to South Station. From there we'll walk down the center of the (every year greener) Kennedy Greenway, passing this year's temporary artworks including the lopsided, full-scale "Meeting House." At Columbus Park we'll turn back to walk along the Harborwalk, returning to South Station, and then home. *Walking distance approx. 2.0 miles.*

Tuesday, August 8, 5:30 pm

Dinner at Viale, 502 Mass. Ave., Cambridge

Join Liz Goodfellow for dinner at Viale, an Italian inspired farm-to-table restaurant in Central Square. Dinner is self-pay. RSVP to Liz at lizgz@aol.com or 617-491-0880. *Limited to 8.*

Wed., August 9 & Tues., August 22, 6:00 - 7:30 pm

CAH Supper, 360 Mount Auburn Street, Cambridge

Join CAH members for a 3-course dinner in the private dining room at The Cambridge Homes. *\$15/person. Open to CAH members only. Limited to 10.*

Monday, August 14, 2:00 pm - 4:30 pm

Adventure Walk: The Art and Architecture of MIT



Meet at the Harvard Square T ticket machines to take the subway to Kendall Square. We will walk across the MIT campus from East to West focusing on the notable outdoor sculptures and the newest buildings by many distinguished artists and architects. While walking the "Infinite Corridor" we'll detour to go up for a rare visit under the dome. We'll conclude our walk at the MIT chapel on the west side of Mass. Ave. and return to Harvard Square via the No 1 bus. *Walking distance approx. 2.5 miles.*

Monday, August 14, 5:00 pm - 6:30 pm

Tipple at Legal Sea Foods, 20 University Rd, Cambridge

Join us for a couple of drinks, appetizers and conversation. *\$20/person in advance. Open to CAH members only.*

Tuesday, August 15, 2:00 pm

Biography Group, CAH Office

Join us for our discussion of *Sister Brother: Gertrude and Leo Stein*, by Brenda Wineapple. *Group is closed.*

Thursday, August 17, 5:00 - 6:00 pm

Summer Garden Party

Join Liz Goodfellow in her garden for a glass of wine and conversation. *Free and open to CAH members only. RSVP to Liz at lizgz@aol.com or 617-491-0880. Limited to 15.*

Monday, August 21, 2:00 pm - 3:30 pm

Local Walk: Mount Auburn Cemetery



Meet at the Visitor's Center for a shady walk to the historic "Consecration Dell" and along the way visit the memorials of several local notables like Robert Gould Shaw, Fannie Farmer, Harriet Hosmer, and Winslow Homer, etc., all resting here in Cambridge's beautifully maintained arboretum. *Free and open to CAH members and guests.*

Wednesday, August 23, 10:30 am - 5:45 pm

Ferry to Salem and Peabody-Essex Museum



Meet at the Harvard Square station to take the T to the Aquarium station to board the Salem Fast Ferry. After arriving in Salem we'll take the free trolley for a one-stop trip to the Museum.

Beside the museum's famed, historic American collections we can visit their current temporary exhibitions "Ocean Liners, Glamour and Speed," from the Victoria-Albert Museum and "All Flowers Are For Me" by Pakistani artist, Anita Agha. We'll enjoy a light lunch in their atrium cafe. *The ferry ticket is \$41 roundtrip, purchased at Long Wharf, the museum admission is \$18, and lunch is on your own.*

Monday, August 28, 2:00 pm - 4:45 pm

Adventure Walk: East Boston Waterfront



Meet at the Harvard Square T station and take the subway to Maverick station. From there we'll walk down to and along the harbor shoreline to Piers Park, where Donald McKay once built his clipper ships. It has spectacular views of downtown Boston. In the adjacent Marina we'll visit Harbor Arts, an outdoor sculpture garden, and then continue walking along the Harborwalk to the Hyatt Hotel where we'll share a water-taxi back to near South Station. Then home by subway. *Walking distance approx. 2.5 miles. Water taxi charge is \$12/each.*

ATUL GAWANDE TO SPEAK TO VILLAGE MOVEMENT



Join CAH as we watch and listen to renowned surgeon and author, Atul Gawande, talk about the importance of community and choice throughout the aging process via simulcast on **Monday, September 25 at 5:00 pm** at the CAH office. Discussion to follow about the importance of the Village Movement.

CAH 10TH ANNIVERSARY CELEBRATION COMMITTEE

Cambridge at Home turns 10 this year and we are celebrating with a party at the Sheraton Commander in December. We are looking for members to join the event committee and assist with event planning, marketing, sponsorships, and more. **If you would like to join the committee, please contact the office at 617-864-1715.**

COMMON COMPLAINT CON'T.

Refraining from movement ultimately makes the joints hurt worse. Thus, ironically (and counter-intuitively) the best treatment for arthritic conditions seems to be to use the affected joints more, rather than less, with physical therapy, low-impact aerobics, and range-of-motion exercises.

Other pain management approaches include medications such as steroids and anti-inflammatory drugs. Some people (including me) find glucosamine helpful. A former doctor once told me that about half of his patients found it effective; the other half noticed no effect. Newer treatments include so-called "disease-modifying anti-rheumatic drugs" (DMARDs) such as hydroxychloroquine and methotrexate that limit damage to the joints and TNF-alpha inhibitors that have been shown to stop the disease's progress in some patients.

Surgeons may be able to replace the affected joint completely, or replace tissue or transplant cartilage into the damaged joint.

We may not be able to eliminate the pain of arthritis entirely, but there are things we can do to relegate it to a lower status in our collection of complaints.

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To learn more about Cambridge at Home, please call our office to arrange a conversation or visit - 617-864-1715.