



CAMBRIDGE NEIGHBORS

ARLINGTON BELMONT CAMBRIDGE SOMERVILLE WATERTOWN

January 2019 Newsletter & Event Calendar



IN THIS ISSUE

2018 Holiday Gala	1-2
Volunteerism Update	2-3
New Members	3
Volunteer of the Year	3
January Events	4-6
Interest Groups	6
Vendor Vetting Project	6
Letter from New Exec Dir	7
Board Member Update	7
Message from Barbara	8

Celebration at the 2018 Holiday Gala Luncheon

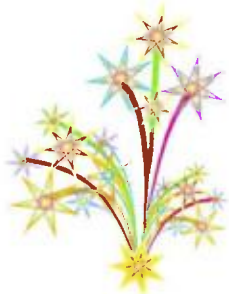


More than 110 Cambridge Neighbors members, volunteers, sponsors and staff gathered in the George Washington Ballroom of the Sheraton Commander Hotel in Harvard Square to celebrate 2018 as a year of extraordinary change at Cambridge Neighbors. Guests enjoyed hors d'oeuvres as they greeted one another and viewed a photo montage featuring highlights from the CN office, outings and events throughout the past year. Outgoing Executive Director Barbara Selwyn opened the gala with a warm welcome message before handing the microphone over to Board President Tina Olton, who acted as master of ceremonies. Attendees then feasted on a luncheon served with wine, coffee and dessert as the program got underway.

Tina and Board Vice President Virginia Vaughan talked about staffing changes in the CN office, which included new hire Kristie Nagpal, who took over from Suzanne Styffe as member services manager in November, as well as the upcoming shift in the executive director position. On behalf of the entire CN community, Tina gave a heartfelt thank you to Barbara, who is semi-retiring to pursue personal interests and to spend more time with family. Barbara will stay on one day per week as membership and marketing director to do what she does best—create and maintain sincere relationships with our members. Tina then welcomed CN's current Volunteer Director Jan Latorre-Stiller, who will take the helm as executive director starting January 1, 2019. (See a letter from Jan on page 7)

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Happy
New Year!



2019

The CN office will be closed on Monday, December 31 and Tuesday, January 1 in honor of the New Year.

Cambridge Neighbors wishes to thank the following sponsors for their generous support of our holiday gala luncheon:

- Cambridge Trust Bank
- The Cambridge Homes
- Eckert Byrne Law Firm
- Youville House Assisted Living
- Next Moves Personal Organizing
- Peoplefit at Home
- Mac InGenius Tech Support

- Gosselin & Kyriakidis Law Firm
- Always Here Home Care
- Tribute Home Care
- S & H Construction
- Privatus Care Solutions
- Compass Real Estate
- True Home Improvements

2018 Holiday Gala, continued



Jan presented an update on her work building the volunteer program over the past six months. (See *update below*.) She then introduced CN members Janet Whitla and Catherine Taylor, who gave moving testimonials about how they have benefitted from both receiving volunteer services and providing them. Finally, Jan presented Cambridge Neighbors' first-ever "Volunteer of the Year" award to long-time member Dick Joslin. (Read more about Dick on page 3.)

To wrap up the festivities, Tina and Virginia recognized numerous CN volunteers and board members, announced board member changes and finally handed the microphone over to long-time member and past Board President Shippen Page. Shippen spoke broadly about the impact that charitable giving has and will continue to have on Villages. He explained that full participation of members giving at any level exponentially increases the benefits to current Cambridge Neighbors members, while also expanding the outreach we can have.



We would like to give a special thank you to Pam Levine and Nancy Carlson, both recently recruited office volunteers, as well as to Board Member Webb Brown, who, along with the rest of the Holiday Gala Committee, masterfully spearheaded the holiday event planning effort.



Cambridge Neighbors' Year of the Volunteer Update

Cambridge Neighbors has designated 2019 as the "Year of the Volunteer." As many of you know, one of the pillars of aging-in-place organizations is volunteerism, although we like to think of it as "neighbors helping neighbors." In addition to enjoying one another at various CN events, there are additional ways to connect with and support one another. When we believe that giving and receiving are interchangeable, we open ourselves up to the notion of creating meaningful connections through mutual support.

In the last six months, we have developed a great group of capable and dedicated volunteers who are available to assist members with errands, rides, tech help, odd jobs, friendly visits, meal prep and more. Other volunteers provide a reassuring presence in our office on a daily basis, led by CN member and volunteer, Pat Baillieul. Volunteers also participate in and run various committees that help us in all that we do:

- **Programming Committee:** led by CN member and volunteer Susan Murray, and including members Dick Joslin, Steven Krich, Diane Leone, Vyrna Napoli, Tom Rodes, Steve Salmon, Abby Smith and Catherine Taylor.

New Members

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



Arlington
Joanne Klys

Cambridge
Lynn & Lawrence Cetrulo



- **Vendor Vetting Committee:** led by staff member Kristie Nagpal and volunteer Daniele Skopek, and including CN members and volunteers Brian Merrick and Phil Miller.
- **Membership and Marketing Committee:** led by staff member Barbara Selwyn, and including volunteers Teresa Burns and Board Member Helene Quinn from The Cambridge Homes, Jennifer Korngiebel and Anna Whitcomb.

We are in the process of identifying other opportunities for volunteer leaders, which will continue to support productivity and growth. If you have ideas about where a volunteer leader might be beneficial, please call us. Together, let's continue to cultivate our remarkable Village.

Volunteer of the Year: Dick Joslin

We are thrilled to present long-time member Dick Joslin with CN's first-ever "Volunteer of the Year" award. Dick embraces the vision of Cambridge Neighbors:

- Enjoy the beauty all around us,
- Keep active,
- Meet new friends,
- Stay engaged in living a full life for as long as you can.

You might have seen Dick at the helm of a Tipple gathering or dinner at The Cambridge Homes, welcoming members and keeping the conversation animated with his lighthearted wit. He has also been behind the scenes as a dedicated board member, helping to support Cambridge Neighbors for the last ten years. Of all of his talents and time volunteering, Dick might be best known for his love of history, architecture and nature. He has led scores of adventure walks, guiding CN members to iconic landmarks and hidden gems in our cities. He never seems to run out of great excursions. Dick is an enthusiastic advocate of aging-in-place and a champion of the National Village Movement since its inception.

New Member Coffee



New to Cambridge Neighbors? Join us on **Thursday, January 17 at 11:00 am** at the CN office to meet other new members and office staff.

Welcome to Cambridge Neighbors' new volunteers:

Sue Carlson, driver and CN member from Cambridge
Kevin Dorst, friendly visitor and minor household projects
Yvette Fraticelli, organizing and tech assistance
Moe Irmak, office volunteer
Amy Kipp, errands and organizing
Steven Krich, volunteer for multiple tasks and CN member from Cambridge
Ann Rogers, driver and grocery shopping escort
Daniele Skopek, office volunteer
Bill Walker, tech assistance and minor household projects
Anna Whitcomb, membership and marketing committee and driver
Daniel Wong, tech assistance, errands, manual labor

January 2019



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	31 Office Closed New Years Eve	1 Office Closed New Years Day	2 Stretch Class 2 - 3 pm	3 Program Meeting 10:30 am	4 Movement Class 11 am - 12 pm	5
6	7	8 Volunteer Meeting 11 am Hospice Presentation 1:30 pm TCH Supper 6 pm	9 Stretch Class 2 - 3 pm	10 2nd Thursdays with Neighbors: Mt Kilimanjaro & Tanzania 10:30 am	11 Movement Class 11 am - 12 pm	12
13	14 Tipple at Legals 5 - 6:30 pm	15 Crossword Club 10 am Open House 11 am Bio Group 2 pm	16 Stretch Class 2 - 3 pm	17 New Member Coffee 11:00 am	18 Movement Class 11 am - 12 pm	19
20	21	22 MFA: Ansel Adams 10 am	23 Stretch Class 2 - 3 pm TCH Supper 6 pm	24 Open House 1:30 pm	25 Movement Class 11 am - 12 pm	26
27	28 Tipple at Nubar 5 - 6:30 pm	29	30 Stretch Class 2 - 3 pm	31		

Grocery Shopping

A volunteer 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 call the CN office a few days in advance to arrange a volunteer driver.
- We appreciate your being mindful of the driver's time, limiting your shopping to 5 bags.

Exercise Classes

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

- Registration is no longer required for exercise classes.

January 2019 Events

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

Please note: Our regular Strolls in the Park and Explorer Walks have been suspended for January due to the cold. Look for them to resume in February or March.

Tuesday, January 8, 1:30-3:00 pm
Hospice for the Dying and the Living, CN Office



Cambridge Neighbors member Webb Brown is a retired Hospice Chaplain and member Nancy Barcelo is a retired volunteer coordinator for a hospice

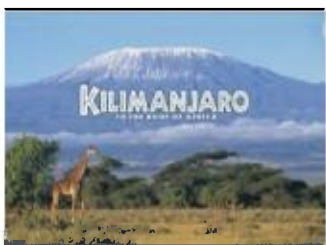
organization. Together with Chana Bogsted, LICSW, a hospice social worker, they will give us a look at what hospice is, how it works and where it fits into end-of-life events. Free and open to members only.

Tuesday, January 8 and
Wednesday, January 23, 6:00–7:30 pm
Supper at The Cambridge Homes
360 Mt. Auburn Street, Cambridge



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

Thursday, January 10, 10:30-11:30 am
Second Thursdays with Neighbors:
Travel to Tanzania with Steven Krich, CN Office



Our first Second Thursdays with Neighbors program will feature CN member Steven Krich. He will help us forget the weather outside with a slide show

documenting his 2008 family trip to Tanzania. They climbed to the top of Mount Kilimanjaro (a very cold 19,341 feet!) and went on a safari. Free and open to members only.

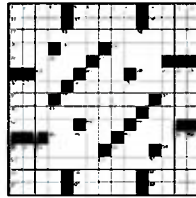
Monday, January 14, 5:00–6:30 pm
Tipple at Legal Sea Foods, Harvard Square



If it isn't fresh, it isn't Legal!®

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.

Tuesday, January 15, 10:00-11:00 am
Crossword Club, CN Office



It's good exercise for your brain when you can't go outdoors! We will review the two puzzles previously distributed, discuss any problems the members encountered, techniques that might be employed to solve those problems, and move on to slightly harder puzzles. Free and open to members only.

Tuesday, January 15, 11:00 am and
Thursday, January 24, 1:30 pm
Open House, CN Office



If you know of anyone interested in learning more about Cambridge Neighbors, please let them know that we have two open houses coming up in January. This is a chance to receive an overview and ask questions!

Tuesday, January 15, 2:00-3:00 pm
Biography Group, CN Office



This month we will discuss *Victoria: The Queen*, by Julia Baird. The biography group is looking for new members. Please call the office to sign up.

Thursday, January 17, 11:00 am–12:00 pm
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.

January 2019 Events Continued

Tuesday, January 22, 10:00 am–2:00 pm
Museum of Fine Arts: Ansel Adams in Our Time
465 Huntington Avenue, Boston
(Meet at Apple Cinemas at 10:00 am)



We will view the exhibit, “Ansel Adams in Our Time.” This promises to be a stunning exhibit, tracing Adams’ (1902-1984) “iconic visual legacy” through his most celebrated prints. The exhibit

looks to both the past and the future, displaying his black-and-white photographs alongside prints by 19th-century government survey photographers, as well as the work of contemporary artists concerned with the environment and land use.

Following the exhibit viewing, we will have a pay-on-your-own lunch at the museum, either at the New American Café or the Garden Cafeteria. Taxis will pick us up at 2:00 pm to transport us back to Apple Cinemas.

Museum admission is free to museum members; nonmember seniors (65+) are \$23 (self-pay either online in advance or at the museum). Round trip taxi from Apple Cinemas is \$16 each, including tip, and payable in advance.

Monday, January 28, 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.

CN Interest Groups: Call for New Members!

There are members who wish to share their interests with you, their fellow neighbors! We are keeping track of those who express an interest in participating. Once a group acquires enough members, they can organize and start to meet regularly.

If you would like to participate in any of these groups and have not already indicated your interest, please call or email to let us know. And if transportation is a barrier to participating, we will do our best to arrange rides from fellow group members.

- Fiction Book Group
- Knitting Group
- Bridge Group
- Monthly Restaurant Dinner Group

Recommended Vendors Update:

We are happy to announce that, with the help of the volunteer Vendor Vetting Committee, we will be updating our vendor records and vetting new providers. If you have a recommendation for a great handy person, snow removal company, or plumber, please contact Kristie at the office or email kristie@cambridgeneighbors.org. Look forward to a more streamlined and user-friendly experience starting this year!





A Letter from the New Executive Director

I have very much enjoyed my first six months here at Cambridge Neighbors! As volunteer director, it has been my pleasure to get to know you, work with the wonderful staff and board, and begin to build a culture of volunteerism through our Neighbors-in-Service program.

The opening of the executive director position is timely for me. As I have become more engaged and invested in Cambridge Neighbors, I am increasingly interested in the organization's welfare and growth. Having always been drawn to organizations with missions that are meaningful and life changing, I have come to recognize the extraordinary value of CN's support services and programs to those in our communities who have reached a stage of life where they may need support in order to live comfortably and actively in their homes and communities.

As a result of recent studies, attention is being paid to finding viable and effective ways to counteract the physical and emotional cost of isolation among the elderly. There is also a practical argument for community support for programs like Cambridge Neighbors. Since the federal government is decreasing its support for what they consider discretionary programming, and because there is concern that the current infrastructure will be unable to support the needs of an increasing number of older adults, community-based programs like CN make absolute sense.

I am excited to be your next executive director, following in the very large footsteps of a remarkable leader, Barbara Selwyn. Under Barbara's leadership, CN has flourished. She has brought a unique combination of warmth, compassion, intelligence and focused commitment to her work here for the past three years. I have learned and will continue to learn from her. I am looking forward to working with a great team and board and getting to know each and every one of you!

With warm regards,
Jan Latorre-Stiller



IT'S NOT TOO LATE TO DONATE!

We thank those of you who have so generously extended your commitment to CN with a financial gift. We have not quite reached our goal of \$50,000. If you'd like to contribute, please send your donation by mail or call the office to do so by credit card. Your contribution makes a difference in the lives of others!



Member Outreach Calls

In January, our office volunteers will continue to make outreach calls to members to learn more about their membership experience.

2019 Board of Directors Update

Frank Reese and Shippen Page stepped down from the Board at the end of December after years of dedicated and creative service. We are grateful for their ongoing support and commitment to Cambridge Neighbors.

The Board elected a new slate of officers for 2019: Tina Olton, President; Virginia Vaughan, Vice President; Ken Tingle, Treasurer; and Connor Regan, Secretary. Ken and Connor are active community volunteers, who bring essential skills that are invaluable to the board.



Stepping Down or Stepping Up? A message from Barbara

Having served as Cambridge Neighbors’ executive director for three years, I have decided to step down from my position and explore the opportunities that retirement offers. My decision to retire was a difficult one, since I want to stay involved with CN and its members.

Realizing my contribution to CN and deep connections to our members, the board of directors offered me a part-time position as Cambridge Neighbors’ new membership and marketing director. In my new role, I will stay connected to our members and ensure that each individual is receiving the benefits from their affiliation with CN. In addition, in collaboration with the newly formed Membership and Marketing Committee, I look forward to introducing Cambridge Neighbors to new audiences and community organizations interested in aging-in-place in the five cities and towns we serve.

2019 Board of Directors

- Webb Brown
- Emily Flax
- John Grace
- Richard Joslin
- Jay Lorsch
- Brian Merrick
- Kristin Mortimer
- Tina Olton
- Helene Quinn
- Connor Regan
- Kenneth Tingle
- Virginia Vaughan
- Peter White
- Janet Whitla

Staff

- Jan Latorre-Stiller
Executive Director
- Barbara Selwyn
Membership & Marketing Director
- Kristie Nagpal
Member Services Manager



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