

# CAMBRIDGE NEIGHBORS

ARLINGTON BELMONT CAMBRIDGE SOMERVILLE WATERTOWN

April 2018 Newsletter & Calendar

## Aging Your Way - Exceeding Expectations



Your Way presenters left to right: Webb Brown, Anne St. Goar, Susie White, and Tina Olton.

Something unexpected happened last month. Cambridge Neighbors' (CN) new program *Aging Your Way* generated a surge of interest among our members. Initially anticipating a group of 20, members called and emailed, requesting to register. *Aging Your Way* has become so popular that we have added two additional sessions to meet the high demand. At the end of the series, 75 CN members (almost 1/3 of our total membership) will have participated in this powerful and transformative project.

What has captured the attention of so many? When asked this question, members said they were curious, worried, ready to learn, wanted to live life more fully, and some didn't want to burden their children. Many in the group have loved ones who are grappling with serious illnesses, or they want to be prepared for such situations. Susie White, a facilitator and member, hopes that *Aging Your Way* will connect members to one another as we explore our individual paths filled with uncertainty. "Together, we will have more confidence to understand the reality of our aging process and assist our family and friends to help us honor and carry out our wishes about medical care and end of life circumstances."

The guidebook used by the group asks questions and proposes hypothetical, but very possible, situations to help participants think about what means the most to them. Subjects include present day values, the inability to communicate with others, pain management, your life at the end, and more. Each section in the booklet allows space for additional comments and feelings to be documented.

Another *Aging Your Way* facilitator and member, Webb Brown, felt as though the program "gave me the freedom to know I have addressed some important questions about my own wishes, and that frees me to let go and live as fully as I am able!"

This series is a unique opportunity for members. Register now for the May 9<sup>th</sup> session by contacting Susie White at [susie@smithwhite.net](mailto:susie@smithwhite.net) or 617-797-3666.

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**Our Spring Nutrition & Healthy Aging Series Has Begun!** See page 3.



### Tech Volunteers Available



Call the office to schedule your appointment today!

Cambridge Neighbors | 545 Concord Avenue, Suite 104 | Cambridge, MA 02138  
617-864-1715 | [cambridgenighbors.org](http://cambridgenighbors.org) | [info@cambridgenighbors.org](mailto:info@cambridgenighbors.org)

## Cambridge Neighbors Sparks Interest Among Community Groups



*Barbara Selwyn addressing the Harvard University Retiree Association on March 12<sup>th</sup>.*

“Aging in Place” and the National Village Movement have garnered more attention in the local and national news than ever before. As one of the country’s most established Villages, it’s no surprise that CN has been asked to speak to groups of university retirees, baby boomers, and seniors. Most recently, CN Executive Director Barbara Selwyn spoke to the Harvard University Retiree Association and is scheduled to speak to the MIT Work-Life Center and WomenExplore

this month. She will also be facilitating a discussion at the Tufts Presidential Symposium on Community Partnerships thanks to the strong relationship between CN and the Tufts Human Nutrition Center on Aging. If you belong to an organization that might be interested in learning about aging in place and Cambridge Neighbors, please let us know.

## Volunteer Spotlight

### New Members

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



#### **Belmont**

Henry & Martha Jacoby  
Mary Ann Skahan

#### **Cambridge**

Jane & Bill Craig  
Elizabeth Dunn  
Marlene Ellin & George Huff

#### **Somerville**

Alvina Laudani

#### **Watertown**

Frederica & Arthur Steinberg



Meet Pat Baillieul, CN member since 2015 and dedicated office volunteer for the last year. Pat has become instrumental to CN’s office operations – answering phones, signing members up for grocery shopping and events, and coordinating other office volunteers to help with mailing projects and provide coverage when staff are in meetings.

After an extensive career in finance, operations, human resources, and financial planning, Pat began volunteering with local organizations to meet more people, put her skills to use, and take pressure off the tiny staff (common in nonprofits). In addition to her work with CN, Pat is the Local Coordinator for the MA Tax-Aide program in Arlington and is training to be a SHINE (Serving the Health Insurance Needs of Everyone) volunteer to counsel seniors about their Medicare options.

When asked why she started volunteering with CN, Pat said, “Volunteers are the only way a small nonprofit can function and in the process, I learn a lot about the organization. I think everyone should be asked to volunteer, if they are able, in their early years of membership. In the long run, they will get a lot more out of their membership.”

In 2012, after 30 years in Belmont, Pat and her husband moved to Arlington as part of an extreme downsizing. They have three grown children.

## Spring Nutrition Series Off to a “Healthy” Start!



Hours after the nor'easter on March 8<sup>th</sup> came to an end, 40 brave New Englanders ventured to the Cambridge Public Library to hear Roger Fielding, Ph.D. stress the importance of physical activity throughout the aging process. As we age, our bodies naturally lose

skeletal muscle mass and strength, which can affect one's ability to perform activities of daily living and even their life expectancy. Fielding explained that this age-associated muscle loss, known as sarcopenia, can be slowed down with regular exercise and a good supply of dietary protein.

Fielding recommends at least 2.5 hours of moderate exercise a week, and if that is more than your current ability, any movement is better than none. The important thing is to just keep moving – walking, going upstairs, cleaning, moving from one end of the house to the other - the more you move, the better off you'll be. When consuming protein, make sure it is varied – lean meat, eggs, cheese, yogurt, whole grains, beans, nuts/seeds and even vegetables pack high-quality protein. And it's not just the kind and amount you eat, but when. Studies show eating a protein-packed breakfast has a positive impact on your energy and health. **Speaking of exercise ...**



## Spring is in the air and our weekly walks have begun!



Join member Dick Joslin and volunteer Tanis Teich on our popular walks that explore local landscapes, architecture, history, and art. All walks are about two miles long and follow routes that avoid automobile traffic as much as possible. Every month will include one walk along the paths of Mount Auburn Cemetery, Cambridge's own first public arboretum in the nation, where nature changes the scene each day. Some walks also feature a stop at a local eatery for a shared, modest lunch.

**Step outside and join us!**

## Are We Aging More Slowly? By CN member Steve Salmon



At age 41 (and thus officially middle-aged), American swimmer Dara Torres won three silver medals in the 2008 Summer Olympics.

What accounts for this extended ability to compete at such a level? Partly, as you might expect, it's the result of having great genes and practicing countless hours. But in her case it's also attributable to the fact that, like many other athletes, she stays in top physical condition and maintains a very healthy life style. Thus (according to one theory), the normal changes in the body that come with age tend (as in her case) to happen more slowly.

There are many theories about why we age. Modern research, however, suggests that gender, geriatrics, access to health care, hygiene, nutrition, exercise, and “life style” (there's that term again) all play a part. According to Wikipedia, in 2010, the latest year for which comparable statistics are available, life expectancy was 77-90 years in developed countries (81 years in Canada, for example) but only 32-80 years in developing countries (41 years in Mozambique, for example). For the U.S., it was 78.2 years in 2010, compared to 77.4 years in 2002. *Continued on page 7.*

# April 2018



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1	2 Shopping 11 am	3	4 Shopping 11 am Stretch Class 2 - 3 pm Supper 6 pm	5 View from the Campaign Trail 12 pm	6 Walk 10 am Open House 10:30 am Shopping 11 am Movement Class 11 am - 12 pm	7
8 Violin Recital 3 pm	9 Shopping 11 am Tipple 5 - 6:30 pm	10	11 Volunteer Meeting 10:30 am Shopping 11 am Stretch Class 2 - 3 pm	12 Nutrition & Heart Health 11 am	13 Walk 10 am Shopping 11 am Movement Class 11 am - 12 pm	14
15	16 Patriots' Day Office Closed Shopping 11 am	17 New Member Coffee 10 am Journey Around the World 11 am Bio Group 2 pm Supper 6 pm	18 Shopping 11 am Your Way 1 - 3 pm Stretch Class 2 - 3 pm	19 Travel Meeting 10 am Dinner at Stellina Restaurant 5:30 pm	20 Walk 10 am Shopping 11 am Movement Class 11 am - 12 pm	21
22	23 Shopping 11 am Longy @ Regattabar 7 pm	24	25 Shopping 11 am Stretch Class 2 - 3 pm	26 Meditation 10 am Book Group 12:30 pm	27 Walk 10:30 am Shopping 11 am Movement Class 11 am - 12 pm	28
29	30 Shopping 11 am Gardner Museum 10:30 - 3:30 pm					

## Grocery Shopping

Shopping is available on Mondays, Wednesdays and Fridays for members. Our 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 be mindful of the driver's time and limit your shopping to 5 bags.

## Exercise Classes

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

**Please call the office to sign up for all events, exercise classes and shopping - 617-864-1715.**

**Wednesday, April 4 and**

**Tuesday, April 17, 6:00 – 7:30 pm**

**Supper at TCH – 360 Mt. Auburn St., Cambridge**

Join us for a three-course meal at The Cambridge Homes. \$15/person in advance. Open to members only. Limited to 10. Register early to reserve your spot!

**Thursday, April 5, 12:00 – 1:00 pm**

**A View from the Campaign Trail, CN Office**

Come hear from our new office-mate, Quentin Palfrey, a former Senior Advisor in President Obama's White House and current Democratic candidate for MA Lieutenant Governor, about what it's like to work in politics and government. Free and open to members only. Refreshments will be provided.

**Friday, April 6, 10:00 am**

**Local Walk: Cambridge in the Revolution**



Meet in front of Washington's Headquarters (Longfellow House, 105 Brattle St.) to begin our walk by the mansions of Tory Row. We'll continue to

Harvard Yard and then to the Commons, where the hoof-prints from John Dawes's alarm route are preserved. We'll end at Martha Washington's chapel that still bears the scars from British bullets. Free and open to members and guests.

**Sunday, April 8, 3:00 – 4:30 pm**

**Violin & Piano Recital at Member's Home**



Join us for another exclusive recital by CN member Chris Teal, violinist, and Dina Vainshtein, pianist. Musical pieces will include Bach's famous Chaconne, the great

Cesar Frank Sonata, and pieces by Prokofieff. This event will take place at a member's home in Cambridge – call the office for the address. Free and open to members only. Limited to 25.

**Monday, April 9, 5:00 – 6:30 pm**

**Tipple at Legal Sea Foods, Harvard Square**

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.

**Thursday, April 12, 11:00 am – 12:00 pm**

**Fruits & Vegetables: What's Not to Love?**

**Cambridge Public Library, 449 Broadway**



Make fresh and frozen fruits and vegetables the foundation for a heart-healthy approach to eating. Join Alice Lichtenstein, D.Sc, Director of the Cardiovascular Nutrition Lab at the JM USDA Human Nutrition Center on Aging at Tufts University, to learn about the top fruits and vegetables that reduce the risk of heart disease. This program is free and open to the public.

**Friday, April 13, 10:00 am**

**Adventure Walk: Battle Road Trail at Minuteman National Park, Concord**



Join us as we follow the route taken by British soldiers on their march from Boston to Concord. Along the trail are historic houses, farmlands, wetlands, and fields. Meet at Apple

Cinemas to carpool to Concord. Willing to drive? Please let the office know. Free and open to members and guests.

**Tuesday, April 17, 10:00 – 10:45 am**

**New Member Coffee & Orientation, CN Office**



New to Cambridge Neighbors? Join CN staff, trustees and fellow new members to learn about all of the services and programs we provide. Coffee/tea and a light healthy breakfast will be served. Free and open to members only.

**Tuesday, April 17, 11:00 am**

**A Journey Around the World, CN Office**



Missed Tina & Steve's last two presentations about their trip around the world? Sign up now to hear all about their adventures. CN members Tina Olton & Steve

Salmon sailed around the world on their forty-foot sailboat for nearly eight years. From Berkeley, CA, they cast off their dock lines and headed west through the Golden Gate. From the rich beauty of

French Polynesia, to the whitewashed beaches of Greece, to confronting wanna-be pirates in the Indian Ocean, to a heart-pounding night pursued by armed militia in the Red Sea, Tina & Steve examined the limits of their determination, ability to endure hardship, tolerance for others, and their good will toward each other. Free and open to members only. Limited to 15.

**Tuesday, April 17, 2:00 pm**  
**Biography Group, CN Office**

Join us for our discussion of *The Invention of Nature: Alexander von Humboldt's New World*, by Andrea Wulf. This group is closed.

**Wednesday, April 18, 1:00 – 3:00 pm**  
**Choosing YOUR WAY in Aging**

This program will provide an opportunity for you to get information and start the conversation to stay in charge of your end-of-life issues and choices. (This program is full. To rsvp for the May 9th session, contact Susie White – [susie@smithwhite.net](mailto:susie@smithwhite.net) or 617-797-3666.)

**Thursday, April 19, 10:00 am**  
**CN Travel Club Planning Meeting, CN Office**

Like to travel, but don't want to do it alone? Come to this meeting to discuss the possibility of forming a CN Travel Club. Free and open to CN members only.

**Thursday, April 19, 5:30 pm**  
**Dinner at Stellina Restaurant, 47 Main St, Watertown**



Join us for Italian dishes in a bustling, but homey interior. Dinner is self-pay. Call Liz to rsvp - [lizgzhp10@gmail.com](mailto:lizgzhp10@gmail.com) or 617-491-0880.

**Friday, April 20, 10:00 am – 2:00 pm**  
**Adventure Walk: Bunker Hill, Charlestown**



We'll walk from Lechmere Station to North Point Park along the Charles River, then to Bunker Hill.

Meet at the Harvard Square bus stop opposite Cambridge Trust Co. Free and open to members and guests.

**Monday, April 23, 7:00 pm**  
**Longy @ Regattabar: Because of You**



How does dedication change the identity of a piece? What does a composer consider when writing for a specific musician? We aim

to answer these questions and more, pairing singers and composers to create new works while honoring some of the classic examples of art-inspiring-art. Tickets are \$10/person in advance. Please RSVP by April 18<sup>th</sup>. Open to members and guests.

**Thursday, April 26, 10:00 – 11:00 am**  
**Meditation, CN Office**

Join us for our monthly meditation session with CN member and meditation teacher, Joel Baehr. Free and open to members only.

**Thursday, April 26, 12:30 – 1:30 pm**  
**Book Group, CN Office**

Email Virginia Vaughan for April's book selection – [vvaughan@hamilton.edu](mailto:vvaughan@hamilton.edu). Free and open to members.

**Friday, April 27, 10:30 am**  
**Local Walk: Mount Auburn Cemetery**

Join us as we walk and enjoy the spring blooms. Meet at the Visitor's Center just inside the gate. Free and open to members and guests.

**Monday, April 30, 10:30 am – 3:30 pm**  
**Isabella Stewart Gardner Museum Tour**



Join us for an exclusive guided tour of the newly renovated Raphael Room at the Isabella Stewart Gardner Museum. Holly Salmon, Senior Objects Conservator, will

take us through the room named after the celebrated Renaissance painter, Raphael, which commemorates his achievements and evokes the moment when Italian artists began looking to ancient Greece and Rome for inspiration. After our tour, we'll have a light lunch at Café G before checking out the Fra Angelico exhibition. Museum admission is \$12/senior at the door. \$10/person in advance for roundtrip transportation. Meet at Apple Cinemas at 10:30 am. Limited to 12.

## More CN News & Updates

### New Staff Emails

We know we've said this before, but please update your contact list to include Barbara and Suzanne's new email addresses:

barbara@cambridgeighbors.org

suzanne@cambridgeighbors.org

### Events Reaching Capacity

Several CN events have reached capacity in the past few months (suppers at The Cambridge Homes, Sleep: A Third of Your Life, Safe Driving, and more). Please sign up for events as early as possible to secure your spot.

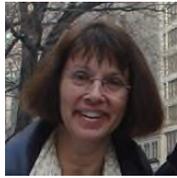
### New Office Co-Tenant

The Ashley Bryan Center left the office back in December and the Quentin Palfrey for Lieutenant Governor Campaign joined our space in January.

## May Programs – Save the Date!

Tuesday, May 1, 11:00 am – 12:00 pm

### Conducting Health Research Online, CN Office



CN member Deb Jameson is a retired medical librarian from MGH who worked with the consumer health library, cancer resource room, and individuals and families to help patients better understand their diagnoses and treatment plans. Deb will help members look for answers on reliable websites such as MedlinePlus and PubMed and will share resources to help you take charge of your health care.

Wednesday, May 9, 1:00 – 3:00 pm

### Ageing Your Way – Session 3, CN Office

Contact CN member Susie White to sign up – susie@smithwhite.net or 617-797-3666

Thursday, May 10, 11:00 am

### Eat Your Vitamins: Finding Them in Food and Supplements

#### Cambridge Public Library Lecture Hall, 449 Broadway



It's easier than you think to fill your plate with vitamin-rich foods and become less dependent on vitamin pills and supplements. Join Sarah Booth, Ph.D., Center Director and head of the Vitamin K Lab at the JM USDA Human Nutrition Center on Aging at Tufts University, to learn tips on consuming vitamins through food.

## Aging More Slowly Continued

One theory of aging holds that organisms have only so much energy to expend in a lifetime. Some research also indicates that the number of calories animals and people eat is related to longevity. Reducing caloric intake in rhesus monkeys has been shown to lower the risk of premature death, slow down a wide range of age-related changes, and in some cases result in longer life spans. Residents on the Japanese island of Okinawa, who consume on average only 60 percent of the calories in a normal Japanese diet, have 40 times as many centenarians (people over 100) per capita than in the rest of Japan. However, experts caution against undertaking a crash diet of caloric restriction without medical supervision because of the risk of malnutrition. And a review of data from animal species does not support the view that metabolism is related to length of life. Saving your energy, that is to say, won't directly result in living longer.

Researchers in human longevity are currently targeting 110 years as the goal for an extended life span. But a focus solely on the number of years one lives seems to ignore other considerations. For example, would the quality of life at 110 years old be sufficient that one would *want* to live that long?

## Summer Trip to See Mamma Mia



Mamma Mia is coming to the North Shore Music Theatre in August and the CN Program Committee is considering matinee tickets at \$79/person. Move to the musical beat of ABBA of the 70's

while following the story of Sophie, a young bride-to-be who is on the search for her father. We are considering a caravan of drivers to transport members (\$5/person donation to drivers would be appreciated). Contact CN member Diane before May 15<sup>th</sup> if interested – 617-642-1910.

## Cambridge Neighbors Spring Open Houses

Help Cambridge Neighbors grow by inviting a friend of neighbor to one of our info sessions.

**Friday, April 6<sup>th</sup> – 10:30 am**

Cambridge Neighbors Office  
545 Concord Avenue, Suite 104, Cambridge

**Friday, May 4<sup>th</sup> – 10:30 am**

Cambridge Neighbors Office  
545 Concord Avenue, Suite 104, Cambridge

**Monday, May 7<sup>th</sup> – 1:30 pm**

Belmont Public Library – Flett Room  
336 Concord Avenue, Belmont

**Friday, May 18<sup>th</sup> – 10:30 am**

Robbins Library – Conference Room  
700 Massachusetts Avenue, Arlington

### 2018 Board of Directors

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