

# CAMBRIDGE AT HOME

Serving Arlington, Belmont, Cambridge, Somerville and Watertown

FEBRUARY 2017

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## CARE PARTNER SUPPORT GROUP STARTS FEB. 13!

CAH's first-ever support group for members caring for a spouse or family member starts in February and will meet four times over eight weeks. This group is free for CAH members. For more information, check out page 3.

## NEW PROGRAMS!

CAH is launching a number of new programs that we hope will develop into recurring events. Programs include:

- Informal Travel Logs
- Ted Talk Screenings
- Coffee Table Book Treasures

See event highlights for more information.

## CAH MEMBERS ENJOY JANUARY WALK



CAH members gathered for a bright walk through Mount Auburn Cemetery last month. The group marveled at the cemetery's winter beauty and enjoyed discussing the upcoming Boston Women's March that a few planned to attend (and did!). Belmont CAH member Kitty Griffith said, "We had a very cheerful walk. It was sunny and once we got walking, it didn't feel cold." The group is looking forward to another walk in February and encourages more members and guests to join them!

## WELCOMING CAH'S NEW BOARD MEMBER



The Board unanimously welcomed Liz Goodfellow Zagoroff to join as its newest member. Liz moved from England to Cambridge in the 1960's. While Director of Marketing in her family business, she studied for a second career in landscape design and history, eventually gaining a masters in landscape history and conservation. Back in England at the turn of "C21," Liz served on the Boards of the London Parks & Gardens Trust,

and The Garden History Society, focusing on public relations and membership. For those organizations, she ran architecture and landscape tours of New England, California, and the Pacific Northwest.

Liz has lived in Harvard Square since 1980, was President of the Cambridge Plant & Garden Club, and is currently on the Horticultural Committee of The Esplanade Association, the Development Committee of Cambridge Hospice, and the Stewardship Council of The Cultural Landscape Foundation. She also enjoys all the many offerings of Cambridge and Boston, including music, food, and art. Cambridge at Home, while offering important resources, has introduced Liz to a new circle of friends and activities.

## FIRST VOLUNTEER INITIATIVE LAUNCHED

Fifteen CAH members with a strong interest in volunteering met in January to learn about the different opportunities available to help fellow members age in place with support, confidence and peace of mind. We are excited to have an enthusiastic and dedicated core group of volunteers who will soon start to make friendly visits, run errands, and drive members to medical appointments. If you or someone you know is interested in joining our volunteer effort, call Suzanne Styffe at 617-864-1715.

## NEW MEMBER!



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

John Urban  
Cambridge



## HOW TO IMPROVE YOUR MEMORY

BY CAH MEMBER STEVE SALMON



There are people who make a career out of performing prodigious feats of memory retention and recall. They give lectures, write books, and — like athletes—they compete. As an example, at one international competition, the contestants were given two numerical sequences of five digits each. From the value of  $\pi$  carried out to 10,000 digits, they were to state the five digits that lay between the two given sequences.

I doubt that any of us wants to go that far, but many of us would like our memories to perform better at recalling names, numbers and other information. And the techniques used by the memory experts can be learned and used by all of us.

One of the most common techniques is to use mental imagery. One author (Kevin Horsley) goes a bit further and advocates using what he calls the “S-E-E” method: using your senses to create mental images, then exaggerating those images, and then energizing them (making a mental movie). *Continued on page 4.*

# February 2017

REGISTRATION IS REQUIRED FOR ALL EVENTS  
617-864-1715

SUN	MON	TUE	WED	THU	FRI	SAT	
			Cambridge Shopping 11 am - 1 pm  Stretch 2 - 3 pm  1		Cambridge Shopping 11 am - 1 pm  Movement & Balance 11 am - 12 pm  2 3	4	
	Cambridge Shopping 11 am - 1 pm  Yoga 2 - 3 pm  5	EMT Talk 1 pm  6	Volunteer Meeting 10:30 am Cambridge Shopping 11 am - 1 pm Stretch 2 - 3 pm Supper 6 - 7:30 pm 8		Cambridge Shopping 11 am - 1 pm Movement & Balance 11 am - 12 pm Ted Talk 12:30 pm  9 10	11	
	Care Partner Workshop 10:30 am Cambridge Shopping 11 am - 1 pm Yoga 2 - 3 pm Atul Gawande Watch Party 4:30 pm 12	Valentine's Day Brunch 11 am  Biography Group 2 pm 13	Travel Logs: Paris 11 am  Cambridge Shopping 11 am - 1 pm  Stretch 2 - 3 pm 14		Cambridge Shopping 11 am - 1 pm  Movement & Balance 11 am - 12 pm 15	16 17 18	
	Presidents' Day CAH Office Closed Cambridge Shopping 11 am - 1 pm Yoga 2 - 3 pm Tipple 5 - 6:30 pm 19	Local Walk: Harvard Business School 10:30 am 20	Cambridge Shopping 11 am - 1 pm  Stretch 2 - 3 pm 21	Vilna Shul Tour 11 am 22	Cambridge Shopping 11 am - 1 pm  Movement & Balance 11 am - 12 pm 23	24 25	
	Care Partner Workshop 10:30 am Cambridge Shopping 11 am - 1 pm Yoga 2 - 3 pm 26	Coffee Table Treasures 2 pm  Supper 6 - 7:30 pm 27	<b>Grocery Shopping</b> - Door-to-door transportation to local supermarkets such as Whole Foods, Trader Joe's, Star Market & Market Basket. Our driver will help carry your groceries! Advanced registration required.  <b>Exercise</b> - Classes take place at Evolve Fitness, 52 New Street, Cambridge.				28

# FEBRUARY EVENTS

**Tuesday, February 7, 1:00 - 2:00 pm**

**Calling For Help: 911, EMT's & DNR's, CAH Office**



Join Captain Jeremy A. Walsh, Paramedic Coordinator for the Cambridge Fire Department, to learn about the responsibilities and duties of the paramedics department, important tips for seniors when calling 911 and creating a DNR, and how a DNR affects the work of EMT's. *Free and open to CAH members only. Limited to 20.*

**Wednesday, February 8, 10:30 - 11:30 am**

**Volunteer Meeting, CAH Office**

This meeting will serve as an opportunity for volunteers to share their experiences working with CAH members. New volunteers are also invited to learn about the different opportunities they can engage in.

**Wednesday, February 8 and**

**Tuesday, February 28, 6:00 - 7:30 pm**

**CAH Supper, 360 Mount Auburn Street, Cambridge**

Join fellow CAH members for a delicious three-course dinner at The Cambridge Homes. Our group meets in the TCH's private dining room. *Nonrefundable fee of \$15 in advance per person. Open to CAH members. Limited to 10.*

**Friday, February 10, 12:30 - 1:30 pm**

**Ted Talk: The Power of Introverts, CAH Office**



"In a culture where being social and outgoing are prized above all else, it can be difficult, even shameful, to be an introvert. But, as Susan Cain argues in this passionate talk, introverts bring extraordinary talents and abilities to the world, and should be encouraged and celebrated." Viewed nearly 16 million times, Susan Cain's talk is a fascinating exploration of 50 percent of all people; introverts. Bring along your lunch to enjoy during the screening (20 minutes) and stay for lively discussion. *Free and open to CAH members only. Limited to 10.*

**Monday, February 13 &**

**Monday February 27, 10:30 am - 12:00 pm**

**Care Partner Support Group, CAH Office**



Our "Care Partner Workshop" will provide a welcoming gathering for those caring for partners or family members who are aging "ahead of you". Facilitated by expressive therapist CC King, the group will offer opportunities to share challenges, experiences and resources with others in similar situations. This group will meet on 2/13, 2/27, 3/13, & 3/27 from 10:30 am - 12:00 pm. Members are asked to commit to all four sessions if possible. *Free and open to CAH members only. Space is limited, so contact the office today!*

**Monday, February 13, 4:30 - 6:00 pm**

**Atul Gawande Speaks to Villages - Live Webinar  
CAH Office**



To celebrate 15 years of the Village Movement, Beacon Hill Village is sponsoring a talk by Atul Gawande MD, MPH titled *Being Mortal's Village: The Value of Community and Choice as We Grow Older*. More than 150 villages across the country will be participating via simulcast for a lively conversation about community and choice in aging with renowned surgeon and author, Atul Gawande. CAH will be hosting a "watch party" for members, complete with refreshments, at the CAH office. Discussion to follow about the importance of the Village Movement. *Free and open to CAH members and guests. Limited to 25.*

**Tuesday, February 14, 11:00 am - 12:00 pm**

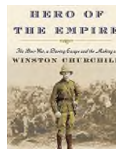
**Valentine's Day Brunch, CAH Office**



Join CAH staff Barbara Selwyn and Suzanne Styffe for a light and lovely brunch in the office. *\$5 fee in advance. Open to CAH members only. Limited to 10.*

**Tuesday, February 14, 2:00 pm**

**Biography Group, CAH Office**



Join us for our discussion of *Hero of the Empire: The Boer War, a Daring Escape, and the Making of Winston Churchill*, by Candice Millard. *Free and open to CAH members only.*

**Wednesday, February 15, 11:00 am**

**Informal Travel Logs: Paris, CAH Office**



"Informal Travel Logs" is a new CAH series where each month members will meet and share memories about a particular country or city they visited or lived in. The first meeting will revolve around time spent in Paris. Bring your memories and pictures of a special, meaningful time in Paris to share with the group. *Free and open to CAH members only.*

**Monday, February 20, 5:00 pm - 6:30 pm**

**Tipple at Legal Sea Foods**

**20 University Rd, Cambridge**

On the 3rd Monday of every month, CAH members gather at Legals for drinks, appetizers and lively conversation. *Nonrefundable fee of \$20 in advance. Open to CAH members only.*

## FEBRUARY EVENTS CONTINUED

**Tuesday, February 21, 10:30 am**

### **Local Walk: Harvard Square to Harvard Business School**



Sign up for a stroll, weather permitting, across the Charles River, a ramble through the Harvard Business School area, and a saunter back through the Harvard Campus. Meet at 10:30 outside the Harvard Coop, across from Out of Town News. This walk will be cancelled if the outside temperature is below 35 degrees or if snow and ice make the walking treacherous. *Free and open to CAH members and guests.*

**Thursday, February 23, 10:30 am - 12:30 pm**

### **Vilna Shul, 18 Phillips Street, Boston**



Come along for a guided tour of the Vilna Shul, the oldest synagogue in Boston. In 1919, a Lithuanian Jewish immigrant congregation placed the cornerstone for a little synagogue at 18 Phillips Street in Beacon Hill and prayed for nearly 65 years. The Vilna is now a historic landmark which houses a cultural center, community center and living museum. *\$5 suggested donation upon arrival. \$15 in advance covers roundtrip transportation. Open to CAH members only. Limited to 10.*

**Tuesday, February 28, 2:00 pm**

### **Coffee Table Book Treasures, CAH Office**



Coffee table books serve to entertain and inspire lively conversations. From fashion to science to people of the world, they offer lavish insights into countless subject areas. Bring your favorite coffee table book to share with fellow members. Light refreshments will be served. *Free and open to CAH members only.*

## MEMORY, CONTINUED

What's that oath called that doctors take-- to do no harm? Think of doctors at a **Democratic** convention watching hippos dance - the **Hippocratic** oath. Remember that the images should be silly, so that it's easier to remember.

If you're trying to remember world capitals, and want to remember that Australia's capital is Canberra, you might imagine a kangaroo (a common symbol of Australia) eating a **can of berries**. A tougher one is the capital of Madagascar (a **mad gas car**), Antananarivo. Imagine your friend **Ann tanning on a river**. *Next time: How to Remember Names & Numbers*

### **2017 Board of Trustees**

*Shippen Page, President*

*Liz Goodfellow Zagoroff*

*John Grace*

*Richard Joslin*

*Jay Lorsch*

*Kristin Mortimer*

*Tina Olton*

*Helene Quinn*

*Franklin Reece*

### **Staff**

*Barbara Selwyn - Executive Director*

*Suzanne Styffe - Member Services Manager*

## CAMBRIDGE AT HOME

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CAMBRIDGE, MA 02138

### **2017 INFORMATION SESSIONS**

Information sessions are a great way to learn about all of the programs and services Cambridge at Home offers.

**Saturday, February 11 - 11:00 am**

**Tuesday, March 14 - 11:00 am**

**Call to reserve your space today!**

**617-864-1715**