

CAMBRIDGE AT HOME

Serving Arlington, Belmont, Cambridge, Somerville and Watertown

JANUARY 2017



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Dear members and friends of CAH,

We come to the end of an incredible, and productive year at Cambridge at Home. I am so proud to be a part of CAH and work alongside staff, board, members and volunteers who are committed to fulfilling the dream of aging in our own homes and communities. Thank you to all who make coming to work a personally rewarding experience.

As I look back over the many highlights of this past year, there has been an upsurge in participation and positive feedback from members. This, along with the high renewal rate is a sign that you are committed to supporting a community that cares about one another and aspires to stay intellectually and socially engaged. We are proud of our many accomplishments over the past year, including increasing volunteer services and member outreach, new partnerships with home care agencies and geriatric care managers, collaborations with Lesley University and M.I.T. to connect our members to young minds and cutting edge technologies, a stronger community presence by participating in the Cambridge Senior Fair and meeting with Mayor Simmons, and being the recipients of two foundation grant awards to expand our Membership Plus and On the Move programs.

Thanks to the creative efforts of our staff, program committee and volunteers, we can look forward to a number of new initiatives in 2017. Make sure to keep an eye on our newsletter, weekly e-blasts and website for a preview of what is on tap, including some of the following:

- A new member outreach program inspired by our cadre of volunteers
- New programs delving into the complexities of current events
- A new workshop series for Care Partners
- Practical information to help members anticipate the transitions of aging
- A how-to series on decluttering our living spaces and downsizing

As a final note, we want to express our appreciation to our wonderful and talented board members, Steve Stadler and Elaine Arseneault, who are stepping down after many years of service. We could not have achieved what we do without their support. Thank you!



With warm regards and best wishes for the new year,
Barbara Selwyn, Executive Director

**CAH Recognized
Among Top Non-
profits to Support!**

In November 2016, **Boston.com** recognized Cambridge at Home as the 12th among 60 “most worthy organizations” to support this holiday season.

We are fulfilling a need in our community to help older adults age successfully. See page 7 to learn more about making a charitable donation.

NEW MEMBER!



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

Harriet Provine, *Cambridge*



TWO FOUNDING TRUSTEES RETIRE

The Cambridge at Home community is deeply indebted to Steven Stadler and Elaine Arseneault for their many years of service. Steve and Elaine were founding trustees and have provided us with wisdom and counsel over the last nine years. We will miss them.

NEW YEAR, NEW YOU EXERCISE OPEN HOUSE



Monday, January 9th at 2:00 pm
Evolve Fitness, 52 New Street, Cambridge

Ever wonder what the CAH exercise classes are all about?
Who teaches them?
Who attends?
How vigorous are they?
Are yoga pants required?

Here's an opportunity to have all your questions answered from our Monday & Wednesday exercise instructor, Sergio Vinci! Sergio will be on hand to explain what goes on in class and how he works with each individual wherever they are on the "fitness spectrum" to improve strength, balance and flexibility. Sergio will then lead a shortened class for those who wish to participate or watch.

Executive Director Barbara Selwyn & Member Services Manager Suzanne Styffe will also be available to answer any membership-related questions. Light refreshments will be served.

For an insider's view of our Yoga class, check out page 3 to read about CAH member Phil Miller's experience.

NEW CARE PARTNER SUPPORT GROUP FOR CAH MEMBERS!



Cambridge at Home is launching our first-ever support group / workshop series in response to learning that several members are in some way caring for a spouse or family member. Our "Care Partner Workshop" will provide a safe and welcoming gathering for those caring for

partners or family members who are aging "ahead of you". "Activities, expectations, opportunities, and relationships change as we age, and when our loved one contends with disability, illness, dementia or simply a body in more rapid decline than ours, challenges can mount quickly as needs multiply and one ends up giving more. Self-care is essential and often not a priority. Care partners need care, and this series is for you," said group facilitator CC King.

From each of the four bi-weekly sessions, you can expect a topic for discussion, opportunities to share challenges, experiences and resources, connections to others in similar situations, and most importantly, guidance and support for self-care and resilience.

Topics may include adapting to changing landscapes as needs change, activities for productivity and mutual pleasure, living with dementia: knowledge and methods, relaxation and renewal techniques, coping with loss and grief of a loved one who is still here, and more.

This group will be led by CC King, an Expressive Therapist and certified InterPlay® leader and trainer with decades of experience in facilitating groups and retreats. CC specializes in stress release and resilience enhancing techniques, in-depth training for adults, and with memory impaired elders.

The Care Partner Workshop will run the 2nd and 4th Mondays of February and March (2/13, 2/27, 3/13, 3/27) from 10:30 am – 12:00 pm. This series is free and open to CAH members only. Please contact the office if you are interested in participating or have any questions. Maximum enrollment is eight.

CAH ANNUAL HOLIDAY LUNCHEON

The 2016 holiday luncheon was the most popular to date! Nearly 50 CAH members, trustees, staff and community partners gathered for a festive afternoon at Nubar. The food & ambience were divine and the conversation was lively.

We want to say a big thank you to our partners who helped sponsor the event:

**Cambridge Trust Company
Hallie's Flower Garden
MacInGenius
Privatus**

Best wishes for the New Year!



AND WE DON'T HAVE TO WEAR YOGA PANTS BY CAH MEMBER PHIL MILLER

I've been thinking...



Why are so few members taking advantage of the free exercise sessions offered by Cambridge at Home?

Yoga? Is there a more frightening word when it comes to exercise for those of us over 65? It conjures up physical contortions demanding moves and positions that send fear coursing through our limbs and joints. "Two-Legged Inverted Staff," "One-Legged King Pigeon Pose," "Downward Dog," "Frog Pose," "Warrior," ... Heavens to Betsy, I'm having difficulty tying my shoes from a seated position, standing after watching an hour of television and climbing a small ladder to change a light bulb. Why would any of us want to subject ourselves to this form of physical torture?

But the Yoga that Cambridge at Home offers every Monday afternoon is not like that. We do not assume positions that require help to recover from. We do not contort our bodies in ways that are at worst dangerous and at best embarrassing. And we don't have to wear yoga pants.

Our leader, Sergio, is a certified physical trainer with years of experience. He is gentle and patient and, at times, very funny, often entertaining us with his wit as he leads us through moderate stretches and extensions. He regularly cautions us to push our bodies only so far as they agree to be pushed, until pain or "crunching" noises occur. Chairs are always available to help us maintain balance and allow us to participate in the exercises without crawling on the ground.

It is not an entirely easy hour. We are generally tired at the end of it and can acknowledge having worked hard. And each hour ends with a brief period of relaxation and meditation.

As I walk home after the class, I feel better, physically and mentally. And I have enjoyed sharing the hour with other members who, over time, have become my yoga family.

Why would anyone not take advantage of this offering? It's free. And we don't have to wear yoga pants.

January 2017

REGISTRATION IS REQUIRED FOR ALL EVENTS
617-864-1715

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
New Year's Day	CAH Office Closed No Shopping No Exercise		Cambridge Shopping 11 am - 1 pm Stretch 2 - 3 pm	Beyond Words @ Gardner 11 am	Cambridge Shopping 11 am - 1 pm No Exercise	
1	2	3	4	5	6	7
8	9	10	11	12	13	4
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30	31				

JANUARY EVENTS

Thursday, January 5, 11:00 am

Beyond Words: Italian Renaissance Books
Isabella Stewart Gardner Museum



Join us for the third and final venue for the wildly popular Beyond Words exhibition. In Gardner's portion of the exhibition, "we will visit the studies of scholars, princely libraries, places of worship, and printing presses of Renaissance Italy to explore how the ancestor of the modern book was perfected around 1500, thanks to innovations of the previous century." After our self-guided tour, we will have lunch in Café G (pay on your own). Meet at Apple Cinemas at 11 am to take taxis into Boston. *\$25 in advance covers roundtrip transportation and self-guided tour.*

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Monday, January 9, 2:00 pm

Exercise Open House at Evolve Fitness
52 New Street, Cambridge

Come and learn about CAH's exercise classes from fitness instructor Sergio Vinci. Free and open to CAH members only.

Tuesday, January 10, 11:00 am

Meet & Greet with Pet Therapist Susan Robins & Therapy Dog Shadow, CAH Office



Please join us in discovering the positive affects of petting animals. Shadow, a hypoallergenic poodle, is an expert in cuddling, playing and making people feel good. Learn about the benefits of such interactions, how the pet therapy industry got started and current trends in the field. *Free and open to CAH members only. Limited to 15.*

Wednesday, January 11, 10:30 am

Volunteer & Member Outreach Meeting, CAH Office

Interested in becoming a volunteer for CAH and making visits to older members? Join us to learn more! Please RSVP by January 9th.

Wednesday, January 11 and

Tuesday, January 24, 6:00 - 7:30 pm

CAH Supper, 360 Mount Auburn Street, Cambridge

Join fellow CAH members for a lovely 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.*

Thursday, January 12, 10:30 am

Thursday Morning Talk Meetup, 145 Brattle Street

Meet Executive Director Barbara Selwyn at 10:30 am for the 11 am for "The Past and Future of American Democracy," talk by Danielle Allen, Director of Harvard's Safra Center for Ethics and Professor in Harvard's Department of Government and its Graduate School of Education. Thursday Morning Talks is an annual fundraiser for Mount Auburn Hospital. *Tickets are \$20 at the door. Optional gathering to follow at nearby coffee shop.*

Monday, January 16, 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 - join us! *Nonrefundable fee of \$20 in advance. Open to CAH members only.*

Tuesday, January 17, 10:30 am

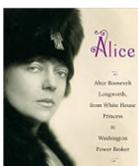
Local Walk: Mt. Auburn Cemetery, 580 Mt. Auburn Street



Mount Auburn Cemetery offers a quiet, beautiful and tranquil space for visits in the winter months, plus their maintenance staff does a suburb job of clearing their pathways. Meet in front of the Visitor's Center for a pleasant walk. *Free and open to CAH members and guests. If it is below 35 degrees F, the walk will be cancelled.*

Tuesday, January 17, 2:00 pm

Biography Group, CAH Office



Join us for our discussion of *Alice: Alice Roosevelt Longworth, from White House Princess to Washington Power Broker*, by Stacy Cordery. *Free and open to CAH members only.*

Wednesday, January 18, 11:00 am

Uber 101 with CAH Tech Volunteer, Haijing Hao
CAH Office



U B E R

Transportation is one of the biggest challenges facing seniors, especially in the winter months. Uber and other ridesharing companies have revolutionized how people get around town and CAH is eager to help members take advantage of this timely and reliable service. CAH's tech guru, Haijing, will cover the basics of how to book a ride, rate calculations and quality assurance measures. After the presentation, there will be an opportunity for individual help if needed. (Bring your smartphone with the downloaded app.) *Free and open to CAH members only. Limited to 10.*

JANUARY EVENTS CONTINUED

Wednesday, January 25, 11:00 am

Lunch & Learn: Art Conservation at the Isabella Stewart Gardner Museum, CAH Office



Holly Salmon, Senior Objects Conservator at the Isabella Stewart Gardner Museum, and daughter of CAH members Tina Olton & Steve Salmon, will give a slide presentation showcasing the exciting work of the Gardner Museum conserva-

tion staff. Find out more about the discoveries they make through scientific research and see some dramatic before and after images from recent conservation projects. Holly will also answer questions about what it takes to preserve a permanently installed collection and the legacy that Gardner left in her will when she stated that it is to be a collection, "for the education and enjoyment of the public forever." Holly has been a conservator at the Gardner for over twelve years. She received her M.S. in Art Conservation from the Winterthur/University of Delaware Program in Art Conservation in 2001. Her work and study experiences have also included positions at the Harvard Art Museums, Historic New England and the Philadelphia Museum of Art. *Optional lunch and further conversation to follow. (Bring your own lunch.) Free and open to CAH members only. Limited to 20.*

Sunday, January 29, 2:45 pm

Britain Between Battles, Boston Chamber Music Society, Fitzgerald Theatre, Cambridge Rindge & Latin School



"Lush string lines complement the oboe's distinctive sound in Bliss's Oboe Quintet. While Arthur Bliss maintains a conventional four-movement structure, modernist influences from Stravinsky and the French composers known as *Les Six* are evident in the piece. Bliss's contemporary Arnold

Bax wrote the Sonata for Viola and Piano at the peak of his career, which contains an energetic scherzo sandwiched in between more meditative first and third movements. Burdened with the horrors of the Great War and inspired by the natural beauty surrounding his vacation cottage, Elgar wrote the melancholy and noble Quintet in A minor in the summer of 1918, painting an aural canvas both somber and brilliant in color." *Tickets are \$34 each. Entrance to theatre is on Cambridge Street between Felton & Ellery. Meet in lobby at 2:45 pm to pick up tickets from TBD group leader. Open to CAH members and guests. Limited to 8. Performance will last approximately 1 hour & 40 minutes. Optional coffee and conversation to follow across the street at Darwin's LTD.*

TAX SEASON SCAMS



Tax season is upon us, which means accountants aren't the only ones gearing up for their busiest time of year. Scammers and con artists are working around the clock to cheat

people out of their hard-earned money. We share this information not to scare you, but to help protect you from becoming a victim.

The IRS will never:

- Initiate contact with taxpayers via email or text messages to request personal or financial information.
- Threaten taxpayers with lawsuits or imprisonment.
- Call to demand immediate payment to a prepaid debit card, gift card or wire transfer.
- Ask for credit card information over the phone.

Current scams you should be aware of:

- **IRS-IMPERSONATION TELEPHONE SCAMS** – Callers claim to be employees of the IRS by using fake names and identification numbers. They also have the ability to alter the caller ID to say "IRS." These scammers have two tactics: 1. Victims are told they owe money that needs to be paid immediately through a prepaid debit card or wire transfer. 2. Victims are told they are due for a refund as long as they answer a series of personal questions to trick the victim into sharing private information.
- **EMAIL PHISHING SCAM:** "Update your IRS e-file" – Emails appear to be from the IRS by mentioning USA.gov and IRSgov (without a dot between "IRS" and "gov"). They include a link to a fake website that looks much like the official IRS web site and will ask you to enter private information. The IRS will never email you.

What can you do?

Report! If you get a call from someone claiming to be with the IRS asking for a payment, hang up. Again, the IRS does not call taxpayers. To report the scam, you can call the Treasury Inspector General for Tax Administration at **800-366-4484**.

Source: irs.gov/uac/tax-scams-consumer-alerts

IS COGNITIVE DECLINE INEVITABLE? BY CAH MEMBER STEVE SALMON



Well, yes and no. And maybe.

Scientists distinguish several different kinds of memory and associated brain functions, some of which do decline, or slow down, with age, but others that don't. And (to use a

favorite phrase of physicians) there's a great deal of individual variation.

To determine which brain and memory functions change with age, Dr. Denise Park at the University of Texas at Dallas recruited 300 people ages 30 to 92 and gave them a battery of tests.

One set of tests measured *processing speed*, such as matching pairs of symbols. Twenty-year-olds were the fastest, thirty-year-olds a little slower, and so on. Older adults can still perform these same calculations, it seems, but it may take us a little longer.

Aging also affected *executive function*—the ability to oversee and manage what we pay attention to. These tasks involve short-term or “working” memory—storing information and then retrieving it later in some other tasks. In this case, many older people have trouble keeping attention focused without getting distracted, and thus not retaining the information.

Dr. Park also tested a type of memory called *episodic memory*—the memory of specific episodes in one's life. It might be a memory of what you did last night, or a conver-

sation, or a social event, or a memorable trip. Episodic memories are tied to a specific time and place, and remembered from a first-person perspective. Dr. Park's tests showed this kind of memory also declined with age.

Another kind of long-term memory is similar, but not related to a personal perspective. For example you remember that two plus two is four, and that birds have wings. This type of memory is called *crystallized* or *semantic memory*—that is, disembodied facts that you happen to know. Park's tests showed that older adults did better on tests of this kind of memory: Older adults simply know more facts, and they remember them.

Other scientists have studied a type of memory called *sensory memory*, which is a very short-term, brief recollection of sensory stimuli, and is only remembered if we pay attention to it. Researchers have not detected any age-related differences in sensory memory—but there's a catch. Older adults are more easily distracted than younger adults, so—for example—if your spouse doesn't remember something you said while walking down the street, it may simply mean that he or she was focused on avoiding a fall and literally didn't hear you.

In summary, these studies show that, in general, *processing speed*, *executive function* and *episodic memory* tend to decline, or slow, with age, but *sensory memory* and *crystallized intelligence* (or *semantic memory*) do not. The results of these studies are averages, or course, and (it should be remembered) there's a great deal of individual variation! *Next time: How to Improve Your Memory*

ATUL GAWANDE SPEAKS TO BEACON HILL VILLAGE IN FEBRUARY 2017



Save the Date!

Monday, February 13, 2017

5:00 - 6:00 pm

A live-streamed event featuring Dr. Atul Gawande will help celebrate the 15th anniversary of Beacon Hill Village, the first Village in the country! Dr. Gawande (author of the seminal book *Being Mortal*) will speak about

the value of community and opportunities as we grow older and answer questions from Villages around the country. Cambridge at Home will be hosting at least one “watch party” to get members together for this special event. Details to follow in February newsletter.

CHARITABLE DONATIONS & PLANNED GIVING

As you may know, the CAH Board has launched a challenge grant. They will match up to \$10,000 in donations in the hopes of reaching \$20,000. Please consider donating to CAH's annual fund. For more information contact the office at 617-864-1715.

Planned giving is also an excellent way to make a charitable contribution to CAH. For details, call Board President Shippen Page at 617-661-6843.

CAMBRIDGE AT HOME

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January 2017 Newsletter

Serving residents of Arlington, Belmont, Cambridge, Somerville and Watertown

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2017 Information Sessions

Tuesday, January 17 - 11 am

Saturday, February 11 - 11 am

Tuesday, March 14 - 11 am