

CAMBRIDGE NEIGHBORS

ARLINGTON BELMONT CAMBRIDGE SOMERVILLE WATERTOWN

July 2018 Newsletter & Calendar

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Trends in Aging by Barbara Selwyn



Conferences in Massachusetts that explore the aging continuum are rare events. In June I was fortunate to attend a conference on *What's New in Getting Old - The Latest Trends in Senior Living*, sponsored by BOLLI – Brandeis Osher Lifelong Learning Institute.

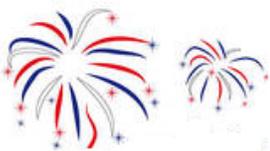
The keynote speakers are among the most innovative thought leaders in the “aging space.” Amy Schectman, CEO of Jewish Community Housing for the Elderly, spoke about the power of living in community, one of the most essential contributors to living a longer and more satisfying life. Martin Siefering, of Perkins Eastman International Architectural firm, presented innovative designs for healthy aging from around the world. He is seeing a growing interest in co-housing and intergenerational living in many countries. However, the U.S. is less inclined to move in this direction. One of Siefering’s predictions is that seniors will emulate the millennial generation – being drawn to “third spaces,” like Starbucks and Panera – where people can enjoy the stimulation of being in the midst of a social scene without actually knowing anyone.

The most compelling presentation described the holistic approaches to aging and housing. Sharon Brooks, a nationally respected market researcher, emphasized that the best way to have a positive aging experience is to live a full life with purpose. She confirmed my belief that living in community, like Cambridge Neighbors, is a powerful contributor to a meaningful and rewarding aging experience. Culling from her research, she shared her recipe for successful aging ---be engaged in learning, sharing, and helping others.

Brooks explained that today’s marketplace for housing seniors is geared to the upper middle class, offering luxury living (often at a life care community). For people in the lower income bracket, there are subsidized services to support a continuum of needs. The majority of seniors are middle income, where few alternatives to provide supportive and appropriate housing options are available.

Continued on page 2.

Fourth of July



The CN office will be closed on Wednesday, July 4th in honor of Independence Day.

Office Summer Hours

The CN office will close at 2 pm on Fridays in July & August.

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Trends in Aging Continued...

Brooks introduced a Dutch term that delighted the audience – *Levensloopbestendige*, which translates into the desire to expand the boundaries of aging to overcome social exclusion. Although almost impossible for me to say, the concept of overcoming the possibility of being isolated from one's community made me believe that Cambridge Neighbors is moving in the right direction. From the feedback that we are getting from many of our members, our efforts to bring together like-minded individuals are succeeding. Being part of a Village that helps our members age in one's own home and community is making a difference in the quality of our members' lives.

New Members

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



Arlington

Megan Lower

Belmont

Sue & Henry Bass

Cambridge

Suzanne Carlson

Paul Elterman

Janet Garfield

Betsy Germanotta

Theresa Lima

Ellen Mass

Susan & Robinson Murray

Somerville

Jane Walker Richmond &

Allen Jacobs

Watertown

Richard & Sarah McBride

Janet McBride



Cambridge Neighbors Hires New Volunteer Director, Jan Latorre-Stiller

We are thrilled to announce that Jan Latorre-Stiller will be joining Cambridge Neighbors to take our volunteer program to the next level.

A message from Jan...



I am delighted to join Cambridge Neighbors as the new Volunteer Director. It is my privilege to be among such dedicated staff and board members who work hard to bring you, our members, a variety of services and programs that enhance your lives as you seek to remain active and engaged in the world around you.

My background includes many years as a volunteer program director, specifically working with older adults interested in giving back to their communities. I can't tell you how rewarding my career has been thus far, having provided many and varied opportunities to those generous individuals hoping to share their skills, experience, and caring spirit to help build community and improve the lives of others. Volunteering is a uniquely rewarding experience – in giving of one's time, one gets so much more in return. I have heard this statement over and over again from the hundreds of volunteers I have met over the years. It is the one constant.

I look forward to getting to know many of you and working together to cultivate a strong community of neighbors helping neighbors. Please feel free to reach out to me at 617-864-1715 or jan@cambridgeneighbors.org.

New Member Coffee

New to Cambridge Neighbors? Join us on **Wednesday, July 11th at 10:30 am** at the CN office to meet other news members and learn about the CN programs and services that you can take advantage of.



The Rising Need for Handypeople by Suzanne Styffe



Summer is a time for exploring the outdoors, spending time with family and friends, and my favorite, relaxing out on my patio and sipping on an iced cold drink. As many of you know, it's also the high season for home improvement projects. Cambridge Neighbors has been flooded with requests for handypeople to fix windows, install grab bars, tighten leaky faucets, clean gutters, and more. We have found that our current handypeople, with whom we have had great relationships for years, are so busy that they are scheduling appointments weeks, sometimes months, from now. The same goes for our plumbers, electricians, and carpenters. There is just not enough supply of skilled labor to meet the demand.

This isn't just happening in our community. It's a growing trend across the U.S. NPR recently published an article, "High-Paying Trade Jobs Sit Empty, While High School Grads Line Up for University," that outlined the issue. Over the last 20 years, students across the country have been encouraged to attend college instead of vocational or technical school, which has created an alarming shortage of skilled laborers. According to the Associated General Contractors of America, 70% of construction companies nationwide are having trouble finding qualified workers.

So what is Cambridge Neighbors doing to adapt to our changing economy and the growing need for skilled labor?

- First, we ask you, the members, to call the office if you know of a reliable handyperson, contractor, or plumber that has availability. Some of our best service providers have come to us through member recommendations.
- Secondly, we ask that you be patient when contacting service providers. It's unlikely that they will be able to schedule an appointment immediately.
- Finally, with the help of our new volunteer director, Jan, we hope to recruit a few handy volunteers who can help members with simple tasks around the house.

If you have any other ideas or recommendations, please call the office.

New CN Photography Class – Taking Photos with Impact

Disappointed with your photos? Join CN member Jane Walker Richmond and fellow members to learn tips and tricks for improving your photography. All types of cameras (iPhones, iPads etc.) and knowledge levels welcome. We will concentrate on composition, using light, color and patterns and not on technical or mechanical details.



Jane has over 45 years in the photography industry as a photographer, teacher and manager of camera and photofinishing stores. She had taught to groups including the Vermont's Department of Fish and Wildlife and the state's outdoor family events. Her career has taken her to all 7 continents and the High Arctic.

Class 1 - July 10th - Creating images with pizzazz. Jane will share tips on how to improve your photography.

Class 2 - July 17th - Putting the tips we learned in the 1st class into practice at Alewife Reservation.

Class 3 - July 24th - We will review and discuss the photos we have taken since the last class and answer other questions that might arise.

See pages 5 & 6 for more detailed information. Call the office if you have any questions or if you would like to sign up. This free series will be limited to 8 members.

July 2018



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1	2 Shopping 11 am	3	4 Independence Day Office Closed No Shopping No Exercise	5	6 Walk: Linear Path 10:30 am Shopping 11 am No Exercise	7
8	9 Stroll in the Park 10:30 am Shopping 11 am Tipple at Legals 5 – 6:30 pm	10 Photography Class 10 am – 12 pm	11 New Member Coffee 10:30 am No Shopping Stretch Class 2 - 3 pm Supper 6 pm	12	13 Peabody Essex Museum 10:15 am Shopping 11 am Movement Class 11 am – 12 pm	14
15	16 Shopping 11 am	17 Photography Class 10 am – 12 pm Bio Group 2 pm Dinner at Viale 5:30 pm	18 Travel Club 10 am Shopping 11 am Stretch Class 2 - 3 pm	19 Meditation 10 am	20 Walk: Quincy & Adams House 10:30 am Shopping 11 am Movement Class 11 am – 12 pm	21
22	23 Stroll in the Park 10:30 am Shopping 11 am Tipple at Nubar 5 – 6:30 pm	24 Photography Class 10 am – 12 pm	25 Shopping 11 am Stretch Class 2 - 3 pm Supper 6 pm	26 Book Group 12:30 pm	27 Walk: Harborwalk 10:30 am Shopping 11 am Movement Class 11 am – 12 pm	28
29	30 Shopping 11 am	31				

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.

Registration is required for all events, grocery shopping and exercise classes. Call the office to sign up unless otherwise indicated in the event description - 617-864-1715.

July 2018 Events



Please register for all events by calling the office or emailing suzanne@cambridgenighbors.org.

Friday, July 6, 10:30 am – 1:00 pm

Explorers Walk: Linear Path, from Alewife to Davis



Meet in front of Bertucci's next to the station. First we'll look for the swans or ducks in the adjacent pond and then we'll set off. The

Linear Park is a shaded paved walkway, built over the Green Line subway in 1985, links the two major subway stops. In Davis Square we'll get a light lunch at one of the bistros before heading back, some probably on the subway, the others maybe walking the way we came. Total walking distance: 1.5 miles each way.

Monday, July 9 & Monday, July 23, 10:30 – 11:00 am
Stroll in the Park, Danehy Park, New St. Entrance



Join fellow members in July for leisurely walks through Danehy Park, a 50-acre green space with incredible views. Ample parking is

available in the New Street parking lot. These walks will last 30 minutes. Free and open to members and guests.

Monday, July 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.

Tuesday, July 10, 10:00 am – 12:00 pm

Photography Class 1



Creating images with pizazz. CN member and instructor Jane Walker Richmond will share tips on how to improve your photography.

We will meet in Jane's home in Davis Square. Call the office for address.

Wednesday, July 11, 10:30 – 11:30 am

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.

Wednesday, July 11 and

Wednesday, July 25, 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.

Friday, July 13, 10:15 am - 5:15 pm

Explorers Walk & Boat Trip: Ferry to Salem & Peabody Essex Museum



We'll take the T to Long Wharf where we'll board the 11:45 am

Catamaran for a trip out of Boston Harbor

and along the coast North to Salem. There we'll travel to the museum by trolley. The current special exhibition is of the work of Sally Mann, one of this country's most influential and distinguished photographers. After visiting that we'll have a brief lunch in the atrium, and then we'll have some time to see more of the outstanding museum on our own before heading for the 4:00 pm boat back to Boston. Roundtrip ferry tickets will be purchased at the ticket booth (\$41). Museum tickets are \$13 at the entrance. Meet downstairs at the main Harvard T ticketing machines at 10:15 am.

Tuesday, July 17, 10:00 am – 12:00 pm

Photography Class 2



Photo credit
@Jane Walker Richmond

Putting the tips we learned in the 1st class into practice. We will meet at the Alewife T passenger drop off/pick up benches and then walk to the Alewife Reservation where the wildlife is plentiful.

Tuesday, July 17, 2:00 pm

Biography Group, CN Office

This month we will discuss “The Peabody sisters: Three Women Who Ignited American Romanticism,” by Megan Marshall. Group is closed.

Tuesday, July 17, 5:30 pm

Dinner at Viale, 502 Mass. Ave., Cambridge



Join us for dinner at Viale for seasonal Mediterranean fare. Dinner is self-pay.

Contact Liz to RSVP -

lizgzhp10@gmail.com or 617-491-0880.

Wednesday, July 18, 10:00 am

Travel Club, CN Office

Join us as we continue to discuss the possibilities of visiting some of the most fascinating and exotic places in the world. Open to members only.

Thursday, July 19, 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.

Friday, July 20, 10:30 am – 3:00 pm

Explorers Walk: Quincy and the Adams House



Meet downstairs at the main Harvard T station to take the Green Line to Quincy Center. There we'll briefly visit the Visitor Center and

then walk the one mile route to “Peacefields” the country Presidential estate currently managed by the National Park Service who will be our guides. (There is a small fee.) After the tour we'll walk about and then back to Quincy Center where we can have a light lunch before returning home. Total, about 2.5 miles.

Monday, July 23, 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.

Tuesday, July 24, 10:00 am – 12:00 pm

Photography Class 3

We will review and discuss the photos we have taken since the last class and answer other questions that might arise. We will meet in Jane's home in Davis Square. Call the office for address.

Friday, July 27, 10:30 am – 2:30 pm

Explorers Walk: Harborwalk to Commonwealth Museum



We'll take the redline from Harvard to JFK/UMASS. From there we'll walk along the Harbor across from South

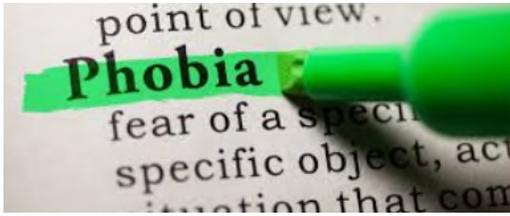
Boston with the downtown skyline behind. At the end of Columbia Point we'll go briefly into the Museum to see copies of the Declaration of Independence and Massachusetts Constitution. Then we'll go to the nearby JFK Library for lunch. Walkers can visit the Library or take the free bus back to the T-station, and others may choose to walk back along the bay. Meet downstairs at the main Harvard T station ticketing machines. Total walking distance: approx. 2 miles.

Thursday, July 26, 12:30 – 1:30 pm

Book Group, CN Office

Join us for our discussion of “Lilac Girls” by M.H. Kelly. Free/open to members.

So What Are You Afraid Of? by CN Member Steve Salmon



One day, Tina and I went to the Old Customs House in Boston. It's now a Marriott hotel, but on Fridays at 2 pm, you can take an elevator to the observation deck, 26 stories up, and have a panoramic view of Boston. It's a spectacular sight, but it made me nervous. I felt like I wanted to get out of there, and even felt an urge to jump. That's because I have acrophobia, the fear of heights.

There used to be a PBS television series called *Doc Martin* about a doctor who had to abandon a lucrative career as a surgeon in London because he had developed hemophobia—a fear of blood.

Maybe you joined Cambridge Neighbors because you suffer from gerascophobia—a fear of growing old. Or perhaps it's just the opposite: you love elderly people because you have gerontophilia, a love of old people.

Some people are afraid of cats (ailurophobia) or dogs (cynophobia). More common, perhaps, is the fear of mice (musophobia) which seems to provoke sufferers into climbing on a chair or desk. Even more common is an easily-understood fear of snakes or other reptiles (herpetophobia) or spiders (arachnophobia). Others have a fear of the dark (myctophobia) or lightning (astraphobia). Also common are fears of crowds (demophobia) or enclosed spaces (claustrophobia).

Ever notice that some hotels don't have a thirteenth floor? They're catering to people with triskadecaphobia, the fear of the number thirteen. Do you have trouble speaking in public? That's glossophobia. Hate writing letters? That's scriptophobia. Or more common, especially among older adults, is one of my favorite words: logizomechanophobia, a fear of computers.

I have a son-in-law who broke out in a sweat during his marriage ceremony and couldn't get the words "I do" out until we all urged him on; he suffered from gamophobia, the fear of marriage.

Phobias can be unsettling, even scary. And if you hate even the mention of them, I apologize for bringing up the subject—because you, poor soul, have phobophobia, an unreasoning fear of phobias themselves!

More Updates

Opera Group

Nearly 20 members contacted the office to express interest in the new CN Opera Group! Next steps: the group will meet and decide which opera performances and simulcasts they would like to attend together. Stay tuned for a date.

August Exercise

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

The Berklee Summer in the City Concert Series



There are tons of concerts all over Cambridge and Boston this summer. Here are the concerts almost every Monday and Friday in the Charles Hotel Courtyard in July. For a full list, visit www.berklee.edu/events/summer/concerts.

Bringing Members Together to Explore Our Community



Back in April, members enjoyed a guided tour at the Isabella Stewart Gardner Museum by Holly Salmon, Senior Objects Conservator.



Members pose in front of The Sphinx at Mount Auburn Cemetery in May. Sculpted by Martin Milmore and gifted to the Cemetery by Dr. Jacob Bigelow, The Sphinx was built as a Civil War Memorial in 1872.



Do you know where this photo was taken? If you guessed the Frank Stella conference room at MIT, you're right! Members visited MIT in June to explore the wondrous art and architecture on the campus.

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