

CAMBRIDGE AT HOME

Helping residents of Arlington, Belmont, Cambridge, Somerville and Watertown age in place with confidence and peace of mind.

JUNE 2017

PASSING THE BATON BY: SHIPPEN PAGE

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I will soon retire my position as head of the board of Cambridge at Home and feel immensely grateful for the opportunity to collaborate with members, staff and trustees on behalf of this wonderful organization. There are so many people who have helped advance CAH during my two year term as president. I want to especially thank Barbara Selwyn, our Executive Director and Suzanne Styffe, Member Services Manager, who bring their personal brand of dedication to support our members in their desire to age in place.



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

Norma & Aaron Fink
Cambridge

Marion Marill
Cambridge



With our strong and committed board working alongside our members, we have deepened our community ties and encouraged each of you to engage and participate. We are seeing increased participation in virtually every aspect of our community. There has been a surge in attendance at our social gatherings like Tipple Hour, dinners at The Cambridge Homes, museum trips and walking tours. Our volunteers, now up to 20, have been visiting members, offering rides, and helping with a range of odd jobs. This involvement speaks to our success in meeting you where you want to be.

I will continue to be involved as a director and will hand over the reins on July 1st to my colleagues and friends, Elizabeth Goodfellow, Kristin Mortimer and Tina Olton, who together will lead us forward. It is a good time to be a member of Cambridge at Home and I look forward to bright days ahead.

MEMBERS OVER 90 GATHER TO CELEBRATE LIFE AS NONAGENARIANS



Cambridge at Home has 26 members who are 90 or older, many of whom were founders of the organization. To celebrate the longevity of these members, CAH hosted an afternoon social. The conversation was lively and everyone enjoyed meeting one another. One member said, "I'm so glad there wasn't any music. Members talking became the music and it was beautiful." We hope to repeat this popular program in the fall.

PREVENTING FALLS BY CAH MEMBERS STEVE SALMON & BRIAN MERRICK



As mentioned in an article in last month's newsletter, falls are a major risk factor for older adults, with the CDC estimating that one out of three people age 65 and older fall each year. The article also mentioned a few things that could be done to prevent falls, including the installation of hand rails on stairs and grab bars in showers and tubs, and getting rid of throw rugs.

But there are a number of other steps that older adults can take to prevent falls. Lighting in the home should be bright, but not too direct, and stairs should have a light at the top and bottom. Use night lights. Put non-skid mats in showers and tubs, and a chair or stool for bathing. Tack down the edges of carpets and rugs. Keep paths clear of cords and clutter.

Dizziness and vertigo caused by certain medications can also result in falls, and these side effects should be reported to the prescriber or one's primary care physician. Gait disorders and balance problems can also increase the likelihood of falls.

These in turn may be related to a lack of leg strength or problems with the vestibular system. The vestibular system, located deep in the inner ear, is the sensory system directly related to maintaining balance, and like other sensory systems, becomes less efficient with age. This in turn can lead to dizziness, vertigo, increased sway during walking, and other problems with balance.

Physical therapy and exercises that strengthen leg muscles and promote balance can help offset these changes. In particular, researchers have shown that tai chi, an ancient Chinese martial art, can promote body awareness, improve balance, and thus help prevent falls.

June 2017

REGISTRATION IS REQUIRED FOR ALL EVENTS
617-864-1715

SUN	MON	TUE	WED	THU	FRI	SAT
Grocery Shopping - 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. Exercise - Classes take place at Evolve Fitness, 52 New Street, Cambridge.				Eustis Estate 9:30 am Fresh Pond Walk 10:15 am	Cambridge Shopping 11 am - 1 pm Movement & Balance 11 am - 12 pm	Arl./Bel. Shopping 9 am
4	Care Partner Group 10:30 am Cambridge Shopping 11 am - 1 pm Yoga 2 - 3 pm	Supper 6 - 7:30 pm	L&L: Home Design 11 am Cambridge Shopping 11 am - 1 pm Stretch 2 - 3 pm	8	Cambridge Shopping 11 am - 1 pm Movement & Balance 11 am - 12 pm	Arl./Bel. Shopping 9 am Architecture Cruise 2:15 pm
11	Cambridge Shopping 11 am - 1 pm Yoga 2 - 3 pm Tipple 5 - 6 pm	Local Walk: Mt. Auburn 10:30 am Open House 11 am	Volunteer Meeting 10:30 am Cambridge Shopping 11 am - 1 pm Stretch 2 - 3 pm	Changsho Lunch 12 pm	Cambridge Shopping 11 am - 1 pm Movement & Balance 11 am - 12 pm	Arl./Bel. Shopping 9 am
18	Tall Ships 10:30 am Care Partner Group 10:30 am Cambridge Shopping 11 am - 1 pm Yoga 2 - 3 pm	Home Care Talk 11 am Biography Group 2 pm	Cambridge Shopping 11 am - 1 pm Stretch 2 - 3 pm Supper 6 - 7:30 pm Summer begins	Cambridge Shopping 11 am - 1 pm Stretch 2 - 3 pm Summer begins	Cambridge Shopping 11 am - 1 pm Movement & Balance 11 am - 12 pm	Arl./Bel. Shopping 9 am
25	Cambridge Shopping 11 am - 1 pm Yoga 2 - 3 pm	Boston in Miniature 10:30 am	Cambridge Shopping 11 am - 1 pm Stretch 2 - 3 pm	Dinner 6 pm	Meditation 10 am Cambridge Shopping 11 am - 1 pm No Exercise	

JUNE EVENTS

Thursday, June 1, 9:30 am - 2:00 pm

Eustis Estate, 1424 Canton Avenue, Milton



Designed by esteemed Boston architect William Ralph Emerson, the Eustis Estate housed four generations of the Eustis family before being sold to Historic New England in 2014. This

Victorian mansion is now the only Emerson-designed building open to the public, a rare example of late nineteenth-century architecture situated on 80 acres of picturesque landscape at the base of the Blue Hills. The second floor galleries will also showcase *Mementos: Jewelry of Life and Love from Historic New England*, a vast collection of jewelry made and worn in New England from the Eighteenth century to today. \$35/person covers museum admission, self-guided tour and roundtrip van transportation. Open to CAH members and guests.

Thursday, June 1, 10:15 - 11:30 am

Guided Walk for Older Adults at Fresh Pond Reservation



Join Ranger Jean to explore the Butterfly Meadow behind Neville Place. We'll look for wildlife by sign, track, or presence. The pace and discussion will adjust to those who attend. Meet at 10:15 am in the parking lot of Maher Park at 650

Concord Avenue. A parking permit can be provided for non-Cambridge residents. All pathways are universally accessible and the terrain is fairly flat. *Free and open to CAH members and guests. Rain cancels.*

Tuesday, June 6 and Wednesday, June 21, 6:00 - 7:30 pm
CAH Supper, 360 Mount Auburn Street, Cambridge

Join CAH members for a 3-course dinner in the private dining room at The Cambridge Homes. \$15/person. *Open to CAH members only. Limited to 10.*

Wednesday, June 7, 11:00 am

Lunch & Learn: Reducing Stress at Home Through Design



New CAH Board member Emily Flax, Designer and Aging in Place Specialist with Active Matters LLC, will discuss various solutions to reduce stress at home through creative recommendations, while preserving the home's design integrity,

promoting positive stimulation, and reducing social isolation. Since every home and lifestyle is different, there will be a Q&A section to answer specific questions about this emotional transition of preparing your home for aging in place. *Free and open to CAH members only. Limited to 20. Bring a lunch.*

Saturday, June 10, 2:15 pm

Architecture Cruise with Charles Riverboat Company



This 90-minute tour offers spectacular views of historic and contemporary architecture along Boston Harbor, the Charles River Locks, and the Charles River basin.

Highlights include Marriott's Custom House, Prudential Building, and Hancock Tower. \$24/person in advance. *RSVP by June 5th. Meet behind the Galleria Mall at the pier ticketing kiosk at 2:15 pm. (Boat departs at 2:30 pm sharp.) Validated parking is available in the Galleria Mall garage for \$4.*

Monday, June 12, 5:00 pm - 6:00 pm

Tipple at Legal Sea Foods, 20 University Rd, Cambridge

Join us at Legals for drinks, appetizers and conversation. \$20/person in advance. *Open to CAH members only.*

Tuesday, June 13, 10:30 am - 12:00 pm

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

Join us for a stroll to see the beginning of summer blooms. *Free and open to CAH members and guests.*

Wednesday, June 14, 10:30 - 11:30 am

Volunteer Meeting, CAH Office

Volunteers meet monthly to share their experiences about volunteering with members. New volunteers are welcome!

Thursday, June 15, 12:00 pm

Lunch at Changsho, 1712 Mass. Ave., Cambridge

Join members for an all you can eat Chinese buffet lunch. *RSVP to Liz at least 2 days in advance at lizgz@aol.com or 617-491-0880. Buffet is \$15/person (self pay).*

Monday, June 19, 10:30 am

Adventure Walk: Charlestown Navy Yard & the Tall Ships



We'll walk from Lechmere Station through North Park and over the new pedestrian bridge to Revere Park and the Navy Yard. After a brief stop at the Constitution Museum, we'll take the ferry across the Harbor, surrounded by the visiting Tall Ships tied up at various wharves. We'll land at the Aquarium dock and stop at James Hook for their

famous lobster rolls before heading home on the T. This walk will consist of about 2.5 miles of walking. *Meet downstairs at the Harvard Sq. ticketing machines at 10:30 am. Bring money for the T, ferry (\$3.50), and lunch. Open to CAH members and guests.*

JUNE EVENTS CONTINUED

Tuesday, June 20, 11:00 am

Home Care: Options, Services & New Technologies



Home care enables people with both short-term and long-term special needs get the help they need in the comfort of their homes. But what exactly does home care involve? Join us for a talk by

Brooke Martindale, founder of Always Here Home Care, to learn about the different types of caregivers, the services they provide, how much they cost, how beneficial they are to people's lives and how technology is influencing this booming industry. Whether you are 65 or 95, it's important to learn how home care could support your wish to age in place. *Free and open to CAH members only. Limited to 20.*

Tuesday, June 20, 2:00 pm

Biography Group, CAH Office

Join us for our discussion of *Extraordinary Lives; The Art and Craft of American Biography*, by William Zinsser. *Group is full.*

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Suzanne Styffe - Member Services Manager

2017 INFORMATION SESSIONS

Invite a friend or neighbor to hear about the benefits of being a CAH member.

Tuesday, June 13 - 11:00 am

Call to reserve your space today!

617-864-1715

Tuesday, June 27, 10:30 am - 1:30 pm

Boston in Miniature, Boston City Hall



Join us for a trip to the Boston Planning and Development Agency to see their replica of downtown and parts of Beacon Hill, North End, Charlestown, Back Bay and the South Boston waterfront. This basswood model is regularly updated as new structures are built throughout the city.

After our 30-minute tour with city planner, Lauren Shurtleff, we will walk over to the Boston Public Market for lunch and then take the T back to Cambridge. *Meet downstairs at the Harvard T station ticketing machines at 10:30 am to take the T to Government Center. Free and open to CAH members and guests.*

Thursday, June 29, 6:00 pm

Dinner at Local Restaurant—TBD

We will announce restaurant details in an upcoming eblast.

Friday, June 30, 10:00 am

Meditation, CAH Office

Meditation is said to be a natural "counter to aging" practice because it teaches openness to the diminishing, rather than resistance to it. It is a way to stay young, open, joyful, and resilient in the face of loss. CAH member and practicing meditation teacher, Joel Baehr, will lead this session. *Free and open to CAH members only.*

CAMBRIDGE AT HOME

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