

CAMBRIDGE AT HOME

Serving Arlington, Belmont, Cambridge, Somerville and Watertown

MARCH 2017

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ANNOUNCEMENTS

- Our monthly Tiptle at Legal Sea Foods will now run from 5 - 6 pm.
- By popular demand, we are scheduling more weekend events. Check out our March calendar.

CREATING SOCIAL NETWORKS THROUGH VOLUNTEERS



CAH volunteers, consisting of both members and nonmembers, meeting in February to share experiences and discuss responsibilities.

CAH is making great strides in bringing together volunteers to help our members stay in their own homes and maintain their independence. While connecting with our members, volunteers are experiencing the satisfaction of having a personal impact on the lives of others. Whether a volunteer spends time changing a light bulb or having a conversation at the kitchen table, our members appreciate the warmth and personal interaction that volunteers share.

Since launching our volunteer initiative in January, we have had two meetings to introduce the objectives and practicalities of helping our members. At our last meeting, we invited Maureen

Grannan, Newton at Home's director, to share some of the challenges their volunteers encounter. She praised our efforts to be mindful of the boundaries between volunteers and members. Most importantly, Maureen encouraged us to seize the moments when we can demonstrate the meaning of care, compassion and community for our members, many of whom are living alone.

Our next meeting is **Wednesday, March 15 at 10:30 am** and we invite anyone who is interested in our volunteer initiative to attend. See event highlights for more information.



Planned Parenthood
League of Massachusetts

IMPACT JOURNALISM

LOCAL NATIONAL GLOBAL



The Schuster Institute
for Investigative Journalism
Brandeis University

ACTIVISM KNOWS NO AGE LIMIT

Over the past few months, many members have expressed deep concern about the current political climate. It seems that every day there is a new "Breaking News" headline regarding the tension in Washington and the disturbing efforts to undermine Americans' rights. CAH members have asked us to create a dialogue for members and the community at large with advocacy groups promoting social justice. We have confirmed two presentations that are sure to be thought-provoking and inspiring. These events are free for CAH members and guests. See page 5 and 6 for details.

Planned Parenthood: Crucial Services and Advocacy Initiatives

March 15, 12:30 pm

The Justice Brandeis Law Project and the Power of Investigative Journalism

April 3, 11:00 am

NEW MEMBERS!



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

Deborah Jameson & John Winkler
Arlington

Marie Latour
Cambridge

Margaret Lindsey
Cambridge

Peter Stynes
Cambridge

Christian Teal & Allison Pingree
Cambridge



AN INSIDE LOOK AT CONSERVATION AT THE ISABELLA STEWART GARDNER MUSEUM



Holly placing a rare guitar from the 1720's into MGH's CT machine to diagnose restorative needs

In January, CAH members were treated to an exclusive talk by Holly Salmon, Senior Objects Conservator at the Isabella Stewart Gardner Museum. Holly discussed the extensive work that is done to preserve and protect paintings, objects and textiles at the Gardner, including in depth research and documentation of each piece before restoration work is started.

This was one of the most interesting talks I've been to. I love museums and art, but knew nothing about art conservation and the detective work that is done for each piece.

- Elizabeth Merrick, CAH member



CAH members Tina Olton and Steve Salmon proudly introducing their daughter, Holly Salmon.

EMPOWERING YOURSELF IN THE EVENT OF A MEDICAL EMERGENCY



We were fortunate to have Captain Jeremy Walsh, Paramedic Coordinator for the Cambridge Fire Department, describe what happens when you call 911. He shared vital tips

to make a visit from EMT's and paramedics more effective.

Preparation

- Make sure your house number is clearly visible from the street.
- Keep a list of your medications handy at all times.
- Talk to your doctor and loved ones about your end of life wishes and the appropriateness of a DNR (Do Not Resuscitate).
- Make your wishes known to your doctor, loved ones and/or health proxy. If you do not want to be resuscitated or intubated, create a DNR or fill out a MOLST (Massachusetts Medical Orders for Life-Sustaining Treatment) form. These forms need to be signed by your doctor to be valid.

- Keep copies (on pink paper if possible) of your DNR, MOLST, and medication list on your refrigerator so they can be seen immediately. Make sure you have a copy in your wallet/purse for when you are out of the house.

During an Emergency

- Call 911 and state your location.
- Do your best to answer the dispatcher's questions.
- If you are unable to speak or press buttons on the phone, a police officer will automatically be dispatched to your house.
- If possible, tell the dispatcher how to gain access to your home – code for front door, key under matt, unlocked rear door, etc.

Although it can be anxiety-provoking to think about emergency situations that have yet to occur, it is important to be proactive so that your needs and wishes are best met.

MEET THE NEW ADDITION TO CAH!



We are pleased to welcome Brittany Ortiz to CAH as our new work study student from Lesley University. Brittany will be a helping hand in the office and serve as our in house photographer, as she is currently studying Photography. In addition to her passion for photography, she enjoys trying new food and browsing through antique stores near and far in New England. Brittany is an optimistic and enthusiastic addition to our organization, offering a friendly voice over the phone and smile to whomever comes to the office.

2016 ANNUAL APPEAL EXCEEDS EXPECTATIONS

Thanks to the many CAH members who contributed to this year's annual appeal, we exceeded the Board's challenge grant of \$10,000! These funds will help underwrite 1/2 the cost of taxi rides for CAH members 80+. Through our *On the Move* initiative, we are removing barriers for older members who no longer drive and seek reliable transportation to medical appointments, social events, and visits with friends and family. Remaining funds will support our outreach efforts for the volunteer initiative and enable CAH to offer reduced membership and program fees for people on fixed incomes.

STUFF BY CAH MEMBER PHIL MILLER



I've been thinking... It seems inevitable now when we reach a point in our lives, as we gradually grow into our sixties and seventies, that we become faced with an ever-

increasing concern. I don't mean waning energy, dimming vision and hearing or aching joints. I mean stuff.

Years of our lives sit on shelves, decorate our rooms and fill the spaces we live in. They have furnished our lives. They have adorned crevices of our dreams and responsibilities. But then one day we look around our homes and think, "What on earth am I going to do with all this stuff?"

There's the antique dry sink that once belonged to grandma Sadie, the yearbooks from our college days, the 43 issues of *The New Yorker*, the stacks of *Boston Globe Magazine* crossword puzzles, the souvenirs from our trips to Bombay, Dublin, Lima and Timbuktu. And there's the something-or-other we picked up from somewhere-or-other. And all of the "extra" things we bought in case we ever ran out of whatever we had.

We have collected moments and memories that have, over time, meant something to us and now we don't know what to do with them.

I've begun to dread birthdays and Christmases, not because they remind me that I'm getting older, but because they increase the possibility that I'm going to get more stuff.

Thoughts of family give-away gatherings, estate sales, Salvation Army collections and the dump pass through my mind. Or, perhaps, I should just ignore everything and let my heirs take care of it. Surely little Tim will someday want the HO electric train set that lingers unused in the basement. Surely all the grandkids will jump at the chance to get the scores of photographs I've taken over the many years I've lived. But I've tried the family and with the utmost loving kindness they decline.

We have hung on to this stuff as though we really needed it, but do these things really define us? Or do they begin to own us?

Henry David Thoreau took a dramatic step to free himself of clutter by tromping off into the woods for a stay. His message, don't let our daily routines keep us from what is really important, makes a lot of sense.

Author Wendell Berry has written, "Don't clutter so much that you will be relieved to see your house catch fire."

Whatever we do, we know one thing: we can't take any of it with us.

Do you have a lot of stuff that you don't know what to do with? If so, you're in luck! On March 28th there will be a talk by one of our trusted professional organizers, Sally Chvany. See event highlights for details.

March 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		Cambridge Shopping 11 am - 1 pm Movement & Balance 11 am - 12 pm	Arlington/Belmont Shopping 9 am
5	Cambridge Shopping 11 am - 1 pm Yoga 2 - 3 pm	6	Cambridge Shopping 11 am - 1 pm Stretch 2 - 3 pm Supper 6 - 7:30 pm	Orchid Display at Gardner Museum 10:30 am	Cambridge Shopping 11 am - 1 pm Movement & Balance 11 am - 12 pm	Arlington/Belmont Shopping 9 am
12	Care Partner Workshop 10:30 am Cambridge Shopping 11 am - 1 pm Yoga 2 - 3 pm	13	Volunteer Mtg. 10:30 am Planned Parenthood 12:30 pm Cambridge Shopping 11 am - 1 pm Stretch 2 - 3 pm		Cambridge Shopping 11 am - 1 pm Movement & Balance 11 am - 12 pm	Arlington/Belmont Shopping 9 am
19	Spring Equinox Cambridge Shopping 11 am - 1 pm Yoga 2 - 3 pm Tippie 5 - 6 pm	20	Cambridge Shopping 11 am - 1 pm Stretch 2 - 3 pm		Cambridge Shopping 11 am - 1 pm Movement & Balance 11 am - 12 pm	Arlington/Belmont Shopping 9 am Gilbert & Sullivan's The Sorcerer 2 pm
26	Care Partner Workshop 10:30 am Cambridge Shopping 11 am - 1 pm Yoga 2 - 3 pm	27	Downsizing Talk 11 am Supper 6 - 7:30 pm			
		28				
		29				
		30				
		31				

MARCH EVENTS

Sunday, March 5, 5:00 pm

World Cuisine: Tango Restaurant

464 Massachusetts Avenue, Arlington



Our “World Cuisine” dinner series is back! Join members for Argentinian cuisine at Tango, where the cooking method of choice is grilling—steaks, sausages, sweetbreads, vegetables and fish. *Open to CAH members and guests. Dinner is pay on your own. Limited to 10.*

Wednesday, March 8 and

Tuesday, March 28, 6:00 - 7:30 pm

CAH Supper, 360 Mount Auburn Street, Cambridge

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

Thursday, March 9, 10:30 am - 2:00 pm

Orchids at the Isabella Stewart Gardner Museum



Join us for a taste of spring at the Gardner Museum! “Tall, majestic calla lilies surround the Courtyard mosaic set off by unusual orchids, including exotic lady’s slippers with maroon and green flowers; leopard

orchids sporting clusters of yellow flowers with brown spots; and large, showy tankerville or nun’s orchids that have been grown in our greenhouses since Isabella Gardner’s time.” We will freely explore the Courtyard and the galleries before meeting at Café G at 12:30 pm for lunch. *Nonrefundable fee of \$15 in advance covers roundtrip transportation only. For museum admission, \$12/person should be paid upon arrival for non-ISGM members. Meet at Apple Cinemas at 10:30 am. Open to CAH members only. Limited to 10.*

Monday, March 13 & March 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. *Free and open to CAH members only.*

Tuesday, March 14, 1:00 pm

The Importance of Doctors’ Approaches to Medical Care, CAH Office



Come and meet retired family physician Dr. Janet F. Regier who will talk about the different approaches to a successful doctor’s office visit. Learn how doctors gather medical information, build strong patient-doctor relationships and educate patients about diagnoses and treatment plans. Dr. Regier will also share practical tips to help you, as a patient, contribute to a productive dialogue with your medical professional. *Free and open to CAH members and guests. Limited to 20.*

Wednesday, March 15, 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, March 15, 12:30 pm

Planned Parenthood: Crucial Services & Advocacy Initiatives, CAH Office



For the past 100 years, Planned Parenthood (PP) has provided millions of women and men across the world with high quality health care. A trusted educator and passionate advocate, PP works vigorously to promote, provide and preserve access to comprehensive reproductive and complementary health care services. PP’s Lily Kofke, Community Health Educator and Kate Frisher, Public Affairs Coordinator, will give an overview of the crucial services PP provides to the community, the importance of sex education, and current efforts to organize advocacy campaigns. This is an opportunity to learn about & promote advocacy initiatives and policies that protect Americans’ reproductive rights at the local, state and federal levels. *Free and open to members and guests. Members are strongly encouraged to bring guests! Limited to 25.*

Monday, March 20, 5:00 pm - 6:00 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.*

MARCH EVENTS CONTINUED

Tuesday, March 21, 10:30 am

Local Walk: Alewife T-Station to Belmont and Back



Join us as we make our way from Alewife to Belmont along the Fitchburg Cutoff Path, past ducks, geese and maybe a heron. We'll make an optional stop for a snack at The Loading Dock in Belmont before heading back. Meet the group at the Alewife T station in front of Bertuccis. The walk will be cancelled if the temperature is below 35 degrees or if snow/ice make the walking treacherous. *Free and open to CAH members only.*

Tuesday, March 21, 2:00 pm

Biography Group, CAH Office



Join us for our discussion of *Lawrence in Arabia: War, Deceit, Imperial Folly and the Making of the Modern Middle East*, by Scott Anderson. *Free and open to CAH members only.*

Friday, March 24, 1:00 pm

Tech Help, CAH Office



Take advantage of this free opportunity to sit down with a student from Lesley University and have all of your tech-related questions answered! Whether it be your iPad not connecting to the Internet or figuring out how to download an app, students will work with you to solve any issues and walk you through certain functions on your device. *Free and open to CAH members only. Limited to 6.*

Saturday, March 25, 2:00 pm

**Gilbert & Sullivan Players Present *The Sorcerer*
Agassiz Theatre, 5 James Street, Cambridge**



Join the Harvard-Radcliffe Gilbert & Sullivan Players for *The Sorcerer*. A young man, Alexis, is obsessed with the idea of love levelling all ranks and social distinctions. To Promote his beliefs, he invited the proprietor of J.W. Wells & Co., Family Sorcerers, to brew a love potion. This causes everyone in the village to fall in love with the first person they see and results in the pairing of comically mismatched couples. In the end, sacrifices have to made to break the spell. *Nonrefundable fee of \$12 in advance per ticket. \$15 for nonmembers. Meet in the lobby of Agassiz at 1:45 pm to pick up your ticket from group leader. Open to members and guests. Limited to 10.*

Tuesday, March 28, 11:00 am

I'm Ready to Downsize, Now What?!, CAH Office



The decision to leave your home after many years and move into a smaller place can be overwhelming and emotionally draining. From your lifetime of possessions, you'll have to determine what furniture and household items you'll need, want and have space for in your new residence. And equally important is to figure out what to do with what's left. Sally Chvany, Professional Organizer and Move Manager of Acme Organizing, will share tips to plan ahead so the transition runs smoothly and talk about what to expect in the process. Also discussed will be information about the current market for donating and selling your beloved (and not so beloved) possessions. You'll learn how to manage your move, so your move doesn't manage you! *Free and open to CAH members only. Limited to 20.*

APRIL PREVIEW

Monday, April 3, 11:00 am

The Justice Brandeis Law Project and the Power of Investigative Journalism, CAH Office



Wrongful convictions undermine the legitimacy of our criminal justice system and threaten public safety. There are many "glitches" that result in wrongful convictions, such as eyewitness misidentification, faulty forensics, false confessions, and bad lawyering. Unfortunately, these "glitches" are most common in the cases of those who come from poor minority groups. Join Tate Herbert, Assistant Editor at the Schuster Institute for Investigative Journalism at Brandeis University, to learn about the admirable Justice Brandeis Law Project (JBLP) and the investigative journalism techniques they use to examine possible miscarriages of criminal justice. Their goal is to uncover information that will overturn a conviction (and possibly exonerate) a falsely accused criminal. *Free and open to CAH members and guests. Limited to 25.*

DR. ATUL GAWANDE TALK POSTPONED INDEFINITELY



As many of you are aware, the celebration of the 15th Anniversary of Beacon Hill Village and the Village Movement with Dr. Atul Gawande had to be cancelled and rescheduled due to inclement

weather. CAH and 165 Villages across the country were planning to celebrate this exciting time for the Village Movement by gathering and live streaming the talk. As soon as we hear of the new date, we will make an announcement. Thank you for your understanding.

If you haven't yet read Dr. Gawande's pathfinding *Being Mortal: Medicine and What Happens in the End*, we highly recommend it!

WE'D LOVE TO HELP YOU!

Thanks to our newly launched Volunteer Outreach program, CAH members are encouraged to request services that can make your life a little easier.

- Do you wish you had someone to drive you to your doctor's appointment?
- Wouldn't it be wonderful if someone could run a few errands for you when you're not able to get out on your own?
- When was the last time you were able to change the batteries in your smoke detector or replace a ceiling lightbulb?
- Has your cold kept you from walking your dog as frequently as you should?

The next time that you wish someone could help you with one thing or another, why don't you call the office at 617-864-1715 and see if a volunteer is available to drop by and lend a helping hand.



LOBSTERS AND IMMORTALITY

BY CAH MEMBER STEVE SALMON



As we grow, and as we grow older, our cells divide, making new cells to replace the old ones. But there's a limit: human cells can divide about 40 to 60 times, after

which they can no longer divide. At this point, assuming we manage to avoid accidents and disease, we essentially die of "old age."

At the end of each chromosome in our cells is a little protective tip, called a telomere, which keeps the chromosome from unraveling during cell division. But with each cell division, a little bit of each telomere gets clipped off, until finally there's no more left, and the chromosomes cannot be replicated.

In young cells, an enzyme called telomerase keeps the telomeres from wearing down too much. As we age, we use up the telomerase, and eventually don't have enough to repair the little telomeres. Thus, our cells "age."

Curiously, lobsters never lose the ability to produce telomerase. Their cells can continue to divide, making them theoretically ageless—and if they manage to avoid getting eaten by predators, immortal.

So why aren't we overrun with giant lobsters? It turns out they can get pretty large. The Guinness Book of World Records lists the largest one ever caught at 44.4 pounds, the size of a three-year-old child. But eventually they run into a problem. Lobsters molt, and the process of shedding the old shell and getting into a new one takes a lot of energy, and they eventually die of exhaustion.

Scientists are, of course, trying to find a way to manufacture telomerase artificially, so they could offer humans a kind of immortality. But do we really want to live forever? Or would we, like the lobster, eventually find it too exhausting to continue?

WHAT YOU MIGHT NOT KNOW ABOUT GATEWAY MEMBERSHIP



Have you talked to someone recently who might be thinking about joining Cambridge at Home, but isn't sure if this is the time to get involved? We meet many prospective members who let us know that they're still working or they're busy with travel plans, volunteer activities, family visits, and other past times. Some feel as though they're "too young" to need the services that Cambridge at Home offers.

CAH realized that a special membership for these individuals needed to be introduced. Welcome to Gateway Membership - geared to people ages 50-72 who are interested in social opportunities within CAH but don't feel as though they need the services we provide. This

membership option offers participation in all cultural and social events, programs, and trips. Depending on one's interests, there are opportunities to join a committee to organize programs and to be a volunteer to our members. Although you won't have full access to our services, Gateway membership is fully tax deductible.

For more information about becoming or referring someone as a Gateway member, call 617-864-1715.

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CAMBRIDGE AT HOME

545 CONCORD AVENUE, SUITE 104

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.

Tuesday, March 14 - 11:00 am

Tuesday, April 18 - 11:00 am

Call to reserve your space today!

617-864-1715