

CAMBRIDGE AT HOME

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

MAY 2017

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CAH members enjoyed a lovely walk around Belmont's Habitat Wildlife Sanctuary in April!



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

Ginny & Tom Payette
Cambridge

Tom Rodes
Cambridge



MEMBER-DRIVEN AT ITS FINEST

At Cambridge at Home, we pride ourselves on being member-driven and truly valuing what members say they want and need. We are proud to announce that we are repeating several popular programs and introducing new programs for which members have expressed an interest.

CAH's first-ever Care Partners Workshop will be starting their second series from May through June. Members of the group have been meeting biweekly and have found the group extremely helpful and supportive. Back by popular demand, we will be repeating two Lunch & Learn programs that were oversubscribed last year: Liz Goodfellow's *The Art of Christo & Jeanne-Claude* and Tina Olton & Steve Salmon's *A Journey Around the World*. If you didn't get a chance to attend these programs last year, see page 4 for details and mark your calendar now - seats are sure to fill up!

In response to members saying they want slower walks, CAH is now partnering with the Fresh Pond Reservation and their Chief Ranger, Jean Rogers, to offer walks geared towards older adults. These shorter and slower-paced walks will take place on May 4th and June 1st at 10:30 am.

As you may know, board member Tina Olton has been meeting with all members over 90 to learn how CAH can best help them. Many of these members have brought up the idea of meeting other members 90+ and we are finally able to foster such an opportunity. On May 3rd we will be having a gathering for all of our members over 90, 26 of them to be exact, to meet and celebrate life as nonagenarians. Look for pictures in our June newsletter.

WELCOMING CAH'S NEWEST BOARD MEMBER



Emily Flax

CAH is pleased to welcome Emily Flax as the newest CAH Board member. After receiving her degree in Industrial Design from Western Washington University, Emily worked at several Boston-based companies where she was responsible for consumer research, concept prototyping and engineering drawings for product design development. She then switched her focus and worked in a subacute nursing facility developing and leading specialized programs to enhance patients' quality of life.

Continued on page 2.

NEW CAH SERVICE: MEDICAL NOTE TAKER

- Ever feel overwhelmed during a doctor's visit?
- Do you have trouble understanding the medical terms your doctor uses?
- Is it difficult to remember everything your doctor said by the time you get home?



If so, retired family doctor Janet Regier is offering to help CAH members better understand what is going on during their doctor's appointments. She will meet you at your doctor's office, sit with you during

the visit, take notes and then send them to you in conventional lay language. With this service you may feel more relaxed and comfortable knowing that someone is there with you listening, watching and taking notes.

If you think you would benefit from having Dr. Regier assist you during your doctor's appointment, call the office to get more information.

EMILY FLAX CONTINUED

Emily has recently returned to the world of design by launching Active Matters LLC, with the goal of exploring design concepts that support and empower a thriving aging population. She is responsible for assessing client needs and developing solutions to help older adults age in place with home modification and behavioral recommendations to promote safety, visitability, and socialization. Emily hopes to share with CAH members her passion for helping people age in place.

FEEDBACK ON PREFERRED VENDORS

In the past month, CAH has received wonderful feedback from members about recent referrals to our vetted service providers. We thought we would share with you what members are saying.

"Rick came today and solved my problem completely. I needed a new cable box, and he did all the necessary, at very reasonable charge. Thanks to you I feel nearly ready for the 21st century."

"Again I want to thank you for suggesting Barbara Riley as a cook. She is terrific!"

"The cleaners came yesterday, worked for three hours, and cleaned my house like never before!"

"Thank you for setting up my rides with Green Cab. They are always on time and now know me by name. I don't know what I'd do without them and CAH."

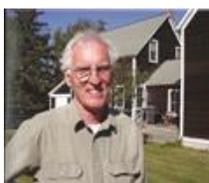
BUILDING COMMUNITY THROUGH OUR VIRTUAL DIRECTORY

BY CAH BOARD MEMBER JOHN GRACE

Our community grows stronger as members meet and come to know one another through our many social and cultural activities. Sometimes, though, it's hard to remember who it was we were talking with or what exactly we talked about, making it hard to follow up. That's where our virtual directory comes in. When we're up to speed, members can scan the directory on our website, cambridgeathome.org, see who they were talking with and, by checking member interests, even see what they might have been talking about.

For all of this to work, though, we need more members to send in a photo and a summary of their life experiences and interests. This will help us learn more about members we have met and find out about members we have yet to meet.

Here's an excerpt from my virtual directory submission:



"John is weaving again ... making bedside rugs at home in Belmont from wool raised in Maine and selling them mostly by word of mouth."

To access the CAH virtual directory, all you need is your log in name and password, which you can get by calling the office. Once logged in, you can change or delete any of your personal information at your convenience. If you have any questions or would like to submit your bio and photo, call the office at 617-864-1715 or email info@cambridgeathome.org.

SHARING HEALTH EXPERIENCES

- Worried about an upcoming surgery?
- Want to talk about a certain health condition that others might be dealing with?

If so, you can always call the CAH office and we can reach out to our membership to see who can share their experiences with you.

A few months ago a member called the office asking if we knew anyone who had back surgery. We sent an eblast out to the membership and soon got five responses from members willing to share their experiences. CAH is a community and we are here to help each other.

EVER WONDER WHAT “TIPPLE” MEANS?



CAH members enjoying their monthly Tipple at Legal Sea Foods in March.

“I’ve been going to Tipple since I joined Cambridge at Home back in 2008. It’s a great opportunity to welcome new members and catch up with more familiar faces. I enjoy the company of fellow members and learning more about their lives, both past and present.”

- Ted Hansen, CAH member

CAH members have been meeting for Tipple once a month since CAH was founded. It’s a monthly gathering where members meet for drinks and appetizers, usually at Legal Sea Foods in Harvard Square.

But where exactly did the name “Tipple” come from? During a recent trip to Philadelphia, CAH Member Services Manager Suzanne Styffe noticed the word on a drink menu and finally put two and two together that tipple means “to drink alcohol.” It’s a Middle English word dating back to the late 15th century and was quite popular for sometime. It can be used as a verb, such as “I plan to tipple tonight” and also as a noun, “He sure is a tippler.”

Today its usage is not as common, but nevertheless it’s a fun word to describe having a drink.

FRIENDSHIP BY CAH MEMBER PHIL MILLER

I’ve been thinking about friendship.



It’s been easy to take friends for granted in one’s life. You grow up with a few; not sure how you came up with them, but they were always around. I remember George and Tony were my two very good

friends in grade school. We would play tin soldiers in the backyard for hours after school.

I didn’t make any enduring friends in high school, but in college I had friendships that have lasted over many years. One friend helped me get through a difficult divorce. He was on the phone for hours, just listening to me express my feelings. Another college friend remembers more about me than I do myself and is more than happy to fill me in on the details. We remain close though miles separate us.

As we get older, we begin to lose them. Three college friends are with me now only in spirit. My music buddy of many joyous rehearsals and concerts died a few years ago.

It’s not so easy now making new friends. I don’t get around much anymore; folks are less available and it’s difficult connecting with someone whose experiences are so different from mine.

This winter, Cambridge at Home provided me with an opportunity to meet someone new and, perhaps, to make a new friend. I haven’t had very many “blind dates” in my life and those that I have had didn’t turn out so well, but I thought the possibility was worth a try.

I met a new CAH member who was friendly and charming. We reminisced about our lives (always a satisfying activity), laughed at a few jokes, shared the similarities and differences of our backgrounds, sat through moments of silence that often occur when two old guys get together in the afternoon and reflected, delicately, on the costs of aging.

It’s hard for me to know how he felt about the meeting, but I left, after an hour or so with a note in my calendar when our next get together was to be.

May 2017

REGISTRATION IS REQUIRED FOR ALL EVENTS
617-864-1715

SUN	MON	TUE	WED	THU	FRI	SAT
		Supper 6 - 7:30 pm	Cambridge Shopping 11 am - 1 pm Stretch 2 - 3 pm 90+ Celebration	Fresh Pond Walk 10:30 am	Cambridge Shopping 11 am - 1 pm Movement & Balance 11 am - 12 pm	Arlington/Belmont Shopping 9 am
1	2	3	4	5	6	
Care Partner Workshop 10:30 am Cambridge Shopping 11 am - 1 pm Yoga 2 - 3 pm	Lilacs at Arboretum 10:30 am Dinner at Viale 5:30 pm	Volunteer Mtg. 10:30 am Cambridge Shopping 11 am - 1 pm Stretch 2 - 3 pm	Peabody Essex Museum 9:30 am	Cambridge Shopping 11 am - 1 pm Movement & Balance 11 am - 12 pm	Arlington/Belmont Shopping 9 am	
7	8	9	10	11	12	13
Meditation 11 am Cambridge Shopping 11 am - 1 pm Yoga 2 - 3 pm Tipple 5 - 6 pm	Local Walk: 10:30 am Open House 11 am Biography Group 2 pm	Cambridge Shopping 11 am - 1 pm Stretch 2 - 3 pm Supper 6 - 7:30 pm	L&L: Christo & Jeanne- Claude 11 am	Cambridge Shopping 11 am - 1 pm Movement & Balance 11 am - 12 pm Uber 101 11 am	Arlington/Belmont Shopping 9 am	
14	15	16	17	18	19	20
Care Partner Workshop 10:30 am Cambridge Shopping 11 am - 1 pm Yoga 2 - 3 pm	L&L: Journey Around the World 11 am	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	
21	22	23	24	25	26	27
<i>Memorial Day</i> Office Closed No Shopping No Exercise			Cambridge Shopping 11 am - 1 pm Stretch 2 - 3 pm	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.		
28	29	30	31			

MAY EVENTS

Tuesday, May 2 and Wednesday, May 17, 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. *Non-refundable fee of \$15 in advance per person. Open to CAH members only. Limited to 10.*

Wednesday, May 3, 2:00 pm 90+ Celebration

All CAH members 90+ as of 2017 have been invited to our special gathering. We will be making reminder calls a week before the event. If you have any questions, feel free to call the office.

Thursday, May 4, 10:30 - 11:30 am Guided Walk for Older Adults at Fresh Pond Reservation



Join Chief Ranger Jean Rogers to explore the unfolding of spring in the Butterfly Meadow behind Neville Place. We'll look for wildlife by sign, track, or presence, and the pace and discussion will adjust to those who attend. Meet at 10:15 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.*

Monday, May 8 & May 22, 10:30 am - 12:00 pm Care Partner Support Group, CAH Office

Our "Care Partner Workshop" provides 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 offers opportunities to share challenges, experiences and resources with others in similar situations. *Free and open to CAH members only.*

Tuesday, May 9, 10:30 am - 1:00 pm Lilacs at the Arnold Arboretum



The Arnold Arboretum in Jamaica Plain is home to one of the largest lilac collections in North America, which will be in full bloom in May. Join us for a walk (about 1.5 hours with plenty of breaks), to enjoy these

wondrous flowers. Meet at Apple Cinemas at 10:30 am to take Uber or a taxi to JP. *\$5 in advance covers roundtrip transportation. Open to CAH members only.*

Tuesday, May 9, 5:30 pm Dinner at Viale, 502 Mass. Ave., Cambridge



Join fellow CAH members Liz, Tina and Steve for dinner at Viale, an Italian inspired farm to table restaurant in Central Square. Dinner is self-pay. RSVP to Liz at lizgz@aol.com or

617-491-0880. *Limited to 8.*

Wednesday, May 10, 10:30 am - 12:00 pm 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.

Thursday, May 11, 9:30 am - 2:00 pm Guided Tour of WOW® World of WearableArt™ at Peabody Essex Museum



For the last 25 years, New Zealand has hosted an annual design competition that challenges sculptors, costume designers and textile artists to explore the boundary between fashion and art, and to "get art off the walls and onto the body." The WOW® World of WearableArt™ exhibition showcases the competition's most unique and spectacular wearable artworks. Expertly crafted in a range of materials, from wood and aluminum

to fiberglass and taxidermy, these creations celebrate lavish creativity and push the limits of wearability. After our guided tour, we will have lunch (self-pay) in the Atrium Café before heading back to Cambridge. *\$45/person covers museum admission, guided tour and roundtrip van transportation. Open to CAH members and guests. Limited to 12.*

Monday, May 15, 11:00 am Meditation for Staying Open & Resilient, CAH Office

April's meeting was so popular that CAH member and practicing meditation teacher, Joel Baehr, has offered to host another meditation session. Meditation is the practice of being mindful and fully present in the moment. It is said to be a natural "counter to aging" practice, because it teaches openness to the diminishing, rather than resisting to it. It is a way to stay young, open, joyful, and resilient in the face of loss. *Free and open to CAH members only. Limited to 15. The group will gather after the session to discuss next steps.*

MAY EVENTS CONTINUED

Monday, May 15, 5:00 pm - 6:00 pm

Tipple at Legal Sea Foods

20 University Rd, Cambridge



If it isn't fresh, it isn't Legal!

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

Tuesday, May 16, 10:30 am

Local Walk: Harvard Sq. to Harvard Business School



Sign up for a stroll 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. *Free and open to CAH members and guests.*

Tuesday, May 16, 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. *Free and open to CAH members only.*

Thursday, May 18, 11:00 am

Lunch & Learn: The Art of Christo and Jeanne-Claude



The artist Christo and his wife Jeanne-Claude have been changing the way people see things for six decades, most recently the 'walking on water' Floating Piers in Italy, 2016, and The Gates in Central Park, 2005. In 1968, CAH member Liz Goodfellow and her husband, Mitko, helped them achieve an art installation at Documenta in Germany. Until his death in 2010, Mitko

continued as one of Christo's consulting engineers. This L&L will be a chance to see Christo drawings and books about the various projects, and hear about the unique way these massive feats of engineering were funded. This event will take place in Liz's home and will include a light lunch. *Free and open to CAH members. Limited to 12. Call the office for location information.*

Friday, May 19, 11:00 am

Uber 101, CAH Office



U B E R

Transportation is one of the biggest challenges facing seniors, especially in bad weather or in the evening. 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 Member Services Manager, Suzanne Styffe, 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 8.*

Tuesday, May 23, 11:00 am

**Lunch & Learn: A Journey Around the World
CAH Office**



CAH members Tina Olton and Steve Salmon sailed around the world on their forty-foot, ocean-going sailboat, *Another Horizon*, for nearly eight years. From Berkeley, California, they cast off their dock lines to head west through the Golden Gate. From the rich beauty of French Polynesia, to the whitewashed beaches of Greece, to confronting wanna-be pirates in the Indian Ocean, to a heart-pounding night pursued by armed militia in the Red Sea, Steve and Tina examined the limits of their determination, their ability to endure hardship, their tolerance for other people—regardless of behavior or beliefs—and their good will toward each other. Tina and Steve came to realize that the journey would have a profound impact on their lives—or bring them to their knees. Come find out which it was! *Free and open to CAH members only. Limited to 20.*

JUNE PREVIEW

June 1st - Easy Strollers Walk at Fresh Pond -

Join Chief Ranger, Jean Rogers, for slow paced walk.

June 1st - Eustis Estate - Join us for a self-guided tour of the newly renovated Eustis Estate in Milton.

June 7th - Home Modifications - Emily Flax will give a talk about modifying homes to promote safety and independence.

June 20th - Boston in Miniature - We will have a 30-minute tour of the Boston Planning and Development Agency's replica of Boston and learn about new developments happening in the city. Lunch after at the Boston Public Market.

Downsizing TIPS

The average U.S. household has 300,000 items, all of which require a decision when considering a move. In March, CAH service provider and professional organizer, Sally Chvany, talked with members about what to do with all of their stuff when getting ready to downsize.



The first step is to decide what to keep and what not to keep. You can rate your belongings based on value and usage to figure out if an item is something you'll never let go of or if you only use it occasionally

and can live without it. The more proactive you are in this phase of the decision making, the better off you'll be.

Once you decide what items you're getting rid of, you have to decide where they will end up. Sally suggests reaching out to family and friends first to see if they want anything. Then you have to figure out what your goal is for the rest of the stuff: to make money or to just get rid of it. If you go the selling route and have a lot of items, Sally suggests trying out online estate sales where a couple of employees from the company come to your home, take pictures of your belongings, post them online to a wide audience, and then take a commission on what is sold. *Continued on page 8.*

PLANNING FOR MOBILITY

BY CAH MEMBER STEVE SALMON

A number of studies have shown that most older Americans desire and plan to age in place for as long as they can. For example, a 2014 study by AARP found that nearly 90% of adults 65+ want to stay in their current homes and communities as they grow older. However, those homes may not always be suitable for elderly adults and can present significant challenges to mobility and safety.

The majority of seniors believe their homes meet their needs, but the reality is that abilities shift over time and home modifications are needed to support one's changing physical and cognitive needs. Reflecting on the notion that most older adults are satisfied with their homes, Catherine Kriske at Bethel University said, "This optimistic outlook conflicts with the high likelihood that for many, their homes will not meet their needs. Significant contributors to this mismatch between one's desire to stay home and the reality of one's current home design are mobility issues and potential fall risks." Changes in mobility make navigation throughout the home more difficult.



Yet there are a number of things that can be done to mitigate mobility problems and the risks they present. AARP suggests simple modifications such as brighter lighting, handrails, and removing throw rugs. "Modifications

for the home can range from the low-cost and straightforward, such as moving food to lower shelves and adding grab bars in the shower, to higher-cost renovations such as installing a stair lift." It is also suggested to have a bedroom and bathroom on the same level as the kitchen and living room. In order to achieve our goal of aging in place, we must address the risks that are involved and learn how to best minimize them.

Want to learn more about making your home safe? Join us on **JUNE 7 at 11 am** for a talk by CAH's new board member, Emily Flax, who will share her expertise in industrial design and home modifications.

APRIL TRIP TO McMULLEN



“This was the best experience I’ve ever had at an art museum as far as complete concentration goes. The McMullen Museum is very intimate and we were able to take our time with each piece. The docent was top notch and I learned a great deal about Rafael Soriano. I would love to go back.”

- Emily Farnsworth, CAH member

DOWNSIZING CONTINUED

This can be a highly effective way of selling items as the company does all of the leg work (posting items online, tracking sales, & organizing pick ups/drop offs/shipping) and the internet can reach potential buyers across the entire country, giving you better sale odds. Ebay, Craigslist, and local social media pages are also a popular way to sell items locally. You can also try bringing your items to local consignment or antique shops, but your buyer audience becomes limited to only the consumers who walk through the door.

If you’re not concerned with making a profit, you can always donate your items to local nonprofits that help house the homeless. They are always looking for furniture in good condition and household items. Some companies will come and pick up your items, while others ask that you drop them off. If you’re not ready to downsize, but want to start getting rid of some stuff, make a goal of filling one box a week and dropping it off at the local Goodwill. It can free up your space and spirit!

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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, May 16 - 11:00 am

Tuesday, June 13 - 11:00 am

Call to reserve your space today!

617-864-1715