



The Village to Village Network on Capitol Hill



On October 1st, hundreds of members and staff from villages across the nation met on Capitol Hill to speak with the staffs of our representatives

and senators about the value of village programs and the impact they are having on older Americans. Cambridge at Home and Beacon Hill Village met with staff members at the offices of Senator Elizabeth Warren (Senate Special Committee on Aging), Senator Ed Markey, Representative Stephen Lynch, and Representative Michael Capuano. Our next step is to meet at home with the senators and representatives. CAH members can help by letting your representatives in Washington know what a valuable community resource CAH and the entire village movement has become for older Americans.

The Milk Train Doesn't Stop Here Anymore

Featuring Academy Award-winner Olympia Dukakis



Reserve your tickets now to see Tennessee Williams' "sophisticated fairy tale", a story of the former showgirl Flora "Sissy" Goforth, a dying woman with a flamboyant past and a blistering tongue. Having married and buried no less than four millionaire husbands, she spends her final days writing her memoirs atop a coastal Italian villa until she is suddenly interrupted

by the arrival of a handsome young poet, curiously nicknamed "The Angel of Death," known for wooing rich dowagers at the end of their lives. CAH must order tickets now for this **May 14, 2015** matinee at 2:00 pm showcasing at the New Repertory Theatre in Watertown. Please call the office now if you would like to reserve your tickets (\$25.00 each) for this CAH event. Friends welcome!

Ann Hartstein talks to Massachusetts Villages

On October 9th, Ann Hartstein, Massachusetts' Secretary of Elder Affairs, spoke to 65 village members about ageism, "the ingrained belief that seniors are less capable, less 'with it,' less resilient than their younger peers." She said, "Regrettably, many seniors believe that about themselves. Ageism undermines the reality of senior accomplishments and abilities. We fail to acknowledge that if someone has lived a long productive life, he or she probably has been doing something right and has experience worth sharing." Ageism fails to acknowledge that seniors are quite adaptable, having lived through multiple technological and social changes in their lifetimes. They were born into a century of unleashed technological power, and they adapted to it. Our misplaced assumptions about older people prevent us and them from realizing their full potential. "Aging begins the day we are born. At every age, we unleash the power of age."

Join CAH Members for the production of Gilbert & Sullivan's **The Gondoliers**



November 8th
Agassiz Theater

Please see highlights for more details!

Office Closed
Veterans' Day
November 11

Thanksgiving Holiday
November 27 & 28

MGH
Executive Registry
Sign up or Renewal

If you want to renew your membership or begin a new membership with the Executive Registry, you must notify the office at **617-864-1715** and send a check for \$300 made out to Cambridge at Home no later than **Friday, November 14**. Please see additional information about the Executive Registry on page 11 of the Member Information Guide sent in your renewal packet.

November 2014

Reservations are required for all activities 617-864-1715

Sun	Mon	Tue	Wed	Thu	Fri	Sat
2 <i>Daylight Savings Time Ends</i>	3 Yoga 2:15 - 3:15 pm	4 <i>Election Day</i> Belmont/Arlington Shopping Time TBA Cambridge Shopping 2:30 - 4:30 pm Supper 6 - 7:30 pm \$	5 Mass MOCA & Clark Institute Trip 8:30 am - 8:30 pm \$ Stretch & Flex 2 - 3 pm Cambridge Shopping 2:30 - 4:30 pm	6 Cambridge Shopping 2:30 - 4:30 pm	7 Belmont/Arlington Shopping Time TBA Meditation 10:30 - 11:30 am Movement & Balance 11 am - 12 pm Tech Tutoring 12 - 2 pm	8 Gilbert & Sullivan's The Gondoliers 2:00 pm \$
9	10 Yoga 2:15 - 3:15 pm Tippie 5 - 6:30 pm \$	11 <i>Veterans' Day</i> Office Closed Belmont/Arlington Shopping Time TBA Cambridge Shopping 2:30 - 4:30 pm Book Club 3 pm	12 Stretch & Flex 2 - 3 pm Cambridge Shopping 2:30 - 4:30 pm	13 Adventure Walk 10:30 am Cambridge Shopping 2:30 - 4:30 pm	14 Belmont/Arlington Shopping Time TBA Meditation 10:30 - 11:30 am Movement & Balance 11 am - 12 pm	15
16	17 Yoga 2:15 - 3:15 pm	18 Conversation Group 11:30 am Belmont/Arlington Shopping Time TBA Cambridge Shopping 2:30 - 4:30 pm Scrabble 2:30 - 4 pm	19 Member Orientation Coffee - 11 am Stretch & Flex 2 - 3 pm Cambridge Shopping 2:30 - 4:30 pm Supper 6 - 7:30 pm \$	20 Local Walk: Mt. Auburn Cemetery 10:30 am Cambridge Shopping 2:30 - 4:30 pm	21 Belmont/Arlington Shopping Time TBA Meditation 10:30 - 11:30 am Movement & Balance 11 am - 12 pm	22
23 *Please note change in grocery shopping for this week	24 Yoga 2:15 - 3:15 pm *Cambridge Shopping 11:30-1:30 &	25 Belmont/Arlington Shopping Time TBA Cambridge Shopping 2:30 - 4:30 pm	26 Stretch & Flex 2 - 3 pm No Shopping	27 <i>Happy Thanksgiving!</i> Office Closed No Shopping	28 Office Closed No Shopping No Meditation No Movement & Balance	29
30						



Highlights

**Tuesday, November 4 and
Wednesday, November 19** 6:00 - 7:30 pm \$
CAH Supper, 360 Mount Auburn Street, Cambridge
Take a much deserved break from cooking and join us for supper! *Nonrefundable fee of \$15 per person in advance. Open to CAH members only. Limited to 10.*

Wednesday, November 5 8:30am - 8:30pm \$
MASS MoCA & The Clark Institute of Art Trip
Join Beacon Hill Village and Wellesley Neighbors for a day trip to visit either MASS MoCA or the Clark Institute of Art. *Nonrefundable fee of \$120 per person in advance pays for admission, meals, and transportation.*

Fridays, November 7, 14, & 21 10:30 - 11:30 am
Meditation, 545 Concord Ave Suite 104, Cambridge
The meditation group welcomes all members to join them in deepening concentration, emotional positivity, and peace of mind. Instruction is led by an experienced practitioner. *Free and open to CAH members only. Limited to 12.*

Friday, November 7 12:00 - 2:00 pm
One-on-One Technology Tutoring Sessions
545 Concord Avenue, Suite 104, Cambridge
Take advantage of the opportunity to have Lesley University students assist you with all of your technology related questions! They can help with laptops, iPads, Kindles, cell phones, email, Microsoft Office, Facebook, Twitter, and Skype. *Please let the office know what you would like help with. Free and open to CAH members only. Limited to 8.*

Saturday, November 8 2:00 pm \$
The Gondoliers, or, The King of Barataria
Agassiz Theatre, 10 Garden Street, Cambridge
Soon after his birth, the Prince of Barataria was entrusted to the care of a drunken gondolier who, in a tragic twist of fate, mixed up the prince with his own son. When the King of Barataria is killed, one of the two gondolier brothers is heir to Barataria's throne, but no one knows which one, triggering a hilarious search for the real King of Barataria. *Nonrefundable fee of \$12.50 per person in advance. Open to CAH members & guests. Transportation is not provided. Limited to 12.*

Monday, November 10 5:00 - 6:30 pm \$
Twilight Tipple at Legal Sea Foods
Charles Square, 20 University Road, Cambridge
Stop by for a drink, appetizers, and good quality conversation! *Nonrefundable fee of \$20 per person in advance. Open to CAH members only. Limited to 12.*

Tuesday, November 11 3:00 - 4:30 pm
CAH Book Club
This month the CAH Book club will discuss *Being Mortal*, by Atul Gawande, an eye-opening exploration of how medicine can both improve life and enhance comfort in the end of life. *Please call the office for location information. Free and open to CAH members only. Limited to 8.*

Thursday, November 13 10:30 am
Adventure Walk: Rose Kennedy Greenway, Boston
Join us as we walk from Chinatown to the North End and back along the HarborWalk. We will also stop at James Hook for lunch. *Meet at the Harvard Square T Station ticketing machines. Please bring money for T and lunch. Please RSVP so the group knows to wait for you. Free and open to CAH members and their guests.*

Tuesday, November 18 11:30 am
CAH Conversation and Lunch Group
S & S Deli, 1334 Cambridge Street, Cambridge
Join fellow members to discuss issues of the day. *Lunch, coffee, and snacks are pay on your own. Free parking next door to restaurant. Free and open to CAH members only. Limited to 12.*

Tuesday, November 18 2:30 - 4:00 pm
Scrabble, 545 Concord Avenue, Suite 104, Cambridge
Practice your way with words and join us for a Scrabble game at the office! *Free and open to CAH members and their guests. Limited to 8.*

Wednesday, November 19 11:00 am
Member Orientation and Coffee
545 Concord Avenue, Suite 104, Cambridge
Come meet other members, share coffee with the staff and ask any and all questions about accessing CAH services, benefits, and social activities. We welcome your ideas and suggestions for new activities, services, and how to improve the organization as a whole. *Open to CAH members only. Limited to 12.*

Thursday, November 20 10:30 - 11:30 am
Local Walk: Mount Auburn Cemetery
580 Mount Auburn Street, Cambridge
Meet us at the Visitor's Center, just inside the gate, for a walk to enjoy the late fall foliage. *Please RSVP so the group knows to wait for you. Free and open to CAH members and their guests.*



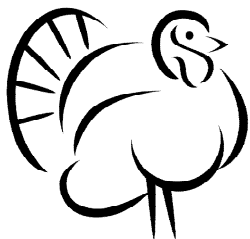
**HOLD the
DATE**

Annual Holiday Lunch
Thursday, December 11
at Nubar Restaurant

**2015 Medicare
Open Enrollment**

**October 15 -
December 7**

Each year you have the opportunity to review your Medicare coverage and make changes to your health plan and prescription drug coverage. It is important to review your Medicare choices each fall as your health needs change from year to year. Medicare plans also make changes regarding cost, coverage, and which providers and pharmacies are in their networks, so it is important to make sure you are satisfied that your current plan will meet your needs for next year. If you would like to review your options, call **1-800-249-4636** and select option 3 to speak with a local SHINE counselor.



Local Events of Interest

Wednesday, November 5 - 6:00 - 8:00 pm

Shaping the Experience of Illness and Death
Cambridge Public Library, 449 Broadway

Join community members for a panel discussion that includes local medical and hospice experts. Themes for the evening's conversation will include "patients are part of the health care team" and "thinking about your end of life plan," as well as other topics that focus on illness and end of life care. *Parking is available for a fee in the garage under the library. Free and open to the public.*

Thursday, November 6 - 12:00 pm

The Poet and the Blacksmith
Mount Auburn Cemetery, Story Chapel

Rob Vellella will talk about 19th century poet Henry Wadsworth Longfellow and his famous poem "The Village Blacksmith." Learn about the writing of the poem and the inspiration behind it, including real-life blacksmith Dexter Pratt, as well as the poem's curious 20th century afterlife. *Free and open to the public. Call 617-547-7105 to register.*

Friday, November 7 - 10:00 am - 12:00 pm

Jewish Family & Children Services Memory Café
1430 Main Street, Waltham

ARTZ, a cultural access initiative, will present "Meet Me at the Movies & Make Memories," a one-of-a-kind film experience. Enjoy film clips with discussion and reminiscence guided by a moderator. The Café is open to all individuals and family members living with cognitive changes due to any dementia-causing disease. *Call 781-647-5327 to register.*

Saturday, November 15 - 9:30 am - 12:30 pm

The Key to Successful Caregiving
Cambridge Senior Center, 806 Mass. Ave.

Join the Cambridge/Somerville Alzheimer's Partnership to learn more about managing challenging behaviors, caregiver support, and partnering with your physician in caring for your loved ones. Presenters include Dr. Daphne Schneider, Geriatrician at Cambridge Health Alliance, and Susan Rowlett, LISCW, Manager of Dementia Coordination at Alzheimer's Association-Mass/NH Chapter. *Event is free and open to the public. Please call Ashley Thibault at 617-491-1815 to register.*

Sunday, November 16 - 3:00 pm

American Classics - Longy School of Music
Pickman Concert Hall, Cambridge

American Classics brings back Irving Berlin's first Broadway show (1914), *Watch Your Step*, to celebrate its 100th anniversary. *Tickets are \$20 for seniors and students. Call 617-254-1125 for more information.*