

CAMBRIDGE AT HOME

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

NOVEMBER 2017

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FALL WALKS THROUGH THE CITY



The month of October was mild - something our walkers much appreciated. They were able to explore Mount Auburn Cemetery, the Harborwalk and JFK Library, Frederick Law Olmstead's Boston Fens, the Charles Regatta, and Boston's Freedom Trail. All of these walks are guided by CAH member Dick Joslin and volunteer Tanis Teich.

November's walks will center around the Minuteman Trail, which is celebrating 25 years since being converted from a defunct rail-line to a tree-lined, public walkway that follows revolutionary events. The Pedestrian/Bike path from Cambridge to Lexington Commons totals 6.1 miles, and with our three walks

this month, we are going to walk that path in equal two-mile segments. Check out the event highlights for more information.

Interested in a walk? Call the office for more information. Our walks are always guided and can split into two groups to accommodate walking abilities.



Office Closings

Veterans Day Observed
Friday, November 10

Thanksgiving

Wednesday, November 22
at 12 pm through
Friday, November 24

If you need immediate assistance when the office is closed, call our office number and you will be given information on who to call.



ENHANCING THE POWER OF AGING

Cambridge at Home's Board Triumvera Liz Goodfellow and Executive Director Barbara Selwyn are headed to Baltimore on November 5th for the 9th Annual National Village Gathering, "Enhancing the Power of Aging."

With its global presence, the Village to Village Network brings together leaders and members from Villages across the world to share their diverse experiences of helping people age in place. Village leaders are energized by the possibilities of the growing aging population. The workshops will explore myths and the challenges facing our generation.

Among the highlights will be a presentation about Maggie Kuhn, founder of the Gray Panthers, who fueled a political movement in the '70's to change the lives of older Americans. A key note address, "Loneliness in the Golden Age," will present research linking loneliness to physical illness and to functional and cognitive decline. When the conference ends, it is the impromptu and unscripted conversations with peers that resonate the most.

FALL NUTRITION SERIES: A SUCCESS



The past two Cambridge at Home and Tufts' Nutrition Talks have been wildly popular! September's talk about nutrition and vision brought in nearly 80 people - most of which were CAH members! Dr. Liz Johnson gave a great overview of important foods and nutrients that can stabilize and even improve vision. These include deeply-colored vegetables and fruits (avocado, leafy greens, dried fruit, citrus fruit, vegetable juice), Omega 3 fats (nuts, fish), Vitamin E & C (fruits, vegetables, oils), Zinc (beans, yogurt, poultry), and Lutein, Zeaxanthin and Beta-carotene - all of which can be found in vegetables and fruits.

October's talk about nutrition and bones had the same incredible turn out. Dr. Kyla Shea talked about the importance of calcium and vitamin D consumption to prevent osteoporosis, which causes 2 million broken bones each year. Both men and women over 50 should be consuming about 1000 mg of calcium and 600 - 800 IU of Vitamin D per day. Dietary sources of calcium include tofu, yogurt, milk, cheese, oranges and kale. Dietary sources of vitamin D include canned salmon, fortified milk and orange juice, and egg yolk. Research has shown that calcium & vitamin D supplementation can significantly reduce the risk of bone fractures, so talk to your doctor about taking these supplements!

Mark your calendars for the third and final talk on **November 16th** about nutrition and brain health—something we all need to pay attention to!

NEW MEMBERS

We want to extend a warm welcome to the newest members of CAH!

John Stutz & Zoe Stewart, *Arlington*

Sue Fisher Seeger, *Cambridge*

Alicia Sinclair, *Cambridge*

Joyce Mehring, *Cambridge*

NEW WORK STUDY STUDENT



We want to welcome Alina Gallupe as our newest work study student from Lesley University. As a graduate student in Lesley's Mental Health Counseling Program, she is specializing in school and community counseling.

"My goal is to one day become an adjustment counselor in a school system. I see myself very much like a guidance counselor, but more focused on a child's mental health rather than academic needs."

Alina has a strong background in the nonprofit sector, having worked at the Home for Little Wanderers and Accion International. Among her interests are photography, creative writing and volunteering. She is looking forward to meeting members and gaining further experience with Cambridge at Home.

TECH HELP



Alina will be available to help members with their cellphones, laptops and tablets in the office on **Monday, Wednesday and Friday afternoons from 1 - 5 pm.**

Call the office to reserve your spot!

THE MYSTERY OF LAUGHTER BY CAH MEMBER, STEVE SALMON



The mystery of laughter, to my English-major mind, is why in the world do we pronounce it the way we do. We say "DAW-ter" for "daughter" and

"SLAW-ter for "slaughter"—and "caught," "fraught," and "taught" all have the "AWT" sound, so why do we say "LAFF'ter"?

A more serious mystery for scientists is why we laugh at all. Other animals don't, and it would probably seem strange to a visitor from another planet to see us opening our mouths and emitting these strange, seemingly purposeless sounds.

We do know that laughter confers some health benefits. It's a natural pain-killer, it improves breathing, it promotes healthy functioning of blood vessels, reduces inflammation, decreases platelet aggregation, reduces stress hormones, boosts the number of antibody-producing cells and enhances the effectiveness of T-cells, leading to stronger immune system. There are even claims that it helps you lose weight and improve sleep. Some of these physical benefits have led to its therapeutic use in reducing anxiety or coping with a terminal illness.

But unless we're engaged in laughter therapy, why do we laugh? Scientists don't really know.

One theory is that it's about releasing stress after a dangerous event. You almost fell down the stairs, or you dropped something, and you're relieved that nothing bad happened. But most of the time scientists believe it has a social purpose—relieving tension or defusing a dangerous situation. I can remember learning, as a child, that if I laughed off bullying, it seemed to take the fun out of it (well, the fun for the bully, anyway). It can also be a way of defusing an embarrassing (or potentially embarrassing) social situation.

And indeed, there does seem to be a need for a social context for us to indulge in laughter. This is why comedy shows have a laugh track added to the broadcast, and why production assistants hold up a big sign saying "LAUGHTER" to cue audience response.

But it gets more complex than that, because there are various *types* of laughter. There's the chuckle, the titter, the giggle, the chortle, the cackle, the belly laugh, the sputtering burst, the snicker, the snigger, and the guffaw. There's even something called the Andreoli scale, which purports to measure the heartiness of a laugh.

But why don't we know more? You'd think, after so many years of research and study that we'd know more about laughter. This situation is ... well, it's- laughable.

November 2017

DUE TO A NUMBER OF RECENT EVENTS REACHING CAPACITY, PLEASE RSVP FOR ALL EVENTS AS SOON AS POSSIBLE - 617-864-1715

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<p>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.</p> <p>Exercise - Classes take place at Evolve Fitness, 52 New Street, Cambridge.</p>			1	2	3	4
5	6	7	8	9	10	11
<p>Shopping 11 am - 1 pm</p>	<p>Shopping 11 am - 1 pm</p>	<p>Volunteer Training 10:30 am</p> <p>Shopping 11 am - 1 pm</p> <p>Stretch 2 - 3 pm</p>	<p>CAH Open House 11 am</p> <p>Dinner at Forage 5:30 pm</p>	<p>VETERANS DAY OBSERVED</p> <p>OFFICE CLOSED</p> <p>Walk: Minuteman Bike Path, Part 2 10:15 am</p> <p>Shopping 11 am - 1 pm</p> <p>Movement & Balance 11 am - 12 pm</p>	<p>Walk: Minuteman Bike Path, Part 1 10:30 am</p>	<p>Pirates of Penzance 1:45 pm</p>
12	13	14	15	16	17	18
<p>Opera Bites 2:45 pm</p> <p>Coffee & Stroll 11 am</p> <p>Shopping 11 am - 1 pm</p> <p>Tippie 5 - 6:30 pm</p>	<p>Biography Group 2 pm</p>	<p>A Widow's Guide 11 am</p> <p>Shopping 11 am - 1 pm</p> <p>Stretch 2 - 3 pm</p> <p>Supper 6 - 7:30 pm</p>	<p>Nutrition & Brain Health 11 am</p>	<p>Walk: Minuteman Bike Path, Part 3 10:15 am</p> <p>Shopping 11 am - 1 pm</p> <p>Movement & Balance 11 am - 12 pm</p>		
19	20	21	22	23	24	25
<p>Shopping 11 am - 1 pm</p>	<p>Shopping 11 am - 1 pm</p>	<p>OFFICE CLOSURES AT 12 PM</p> <p>NO SHOPPING</p> <p>NO EXERCISE</p>	<p>OFFICE CLOSURES AT 12 PM</p> <p>NO SHOPPING</p> <p>NO EXERCISE</p>	<p>THANKSGIVING DAY</p> <p>OFFICE CLOSED</p>	<p>OFFICE CLOSED</p> <p>NO SHOPPING</p> <p>NO EXERCISE</p>	
26	27	28	29	30		
<p>Shopping 11 am - 1 pm</p>	<p>Trip to ICA 10:15 am</p>	<p>Shopping 11 am - 1 pm</p> <p>Stretch 2 - 3 pm</p>	<p>Shopping 11 am - 1 pm</p> <p>Stretch 2 - 3 pm</p>	<p>Meditation 10 am</p>		

NOVEMBER EVENTS & ACTIVITIES

Wednesday, November 1st and 15th, 6 – 7:30 pm Supper at The Cambridge Homes, 360 Mt Auburn St.

Don't miss the best deal in town! Just \$15 gets you a 3-course meal, wine, and conversation with fellow members. \$15/person in advance. Open to CAH members only. Limited to 10.

Thursday, November 2, 12 PM Buffet at Changsho, 1712 Mass. Ave., Cambridge

Join us for Chinese food and lively conversation. Buffet is \$15/person (self pay).

RSVP to Liz Goodfellow at lizgz@aol.com or 617-491-0880.

Friday, November 3, 10:30 AM – 1:30 PM Walk: Minuteman Trail, Part 1, Alewife to Arlington Heights



From Alewife Station we will follow the tree-lined paved, level trail around the shore of Spy Pond to Arlington Center. At Mass. Avenue we cross and continue by open parks and playgrounds to Arlington Heights. There we go to Mass. Ave. to enjoy a short break at cafes, either Ma France or neighboring Magic Bites, before returning by bus to Alewife Station. Meet at 10:30 am at Alewife in front of Bertucci's, 5 Cambridge Park Drive. Walk approx. 2.1 miles, total time 3 hours.

Saturday, November 4, 1:45 PM – 1 ticket left! *The Pirates of Penzance*, Agassiz Theater, 5 James Street



Join us for our annual tradition of attending the Harvard-Radcliffe Gilbert & Sullivan Players' fall performance! CAH has reserved 12 balcony seats. Tickets are \$15/person in advance. Meet the group in the lobby of Agassiz Theater at 1:45 pm.

Wednesday, November 8, 10:30 AM Volunteer Meeting, CAH Office

Each month CAH volunteers meet to share their experiences, concerns and questions when it comes to volunteering. Interested in volunteering? Call the office!

Thursday, November 9, 5:30 PM Dinner at Forage, 5 Craigie Circle, Cambridge



Through partnerships with local farmers, fishermen and foragers, Forage offers a local, ingredient-driven menu. Dinner is self pay. RSVP to Liz Goodfellow at lizgz@aol.com or 617-491-0880.

Friday, November 10, 10:15 AM – 1:45 PM Walk: Minuteman Trail, Part 2 Arlington Heights to Great Meadows, Arlington



From Alewife we will take a bus to where we ended last week. From there we will walk Minuteman Trail through the meadow and woodlands for approx. 2.1 miles before turning again to Mass. Avenue to enjoy a brief break before returning to Alewife by bus. Meet at 10:15 am at Alewife Station in front of Bertucci's, to take a 10:30 bus to Arlington Heights. Walk approx. 2.1 miles, total time 3.5 hours.

Sunday, November 12, 2:45 PM Opera Bites, 14 Garden Street, Cambridge



Enjoy a delicious program of eight bite-sized operas, all performed in English and accompanied by a small instrument ensemble and festive food and drink. This program is sponsored by the Boston Opera Collaborative and Longy School of Music of Bard College. CAH has reserved two tables of six. Tickets are \$43 in advance. Please RSVP by November 6.

Monday, November 13, 11:00 AM Coffee, Conversation and Stroll at Darwins



Meet at Darwins, 148 Mount Auburn Street, for coffee with fellow members. We will then take a stroll down to the river and through Kennedy Park to the Square. RSVP to Liz Goodfellow at lizgz@aol.com or 617-491-0880.

NOVEMBER EVENTS & ACTIVITIES CONTINUED

Monday, November 13, 5 – 6:30 PM

Tipple at Legal Sea Foods in Harvard Square

Nothing beats grabbing a drink and appetizer with good company. Join us! \$20/person in advance. Open to CAH members only.

Tuesday, November 14, 2 PM

Biography Group, CAH Office

This month we will discuss *Eminent Victorians*, by Lytton Strachey. The group is currently closed.

Wednesday, November 15, 11 AM

Author Talk: *A Widow's Guide*, by Anna Byrne



Join estate attorney and adviser, Anna Byrne, for a talk about her new book, *A Widow's Guide*. Written from the perspective of a survivor, *A Widow's Guide* offers an overview of the legal and financial process that unfolds after the death of a spouse. Anna will share her experiences that led her to write the book, as well as tips and

action steps to help those who have recently lost a spouse. You do not have to have lost a spouse to attend this talk. It is a great opportunity for anyone to learn some tips about securing their assets. Free and open to CAH members only. Limited to 20.

Thursday, November 16, 11 AM

Nutrition & Brain Health, Cambridge Public Library



Brain health. It's something we all need to think about as we get older and our cognitive functions naturally diminish. Join us for a talk by Dr. Dennis Steindler, researcher at Tuft's

University's Human Nutrition Research Center on Aging, to learn about which foods come promote healthy brain functioning. Free and open to CAH members and guests.

Friday, November 17, 10:15 AM – 2:15 PM

Walk: Minuteman Trail, Part 3, Great Meadows in Arlington to Lexington Common



From Alewife we will take a bus to where we left off last week. From there, we will walk the trail by open spaces and landscaped yards to end at the old train station

behind Lexington Center, adjacent to Lexington Common. After touring the several monuments and landmarks, we will go for a light lunch at Via Lago. Then we'll return by bus to Alewife Station. Meet at 10:15 am at Alewife Station in front of Bertucci's, to take a 10:30 bus to Arlington Great Meadow. Walk approx. 2.3 miles, total time 4.0 hours.

Tuesday, November 28, 10:15 AM – 2:30 PM

Mark Dion: *Misadventures of a 21st-Century Naturalist*, Institute of Contemporary Art, Boston



Acting as traveler, historian, scientist, and artist, Mark Dion has pioneered an influential model of artistic practice that involves research, collaboration, and fieldwork. His process-based work in sculpture, installation, drawing, and public art investigates the construction

and display of knowledge about the natural world. The exhibition spans the past 25 years, bringing together many of the artist's most significant works. After we freely explore the exhibition, we will walk to the nearby Sorelle Café for lunch. Museum admission is \$13/senior. Please pay \$15 in advance to the office for roundtrip transportation by taxi. Meet at Apple Cinemas at 10:15 am. Open to CAH members only.

Thursday, November 30, 10 - 11 AM

Meditation with Joel Baehr, CAH Office

Join us for our monthly meditation session. Free and open to CAH members only.

WALK TO J.F.K. LIBRARY



Back in October, members walked to Harborwalk in Boston to the J.F.K. Library. They were able to view J.F.K.'s sailboat, the "Victura." It was a great day had by all.

10TH ANNIVERSARY CELEBRATION

*Cambridge at Home
is 10 Years Old and Going Strong!*

*Please join members and our current Board to
celebrate our 10th Anniversary and the holiday
season.*

*Thursday, December 14, 12 PM
Nubar Restaurant
16 Garden Street, Cambridge
\$25/person*

*You will receive a formal invitation in the mail in
the beginning of November. Please RSVP to the
CAH office by November 16
617-864-1715*

MGH EXECUTIVE REGISTRY

The Executive Registry Program at Massachusetts General Hospital provides personalized assistance obtaining the best health care possible, both at home and anywhere in the world. The program operates through a domestic and international network of leading academic medical centers and select physician practices, and provides access to routine and urgent medical care for members and their families.



**MASSACHUSETTS
GENERAL HOSPITAL**

Cambridge at Home have been working together for many years to offer members a greatly reduced rate on the MGH Executive Registry. For \$300 a year, members have access to:

- Hospital assistance services including coordination of outpatient primary or specialty care, second opinions and follow-up visits, routine and emergency inpatient admissions, while at home or while travelling.
- Health care planning for members and their families who relocate to another city or country (i.e. locating a primary care physician or specialist).
- Pre-departure services such as coordinating services for immunizations.
- Global emergency transportation/evacuation assistance.

It is important to know that the Executive Registry is not an insurance plan and does not cover the cost of medical care, but rather facilitates access to the highest quality medical care around the world. If you would like to renew your membership with the MGH Executive Registry or find out more about becoming a member, please call the office before **November 10th**.

WHAT IS CAMBRIDGE AT HOME?

Aging in our own homes and community with support, peace of mind, and independence



Cambridge at home is a nonprofit, aging in community organization or Village that supports people 50 and older who wish to remain in their own homes and communities as they age. Founded in 2007 by a group of forward-thinking Cambridge residents, CAH has succeeded at providing valuable services and programs to make aging in place a reality.

Membership benefits include concierge style services, social and cultural programs, volunteer assistance, health and wellness classes and presentations, destination walking group, vetted providers – exclusive rates for members, and transportation – subsidized ride program for members 80+

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CAMBRIDGE AT HOME

545 CONCORD AVENUE, SUITE 104
CAMBRIDGE, MA 02138