



# Cambridge at Home

## August 2014

August often is called the “dog days of summer.” When the temperatures soar to 90 degrees and above, please take extra precautions to protect yourselves from heat exhaustion and heat stroke. The sun is strongest between 10 am and 3 pm. Fans are not enough when it reaches over 90 degrees for several days in a row. Here are a few reminders.

### Stay cool:

Cambridge Senior Centers, 806 Massachusetts Ave. & 2050 Massachusetts Ave.  
Belmont, Beech Street Center, 266 Beech Street  
Arlington Senior Center, 27 Maple Street  
Watertown Senior Center, 31 Marshall Street  
Somerville Senior Centers, 167 Holland Street, 9 New Washington Street

Other locations that are typically air conditioned and open weekend and evening hours are libraries, movie theaters, shopping malls, and museums. Cambridge at Home is air conditioned during the work day, so if you need a place to cool off, call us and come on over!

### Check in with a buddy:

If you live by yourself and do not have air conditioning, consider having a buddy to contact who has air conditioning, or a buddy to go with to an air conditioned place. Call friends and family to let them know that you are well. Keep your cell phone charged and with you. If you would like CAH to call you to check in, we are happy to do that too!

### Drink more fluids:

Unless you are taking water pills or have been instructed by a doctor to limit your fluid intake, please drink extra water, 100% fruit juices, decaffeinated coffees or teas, or milk, even if you are not thirsty. Limit caffeinated and alcoholic beverages. If you do not enjoy water by itself, squeeze a lemon or lime in it, buy a favorite fruit and put the fruit in a pitcher, and add water. Fresh ginger root works too, just peel it, chop it, and enjoy!

Please let us know if we can help. We look forward to hearing from you!

**Please see additional tips on page four**, given to us by the Massachusetts Emergency Management Agency, Somerville-Cambridge Elder Services, the Centers for Disease Control, and the National Weather Service.

### Fall 2014 Open House Sessions

Tuesday, September 16  
1:00 pm

Saturday, October 18  
11:00 am

Thursday, November 13  
1:00 pm

Tuesday, December 16  
1:00 pm

Help CAH grow by inviting friends and family to one of our information sessions. Guests will learn about the organization and will have all of their questions answered. Space is limited so call the office at **617-864-1715** to reserve a space today!

### Watch the mail for your CAH renewal

If your annual membership renewal date is in October, your form will arrive in the U.S. Mail in early September. If you have not received it by the middle of September, please let us know!

Cambridge at Home, 545 Concord Avenue, Suite 104, Cambridge, MA 02138

Phone **617-864-1715** \* Email: [info@cambridgeathome.org](mailto:info@cambridgeathome.org) \* Web address: [www.cambridgeathome.org](http://www.cambridgeathome.org)

# August 2014

Reservations are required for all activities 617-864-1715

SUN	MON	TUE	WED	THU	FRI	SAT
			NO MEDITATION NO BOOK CLUB NO SCRABBLE THIS MONTH		1 Belmont/Arlington Shopping Time TBA Movement & Balance 11 am - 12 pm	2
3	4 Yoga 2:15 - 3:15 pm Tipple 5-6:30 pm \$	5 Belmont/Arlington Shopping Time TBA Cambridge Shopping 2:30 - 4:30 pm	6 Stretch & Flex 2 - 3 pm Cambridge Shopping 2:30 - 4:30 pm	7 Cambridge Shopping 2:30 - 4:30 pm	8 Belmont/Arlington Shopping Time TBA Movement & Balance 11 am - 12 pm	9
10 TANGLEWOOD 9:00 am-8:00 pm \$	11 Yoga 2:15 - 3:15 pm	12 Belmont/Arlington Shopping Time TBA Cambridge Shopping	13 Stretch & Flex 2 - 3 pm Cambridge Shopping 2:30 - 4:30 pm	14 Local Walk: Upper Charles River 10:30 am Cambridge Shopping 2:30 - 4:30 pm	15 Belmont/Arlington Shopping Time TBA <u>*No Movement Class*</u>	16
17	18 <u>**No Yoga Class**</u>	19 Adventure Walk 10 am - 3 pm Belmont/Arlington Shopping Time TBA Cambridge Shopping 2:30 - 4:30 pm	20 Stretch & Flex 2 - 3 pm Cambridge Shopping 2:30 - 4:30 pm	21 Cambridge Shopping 2:30 - 4:30 pm	22 Belmont/Arlington Shopping Time TBA Movement & Balance 11 am - 12 pm	23
24	25 Yoga 2:15 - 3:15 pm	26 Conversation Group 11:30 am Belmont/Arlington Shopping Time TBA Cambridge Shopping 2:30 - 4:30 pm Supper 6-7:30 pm \$	27 <u>*No Stretch &amp; Flex Class*</u> Cambridge Shopping 2:30 - 4:30 pm	28 <b>ICA: Jim Hodges</b> <b>9:45 am - 2:30 pm \$</b> Cambridge Shopping 2:30 - 4:30 pm	29 Belmont/Arlington Shopping Time TBA Movement & Balance 11 am - 12 pm	30
31	LABOR DAY Office Closed					



# Highlights

**Monday, August 4** 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.*

**Sunday, August 10** 9:00 am - 8:00 pm \$  
**All-Day Excursion to Tanglewood, Lenox, MA**  
CAH members will travel to Tanglewood for an all-Tchaikovsky program with Yo-Yo Ma, cellist. You will have a choice of box lunch that will be picked up at Tanglewood. *The nonrefundable fee of \$140 per person for members and \$160 per person for non-members pays for lunch, concert ticket, and private bus transportation with Beacon Hill Village and Wellesley Neighbors members. You do not need to call us again if you have already signed up and paid. We have one ticket available so please call if you are interested!*

**Wednesday, August 13** 6:00 - 7:30 pm \$  
**Tuesday, August 26**  
**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 per evening. Open to CAH members only. Limited to 10.*

**Thursday, August 14** 10:30 - 11:30 am  
**Local Walk: Upper Charles River, Watertown**  
Join us for a walk along more rustic and shaded part of the upper Charles River. *Meet at the Watertown Square bus turnaround. Please RSVP so the group knows to wait for you. Free and open to CAH members and their guests.*

**Tuesday, August 19** 10:00 am - 3:00 pm  
**Adventure Walk: Georges Island, Boston Harbor**  
Enjoy the ocean air aboard the ferry to Georges Island, home of Fort Warren, a Civil War-era fort known for its graceful granite archways and reputed ghost, the Lady in Black. The fort and its grassy parade ground are a popular place for a scenic low-stress walk. Take a ranger-guided tour, or visit the new museum with exhibits about the fort's history. *Meet at the Harvard T Station. Please bring money for lunch, T, and ferry. Please RSVP so the group knows to wait for you. Free and open to CAH members and their guests.*

**Tuesday, August 26** 11:30 am  
**CAH Conversation and Lunch Group**  
**S & S Deli, 1334 Cambridge Street, Cambridge**  
Join fellow members for conversation about the issues of the day. *Lunch, snacks, or coffee are pay on your own. Free parking next door to restaurant. Free and open to CAH members only. Limited to 12.*

**Thursday, August 28** 9:45 am - 2:30 pm \$  
**Trip to the Institute of Contemporary Arts, Boston**  
CAH will have a docent-led tour of the Jim Hodges, Give More Than You Take exhibit, which brings together photography, drawing, works on paper, and objects rendered in mirror, light bulbs, and glass to transform everyday materials into meditations on time, loss, identity, and love. After the tour, we will enjoy a meal at the ICA's Wolfgang Puck Water Café. *The nonrefundable fee of \$30 per person for CAH members and \$40 for nonmembers in advance pays for transportation, admission, and guided tour. Lunch is pay on your own. Limited to 12.*

## Reminders

Please call to reserve your place in all events.

If we have to cancel an event, we will contact you.



We will not have meditation, Scrabble, or Book Club in August. The groups will resume in September.



**SAVE these DATES:**

**Tuesday, September 23**

Tour of the American Meteorological Society and lunch at the Union Club

**Thursday, October 9**

Join village members from Beacon Hill Village, Newton at Home, Wellesley Neighbors, and Carleton Willard at Home for a luncheon talk and group discussion with Secretary of the Massachusetts Office of Elder Affairs, Ann Hartstein

**Wednesday, October 22**

The Aging Eye, a talk by Dr. Christopher Robinson at Mount Auburn Hospital, Lynch Board Room

**Looking for**

**Volunteer Opportunities**

CAH is putting together a list of local non profit organizations that have flexible volunteer opportunities for people over 50. If you have a favorite place that would be a good fit for our members, please call or email the office this month.

## Local Events of Interest

### The Cambridge Homes Summer Sunday Concert Series

**Sunday, August 3 at 2:30 pm, Working Men’s Jazz Trio**

Enjoy the smooth sounds of Jazz as this vibrant trio performs all of the classic standards you know and love. Please RSVP to The Cambridge Homes at 617-876-0369 for this free concert that includes refreshments.

### Boston GreenFest 2014

**August 15-17, Boston City Hall Plaza**

Head down to Boston’s City Hall Plaza for a weekend of fun learning experiences to make our world a healthier and more sustainable place to live. Enjoy a variety of interactive exhibits, workshops, presentations, and special features, including continuous live entertainment, EcoFashion and EcoArt, BostonGreenFilmFest, kids activities, and delicious food. For more information, visit [www.bostongreenfest.org](http://www.bostongreenfest.org).

### Boston Arts Festival

**August 30-31**

**Christopher Columbus Waterfront Park, 105 Atlantic Avenue, Boston**

The Boston Arts Festival features the best of the Boston Arts Scene, both visual and performance. Enjoy performances from over 60 juried artists from Boston on two stages. Previous participants in the festival include the Boston Ballet, Blue Man Group, Everyday Visuals, Opera Boston, and OrigiNation. Don’t miss this free and exciting event!

### Help Improve Public Transit!

The Institute for Human Centered Design is looking for a group of individuals with a diverse range of abilities and backgrounds, such as vision loss, hearing loss, and mobility and balance impairments, and others, to walk around Cambridge with designers from the Institute for Human Centered Design to assess your experience with public transit. If selected, you will work with a team of designers to evaluate T station and major bus routes in Cambridge and will be given the opportunity to recommend changes. For your time and insights you will receive a one-month unlimited Charlie Card for free. No special skills required! If interested, please call Willa at 617-259-1655 or email [wcolius@ihcdesign.org](mailto:wcolius@ihcdesign.org).

**COOLING TIPS:** Avoid strenuous activity, stay indoors and out of the sun, wear lightweight, loose-fitting, light-colored clothing, eat well-balanced, light, regular meals with easily digested proteins such as yogurt, cottage cheese, egg whites, soybeans, and other lean proteins. Avoid high protein foods, such as beef, that increase metabolic heat. Take cool showers or baths, run cold water over your wrists, cover windows that receive morning or afternoon sun with drapes or shades. Please do not leave anyone alone in a closed vehicle.

**CALL 911: Heat Stroke signs:** If you have a temperature of 103 degrees or higher; red, hot, dry skin that is not sweating; rapid, strong pulse; throbbing headache; dizziness; nausea; confusion; or unconsciousness.

**Heat Exhaustion signs:** Heavy sweating, paleness, muscle cramps, tiredness, weakness, dizziness, headache, nausea or vomiting, fainting, skin that may be cool and moist, fast and weak pulse rate, and fast and shallow breathing.