

CAMBRIDGE AT HOME

NEWSLETTER

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Spread the word!

We have spaces for more members in Cambridge At Home. Let's make Year 5 the time we reach our goal of 300 households! You can help by telling friends and neighbors about us and urging them to attend one of the Open House events (see right).

Members celebrate Year 5 at gala reception

As some 100 members of Cambridge At Home celebrated its fifth year of operations on October 15, they were alerted to major challenges for hospitals from likely large cuts in Medicare and Medicaid benefits. Jeanette Clough, CEO of Mount Auburn Hospital, keynote speaker, said that defense and health care are the largest targets of the debt-reduction process approved by Congress in August to prevent a U.S. government shutdown.

Under consideration by a 12-member House-Senate "supercommittee" are such measures as raising the age of eligibility for Medicare from 65 to 67 or 68, she said. Under major pressure to control costs, she added, hospitals will have to work hard to hold down admissions and re-admissions. A key step in this direction, she said, is an all-private-room policy to reduce patient infections, an arrangement that is nearly complete at Mount Auburn Hospital. In addition to increasingly precise case management, she said, hospitals will have to explore additional alliances with non-Medicare insurers and health-maintenance groups.

Introducing Clough in the Radcliffe Gymnasium, which was also the site of the 2007 inaugural party, was Larry Croes, vice-president of Blue Cross Blue Shield of Massachusetts, sponsor of the celebration.

Steven J. Stadler, president of the Cambridge At Home Board of Trustees, thanked Kathleen Spirer, Executive Director, and staff members Sarah Marcotte and Kristen Cahill for their service from the start of operations. He also introduced nine other Trustees in attendance.

Noting that 80 percent of charter members still belong to Cambridge At Home, Spirer encouraged all to participate in activities and to make use of the numerous approved suppliers, many of whom give discounts to members. In the years since Cambridge at Home became the second Aging in Place community to begin formal operations, Spirer said, 86 others have started up and hundreds more are forming around the country.

Henrietta Davis, Cambridge City Council Member and Vice Mayor, read a proclamation praising Cambridge At Home. She told assembled members they should give themselves a round of applause for their initiative as pioneers and in extending services to neighboring communities of Arlington, Belmont, Somerville, and Watertown. She also urged continued attention to the broad range of issues affecting older citizens of the city.

Open House – Fall 2011

Wednesday, November 9 at 2 pm
Tuesday, November 15 at 10:30 am
Wednesday, December 7 at 2 pm

Please call the office at **617-864-1715** for location. As space is limited, it is essential to reserve a place.

Time for flu shots

The Centers for Disease Control and Prevention recommends that everyone over 50 get a flu shot annually. The Mount Auburn Hospital Walk-in Clinic provides shots between 9 am and 3 pm. There is no charge for those with Medicare coverage, although patients should bring their Medicare cards with them. Go to the Central Registration Desk on the ground floor of the hospital.



Office moves to larger space

In late July, Cambridge At Home moved to a new location on Concord Avenue, Cambridge, close to the Arlington and Belmont town lines. After four years in a one-room basement office with no windows, the staff is enjoying its airy and spacious new quarters. The new space includes a conference room where committees hold meetings and members can schedule events, as well as nearby parking for visiting members.

Jeweler Daniel Spierer, husband of Executive Director Kathy Spierer, generously donated the previous space on Massachusetts Avenue in Cambridge. Much of the furniture in the new location was donated by the Cambridge Trust Company.

The annual holiday lunch party will be held at the office this year on December 9 at 12 noon.

Walk for fun and fitness

To make walks more convenient for more members, the Walking Group will now locate one of its two monthly walks in Cambridge – either at the Mount Auburn Cemetery or the Fresh Pond Reservoir, according to Dick Joslin, who leads the group. Each location is easily accessible to all towns in the CAH membership area and offers a variety of paths and ample parking.

A second walk each month explores more adventurous territory, as Joslin seeks out interesting routes in the local area that are particularly appealing for reasons of natural beauty or historical connection.

Members of Beacon Hill Village often join the walks, providing an opportunity to meet counterparts from that group.

Upcoming events

Call the office at **617-864-1715** to reserve your place at these events.

Talk by Paula Apsell, Executive Producer of Nova - Tuesday, November 15, 2:00pm – 3:30pm

Nova, on the air for 34 years, is the most-watched science program on public television. Join us as Executive Producer Paula Apsell describes how she built a large and loyal audience for science programming. The talk will be followed by a tour of the WGBH studios.

Meditation – Friday, November 18, 10:30am – 11:45am, first in weekly series of four sessions

Instruction by experienced practitioner includes sitting and walking meditation, and discussion.

Coffee and conversation – Wednesday, November 30, 10:30am – 12pm

Enjoy late-morning coffee or tea, refreshments, and conversation with fellow members in a visit to our new office space.

Tour of Prints and the Pursuit of Knowledge – Thursday, December 1, 10:30am – 2pm

Led by Trustee Alice DeLana, a docent at the Harvard Art Museums, this tour of the current exhibit at the Sackler Museum will be followed by lunch at the nearby Grafton Street Restaurant.

Transportation options widen

“Four years of experience has taught us that transportation is one of the benefits that members value most,” said Sarah Marcotte, Membership Coordinator. She continued, “This service is central to our mission, and we are constantly striving to increase the scope and quality of our offerings. We are always looking for new options. Our latest addition is Guardian Medical Companions, an innovative private company that has been in business for almost two years.”

The service includes door-to-door round-trip transportation to medical appointments, in a company car or the client’s car. The driver will wait and, on request, even sit in on an appointment to record information or ask questions. The company also offers one-way returns from colonoscopies. CAH members receive a 10% discount. Guardian Medical Companions require notice of at least two business days. Members wishing to use this service should first call the CAH office, which will make the necessary introductions. For more information, visit www.guardianrides.com or call 617-964-7433.

Cambridge At Home also has agreements with a number of other private drivers who can provide rides to non-medical, personal appointments, like the hairdresser or barber, on a fee-for-service basis. Private drivers can wait for their clients and take them home.

In addition, Cambridge At Home has volunteer drivers who provide services at no charge. They drive members to and from medical appointments to which

they cannot drive themselves, such as colonoscopies, oral surgery, or other procedures that require sedation.

A few CAH volunteers can accompany members to medical appointments on public transportation.

The American Cancer Society’s Road to Recovery program provides volunteers who drive patients at no charge to appointments for cancer treatment, with a minimum of a week’s notice. Their number in Boston is 617-878-4100; in Weston, 781-314-2600.

Those with physical, cognitive, or mental disabilities that prevent them from taking public transportation may be eligible for THE RIDE, a free shared-ride service of the Massachusetts Bay Transit Authority. Prospective participants must fill out an application and be approved by the MBTA. For application forms, call the the CAH office or go to www.mbta.com. For more information, call 1-800-533-6282. THE RIDE is operated for the MBTA by Veterans Transportation Services, which can be reached for reservations at 1-877-765-7433 or, for hearing-impaired, 1-888-553-8294 TTY.

Another shared-ride service is SCM Transportation, also known as Door 2 Door. This organization provides rides to medical appointments for Cambridge and Somerville residents aged 60 and older. Reservations can be made at 617-625-1191 up to two weeks in advance, but no less than two business days. With a 24-hour notice, SCM can provide transportation for grocery shopping.

A hearty thank you!

Cambridge At Home is grateful to its volunteer drivers – members and non-members alike – who give hours of their time to help their neighbors. Their dedication makes it possible for us to offer a valuable benefit to our members!

If you have a friend or neighbor who would like to volunteer for this important community service, please let us know.

Tips for getting the most from transportation

Transportation services require notice of at least two business days, so the watch-words are *plan ahead* and *reserve ahead*. You can always cancel if necessary.

For rides by CAH volunteers on Monday, call no later than Thursday morning. Volunteers cannot respond to last-minute requests. Members should not call volunteers directly. For insurance reasons, volunteer drivers must be scheduled through the Cambridge At Home office.

The American Cancer Society requires a minimum of a week’s notice. SCM Transportation can schedule trips up to two weeks ahead but requires notice of at least two business days.

Health club discounts

Cambridge At Home has negotiated discounts at several local health clubs including Healthworks, the Mount Auburn Club, and the Wellbridge Athletic Club. Speak to the club manager about obtaining your CAH member discount.



Preston N. Williams, Houghton Research Professor of Theology and Contemporary Change, Emeritus at Harvard University

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Photography
Steven J. Stadler, page 2
Harvard Gazette, page 4

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Members make news

On August 30, the Harvard Divinity School honored **Preston Williams** at an unveiling of his portrait in the Braun Room at the school's Andover Hall.

Williams, acting dean of the Divinity School from 1974 to 1975, was the acting and first director of Harvard's W.E.B. DuBois Institute for African and African American Research. From 1998 to 2008, he was director of the Summer Leadership Institute, bringing religious leaders to Harvard for classes on community development.

During the ceremony, Harvey Cox, Hollis Research Professor of Divinity, Emeritus at Harvard University praised Williams for his four decades of service to Harvard. David Evans, a senior admissions officer, said that Williams had "extended himself to students at the undergraduate level and otherwise, and we are the better for it."

On Tuesday, November 8 at 4:00 pm, trustee **Marion Fremont-Smith**, Senior Research Fellow at the Hauser Center for Nonprofit Organizations at Harvard's Kennedy School, will moderate a panel discussion on *Artist-Endowed Foundations: An Emerging Force in Cultural Philanthropy*, at the Sackler Museum, 485 Broadway. A reception and gallery viewing is to follow the discussion. For more information about the event, which is free and open to the public, see www.harvardartmuseums.org/calendar/detail.dot?id=40529.

Board elects Mortimer

Kristin Mortimer, a resident of Cambridge, is a new member of the board of trustees of Cambridge At Home. She holds a BA from Wellesley College and a PhD in art history from Harvard University.

Her museum career started when she published *Harvard University Art Museums: a Guide to the Collections*. Following that, she was curator at the Isabella Stewart Gardner Museum; director of the Art Museum at Mount Holyoke College, where she was also a member of the art faculty; and chief curator and deputy director of the Wadsworth Atheneum in Hartford.

For several years, she travelled back and forth between her husband's native Sydney, Australia and Cambridge, where she returned to stay in 2001. Now firmly settled in Cambridge, she is happy to be involved in "the fine organization that is Cambridge At Home," and is thoroughly enjoying the cultural opportunities – especially classical music and fine arts – available in the Boston area.

The CAH board, comprised of sixteen trustees, meets quarterly. Its members also serve as chairpersons of various committees of the board, including Executive, Membership, Nominating, Program, and Development. Any member who wishes to serve on one of these committees should contact the office at 617-864-1715.

Cambridge At Home is a 501(c)3 non-profit organization of Cambridge, Arlington, Belmont, Somerville, and Watertown residents over age 50 who are creating the means to remain in their own homes confidently as they grow older.

We invite you to join us, or to make a tax-deductible contribution to ensure that the organization will be there when you need it!

Please clip and mail to:

Cambridge At Home
545 Concord Avenue, Suite 104
Cambridge, Massachusetts 02138

Please send me information about Cambridge At Home and an enrollment form.
Enclosed is my tax-deductible contribution.

Name _____

Street _____

City _____ State _____ Zip _____

