

# CAMBRIDGE AT HOME

NEWSLETTER

September 2010, Volume IV, Issue 2

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## Belmont residents join Cambridge At Home



Belmont residents question new Trustee Victor McElheny about Cambridge At Home

## Open House

Tell your friends and neighbors about these Cambridge At Home information sessions

**Saturday, October 2**  
10:30 am

**Thursday, October 7**  
10:30 am

**Friday, October 15**  
10:30 am

**Wednesday, November 3**  
10:30 am

**Saturday, November 6**  
10 am

**Saturday, November 13**  
10:30 am

Call the office at 617-864-1715 for the location, and to reserve a place!

Cambridge At Home, starting its fourth year of operations, extends a warm welcome to the 25 Belmont households who already have signed up to join us as members on October 1. Recruitment of additional Belmont members continues.

The extension of our activities and services to Belmont, authorized by the CAH Trustees in June, arose from strong community demand. This took shape in a series of winter and spring Open Houses in private homes, the Belmont Senior Center, and the Belmont branch of Cambridge Trust Company. Leading these meetings was Executive Director Kathy Spirer, accompanied by Trustees who helped explain the program and answered questions.

The first open house, in February, took place at the home of Judy and Harry

Ellenzweig, who had expressed interest in Cambridge at Home even before its formal launch in 2007. Everyone who attended the February event signed up.

After the March Open House at the home of Marilyn and Tony Oettinger, the campaign stepped up with an event at the Belmont Senior Center on Beech Street, staged with the enthusiastic support of Nava Niv-Vogel, director of the Belmont Council on Aging. More than 70 attended, in response to a postcard mailing to Belmont residents over the age of 60.

Additional meetings in May and June brought Belmont membership to our initial goal of 25 households. We need members from both Cambridge and Belmont to reach our goal of 300 households. Please spread the word!



Edward Hopper, *Captain Strout's House, Portland Head 1927 Wadsworth Atheneum Museum of Art, on loan to Portland Museum of Art*

## Fall excursion to Maine art museums

On Tuesday, October 19, Trustee Alice DeLana will lead an all-day tour of two small art museums in southern Maine. DeLana is enthusiastic about the collections at the Bowdoin College Museum of Art and the Portland Museum of Art. She has previously led popular art tours for Cambridge At Home, and is a docent at the Harvard University Art Museums.

The first stop is Brunswick, for a guided tour of the Bowdoin museum, which has recently undergone renovation. The 14,500 objects in its collection range from artifacts of the ancient Mediterranean world to works created in the 21st century.

Also in Brunswick is the Harriet Beecher Stowe House. Stowe wrote *Uncle Tom's Cabin* in Brunswick when her husband was a professor at Bowdoin. A visit to the house is not anticipated, although the bus will probably pass it.

From Brunswick, the group travels to Portland, lunching at David's Restaurant on Monument Square, pompously described

by the *New York Times* as "a bright spot in Portland... with an intelligent hand in the kitchen, of the sort you find at the better New York restaurants, for half the price."

Following lunch is a tour of the Portland Museum of Art, the oldest and largest art museum in the state of Maine. Its Payson Building, designed by I. M. Pei, contains American art from the Revolutionary period to 1910, with special emphasis on the works of Winslow Homer. In 2006, the museum purchased Homer's studio in nearby Prout's Neck. The site is not now open as it is undergoing extensive conservation and renovation, scheduled for completion in 2012.

To reserve a place for you and your friends on this artistic and historic tour, please call the office at 617-864-1715. The cost is \$125 for CAH members and \$150 for guests. This includes round-trip transportation in a comfortable bus, museum admissions, guided tours, and lunch in Portland.

## Volunteer drivers needed

### Belmont and Cambridge

The Cambridge At Home volunteer ride program is critically important to many members who need transportation to medical appointments. This program can only serve members if enough drivers volunteer for both Belmont and Cambridge locations. Consider volunteering to help others, or suggest it to a relative, friend, or neighbor!

## Upcoming events

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

### Lunch and talk at Verrill Farm, Concord – Wednesday, September 15 at 11:30 am

Enjoy a trip to the suburban farmstand market that supplies many fine restaurants and specialty markets in the Boston area. During lunch under a tent, the group will hear a talk about sustainable farming from an owner of nearby Pete and Jen's Backyard Birds, producers of premium pasture-raised meats and specialty products. The \$25 fee includes round-trip transportation, lunch, and a \$15 contribution to New England Small Farm Institute's Mobile Poultry Processing Unit.

### Cambridge At Home Supper Club – Wednesday, September 15 at 6:30 pm

Join other CAH members for a convivial supper at The Cambridge Homes on Mount Auburn Street. A real bargain at \$15 for an entrée, dessert, and a glass of wine.

### Twilight Tipple – Monday, September 20 at 5:00 pm

Raise a glass with fellow members at Legal Sea Foods in Harvard Square. Just \$20 for a glass of wine, light appetizers, and congenial company! Some members choose to stay on for dinner afterward.

### Visit to Peabody Essex Museum – Thursday, September 23, 10:00 am

Offered after repeated requests by members: a trip to this museum in East India Square, Salem, MA, designed by world-famous architect Moshe Safdie. The visit includes viewing the current exhibition, *The Emperor's Private Paradise: Treasures from the Forbidden City*, which showcases objects from the Emperor's private Beijing retreat, which have never before been seen by the public, and a tour of Yin Yu Tang, home of a merchant from the late Qing Dynasty.

### Excursion to southern Maine museums – Tuesday, October 19 at 8:00 am

(See article above for details)

## Cambridge At Home book shelf

Among recent books by members are:

**Crisis of the Twelfth Century** by Thomas N. Bisson (Princeton University Press, Paper, \$24.95 – Cloth \$39.50) In the *London Review of Books*, Alexander Murray wrote, “The story is an old one, but so many-sided as to invite constant retelling from new angles. Bisson has found a new angle, and writes with prodigious sweep and learning.”

**Playing For Keeps: Life and Learning on a Public-School Playground**, by Brenda Engel, Deborah Maier, and Beth Taylor (Teachers’ College Press, \$19.95) Jonathan Kozol wrote of this book about Mission Hill, “We need this book more than ever – bursting as it is with the words of children and with their sense of mystery, spontaneity, and sheer jubilation.”

**From Jewish-American Princess to Cambridge Bag Lady: 8 Decades in 8 Stanzas**, by Tee Jay Henner (Printed by Paige at Harvard Book Store, \$10.00) A comic memoir with jokes, poems, pictures, some serious philosophy, and references to famous people and events in New York City; East Hampton, Long Island; and Cambridge.

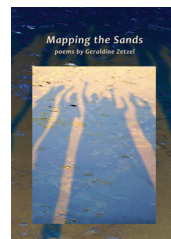
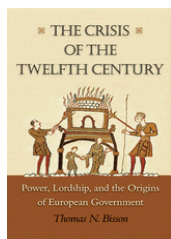
**Drawing the Map of Life: Inside the Human Genome Project**, by Victor K.

McElheny (Basic Books, \$28.00) In *Science* magazine, Angela Creager said the book “cuts fresh paths into recent history” and “sketches out a more complete history of genomics than previously available.”

**Mercy, Mandates, Merger**, by Barbara Schwartz (Cambridge Press, \$14.95) Zick Rubin comments that this book “relates the history and necessity of the creation of two religiously affiliated hospitals: Beth Israel and Deaconess Hospital,” and explains “the issues of a complicated and now successful merger.”

**The Concept of Capitalism**, by Bruce R. Scott (Springer, \$14.95) Charles Morris commented that, “Scott’s analysis of capitalism and democracy is striking both for its originality and for its rich policy suggestiveness and sheds an entirely new light on recent economic history.”

**Mapping the Sands**, by Geraldine Zetzel (Mayapple Press, \$14.85) Of this collection of poetry, Fred Marchant wrote, “These poems place us at the ‘edge of joy’ and show us ‘how it comes and goes’ the way a wave rushes up the shore...This terrain Geraldine Zetzel maps with precise images, with startling metaphors, and with an embrace that radiates outward ...”



## At your service

Did you know that we can recommend screened providers for these services, among many others:

### Training

On use of electronic devices like digital cameras, iPods, smartphones, and cell phones

### Troubleshooting

For problems with computer hardware and software, including internet programs, email programs and social networks like Facebook

### Coaching

On how to deal effectively with relatives or friends with cognitive impairments such as Alzheimer’s disease

### Removing pests

Move wildlife out of your home and back into the wild

### Removing clutter

Re-arrange rooms to make them safe, or to give them a fresh appearance

### Cooking

Preparing meals according to your dietary needs (low-salt, gluten-free, nut-free, etc.)

### Cleaning

House cleaning by one- or two-member teams

### Organizing

Files, bills, financial statements

### Transporting

Reasonable rates for driving to appointments, errands, etc.

## About our providers

Many give member discounts. You must identify yourself as a CAH member. If you don’t, you may not get the discount. In addition, providers who realize that Cambridge At Home sends them business are more likely to initiate or continue discounts.

Cambridge At Home does not receive any fees for referring members to providers.

Enjoying lilac time at the Arnold Arboretum are members, left to right, Adele Grossi, Joyce Friedman, Dick Joslin, Ruth Stokes, and Dorothy LeMessurier

## Walking, theater, music, and more



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*Program Coordinator*

**617-864-1715**  
info@cambridgeathome.org  
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The walking group is an excellent example of CAH activities that are offered on a monthly basis. Member Dick Joslin continues to devise interesting cultural and historic routes for walkers, from the Arnold Arboretum to the location of the Molasses Flood of 1919 in Boston's North End.

In April a series called "Brush Up Your ..." kicked off with Shakespeare in a program planned by member Helen Foster and presented by the Actors' Shakespeare Project, an innovative local theater group.

The series continued in May with Ben Zander, conductor of the Boston Philharmonic Orchestra and teacher at the New England Conservatory, presenting "Brush Up Your Music." In June, the topic was "Brush Up Your Birding" at the Massachusetts Audubon Society Drumlin Farm Wildlife Sanctuary in Lincoln.

Other monthly activities include fiction and non-fiction book groups, Scrabble, bridge, and poetry groups.

*Cambridge At Home is a non-profit organization of Cambridge and Belmont 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  
1770 Massachusetts Avenue, PMB 232  
Cambridge, Massachusetts 02140

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

Name \_\_\_\_\_

Street \_\_\_\_\_

City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_

