



the Grapevine

THE CAMBRIDGE HOMES

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Summer 2009

Newsletter Editor: Lisa Lambert, Program Director



Upcoming Events at The Cambridge Homes

June 1

Shady Hill Fourth Graders
Recite their Poetry for us

June 5

Richard Clark Performs
The One Man Play "Atticus"

June 12

"Weddings Unveiled"
A Presentation from Pat Perry.
We will also enjoy wedding cake,
champagne and a display of
resident wedding photos.

June 17

A Trip to the
World War II Museum in Natick

June 19

Our First Summer Sunset Concert
Featuring
The Squirrel Hill Band

June 23

Derek Mann
Presents
"Palaces of Russia"

June 25

A trip to Buddy Dog
Humane Society in Sudbury.
To drop off our donation
and tour the facility.

June 26

Summer Sunset Concert
Featuring Classical Violinist
Vera Rubin

July 2

Annual Independence Day Barbeque
Featuring The New Orleans Jazz Band
and Magic Tricks by Shelby Pierce

July 17

Summer Sunset Concert
continues with Emil Altschuler

July 24

Summer Sunset Concert
Featuring Vocalist
Celia Slattery

July 26

A Lecture from
History Professor Gary Hylander

A Lifelong Commitment to Community Service

The Cambridge Homes has taken President Obama's call for community service seriously. Since the first of the year, we have targeted several worthy organizations and groups to support both financially and with our time through regularly scheduled volunteerism. Many of The Cambridge Homes' residents have a long history of charitable and community involvement. It has been an important part of their lives and they were looking to continue their work in this area. Several factors were making volunteering more difficult for residents, including changes in physical ability and not having their own transportation.

In researching many organizations I found several that offered a way for residents to continue their volunteerism in a meaningful way with a manageable commitment of time and energy.

Community Cooks



Community Cooks is a wonderful local organization that provides home-cooked, nutritious meals to those in need. The program is designed to be simple in order to insure that it will succeed. The way in which they have structured their organization is that each participant volunteers to do just one thing, once a month.

Community Cooks was started by just a few residents living on the same street in Somerville 18 years ago and their membership has grown to include volunteers from more than 15 communities, reaching into New Hampshire. More than 80 residents of Somerville, Cambridge and neighboring communities prepare and donate food for monthly food drives supplying different shelters and service programs in the area.

At The Cambridge Homes, a dedicated group of three to four residents prepare one food item for ten people each month. Residents do most of the work, including meeting beforehand to review and share their cookbooks and favorite recipes and select what we will make that month, actual food preparation, and helping with the delivery of our prepared food items.

We have selected Transition House to receive our food donation. Transition House, which opened in 1975, is a local battered women's shelter which provides long-term shelter and housing services along with support services, youth violence prevention and empowerment skills. Over the years they have provided refuge for over 5,000 battered women.

Our meetings and food preparation has become a fun social occasion that we all look forward to each month. I am delighted to be part of this group and would like to publicly thank the dedication of our Community Cooks group, Sydney Leonard, Phyllis Stevens and Louisa Batum.

Some Additional Charity Work

Last month Colleen Fitzpatrick from The Home for Little Wanderers came here to speak. She provided an overview of the history of The Home and the various programs that are available to the children in their care. They employ over 500 full-time employees and have two schools – a grade school and high school. We presented her with an assortment of items we had collected over the previous weeks to donate to The Home. She was delighted and the residents have invited her to come back in the future. We also discussed the possibility of participating in their annual toy drive that takes place near the holidays.

Next month we will be collecting old blankets, towels, sheets and dog toys for Buddy Dog Humane Society, a no-kill shelter in Sudbury that houses cats and dogs until they are adopted. One of the companions here at The Homes recently adopted a dog from this shelter and is planning to bring her in to meet the residents and tell us about SATO. This is a save-a-dog program through Buddy Dog, which brings homeless dogs from Puerto Rico to the states to be adopted. Sato is slang for “street dog.”

And last but not least, there is a collection box in the reception area

for YouthBuild USA, a youth and community development program that helps young people ages 16 to 24 work towards their GED or high school diploma, learn job skills and serve their communities by building affordable housing. We collect energy bars, which are given to the workers along with their lunch. It has been very successful and each month we deliver these goodies at the same time we drop off our Community Cooks donation to Transition House.

It has been heartwarming to see residents, staff and Friends give to these worthwhile local causes and we are sure this program will continue to grow and thrive as time goes on.

The needs and the possibilities are endless. We are living in tough economic times and the number of homeless and unemployed is increasing. The Cambridge Homes has maintained a long history of generosity and community spirit and we hope to continue that mission long into the future.

Around The Homes.....



Arlington High School Madrigal Singers performed for The Homes. Resident Shirley Barretts's grandson is a member.



Ever since we had the backyard certified as a Wildlife Habitat, all kinds of creatures have shown up. This female wild turkey spent an entire day!

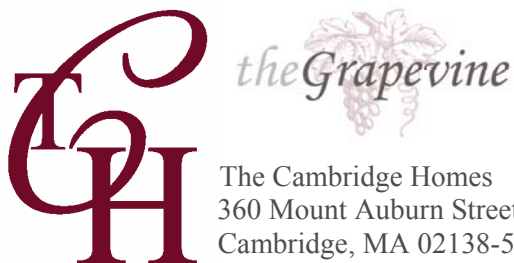


Max Hall and Phyllis Stevens enjoying themselves at the Annual Friends Appreciation Dinner in April.



The Cambridge Homes is not-for-profit assisted living residence that has been serving the elderly community for over 100 years. Along with our wellness programs we also offer a wide variety of cultural, educational and social activities for our diverse population of seniors. The Homes is conveniently located next to Mt. Auburn Hospital at 360 Mt. Auburn Street. For more information go to:

www.TheCambridgeHomes.org
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