



# the Grapevine

## THE CAMBRIDGE HOMES

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Spring 2010

Newsletter Editor: Lisa Lambert, Program Director



## T i d b i t s

Upcoming Events at  
The Cambridge Homes

### March is Nutrition Month!

All programs are at 2PM unless otherwise noted.

#### Thursday, March 4

Bill Sargent presents a lecture  
Sea Level Rise: The Chatham Story

#### Tuesday, March 9

7:30 to 8:30 PM

Art Opening with John Rich  
Miles to Go: Portraits of  
Elite Senior Athletes

#### Tuesday, March 16

"The Irish Music Guy" Kevin Farley  
brings his unique and delightful  
Irish entertainment to us.

#### Friday, March 19

Derek Mann brings us Irish Comedy

#### Monday, March 22

Drs. Chiou, El Shami and Esser  
will give a talk entitled  
"Preventative Medicine:  
Maintaining Health through  
Nutrition, Exercise,  
Pain Management, Cholesterol  
and Blood Pressure Control"

#### Tuesday, March 23

at 5:30PM

Dr Nancy Emerson Lombardo  
will give a power point presentation  
on her Memory Nutrition  
Preservation Program.

#### Thursday, April 1

Ethan Stone will perform  
his honky tonk style of  
piano playing

#### Tuesday, April 6

Art Matters will focus on the  
works of Cassatt and Degas

#### Friday, April 9

Mary Lahaj, Muslim Chaplain  
to Simmons College will return  
to give another talk entitled:  
"Islam: Rumor and Reality"

#### Thursday, April 22

Earth Day will be honored  
with the first of a series on the  
South American rainforest with  
Creature Teachers presenting an  
informative lecture along with  
live animals from the region

## New Personal Trainer Kicks the Keiser Exercise Room into High Gear

The Cambridge Homes' new personal trainer, Lisa Meola, has brought a renewed level of enthusiasm for work-out sessions using The Homes' state-of-the-art Keiser exercise equipment. With her gentle encouragement and contagious energy, she has convinced even a few sedentary folks to get up and start moving! Other residents who have been exercising all along have kicked up their exercise regime into another level.



Lisa directs exercise in the Keiser Exercise room three days a week helping individuals become as strong and fit as possible. In addition to supervising residents on the Keiser equipment, Lisa offers a wide variety of exercises and drills for those who are waiting for their turn on the treadmill, bicycle or weight machines. She offers stretch bands, free weights and calisthenics to help strengthen tone and stretch. She teaches each exercise with a focus on the importance of proper form to avoid injury. Her expertise is clearly appreciated.



Personal Trainer  
Lisa Meola working  
with some of Our  
Residents in the  
Keiser Exercise Room!

We all know that exercise is important for our overall health but recent studies have linked exercise with increasing brain health, as well. In fact, a study published last year in the *Journal of the American Medical Association* found that individuals who followed a healthy diet combined with physical activity resulted in a 61-67% risk reduction for developing Alzheimer's disease.

Lisa's personal commitment to helping seniors keep physically fit is based on her desire to help them maintain their independence for as long as possible. Clearly, being fit and healthy lays the foundation for an active, independent lifestyle well into old age.

Lisa comes to us with many years of experience in the field of fitness with a specialty working with elders. Prior to her work as a fitness trainer, Lisa's background in industrial engineering at Raytheon was not fulfilling her need to help others. She was always a fitness enthusiast and was known amongst her co-workers as someone who was willing to offer advice and share her knowledge of exercise techniques and the advantages of good fitness training.

After caring for several elderly family members over the years, Lisa realized how much she enjoyed working with seniors and decided she could combine her love of exercise and fitness with her desire to help seniors maintain their independence. Lisa passed the American Council on Exercise exam after six months of intensive classes on anatomy, health and fitness. While still working at Raytheon, she started volunteering her services in order to build up a client base that would allow her to pursue her new fitness career fulltime.

Cont'd (over)

When her grandmother moved into an Alzheimer's neighborhood at an assisted living community, Lisa was asked to conduct fitness classes there. She showed great skill working with individuals with cognitive impairments. She also began training at a "traditional" assisted living home in Lexington, and soon the word was out. Lisa has something special to offer.

We are fortunate to have Lisa on our team and she has proven to be invaluable to the residents. She treats everyone with respect and dignity, while gently persuading them to push on to reach their fullest fitness potential.

"She is utterly delightful!" says Frank Honey, one of the new Keiser exercise enthusiasts.



*Some of Our Residents taking advantage of the exercise equipment in the Keiser Exercise Room!*

## Around The Homes....

*We have been very busy here at The Cambridge Homes. Here is a just a taste of what's been going on!*



*The Three Swingin Tenors performed for the February birthday celebrants along with residents and staff. Singing songs from the 40's 50's and a few 60's tunes, everyone joined in the fun.*



*At the opening of Paws for a Little Love photo collage Exhibit, volunteer Laura Evonne Steinman and her cat Krowka, Program Director of The Homes Lisa Lambert, Janet Seckel-Cerrotti Executive Director of Match-Up (soon to be known as Friendship Works) and PetPals Program Director Ellen Kirchheimer, along with the star attraction Krowka, enjoyed an evening with residents and friends.*



*Actor Richard Clark portrays Clarence Darrow in a one man play of the same name. A well attended event, residents are anxious for him to return in the near future. Keep an eye open for his next appearance.*

*On April 9<sup>th</sup> at 2PM, Mary Lahaj, Muslim Chaplain to Simmons College will return to give another talk entitled: "Islam: Rumor and Reality".*

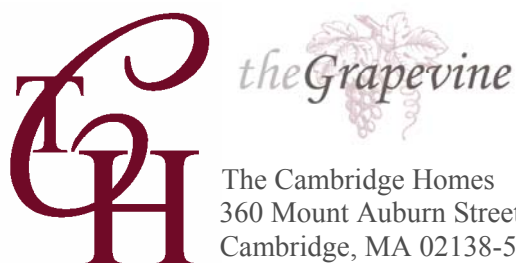
*The first lecture focused on dispelling the myths and reinforcing facts about Islam and Muslims as well as discovering the common ground shared by Muslims, Christians and Jews.*

*Mary was so informative and interesting that we've asked her to do a series on Islam. This next talk will focus on women in the Muslim religion and Islam as well as the cultural and political realities of Islam, Muslims in America and the basic belief and practices of over 1.5 billion people around the world.*

*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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