

# THE MEETINGHOUSE NEWS

*First Parish in Cambridge, Unitarian Universalist*

March 2015

## **Standing Committee Statement on First Parish Resources Required for Support of the Homeless Youth Shelter Project**

On March 29 we will hold a congregational meeting to discuss and hold a vote on expending First Parish resources in support of housing two programs that aid homeless young people in our auditorium. The auditorium is currently rented to the American Repertory Theater (ART) as a practice theater. The new use will require a complete renovation of the auditorium space.

This statement lays out the benefits and costs to First Parish of housing the two youth programs in our auditorium.

### ***Benefits to First Parish***

A project very much aligned with our mission and in service to the community.

The Meetinghouse was built in approximately 1830. The auditorium was dug underneath it in the middle 1950's and there has been no renovation of the space since it was built. We have often spoken of "taking back" the auditorium and using it for more congregational functions. We have thought this would be possible if only we could replace the rental income from the space, but most of us have come to understand that making the auditorium truly usable and pleasant would require a very expensive renovation.

The Phillips Brooks House Association (PBHA) came to us in the fall of 2013 with a proposal to renovate our auditorium for their use as a homeless shelter for young people ages 18 – 24. They also proposed to share the space with a youth program currently housed at the Harvard Epworth United Methodist Church. That program is Youth on Fire, a program of the AIDS Action Committee. More information on both these programs is available on their websites and FaceBook pages. We will have information and links soon on the First Parish website as well.

The renovation of the auditorium, with an estimated cost of \$900,000, will be paid for completely by PBHA. They have raised over \$800,000 for the renovation through grants and donations and are confident of raising the remainder.

The renovation will include

- Upgrades to the plumbing, heating and electrical systems
- A new commercial kitchen with all new appliances
- New bathrooms and showers

The renovated auditorium will be a modern, usable, and architecturally pleasing space.

PBHA will operate the homeless shelter at night (6PM to 9AM) seven days a week from October through April. Youth on Fire will operate the day services component on weekdays from 9AM to 5PM year round.

At all other times, First Parish will be able to use the renovated auditorium:

- Every Saturday and Sunday daytime year round
- Every evening May through September

*(continued on pg. 2)*

*(Standing Committee Statement continued)*

The rent we receive from the programs will completely replace the income we now receive from the ART. PBHA will begin paying rent as soon as a lease goes into effect, including during construction.

After the renovation, utilities for the auditorium will be metered separately for the first time. We currently cannot allocate utility costs to a tenant and we pay for all utility costs for ART. Youth shelter tenants will pay utility costs, up to \$20,000 per year, adjustable annually. We believe this will encourage conservation of energy resources.

There will be separate leases for PBHA and Youth on Fire. They will run for 10 years and are renewable.

### ***First Parish Resources Required***

We will no longer be able to host the Christmas Craft Fair and will lose \$14,000 in rental income annually. (We regret losing the Christmas Fair, but believe there are other facilities in Harvard Square that may be available to them.)

We will have to have a staff person available by phone or in person to liaison with the homeless shelter at night. We estimate that, at most, this would be a ¼ time full-time equivalent, or about \$10,000 a year. While liaison with ART has been ongoing, we believe that dedicated staff resources should be allocated to support the youth shelter, as demands are likely to be more substantial.

We have been asked by PBHA to initiate a fund-raising group for the youth shelter, based on their experience partnering with the University Lutheran (UniLu) Church on Winthrop St., which houses an adult shelter, called the Harvard Square Homeless Shelter, in operation for 30 years, and has a fund-raising group. Such a group is intended to raise funds for the shelter, but also to allow the church to participate more fully as a partner in the endeavor. We would look primarily outside our congregation for funds, as UniLu does, to governmental and foundation sources, the UUA, crowd funding, and others. Our goal would be to raise \$200,000 over 3 years.

To summarize, hosting the PBHA youth shelter and Youth of Fire youth services programs would cost First Parish \$14,000 in lost rental income and as much as \$10,000 in staff resources annually. This is \$24,000 that would have to be raised for our operational budget. In addition, time and energy would be required to raise about \$200,000 from charitable and governmental sources over three years.

### ***More information***

Cade Murray, the chair of the Finance Committee, and members of the Standing Committee will be in social hour every Sunday after worship to answer your questions about this project. We will be placing more detailed information onto the First Parish website in advance of the meeting.

With the Standing Committee, many skilled volunteers have been working on this project over the past year, including members of the Building and Grounds, Sustainability, Finance and Investment committees. In particular, Sylvia Wheeler, Mike Wiggins, Joe O'Farrell and Cade Murray have spent many hours working on documents and in meetings with PBHA.

## Upcoming Worship Services

### March 1 **Superstition Ain't the Way?**

When I was growing up, Chinese New Year with family was a time for cheer, hope, togetherness—and some very special superstitions. It was those joyful superstitions that taught me how to out-happy evil.

**Ministerial Intern, Seanan Fong preaches.**

### March 8 **From Jesus to God**

Within a few hundred years of the death by crucifixion of Jesus of Nazareth, a new religious movement was teaching that Jesus was no mortal rabbi, but the living God. How did Jesus' divinity become dogma?

**Rev. Fred Small preaches.**

### March 15 **Courageous Love**

On this "Standing on the Side of Love Sunday," we present our fifth annual Courageous Love Award to Sydney Fisher and Mary Gashaw, who last December led more than two hundred of their fellow Cambridge Rindge and Latin students in a Black Lives Matter walkout.

**Rev. Fred Small preaches.**

### March 22 **Listening to the Dead**

What happens when we die? This morning we explore the evidence for mediumship and the hypothesis that the souls of the dead can communicate with the living.

**Rev. Fred Small preaches.**

### March 29 **Sprouting Seeds**

According to the almanac, it's sowing season. As each of us sows the seeds of our hopes this Spring, how do we care for those sprouts? We look to two wise parables, one in Mark 4 and the other in Mencius 2A, as our guides.

**Ministerial Intern, Seanan Fong preaches.**

## March Shared Offering

In March, our Shared Offering recipient will be the Autistic Self Advocacy Network which seeks to advance the principles of the disability rights movement with regard to autism. ASAN believes that the goal of autism advocacy should be a world in which autistic people enjoy the same access, rights, and opportunities as all other citizens. They work to empower autistic people across the world to take control of their own lives and the future of their common community, and seek to organize the autistic community to ensure their voices are heard in the national conversation. For more information about ASAN go to their website [www.autisticadvocacy.org](http://www.autisticadvocacy.org).

ASAN New England, this month's shared offering recipient, would also like to invite the First Parish community to a vigil on Sunday, **March 1** in honor of the National Day of Mourning. The Vigil will take place at 1 pm in Brattle Square, Harvard Square - the brick plaza area outside of Crema and Flat Patties. For more information, please see below. Thank you.

*In the past five years, over seventy people with disabilities have been murdered by their parents. These acts are horrific enough on their own. But they exist in the context of a larger pattern. A parent kills their disabled child. The media portrays these murders as justifiable and inevitable due to the "burden" of having a disabled person in the family. If the parent stands trial, they are given sympathy and comparatively lighter sentences, if they are sentenced at all. The victim is disregarded, blamed for their own murder at the hands of the person they should have been able to trust the most, and ultimately forgotten. And then the cycle repeats.*

*For the last four years, ASAN, ADAPT, Not Dead Yet, the National Council on Independent Living, the Disability Rights Education & Defense Fund, and other disability rights organizations have come together at local vigils across the country to mourn those losses, bring awareness to these tragedies, and demand justice and equal protection under the law for all people with disabilities.*

**RELIGIOUS EDUCATION CORNER by Mandy Neff**

Are you dreaming of the warm and balmy days to come? Planning ahead for summer vacation to take a mental break from the snow?

Summer camp brochures are flooding my office! There are several wonderful local Unitarian Universalist retreat centers which offer camp for children, youth, and families – a place where children can experience loving community that supports their values at the same time as classic camp activities like swimming, hiking, talent shows, games and more!

Our own family has attended Ferry Beach RE Week, a family camp, for years. We have friends in other states that we now visit when we're in the neighborhood, and we plan our schedules around this special week. I don't think they could get a better endorsement than my son James's: "If I had to pick between Christmas and Ferry Beach, I'd pick Ferry Beach!"

<http://www.rowecenter.org/pages.php?name=YPC>

<http://www.ferrybeach.org/kids-for-the-earth.html>

<http://starisland.org/conferences/2015-conference-listing/#multigenerational>

<http://www.unirondack.org/register/>

In faith,

Mandy

**March RE Schedule**

**March 1**  
Lunar New Year  
Multigenerational Service

**March 8**  
Regular RE classes

**March 15**  
Ingathering

**March 22**  
Regular RE sessions

**March 29**  
Regular RE sessions

Nursery care and Preschool group are available every week in March.

**Please help the Bunny!**

Our Youth Group will be hosting the children's Easter Egg Hunt on Sunday, April 5 and they need your donations to fill the eggs. Please drop off wrapped candies in the marked bins at both entrances on March 29 and April 5

## Canned Food Drive

Religious Education and Beyond Borders-Sin Fronteras are holding a food drive to benefit immigrant children and their families via Chelsea Collaborative.

During the Summer of 2014, many Central American children crossed the US-Mexico border without an adult, often to meet family members in the United States. Chelsea Collaborative has been working with those children who came to Boston and is collecting food for them and their families.

Please bring non-perishable food to social hour on March 1, 8, 15, or 22 to contribute. The collaborative is especially looking for the following items:

Small Red Beans	Dark Kidney Beans
Whole Green Peas	Pinto Beans
Blackeye Peas	Lentils
Black and Red Refried Beans – Canned	Oil and Olive Oil
Tuna	Tomato Sauce
Spaghettis	Jam
Jelly	Canned vegetables
Sliced Beets	Whole Kern Corn
Mixed Vegetables	Sliced Carrots
Golden Corn	Peas and Carrots
Green Lima Beans	Green Beans
Sweet Peas	Fruit Cocktail
Sliced Pineapple	Peach Halves
Chunk Pineapple	Sliced Peach
Pear Halves	Vienna Sausage
Cooked Ham	Cocktail Sausages
Cookies	Snacks
Chicken Flavor Bouillon Caldo Sabor a Pollo	Rice
Adobo	Sazon
Dry black beans	Dry beans
Canned Raviolis	Canned Spaghettis
Oatmeal	Hot Sauce
Ramen Noodle Soups	Campbells Soups
Progresso Soups	Canned juices
Coconut Water	Coconut Milk
Evaporated Milk	Saltines Crackers
Kids Juices	

## Congregational Conversation on Music

Does the music at First Parish stir you? Inspire you? Make you think? Drive you crazy sometimes?

Come share your thoughts on worship music with other church members. On Sunday, March 1 from 12:30 PM to 2:30 PM, we'll have a Congregational Conversations on Music. During this event, we'll share our thoughts and experiences with music, using a special process designed to encourage reflection and sharing. Please join us in the Parlor for this interesting discussion.

This Congregational Conversation is the first in a series called for in our Strategic Plan as a way to deepen our connections and learn from our increasing diversity.

## Women's Book Group

The Women's Book Group meets on the first Tuesday of every month from 7:00 pm to 9:00 pm in the Chapel. The group is open to women of all ages who are friends or members of First Parish. We are a friendly low-stress group. You don't have to read every book, just come when you can! Many participants bring a snack or dessert to share. If you have specific questions or want to join our email listserv, email [womensbookgroup@firstparishcambridge.org](mailto:womensbookgroup@firstparishcambridge.org)

**March** – *Claire of the Sea Light* by Edwidge Danticat

**April** – *Margaret Fuller: A New American Life* by Megan Marshall

**May** – *Girl with the Pearl Earring* by Tracy Chevalier

**June** – *Black Walden: Slavery and its Aftermath in Concord, Massachusetts* by Elsie Lemier

## Women Writing Together

New and old alike are warmly invited and welcomed at our joyful activity of women writing together, biweekly, all year. We are a facilitated group, for exploring through writing prompts, one's creative imagination, memory, and voice during the meeting, non-critically.

**Upcoming meetings are**

**March 9 and March 23.** Contact:

[womenwriting@firstparishcambridge.org](mailto:womenwriting@firstparishcambridge.org)

## Deepening Our Connection!

In an effort to strengthen our Welcoming skills at First Parish, the Leadership Development Team is partnering with the Membership Team to offer a Saturday morning training session for Newcomer Liaisons on **Saturday, March 14th from 9:00 am to 1:00 pm in the Parlor**. Come and learn more about the four steps to successful welcoming and resources for strengthening our connection to one another. Members of the Membership, Welcome and Hospitality teams, as well as anyone who would like to invest in building up this community by serving as a newcomer liaison at any point this year, are especially encouraged to join us! For more information, please contact Membership chair, Renee Saindon, at [renee.d.saindon@gmail.com](mailto:renee.d.saindon@gmail.com) or Community Life Coordinator, Mykal Slack, at [clc@firstparishcambridge.org](mailto:clc@firstparishcambridge.org).

## Stone Soup - A Metaphor and a Reality

At First Parish, we each bring our own special gifts. Like a stew of many ingredients, we make a wonderful group of people from all over the world, each person different but all united in our commitment to building a loving community. No homogenous group could have the same strength and broad perspective.

On March 29, we'll celebrate the end of our annual pledge drive, have an all-church meeting on the Youth Shelter project, and enjoy an all-church potluck. Please plan to bring a dish for the potluck and stay until 2:00 PM that day.

## **Fragrance Free Policy**

**from the Abilities and Access Committee**

Have you ever stood next to someone on the train wearing too much perfume or walked into a restroom right after someone has applied a heavily scented body spray or perfume? The smell can be annoying but tolerable for many people but for others it can actually cause physical illness including migraines, asthma attacks or shortness of breath, dizziness and and nausea. The Abilities and Access committee has been working with Standing Committee to draft a policy that would allow people affected by chemical sensitivities to better participate in our community. We think we've got it!

### ***"Chemical Sensitivity Policy***

***This is a fragrance-free parish. Thank you for not wearing any of the following during your visit: cologne, after-shave lotion, perfume, perfumed hand lotion, fragranced hair products, or similar products. Our chemically sensitive congregants appreciate this."***

So, what does all of this mean?

It means that we're asking you to examine your Sunday morning routine and figure out what scented products you might be using, maybe without even realizing it. Unscented versions of most products are available including laundry detergent and lotion, and many other products can be used earlier in the morning so the smell can dissipate before coming to church. Other products like aerosol body sprays, perfume, cologne and aftershave should be left off while in the building as those scents are often the ones that trigger reactions.

This policy doesn't mean you aren't allowed to shower, or style your hair, or wash your clothes. It does mean that we're asking you to be more intentional about what products you are using before you come to an event at First Parish.

Over the years people have been asked to change various products or practices for the bettering of where we live; from not using Styrofoam plates and leaving cars idling to not smoking in restaurants and leaving accessible parking spaces open for those who need them. This is just another step we can take to more fully share in all we have to offer.

Please let anyone on Abilities and Access Committee know if you have any questions about this policy and thank you in advance for helping make First Parish Cambridge accessible for all who wish to fully experience our community.

## **Fighting Climate Change, From Legislation to Organizational and Personal Action.**

As we dig out from another major weather event, the Environment Justice Task Force invites you to several events in March to explore opportunities to make a difference in addressing climate change. A lot of positive action is happening! First Parish, along with other churches and the UUA, has already had an impact by divesting our endowment from the top fossil fuel companies. President Obama has just vetoed the Keystone XL Pipeline. This month we will explore other approaches and ways to build momentum for change.

### **Sunday, March 1, 9:00 am in the Chapel:**

Final discussion of Naomi Klein's "This Changes Everything", a deep look at the connection between climate change and our political and economic system, along with ideas for effective action.

### **Sunday, March 8, 12:15-1:45 in the Chapel.**

**An Economic Approach to Climate Change Action.** Discussion with Dr. Gary Rucinski, northeast regional coordinator for the Citizens Climate Lobby and chair of the Committee for a Green Economy.

Should the fossil fuel users be charged for the climate, health, and environmental effects of their products? Not doing so gives them what many people see as an unfair economic advantage over the large scale renewable and energy conservation projects needed to mitigate climate disruption. One approach to changing that is a carbon fee and dividend regulation being proposed in the Massachusetts legislature, which would tax the extraction of fossil fuels and return some of the funds to consumers. Join EJTF for a discussion of how this ground-breaking approach is working elsewhere and prospects for implementing it here.

### **Sunday, March 22, 3:00-5:00 at First Church in Cambridge, UCC, 11 Garden St. Personal Divestment from Fossil Fuels.**

Divestment is shaping up to be one of the most important initiatives yet for dealing with climate change. Divestment action is being taken by colleges, faith communities, states and foundations, as well as by individuals. It all adds up--- to a powerful political movement in which we can all participate. This is an opportunity to hear from a team of financial experts, who will explore with us how personal fossil fuel divestment works, how to go about it, the risks and benefits involved, and how to maximize the impact of individual decisions to divest.

Presenters:

- **Chuck Collins**, Senior scholar at the Institute for Policy Studies (IPS) and Director of IPS's Program on Inequality and the Common Good
- **Shelley Alpern**, Director of Social Research and Advocacy, Clean Yield Asset Management
- **Leslie Samuelrich**, President, Green Century Capital Management, USA
- **David Schreiber**, Financial Planner with Progressive Asset Management Group

Hosted by First Church in Cambridge UCC, in cooperation with the First Parish UU, the Social Action Team of Old Cambridge Baptist Church, the Jewish Climate Action Network, and several other faith-based organizations. **To RSVP**, please e-mail [rev.reebee@gmail.com](mailto:rev.reebee@gmail.com), with SUBJECT LINE: DIVEST.

## Middle East Education Group News

***Cracking the Codes:  
The System of Inequity***  
**Film Screening and  
Dialogue Event**  
**Sunday, April 12**

Join us for a special film screening and discussion on the causes and consequences of systemic inequity in America. Widely acclaimed as both challenging and uplifting, *Cracking the Codes* will help us to disentangle internal beliefs, attitudes and pre-judgements within, and to build skills to address the structural drivers of social and economic inequities. We will deepen and shift the framing of racial disparities from focus on individuals to institutional and structural injustices. We will discuss how we can apply what we learn to relationships at First Parish.

This event, brought to you by the Transformation Team, will be facilitated by Susan Shepherd and Ministerial Intern, Seanan Fong.

Sunday, April 12 in the Chapel from 12:30 pm to 1:30 pm.

Snacks will be provided.

Nowruz, the Persian New Year, is being celebrated at the Museum of Fine Arts (MFA) on Saturday, March 21. The Middle East Education Group is providing First Parish with an opportunity to learn more about this Iranian festival. We encourage everyone, particularly families, to join us at 10:30 am on 3/21 as we bring in the Persian New Year. Activities last until 4:45 pm and include an art tour, a discussion of the history of Persepolis, an opportunity to see a traditional holiday table, and various musical events and dances. For children, there is a story hour, an opportunity to check out Persian calligraphy, a dance workshop and more. Persian-inspired food will be available at Taste Café. (Also check the MFA website: <http://www.mfa.org/programs/special-event/nowruz-2015-the-persian-new-year-festival>.)

Through an MFA program for non-profit organizations, we have obtained a group pass that allows 25 individuals from First Parish to attend the programs at the MFA that day free of charge. Of course, anyone who has a membership at the MFA can enter without charge anyway, but let me know if you are coming so we can keep in touch about any late developments. (Depending on the number who sign up, we may even ask MFA members if they can take one or more individuals as guests on their membership.)

We will have sign-ups during Social Hour on March 8 and 15, but there is no need to wait until then. Just send an email to Grace Hall ([gracewhall@msn.com](mailto:gracewhall@msn.com)) to put your name on the list (along with the total number of adults and children coming and contact information). Specific questions? Call Grace at 215-858-5448.

Save the Date for our April program: Sunday, April 19, 12:30-2:00 in the Chapel. We will host an illustrated lecture by Dr. Beatrice St. Laurent on the Dome of the Rock. This prominent golden-domed shrine in Jerusalem's Old City houses the rock from which Muhammad is said to have ascended to heaven. There will be more details in the April Meetinghouse News.

The next meeting of the group is Sunday, March 15, 12:00-12:30 in the Landing Room (several steps down from the second floor). All are welcome. For further information, email [MEEG@firstparishcambridge.org](mailto:MEEG@firstparishcambridge.org).

## **Lots Is Happening at Cambridge Forum in March**

Put away your snow shovel (we hope!) and come out to these lively Cambridge Forum discussions. (And notice—they are not all on Wednesday evenings!)

### **Sunday, March 8 at 3:00 pm**

### **The Health of Democracy: Privatizing Education**

The Massachusetts School Law of 1642 laid out the rationale for public education: "Forasmuch as the good education of children is of singular behoof and benefit to any Common-wealth." How do contemporary efforts to privatize public education square with the civic role that education has played in American democracy? **Julian Vasquez Heilig**, internationally recognized leader in education policy, examines the variety of ways in which public education is being privatized in the name of "reform" and suggests ways for citizens to respond that both improve educational experience and strengthen the societal and civic role that education plays.

*This program is funded in part by a grant from MassHumanities.*

### **Thursday, March 19 at 6:30pm**

### **Citizen Journalism: A People's History of Ferguson**

PEN-New England recognizes Ferguson activists and bloggers **Jhonna Elzie** and **DeRay McKesson** with its 2015 Howard Zinn Freedom to Write award for their work as activists, organizers, and citizen journalists in the Ferguson protest movement. Their reporting and This Is the Movement newsletter engaged and unified disparate voices in the wake of the August 9, 2014, shooting death of Michael Brown in Ferguson Missouri. **Jabari Asim**, editor-in-chief of *The Crisis*, leads this discussion of the role of citizen journalism and activism in our changing media landscape. What role did these citizen journalists expect to play in Ferguson? How did their expectations change as their actual role evolved? What lessons does their experience carry for other citizen journalists?

*This program is organized and co-sponsored by PEN-New England.*

### **Wednesday, March 25 at 7:00 pm**

### **The Health of Democracy: Economic Inequality**

Taxes! Nobody likes taxes, but they have, famously, been called the price we pay for civilization. Since the earliest days of the Republic taxes have played a controversial role in our democracy and the notion of equality that underlies it. Historian **Colin Gordon** explores the growth of economic inequality in late 20<sup>th</sup> and early 21<sup>st</sup> century United States and its implications for a healthy democracy. **Michael Widmer**, former president of the Massachusetts Taxpayers Foundation, examines how tax policy can support or lessen economic inequality. During previous eras of great economic inequality, government programs attempted to level the playing field. What can citizens do to spur a more equitable distribution of wealth today?

*This program is funded in part by a grant from MassHumanities.*

### **Wednesday, April 1 at 7:00 pm**

### **IYAD BURNAT: Non-Violent Resistance in Palestine**

**Iyad Burnat**, born in 1973 in Bil'in, Palestine, heads the Bil'in Popular Committee. Since 2005, citizens of Bil'in, joined by Israeli and international peace activists, have held weekly non-violent demonstrations against the Israeli separation wall and the encroachment of illegal settlements. The protesters have maintained a commitment to non-violent resistance in the face of armed military opposition. The demonstrations are the subject of the 2012 Oscar-nominated documentary film *5 Broken Cameras*, which was made by Iyad's brother, Emad Burnat. Burnat discusses strategies for non-violent popular resistance with social justice activist **Trina Jackson**. How has he brought potential adversaries to share his goal of peace and prosperity for all people?

## Home is Where the Heart Is?

*Elizabeth Aguilo, LICSW, Paine Senior Services*

*"America's older population is in the midst of unprecedented growth. With the aging of the large baby-boom generation and increased longevity, the 50-and over population is projected to increase about 20 percent by 2030, to 132 million. In just 15 years, one in five people will be at least aged 65. Ensuring that these older adults have the housing they need to enjoy high-quality, independent, and financially secure lives has thus taken on new urgency not only for individuals and their families, but also for the nation as a whole."*

Joint Center for Housing Studies of Harvard University, 2014

As a resident of South Boston who works in Cambridge, the need for affordable housing versus the availability is frighteningly clear. How does this affect how someone ages and how someone plans for aging?

The Joint Center for Housing Studies of Harvard University (2014) reviews this question in depth ([www.jchs.harvard.edu/research/publications/housing-americas-older-adults](http://www.jchs.harvard.edu/research/publications/housing-americas-older-adults)). The report examines our aging population, which includes those of us who are 50+. It also reviews the link between housing and financial security and the link to health and well-being, as well as to social connection and community support.

The Centers for Disease Control and Prevention (CDC) defines aging in place as "the ability to live in one's own home and community safely, independently, and comfortably, regardless of age, income, or ability level." What are the existing policies that support "Aging in Place"? What are existing models?

The report lists the "elements needed to make remaining in one's home both possible and desirable":

- affordable, secure, and physically accessible housing;
- affordable, safe, and reliable transportation alternatives for those unable or unwilling to drive;
- opportunities to engage in recreational, learning, cultural, volunteering, and/or social experiences
- options for in-home health care and/or assistance with activities of daily living (ADLs) if needed to preclude a move to congregate care.

A source of information **regarding aging specifically in Cambridge** is the Cambridge Community Development's Aging in Place Project. The project included both a phone survey and a web survey and found the following:

### Top 7 Web and Phone responses

Phone	Web
Yard, outdoor space, garden	Yard, outdoor space, garden
Housekeeping, maintenance provided	Cohousing, Coop
Live alone, on my own, in my own house	Affordability
close to public transportation	Live alone, on my own, in my own house
Good health	Shared, community space
Stay in Cambridge	Diverse community/ multi-age
Affordability	Privacy

For the full report, go to [www.cambridgema.gov/CDD/Projects/Planning/Aging](http://www.cambridgema.gov/CDD/Projects/Planning/Aging). The site also includes the reports entitled "Housing Options for Older Cantabrigians" and "Creating a Vision: Cambridge as an Aging Friendly Community: Housing Options 2012-2030."

Affordable, accessible housing is a key component to aging well. Looking at your housing and how it may or may not meet your needs as you grow older will help you or your family member plan for the future. Paine Senior Services can help you review your choices (617-864-2580)