



Agassiz Neighborhood Council Retirement Initiative News

FALL 2006

People all over Cambridge are developing ways to provide services and activities to Cambridge residents as they age. Listed here are items ANC has focused on to start. STAY TUNED, there's more to come . . .

COMING SOON . . . SNOW SHOVELING

The results of our spring 2006 Community Survey gave us a clear indication of the kinds of services our neighbors would like to have available to them right now. First on this list is snow shoveling and second, home maintenance and repairs.

We intend to offer older Cambridge residents a reliable and timely snow removal service at a reasonable cost this winter!

Details of this service will be announced in October. Information about the maintenance and repairs service will be available later in the winter.



HEAD, HANDS and HEART SURVEY

This community survey, distributed in August 2006, will focus on the individual assets of people in our Cambridge community. It will be distributed to over 350 individuals ages 50 and older living in Cambridge. It will ask each person to identify gifts of time, skills and energy that they are able to offer their community. We will share the collective results of this survey with the Cambridge community in October. If the feedback is promising, we will consider further investigation into "Time Banking," which is the exchange of

services among members to promote a sustainable community and sense of connection.



Community member contributes to discussion at the April 5th meeting, "Living in Cambridge as Long as You Live."

CONVERSATION SERIES

As a result of our collaboration with the Cambridge Center of Adult Education, we are pleased to announce a fall series of three community forums titled "Making Cambridge a Village – Real and Virtual Communities for Lifelong Health." Please join us at one or all three of these discussions to hear expert opinions on the kinds of issues and decisions you should be thinking about as you plan the second half of your life. We encourage you to add your voice by articulating your concerns. These community forums include:

- Health Issues Panel**, Tuesday, Oct. 3 at 12 Noon
- Community Engagement**, Wednesday, Nov. 1 at 12 Noon
- General Issues**, Wednesday, Nov. 15 at 5:30 PM

All three presentations held at 56 Brattle Street, Cambridge.

INFORMATION NOW

We would like to offer the Cambridge community information manual in the spring of 2007. Currently there are several local and statewide on-line databases that provide extensive but limited information about the health and human service resources available to individuals age 50 and older living in Cambridge. We believe that, through combining these databases and supplementing them with additional research, we can produce a manual that will be inclusive and useful to all members of the Cambridge community, including service providers, individuals, and their families.

Please share your thoughts and suggestions on any all of these activities with Lynn Landon, ANC Assistant Director. She can be reached by phone (617) 349-6287, or email her at llandon@agassiz.org

COMMUNITY EVENTS FOR EVERYONE

The ANC continues to present cultural activities for people of all ages. Join us at the events listed below.

Witness, featuring oil paintings on glass and metal
Alicia Dwyer in the Sacramento St. Gallery
Friday, Sept. 15 to Friday, Oct. 13
Opening reception Friday, Sept. 15, 5:00 - 7:00 PM

Small Works Show in the Sacramento St. Gallery
Featuring small works by Cambridge artists to be held at the Maud Morgan Visual Arts Center Building
Friday, Oct. 27 to Friday, Dec. 1
Opening reception Friday, Oct. 27, 5:00 - 7:00 PM

Kids-Only Holiday Sale in the Sacramento St. Gallery
Kid-appropriate gifts for children to purchase for themselves and friends
Tuesday, Dec. 5 to Thursday, Dec. 14, 3:00 to 6:00 PM



About the Agassiz Retirement Initiative

Since 2004, ANC has been considering services that focus on the emerging needs of the aging populations. Last year ANC determined that further investigation was warranted and, in the winter of 2006, a needs assessment was conducted for residents 50+ years of age living in the Agassiz Neighborhood.

In early April of 2006 ANC, in partnership with the City of Cambridge Council on Aging, convened a meeting, "Living in Cambridge as Long as You Live." Information gained in the ANC needs assessment was disseminated at the meeting, and representatives from the internationally recognized Beacon Hill Village discussed their initiative and answered questions.

As a result of this planning session, ANC directors also developed a vision statement that included, "ANC will enhance our capacity to respond to changing times and the changing needs of the Community with programs, services and forums . . . by providing grass-roots communications for awareness and identifying problems and facilitating solutions."

Since that time, the City of Cambridge has convened two meetings. Individual groups in Cambridge have met together and separately to determine need, identify possible service sources, and consider structures for a Cambridge initiative.

ANC continues to work with other groups while considering the next steps for itself. We are currently developing a time line for action, and we have planned some first steps for the fall.



ANC
Agassiz Neighborhood Council
Retirement Initiative News
 20 Sacramento Street
 Cambridge, MA 02138
 (617) 349-6287



Highlights from the 2006 Needs Assessment

General Information on Respondents

The average age was 63 years. Age range was 50-94. Average length of time living in Cambridge was 21 years.

- 30% lived alone
- 61% DO NOT have family living nearby to help
- 84% OWN their homes
- 81.5% wish to retire at their current address
- 55% say stairs and other physical aspects of their home could make living difficult

Top Reasons Respondents Might Have to Leave Their Homes

1. Health related
2. Financial reasons
3. Stairs, accessibility
4. Weather
5. To be near family and children

Tasks respondents might need help with

TASKS	NOW	IN 5 YEA
Snow Shoveling	34.8%	48.3%
Yard Work	32.6%	36%
Home Maintenance & Repairs	30.3%	46.1%
Housework/Laundry	25.8%	29.2%
Heavy Lifting Chores	24.7%	46.1%
Computer/Technology help	20.2%	31.5%

To receive the complete report or to get involved, contact Lynn Landon at llandon@agassiz.org or (617) 349-6287 x1. Ask for the 2006 Retirement Survey Report.