

Title of Article	Date of Newsletter	topic	keyword
<a href="#">Everyone is an Ageist: Ashton Applewhite</a>	9/11/17	miscellaneous	psychology
<a href="#">Quick Brain Teasers</a>	9/11/17	miscellaneous	entertainment
<a href="#">Retirement Calculators</a>	9/11/17	finances	retirement
<a href="#">Fitness for Seniors at Cambridge YMCA</a>	9/18/17	Community Notebook	exercise
<a href="#">Know Your Cambridge History</a>	9/18/17	miscellaneous	entertainment
<a href="#">Jean Shows How: Jean Lukitsh</a>	9/25/17	health & fitness	exercise
<a href="#">Social Security Scam</a>	9/25/17	safety & security	finances
<a href="#">Understanding the ER</a>	9/25/17	health & fitness	medical
<a href="#">Shopping for Medicare Advantage</a>	10/2/17	finances	medical
<a href="#">Take Good Care of Your Feet</a>	10/2/17	health & fitness	medical
<a href="#">Yoga and Bone Health</a>	10/2/17	health & fitness	exercise
<a href="#">Innovations for Seniors</a>	10/9/17	aging in place	technology
<a href="#">The Mindful Guide to Straight Talk</a>	10/9/17	isolation-friendship-communication	psychology
<a href="#">Whooping Cough and Vaccinating Seniors</a>	10/9/17	health & fitness	medical
<a href="#">The Importance of Nature to Older Folks</a>	10/16/17	aging in place	psychology
<a href="#">The Importance of Probate</a>	10/16/17	finances	death and dying
<a href="#">Grandparent Scam</a>	10/23/17	safety & security	finances
<a href="#">Memory Basics</a>	10/23/17	health & fitness	psychology
<a href="#">Prepare for House Guests</a>	10/23/17	isolation-friendship-communication	aging in place
<a href="#">Age Friendly Communities</a>	10/30/17	aging in place	housing
<a href="#">Changing Jobs in Your Fifties</a>	10/30/17	finances	retirement
<a href="#">Time for Your Flu Shot</a>	10/30/17	health & fitness	medical
<a href="#">You and Facebook</a>	11/6/17	miscellaneous	technology
<a href="#">Friendship and Aging</a>	11/6/17	isolation-friendship-communication	psychology
<a href="#">Bad Customer Service</a>	1/8/18	isolation-friendship-communication	finances
<a href="#">New Rules for Fitness for Age 50+</a>	1/8/18	health & fitness	exercise
<a href="#">Paine Senior Services</a>	1/8/18	Community Notebook	local resource
<a href="#">Simple New Year's Resolutions</a>	1/8/18	miscellaneous	psychology
<a href="#">Aging in Place for How Long?</a>	1/29/18	aging in place	housing
<a href="#">Cambridge Neighbors</a>	1/29/18	Community Notebook	local resource
<a href="#">The Ignorance Project</a>	1/29/18	miscellaneous	psychology
<a href="#">Visiting Someone with Dementia</a>	1/29/18	isolation-friendship-communication	medical
<a href="#">Daily Happiness Tips</a>	2/5/18	miscellaneous	psychology
<a href="#">Travel Advice From an Expert</a>	2/5/18	miscellaneous	retirement
<a href="#">Women Delaying Social Security</a>	2/5/18	finances	retirement

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Community Notebook: Do You Like to Sing?	2/12/18	isolation-friendship-communication	entertainment
<a href="#">Pay Off Mortgage or Invest</a>	2/12/18	finances	retirement
<a href="#">Protect Your Personal Information</a>	2/12/18	safety & security	finances
<a href="#">Sex and the Single Senior</a>	2/12/18	health & fitness	psychology
<a href="#">Misuse of Prescription Drugs</a>	2/19/18	health & fitness	medical
<a href="#">A Lifelong Home</a>	2/26/18	aging in place	housing
<a href="#">Rejecting Ageism</a>	2/26/18	miscellaneous	psychology
<a href="#">The Senior Chef</a>	2/26/18	health & fitness	nutrition
<a href="#">Abuse Happens at Any Age</a>	3/5/18	safety & security	psychology
<a href="#">Credit Score 101</a>	3/5/18	finances	retirement
<a href="#">What Causes Allergies</a>	3/5/18	health & fitness	medical
<a href="#">Small Utensils Ease Routine Tasks</a>	3/12/18	health & fitness	technology
<a href="#">What To Do When You Lose Power</a>	3/12/18	aging in place	housing
<a href="#">Make Your Wishes Known</a>	3/19/18	miscellaneous	death and dying
<a href="#">The Art of Bending</a>	3/19/18	health & fitness	exercise
<a href="#">Your Next Act</a>	3/19/18	isolation-friendship-communication	retirement
<a href="#">Exceptional Memory and Relationships</a>	3/26/18	isolation-friendship-communication	psychology
<a href="#">Housing Concerns for LGBTQ Seniors</a>	3/26/18	miscellaneous	housing
<a href="#">Options for Working At Home</a>	3/26/18	finances	retirement
<a href="#">The Cambridge Homes</a>	3/26/18	Community Notebook	housing
<a href="#">"Brushing" Scam</a>	4/2/18	safety & security	finances
<a href="#">Retirement and Hobbies</a>	4/2/18	isolation-friendship-communication	entertainment
<a href="#">Medical Marijuana</a>	4/9/18	health & fitness	medical
<a href="#">Walking This Spring</a>	4/9/18	health & fitness	exercise
<a href="#">What About a Smart Home?</a>	4/9/18	aging in place	technology
<a href="#">Barbara Ehrenreich</a>	4/16/18	health & fitness	death and dying
<a href="#">Retire Abroad</a>	4/16/18	miscellaneous	retirement
<a href="#">The Sensitive Older Man</a>	4/16/18	health & fitness	psychology
<a href="#">Across Generations</a>	4/23/18	isolation-friendship-communication	psychology
<a href="#">Huh? - Hearing Assistance Technology</a>	4/23/18	health & fitness	medical
<a href="#">Research Long-Term Nursing Care</a>	4/23/18	miscellaneous	housing
<a href="#">What I Learned From 2000 Obituaries</a>	4/23/18	miscellaneous	death and dying
<a href="#">Go Further With Food</a>	4/30/18	health & fitness	nutrition
<a href="#">Medications Come With Risks</a>	4/30/18	health & fitness	medical
<a href="#">Technology Will Help Keep Us Living At Home</a>	4/30/18	aging in place	technology

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<a href="#">Become An Artist at Any Age</a>	5/7/18	isolation-friendship-communication	retirement
<a href="#">Stop Dieting to Gain Control</a>	5/7/18	health & fitness	nutrition
<a href="#">We Depend on Social Security</a>	5/7/18	finances	retirement
<a href="#">A Move to Collaborative Living</a>	5/14/18	aging in place	local resource
<a href="#">Do Brain Games Really Work?</a>	5/14/18	health & fitness	entertainment
<a href="#">Fresh Produce Safety Tips</a>	5/14/18	health & fitness	nutrition
<a href="#">Are You a Shopoholic?</a>	5/21/18	miscellaneous	psychology
<a href="#">SCES</a>	5/21/18	Community Notebook	local resource
<a href="#">Stress and Humor: Loretta LaRoche</a>	5/21/18	health & fitness	psychology
<a href="#">The Cost of Home Improvement</a>	5/21/18	aging in place	housing
<a href="#">Background Checks</a>	5/28/18	safety & security	finances
<a href="#">Exercising As You Age</a>	5/28/18	health & fitness	exercise
<a href="#">Grandchildren and Inheritance</a>	5/28/18	finances	psychology
<a href="#">In-Law Apartments</a>	6/4/18	aging in place	housing
<a href="#">Spring Clean Your Smart Phone</a>	6/4/18	miscellaneous	technology
<a href="#">Summer Reading</a>	6/4/18	miscellaneous	entertainment
<a href="#">Living At Home As You Age</a>	6/11/18	aging in place	housing
<a href="#">Medicare Changes</a>	6/11/18	finances	medical
<a href="#">Not My Grandfather's Checkers</a>	6/11/18	miscellaneous	entertainment
<a href="#">The Coast Kitchen</a>	6/11/18	Community Notebook	local resource
<a href="#">Defensive Driving Course</a>	6/18/18	miscellaneous	aging in place
<a href="#">Elder Abuse Awareness Month in Cambridge</a>	6/18/18	safety & security	medical
<a href="#">Predictions About Growing Older</a>	6/18/18	miscellaneous	psychology
<a href="#">Computers and Sight Issues</a>	6/25/18	health & fitness	technology
<a href="#">Dehydration Can Happen to You</a>	6/25/18	health & fitness	medical
<a href="#">And We All Do It</a>	7/16/18	isolation-friendship-communication	psychology
<a href="#">Common Social Security Mistakes</a>	7/16/18	finances	medical
<a href="#">Food Poisoning is on the Rise</a>	7/16/18	health & fitness	nutrition
<a href="#">Older Adults and Forgotten Teens</a>	7/16/18	isolation-friendship-communication	housing
<a href="#">Be Heart Healthy</a>	8/13/18	health & fitness	exercise, nutrition
<a href="#">Heed Warnings For Home Repair</a>	8/13/18	aging in place	housing
<a href="#">A New Entrepreneur</a>	8/13/18	finances	retirement