

Title of Article	Date of Newsletter	topic	keyword
Innovations for Seniors	10/9/17	aging in place	technology
The Importance of Nature to Older Folks	10/16/17	aging in place	psychology
Age Friendly Communities	10/30/17	aging in place	housing
Aging in Place for How Long?	1/29/18	aging in place	housing
A Lifelong Home	2/26/18	aging in place	housing
What To Do When You Lose Power	3/12/18	aging in place	housing
What About a Smart Home?	4/9/18	aging in place	technology
Technology Will Help Keep Us Living At Home	4/30/18	aging in place	technology
A Move to Collaborative Living	5/14/18	aging in place	local resource
The Cost of Home Improvement	5/21/18	aging in place	housing
In-Law Apartments	6/4/18	aging in place	housing
Living At Home As You Age	6/11/18	aging in place	housing
Heed Warnings For Home Repair	8/13/18	aging in place	housing
Fitness for Seniors at Cambridge YMCA	9/18/17	Community Notebook	exercise
Paine Senior Services	1/8/18	Community Notebook	local resource
Cambridge Neighbors	1/29/18	Community Notebook	local resource
The Cambridge Homes	3/26/18	Community Notebook	housing
SCES	5/21/18	Community Notebook	local resource
The Coast Kitchen	6/11/18	Community Notebook	local resource
Retirement Calculators	9/11/17	finances	retirement
Shopping for Medicare Advantage	10/2/17	finances	medical
The Importance of Probate	10/16/17	finances	death and dying
Changing Jobs in Your Fifties	10/30/17	finances	retirement
Women Delaying Social Security	2/5/18	finances	retirement
Pay Off Mortgage or Invest	2/12/18	finances	retirement
Credit Score 101	3/5/18	finances	retirement
Options for Working At Home	3/26/18	finances	retirement
We Depend on Social Security	5/7/18	finances	retirement
Grandchildren and Inheritance	5/28/18	finances	psychology
Medicare Changes	6/11/18	finances	medical
Common Social Security Mistakes	7/16/18	finances	medical
A New Entrepreneur	8/13/18	finances	retirement
Jean Shows How: Jean Lukitsh	9/25/17	health & fitness	exercise
Understanding the ER	9/25/17	health & fitness	medical
Take Good Care of Your Feet	10/2/17	health & fitness	medical

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Yoga and Bone Health	10/2/17	health & fitness	exercise
Whooping Cough and Vaccinating Seniors	10/9/17	health & fitness	medical
Memory Basics	10/23/17	health & fitness	psychology
Time for Your Flu Shot	10/30/17	health & fitness	medical
New Rules for Fitness for Age 50+	1/8/18	health & fitness	exercise
Sex and the Single Senior	2/12/18	health & fitness	psychology
Misuse of Prescription Drugs	2/19/18	health & fitness	medical
The Senior Chef	2/26/18	health & fitness	nutrition
What Causes Allergies	3/5/18	health & fitness	medical
Small Utensils Ease Routine Tasks	3/12/18	health & fitness	technology
The Art of Bending	3/19/18	health & fitness	exercise
Medical Marijuana	4/9/18	health & fitness	medical
Walking This Spring	4/9/18	health & fitness	exercise
Barbara Ehrenreich	4/16/18	health & fitness	death and dying
The Sensitive Older Man	4/16/18	health & fitness	psychology
Huh? - Hearing Assistance Technology	4/23/18	health & fitness	medical
Go Further With Food	4/30/18	health & fitness	nutrition
Medications Come With Risks	4/30/18	health & fitness	medical
Stop Dieting to Gain Control	5/7/18	health & fitness	nutrition
Do Brain Games Really Work?	5/14/18	health & fitness	entertainment
Fresh Produce Safety Tips	5/14/18	health & fitness	nutrition
Stress and Humor: Loretta LaRoche	5/21/18	health & fitness	psychology
Exercising As You Age	5/28/18	health & fitness	exercise
Computers and Sight Issues	6/25/18	health & fitness	technology
Dehydration Can Happen to You	6/25/18	health & fitness	medical
Food Poisoning is on the Rise	7/16/18	health & fitness	nutrition
Be Heart Healthy	8/13/18	health & fitness	exercise, nutrition
The Mindful Guide to Straight Talk	10/9/17	isolation-friendship-communication	psychology
Prepare for House Guests	10/23/17	isolation-friendship-communication	aging in place
Friendship and Aging	11/6/17	isolation-friendship-communication	psychology
Bad Customer Service	1/8/18	isolation-friendship-communication	finances
Visiting Someone with Dementia	1/29/18	isolation-friendship-communication	medical
Community Notebook: Do You Like to Sing?	2/12/18	isolation-friendship-communication	entertainment
Your Next Act	3/19/18	isolation-friendship-communication	retirement
Exceptional Memory and Relationships	3/26/18	isolation-friendship-communication	psychology

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Retirement and Hobbies	4/2/18	isolation-friendship-communication	entertainment
Across Generations	4/23/18	isolation-friendship-communication	psychology
Become An Artist at Any Age	5/7/18	isolation-friendship-communication	retirement
And We All Do It	7/16/18	isolation-friendship-communication	psychology
Older Adults and Forgotten Teens	7/16/18	isolation-friendship-communication	housing
Everyone is an Ageist: Ashton Applewhite	9/11/17	miscellaneous	psychology
Quick Brain Teasers	9/11/17	miscellaneous	entertainment
Know Your Cambridge History	9/18/17	miscellaneous	entertainment
You and Facebook	11/6/17	miscellaneous	technology
Simple New Year's Resolutions	1/8/18	miscellaneous	psychology
The Ignorance Project	1/29/18	miscellaneous	psychology
Daily Happiness Tips	2/5/18	miscellaneous	psychology
Travel Advice From an Expert	2/5/18	miscellaneous	retirement
Rejecting Ageism	2/26/18	miscellaneous	psychology
Make Your Wishes Known	3/19/18	miscellaneous	death and dying
Housing Concerns for LGBTQ Seniors	3/26/18	miscellaneous	housing
Retire Abroad	4/16/18	miscellaneous	retirement
Research Long-Term Nursing Care	4/23/18	miscellaneous	housing
What I Learned From 2000 Obituaries	4/23/18	miscellaneous	death and dying
Are You a Shopoholic?	5/21/18	miscellaneous	psychology
Spring Clean Your Smart Phone	6/4/18	miscellaneous	technology
Summer Reading	6/4/18	miscellaneous	entertainment
Not My Grandfather's Checkers	6/11/18	miscellaneous	entertainment
Defensive Driving Course	6/18/18	miscellaneous	aging in place
Predictions About Growing Older	6/18/18	miscellaneous	psychology
Social Security Scam	9/25/17	safety & security	finances
Grandparent Scam	10/23/17	safety & security	finances
Protect Your Personal Information	2/12/18	safety & security	finances
Abuse Happens at Any Age	3/5/18	safety & security	psychology
"Brushing" Scam	4/2/18	safety & security	finances
Background Checks	5/28/18	safety & security	finances
Elder Abuse Awareness Month in Cambridge	6/18/18	safety & security	medical