

Care-a-Van

Géraud Bablon, Maggie Chen, Elif Erez, Snow Xu



Average daily time spent alone

% spending all their time alone

All adults ages 60+



14%

Living alone



37%

Living with spouse



3%

Other arrangement



15%

What does Social Infrastructure for elders mean?

“The underlying structures that sustain social life, including spaces of sociability and care.”



Intergenerational programming creates reciprocal exchange rather than just making older adults into burdens / care recipients. It starts to weave older adults back into the fabric of everyday societal life





MY LIFE
ONLINE



This 69 Year Old is in OnlyFans Top 1% | My Life Online

426K views · 6 days ago



In this episode of My Life Online, we get to know the 69 year old who is one of the top creators on OnlyFans. Unable to do any ...

New

VICE World News

25:14

70
OVER
70


PINEAPPLE
STREET STUDIOS



MOM'S CHILI BOWL

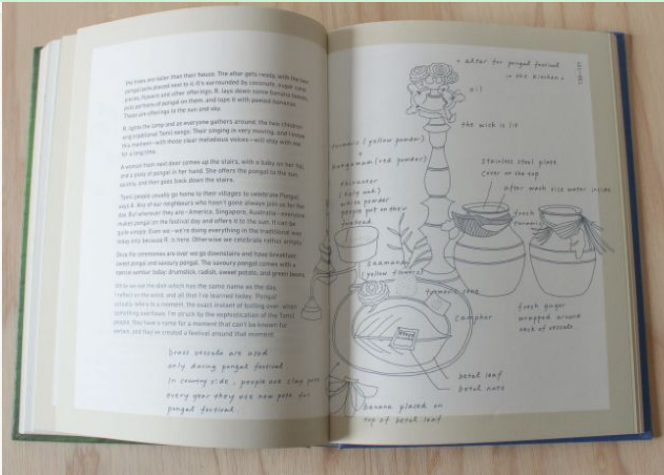
-serves 4-

INGREDIENTS:

- 1 lb ground beef
- 1 onion, coarsely chopped
- 1-32oz can whole tomatoes
- 2 c. chicken broth or water
- ¼ c. chili powder
- 1 tbsp. Worcestershire sauce
- 1 tbsp. chopped garlic
- 1 tbsp. dried oregano
- 2 tsp. ground cumin
- 2 tsp. hot pepper sauce
- 1 tsp. dried basil
- 1 tsp. salt
- 1 tsp. pepper
- 1 tsp. cayenne pepper
- 1 tsp. paprika
- 1 tsp. sugar
- 1-10.5 oz bag corn chips for garnish
- 1-9 oz package shredded cheddar

PREPARATION:

1. In a medium pan, fry the ground beef until the pink color is gone and meat turns brown.
2. Add the chopped onion and continue to cook until soft.
3. Add remaining ingredients and spices then simmer on low for one hour, covered.
4. Garnish with cheese and serve with chips.



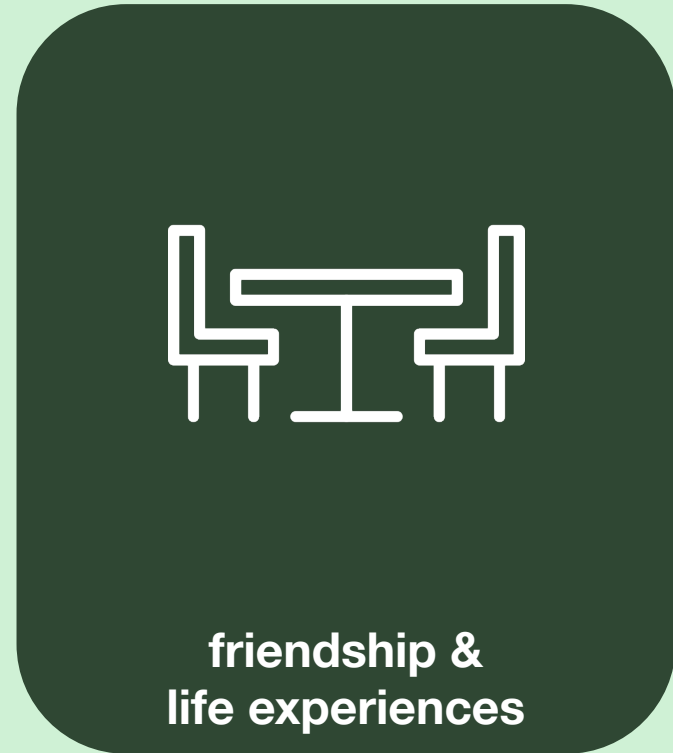
We are interested in understanding the importance of activities like **cooking, food-sharing, story-telling, and self-care** in the daily lives of our senior citizens.



Need-based

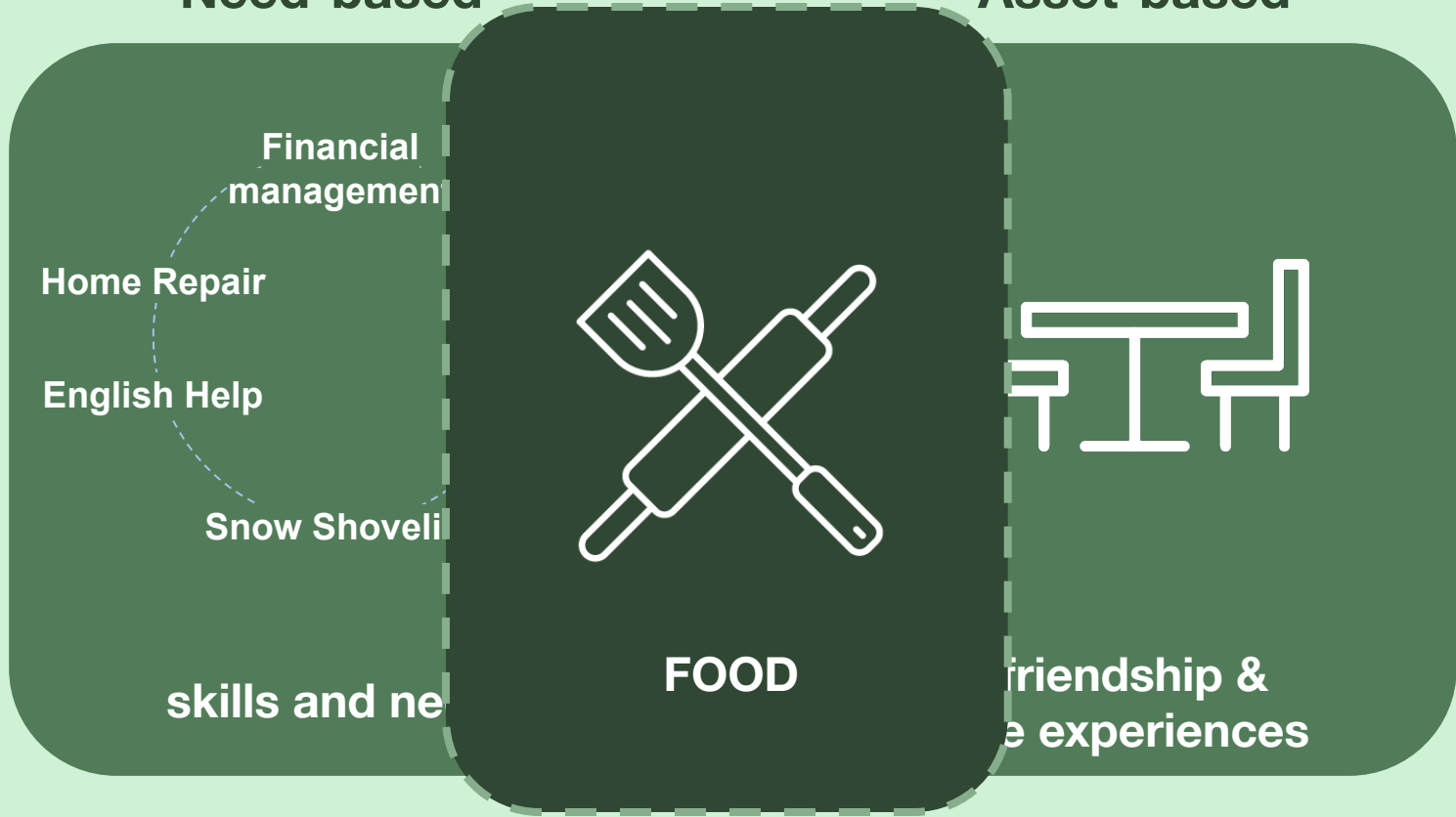


Asset-based



Need-based

Asset-based



Social infrastructure
for older adults

The diagram consists of two rounded rectangular boxes connected by a dashed arrow. The left box is white with a dashed green border and contains the text 'Social infrastructure for older adults'. The right box is dark green with a dashed green border and contains the text 'Older adults as social infrastructure'. A dashed green arrow points from the left box to the right box.

Older adults *as*
social infrastructure



Engage Stakeholders

Elders

Policy Makers

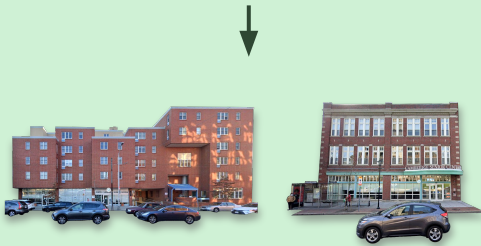
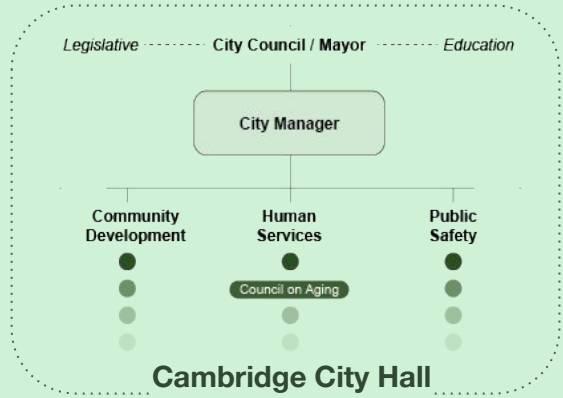
Volunteers

Program Admins

What is the existing **social infrastructure** for elders in Cambridge?



City of Cambridge Council on Aging



Senior Centers

Somerville Cambridge Elder Services (SCES)



MA Executive Office
of Elder Affairs
state & federal funding



Case Management
Caregiver Support
Nutrition and Meals

Other Older Adult Community Orgs



Intergenerational Community Orgs



Arts Center



Library

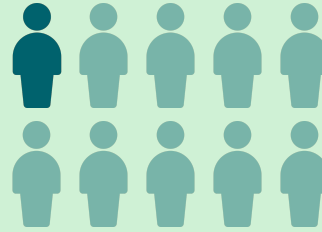


Church



CBOs

Citywide & North Cambridge Senior Centers



“ We serve about 10% of the total population of seniors in Cambridge ”



Interviewee:
Arline McGrady,
 Cambridge Senior
 Center, **Events**
 Coordinator

Weekly Schedule

	Monday	Tuesday	Wednesday	Thursday	Friday
9:00 am	Qi Gong	Strength Building	Chinese Singers	Meditation	Qi Gong
10:00 am		Gentle morning jive dance	Chinese Folk Dancing	Watercolor Painting	Zumba Gold
11:00 am	Cultura Latina	Balance - Chi Kung	ESOL	Chair Exercise	Flamenco Dance
12:00 pm	Strong & Stretched	Meditation	Balance - Chi Kung	Haitian Elder Group	Cardio + Yoga
1:00 pm	Dancing for Balance	Tech Help			Cultura Latina
2:00 pm	Watercolor Painting		Flamenco / Tango		
3:00 pm	Monday Bingo w/ Julie	Zumba Gold	Chair Exercise		Whist
4:00 pm	Gentle Mat Yoga	Chair Yoga	Chair Yoga	Gentle Mat Yoga	
5:00 pm			Strong & Stretched		
6:00 pm	Line Dancing	ESOL II			
7:00 pm	Spanish	ESOL IV			

Key:
 Virtual
 In-Person

Somerville Cambridge Elder Services (SCES)



Interviewees:

**Colleen Morrissey, SCES,
Director of Volunteer &
Special Projects**



**Micheline Federman,
SCES, Volunteer for
Money Management
Program**

“ People don’t want to admit that they need help. ”

“ People don’t know about the services that exist. ”



Congregate Meal Site
& Food Delivery



Housing
assistance



Home Care Services &
Health Support



Phone-operated hotline



Volunteer
Programs



Subgrants to
ethnicity-focused groups

Challenges



Outreach: people don't know about programs that exist



Representation: people don't identify themselves as someone who needs the service



Access: people can't access programs due to various barriers

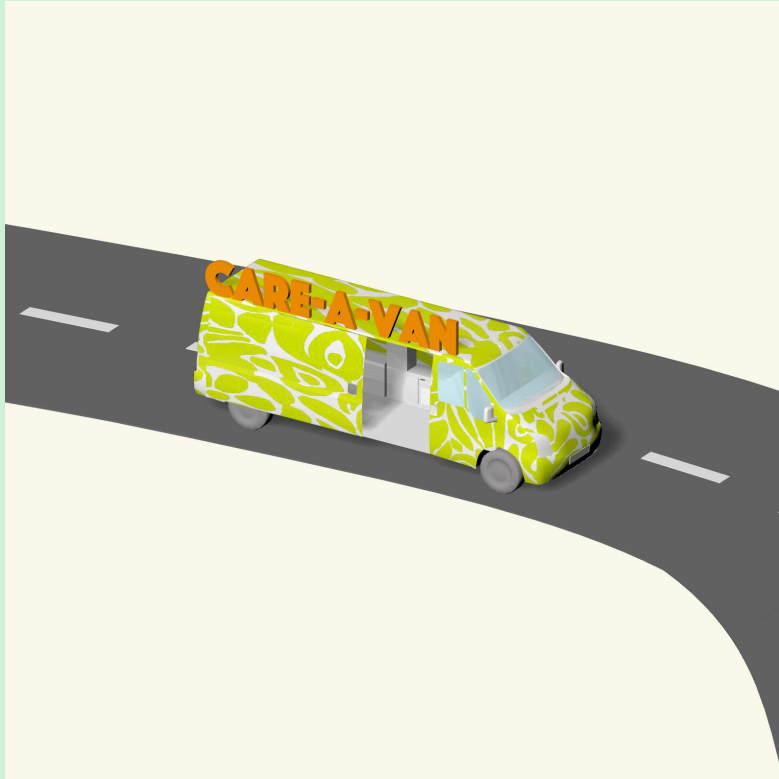


Care-a-van

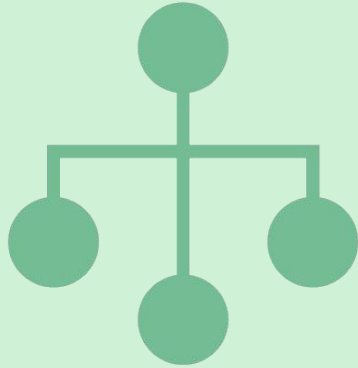
- Mobile **dining hall & community hub** that circulates in different neighborhoods
- Create **intergenerational** programming rather than elder-exclusive programming
- Create **food-related** programming that encourages **story-sharing** as a way to pass down cultural heritage



Care-a-van



How does Care-a-van work?



Uplift existing infrastructure



Build new social infrastructure

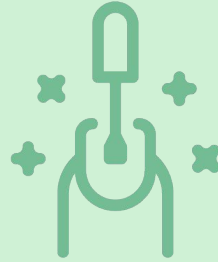
What does Care-a-van provide?



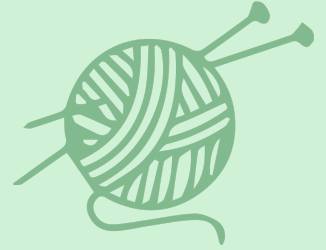
Cooking



Recipe Sharing



Personal Care



Knitting/Crocheting



**Exchange stories
& life advice**



**Volunteer small
acts of care**

Activation Mode



Standalone

E.g. Parked in open public spaces,
using existing park seating



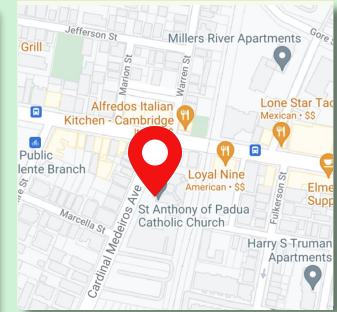
Hybrid

E.g. Parked by someone's home / the
senior center as an extension of the
private indoor space

Day 1. Small group cooking & Meal Sharing



Location:
Neighborhood park
Community center
Senior center
School
Church



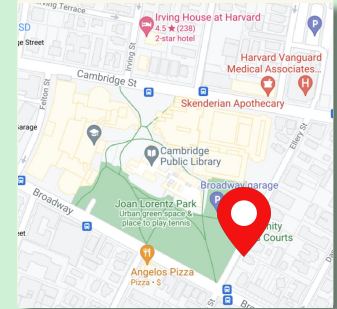
Activation Mode:
Hybrid

Food:
~A small group of participants develop menu & cook
~10-15 participants share food & life stories over food


Day 2. Potluck & Recipe Share



 **Location:**
Neighborhood park
Community center
Senior center
School
Church




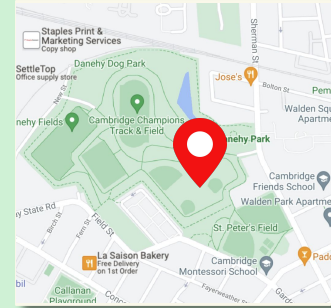
 **Activation Mode:**
Standalone

 **Food:**
~Participants each bring a
homemade dish / snack from their
culture
~Share recipes & stories related to
recipes


Day 3. Collaboration w/ Congregate Meal Sites



 **Location:**
Local food bank
Congregate meal sites
Collaborating restaurant



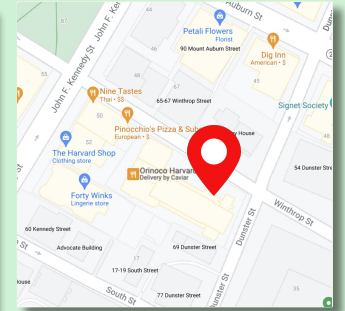
 **Activation Mode:**
Standalone

 **Food:**
~ Ready-to-eat food prepared by
the food bank/ meal site /
restaurant
~Share stories & life experiences
over food

Day 4. Salon



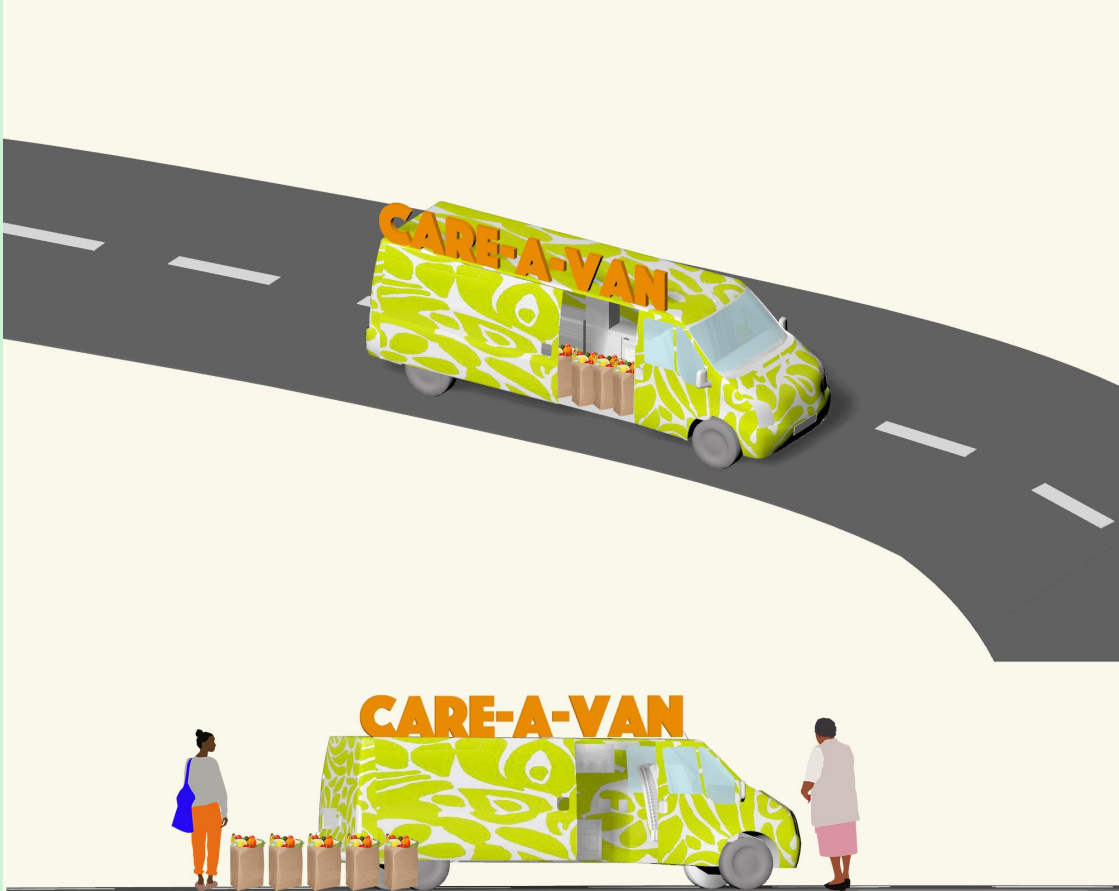
Location:
Neighborhood park
Community center
Senior center
School
Church



Activation Mode:
Hybrid / Standalone

Activity:
~ Nail care
~ Hair brush
~ Light massage
~ Chatting

Unactivated: Grocery Delivery



Sample Schedule

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
10:00 - 12:00 am	Meal Site Delivery + Advice Session Danehy Park	Salon Harvard Sq Homeless Shelter		Meal Site Delivery + Advice Session Danehy Park	Knitting / crocheting Riverside		Salon Harvard Sq Homeless Shelter
1:00 - 3:00 pm	Potluck Riverside		Potluck Library		Small group cooking & Story-sharing Local Church	Haircut / Hairbrushing Local Neighborhood	Meal Site Delivery + Advice Session Danehy Park
5:00 - 7:00 pm	Community Cookup & Dinner Local Church	Sunset Photography & Evening Tea Riverside	Meal Site Delivery + Advice Session Danehy Park	Evening Tea Kendall Square	Dance Class Citywide Senior Center	Karaoke / Sing-off Local neighborhood	Small group cooking & story-sharing Citywide Senior Center Parking Lot



'EGGCELLENT' EASTER

« CANTABRIGIA, PAGE 15



HARVARD'S TITANIC CONNECTION

« HISTORY, PAGE 7

CAMBRIDGE CHRONICLE

America's oldest weekly, since 1846.

April 12 - 18, 2012

WickedLocalCambridge.com

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By Andy Metzger

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The Cambridge Redevelopment Authority will have an entirely new board when it goes into its first meeting in more than two years. No meeting has been set, but the CRA has plans to take up an expansion proposal from Cooghe, which wants to build glass-

walled office space atop what is now a publicly accessible roof garden.

City Manager Bob Healy appointed four new members on Monday, which the City Council quickly approved. The objections of one councillor, the other member of the CRA board is appointed by the state, and has yet to attend a meeting as well.

The council also voted for the city's Community Development Department to conduct a review of the city's dealings with the CRA, "to get to the bottom of what seems to be almost smoke and mirrors," said a reasonable determination, made by the board whether it should involve itself in a development decision, and that had not been necessary for a lobby-

cession and new Microsoft sign at a Cambridge Center. While most of the city's major construction projects are overseen by the Board of Zoning Appeals or the Planning Board, the CRA oversees real estate development in Kendall Square and the nearby Wellington-Harvard area.

CRA, PAGE 5

SPORTS



Cambridge Ringe and Latin sophomore Maddie Payne in a tennis match against Matignon at the CRLS courts in Cambridge, Monday April 9, 2012. WICKED LOCAL PHOTO BY ZANA ZANAN

A chance to meet younger neighbors

By Phillip Rizzuto

brizzuto@wickedlocal.com

The CRLS girls' tennis team notched their first victory of the season last Monday afternoon at the Pemberton Street tennis courts, scoring a 6-0 victory against their in-city rival, the Matignon Warriors. The Lady Falcons improved to 1-1 on their season, while Matignon fell to 1-4.

In addition to being the first win of the year for the Falcons, it was also the first victory of CRLS co-coach

Teri Elio's varsity career, as both her and Erin Leggett were promoted to head coach after the departure of Laurance Kimbrough. "The transition has gone well," said Elio, who had previously coached the JV when Kimbrough was head coach. "Both Erin and I know most of the girls coming in, and they're a really great group. All the girls really want to be here and improve their games."

The Falcons dominated Matignon 6-0.



Matignon senior Leza Smith in a tennis match against Cambridge Ringe and Latin at the CRLS courts in Cambridge, Monday April 9, 2012.

TENNIS, PAGE 10

SCHOOLS

Conflict at Amigos

By Andy Metzger

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If a school's enrollment process is skewed against the very students the school is hoping to attract, but parents have already banked on the process in place, does it make sense to change it before September?

That is the question the School Committee tangled with earlier this month before deciding in a 4-3 vote to modify the wait-list for the Amigos School, sending low-income and non-English speaking students to the top of the list.

"I think if you pass the motion, you should simply tell every family that school assignment in Cambridge is by majority vote of the Cambridge School Committee," said Jason Beckfield, one of many outraged at what they saw as shifting the rules after the outcome of a school choice lottery.

In 2001 the Amigos Program - founded in 1986 - became the Amigos School, located next to the King School in the Riverside neighborhood. Students learn in both English and Spanish at Amigos, which is the only kindergarten-through-eighth-grade school that will not be part of the new middle school model next year.

The Amigos mission statement says, among other things, "Our diversity is our greatest strength." The school has more than three times the percentage of Hispanic

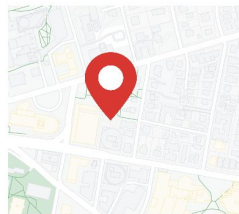
SCHOOLS, PAGE 5

CARE-A-VAN

Care-a-Van features a converted bus that serves as a mobile dining room and community hub. It breaks social programming out of the walls of existing institutions and make it more accessible to local communities. The Care-a-Van sets up pre-scheduled events in different neighborhoods of the city, focusing on meal sharing and cooking as the core programs.



Through sharing the taste and stories of different dishes, Care-a-Van brings people together and highlights the action of passing down cultural and social lineage as well as building intergenerational kinship



Intergenerational Community Meal

Thurs, Dec. 9th

6:30 - 8:00pm

48 Quincy St

Please register in advance:

Visit careavan.org or call (617) 123-4567

INNER BELT

Facing down the highway

By Andy Metzger

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where all that remains of the bustling immigrant community is its name and cobble-

stoned streets. Now four decades after plans for the highway hit the city, the Cambridge



Construction site for the highway in Cambridge, showing the area where the inner belt is being built.

Publication: Periodical Zine



Biographies, stories,
anecdotes from
seniors



Cooking Together:
A Pamphlet of Senior
Stories, Recipes, and
Elder Care



Recipes from seniors,
and illustrations

Leadership & Teams

Proposal to FriendshipWorks (Nonprofit)

- Mission: Reduce social isolation, enhance quality of life, and preserve the dignity of older adults in Greater Boston
- Embedded in existing network like SCES



Leadership & Teams

Dedicated team of 4-5 to manage and run the programs

- Full-time Program Manager/Treasurer
- Full-time Community Organizer
- Part-time Volunteer Coordinator
- Part-time Program Planner

Assets & Personnel

- 1 dedicated van
- 2 part-time drivers, switching shifts

Volunteers & Collaborators

Intergenerational volunteers

- Ethnically representative + multilingual
- Recruit near fixed parking spots

Stable, dependable

- 5-10 volunteers
- Min 6 months commitment
- Familiar faces by neighborhood and/or schedule

Become part of the network

- Existing pool of volunteers
- Other resources: [volunteers.com](https://www.volunteers.com), non-profits, YMCA, community centers, churches and houses of worship, words of mouth, etc.

Executive Budget

Events & Transportation

Grocery	___\$15,000
Gasoline	___\$8,000
Parking Fee	___\$1,000
Maintenance Fee	___\$1,000
Ad & Printing	___\$1,000
Misc.	___\$1,000

Administration

Salaries	___\$150,000
Supply Fee	___\$800
Plumbing	___\$300
Electricity	___\$300
Misc.	___\$1,000

Total	___\$179,400
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Thank you!



Cambridge Citywide Senior Centers



Interviewee:
Arline McGrady,
Cambridge Senior
Center, **Events**
Coordinator



**Cambridge Citywide Senior Centers serve
11% of the elder population.**

Senior Center Lunch Club:
Monthly Restaurant Outings

Chinese Community Group:
**Singing, Folk Dancing,
Chinese New Year**

Mount Auburn Hospital:
**Nutrition Education
Healthy Cooking Classes**

Senior Center Theme Parties:
**Monthly Ballroom Meal
Entertainment**

Haitian Community Group:
Cooking Social Event

Lunch and Learns:
Invited speakers + meal

	Monday
9:00 am	Qi Gong
10:00 am	
11:00 am	Cultura Latina
12:00 pm	Strong & Stretched
1:00 pm	Dancing for Balance
2:00 pm	Watercolor Painting
3:00 pm	Monday Bingo w/ Julie
4:00 pm	Gentle Mat Yoga
5:00 pm	
6:00 pm	Line Dancing
7:00 pm	Spanish

Elder-exclusive Infrastructures

Council on Aging



Cambridge Citywide Senior Centers



North Cambridge Senior Centers



Intergenerational Infrastructures



Cambridge City Library



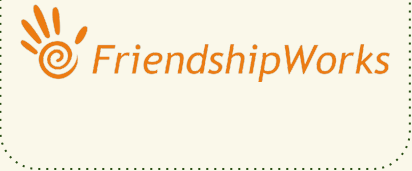
Multicultural Arts Center



Cambridge Center for Adult Education

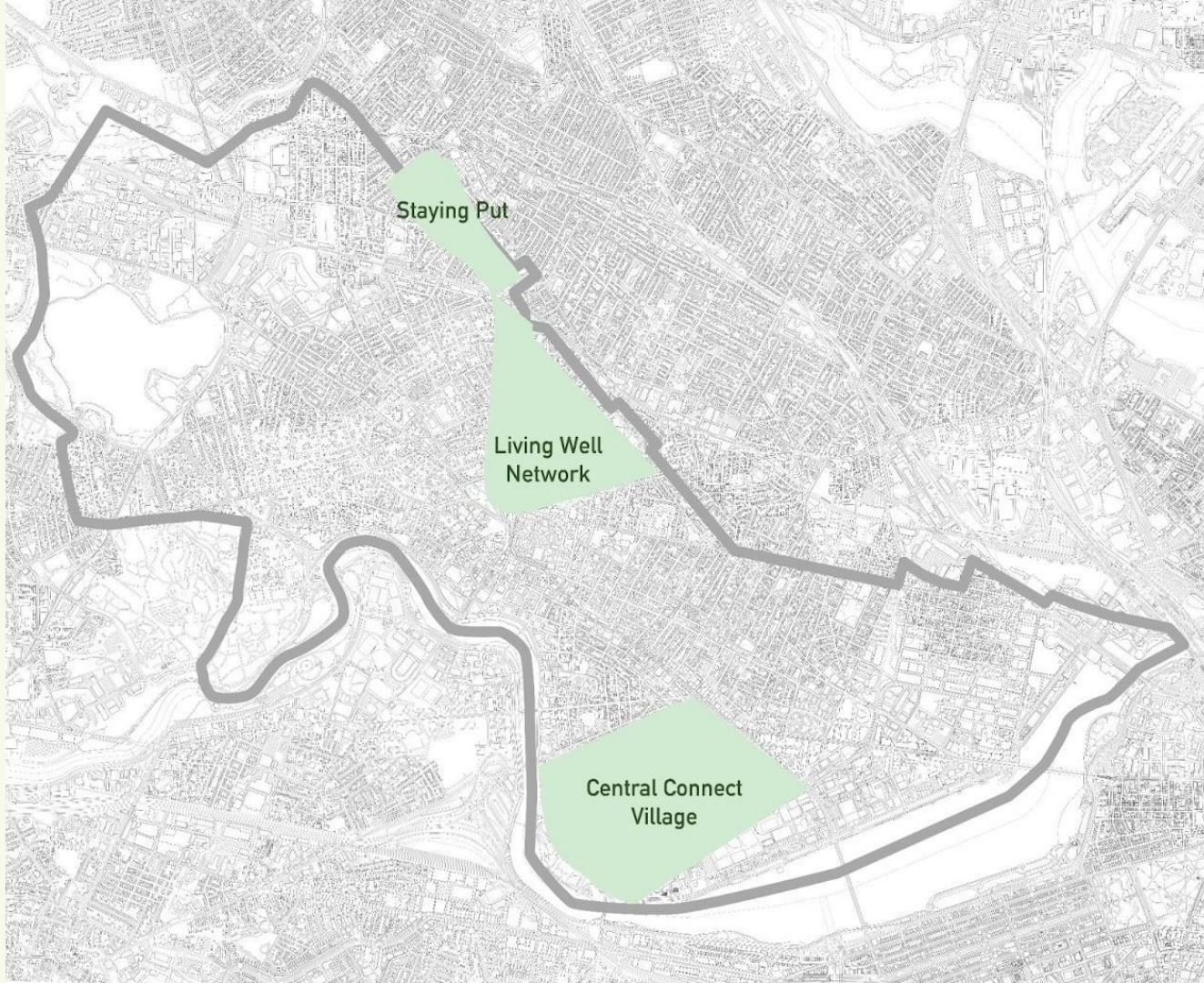


Local churches



Parking Criteria

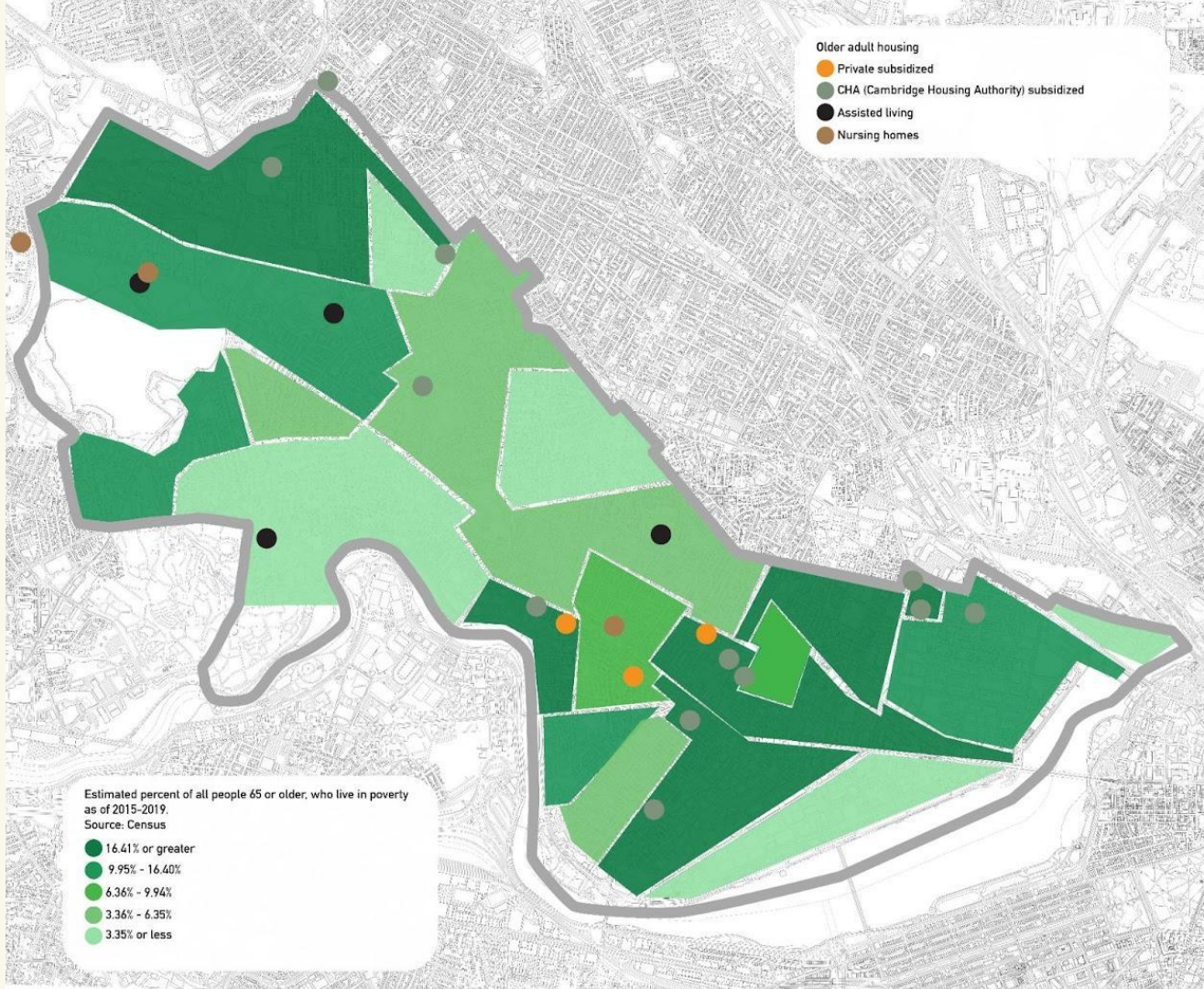
- **Provide services to older adults who face difficulties accessing them elsewhere**
 - Park near older adults with lower incomes, with disabilities, who live in isolation, who does not qualify for state-funded or non-profit services
- **Circulate between neighborhoods with immigrant communities**
 - Ethnic enclaves
 - Multicultural & multilingual activities
- **Create intergenerational connections**
 - Situate near commons, schools, libraries, parks, commercial districts, or where convenient for both older and younger folks
- **Support older adults with mental health difficulties**
 - What are the places where they congregate?
 - What social programming are helpful for improving their mental health?



Staying Put

**Living Well
Network**

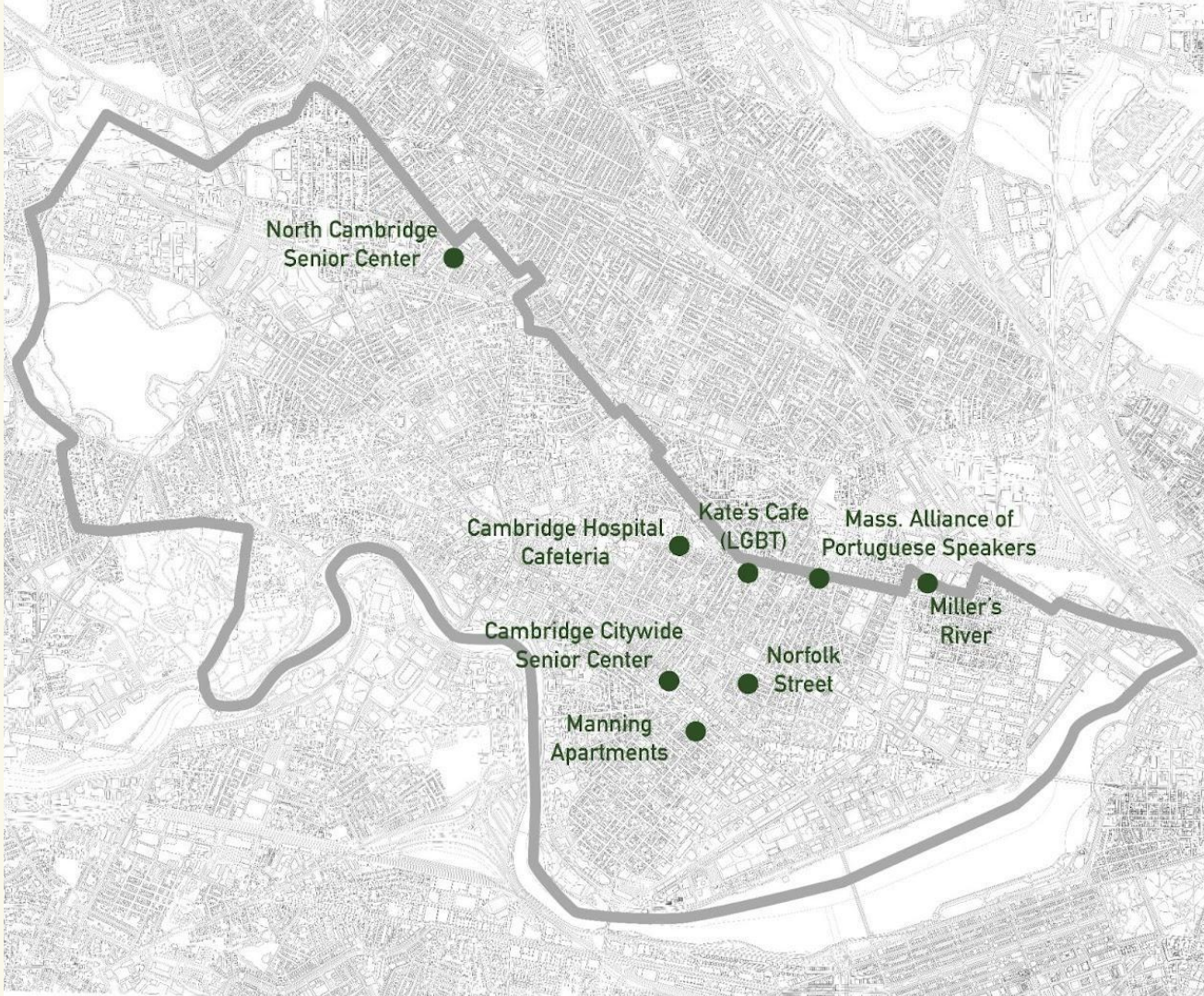
**Central Connect
Village**



- Older adult housing
- Private subsidized
 - CHA (Cambridge Housing Authority) subsidized
 - Assisted living
 - Nursing homes

Estimated percent of all people 65 or older, who live in poverty as of 2015-2019.
Source: Census

- 16.41% or greater
- 9.95% - 16.40%
- 6.36% - 9.94%
- 3.36% - 6.35%
- 3.35% or less



North Cambridge
Senior Center

Cambridge Hospital
Cafeteria

Kate's Cafe
(LGBT)

Mass. Alliance of
Portuguese Speakers

Cambridge Citywide
Senior Center

Norfolk
Street

Manning
Apartments

Miller's
River

Intergenerational engagement

For older adults

**For younger
generations**



Why we care about aging

De-stigmatize aging

* **Golden age**

* **support**

immigration

communities

**Share life
experiences**

