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## Keyes Drug Sponsorship

As part of its continuing outreach efforts to support the community, Keyes Drug in Auburndale is generously sponsoring Newton at Home’s Health and Wellness programs for a year, starting on July 1st. During the year, pharmacists from Keyes Drug will present three free lectures on topics including vitamins and nutritional supplements, learning about over the counter medications and drug-to-drug interactions, and how to store and administer medications. There will also be an “Ask the Pharmacist” column in the NAH newsletter Connections, for which members can submit questions to the pharmacists.

### Keyes Drug

2090 Commonwealth Ave., Auburndale, (Commonwealth Ave. and Lexington St.)  
617-244-2794. Mon.-Fri. 8am-8:30pm, Sat.8am-6pm, Sun 8am-4pm]

Keyes Drug is a neighborhood pharmacy that is committed to providing the highest quality of care for each customer. It is owned by brothers and pharmacists Raied and Saad Dinno. Their father, Ramzi Dinno, also a pharmacist, bought the drugstore in 1985 and since then the family has focused on superior customer service, offering prescriptions, compounded medications and other specialty items, and free delivery in the Newton area. The pharmacists – some of whom have worked at Keyes for decades – take pride in providing individualized care to each customer, including one-on-one counseling for prescriptions and health issues, and care coordination with health care providers to ensure that prescriptions are authorized and expedited.

NAH is very grateful to Keyes Drug for its sponsorship and encourages members to shop in this store, and when you are there, thank them for their support of NAH

## Newton at Home and The Second Step Form Home Again

Newton at Home has a new initiative -- **Home Again**, a collaboration between NAH and The Second Step, a Newton non-profit organization that fosters the safety, stability and well-being of survivors of domestic violence.

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Newton at Home has been organized to enable Newton residents to age at home comfortably, independently, and with peace of mind through a membership-based organization that offers access to comprehensive practical services and fosters social support and a sense of community.

For more information call

617-795-2560 or go to

<http://newtonathome.org>

## Letter from our Executive Director

Summer is finally here! Time to get out, enjoy the fresh air and smell the roses!

Over the winter, we were very busy developing partnerships with many local businesses and organizations. We are very excited about collaborating with other non-profits who share visions of helping people similar to Newton at Home. We are very proud of our new partnership with Keyes Drug in Auburndale, who will be sponsoring our monthly Health and Wellness programs. You will see more details about this partnership in this edition. Julie has worked very hard in establishing a partnership with Second Step (an organization that fosters safety and stability of domestic violence survivors) and the Newton Food Pantry. Please see story inside.

We are also getting our program and events calendar ready for next year. In addition to fund raising events, Aileen will continue to develop the affinity groups and more exciting trips to the theater and museums. Please feel free to offer suggestions for programs that you would like to see or in which you would like to participate.

It is an exciting time for Newton at Home and we are so grateful to our sponsors and donors for their support. If you are out shopping at a business who sponsors Newton at Home, please identify yourself and thank them for their support. The list of sponsors is on our website for your review. Their support allows us to continue to provide the services that you utilize and the events that you enjoy!

Have a wonderful, safe and healthy summer.

Best regards,  
Maureen

## Home Again *Continued from page 1*

The idea for Home Again was born during a conversation between employees of the two non-profits. The question was asked, "What can Newton at Home do to support the work of The Second Step?" The answer was, "we would like a room where we can store donations of housewares - dishes, pots and pans, baking supplies, buckets, mops, brooms, toasters, lamps." In short, everything that someone who was setting up a new home from scratch would need. (Not including furniture.) There was an immediate synergy as many Newton at Home members are in the process of downsizing and no longer need these items.

Jon Ufland, Principal and Managing Broker of Unlimited Sotheby's International Realty in Newton Center, generously donated the use of a large room for storage. Mindy Peckler, NAH volunteer, donated new, sturdy shelving. Now the shelves and the room are full and donations keep coming. NAH volunteers pick up donations from NAH members and bring them to Home Again. Donations are welcome from anyone who is downsizing or otherwise cleaning-out and would like to give their household items a new, good home.

Home Again goods are now being made available to others who can use them, primarily through the Newton food pantries.

Please contact Julie Plaut Mahoney if you would like to donate new or gently used items (that are clean and ready to use): 617-795-2560 or [partnershipsandvolunteers@newtonathome.org](mailto:partnershipsandvolunteers@newtonathome.org).

**Bedroom:** sheets, comforters/blankets, lamps

**Kitchen:** dishes, silverware, pots and pans, utensils, baking supplies, paper goods

**Bathroom:** clear shower curtains, bath mats, toilet paper (unopened)

**Cleaning supplies:** bucket, mop, broom, cleaning products, sponges, paper towels

## Spring Chamber Concert and Brunch

On May 10 Newton at Home hosted a concert at the Scandinavian Living Center presented by the 28-piece Newton Senior Center Ensemble, conducted by NAH member and volunteer Gwendolin Thornblade, now in her 14th year leading the orchestra. NAH member and President Stephen Logovitz played clarinet. The Ensemble presented works by Purcell, Elgar, Dvorak, Leonard, and Bill Boston. The concert was part of the Newton Festival of the Arts, with proceeds supporting Newton at Home. Before the concert there was a delicious brunch on the veranda with entertainment provided by a chorale of 7th and 8th grade boys from the Fesenden School. Some 80 persons attended. The weather was beautiful, the music great, the food delicious, and the audience enthusiastic. ("One of the best NAH events I've attended.")

### Special Thanks to:

**Sponsors:** Watertown Committee on Aging, The Residence at Watertown Square, Newton Wellesley Hospital, Cappella Clausura, A Thoughtful Move, Inc., Howard Designs, Ligris Estate Planning, and Sotheby's International Realty.

**Food Donors:** Wegmans Market, L'Aroma Coffee Shop, Eileen Reilly, Personal Chef, Judith's Kitchen, and A. Russo & Sons.

**Program Book:** NAH Program Coordinator Aileen Murphy, Graphic Design Professional Garrow Throop, and the Newton North High School Graphics Department.

Future special events include the Annual Meeting in September and a book signing and presentation by author/comedian Bill Novak in April.

## Medical Assistance Waiver Program

Rules Change for Married Couples

By Susana Lannik, Attorney and NAH Board Member

Married couples utilizing or eligible for long-term care and supportive services at home provided through the Medicaid Waiver Program run by the Commonwealth of Massachusetts should be aware of changes in eligibility rules. Unmarried recipients of home and community based waiver services are not affected by the changes in the law.

The "frail elderly waiver" keeps people who require nursing home level of care at home by enabling them to receive health care support services in their homes or community living residences instead of a nursing home, helping qualified frail seniors to age in place with adult day care, home delivered meals, home-maker and chore services, home modifications to improve accessibility, a home health aide, personal care, respite care for a primary care giver, transportation assistance to medical or other appointments, and wander response systems.

Prior to a recent update in the regulations, a waiver recipient was allowed to have only \$2,000 in "Countable" assets, but the recipient's spouse could have a great deal of discretionary funds and assets because they were not counted. However, the rules have changed: for initial waiver eligibility determinations made on or after January 1, 2014, MassHealth now considers the "Countable" assets of a recipient's spouse in determining financial eligibility. A recipient's spouse may now have only \$129,900 in assets plus any assets that would be exempt

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## Member Spotlight:

### Louise Painter



Louise and her family embody determination, perseverance, and love for one another. Raised in North Philadelphia, she left school at 16 to work in the Navy Yard until the end of WWII, when she was bumped by returning servicemen. Her next job was with the RCA Corp. in Camden, N.J. She and her girl friend enjoyed dancing, where she met her future husband, Jim Painter. After dating for a year and a half, they married.

Jim Painter was born and raised in Huntsville Alabama, the son of a sharecropper. He went to school through the fifth grade and picked cotton. At age 17 he lied about his age to join the Navy and became an Aviation Ordnance man stationed on carriers. He spent 20 years in the Navy and rose to Petty Officer First Class.

Life and 7 children followed Navy duty stations. James Edward Painter Jr. was born in Philadelphia and raised at the Brunswick, Georgia, Naval Air Station; Sheila was also born in Philadelphia, during the Korean War while Jim was at sea and Louise stayed with her parents. Sheila was six months old before Jim met his daughter. Michael Davis was born at the Atlantic Naval Air Station near Pleasantville, N.J.; Deborah Carol Kim at Quonset Point Naval Air Station, Rhode Island (she was named after the hurricane during which she was born while the base hospital operated on emergency power; Louise did not see her baby for 8 hours, not knowing whether it was a boy or a girl); Keith Alan was also born at Quonset Point; Mary Lynn at Naval Air Warfare Center Navy Base, Orlando, Florida. After Jim retired from the service, Toni Irene was born in Orlando.

After the family retired from the Navy, they returned to Orlando and lived in a three-room trailer for several months (one room for the boys, one for the girls, and one for the parents), until they met a family interested

in owning a trailer and traded the trailer for a house with a table large enough to seat the whole family. Everyone was up by 6:00 am; the boys did the outside chores and the girls helped with the housework and cooking. The family operated like a machine, but getting everyone ready to go somewhere as a family was a scramble. For a time, Jim had a mom-and-pop grocery store, until the City of Orlando purchased the property for the Orlando Arena.

Louise has always been busy: she raised 7 children (Jim was often at sea 6 months or more), worked full time, got her GED at age 50, and, 30 years after dropping out of high school, got an Associate Degree at community college and a degree in Management at the University of Central Florida, going to college part-time while she worked at NCR. (NCR paid for college.) Five of the children had already graduated from UCF; her daughter Mary enrolled while Louise was still there, and they had some classes together. Mary helped Louise at math. ("I wasn't very good at math after all those years away from school.") When Louise graduated in 1987, the Orlando Sentinel ran a story and photo of the family with the headline, "Mother Follows Children's Footsteps." She is quite proud that her children have 3 Masters Degrees and a PhD ("I stopped with a B.A.").

With 7 children, 14 grandchildren, 6 great-grandchildren, and large extended families, holidays have been enormous gatherings (38 at last year's birthday party) for which Louise would cook spreads of turkeys, hams, and home-made ravioli (being a good Italian cook).

Louise has lived with Toni in West Newton since Easter 2014. She first heard about NAH at a New Year's Eve party. She soon met and became good friends with NAH member Carol Conoly. After a stroke in 2015, followed by two in 2016, she has had to relearn how to walk without pain. She now spends Mondays with Carol Ann and Wednesdays and Fridays at physical therapy. She danced at her 90th birthday party.

## Volunteer Spotlight

### Sally Fritz



Sally started out in the Iowa cornfields, attended kindergarten through 8th grade in a one-room school house, and took part in 4-H activities. Then she took off.

After she got her BA in early childhood education and her husband his PhD in physics, their first daughter was born in Ottawa, Ontario, their second in Silver Spring, Maryland, and their son in Boulder, Colorado. During their 11 years in Boulder,

in 1973, when the children were 1, 2, and 3 years old, they spent about a year in Lindau/Harz, West Germany, living next to the Max Plank Institute in the middle of the forest about 30 kilometers from East Germany. They took walks along paths in the woods next to the border fence. (East Germans were not allowed within 5 kilometers of the fence.) She remembers the cleared ground on the other side, watch towers every half kilometer, and East German border guards with dogs. Boulder was followed by Los Alamos, New Mexico, for 11 years, and finally Newton in 1993.

Sally has worked all her life. After teaching in various day care and pre-school positions, she switched to being a travel agent. She found that infrequent fliers get upset when things go awry more easily than professional business travelers. Her advice is, "Relax and enjoy the experience -- this too will pass." She once had a client who wanted to go to Montana for an Indian tribal dance but could only remember that the town she wanted to visit "started with a B." Sally located it and booked the trip.

Now that she and her husband are both retired (he is Professor Emeritus at Boston University), they have taken up serious traveling about 3 months each year. In 2016 they were in 10 countries and 25 states. She greatly enjoys the beauty of Utah and the mixed cultures in New Mexico. Last year they visited with the penguins while stranded by bad weather in Punta Arenas, Chile, their jumping off place for Antarctica. This fall they are looking forward to a river cruise in Russia.

In addition to world traveling, Sally volunteered for a homeless children's organization, cared for her parents in Iowa, and worked at her daughter's art galleries in Santa Fe. She was on the road a lot. After her parents died, she started volunteering for NAH, where she has friends who are members and she knows Program Coordinator Aileen Murphy very well. Sally finds volunteer driving to fit in well for someone who travels a lot, and she greatly enjoys meeting NAH members ("wonderful and fascinating").

## Gift Cards

Newton at Home now offers gift cards for donations to be made to NAH "In Honor of" or "In Memory of" a named person, persons, or groups. The donor specifies the card recipient(s) and NAH mails the cards. In the two months the program has been operating, some 20 cards have been sent; the "In Honor of" cards have been used with or without special occasions; a number of adult children have donated in honor of their parent/NAH member. Donors have expressed their enthusiasm, and recipients have told the donors and NAH how good they felt to receive a card. To donate a gift card, contact Maureen Grannan at NAH (617 795 2560), or e-mail [director@newtonathome.org](mailto:director@newtonathome.org).

## Medical Assistance Waiver Program

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under the same rules as those for eligibility for MassHealth assistance in a skilled nursing home facility. In addition, if the family home is valued at greater than \$840,000, benefits could be unavailable. Notices about these changes were sent to most married recipients in 2016. A recipient's spouse may dispose of excess assets (utilizing them only for his or her own benefit) prior to December 31, 2017, or the recipient could lose the waiver.

A recipient's spouse should plan carefully now -- before the 12/31/2017 deadline -- to avoid having to spend-down all excess assets. County, state, or other governmental agencies cannot provide legal advice. Interested persons should seek the assistance of an attorney who works with MassHealth regulations on a regular basis to work through how to protect remaining resources.

Newton at Home does not provide legal advice, and this article should not be considered legal advice.

## Vendor Spotlight

### David Sauro Landscaping, Inc.

Residential, Commercial and Organic Services

P.O. Box 95014, Newtonville. MA

617 924 8761, 617 765 0840 (Fax)

David@saurolandscaping.com



David was born and raised in Newton. He has been married 21 years, with two grown children living in Newton. His wife Marci is his biggest fan and critic. His business started in 1983 “by accident.” While attending Newton North High School, he did yard work for neighbors, who encouraged him to start a business. When he graduated, he tried it out for the

summer and never stopped. He and a crew of 6 provide one-stop service for some 100 clients in and around Newton, doing everything from landscape design, construction, lawns, shrubs and trees, to complete weekly maintenance. Two or three crews cover about 100 clients a week. During the winter, they plow snow and do maintenance on the equipment.

Because his crew have been with him for years, they

know the clients and the clients know them. They work hard to keep the clients comfortable. Some clients have been with them for some 30 years. David first worked for an NAH member when he was recommended by a client. The experience was good, and he was added to the vetted vendor list.

As a NOFA Accredited Organic Lawn Care Professional (AOLCP), he offers organic land care according to NOFA Standards. The accreditation process involves attending the NOFA OLC Accreditation Course in organic landscaping, passing an exam, and attending organic landscaping education annually. He also attends other programs to stay updated on the science, products, and techniques. He works with a variety of products to meet each client’s needs, preferring organic and using chemicals only when necessary to fix a problem. The cost for organic care has decreased to about the same price range as for chemicals. For more information on organic lawn care go to: [www.organiclawncare.net](http://www.organiclawncare.net), there you will find a wealth of information.

David takes pride in providing quality full service lawn care at a reasonable price, including mowing, weeding/edging of beds, and sweeping. Sometimes, it is difficult to take a call when he is on the job site or with another client, but he tries to call back within an hour. Sundays and holidays, he tries to spend time with the family and start the planning for the upcoming week.

## In Memoriam

Newton at Home extends its condolences to the family and friends of

Silvana Fabrizi 1931 - 2017



For more information call 617-795-2560 or email [info@newtonathome.org](mailto:info@newtonathome.org) or visit [www.newtonathome.org](http://www.newtonathome.org)