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Newton at Home NOURISH Program
by Carole Noveck

The mission of Newton at Home (NAH) is to create a caring community of *neighbors helping neighbors* that provides Newton seniors, as they age, with practical services and social opportunities. These services and events enable our members to remain in their own homes and apartments leading active, connected lives with greater independence and security. One of the on-going programs offered to the NAH members is called NOURISH. This is the perfect word to describe what the staff and volunteers provide participating members.

The dictionary defines nourish as” 1. supply with what is necessary for life, health, and growth and 2. to cherish, foster, keep alive”. This is an exact description of what the program offers. Everyone gains through the floral deliveries, baked goods, tasty lunches, and produce all of which are donated by local merchants and volunteers who share the NAH mission of neighbors helping neighbors. An author, Shauna Niequist said “I think preparing food and feeding people brings nourishment not only to our bodies but to our spirits” She mentions that feeding people is a way of loving them. A NAH volunteer, Joe Nobrega, coordi-

nates members who receive and volunteers who deliver the baked goods which are prepared by Galit Grutman from Galit’s Treats With Love. Joe describes how he feels when he drops off the goodies. He says that seeing the pleasure and gratitude from the recipients helps him recognize that he is fostering a sense of community and goodwill.

When Carole Noveck, who coordinates the lunch deliveries from Newton based restaurant Tango Mango, connects with the volunteers who deliver the food, the chefs who package the food, and the recipients, she hears the same thing from each participant. “Thank you, I really appreciate having this opportunity to share”.

Guichy Waller is the coordinator of the floral deliveries. The flowers are contributed by two volunteers with expertise in floral arranging. Guichy says “ flowers are the universal language that indicate that you care and that the recipient is important. The bouquets bring a little bit of sunshine to daily lives. To see the eyes of the recipients light up is priceless to me”

Another NAH partnership ties members with the spring Newton Farmer’s Market through the collaboration with Food To Your Table, an organization that collects and distributes unsold food remaining at the end of each week’s market to local food pantries and non-profit organizations. Some Nourish volunteers from NAH collect some of the fresh unsold produce and share it with members who may not be able to get to the market, but who nutritionally benefit from eating the fresh vegetables.

Each delivery whether it be tulips, tacos, challah, or produce contributes to the sense of care, and concern that NAH has for our members. Each delivery offers the volunteers and the vendors the sense that they are working together to help Newton at Home members feel cared for, included and valued.



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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>

History Group

by Co-Chairs

Leslie Hitch and David Chosiad

Like so many other NAH affinity groups, the History Group started in response to an e-mail from Program Coordinator, Aileen Murphy, last summer saying that there was interest in having such a group and that she was seeking volunteers to lead it. Leslie and David volunteered their time and enthusiasm and the group was underway. The group is open to all history lovers, experts and novices -- anyone interested in or curious about historical subjects and places can attend the events. Leslie emphasizes that this is a group, not a club; anyone interested in going on a particular excursion or to a particular program is more than welcomed.

About 10 to 13 people have attended each event, some of which have included a lunch gathering afterward. There have been trips to the World War II Museum in Natick, the Waterworks Museum in Chestnut Hill, the Larz Anderson Auto Museum in Brookline (home of "America's Oldest Car Collection"), and presentations by the Newton City Clerk and several librarians on how to do historical research in Newton, and by Clara Silverstein from Historical Newton (Jackson Homestead) on holiday traditions in the Newton area. Coming soon is a historical book swap, in which participants will talk about their favorite books and the ones they have brought to swap.

The group is always looking for ideas of out-of-the-way places and unusual programs with historical significance. Please submit any suggestions to Aileen Murphy (programcoordinator@newtonathome.org) or call NAH office at 617-795-2560. Destinations must be handicap accessible, and an NAH volunteer can drive anyone who needs transportation.

Small Appliance Repair Workshop

You may have seen the ad in the Newton TAB for the NAH Small Appliance Repair Workshop, open every Wednesday from 1:00-3:00pm in the basement of the Scandinavian Living Center. Among the diverse items that have been repaired are: teapots, record players, staplers, hair-dryers, toasters, pencil sharpeners, Mix Masters (1945), bracelets, lamps (including antique vases made into lamps), dust busters, leaf blowers, radios, toilet training seats, a Christmas manger, a holiday carousel, slide viewers, clasps, electric water heaters, coffee machines, fans, wheel chairs, walkers, paper shredders, sewing machines, and incense burners.

The Workshop moved into the Scandinavian Living Center basement some 20 years ago and was started by resident Al Henick under the auspices of SOAR 55. Al was a retired chemical engineer and great storyteller, who died about a year ago at age 96. Al and some other men were joined about 4 years ago by Fred Slyva, a Master Industrial Electrician

Eric Brodie and Fred Slyva



who retired after working 42 years in Framingham, and about 3 years ago by Carl Alsmeyer, an electrical engineer who worked at Raytheon for 31 years and is a long-time Newton resident.

Last Spring, the Workshop transferred from SOAR55 to NAH, and advertisements for this service were placed in the Newton TAB. Two persons responded to the ads by volunteering to work in the Repair Workshop because it sounded like fun: Alan Liberman, an engineer and 44-year Newton resident, recently retired from the data processing company he formed in 1969, and Eric Brodie, an attorney and co-founder with his wife of Bus Bike, which operates a 35-foot bus equipped with nine exercise bicycles, offering exercise classes on the go for private and corporate charters. (Eric drives the bus while his wife instructs the class.) Most recently, they have been joined by Eddie Dolan, a 3 year, NAH volunteer who has provided transportation and handyman services to members.

Although coming from diverse backgrounds, these five volunteers share many traits: they like to tinker, are inquisitive, have done a great many home repairs and “picked up skills” over time; they are collaborative, enjoy the camaraderie, and derive great satisfaction from solving problems and helping other people.

“Customers” have been delighted. They recently had 13 customers in on one day. NAH President Steve Logowitz relates that when he took his wife’s electric teapot in, they opened it, showed him what was wrong, fixed it, told him how to fix it himself, and called two days later to make sure the teapot was working.

There is no charge for their work; there may be a charge for materials if they have to go outside their inventory of parts. (They have researched parts on-line and purchased some on eBay, as well as, more traditional sources.) Persons offering donations (gratefully accepted) are referred down the hall to the NAH office. However, one donation - a bag of chocolates - has not been sent down the hall. Sharing has its limits.

Leaf Raking

The Newton at Home leaf raking program again, was a great success with volunteers clearing leaves and debris from 25 members’ homes. The volunteers came from many sources: 5 properties were cleaned up by 4 families, a Boston University student and friends, Fessenden middle school students, a middle school hockey team, and teams of graduate students from Boston College and Brandeis, and 20 yards were cleaned by volunteer families from the Israeli-American Council (IAC) in Newton Center.

IAC Family Program Manager Avital Fux said that part of the IAC’s mission is for the Israeli community to give back. They want to collaborate with local organizations, and feel that they have an “amazing partnership” with Newton at Home. Two years ago the IAC provided approximately 20 volunteer families. Last fall there were 35 to 40. NAH Volunteer and Program Coordinator Julie Plaut Mahoney says, “All of our volunteer leaf rakers are marvelous, and these families are off the chart with their enthusiasm. Parents and children alike throw themselves into the work and clearly have great fun doing it.” Newton at Home member Arthur Glasgow likes to think of himself as physically fit and vigorous at 75 years old. Because of a bad back, his wife suggested that they participate in the Newton at Home all Leaf Raking Program. Arthur commented on how much he and his wife enjoyed the young families from the IAC who raked their yard and shared apples, pretzels, cookies and lemonade as they worked. They all had a wonderful time!

Another group from Newton, who works on the clean-ups is the Junior Youth Peacemakers. Says Amy Behrens, parent and group member, this is a group of young people aged 6-12 who along with their families work together to serve the community and practice human qualities that create more peace in families, schools and communities. This group has volunteered for the past 3 years and love meeting Newton at Home members. They refer to this as their favorite community service activity!

We look forward to our continuing projects with all of these wonderful organizations and groups who work together for the benefit of our Newton at Home members.



Member Spotlight

Joan Millman



Joan Millman learned the power of family stories from her mother, an immigrant from Warsaw. Joan grew up in Brighton, was a voracious reader, started college at 16, got a degree in Elementary Education from Boston University, married in her junior year, briefly taught first grade

in Wayland, had four children, and was a suburban housewife in Framingham (car pools, dinner at 6:00). (“Everything was the same – the houses, the families, everything. One time my little boy was out back and didn’t come in when I called him to lunch, so I went to get him and realized it was the neighbor’s kid.”) She also became an award-winning author.

She started free-lancing for suburban newspapers, paid 5 cents per column inch, followed by the Boston Herald and then the Boston Globe. Her 1976 feature story on widowhood was in the Globe Sunday Magazine. She was later invited by the Bahamian Ministry of Tourism to write a travel piece on the Bahamas. There followed 40 travel pieces commissioned by the Globe, many of which evolved into short stories. She wrote in the evening, after the children were put to bed. She would lock herself in the bathroom so as to not disturb the children, balancing the typewriter on the toilet.

While this was going on, she was invited by Professor Rose Moss of Wellesley College to audit her undergraduate writing class. At a class taught by visiting poet Rosellen Brown of the Radcliffe Institute, the students were asked to take 15 minutes to write something, after which they read their pieces to the class. Joan wrote, “Twelve years was long enough to wait to marry Cornelius,” which is now the opening of a full-length story in her book.

In 1975 she received a Fellowship to attend the Bread Loaf Writers’ Conference at Middlebury College, referred to by The New Yorker “magazine as the oldest and most prestigious writers’ conference in the country.” (Robert Frost was closely associated with its inception and attended the Conference for 29 years.) Every day for 10 days, over 200 participants attend 10-person workshops, where their writing is assessed

by the faculty and others in the workshop, including Scholars and Fellows. USA Today has written, “There is nowhere in America where you can hear more great writers reading more great works in such a short period of time.” With the encouragement of her mentor, John Gardner, a Bread Loaf Scholar, she went on to obtain her Masters in Creative Writing at Brown University. Bread Loaf was followed by Fellowships/Residencies at Yaddo, (a retreat for artists in Saratoga Springs, NY) and twice at the month-long Artists’ Colony financed by the National Institute of the Arts. Her works were published in a pantheon of such leading literary magazines as Ascent, Cimarron Review, Moment Magazine, Virginia Quarterly Review, and Carolina Quarterly (prize awarded).

For some 12 years, she held a series of positions as Director of Public Relations for the Angell Memorial Animal Hospital (“wonderful”), Boston University Medical Center, Massachusetts Society for the Prevention of Cruelty to Children, and was the press officer for a U. S. senatorial candidate.

On her 58th birthday, she won the 60th annual Break Through Award from the University of Missouri Press, considered by many to be the Pulitzer Prize for short story writers. She was included several times in Houghton Mifflin’s annual Best American Short Story Writers. In 1990, the University of Missouri Press published *The Effigy*, a collection of her short stories. There followed a series of positions teaching creative writing at Emerson College, Salem State College (“great kids – the most motivated I have seen”), and Framingham State College. Her personal highlights included being the Public Relations Director for Leonard Bernstein’s 65th birthday party in Lawrence (his mother had worked in the mills) and joining a private dinner party hosted by Congressman Joseph Moakley following a reception in Washington D.C.

Joan currently teaches memoir writing at Temple Sinai in Brookline and will be starting a similar class at NAH in April. She also has a collection of short stories and two novels not yet published. Stand by.

Volunteer Spotlight: Bonnie (“Gabby”) Greenberg



My first thought after meeting Bonnie Barbakow Greenberg was, “She can’t be as young as she looks – she’s done too many things.” Bonnie grew up in Princeton, West Virginia (“Princeton was so small we had Drivers’ Ed. and Sex Ed. in the same car. ... The football stadium at the University of Wisconsin held three times the population of Princeton.”) In 1909, her grandfather opened Barbakows, a general store, which her parents later converted to a ladies clothing store. The family lived in an apartment behind the store for many years. At age 11, Bonnie started working as a sales clerk at the store for 25 cents an hour, later increased to 50 cents at the insistence of her grandmother. “That’s where I got my best education, learning how to talk to people and help them.” People often bought clothes on credit at no interest, paying when they could. The ladies’ boutique specialized in catering to repeat customers who became friends. Folks who moved to the city would often write her parents, saying, “You know what I like. Please send me a box of clothes.”

Bonnie loved public speaking in high school. After reading college catalogs that included speech departments, she decided to become a speech language pathologist (SLP). She turned down a scholarship to the University of West Virginia (awarded to her as West Virginia’s Junior Miss), going instead to the University of Wisconsin for its speech pathology program. (“I took classes from the people who wrote the books.”)

Bonnie and Larry Greenberg met at college and got married two weeks before he started medical school in Milwaukee. After living in Newton during his four-year residency at Tufts New England Medical Center, they moved to Haifa, Israel. During the Newton years, Bonnie was Assistant Professor in the Graduate Department of Speech Path at Northeastern University. Bonnie continued her work as a speech language pathologist in Hebrew at the Kupat Holim Clinic in Haifa. After three years, they moved back to Newton, Larry set up a practice in Needham, and Bonnie worked as a travel agent arranging trips to Israel. She ultimately decided to return to speech language pathology, joining the Special Education team at Fiske Elementary School in Wellesley, a school so diverse that at one point

13 languages were spoken by the students. She stayed at Fiske for 24 years.

In the early 1990’s Bonnie attended a storytelling festival in Boston and saw that professional storytelling was what folks did all the time in Princeton, entertaining each other with stories. After attending a storytelling program in Boston, she started her third career as a professional storyteller, specializing in Jewish folktales, performing at schools, libraries, parties, weddings – wherever she was booked. She incorporated storytelling into her speech language pathology therapy. (“Children love to tell stories, and you can work with them as they do.”) Once, she started working with a second grader by asking him if he would like her to tell him a story, to which he readily agreed. As she started out, “Once upon a time,” the boy’s face lit up and he exclaimed, “That’s my favorite story!”

For 15 years, while working at the Fiske School, she chaired the Storytelling Festival component of the World of Wellesley (WOW), founded by Richard McGhee to foster good race relations in Wellesley. WOW conducts programs in the Wellesley schools and holds an annual festival. After retiring from the Fiske School, Bonnie joined the Hearts and Noses Clown Troupe (www.heartsandnoses.org), volunteering to entertain children at Tufts New England Medical Center. A highlight of her clown career was clowning with Patch Adams, the pediatrician/clown famous for using humor in treating patients. (See the movie by the same name starring Robin Williams.) She also took up photography – something her husband, an avid amateur photographer, had been trying to get her to do for some time. (“It was when digital cameras came along -- I had been intimidated by working with film, but I figured I could handle the pixels.”) They both take courses at the New England School of Photography and are members of the Newton Camera Club, which operates like a writers’ group, holding sessions to critique each other’s work and having guest speakers. The club mounts three exhibits each year at the Newton Free Library, the West Newton Cinema, and Newton City Hall. (<http://newtoncc.org/newsite/>) With Larry as her coach, she does portraits, landscapes, candid (“street”) shots, and has photographed a wedding and a bar mitzvah as gifts for friends (“I could never do that as a job – it’s too much responsibility to have to get everything right the first time, with no chance to do something over.”) She has volunteered at NAH for

Vendor Spotlight

Eileen Rielly, Personal Chef
Too Busy to Cook
2busytocook.com



After growing up in Millis, Mass., graduating from U. Mass. Amherst with a B.A. in Economics, and spending 30 years in health-care sales in New York City,

16 years ago Eileen Rielly moved to Newton with her daughter, Maddie. She has always loved to cook; a frequent user of the library, she always leaves with one or two cookbooks in addition to her other books. About 5 years ago, at the urging of her sister, she decided to start a business cooking for people in their homes. She advertised once in a Newton school publication and has not advertised since – all of her work comes from client referrals.

Her cliental is varied: elderly couples, working couples with children, and single professionals. Eileen also will cook for some on a short-term basis, for example when people just discharged from the hospital need extra help with meals. She meets with each new client to ensure it will be a good fit and to find out what they like to eat, discusses special diets and allergies. She then works out a personalized weekly menu for each client by e-mail (no deserts) and cooks for two clients each day. In addition to the cooking, Eileen greatly enjoys getting

to know her clients, seeing the children in “her” families grow up, often visiting with them as she cooks.

The day starts with food shopping (there is a community of personal chefs who see each other at Whole Foods in the morning between 8:00 and 10:00, often sharing recipes). She then goes to the client’s house and prepares meals for several days, labeling each and putting them in the refrigerator ready to heat up. At mid-week she cycles back to the beginning of the list, preparing meals for the rest of the week. She also does special occasions, cooking for groups of up to 120 people. (She will stay through the event or come back the next day to clean up.) She does seasonal meals, such as bar-b-ques.

She charges \$50.00 an hour; at an average of about 45 minutes shopping and 2 hours cooking twice a week, this amounts to \$275.00 a week plus the cost of food. She offers a 10% discount for NAH members. In her spare time, Eileen has always enjoyed her volunteer work with New York Cares in Manhattan, YMCA camps ,and Newton schools.

Volunteer Spotlight

Continued from page 5

three years, taking photos of members of the Board and staff, Annual Meetings, various events and activities, and of other volunteers doing their volunteer work. Along the way, Bonnie and her husband raised two children and now have two grandsons.

The professional storyteller has become the photographic storyteller for NAH.

In Memoriam

Fall/Winter 2016/2017

Newton at Home extends its condolences to the families and friends of the following members and volunteers:

Robert Seeley	1932 – 2016
Jerry Silverman	1935 - 2017
James Slattery	1935 – 2016



For more information call 617-795-2560 or email info@newtonathome.org or visit www.newtonathome.org