

IN THIS ISSUE:

Things are Cooking at NAH	1
Supporting NAH	1
Letter from our Director	2
Annual Meeting	2
Things are Jumping at NAH	3
Member Spotlight	4
Volunteer Spotlight	5
Plowguys of Greater Boston	5
In Memoriam	6

Supporting NAH

Donor generosity has enabled Newton at Home to provide a new type of community to residents in Newton. Today we have more than two hundred members and a team of more than one hundred dedicated volunteers providing the many specialized home services, transportation, social activities cultural events and other offerings so unique to Newton at Home.

Financial support from individuals like you supplements the nearly 50% shortfall that our members' dues simply do not cover. This support further allows Newton at Home to expand our services to those who face financial hardship.

Donor generosity has also enabled us to hire a program coordinator to continue to enlarge our social and educational activities for our members and reach out to the remaining Newton's seniors who will soon comprise nearly one quarter of the of the city's total population.

NAH makes giving easy, whether by mailing a check to the office or on-line with a credit card. There are many ways to give such as donating stock, planned giving, or, under the new law, payment from an IRA account. Many of our donors have also made gifts in honor or in memory of friends or family.

More detailed information and forms can be found on the NAH website at www.newtionathome.org

We know we can do more. And with your help, we believe we will.

Thank you for supporting our work.



Deborah Jackson Weiss
Co-President



Stephen R. Logowitz
Co-President

Things are Cooking at NAH

Newton at Home is commemorating its fifth anniversary with the publication of an NAH Cookbook containing favorite tried-and-true crowd-pleasing recipes from NAH members, volunteers, staff and friends.



The idea for a cookbook arose last Spring when Maureen Grannan, Executive Director, Julie Plaut Mahoney, Coordinator of Community Partnerships and Volunteers, and Aileen Murphy, Program Coordinator, were brainstorming how to celebrate NAH's fifth anniversary. Volunteer Carole Noveck, who leads the Sharing-a-Supper activity, gives cooking lessons, manages the Tango Mango lunch deliveries, and who has experience publishing a cook book, agreed to lead the project. When Village Bank made a generous donation to fund the project, people were off and running collecting recipes.

(Continued on page 3)

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Designer: Garrow Throop

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



Greetings,

I would like to acknowledge and give my personal heartfelt thanks to three NAH Board members

who are stepping down as of the Annual Meeting.

Attorney William Brisk has taken time off from his busy legal practice, giving invaluable contributions and insights to the Board, drawing from his years of experience working with seniors in his law practice, in addition to hosting one of the NAH Book Clubs at his office every month.

Deborah Weiss is stepping down as co-President of NAH, but will remain on the Board as Secretary. In addition to providing direct services to members many hours each week, she has dealt deftly with many issues confronting NAH in her quiet, calm manner, has been a huge source of support for the office staff, was the moving force behind the Nominating Committee in its search for new Board members. She also founded and hosts the Knitting Club.

Bob Larner, aka Saint Bob the Devine, is one of NAH's founders. For the last three years he has been the Treasurer of Newton at Home. In his collaborative, friendly, positive manner, and drawing on his years of experience as an expert economist at Charles River Associates, he has worked tirelessly, tracking NAH's finances, keeping the Board constantly informed, and helping establish NAH policies. He has always been available and a delight with whom to work.

NAH has benefitted enormously

from all of their contributions. Bob and Bill, you will be missed for all of your important and timely contributions. Debby, we look forward to your future contributions as our secretary and member of the Executive Committee.

On behalf of the staff, volunteers and members, please accept our gratitude for helping to make Newton at Home the organization that it is today.

Sincerely,

Maureen Grannan
Executive Director

Annual Meeting

The Newton at Home Annual Meeting will be from 3:00 – 4:30 Sunday, November 13, 2016, in the Nordic Hall at the Scandinavian Living Center. The theme of the meeting is the three-fold aspect of Community: NAH as part of the Newton community, bringing the Newton community into NAH, and the NAH community itself.

In place of a featured speaker, there will be short talks given by Executive Director, Maureen Grannan, a volunteer, a member, and a vendor. In addition, Aileen Murphy, Program Coordinator, will discuss NAH programs, co-President Deborah Weiss will introduce new Board members, and co-President Stephen Logowitz will review highlights of NAH's first five years and discuss the vision for NAH going forward.

Finally, copies of the new NAH Cookbook will be available for purchase.

Things are Jumping at NAH



Peter DiFoggio and General Patton at WWI Museum

Over the past year, about half of NAH's 205 members, along with many volunteers, have participated in groups, trips, meals, presentations, plays, movies, and more. New interest groups include *Reading Aloud* and the *History Group* (since forming in June, it has visited the WWII Museum in Natick, the Lars Anderson Auto Museum, and the Waterworks Museum) in addition to some 25 regular meetings

of the Spanish Conversation Group, Ready Readers, Knitting Club, Scrabble and Rummicub, Dining Club, History & Historical Group, Reading Aloud Group, and Health & Wellness. A partial listing of events in October and November 2016 includes:

Oct. 5, "The Plough and the Stars" @ American Repertory Theatre

Oct. 16, Historic Newton Walks: Newton Cemetery

Oct. 18, Orthopedic Lecture Series: Joint Health

Oct. 20, NAH Cookbook Launch/Sharing a Supper: Pot-Luck Style Supper Scandinavian Living Center Nordic Hall

Oct. 24 and 31, Cooking Classes With Carole Noveck, with dishes from the new Newton At Home cookbook

Oct. 25, Tiger's Loft Luncheon @ Newton North HS

Oct. 30, Harvard/Radcliffe production of Gilbert & Sullivan's "The Mikado." Brunch at the Nubar Grill before the show.

Nov 1, Screening of "Roomful of Music" with Pete Seeger & Friends 10:00 A.M. - 12:00 Noon Scandinavian Living Center Nordic Hall

Nov. 3, "The Servant of Two Masters" Newton North High School Theatre Ink 7:00 - 10:00 P.M. Newton North High School Performing Arts Center

Nov. 13, Newton at Home Annual Meeting Scandinavian Living Center Nordic Hall

Nov. 14, Cooking Class With Carole Noveck 11:30 A.M. - 2:00 P.M., with dishes from the new Newton At Home cookbook

Nov. 15, Orthopedic Lecture Series: Sports Injuries

Nov. 22, Tiger's Loft Luncheon @ Newton North HS

Nov. 30, "Safety at Home" talk, Eric Rosenbaum, Elder Affairs Police Officer

Details can be found on the NAH website.

Things are Cooking

(Continued from page 1)

Volunteer and member, Herb Plovnick painted a watercolor for the cover, based on a photograph of members at a Sharing-a-Supper dinner. Volunteer Julia Abbott, whose mother is a member sketched original illustrations for each of the cookbook's chapters. Graphic Designer Garrow Throop compiled the book and the Newton North High School Graphics Center did the printing and binding. Many businesses who support Newton at Home purchased advertisements in the book.

There are ten chapters with 93 recipes. The introduction to each recipe gives the name of the cook and more personal, interesting information about the recipe. There are *Appetizers and Beverages* from Avocado Dip to Victorian Punch, *Soups* from Blueberry to Vegetable with Swiss Chard, *Salads* from Avocado, Corn and Lime to Sweet Potato, *Vegetables* from Asparagus and Eggs to Zucchini Ribbons, *Rice, Pasta, and Noodles* from Bucatini to Noodle Pudding with Ricotta, *Fish and Seafood* from Chilean Sea Bass to Tuna Loaf, *Meat* from "Al Capone" Roast Beef stew with beer to Sausage Strata, *Poultry* from Asian Chicken Salad to Turkey Meatballs, *Breads, Muffins, and Scones* from Blueberry Muffins to Pumpkin Pecan Bread, and *Desserts* consisting of cakes, cookies, fruit sweets, other sweets and pies.

In all, the cookbook has been a wonderful collaborative effort on the part of NAH staff, members, volunteers, and many friends. It is a great example of the theme of the Annual Meeting: NAH and the Newton Community.

Member Spotlight

Jacqueline “Jackie” Colby



Jackie Colby has often been compared to the Energizer bunny. Born in 1924, she grew up in Watertown, attended Watertown High, got a Library Science degree at Simmons College, and married fellow librarian Charlie Colby. After working in Boston two years, they began an odyssey of moves following professional librarian jobs: Washington D.C., where he worked at the Army Medical Library and she for the Department of Agriculture; then back to Boston, where he worked at the Boston Medical Library. They had two boys and she worked part time at the Department of Education Library while teaching at the Harvard Extension School. They then moved to Columbus, Missouri, where he worked at the University and she had a daughter. Finally, in 1956 they returned to the Boston area and settled in Newton, where they stayed.

In addition to raising her family, Jackie started working full time at the MIT Library in 1965. She stayed for 23 years, performing technical services, including helping the library transition into the digital age when it joined a national data base in 1995, trained catalogers, and supervised. When she was 41 and her children were in high school, she decided she wanted to read more, so she got a Masters in English Literature, going to classes in the mornings and on Saturdays while still working full time at MIT.

Jackie volunteered at the Boston Food Bank and Women’s Lunch Place, and help to found the Newton Food Bank in the mid-1980’s. She has been on the Food Bank’s Board since its inception (now as an Emeritus member) and helped shepherd it through moves from the basement of the First Unitarian Church in Newton (she and Charlie joined FUSN in 1980) to Newton Center in 1994, to Waban Library in 19908, and finally to the facility at Newton City Hall in August, 2015. The Food Bank has 40-50 volunteers, is open every Wednesday and the third Saturday of the month, and serves some 600 people a month, including taking food to house-bound clients.

Jackie also likes to travel. The family took vacation throughout the U.S. while the children were growing up.

After Charlie died, she helped found the Enchanted April group at FUSN in 1994. A group of 12 women took a trip every other year to Europe (France, Spain, Italy, the Netherlands), staying about 3 days in the principal city in the area, then retiring to a villa in the countryside for about 10 days, making day trips, shopping at the local markets, and cooking their own dinners. Jackie made 8 trips with Enchanted April, the last in 2012. In 2015 she went with family to three northern national parks (Yellowstone, Glacier, and Yosemite) and this year went on a World Affairs Council tour of Spain and Portugal, meeting with the American Ambassador in Lisbon, and two Counsels in Spain. A friend has said of Jackie, “If I said I was going to Alaska to tour by dog sled, she would ask if she could go.”

In her free time, Jackie plays bridge twice a week, walks with 3 friends twice a week at 7:30 am (Jackie says she walks slowly). After walking, they go to one of their homes to lift weights and have breakfast. Her son Peter and daughter Valerie come over every Thursday and cook dinner with her. She also like to see friends and family, eat out for lunch, go to concerts, theater, movies, and museums.

Jackie joined NAH 2 years ago, primarily for rides after she stopped driving. She enjoys meeting the volunteer drivers and occasional handymen. She has also attended lunches, including the Tiger’s Loft Lunches, which she greatly enjoys. In all that she does, she is cheerful, friendly, and interested in learning about other people.

Volunteer Spotlight:

Joe Nobrega



Joe Nobrega on the right with his partner, John.

Under its Nourish Program, each week NAH gives a different member gifts of flowers, a lunch from Tango Mango, or a fresh loaf of challah bread baked by Galit Grutman, owner of the online bakery, Gal-

itsTreatsWithLove.com. Joe Nobrega coordinates the bread delivery, calling members in alphabetical order (he's up to the M's) to identify a recipient. He then calls upon a pool of volunteer drivers to arrange the delivery, maintaining a spreadsheet showing whom he has called, the member's response, and when he or she received a delivery of bread.

Joe started volunteering at NAH in the summer of 2015. He grew up in Millis, but after graduating from Northeastern Law School, moved with his partner, John, to San Francisco, where he worked at The Gap headquarters overseeing the manufacture of several product categories, a job which had him traveling throughout Southeast Asia and other parts of the world. Two years ago, having retired from their jobs, he and John decided to move back east with their dog Otto to be closer to both of their families. However, Joe's family is in the Boston area, while John's is in Lexington, Kentucky. They have resolved this dilemma by spending half the year in Newton and half in Lexington.

Joe says it is like living 2 parallel lives, with a different set of friends and family in each place. When they leave one place there are sad farewells, but when they return, they feel like they are picking up where they left off because they stay in touch the whole time they are gone. With 10 nephews and nieces, Joe has to do a lot of communicating. Joe says the revolving living arrangement makes him more grateful for the people in his life. Leaving them each year drives home to him how much they mean to him.

Joe is very glad to be part of NAH. He finds it wonderful to be part of giving people the opportunity to support each other and feel supported by the community. As with his family and friends, he misses NAH when he is in Lexington, but he stays in touch, coordinating the bread deliveries year-round from both places.

Yeh Diab Plowguys of Greater Boston

617 230 2342 yeh.diab@plowguys.com



Yeh Diab thinks outside the box – a lawyer turned entrepreneur in “the snow and ice

business.” After attending Northeastern University from 1994 to 1999, he and his business partner started a number of businesses, which included a residential snow plowing business powered by a software app, which let plow drivers find one-off jobs from the road. They soon realized that it is exceedingly difficult for residential snow plowing businesses to succeed because most are based on the wrong business model. As Yeh puts it, they operate like a taxi service that offers rides only when it snows. Each trip is a separate event; a single taxi can only make a limited number of trips per storm; it's hard to keep experienced drivers from year-to-year; in a mild winter, drivers may leave for more steady work; it's very hard to make a budget; and your wife wants to know how you are going to make a living when it's not snowing.

In place of the taxi model, Plowguys adopted a milkman “subscription” model in which customers sign up for the year at a fixed cost (which they can pay over a six-month period), allowing Plowguys and the customer to budget for each winter. They also decided they needed several features to make the new model work:

1. *Increased volume.* They needed to clean driveways as quickly as possible so they could do more per storm. Looking to Canada to see how they move snow, they learned that commercial snow blowers attached to tractors are much more efficient than snow plows. Further, because a plow is limited in how much snow it can push at one time, it may have to make two trips during a heavy storm to stay ahead of the snow, thus reducing the number of driveways serviced and increasing the cost per driveway – which is why snow plow services often have a layered price scale in which the cost goes up as the snow deepens. In contrast,

commercial blowers can cut through heavy snow like a knife through butter. Snow plows average about 25 driveways per storm; Plowguys' blowers can clean well over 100 per storm.

2. *Decreased cost for the customer.* There will be about 10 – 12 snowfalls of 2 inches or more in an average Boston winter. For a snow plow service costing an average of \$65.00 per visit, a customer will pay \$650.00 - \$780.00 in one winter. Plowguys charges an average of \$450 to clean a driveway for the winter – no matter how many storms there are. As with snowplow services, there is an additional charge for shoveling, varying with the needs of the customer. Further, a customer can get an early-bird discount by signing up as early as possible in the year.

3. *Density* – The number of customers on a route. As density increases, so does income from the route, which enables Plowguys to lower the annual fee while still meeting its business goals, which leads to more customers, which increases density, and so on.

4. *Keeping each customer informed as to his or her status during a storm.* To do this, they send 5 types of alerts by e-mail or to the customer's cell phone:

- a. *Pre-storm alert* that a storm is expected.
- b. *Dispatching alert* giving the time the driver has started the customer's route and the expected time of arrival at the customer's.
- c. *Delay alert* for a route, if there is a delay in service, giving a new estimated time of arrival for the customer.

d. *Pre-arrival alert* about 5 minutes before the driver arrives, so the customer can take the car out of the driveway if needed.

e. *Alert that the driver has finished the route* and is now circling back to get any stops missed in the first pass and for shoveling. [In order to stick to his schedule, the driver cannot stop if a driveway is not ready for clearing when he first arrives. He will move on and circle back to the skipped customer after finishing the route.] In Newton, drivers average about 6 hours to complete their route, so they can circle back on a timely basis.

The snow blowers have chutes to direct the snow, creating a low snow bank on the ground as the blower moves down the driveway, rather than piling the snow up at the end of the driveway. Plowguys tries to comply as much as feasible with the customer's directions for where to direct the snow.

There are about 400 customers in the greater Newton area, comprising 10 routes, serviced by 3 snow blowers and 7 snow plows. Their goal is to increase the customer density on the snowplow routes to merit getting additional snow blower/tractors for Newton.

The new business model is working: Plowguys started using it in 2015, and last winter they had more sales than the prior 3 years combined. They have a staff of 5 people throughout the year and about 200 – 250 workers during the winter, depending on the shoveling needed. And Yeh's wife is happy because the snow and ice business has become year-round with predictable income.

In Memoriam

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

Mildred Platten 1924 – 2016

James Slattery 1935 - 2016



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