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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

Greetings,

This spring we launched an innovative partnership with Newton-Wellesley



Hospital, the “Newton-Wellesley Hospital – Newton at Home Re-admission Prevention Program.” I recently had the privilege of reporting on the start-up of this initiative to the Newton-Wellesley Hospital Board of Trustees with Nicole Pearlstein, a NAH volunteer who heads one of the Re-admission Prevention teams.

The program is for Newton residents being discharged from the

hospital who need our services and are 60 years of age or older. Currently we are working with the cardiac unit, a medical/surgical unit, and the Emergency Department.

Once the hospital’s case managers identify the appropriate patient, that person receives a 30-day NAH membership sponsored by the hospital. With the case manager, I review our participation in the hospital’s discharge instructions. I remind patients how they can get transportation and other assistance through our office. NAH also provides a safety check of the person’s home. Once the patient is home,

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Six Month Trial Membership Taking Off

By Naomi Shore

Newton at Home started offering six month trial memberships this spring and interest in this plan has soared. From May through early July, 25 people contacted Maureen Grannan, our Executive Director, and became new NAH members with this option.

The six-month trial for perspective members offers fees of \$245 for an individual and \$290 for a household. These fees provide a 25% discount off NAH’s annual membership fees pro-rated over six months. At the end of the trial membership, these members will be offered a normal one-year membership at the regular fees, which remain \$660 for individuals and \$780 for

households.

NAH is also offering another special membership option, a nine-month partial-year membership for people who spend three consecutive months out of town. The partial-year membership is perfect for new members or renewing members who spend three months of the year in the sun during the winter or at a summer home. They have full NAH member services during their nine months here but none while they are gone. This membership is also a prorated annual fee.

Both of these types of memberships must be paid in full (i.e., no quarterly or semi-annual payments). For more information please contact Maureen Grannan, 617-795-2560 or director@newtonathome.org.

Executive Director *(Continued from page 1)*

someone from NAH checks in with this person daily. Our volunteers can help with transportation to and from follow-up appointments, picking up prescriptions, and making sure nutritious food is in the home.

In June, we organized a very successful public event with Dick Simon speaking about his recent visit to Iran. (See story on page 3.) We plan to host more public events of interest to the community at large as well as our members. I welcome anyone who has an idea for a speaker and/or topic to call me to discuss their suggestion. You can reach me at 617-795-2560.

We know it is summer, here at the office, because we have received more than 20 requests for installing air conditioners. Thank you to our strong volunteers who have enabled us to keep up with this demand.

Enjoy the summer.

Sincerely,

Maureen Grannan, Executive Director

Volunteer Spotlight

By Naomi Shore

Editor's note: We are very proud of our volunteers and love featuring profiles of them in each newsletter. NAH is always searching for more volunteers. To learn more about volunteer opportunities, please contact Julie Plaut Mahoney, Coordinator of Volunteers, by calling 617-795-2560.

Mimi Bernadin

Mimi Bernadin and her husband came to Newton in 1994, when their children were young, seeking good schools for them while her husband went to MIT. They stayed and became integrated into the community. Eventually, Mimi found Newton at Home through an encounter with Coordinator of Volunteers Julie Plaut Mahoney at the Newton Farmer's Market.

When she spoke with Julie, Mimi had been thinking about aging for personal and family reasons. She had spent time in Italy not long before and there she saw



Volunteer Spotlight *(Continued)*

older people being a part of the everyday lives of their families and their communities. She didn't see that happening here very much, but she loved the concept behind NAH.

Mimi's special gift is photography. She has done photography both as an avocation, when her children were smaller, and as a vocation for the last five years. After connecting with NAH, she has volunteered as a photographer, particularly a portrait photographer of the Board of Directors, the staff, and other volunteers, as needed. She took all of the photos in our new brochure. Mimi likes the time spent one on one with people learning a little about them and figuring out how to present them to the world.

Mimi says she has been inspired by how the people she has met "stay active and part of the community. I think NAH does a good job of facilitating that."

You can find out more about Mimi by reading her blog at mimiphotoblog.com or by going to her website mimibernardinphotography.com.



Debby Weiss

Debby Weiss is a lawyer who moved to Chestnut Hill in 1989. She has since retired twice! She retired from her law practice in 2002 but then enrolled at Simmons College for a degree in library science. After receiving her degree, she worked at the Harvard Law School library until retiring again in 2012. She lives with her husband, a doctor, who does research in genetics and asthma. They have two grown sons.

Around the time it was founded, Debby went to an information session about NAH. She joined because she wanted the organization to exist, even though at that period, she did not have time in her life to volunteer. She and her husband made good use of the preferred vendors list and continue to use it.

Today, after her second retirement, she participates in the Book Discussion Group and also joins the Theatre Group for some of their outings. She keeps her eye on the social events, many of which "look enticing," she says, even if she cannot get to them.

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Iran: Beyond the Headlines

By Naomi Shore

Dick Simon recently explained at an event titled “Iran Beyond the Headlines,” sponsored by Newton at Home, that the situation in Iran today is very complicated – especially in terms of its relationship with the West. He reported on his recent trip to that country and showed his intriguing photos taken while there.

Women work as traders at the Teheran Stock Market.



Photo from www.dicksimonphotography.com

On one hand, the sanctions imposed by the West are having a definite effect; on the other, as he said, “Life goes on.” For example, Coca Cola, the quintessential American drink, is available to buy and eat with a hot dog (as one of his slides of a kiosk shows). But this coke comes to Teheran from Ireland through Dubai. Stores do have merchandise for sale, but the Iranian currency has lost almost 80% of its value. This is beginning to hurt more and more, especially the lower and middle classes, says Simon.

Simon and his delegation from the Peace Action Network were among the 200 people who got tickets to the first rock concert held in Teheran in many years. The Iranian rock star was visibly moved to playing in his homeland again, noted Simon. At the same time, he urged his audience not to react too strongly so that the authorities would allow him to hold more concerts. The people at the event were clearly having a good time, said Simon. Men and women sat together and he shot a couple holding hands. Holding hands in public is against the law and Simon reported that a short

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Book by NAH Member Louise Bruyn Recalls Her 45 Day Protest Walk

By Naomi Shore

“Why did you choose a walk for your form of protest?” I asked Louise Bruyn, author of the recently published book *She Walked for All of Us, One Woman’s 1971 Protest Against an Illegal War*. Louise is a founding member of Newton at Home.

She answered it was a simple solution to a simple idea. “Someone ought to go tell the government to stop, I said to my husband, while we were both sitting on sofas in our living room. He answered that maybe actions like that would make a difference. I got up from my seat and looked at a map to see how far it was. Then the idea was in my head. I was not a speaker or a writer, but I was a dancer so I knew I had a strong body. I could walk.”

Walking has many advantages, she said. “It leaves you open to talking.”

There was already a history of walking in the non-violent movement, going back to John Woolman, a

Quaker in the 18th century who walked from plantation to plantation trying to convince fellow Quakers to free their slaves.

However history was not part of her conscious decision the day she decided she would make her pilgrimage to Washington, DC. It was a desire to meet person to person and connect with people directly. So she wore a black armband as an expression of her grief over the war but carried no signs. “I think that is what moved people to connect with me in each place,” she said.

She had written a diary as she walked. Over the years, she revisited the diary thinking she should work it into a publishable manuscript, but that didn’t happen until January 2012. “I decided in 2012 that it was time to get it ready for publication now that I was 82.”

Over the next 10 months she paired down the manuscript, added quotes for each chapter from *The New*

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Iran: Beyond the Headlines

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while later, security men came over to the couple and stopped them. Yet, he added, they were not pulled out of the auditorium.

Many of his photographs concentrated on the billboards up all over the city. These often feature religious figures or patriotic memorials to the Iranian military. The army fought the Iran/Iraq war, in which over 500,000 were killed, from 1980-1988. Now there are also a few memorials for those who died in Syria fighting for Iranian ally Syrian President Bashar al-Assad. He was not allowed to photograph government buildings or anyone in uniform.

Simon was struck by how much Teheran was a cosmopolitan city. He photographed the stock exchange where women were present, but like everywhere else in public, wearing a headscarf. The women who were part of his delegation also had to wear headscarves. He particularly enjoyed the interactions he was able to have with some Iranian students who joined in the delegation's activities for a couple of days. He found them full of energy, envisioning a future. Still, he noted, the security services took down all of their names.

Simon stated that people are under constant watch and they are not fully free to speak their minds, at least in public. All contact with foreigners is monitored. Still, in the bazaar, they were greeted by at least one merchant with open arms who said to the Americans, "We have been waiting for you." As Simon said at the beginning, it's complicated.

Catching up with Affinity Groups

By Naomi Shore

We like to keep up with Newton at Home's affinity groups to let you know a little about what's happening on the social front at NAH.

The Dining Group has been on a gastronomic tour of the world. Meeting approximately once a month for lunch on Mondays or Tuesdays, they have sampled Italian, Thai, and Greek cuisine. Their first outing was to Spiga, in Needham, then to Jamjuli in Newton Highlands, and the Aegean, in Watertown. They will try French food at Petit Robert Bistro in Needham on

(Continued next column)

Book by NAH Member Louise Bruyn

(Continued from page 3)

York Times of that day and wrote an end section "Looking Back." She then found an independent publisher, Distinction Press, and saw the book come out in April of this year.

Louise hopes that her experiences and message will resonate in peace circles and with young people today. People can stop war by becoming active themselves. One person can arouse thousands. The book is available at Barnes & Noble and The New England Mobile Book Fair and online at Amazon. **Louise will speak about her experiences on this walk at a community event sponsored by Newton at Home on October 13th.**

Affinity Groups (Continued)

July 16 and eat together at the Bocca Bella Café in Auburndale in late September.

A varied group of ten to twelve people has gone each time. The composition of the group has varied with the day of the week and the month. The group always welcomes new participants. Call the office at 617-795-2560 to register.

The NAH Film Group had its first outing in May when it went to see *RENOIR* at the West Newton Cinema, followed by tea and pastries at L'Arôme Café. The coordinator, Virginia Inglis, reports that she plans to arrange an event once a month, with the exception of August when she will be away.

Virginia plans film outings for Tuesday afternoons, usually the early matinee (1:30 pm). The group will walk to a nearby café for drinks and discussion following the film.

Virginia considers films at the West Newton Cinema and the Embassy Cinema in Waltham, both theaters that are handicapped accessible. Members who would like to attend a film and need a ride should contact the office and make a member service request.

To get on the email list to receive information about the film outings call the NAH office at 617-795-2560.

Cathy Paris is New Board Secretary

Sue Flicop has resigned as Newton at Home Board of Directors' secretary. She has enrolled in an internship program to prepare to teach math at Newton North High School. We are very grateful to her for serving as secretary on the Board since November, 2010 and wish her well in this new endeavor.

Cathy Paris has been elected as the new Board secretary. Cathy is an NAH direct service volunteer who assists members with de-cluttering and transportation. She also is an office volunteer. She has a bachelor's degree in social work from the University of New Hampshire and worked as a medical social worker at Massachusetts General Hospital for 10 years. She and her husband have lived in Newton Lower Falls for 26 years. When their two children attended Newton schools, Cathy was active in the PTO. She and Julie Plaut Mahoney shared the position of Volunteer Coordinator at Life Choice Hospice for five years. She is a member of the Journey Songs Hospice Choir and is its membership chair.



Share Your Enthusiasm

By Dorothy Anger

I once worked for a national company whose founder (we called him 'the old man') would repeat his favorite mantra to the staff at every opportunity: "Everybody sells."

What he meant was that no matter what our job description, we needed to be aware that as employees we represented the company's face to the world and should make that as positive a face as possible at every opportunity. A soft sell, to be sure, but a sell nevertheless.

I never forgot that edict, because it seemed to apply in so many situations. Newton at Home is a great example. Our members and volunteers may not consider themselves salespeople for the organization, but in fact they are – every time they enthusiastically share who we are and what we do.

Sharing enthusiasm is selling. It's that simple. You

don't need to sign up new members or volunteers to "sell" Newton at Home. Just talking about the organization can go a long way to achieving that end. And to whom should you be talking? Almost everyone! Well, maybe not your young grandkid, but certainly friends and acquaintances and their families, too. Anyone who might be a potential member, volunteer – or both – should know about Newton at Home.

And what about the many professionals in your life? Folks like your doctor, physical therapist, personal trainer, accountant, financial planner, home health worker, or attorney are all potential "sales" targets because they can pass on information about NAH to their other clients.

The bottom line is that in subtle, and sometimes not-so-subtle, ways we are all salespeople. We just need to recognize the sales opportunities all around us and take them.

We Are There For You After Your Joint Replacement Surgery

By Naomi Shore

Newton at Home will be there to help you after you come home from joint replacement surgery. When you know this, it can make a big difference in your recovery.

Doris Gould, who is one of our members and volunteers, had knee replacement surgery on both knees a month apart last fall. She says, "The biggest thing was psychological – knowing I had resources. That also was of tremendous benefit to my family, lessening their worry about my returning home very quickly from rehab."

Doris' physical therapy had to continue when she was home. Twice a week an NAH volunteer driver was there to take her to and from her physical therapy sessions. A driver also took her to her follow-up doctor's appointments. The only problem, reports Doris, is that the rides were too short for her to get to know the drivers, and some of them were "really interesting." They were all "lovely to me," she adds. Once, on the way home, she asked Bob Read if he had time for her to stop in at the supermarket to pick up a few things and he was happy to oblige.

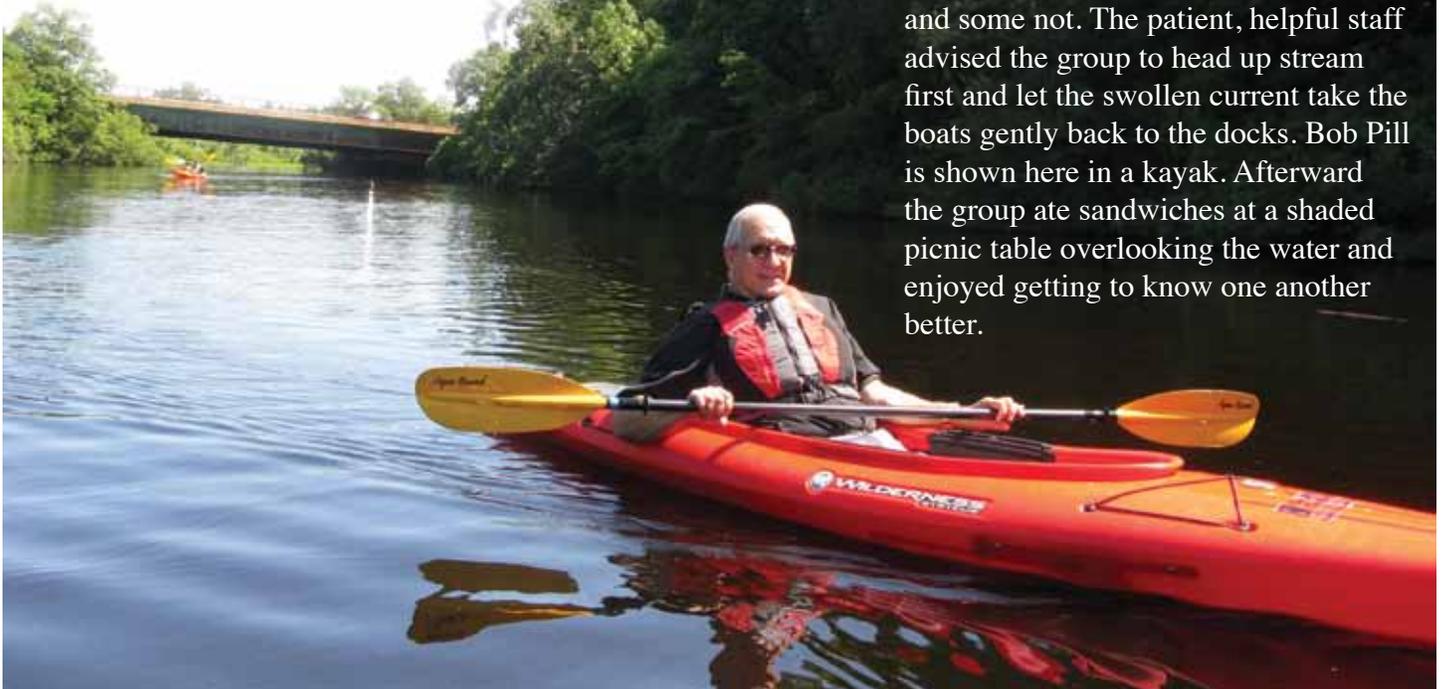
There For You *(Continued from page 5)*

NAH was also there to cover the unexpected. As Hurricane Sandy approached last October, Doris called the office to request a volunteer to come get all her outdoor furniture inside.

And, when her family gave Doris a new iPad to help her pass her time at home, Doris called NAH and Ross Neisuler, one of our volunteers who answers technology questions, came over and taught her how to use it.

Doris is back at her usual pursuits now, including tennis, her great love. Happily for us her regular activities also include volunteering at the NAH office every Monday.

Since services from Newton at Home volunteers can contribute to an easier and more efficient recovery, please notify us if you are preparing for surgery and we can work with you on a plan to take care of your transportation and household needs while you are recovering.



Volunteer Spotlight *(Continued from page 2)*

Debby is a transportation volunteer since she is a task oriented person “who likes to do something and get it done.” Thus she finds getting members to where they need to go satisfying. “The people I meet are independent people who often just need help with transportation. All of them have been enormously grateful. Many are interesting people whom I enjoy getting to know a little.”

“My philosophy is that you do something for others in your community and hope that someone will be there to help you when you need it,” says Debby. NAH works perfectly into this belief.

On the River

In June, a group of NAH members took to the Charles River for a canoeing adventure. Nine NAH members rented canoes and kayaks at the Norumbega Boat House. Some were experienced and some not. The patient, helpful staff advised the group to head up stream first and let the swollen current take the boats gently back to the docks. Bob Pill is shown here in a kayak. Afterward the group ate sandwiches at a shaded picnic table overlooking the water and enjoyed getting to know one another better.



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