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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.*

Bright skies and pleasant temperatures have brought more of you out to the wonderful programs we have been offering this summer. We've also had requests for rides to and companionship for many cultural offerings, even as far away as the Berkshires.



Our calendar has been busy with summer activities like garden tours,

ball games, and concerts. Looking ahead, I see Rockport concerts and a trip to Suffolk Downs. Program participation has definitely been up as you can see by looking at the statistics in "Newton at Home by the Numbers" on page 3.

We're presenting some of the "Numbers" in this issue so that you can get a good snapshot of where we are. We are very proud of the fact that we have over 100 volunteers, including some members and many non-members, responding to well over 90% of

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## Happy Birthday to All

*By Naomi Shore*

There was a great feeling of accomplishment when more than 90 members, volunteers, and donors gathered in May at the Scandinavian Living Center to celebrate Newton at Home's first birthday. The green and white balloons, Happy Birthday banners, and a slide show provided the background for an enthusiastic party. President Tamara Bliss welcomed everyone and read a proclamation

from Mayor Setti Warren marking our first birthday.

Executive Director Maureen Grannan grinned broadly as she announced that volunteers had dedicated 807 hours to the organization during April. She also announced a new service for our members that will provide pre-packaged prepared meals. See the article about NAH's collaboration with Healthy Habits Kitchen on page 4.

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## Executive Director *(Cont'd)*

the service requests we receive. This confirms that we truly are building a community of our own.

We've also partnered with Healthy Habits Kitchen to set up a program of custom meals that can be delivered directly to your home – great for summer days when you feel like a very simple and nutritious meal. (See story on page 4.)

We have recently updated our transportation policies to respond to concerns on the part of both members and volunteer drivers. New policies were emailed to members and volunteers and sent by mail to those without email addresses. The policy clarifies our service areas, cost of trips to Boston and Logan, and hours of driver availability. Please let us know if you have any questions or did not receive the document.

Several members have inquired about ways to honor their volunteers. As you know, volunteers cannot accept tips or compensation so we have started a volunteer recognition program. If you make a donation to Newton at Home in a volunteer's name to honor them for exemplary service, we will put this up on a volunteer recognition board in the office.

Though it's summer time and people will be taking off for their own vacations, there will always be someone answering phones at NAH, ready to help you. We have also scheduled volunteer training sessions over the next two months because we need more volunteers to meet the needs of our growing community.

Sincerely,  
Maureen Grannan, Executive Director

## We Rely On Your Support

Membership dues provide only about 50% of our annual income. The rest comes from donors like you. Gifts are used immediately to support ongoing services and programs. Please make out your check to Newton At Home and mail it to: Newton At Home, 206 Waltham Street, West Newton, MA 02465.

Newton At Home is a 501(c)(3) non-profit corporation. Contributions are tax deductible in accordance with applicable law.

## Volunteer Spotlight

By Naomi Shore

### Bob Read



Bob Read has learned how to adapt and grow into new career opportunities and challenges as he has navigated his life, and the same is true for his volunteer “career” at Newton at Home. Bob moved to Newton 82

years ago when his father came to teach at what was then Day Junior High School. Bob recalls his own education in the Newton public schools fondly and feels that he got an amazingly sturdy foundation for all his further learning.

At the end of World War II, Bob was stationed in Berlin teaching elementary education and GED studies to GIs even though, at that time, he himself did not have teaching credentials or experience. After coming home, he used the GI Bill to gain a B.A. in English and an M.A. in school guidance. After working as a guidance counselor in several New England states, he got his Ph.D. from the Northeastern University, where he stayed for 25 years while he helped run their program in counseling psychology. Later, he spent 10 years at Salem State University developing and running a similar program.

In his volunteer career, too, Bob has assumed responsibility, developed a program, and moved on to a new challenge. After retiring, he started at Newton's Senior Center, where he worked in Medicare and Medicaid counseling and outreach. After a while he went to SOAR to ask who else might use his talents. SOAR sent him to a luncheon conversation with Tamara Bliss, our president, who recruited Bob before NAH had officially opened. He worked on the committee that organized the house parties to educate Newton residents about the “village” concept and the plan to establish Newton at Home. He then did outreach to religious organizations in the city, trying to enlist them to spread the word. Along the way Bob became a member of NAH. As he was beginning to feel ready for a change,

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## Volunteer Spotlight *(Cont'd)*

Tamara told him that a new Programming Committee was being set up to develop the “social village” side of the village concept. Bob admits that he had never thought about the social aspect of NAH, but it immediately appealed to him so he joined the committee. He has been involved in surveying members to set up affinity groups – groups that get people of like interests together for a specific event such as a baseball game, or for a monthly meeting, such as a book club or a bridge group. Bob organized the NAH book club, our first affinity group.

One special event that he is especially pleased about is a day at Suffolk Downs on July 25th. NAH members will not only see the races but they will get a tour and meet at least one horse “in person.” He predicts that a photo will record that aspect of this auspicious day.

### Dan Reilly



Dan Reilly is a valuable handy guy who describes himself as a Jack-of-all-trades volunteer. He says the thing that most prepared him to be a NAH volunteer is moving to Newton Highlands 27 years ago and buy-

ing an old house that has needed a lot of work. Where possible, he has done this work himself. In his daytime life, Dan sells electrical equipment to contractors and to the general public.

Dan came to NAH while working on his M.A. in Eldercare Marketing at Lasell College. He needed some information for his thesis and someone mentioned he might be able to get it from NAH. After contacting the office, he got his information. (We appear in his thesis.) After learning more about us, he decided to become a volunteer.

As an NAH volunteer, Dan has replaced a doorbell system, re-caulked bathtubs, moved furniture and re-glued some furniture pieces, and fixed windows for our members. He has found doing all these kinds of things satisfying as all of the members he has worked for have been very

grateful. He says it has given him a chance to meet people from all walks of life and he gets to talk to them and hear some of their life stories.

“It’s different,” he says, “when you get to meet people in their home.” He gives an example of a man whom he has known very casually for some years from the YMCA. Recently, he responded to a volunteer request and discovered that it was for this man. It meant a whole new context in which to develop their friendship.

## NAH by the Numbers

We thought you might enjoy a quick picture of NAH by the numbers. We hope you find them as impressive as we do. Also see in these numbers where you can help us increase them.

For the period

March 1, 2012 through May 30, 2012:

Total number of members as of May 30, 2012 was 152.

Percentage of services provided by volunteers averaged 94.6%.

Number of member volunteers was 33.

Total number of volunteers providing services in May was 61.

Total volunteer hours averaged 838 hours/month.

Total direct services requests grew each month from 90 in March to 120 in May.

The most common service request is transportation, comprising 43% of the requests in May.

Other popular services included help with computers and mobile phones, gardening, and home repairs.

Total number of rides provided in May was 52.

Percentage of members using services over these months has averaged 30.6%.

With more programs being added each month, the percentage of members attending programs grew from 19% in April to 23% in May.

## Exploration



This spring NAH members visited the Culinary Exploration class at Newton South High School. Shown left to right: Liz Simons, Verne Vance, Hope Dauwalter and teacher Jonathan Orren.

## When You Don't Feel Like Cooking...

Newton at Home has partnered with Healthy Habits Kitchen to set up a program to deliver custom meals to your home.

Healthy Habits Kitchen has designed a menu specifically for NAH and has everything you need to put a healthy meal on the table in less than 30 minutes. Each meal includes a protein, chopped vegetables, spices and more. All you need to do is the final broiling, baking, or pan frying. Each meal comes in a two-portion container. You can use one portion and freeze one if that works best for you. We are providing free weekly delivery by an NAH volunteer and NAH members will get a 5% discount on their orders.

For more information on this new program, please call the NAH office, 617-795-2560. We have menus which we can send you.

To order directly from Healthy Habits Kitchen call 781-235-6325, Monday through Friday, 12–2 pm or 4–6 pm.

## Happy Birthday (Cont'd)

Program Coordinator Judy Simson said that several up-coming events had room for more people to sign up. The Upper School Voices of the Fessenden School then entertained us with two popular songs. Later, Elinor Kritzman and Christine Kodis led everyone in the singing of Happy Birthday and an enormous birthday cake was cut and passed around.



*Above:* Marcia Jackson enjoys birthday cake while Kathy McCarty talks to Liz Simons.

*Below:* Dorothy Anger chats with Linda Plaut, Director, Mayor's Office of Cultural Affairs, while Julie Plaut Mahoney, Coordinator of Volunteers, cuts birthday cake in the background.

