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NAH Members Remembering

Two very popular group programs at NAH are Guided Autobiography, Levels 1 and 2, led by Dorothea Black. As Nick Kaufman, a member of one of the first groups, says, “A program like this needs meaningful conversation and a very good leader. This was A+ for both.” Dorothea first learned about the topic when her mother decided to write a memoir in her late 70’s. Her mother’s first plan was to write chronologically, from beginning to end, which did not work out very well, so she joined a group which encouraged her to write about broad themes. This approach was very successful and became the model for Dorothea’s instruction.

Dorothea started out in print production. When she was Production Manager at a printing company, she met her husband Steve Logowitz, a graphic designer, when he came in with an emergency print job. She became very involved with Cabot Elementary School when her 2 daughters attended, eventually decided to pursue teaching, got an MS in Library and Information Science from Simmons College, and became Library Head at the Park School. Her duties included teaching information literacy to middle school students and working closely with the teachers.

After she retired from the Park School in 2016, she volunteered with the Newton Talks Project, an oral history for the City of Newton supported by Historic Newton, the Newton Free Library, and the Newton Senior Center. They started in 2016 gathering histories from Newton veterans and since then have expanded to several categories of persons to be interviewed.

Dorothea has long been interested in working with adults. She has taught book arts to teachers and adult learners since the 1980’s. She started teaching memoir writing in the Spring of 2017, at NAH, and was delighted to learn that her children’s third grade teacher Penny Benjamin (“simply the best”) had joined NAH and was

in one of the groups. Penny reports, “Dorothea is a magnificent teacher.... She creates a comfortable supportive environment.... I couldn’t wait to get to class. It was a joyous experience.”

The group meets in the Spring for 5 weeks, with about 5 or 6 members. There is now also a Level 2 course for Level 1 graduates. The program incorporates three activities: remembering, writing, and sharing. All meetings are confidential. They begin with each member sharing 2 pages written on a designated topic or theme. The other members give feedback, but not a critique (“This is not primarily a writing class.”). Dorothea may lead exercises “to get the brain working,” using graphics, lists, graphs, maps, or sketches, all meant to stimulate memories. The meeting ends with Dorothea assigning or the group choosing a topic for the 2 pages to be shared at the next meeting. She sees herself as a guide, not a teacher. “I get more out of the group than I put into it.... Some members are in their 90’s – it’s a lot of fun learning from them.”

The enthusiasm runs high. “People have great stories, some were pioneers in their fields.” “Dorothea set the stage for really listening to what other people say.” “The sharing was remarkable.” “You get to know people in such a short period of time.” “You find points of common experience.” “It was exciting to see people enjoy the experience as much as I did.”

The discussions often bring up memories. Dorothea notes, “Memory is a funny thing... Being in a group stimulates memories, writing stimulates memories.”

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Dorothea Black, leader of Guided Autobiography at NAH

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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 a sense of community.

For more information call 617-795-2560 or go to <http://newtonathome.org>

Letter from our Executive Director

Welcome to Spring!!! It is so nice to feel warmer temperatures and to see the grass start to green up and the crocuses blooming. It is the perfect opportunity to get out more and enjoy the nice days after this difficult winter.

I am receiving more member calls concerning the increasing number of telephone scams that are happening. I want to bring these to your attention to raise your awareness and provide some steps to take to remain safe. The top three scams that are currently active are the telephone call stating that the IRS is calling and that you owe money. The IRS will NEVER call you — their communications are always completed through the U.S. Postal Service. You may see a scam on your computer from Microsoft telling you that there is a problem with your system and that you need to pay money to Microsoft to fix it. Microsoft does not function in this manner and does not charge you for repairs. The third scam is the “grandparent” scam in which you may receive a call stating that the caller has your grandchild and they need you send money to get them released. This is a very scary call to receive, but it will not be true. Do not agree to any ransom and do notify the police. While there is little that the police can do, they do track the trends of the scams that are occurring. Do not hesitate to call the Newton Police or the Newton at Home office if you have any questions.

We have many wonderful programs planned for the Spring and Summer! Please be sure to watch the Newton at Home calendar and sign up for a wide variety of interesting talks, affinity groups, and trips.

Have a wonderful Summer!

Best regards,
Maureen

Member Spotlight

Nancy Smith



*Nancy
Smith*

You know you're dealing with a real cycling enthusiast when the design on her front doormat is a bicycle. “I usually have my bike right here, in the front

hall, ready to go, but in the winter it goes South, to the basement. Then I go over to my neighbors and spin on their Peloton bike.” She also works out and walks a lot.

She's been cycling for over 40 years, seriously since the mid-70's. “My late ex-husband and I started doing it together. In addition to the exercise, we really enjoyed the social aspect. Once I was on my own, I joined the Charles River Wheelers Bike Club.” She did the Pan-Mass Challenge for 17 years, raising over \$100,000 for the Dana-Farber Cancer Institute. Her final PMC ride was in 2010 (“I decided to go out at the top of my game.”).

Nancy majored in English Literature at Smith College (Class of '60, for which she is a fundraiser) but considers herself a Francophile. Last summer she cycled in Provence, her 26th bike trip. “The countryside was beautiful, the people were wonderful, and the food was fantastic!” She raised her family in Weston and moved to West Newton in 1991. She worked at Fiduciary Trust in Boston for 23 years, managing personal trusts, and retired in 2003. Prior to that she worked for 4 years for the Town of Weston as the Assistant Coordinator for the METCO Program. Her three daughters live in Massachusetts, California, and Vermont.

There are 6 grandchildren, ages 11 – 21, who call her “Nene,” so her license plate reads “NENE 6.”

She frequents the Newton Free Library, often perusing the Speed Read section, which lends books for only a week. She calls herself an eclectic reader, but couldn't finish Bob Woodward's Fear because it was too upsetting. She also enjoys going to the Boston Speaker Series at Symphony Hall with a group of friends.

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Jimmy Tingle Coming to NAH



Jimmy Tingle

Newton at Home will present its Spring fundraiser, *Jimmy Tingle — Humor for Humanity*, on Saturday, May 11th from 5:00-7:30 p.m. at the Neighborhood Club in West Newton. The New York Times says of his performances, “More than comic wit ... so cheerfully intelligent he makes his audience optimistic in the face of reality. One comes away uplifted.” In addition to the performance, Jimmy will also be emcee for a live auction including such items as a one-week stay in a beautiful home on Martha’s Vineyard, Red Sox tickets, and more. Hors d’œuvres and drinks will be served prior to the performance.

Born and bred in working class Cambridge, Massachusetts, Jimmy has a career spanning three decades as a comedian, writer, actor, activist, and entrepreneur. He was part of the Boston comedy boom of the 1980’s that produced Steven Wright, Denis Leary, Bobcat Goldthwait and Paula Poundstone. Even as he gained a national and international reputation, he has kept close ties locally and is fondly regarded by many Bostonians as “one of their own.” A 1997 graduate of UMass Dartmouth with a degree in history, he earned a master’s degree from Harvard University’s Kennedy School of Government in 2010 and was selected to give an address at Harvard’s commencement ceremony that year. As a political satirist, practitioner of non-violence, and activist, he is the recipient of the Peace Abbey International Courage of Conscience Award for his efforts to support peace & social change using humor and satire.

Jimmy was the American correspondent for David Frost’s show for PBS and the BBC, *The Strategic Humor Initiative*. He wrote and delivered commentaries for two seasons on CBS’s *60 Minutes II* in the “Andy Rooney” spot, has worked as a contributor and satirist for MSNBC, and has appeared on *The Tonight Show*, CNN, *Larry King’s Weekend*, *Late Night with Conan O’Brien*, and “*The American Comedy Awards*,” as well as his own HBO half-hour comedy special.

He has also been a guest on NPR’s *Fresh Air with Terry Gross* and has appeared regularly on *Heat* with John Hockenberry. He continues to tour the country, performing in theaters and for colleges, non-profit organizations, private parties and corporate clients.

He also wrote, produced and starred in the documentary film, *Jimmy Tingle’s American Dream*, which aired on over 60 PBS affiliates. Other film credits include roles in Larry David’s *Clear History*, Chris Rock’s *Head of State*, *Next Stop, Wonderland* and *Boondock Saints*. He played himself in the International Emmy Award-winning documentary on arts censorship *Dammed in the USA*.

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Member Spotlight

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Nancy first heard of NAH when it was getting started. Her neighbor Dubs Dickey was on the Board of Directors. She thinks the concept is great and talks up NAH to all her friends. In the Fall of 2014 Nancy had major foot surgery and needed help getting around, so she tried a 6-month membership. (“Carol Connolly was a terrific volunteer driver.”) When the time came, she took out a regular membership, which she has maintained ever since. Before long she became a volunteer driver herself. “I love it. You meet so many interesting people, and the volunteer coffees are very energizing.” She also takes members’ trash barrels in and out, delivers Tango Mango meals, and is a Winter Buddy. “It’s a lot of fun, and inspiring as well. I’m definitely a big fan of NAH.”

NAH Members Remembering

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Sometimes things surprise a member. “I was surprised by how much I remembered about my grandparents.” The meetings are very satisfying. “Sharing is magical.... Everyone likes to tell stories.... People find it is important to have their stories preserved for others to read in the future.”

Over time, the pages start to come together as the process takes on a life of its own. For Sally Craig Huber, “They are like a patchwork quilt – you start to weave them together.” Says Dorothea, “People are sometimes surprised by how eloquent they can be.” Members may report on what a great experience it was to share their stories with their families. Sometimes members relate experiences they were not prepared to tell before. “It takes courage, but they find it rewarding.”

Jimmy Tingle Coming to NAH

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Jimmy has the rare distinction of winning the prestigious “Best of Boston” award as both a performer in 2001 in the “stand up comedy” category and as a producer in 2007 for *Jimmy Tingle’s OFF BROADWAY Theater*. His theatrical credits include writing and starring in four different one-person shows directed by Larry Arrick: *Jimmy Tingle’s Uncommon Sense*, *The Promised Land*, *Jimmy Tingle’s American Dream*, and *Jimmy Tingle for President: The Funniest Campaign in History*. *Uncommon Sense* received stellar reviews during a nine-week engagement at the American Place Theater in New York City and was the longest running one-person show in the history of the Hasty Pudding Theater in Cambridge, Mass. From 2002 to 2007 he served as owner, principal performer and producing director of *Jimmy Tingle’s OFF BROADWAY Theater* in Somerville, Mass., which presented over 200 productions and/or co-productions from the worlds of comedy, music, theater, television, radio, political events and kids shows and won him his second “Best of Boston” award.

Jimmy’s newest venture is a social enterprise entitled *Humor for Humanity*. “Our mission is to use comedy, commentary and conversation through social media, radio, television and live events to raise spirits, funds and awareness for non-profits, charities and social causes. Our Mission is Their Mission.”

The fundraiser is sponsored in part by The Village Bank. Tickets are \$75.00 and can be ordered by calling Newton at Home at 617 795-2560 or by purchasing tickets on-line at www.newtonathome.org.

We hope you can show your support and commitment to helping Newton at Home maintain its mission and join us in what will surely be a fun and entertaining evening!

Volunteer Spotlight

Meenoo Jain

Born and raised in southern Virginia, Meenoo Jain is the youngest of three daughters of Indian immigrants. A mechanical engineer (Michigan 1999), she consults on manufacturing operations and business management. She and her husband have lived in Newton for nine years, three



Meenoo Jain

with Otto, their Siberian cat (an ancient breed believed to be ancestral to all modern long-haired cats).

Jain is a surname of northern Indian origin and reflects a non-theist religion with major tenets of non-violence and service to others, which greatly influenced Mahatma Gandhi. She wants her second-generation American nieces and nephews to know about the Jain religious tradition, so she is doing research to write a children’s book on Jainism. “I’ve been at it for about a year. The more I read, the more I learn. It’s a very rich tradition; my own understanding has evolved.”

A little over a year ago, Meenoo searched on-line for service opportunities and found Newton at Home and The Second Step, which supports survivors of domestic violence. She signed up with both programs and spends two to three hours a week driving for NAH and mentoring a Second Step client. She also volunteers for Newton Community Farm, a non-profit community farm located on the historic Angino farmstead in Newton. They provide locally-grown produce through their Community Supported Agriculture (CSA) program, to their farm stand, Newton Farmers’ Markets, and donations to local organizations such as the Newton Food Pantry. They also educate the public about sustainable practices for agriculture, land use, and stewardship of other natural resources through hands-on classes, workshops, internships, and drop-in farm hours.

Meenoo loves to cook, learning traditional dishes from both her mother and mother-in-law. She has formed a vegetarian cook book club with friends -- “It’s great; you end up trying delicious dishes you never would have chosen on your own; and we learn all sorts of great cooking tips from each other.”

Meenoo greatly enjoys driving for NAH. “I’ve met many wonderful people and appreciate having the opportunity to help provide such a simple but important service to our community members.”

In Memoriam

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

Peter Heller 1933-2019

Susan Kaplan 1938-2018

May Pothier 1933-2018

Elizabeth Simons 1929 - 2019

William Wolk 1929-2019



Newton at Home

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

Printed by NNHS Graphic Communications