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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,

How wonderful that summer has arrived and we are enjoying beautiful weather!



Newton at Home has officially welcomed Hannah Goldberg, who joined us this spring as our second part-time member services coordinator (see story page 5). She and Barbara Butterworth are collaborating on the most efficient ways to match volunteers to the growing number of service requests from NAH members.

I am happy to report that we have renewed our Newton-Wellesley Hospital – Newton at Home Re-admission Prevention Program. Ten Newton residents who are 60 or older and who need our services after being discharged from the hospital will receive a 30-day NAH membership. To help prevent members from being readmitted within 30 days, NAH will provide a safety check of their homes and services such as transportation to physician, laboratory and physical therapy appointments and picking up prescriptions and groceries. A NAH volunteer checks in on the member daily by telephone.

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Two Grants Support NAH Reduced-Fee Membership Fund

By Naomi Shore



Executive Director Maureen Grannan receives a check from Mary Kern, president of the Newton Rotary Club, to support our Reduced-Fee Membership Fund.

Newton at Home has received two grants to support our Reduced-Fee Membership Fund (RFM). This fund enables people who could not afford to pay the entire fee to become full members. Seniors looking to become new members under the program should contact NAH Executive Director Maureen Grannan at 617-795-2560.

A generous \$5,000 grant from the Loretto Com

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Volunteer Spotlight

By Naomi Shore

Deborah “Dubs” Dickey

When she was newly married and working in Boston, Deborah “Dubs” Dickey moved with her husband to West Newton. At the time, she worked at Massachusetts General Hospital as a radiation therapist. As she raised her four children, she became more engaged in her community and her children’s schools. Among the organizations she volunteered with was Outdoor Explorations. Its mission is to bring people with and without disabilities together in the outdoors.



In time, Dickey realized she missed daily contact with older adults and she began looking for opportunities to fill the void. Dickey’s neighbor told her about Newton At Home and she eventually became a volunteer.

Dickey started with Newton at Home as a direct service volunteer providing transportation and gardening for members. Later, she joined the Board of Directors and helped initiate two programs, Winter Buddies and the joint NAH-Fessenden School book group. The book group is designed as an intergenerational program to build community. Winter Buddies is intended to connect different generations within a neighborhood to build a richer life for everyone.

Over the past year, Dickey has been working on the Newton at Home-Newton Wellesley Hospital program in which discharged Newton residents receive a 30-day Newton at Home membership courtesy of the hospital. Dickey assists members post-discharge with practical services such as prescription refills, grocery shopping and rides to follow up medical appointments.

“I really enjoy this intense month-long relationship,” Dickey said. “I get to know them and help them navigate the healthcare system.”

Elizabeth (Liz) Simons

Elizabeth (Liz) Simons had two main criteria for choosing a home — job opportunities in the sciences for both her and her husband and good classical music. They moved into a West Newton home in 1954 and she remains there.

In her professional life, Simons, who holds a PhD, did chemical engineering and physical chemistry research as well as managed a laboratory at Harvard Medical School. Later, Simons moved to Boston University’s School of Medicine where she worked in biophysics and cell biology. In both positions, Simons mentored students, including many women, in science research.

Simons joined Newton at Home in its formative stages because the idea struck a personal chord — she was a child refugee in World War II. Simons served on the NAH Finance Committee as well as the Provider Services Committee. She currently serves on the Board of Directors.

Simons, along with Cynthia Pill, co-chairs the Health & Wellness Committee. Together they manage the NAH support group for members caring for a family member with dementia.

Besides volunteering for NAH, Simons has two other major volunteer commitments.



She is the Chief Executive Officer for a professional chamber music group. She also teaches classes at the Harvard Institute for Learning in Retirement.

As she looks at the future of Newton at Home, Simons loves the affinity groups we have added to our programming but believes more publicity is needed.

“They are terrific and we need more,” Simons says. “We need to work with other social organizations here to broaden our appeal and get the word out. Somehow we need to get word to the children of older adults who live here, particularly if the children don’t live here, to push their parents into looking into joining. Get the local churches to spread the word about us.”

Simons adds, “We need to convince people that this is the place to be after you retire. A place to find new friends, new interests, and a richer life.”

Editor’s note: We are very proud of our volunteers and love featuring profiles of them in each newsletter. NAH is always searching for additional volunteers. Please consider contacting Julie Plaut Mahoney, Coordinator of Volunteers, by calling 617-795-2560.

NAH Volunteers Thanked at Annual Volunteer Appreciation Brunch

Each year Newton at Home acknowledges and thanks its volunteers by inviting them to the Volunteer Appreciation Brunch. This year Whole Foods provided NAH with the venue and the refreshments.

Counter clockwise from top: Sallie Craig Huber, Ava Fantasia (Marketing Director from Whole Foods), Julie Plaut Mahoney, Coordinator of Volunteers, reads a Certificate of Commendation from City Hall, Manisha Trivedi, and bottom, Joe Verdone, Barbara Butterworth, and Dubs Dickey.

Photos by Bonnie Greenberg and Alan Bloom



Two Grants Support NAH Reduced-Fee Membership Fund

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munity Special Needs Fund recently benefitted the RFM program. For almost 35 years, Loretto has sponsored a Special Needs Committee and Fund to address emergency needs and fund both short- and long-range social justice projects. These projects, like Loretto membership, can be anywhere in the world.

The Loretto Community is comprised of two closely intermingled groups. The Sisters of Loretto, are vowed members of a Catholic congregation founded on the KY frontier in 1812 to educate children. Since the late 1960s, they have expanded their range of works into healthcare, peace work, social justice issues and other areas. Co-members are not vowed Catholic religious, but include women and men of many different faith backgrounds who share Loretto values and sense of mission.

We are very lucky to have a volunteer, Mary Lou Pierron, who is a co-member of the Loretto Community. Pierron volunteers as a grant writer for us. Knowing of this Special Needs Fund, she wrote a proposal which was approved by the Loretto Community.

Newton at Home also received a \$500 grant from the Newton Rotary Club to support the reduced fee membership program.

NAH is seeking additional support for the RFM program. Donations are kindly accepted at www.newtonathome.org or by mailing a check to the Newton at Home, 206 Waltham Street, West Newton, MA 02465.

Executive Director

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The first year of the NWH-NAH program was highly successful for NAH, the patients and the hospital. None of the ten patients who were referred were readmitted within thirty days. Four of these patients have since become NAH members.

On a fundraising note, Newton at Home received \$10,505.14 from its recent Whole Foods non-profit fundraising day on April 29. Whole Foods also gener-

ously hosted our Volunteer Appreciation Brunch and our Volunteer Coffee. We are very grateful for the enormous support that we have received from Whole Foods and look forward to continued collaboration with them in serving the needs of the community.

Please note the exciting Health & Wellness events and affinity groups on our monthly calendars during the summer. It's a great time to be out and active!

Enjoy.

Maureen Grannan
Executive Director

Second Annual Riverboat Cruise

Shown left to right: Sheila Brownstein, May Pothier, Hope Dauwalter & Charles Dauwalter



Great Months for Affinity Groups

With the advent of the nicer weather and longer days, the affinity groups are expanding and attendance is increasing. One of our goals at Newton at Home is to provide a diverse selection of activities for our members. Over the past three months over one third of our members have attended an affinity group or a Newton at Home sponsored program. This number is trending up every month and we are thrilled that members are getting out, meeting each other, and enjoying good times. We are seeing new friendships forming and people enjoying new events.

A new affinity group discussing financial investments met in June and ten members participated in

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Newton at Home Welcomes a New Members Services Coordinator

By Naomi Shore



Hannah Goldberg joined the Newton at Home office this spring as a second part-time member services coordinator. She shares the job with Barbara Butterworth. Goldberg comes with a rich background including being a volunteer for NAH. She conducted our member satisfaction surveys.

Goldberg, a retired drug safety specialist, is a Boston native who recently moved to Watertown from Natick. Previously, Goldberg had worked as a coordinator for cancer clinical trials at Tufts Medical Center.

Goldberg is impressed by the willingness of our volunteers to help with anything and everything. "This willingness to help is what makes a community," says Goldberg. "Our volunteers provide so many services! And everyone I've met couldn't be nicer." The volunteers' efforts remind Goldberg of when families lived near each other in the same neighborhood. "But we don't have that now," she says, "so we are creating our own through NAH."

For Goldberg, family has a multicultural meaning. She has three sons and a daughter. Her daughters-in-law come from Haiti, China and Utah. Goldberg also has a cat from Israel that she adopted.

Great Months for Affinity Groups

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a lively discussion. Another harbor boat cruise was enjoyed in June by many members, who cruised into Boston Harbor and learned about the various architectural styles in Boston. Members were treated to a wonderful concert in the Nordic Hall by Dr. Frank Bunn (NAH member) pianist and Lynn Nowels (cellist). "The Great Thinkers" travelled to Boston to hear former Secretary of State Madeline Albright speak about her newly published book "Read My Pins: Stories from a Diplomat's Jewel Box." A large group of theater lovers recently attended a matinee performance of "The Tempest" at the American

The Dining affinity group went to Bocca Bella Cafe in Auburndale for one of their outings.



Holding hands in front are Verne and Anita Vance. To Verne's right are Bob Winer and Edith Newmark



*From left going down the row are: Don Batting, Iolanda Low, Joanne Grossman, Marvin Grossman, and Peter DiFoggio
Photos by Eleanor Ames*

Reperatory Theater in Cambridge. Many members dined for lunch in May at Bocca Bella in Auburndale and then in June tried out the new restaurant in Chestnut Hill called Del Fresco's.

As you can see, there are a wide variety of events and activities in which to participate. Some groups are closed to new members such as the two Book Clubs, but most of the groups are open to anyone who wishes to attend. Please call the NAH office at 617-795-2560 to register for any of the events or programs on the NAH calendar.

Durant House

Newton at Home arranged for a guided tour from Historic Newton of the Durant-Kendrick House.

Here seated on the porch of the home are:

Left side, Hope Dauwalter and Debby Weiss; Right side, Charles Dauwalter, Bill Leitch, and Madelyn Bell



Photo by Alan Bloom



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