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NAH Annual Meeting

Newton at Home's Annual Meeting will take place on Sunday, November 9th at 3:00 pm in the Nordic Hall at the Scandinavian Living Center. NAH members, volunteers, guests, and donors are welcome to attend.

The Annual Report will be available for reading at this meeting. This year the theme for both the report and the meeting is "The Year of the Volunteer."

Volunteers will make short presentations on their experiences helping NAH members. NAH Executive Director Maureen Grannan and other staff will also comment on events and programs of the past year and new initiatives for the upcoming year.

Refreshments will be served at the conclusion of the meeting during which time guests can socialize, meet other members, staff, and volunteers.

2014 National Village Gathering "Many Villages * One Vision * One Voice"

By Naomi Shore

Board member Deborah Weiss and Executive Director Maureen Grannan, traveled to Washington D.C. at the end of September for the 2014 National Village to Village Gathering "Many Villages * One Vision * One Voice." This was a three day conference filled with plenary speakers and breakout panel sessions.

Maureen reported that it was wonderful to network with people across the country and compare notes and exchange ideas on the day-to-day details of "village" life.

Maureen was invited to be one of two speakers at a breakout session titled "Looking to Medical Partnerships for Sustainability: A Tale of Two Villages." She provided information about the program that has been developed with

Newton-Wellesley Hospital with the goal of preventing patients from re-hospitalization within 30 days of discharge.

In her presentation titled "Sharing a novel model of care in conjunction with our local community hospital," Maureen highlighted the benefits of this program both to Newton at Home and the hospital. She explained the training process that NAH developed for the specially recruited volunteers who became the liaisons for those who received membership for a month purchased by the hospital. She also described typical services that a discharged patient receives in order to help with the transition to home.

Maureen highlighted the successes of the program. In the first group of ten hospital-purchased month-long memberships, no patient was re-



hospitalized. Six converted to annual memberships at the end of the month. At the end of the first trial period, both the hospital and NAH chose to continue the arrangement through a second round of ten memberships.

Other topics covered at the Gathering included: how local governments work can work with Villages; creating diversity and intentional inclusion in Villages; results from business model research; and deepening and expanding a Village. There were also

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Letter from our Executive Director

Greetings,



We are in the midst of a busy Fall, with lots happening. With the change of foliage comes NAH's Annual Meeting. It will be held November 9 in the Nordic Hall of the Scandinavian Living Center at 3:00 pm. (See story on page 1.)

We are making changes to our Transportation Policy that will impact members who receive rides and volunteers who provide them. Transportation is our most popular service.

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Maureen Grannan

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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>

Remember to give the office as much lead time as possible. Call in as soon as you know you have a need for a driver, even if the appointment, flight or program is weeks away.

I was privileged to participate in and make a presentation at the 2014 National Village Gathering "Many Villages * One Vision * One Voice" held at the very end of September in the Washington D.C. area. (See story on page 1.)

It was incredibly energizing to hear and speak with people from all over the country committed to the Village philosophy and implementing it in dozens of creative ways. Both of us who attended took home many ideas to mull over and share with the Board and our members in the coming months.

We are grateful to the family of

Prepare for Snow

The snow will come soon. For help managing snow and ice on your property this winter, we're happy to introduce our partner PlowMe. PlowMe is offering a 10% discount to Newton at Home members who sign up by November 15, 2014.

PlowMe offers snow plowing, shoveling, and de-icing for your property. Customers pay after each storm. PlowMe recommends enrolling on a plowing route early because their route lists fill-up. You can request service by visiting their website (www.PlowMe.com), sending an email to ageinplace@plowme.com, or by calling 617-230-2342.

deceased member Eliot Jacobson, who directed donations be made to Newton at Home in Eliot's memory. Eliot was a very active member of Newton at Home partaking of our services and programs. His effervescent personality and booming laugh will be missed.

Our affinity groups and Health & Wellness activities are ongoing. Please check our monthly calendar for schedules. To find out how to participate in any of these, please call the office at 617-795-2560.

Fall is a great time to join in the activities and services. We hope to see you and assist you often.

Maureen Grannan,
Executive Director

In Memoriam

Newton at Home expresses condolences and sympathies to the families and friends of our members who recently passed away.

Eliot Jacobson
1929 — 2014

Bradford Wright
1918 — 2014



Member Spotlight

By Ryan Grannan-Doll

When you meet Rita Moerschel and her partner, Don Batting, you would not think they would need any help around their house from Newton at Home volunteers-



Photo by Ryan Grannan-Doll

The senior couple, who live off Commonwealth Avenue, is spry, alert, active and involved in the community. Moerschel and Batting hold music concerts in their home. They also volunteer for Newton at Home driving residents to medical appointments and making telephone check-in calls. They both attend as many of the NAH Dining Club luncheons as they can.

However, even the most able-bodied Newton residents need assistance around the house occasionally.

A little more than a year ago, Moerschel said, her neighbor convinced her to join Newton At Home. Immediately, Moerschel said, she realized having volunteers at their disposal would help them as Batting dealt with some health issues.

Joining the organization has not been solely an impersonal business-like transaction in which volunteers assist the couple and leave, Moerschel explained. The experience has deepened the couple's roots in the community.

"I think it's a very interesting community of people," Moerschel said during an interview. "All the folks that go [to NAH events] or are somehow connected are really enthusiastic about the program."

Moerschel recalled one day when a volunteer moved her porch furniture, but brought his son along for the experience. "It was very cute," she said.

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Volunteer Spotlight

By Ryan Grannan-Doll

It's easy for anybody to take life's pleasures for granted. However, Newton At Home volunteer Elliot Gabriel's work with senior citizens has helped him stay grounded in the community.

Gabriel, 67, became a Newton At Home volunteer a year ago after he stopped his hospice volunteer work. A NAH member suggested Gabriel volunteer with the organization.

Since joining NAH, Gabriel has volunteered in the office one day each week and also is a transportation volunteer. Gabriel recalls driving two members, who both have impaired vision, to medical appointments. These experiences, Gabriel said, have given him a healthier perspective on life.

"These are people whose lives are so diminished because of being blind, and they are positive, fun to be with ... I just feel grateful for my situation," Gabriel explained.



Besides the social aspect, volunteering for NAH helps members, who may not have children living nearby, support themselves through supporting the organization.

"It's a good organization, something I feel that is really worthwhile to support partly because it's neighbors helping neighbors," Gabriel noted. Like other volunteers, Gabriel said he loves meeting people from all walks of life.

"Most of the people are extremely interesting, accomplished, very appreciative," Gabriel said. "It's a nice kind of social contact to have."

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.

Nordic Fest

NAH was one of many sponsors for the Nordic Fest at the Scandinavian Living Center.

Photos by Alan Bloom and Rich Snider. Clockwise from top right: Alan Bloom, NAH volunteer; Dave Chosiad, NAH board member, and Ellen Block, NAH volunteer; Maureen Grannan, NAH Executive Director; Bill Leitch, NAH member; and Alex Vogel, NAH volunteer.



Eat Well, Be Well

by Carole Noveck

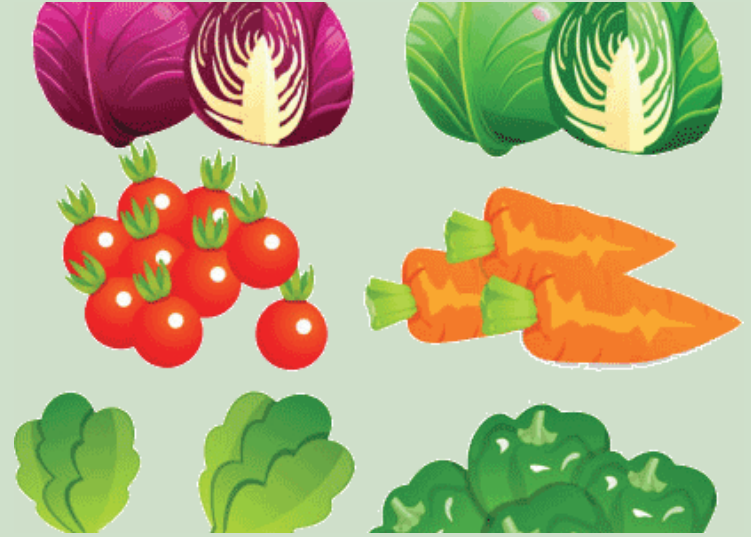
*Carole Novack is the chairwoman of
Newton at Home's Health and Wellness Committee*

A motto from a local health expert "Eat Well, Be Well," matches my theory as an educator and culinary arts instructor.

We all have complicated relationships with foods. As George Bernard Shaw said "There is no love sincerer than the love of food." But the confusion begins when we consider how what we eat can impact our well-being. Almost every day in the media, there are conflicting articles and ideas about what, when, and how much people should eat.

When I was growing up in the 1950s, my mother's primary goal was to keep me slim —so I could attract the right husband. She limited all carbohydrates in my diet, not understanding the significance of this food group in assisting with digestion and in providing a source of energy.

Now, however, with all the information available, there is still no one and only truth about the perfect diet. Therefore, we can only hope to be thoughtful and learn the basic time tested suggestions that we can fol-



low most of the time to the best of our ability.

We know the value of keeping our weight in balance and watching what we eat. It can be challenging, but in my research, these simple suggestions can help:

- Drink water, more than just to satisfy thirst.
- Eat five or more servings of fruits and vegetables each day.
- Limit natural sugars, high fructose corn syrup, and artificial sweeteners.
- Limit caffeine. Try green and decaf black tea.
- Include fish or meatless meals several times a week. A tuna fish sandwich on whole wheat bread with lettuce and tomato is a perfect lunch that fulfills many dietary requirements and also tastes good.
- Remember the value of breakfast, to get you off to good start each day.
- Eat dark chocolate in moderation to make every day a little sweeter.
- Get some exercise every day. Exercise helps to control weight and maintain flexibility and it also helps you feel better about yourself.

2014 National Village Gathering

(Continued from page 1)

regional breakout meetings and a session devoted to advocacy and lobbying in preparation for the last day when the conference members traveled to Capitol Hill and visited members of Congress and their staffers.

Maureen reported that she and Joyce Wadlington, Executive Director of Wellesley Neighbors, received a warm welcome from Representative Joseph Kennedy's chief of staff. They described the two villages and talked about the general concept of aging at home and how the village movement assists in this process. There was also discussion surrounding the need for support for legislation concerning elder abuse, the Older Americans Act, and the pursuit of funding to ensure the sustainability of community-based aging in place. They also discussed the need for Village to Village representation at the 2015 White House Conference on Aging.

Donate To Honor A Family Member Or Friend

You can choose to honor a family member or friend on any life occasion such as birthdays, anniversaries, or memorials, with a donation to Newton at Home. These gifts enable our organization do the important work of helping Newton seniors remain safely and comfortably in their beloved homes.

Trip to Gloucester sponsored by Whole Foods Market

Line up on boat: Members Sheila Brownstein, Nancy Criscitello, volunteer Rich Snider, Jessica Cann, marketing director at Whole Foods Market, Newtonville, Ava Fantasia, marketing director Whole Foods Market, Newton Highlands and Toya Pierre, customer service, Whole Foods Market, Newton Highlands

Photos by Rich Snider



Pictured at the table: NAH members Sheila Brownstein and Nancy Criscitello in the middle.



Member Spotlight

(Continued from page 3)

In the months since the couple joined NAH, volunteers have changed light bulbs, provided home technology help, installed air conditioners, and even set up for musical concerts.

Moerschel said she has enjoyed meeting people from different professions from whom she has received professional services, which might otherwise cost a substantial sum to obtain. "It's such a great resource for people," she said.

Joining NAH also made Moerschel, a music profes-

sor at Curry College, realize she wanted to remain in Newton despite the steep cost-of-living increases that Newton has seen over the years. "This organization has made me feel more comfortable about staying," she said.

Like many other members, Moerschel and Batting volunteer as well. Each morning, Batting, a retired WBZ NewsRadio reporter, calls a 94-year-old Newton at Home member to check on her and chat. Batting is thrilled to provide a personal connection to help somebody. "The general concept of keeping [someone] in their own dwelling ... is great. I think it's very important for someone to stay in their own home," he said.



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