

## Why you need Monadnock at Home

Most people would prefer to remain in their own homes as they age. However, bit by bit, staying put gets more complex as we grow older and find we need help doing the things we once did easily by ourselves. Monadnock at Home (MaH) is a community of residents who intend to remain in their own homes as long as they possibly can.

Our goal is to make available whatever services are needed to keep people independent, part of the community and secure. Members can simplify their lives by making one phone call whether they need someone to chop wood or provide transportation, to find a handyman or home healthcare provider, or any number of other aids to help them remain in their own home, comfortably and securely.

There also will be an opportunity to volunteer in the MaH community. We welcome members and non-members who would like to share their time and talents to enable their friends and neighbors to happily and safely stay in their homes.



## Membership Information

### Annual Fees:

Individual- \$450.00

Household - \$600.00

Snowbird memberships are available for part-time residents.

### For More Information

- Becoming a member
- Becoming a volunteer
- Joining our referral network

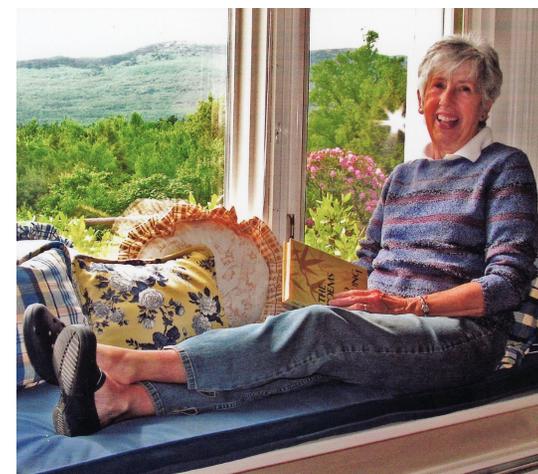
Call (603) 371-0809

Web page

[www.monadnockathome.org](http://www.monadnockathome.org)



PO Box 422  
Jaffrey, NH 03452



Staying put  
in our homes as  
we grow older

## What is MaH?

Monadnock at Home (MaH) is a non-profit organization that seeks to provide residents in the eastern Monadnock region with the support, the practical means, and the community that enables them to remain in their homes as long as possible as they grow older.

### Services Included with Membership:

- A central place to access what you need when you need it
- Connections to service providers who are prescreened
- Transportation to appointments and once-a-week grocery trips
- Help with simple maintenance or basic technical problems with electronics
- Social, educational and wellness opportunities
- Safety review of your home
- Telephone check-ins

### Additional Services

- Meals
- Home/Health care
- Maintenance
- Cleaning
- Yard Work
- Help with pets
- And a whole umbrella of other services

For these services, MaH will arrange for prescreened service providers to assist you, for which you will pay them the usual rates (often discounted for members).



### All you make is one phone call

Members call MaH when they need a service and we'll take it from there. MaH will arrange for the service and then follow up to ensure the service was satisfactory.

There will also be social and program opportunities available to bring members together with friends and community.

Membership is open to people 62 and over.

### Benefits of Membership

- A central place to access a wide range of prescreened services
- A back-up system in place if you have a period of incapacity
- Discounted service providers and entertainment fees
- The confidence to remain in your own home
- Peace of mind for you and your family
- A real connection to your community

Copy or clip this form, complete and mail to:  
Monadnock at Home PO Box 422, Jaffrey, NH 03452

**YES!** I'm interested in knowing more about Monadnock at Home. Please have a representative call.

**YES!** I'm interested in joining Monadnock at Home. Please send me membership forms.

I'm interested in becoming a Monadnock at Home volunteer, please contact me.

Name \_\_\_\_\_

Address \_\_\_\_\_ City/Town \_\_\_\_\_

Phone # \_\_\_\_\_ Email Address \_\_\_\_\_