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Memberships are now being accepted.
For more information call 603-371-0809 or
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atHome

with Seniors in the Eastern Monadnock Region

Jaffrey's Artful Garden Tour

By Cynthia Sue Martell, Member




When I was a child, my parents took me on what they called Mystery Rides. I remember the excitement and anticipation I felt wondering what to expect.

I had this same feeling on July 9th when MaH members visited six private gardens as part of Jaffrey's Artful Garden Tour. Each garden was tastefully matched with a local artist/performer working on-site.

At every stop the gardener(s) not only welcomed us with warmth and enthusiasm – but also fresh-baked cookies! Individual gardens, from the casual to the more formal to the delightfully whimsical, reflected the impressive results of skill, hard work and wise planning.

Among the gardens we visited was

MaH's own Tinka Reed's. Her natural woodland gardens are nestled on the edge of a lovely pond. They surround attractive structures, including her home, that have been in the Reed family since the 1920s.

Thanks to Tinka's gracious invitation, MaH members enjoyed a pleasant lunch at her guest house whose large windows provide views of the pond and the mountain. Sharing lunch together, especially in such an idyllic spot, is a perfect way for members to get better acquainted! 

The Coffee Klatch

The Coffee Klatch continues to meet at 10 a.m. on the third Tuesday of each month. In July the group tried out a new meeting spot at Parker House Coffee Roasters in Peterborough. Our members loved meeting there and have decided to continue their gatherings each month at the Parker House. The Parker House is located in the Noone Falls Building on Route 202, 50 Jaffrey Rd., Peterborough. Member Cyndy Martell has started making the reminder calls for the group. If you would like to be added to the call list let us know! ☒



Volunteer Services

From time to time our members ask us for a refresher on the kinds of services our volunteers perform. Although we encourage members to call if they need help with *any* task, no matter how large or small, here is a list of services our wonderful volunteers have done in the past:

- Replace a light bulb in a ceiling fixture
- Make check in phone calls
- Move a bed from upstairs to a downstairs location or summer furniture in and out of a storage shed
- Repair an outdoor garden fountain, broken door hinge, etc.
- Feed a member's guinea pig or walk their dog when they are unable to do so themselves
- Deliver groceries or provide a ride to the grocery store or medical appointment
- Install a portable phone system or help a member with computer issues
- Stack wood

The list really goes on and on! So, when you need help, make a single phone call to our staff (603-371-0809) and we will arrange to help as best we can — that's what your membership is for! ☒

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Beware of Scams!

Every year seniors lose countless dollars to heartless thieves who do their best to defraud them. These con artists may pose as IRS agents, demanding money for unpaid taxes and threatening arrest if funds are not transferred to them immediately. They may also call to say you've won a large prize, like a free, elaborate trip, but you need to send money to "unlock" the prize first. They may even call and pretend to be your grandchild who is in trouble and needs bail money right away to release them from jail.

Don't fall for these tricks — if someone is demanding money or important financial data from you, such as your social security or bank account number, verify the source before you send a penny or divulge important information.

Be sure to read the tips we've put together and posted on our web site to keep your money safe (www.monadnockathome.org/sites/default/files/documents/Scam%20Information.pdf). ☒



OUR MISSION *The Mission of Monadnock at Home is to provide seniors of the Monadnock Region with the support and practical means to live and thrive in their homes and communities.*

Member Spotlight: Sheila King

By Sandra Faber, Member Services Coordinator

I recently spent some time talking to MaH member Sheila King at her home in Dublin. Sheila has been a member of Monadnock at Home since the town of Dublin was added to MaH's coverage area. She frequently uses many of our service providers, especially for house maintenance and projects and has been very happy with the work provided. I have communicated with Sheila many times via email to arrange for services, but was looking forward to getting to know more about her personally.

Sheila has a wonderful home tucked into the woods surrounded by her gardens. Once inside, Sheila took me to her artist studio on the second floor; a large spacious room organized with her painting supplies and adorned with her latest works on the wall. Sheila is an artist; creating beautiful, brightly colored paintings. Although she has created image paintings, abstract painting is where her passion is and where she currently focuses. "I intend to create paintings of emotional intensity that communicate to the visual layers of the psyche," she says. She uses a method called Tempera, an egg medium on Masonite panels. This method takes a full day to prepare the board for painting, but results in an amazing intensity of color. Starting with several mostly geometric drawings on paper, Sheila chooses one that she feels inspired to paint. Her painting can take about a month with the final artwork having eight or nine layers of color. The hallway outside her studio is

also lined with paintings she has created throughout the years. This hallway is where people enter to view her works on the Monadnock Art Tour in which she participates each year.

Painting is truly a passion for Sheila, who expressed to me that she just wants to paint ALL day. Sheila explains that a painting goes through many changes, and she feels it is done when the colors and shapes interact expressively, and create a lively, balanced composition with complex spatial relationships. Just as her paintings go through changes, Sheila is thinking of making a change in the near future. She is in the process of downsizing... so she has more time to paint, of course!

It was wonderful to get to know Sheila and I highly recommend you go and see her artwork for yourself during the Monadnock Art Tour which runs October 8th, 9th and 10th. 📍



Cindy's Corner

By Cindy Bowen, Executive Director

Hello everyone and welcome to the fall 2016 issue of "at Home!" Hope you all have had a good summer! Are you noticing anything different about this issue? We now have some advertising support from local community organizations and service providers to help defray the newsletter production costs. Many thanks to our advertisers! Please consider these organizations or businesses if you are in need of their services.

In July a group of MaH's gardening enthusiasts participated in the Jaffrey Garden Tour. A garden belonging to one of our members, Tinka Reed, was featured on the tour! Be sure to check out the photo of our tour group and article submitted by MaH member, Cyndy Martell. Speaking of Tinka Reed, I want to announce that Tinka is now the Chairperson of MaH's Program Committee. The Committee has put

together a full schedule of programs/events for this fall. Please see the insert in this newsletter (or view programs on our website) and give us a call to register. Many thanks to Tinka and the Program Committee!

You can help us serve you! The next time you have an appointment OR if you should need to be hospitalized, do let your doctor know that you're a member of Monadnock at Home. Although a care plan may be set up for you by your doctor or hospital medical care team, MaH can help you receive other services that you may need, even if only temporarily. Services such as meals, grocery delivery, daily phone check-in calls and transportation are available to our members.

As you begin to prepare for the cooler months ahead, do keep in mind

that your MaH membership offers you access to pre-screened service providers and volunteers that are ready to assist you. It just takes a single call to 603-371-0809. I am aware that many members directly contact MaH service providers they've used in the past because they've received such good service. But, to help MaH keep accurate records, it is important that you call MaH first, even if you are using a provider with whom you are familiar! We like to know how often MaH's vetted service providers are serving our members and whether members are happy with their work. Your help with just that single call will allow us to continue to provide the best service possible.

Best wishes, stay healthy and enjoy the wonderful fall views in the Monadnock region! 📍



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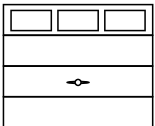
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