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Memberships are now being accepted.
For more information call (603) 371-0809 or
visit our web site www.monadnockathome.org
PO Box 422, Jaffrey, NH 03458



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at Home

with Seniors in the Eastern Monadnock Region



Tuck and Bobbie, front row, second and third from left

MaH Members Honored by Vaughn Award

On Monday May 5th, the 2014 Joseph D. Vaughn Award was presented to Bobbie and Tuck Gilbert, founding members of Monadnock at Home (MaH). The Vaughn Awards are presented annually by the State Committee on Aging and EnGAGING NH to an individual or couple over the age of 60 in each county who has shown outstanding leadership or achievement as a volunteer on behalf of older citizens and others in New Hampshire. Award recipients were honored at a special ceremony with Governor Hassan at the State House in Concord.

The Gilbert's were chosen for their tireless volunteer efforts to bring their vision of establishing a local "aging in place" organization, that enables older adults to live independently in

their own homes for as long as possible, to fruition. The couple realized that bringing an "aging in place" model to the rural, eastern Monadnock region required innovation. "The countless hours invested by the Gilbert's on behalf of others exemplifies the civic leadership of this energetic couple...", said Owen Houghton, former President of the State Committee on Aging and current Board member of MaH. Rick Harnden, current Chair of MaH, nominated the couple, and added, "Their willingness to 'get down in the trenches' and their ability to unite dozens of volunteers in a common effort sparked a huge initiative that brought their vision into a reality, now known as Monadnock at Home."

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In response to this recognition, the Gilbert's commented:

"We were touched and honored to receive the Vaughan Award and to have 12 of you come to Concord to share the occasion. We are glad to have been part of the birthing of Monadnock at Home along with Owen and Norma Houghton and Laura and Michael Redmond and then to be part of the expanded group who

came on board to develop and share the leadership of MaH.

In accepting this award, we see it as a tribute to that larger team of people who have helped bring MaH into operating existence (2010) and who continue to develop and sustain it with wisdom, caring and countless hours of time. You are incredible, each sharing your special talents on the Board, in committees, and with our

members. It's impossible to mention all your names, but you know who you are and we hope that you will feel that we accepted this award on your behalf also."

Soon to begin its fifth year of operation, MaH serves over 125 seniors in seven area towns. More information on the Vaughan Award and MaH can be found at www.monadnockathome.org or by calling (603) 371-0809. ☒

New—Groceries Delivered if Needed!

From the very beginning, Monadnock at Home has offered a weekly trip to the grocery store. But what if you are housebound for a period and can't get to the grocery store even if a ride is provided? We are pleased to announce that we now have a system in place where you can order your groceries and have them delivered. Though the major chain stores were not ready to participate, this program is made possible by the support of the following community grocery stores: The Hancock Market, The Harrisville General Store, Roy's Market and Nature's Green Grocer in Peterborough. Our sincere thanks to each of them!

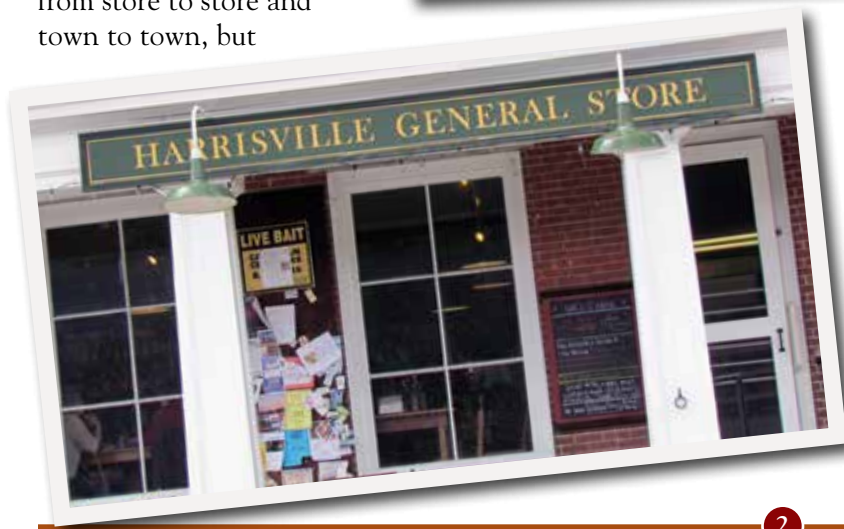
So how will this work? The details are different from store to store and town to town, but

whatever town you live in MaH has a solution for getting groceries to you in the event that you are unable to get to the store. If you anticipate wanting this service, the first step is to call Cindy or Sandra (603-371-0809) and learn the details for your town. It will be a help if you can give a three day notice when you need groceries delivered.



You will find that these participating stores not only have the basic groceries, but some also offer prepared meals. Be sure that you ask about them if that would also be helpful to you.

You may never need this service, but don't hesitate to call us if you do. This is one more way in which MaH is evolving to have things in place that will add to your peace of mind about staying in your home. ☒



MaH Transportation Policy

Because transportation is one of our most requested services, we'd like to reiterate our policy:

MaH members are eligible for transportation with vetted volunteer drivers for once a week shopping, member events and medically related trips no farther than Keene, if drivers are available. Any other trips, e.g., to airports, the Dartmouth Hitchcock Medical Center, etc., will be via a paid provider.

In the case of inclement weather, volunteer drivers have the right to cancel an arranged volunteer activity, using school closings and/or highway advisories for guidance. In such cases, the volunteer will notify the rider and the Executive Director of the cancellation. ❏

Member Spotlight

Marjorie Lake has been a member of Monadnock at Home for about a year now. Because she hasn't been able to drive, she's taken advantage of our transportation services on many occasions. According to Marjorie: "It's been wonderful. I would've been lost without it."

Another benefit of membership Marjorie was eager to mention was the valuable information she received from attending our Medication Management seminar held last Fall. One of the handouts included a list of medications with a potential side effect of causing



falls. Marjorie discovered one of her newer medications was on this list and immediately followed up with her doctor to discuss a change.

In addition, MaH helped Marjorie with the process of contacting her local post office to have the mailman deliver her mail right to her door rather than leave it in a cluster of mailboxes down the road from her. She has also made use of some of our service providers such as a handy man. In summary, Marjorie is a highly satisfied member of MaH and we are delighted to have her! ❏

Cindy's Corner



By Cindy Bowen, Executive Director

Hello everyone and welcome to the summer 2014 issue of "at Home!" The Monadnock at Home staff and Board of Directors are busy preparing for its fourth Annual Celebration. This year's gathering will be held at the Peterborough Players on Wednesday, June 4th from 4-6 PM. Following a brief business meeting, we will be entertained by Fred Marple, of Frost Heaves, NH! We are looking forward to seeing as many of you as possible. Any member who needs transportation to attend the meeting, please give us a call at 603-371-0809 and we'll be happy to see that you have a ride to and from the event from a MaH volunteer.

June is going to be a busy month for MaH! In addition to the June Annual Celebration, we have also planned a

bus trip to the Marsh-Billings-Rockefeller National Historical Park on June 20th. Marsh-Billings is perhaps the national park that best tells the story of conservation. Our visit will include a guided tour of the Rockefeller mansion followed by a box lunch picnic. If you are interested and have not yet registered, please give me a call soon at 603-371-0809 to reserve your spot!

Please keep in mind that MaH office hours are Monday-Friday, 9am-5 pm. You can rest assured that anytime you call MaH, your call will be returned within one business day or less. In the event of an emergency, please call 911. Monadnock at Home staff will be available to assist you after any

such occurrence has been addressed by the appropriate emergency/medical professionals. Our member's safety is of the utmost importance to MaH!

On a final note, MaH's goal is to meet every member's transportation request in a satisfactory manner in partnership with the American Red Cross and Contoocook Valley Transportation Company (CVTC). Ride requests beyond our local area are referred to paid providers. Please refer to MaH's Transportation Policy noted in this newsletter. Also, a reminder to always call MaH to schedule your service providers so that we have a record of which providers are used and how often they are used.

I hope this issue of "at Home" finds you healthy and safe! Happy Summer! ❏



What to Do with ALL this Stuff??

On April 25th, 18 of us gathered at the Jaffrey Civic Center to listen to the wisdom of Richard and Donna Barbalato of "Bee Organized." Richard and Donna offered valuable information and tips on how to help us deal with downsizing, elimination of clutter, organizing filing systems and much more! They were also quick to point out that becoming



organized can help all of us gain valuable time and space, reduce stress and gain peace of mind. What a great



inspiration to

help us get motivated for spring cleaning! Thank you "Bee Organized!"

Our Spring Tea

By Sandra Faber, MaH Staff

In April, MaH members along with many of our board and advisory council members, gathered at the Peterborough Historical Society for our Spring Tea. Lamenting the unseasonable chilly April weather and sharing our common hopes for the true feel of spring, we looked forward to being warmed by a spot of tea. As we listened to the beautiful sounds of Bob Pettegrew on the piano, we admired the fabulous vintage tea pots

that adorned each table. Dorry Brown Richmond and Annemarie Pieterse from Tea Time, Ltd. served up delicious finger sandwiches, delectable desserts that just kept coming and true English savory scones, served with clotted cream and lemon curd. Several cups of tea were poured as we lingered over good conversation and great food. If you weren't able to come, don't worry, we will most likely schedule another tea next year!

If you know someone who could benefit from a MaH membership, please share this newsletter!

An electronic version (PDF) can be found on our website: www.monadnockathome.org



OUR MISSION

Monadnock at Home 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.