



Monadnock at Home

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Carolyn Saari, *Jaffrey*
Sandy King, *Peterborough*

STAFF

Cindy Bowen, *Executive Director*
Suzanne Singer, *Resource Coordinator*

Memberships are now being received.
For more information call (603) 371-0809 or
visit our web site www.monadnockathome.org



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atHome

with Seniors in the Eastern Monadnock Region



How We Got from Where We Were to Where We Are

By Tuck Gilbert, MaH Board Member

Most great ideas begin small. Monadnock at Home began *very* small — just three couples talking informally about their hopes to stay in their own homes as they grew older. In such a simple way, the seed was planted. We talked with others and the group grew. We researched other organizations which had a similar goal, primarily the well known Beacon Hill Village in Boston, and a new startup, Staying Put in New Canaan. To make a long story short, “listening groups” were then held in several local towns to hear what others saw the needs to be. The list of needs was long. The excitement grew. The seed took root. A Board was formed and Monadnock at Home was on its way. Two part-time people were hired. And now, at last, the big day has come and we are ready, willing and able to provide the kinds of services we’ve promised to help people stay in their own homes

more simply, safely and conveniently. All this was made possible by each of you who has become a member, by a host of volunteers and also by New Hampshire Catholic Charities who became what we are calling our Premier Community Partner. In addition, we’ve become part of a larger “Village to Village” network which is a consortium of about 100 groups like ours who have formed to enable people to live life to the fullest while “aging in place.”

Think of life after 60 as consisting of three stages — the Go-Go stage, the Slow-Go stage, and the No-Go stage. Most of our members are in the Go-Go, some are moving into the Slow-Go, and none are currently in the No-Go stage. However, Monadnock at Home, we stress, is for all three stages. Spread the word and invite your friends and neighbors to become members and/or serve as volunteers. ☒



Pictured left to right: Michael Blood, Marcia Osborn, Owen Houghton, Rick Harnden, Dwight Schenk, Bobbie Gilbert, Tuck Gilbert, Ann Nunn, Linn Perkins and Bob Dunn. (Laura Redmond, not shown).

Monadnock at Home Celebrates Grand Opening

Based on Monadnock Ledger-Transcript article (9/29/10)

With balloons, banners and piano music, members of the newest nonprofit in the eastern Monadnock area gathered at the Peterborough Historical Society for a party on September 22, 2010, celebrating the opening of Monadnock at Home, a membership based cooperative which provides another alternative to aging in place.

More than 100 members, service providers, community partners, volunteers and supporters enjoyed the opportunity to meet each other as well as the key players who developed the village concept designed to assist seniors.

Co-chair Dwight Schenk of Rindge announced that New Hampshire Catholic Charities has become a premier community partner of MaH. (See related article in this newsletter for further details).

Co-chair Bobbie Gilbert of Jaffrey emphasized that the organization's services include a central place to access services to a wide range of prescreened providers, transportation to appointments, once-a-week grocery trips, help with simple maintenance or basic technical problems, social and educational opportunities, safety review of the home, telephone check-ins and volunteer opportunities.

Executive Director Cindy Bowen welcomed the members and encouraged them to come to upcoming member meetings to meet one another and learn more about services and benefits. ☒

Member Perspective

By Eleanor and Jim McQueen

Gone from present day society is the old-time pattern of close-knit families continuing to live in the same vicinity whereby generations could maintain close relationships and offer mutual support. Gone, gone. Today's elders must learn to cope or retreat into assisted care facilities.

We find ourselves squarely in the elder category. Like most parents, we watched as our offspring finished college, married and moved away. Our good kids, so willing to help their parents, now live at a distance and carry their own burden of family commitments. Their handyman sessions are necessarily infrequent. It's no one's fault; that's just the way things are.

The passage of years has persuaded us that enhanced physical endurance is not among the many positive aspects of aging. Simple chores we used to sail through have now become major tasks. Snow removal, lawn mowing, leaf raking, wood cutting - all these jobs are now more taxing, making helping hands ever more appreciated.

We are delighted with the arrival of Monadnock at Home. Its mission speaks directly to us. The prospect of serious assistance in locating services to encourage staying in our own home is very reassuring. After all, it does represent the effort and devotion of a good many years. Because the agency has negotiated economical terms for many of its services, it offers yet another benefit for folks on a fixed income.

So, WELCOME Monadnock at Home! How providential is your appearance. We think you will foster a good sense of neighborly community. We feel sure you will contribute mightily to our peace of mind. We know we plan to call on you whenever we hit a snag. Best of all, you promise to be very effective in damping things down when the offspring get their hair on fire with anxiety for Mom and Dad. ☒

Partnering with New Hampshire Catholic Charities

By Ann Nunn, Administrator of
Good Shepherd Rehabilitation and
Nursing Center

In April 2008 as plans for Monadnock at Home began to evolve, Ann Nunn, Administrator of Good Shepherd Rehabilitation and Nursing Center, became involved in the initial meetings. Ann recognized that the goals of Monadnock at Home would align with the mission of Catholic Charities to empower individuals to maintain their maximum independence. Because Catholic Charities also provides a continuum of senior care services, including skilled nursing centers, assisted living, independent living communities as well as home care, a common bond was natural in the desire to better meet the needs of seniors in the Monadnock community.

In an effort to assist the start-up phase of this non-profit organization, New Hampshire Catholic Charities began discussion with Monadnock at Home about the possibilities of developing a special partnership. As a result, Catholic Charities has become the Premier Community Partner of Monadnock at Home and provides administrative support as well as the services of social worker Suzanne Singer who serves as Resource Coordinator of Monadnock at Home.

New Hampshire Catholic Charities supports the Monadnock at Home vision for building community and systems which meet the needs of people in the third stage of life allowing them to remain active, secure and as independent as possible.

Suzanne Singer in her role brings

Catholic Charities continued on page 4

Cindy's Corner

By Cindy Bowen, Executive Director



Hello Everyone!

Please allow me to introduce myself; I am Cindy Bowen. I was hired as the first Executive Director of Monadnock at Home (MaH) on July 14, 2010. I have formerly served as Executive Director of the YWCA of Binghamton and Broome County, Binghamton, NY, and as Program Director in a variety of non-profit agencies. In addition, I provided the care and coordinated the support that was necessary to keep my seriously incapacitated mother at home for eight years. I understand first hand what it's like to assemble resources needed to support people in their own home. I am also joined by Suzanne Singer, our part-time Resource Coordinator whose time is being donated to MaH by New Hampshire Catholic Charities as a community benefit. Suzanne brings a wealth of experience in helping people find the necessary resources to make their lives safe and comfortable.

By the time you read this newsletter, MaH will have had its Opening Celebration which was attended by well over 100 guests, including members, volunteers, community partners, service providers and folks interested in learning more about MaH. We currently have close to 50 memberships

(a membership can consist of an individual or a household) and that number is expected to grow. We've already conducted several group member meetings by town which were designed to inform members of the many benefits available through MaH. These meetings were an opportunity for members to meet the staff, as well as other members in their communities. In addition, attendance at the meetings encouraged members to share their ideas and visions for MaH. Individual member visits are currently underway.

I'm pleased to say that many Service Providers and Member Enrichment Supporters are giving generous discounts to our members. Be sure to read the article in this newsletter about the pre-screened service providers who are working with MaH.

Now that the colder weather is upon us, there may be winterizing tasks in and around your home that need attention to prepare for the months ahead. Please feel free to contact MaH for referrals of our pre-screened service providers to help with these tasks.

Stay well and enjoy this time of year in our beautiful Monadnock region! ☀️

Pre-screened Service Providers — For Your Protection and Peace of Mind

By Sandy King, MaH Board Member

Seniors often make the decision to age in their own homes based on their level of independence and support they can count on when needed. Support may come from various resources, such as family members, friends or outside service providers. Monadnock at Home (MaH) bridges the gap to outside resources in two ways: 1) we provide free services by fellow members or other volunteers that include transportation, minor maintenance, help with computers and technology, daily calls and more 2) we maintain a large list of pre-screened service providers for our members. In fact, we have agreements with service providers in more than 35 categories including house cleaning, gardening/yard care, plumbing, carpentry, snow plowing, home healthcare, meal preparation and bill paying services. As time goes on, the list will continue to expand!

The Pre-Screening Process

Each of the service providers was initially recommended by a member or key person in the towns that we cover. Once recommended, the particular provider was contacted to discuss their services, charge rate and potential discount to be offered to our members. Appropriate information was gathered and verified such as licensing, insurance, NH criminal background checks, etc. Although MaH can't guarantee any of the referrals, this entire process is intended to protect our

members. It also renders peace of mind as members work with trusted providers who perform quality work at competitive prices.

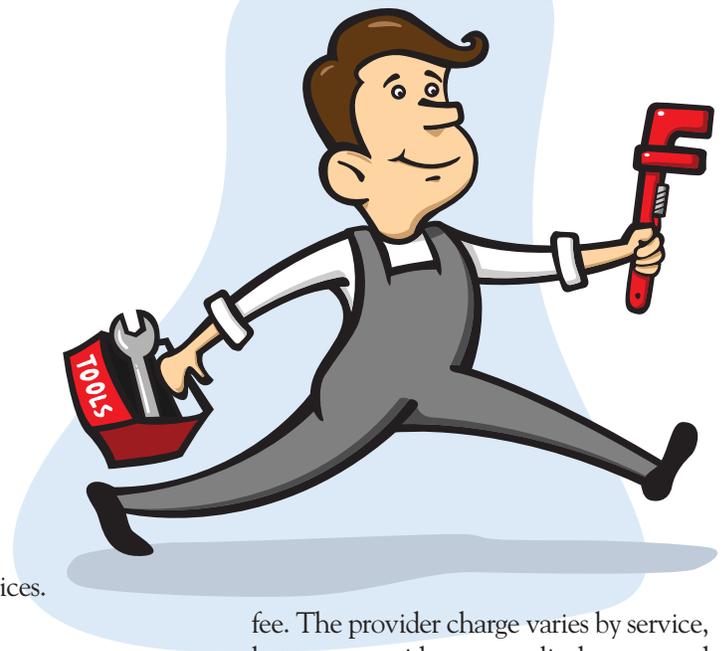
How It Works

When you have a specific need, you simply call us at 603-371-0809. Depending on your preference, our Executive Director or Resource Coordinator will give you pertinent contact and rate information for pre-screened providers that can meet your need or will call the providers to set

fee. The provider charge varies by service, but most providers on our list have agreed to give a discount to our members.

Follow-up

Once a service has been completed, we'll follow-up with the member to make sure that everything is satisfactory. Providers that are supplying our



Volunteers are at the heart of Monadnock at Home.

We invite you to enjoy the satisfaction that comes from working with others, building community and helping your neighbors stay in their homes as they grow older.

Whether you have a spare hour to give here and there, or would like to help on a more regular basis, please let us know. Volunteer by calling 371-0809 to request a Volunteer Application, or download and print it from our website at: www.monadnockathome.org/volunteer.html

(Please note that all volunteers must authorize Monadnock at Home to perform a criminal background check.)

up an appointment. If a message is left with a service provider, they are expected by agreement, to return the call within 24 hours. All business dealings are between the service provider and member.

Cost of Service

There is no charge for coordination of the service by MaH – it's one of the many benefits included with your membership

members with on-going quality service will remain on our list. MaH members are our primary concern and our focus is to offer the best service possible.

Simplicity

Our service provider list simplifies life for our members. When you need something done, just call us to set the wheels in motion! ☒

Catholic Charities *continued from page 3*

a wealth of experience in helping individuals get the necessary resources and services to support themselves independently at home while managing a chronic illness or recuperating from

an acute medical condition.

Tom Blonski, President and CEO of NH Catholic Charities expressed this in his remarks at the Grand Opening when he said "New Hampshire

Catholic Charities is in alignment with Monadnock at Home as we have similar missions to provide support for seniors as they age in place." ☒