



Monadnock at Home

Spring 2011 / Issue No. 2

### In this issue of *atHome*

- 1** The Right Feeling

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- 2** Member Enrichment Supporters

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- 3** Healthcare Reform Law; Cindy's Corner

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- 4** Keep Your Family in the Loop; Partnering with MaH

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



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# atHome

with Seniors in the Eastern Monadnock Region



## The Right Feeling with MaH

**“I love** living on this land. I also love the rustic home my husband and I helped build here, and that we lived in until his recent death. And I understand that in-home care is the most economical among my future choices. Though right now I am only at the beginning of the range of senior needs, I was eager to join Monadnock at Home.

So far, MaH has made two appointments for me from the help-needed list, one with a volunteer and one with a paid recommended resource. The volunteer was extremely knowledgeable and adaptable, solving a water filter problem that I had been putting off. The paid resource was able and reasonable, and offered a second smaller chore gratis. Both were prompt, efficient and good-natured, and gave me the feeling that we were in a cooperative undertaking. It was especially the last “right” feeling that reminded me how glad I am to be a MaH member.”

*Francelia from Hancock*



**Rick, an MaH volunteer, changes water filter for Francelia**

# Our Member Enrichment Supporters

By Marcia Osborn, MaH Board Member

**Monadnock** at Home's stated goal, "aging in place" does not have to mean staying at home. The eastern Monadnock area is rich in resources – cultural, educational, recreational and even gastronomic! The MaH membership card is the key to enjoyment, along with courtesy discounts offered by our generous Membership Enrichment Supporters (MES). Let's take a look at our MES offerings in the cultural domain.

The Mariposa Museum of World Culture has a changing series of exhibits centered on a particular region and culture as well as an impressive permanent collection. The current focus of the Museum is "The Mediterranean" - Greece, Italy, Turkey and the Moorish cultures of Spain and Morocco. There are lectures, music and dance performances as well as a series of programs especially for seniors on Wednesday afternoons. Some programs are hands-on and all are guaranteed to be fascinating and fun. Admission to the museum is free to MaH members if they bring a friend (Special events not included).

For those who cherish an ambition to paint, sculpt, or try their hands at weaving or jewelry making, the Sharon Arts Center has courses for beginners as well as the more experienced at their

Sharon studios. At their Peterborough gallery, visitors can be inspired by a changing series of exhibitions and, as an added attraction, there's a beautiful shop with an impressive selection of hand-crafted, one of a kind gifts. MaH members can join Sharon Arts for half-

available to MaH members at a reduced rate of \$6. During the week chamber music is performed in the churches and meetinghouses of neighboring towns at no charge.

All of the cultural facilities mentioned are wheelchair accessible.



**Members Marcia and Kathy at Sharon Arts**

price and courses are 20% off.

Members will have to wait until July to enjoy the delights of Monadnock Music and its series of exciting performances by wonderful musicians. Orchestra concerts are offered on weekends at the Peterborough Town House where reserved tickets are

Look for more about MES offering courtesy discounts for health/fitness programs as well as places to eat in future newsletters. ☒

For a list of MES, go to [www.monadnockathome.org](http://www.monadnockathome.org).

## Attention Members!

Watch for a special mailing to include details about three special programs just for you: a trip to the Christa McAuliffe Planetarium, a Preventative Medicine Program and a Vital Papers Log Seminar.



**McAuliffe-Shepard Discovery Center**

## Become a Member

We are currently accepting memberships! Thanks to a grant we've received from the Bean Family Foundation, a limited number of reduced fee memberships are available to those who qualify. For more information call Cindy Bowen, our Executive Director at 603-371-0809.

**SAVE \$  
REDUCED  
FEE!**

## Do you know... how the new Healthcare Reform Law affects Medicare participants?

By Sandy King, MaH Board Member

The new Healthcare Reform Bill includes positive changes that impact Medicare patients. One of those changes targets preventive screening services. Specifically, beginning in 2011, seniors enrolled in traditional Medicare, with participating physicians, will no longer have to pay any coinsurance or deductible on a number of preventive care items which include:

- Annual wellness visit and personalized prevention plan
- Blood tests for heart disease (cholesterol, lipids, triglyceride levels)
- Bone mass measurement
- Breast cancer screening (Mammograms)
- Colon cancer screening
- Diabetes screening
- Pap tests and pelvic exams
- Prostate cancer screening

The government understands that catching diseases early on improves health and significantly reduces long term costs. Be sure to have your annual wellness visit and schedule the screening procedures your doctor recommends! 📌

## Cindy's Corner

By Cindy Bowen, Executive Director



## Hello Everyone!

Welcome to the second issue of “at Home”! It’s been both a busy and exciting time for Monadnock at Home. I’m pleased to report that the phone has been ringing with requests for service provider referrals as our members make use of the many benefits of MaH. I’ve made referrals for a variety of services over the past few months including plumbing, electrical, transportation, tax preparation and computer repair. I’m glad to report that member follow up on referrals has been very positive. If you’re happy with the benefits you’re receiving from your membership or enjoy having the peace of mind that MaH is always available to you should it be needed, please spread the word to your friends and neighbors. MaH is always ready to accept new members.

We’ve recently hired three Town Coordinators and will be making an official announcement soon. Having these Town Coordinators

in place will allow for a more consistent communication network with members. It will also give us the opportunity to expand our membership base through MaH sponsored gatherings and events.

I’ve been told by some members that they have been taking advantage of the MaH Member Enrichment Supporter discounts which can be a real plus during these long winter months.

Don’t forget to use your membership card when considering going out for lunch, taking in a cultural opportunity or getting some exercise. Check out the Member Enrichment Supporter article for more information.

Lastly, I’ve been getting acquainted with our members by visiting them in their homes. I’m enjoying these visits and it’s been a pleasure to meet everyone.

I hope this issue of “at Home” finds you healthy, safe and happy! 📌

## Put a Smile On Your Face

“

My membership in Monadnock at Home recently sent me home from one of our car repair providers with a smile on my face. Their discount had knocked over **\$100 off** my bill. As my grandson would say, “Sweet!” Tuck from Jaffrey

”

## Keep Your Adult Family in the Loop

By Bob Dunn, MaH Board Member

**Many of** our MaH members have adult family (children) living nearby. This is the best of all worlds, as it gives both the parent(s) and adult children peace of mind and security in knowing that the family connection is alive and well. In many cases it's relatively easy for an adult child to check in on their parents(s) on their way to work or drop off some groceries on their way home. There's absolutely no substitute for a loving family member living nearby.

But some of us are less fortunate; we don't have family in the area. Instead, we rely on the generosity of neighbors or acquaintances to keep tabs on us. It's hard for our distant families to really know what's happening on a day to day basis.

Most likely your adult children know that you're a member of MaH and are excited that you're making every effort to remain in your own home. If you'd like to keep them further informed as to all the services we offer, including community/cultural events, discounts at local restaurants and fitness facilities, call our Executive Director, Cindy Bowen (603-371-0809). She'll make sure your family member is put on our mailing list and receives all updates and news, including our quarterly newsletter. What a great way to keep your family in the loop! ☒

## Partnering with Monadnock at Home

By Rebecca Harris, Executive Director, CVTC

Contoocook Valley Transportation Company (CVTC) is proud to be a Community Partner with Monadnock at Home, providing transportation to medical appointments, shopping and other needed destinations. When a MaH member requires transportation, MaH's Executive Director or Resource Coordinator works with us to make sure the need can be met and in the end, that the member is satisfied.

Safety is a primary concern at CVTC. Our staff screens potential volunteer drivers (including MaH volunteers) through interviews and by conducting driving record and background checks. We also offer training in defensive driving and passenger assistance.

We currently have 40 active volunteer drivers who gave 2,200 hours of their time in 2010 to drive almost 38,000 miles for their fellow community members. These generous individuals tell us that helping out makes them feel good and provides the opportunity to meet new people. They also say that driving for CVTC is easy because they get to choose the trips that fit their schedules.

Recently, we at CVTC have had a huge increase in demand, so we are glad to have MaH helping to recruit volunteer drivers who will be processed through CVTC and help meet the transportation needs of MaH members and the community as a whole. ☒

For more information about CVTC, call 1-877-428-2882 or go to [www.cvtc-nh.org](http://www.cvtc-nh.org)

**If MaH members need transportation or if you would like to be a volunteer driver, please contact Cindy Bowen at 603-371-0809.**



### Peace of Mind

"Already we have found MAH to be a reliable resource, having had both our telephones and meals improved with excellent providers. The best thing, though, is knowing we can call anytime if we have a problem, and the confidence we feel that MAH can help to find a solution. Peace-of-mind - it's the best security system we know of."

Margaret and Jack, Hancock



Monadnock at Home

### 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.*