



Summer 2012 / Issue No. 6

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atHome

with Seniors in the Eastern Monadnock Region



We Are Astounded!

By Two Happy MaH Members

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- Cindy Bowen, *Executive Director*
- Suzanne Singer, *Resource Coordinator*
- Local Coordinators Stefanie Kyte,
Chris Mann and Mary Talbot

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



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Much needed gardening help

We joined Monadnock at Home (MaH) for the peace of mind, the simplicity, the security and the reliability that comes with knowing that whatever we need can be accessed with one phone call to Cindy, MaH's Executive Director. Now, on top of all the good reasons we had for joining MaH, we can add another... substantial savings!

We wondered how much using MaH's discounted service providers saved us over the past year, so we checked it out. The generous discounts that were offered to us by the referred vetted service providers really added up. We were astounded and thought that we'd like to share it with you.

Here are the services we used and what we saved by belonging to MaH:

- **Carpentry and home maintenance** *Saved \$415*
 - Roll shelves installed so we could reach our bottom cupboards
 - Some rotten siding replaced
 - A ceiling and wall painted
 - Some sills replaced
- Grab bar installed
- Re-grouting of a slate floor
- Several other minor repairs
- **Two hours of cleaning per month to help with some of the most difficult tasks** *Saved \$75*
- **Car repairs and maintenance** *Saved \$106*
- **Bad backs meant we needed some help in the garden** *Saved \$40*
- **Professional computer help** *Saved \$15*
- **Two dead trees taken down and cut up and two trees pruned** *Saved \$150*
- **10 cents off per gallon of oil and propane** *Saved \$54*
- **One chimney cleaned** *Saved \$13*
- **A one hour electrician's visit** *Saved \$10*
- **Mowing, fall and spring yard clean up** *Saved \$312*
- **Tax preparation** *Saved \$105*

This is a grand total of \$1295 saved!

Astounded! *continued on page 4*

The Fresh Chicks Farmers Market is Coming to MCH!

From our partner, Monadnock Community Hospital

Eating right just got a lot easier—and more convenient. Mmmm...fresh picked berries, homegrown tomatoes, healthy cheeses, crusty artisan breads—even homemade dog biscuits! Starting soon, your meals will be a whole lot healthier, thanks to the Fresh Chicks Farmers Market, coming soon to Monadnock

Community Hospital. The "chicks," Leigh Mae Friedline and Jean Mann, along with about 20 local farmers and artisans, will be here at MCH every Monday from 11:00 a.m. to 4:00 p.m. from May 7 to late fall. Bring your reusable bag to the hospital—you won't want to miss these healthy treats! 🍷

Snowbird and Supported Memberships

This is just a reminder that snowbird memberships are available at a reduced fee for folks who do not live in the area full time (for instance, one might spend the winters in Florida). We also offer supported memberships at a reduced fee for full time residents who fall below certain financial thresholds. **For more details on either of these memberships, please call Cindy at 603-371-0809.**

Clutter Clutter—You've Watched it Grow, Now Let it Go!

By Chris Mann, MaH Local Coordinator

Ah, warm weather, an opportunity to open windows, breathe fresh air, and face that household de-cluttering project. We all have lots of "stuff." As a rule, Americans own more stuff than any other demographic group. Thanks to a set of new TV shows, the term hoarder is being tossed around to describe those of us who like to keep our "stuff" a little too long. A cluttered home is not a moral failing; you may just have a temporary case of possession paralysis. To get yourself motivated to de-clutter, first consider the benefits. When you de-clutter your home, you reclaim more space and light, you remove allergens, you create safety for yourself and visitors, and best of all, you feel better. You can do it. Remember, you are not your stuff.



Here are some useful tips for getting started:

- Pick two hours a day during your prime energy time to work. Stop after two hours.
- Choose a room and stay with only one room at a time.
- Make a goal to eliminate one third to one half of the clutter in each room.

- Eliminate means donate, re-cycle, or move to storage in a better place.
- Declare victory when one room is done. Rest, then repeat in a new room.

I can assure you—it does feel really good when you accomplish your goal, so why wait? Have at it. 🍷

Some additional resources for you:

Unclutter Your Life in One Week, by Erin R. Dolan.

It's All Too Much by Peter Walsh

Institute for Challenging Disorganization: www.nsgcd.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.

Don't Be Scammed!

By Sandy King, MaH Board Member

Loneliness can often be an issue for older adults, especially those who have lost a spouse or, for other reasons, are living alone. Con artists count on this vulnerability and target seniors as the victims of their scams. For instance, they may call and strike up a friendly conversation in order to gain trust and then proceed by asking for personal financial information or convincing the senior to send money for a fraudulent sweepstakes entry, lottery ticket or charity. My father-in-law was duped in this way. Months after it happened, my husband and I discovered that he'd had several phone conversations with a man who convinced him he had a good chance of winning a multi-million dollar lottery. Based on the short friendship

he established with the scam artist, my father-in-law had sent a total of \$9,000 to a phony address. Needless to say, he never won that lottery.

Scammers have also been known to pose as Medicare representatives to obtain your identification number and then turn around and submit fraudulent claims on your behalf. Other scams include investment schemes, reverse mortgage swindles and the grandparent scam in which the con calls with a story about needing money to bail a grandchild out of jail or some other fabricated tale. In fact, according to Caring.com, "financial scams against older adults are now so prevalent that the National Council on Aging (NCOA) calls them the crime of the 21st century."

The best advice is to be suspicious of anyone calling and asking for your personal information, money or telling you that you've won something. As the saying goes, if it sounds too good to be true, it probably is. Caring.com also provides these tips to prevent elder fraud:

- Shred all bills, notices and personal mail before throwing away.
- Don't sign any documents without reviewing them carefully.
- Reach out for help before investing or spending a considerable amount of money.
- Avoid sending money or providing personal information on the phone.
- Don't speak at length with people who are unfamiliar to you - just hang up! 🚫

Cindy's Corner



By Cindy Bowen, Executive Director

Hello everyone and welcome to the summer 2012 issue of "at Home!" The Monadnock at Home staff and board of directors is busy preparing for its second Annual Meeting. This year's Annual Meeting will be held at the Harris Center in Hancock on Wednesday, June 13th from 3-5 PM. We are looking forward to seeing as many of you as possible at this meeting. The meeting will include entertainment, sociability and most importantly an opportunity for members to share their thoughts with regard to the services and social/educational opportunities that are provided by MaH. Because MaH is a membership-driven organization, we value your input! Although the membership meeting will not begin until 3PM, members are welcome to arrive at the Harris Center earlier to

enjoy the exhibits and grounds. Any member who needs transportation assistance to attend the meeting should give me a call at 603-371-0809 and I'll be happy to see that you have a ride to and from the meeting from a MaH volunteer.

June is going to be a busy month for MaH! In addition to the Annual meeting, we have also planned a bus trip to Saint-Gaudens National Historic Site in Cornish, NH on June 20th. Augustus Saint-Gaudens is considered the pre-eminent American Sculptor of the Gilded Age. Following a guided art tour and a tour of "Aspet" Saint-Gaudens' home, we will head for lunch at the Harpoon Brewery Beer Garden, which is located just a few miles from Cornish. If you are interested in this trip, please give

me a call soon at 603-371-0809 to reserve your spot!

For August, MaH members Bill and Sally Graf have coordinated a picnic lunch and garden tour at Cathedral of the Pines in Rindge. More details will be provided but we hope you will join us to tour the gardens and enjoy the beautiful view of Mount Monadnock.

Finally, just a reminder that the Monadnock at Home office hours are Monday-Friday, 9AM-5PM. 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!

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

Login To Your MaH On-line Member Account

By Rick Hamden, MaH Board Member

Each MaH member may now login to a personal account at our web site. From there you may renew your membership on-line with your credit card, make additions or changes to your personal “profile” and see certain information about your fellow MaH members. You may also enter a short biography, if you’d like, and can adjust the “visibility” of your information to other members (the default is to reveal only name and town) to suit your taste. Note that this capability is enabled by MaH’s adoption of “Club Express,” a secure, password-protected on-line software service recommended by the national Village to Village Network, of which MaH is a member.

In addition to enabling member login capability, MaH’s use of Club Express helps our staff serve you better by providing several functions such as an on-line “contact log” for tracking your requests and their timely completion. ☒



Figure 1



Figure 2



Figure 3

How To Login At the top right-hand corner of each page of the MaH web site (www.monadnockathome.org), you’ll see the text “**member login**” (Figure 1). Clicking on that link will take you to a second login page at our Club Express “portal.” There you may enter the username and temporary password that were sent to you via email by clicking on “Member Login” (Figures 2 and 3). If you’d like to try logging in but did not receive your login information, or would like to schedule some “one-on-one” assistance with this, just call Cindy at 603-371-0809.

Astounded! *continued from page 1*

And that doesn’t even include the free computer help a MaH volunteer has repeatedly given, or the discounts when we have eaten out, or the discount on the tickets for the Monadnock Chorus Concert, or the fun trips arranged at a discount, or the free informational program to help us do the organizing of our Vital Papers.

The services and member perks you use may be different than the ones we used this year and the savings more or less. But if you think the MaH membership fee of \$450 for an individual or \$600 for a household are more than you can afford, this might help you think again. We have more than doubled the cost of our membership fee with savings. ☒

Timely Tips... For Helping Your Lawn Survive the Summer

By Bob Dunn, MaH Board Member

If you’re still mowing your own lawn, like I am, here are the three most important things you can do to give it a chance to remain green and healthy during the summer months.

Because it’s been a relatively warm and snow-less winter across New England, your grass roots are having to reach deep into the soil in search of moisture. Don’t send your lawn into shock by cutting your grass too short. Sure it may look better, but you’re lessening the chances of it surviving the season. I have a Ride-a-Mower and I set my blade height at 4. That leaves about two-thirds of the grass height exposed to the weather.

Don’t let your grass get too high, because then you’re going to have to rake to keep the clippings from killing your lawn. The more often you mow - and the less grass you remove with each mowing - the thicker and healthier your lawn is likely to become.

If you have a mulching mower, use it. Mulch (grass clippings) is great fertilizer for your lawn, and it doesn’t cost you anything. But make sure that you don’t cut any more than one-third of the grass’s height as I mentioned before.

So, with those simple, cost-free tips for lawn care, have a happy and safe mowing season. ☒