



Fall 2013 / Issue No. 11

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### Monadnock at Home BOARD OF DIRECTORS

#### OFFICERS

Chair F. Rick Harnden, *New Ipswich*  
Vice Chair Betsy Perry, *Harrisville*  
Treasurer Dwight Schenk, *Rindge*  
Secretary Ann Nunn, *Fitzwilliam*

#### MEMBERS

Barbara (Bobbie) Gilbert, *Jaffrey*  
Linn Perkins, *Peterborough*  
Marie Moore, *Harrisville*  
Carolyn Saari, *Jaffrey*  
Sandy King, *Peterborough*  
Owen Houghton, *Jaffrey*  
Bill Graf, *Jaffrey*  
Lynn Robbins, *Peterborough*

#### STAFF

Cindy Bowen, *Executive Director*  
Local Coordinators Stefanie Kyte and  
Sandra Faber

Memberships are now being accepted.  
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



## MaH Members Tour Saint-Gaudens National Historical Site

By Cynthia Sue Martell, MaH Member

It's been said that half the fun of a journey is the unexpected events that happen along the way. It's also been said, "Cross your bridges when you come to them."

MaH's trip to Saint-Gaudens National Historical Site in Cornish, N.H. on June 20, 2013 substantiated both adages.

Our van's twelve seats filled quickly with MaH day-trippers. With all on board we launched – a tiny cruise ship on wheels with Michelle, our driver, at the helm.

Nearly there, we turned and suddenly came face to face with the imposing Cornish (NH)-Windsor (VT) Covered Bridge. It stretches an astounding 449'5" over the Connecticut River. We could've saved several miles travel distance by driving across it, but there was a problem: the van's height was 9' 10", and the bridge's vertical clearance was only 2-3 inches higher. We opted for the longer route.

Reaching the Historical Site we viewed first-hand the breathtaking realism of Augustus Saint-Gaudens' life-sized bronze sculptures. Following a tour of the artist's studio, twenty-two members of MaH savored a scrumptious lunch on the studio's cool garden-pergola. After visiting Saint-Gaudens authentically preserved home and splendid gardens, we began our return trip. En route we had to drive directly past the Cornish-Windsor Covered Bridge. We halted for a closer look at our nemesis. Soon we found ourselves out of the van, and marching en masse toward the bridge. Across its upper front we read in large, bold, white letters: "Walk Your Horses Or Pay A \$2 Fine". Standing at its entrance an "Ah-Hah!" moment rippled through the group. Eyes studied the structure like military strategists before a battle. A tactical decision was reached: If we kept the van squarely in the center of the bridge, it should have enough clearance. We were in conqueror mode!

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Two courageous MaH members volunteered to stop traffic at either end. Our intrepid van driver bravely accepted the “cross the bridge challenge.” The van proceeded to the ‘mouth’ of the bridge, making us feel like Jonah entering the shadowy innards of the whale. Our compatriots at either end signaled that all two-way traffic was safely stopped. We began moving slowly across the bridge – very, very carefully. Everyone held their breath. In case you’re wondering? We did emerge victoriously. And we did see a light at the end of the bridge–daylight – for which we were grateful. As everyone successfully exited, there was jubilant cheering! Someone thought they heard trumpets blowing.

No group’s more adventurous than a van load of free-spirited MaH members on an outing. Maybe that’s one reason we were mutually attracted to the concept of MaH in the first place. 📍



## New Leadership at MaH

The election of board members took place at the annual meeting in June. Dwight Schenk and Bobbie Gilbert were reelected to three-year terms. They were joined by new board members Bill Graf, a founding MaH member, and Lynn Robbins, Associate Director of Business Development at HCS. Both Bill and Lynn bring special skills and connections to Monadnock at Home which will be valuable as we move into our fourth year of operation. Marie Moore, Practice Manager of Monadnock Surgical Associates at Monadnock



**Lynn Robbins, Associate Director of Business Development at HCS and Bill Graf, a founding member of MaH**

Community Hospital had recently replaced Michael Blood as the MCH representative to the board, and also

adds depth to our leadership team. Subsequent to the annual meeting Rick Harnden was elected as the new Board Chair and also Betsy Perry as



Vice Chair. Dwight Schenk replaces Rick as Treasurer and Ann Nunn will continue as Secretary. 📍

## MaH Service Providers

We are sometimes asked, “Why don’t you publish a detailed list of service providers so members can go directly to them without a call to Cindy, our Executive Director?” The answer involves our reliability of service to members. Cindy has to be in the loop when members use a vetted service provider in order to keep an accurate evaluation of service quality. She always follows up to see if members have been happy with the service and uses that information to guide future referrals. We have removed unsatisfactory providers or those who have discontinued services from our referral list and so any published list could be quickly outdated and inaccurate. As always, you get the best service if you just call Cindy!

## A Message from our New Chair, Frank Rick Harnden

As we begin our fourth year of operation, I'd like to be completely *Frank* with you. Actually, I take that back; you can call me Rick! Although my legal name is Frank Harnden, I generally go by the nickname, Rick. However, you'll draw my attention by calling out either name!

Having served as MaH Treasurer for the past three years, I am honored to be voted in as Chairman of the Board and would like to share my vision with you. I view marketing (to continue to create awareness of MaH) and new membership recruitment as our top two priorities. Membership growth helps to strengthen our financial footing and enhance our sustainability. The other key objective that goes hand in hand with sustainability is fund raising which will be aided by the launching of a new Advisory Council (AC). The AC will serve as community "ambassadors" and advisors to the Board.



Another priority of mine is to enhance the Board's value to MaH by adding new members to complement the talent we now have. Please contact us if you think you, or someone you know, would be a good candidate for the AC or the Board of Directors.

Finally, I plan to formalize our record keeping by expanding the archive of information on our web server and by making it available to members who would like to access information such as our Board Meeting minutes and the organization's policies. (Members, please let us know if you'd like on-line access to this data).

I'm looking forward to guiding and strengthening MaH during my tenure and would like to extend my heartfelt thanks to all of the dedicated volunteers and community organizations that help support MaH! 📧

## Cindy's Corner

Hello everyone and welcome to the fall 2013 issue of "at Home!" The Monadnock at Home staff and board of directors are busy preparing for our fall programs/events, as well as taking a look at how we can improve service to our membership community. We are utilizing the feedback we received from members who attended the Annual Meeting in June as a part of this process. As a grass roots organization, we value the input of our members as it helps MaH to continue on a positive path as we move forward into our fourth year.

The trip to Saint-Gaudens was great! Wonderful art and fabulous scenery! We couldn't have chosen a better day to go and the weather was on our side! For more details about our adventure to Saint-Gaudens, please read the article written by MaH member Cyndy Martell. Thanks for capturing the day for us, Cyndy!

Some of the events we have planned for the fall include: Medication Management for Older Adults, a book discussion on Mary Pipher's most recent book: *The Green Boat*, a Connecticut River Boat Ride from Northfield Mountain, Northfield, MA and back by popular demand, a Vital Papers Log Book Program. To participate in any of these events just call 371-0809 to register. See the flier enclosed in this issue for fall program details.

If you occasionally find yourself with a few hours to spare and would like to help your fellow members, why not consider becoming a MaH volunteer? Our volunteers serve our members in a variety of ways: from assisting members with light home maintenance tasks or meal preparation to computer assistance or



By Cindy Bowen, Executive Director

transportation to medical appointments. Currently, we are in need of volunteer drivers, particularly in Peterborough and Hancock. If you're interested in volunteering, please give us a call!

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 371-0809.

MaH is always ready to accept new members. If you're happy with the services and benefits of membership, please spread the word to your friends and neighbors whom you think would benefit from our support. For more information, interested folks can call 371-0809 or visit our website [www.monadnockathome.org](http://www.monadnockathome.org).

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

## Add One or More of These Programs to Your Fall To-Do List!

### Medication Management for Older Adults

**Tuesday, September 10, 2:30 - 4 PM**

Monadnock Community Hospital

Come join Peggy Dorson, APRN to get your medication management questions answered.

### Book Discussion: *The Green Boat* by Mary Pipher

**Friday, September 13, 1:30 PM**

at Local Coordinator Steffie Kyte's home.

If you've ever wondered what you could do as we face problems in our community and country that seem overwhelming, come and be informed and uplifted by Pipher's insightful book.

### Connecticut Riverboat Cruise

**Friday, October 4, 12 noon**

Cruise begins and ends at Northfield Mountain, Northfield, MA. Join us for a cruise on the Connecticut River. See the enchanting French King Gorge and historic Barton Cove, home to nesting bald eagles!

### Vital Papers Log Book Seminar

**Thursday, November 7, 10:30 AM – 12 Noon**

Hancock Town Library, 25 Main Street, Hancock

At this program you will be introduced to and receive a Vital Papers Log Book. The Log Book provides a place to record all the necessary information and location of your vital papers.

### Holiday Dinner at the Hancock Inn

**Sunday, December 8, 5:30 PM**

Join your fellow MaH members for a delicious dinner at the beautifully decorated, historic Hancock Inn. Details to follow!

### Members - see enclosed flier for details,

call 371-0809 or check out our website at

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

## I've Never Grown Old Before: Is It Time To Let Go of Yankee Pride and Stubbornness?

By Owen Houghton, MaH Board Member

I take pride in doing home and yard maintenance and consider the energy expended as part of my exercise routine. So when the new white pine growth began to block our view of Mount Monadnock, I naturally headed for the woods with my new chain saw.

While I did wear a hard hat, I carelessly lost my footing on some small cut logs causing a loss of balance and the saw grazed my knee, ruining my dungarees and creating a scary but not serious gash. I recounted this near-disaster to a golfing friend several days later. He expressed concern and admonished me with "At your age you shouldn't be doing stuff like that – get someone else to do it!"

I've always taken joy in my own landscaping, mowing, maple sugaring, repair and maintenance of our home and five acres. I seem to be more aware of safety concerns as I age, but very often it takes an event to convince me to take some reasonable precautions. For instance, I started using my hard hat after a friend was in a logging accident, and I got a ski helmet after Sonny Bono's death from a skiing head injury. Since my recent logging accident, I now have a pair of safety chaps! I've always been go, go, go – so letting go will not be easy.

As a member of Monadnock at Home, I endorse the theme of living "independently" at home, but... increasingly recognize that the program is designed to provide the practical means as well as confidence to live at home with help a phone call away. I'm more "inter-dependent" as time goes on and glad to have access to a wide variety of pre-screened vendors who provide quality service, often at a discounted rate. With over 150 such vetted providers, one call to our Executive Director gives me access to numerous services.

I could let go of a few jobs and select such tradesmen as a carpenter, carpet cleaner, chimney sweep, home organizer, electrician, handyman, house cleaner, mason, painter, snow plower, plumber, window washer or woodsman. I could also request a volunteer when I need to climb a ladder to replace a light bulb or clean out the eaves.

Bottom line, when is deciding to let go of some things real wisdom that enhances our older years rather than risking them? Let's continue to do those things we enjoy and can safely do, let go of the ones we should no longer do and have the sense to know the difference! 🏠



**Member Cyndy Martell uses her Member Supporter card at European Esthetics in Peterborough!**



**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.*