

Why Do I Need Monadnock at Home?

Most people prefer to remain in their own homes as they age, but little by little, staying put gets more complex. As we grow older, we tend to need help doing the things we used to do easily by ourselves. Monadnock at Home (MaH) provides a support system for residents committed to remaining in their own homes as long as they possibly can.

Members' lives are simplified because MaH makes available the services needed to keep members independent and secure. For example, if a member needs someone to chop wood, provide transportation, find a handyman or locate a home health care provider, assistance from MaH enables them to remain comfortable and secure at home. A single phone call is all it takes.

We also provide opportunities for volunteering in the MaH community. We welcome members and non-members who want the satisfaction of sharing their time and talents to enable their friends and neighbors to happily and safely stay in their own homes.

Membership Information

Annual Fees*

Individual	\$450
Household	\$600

*Snowbird memberships are available for part-time residents. Call for information about support memberships.

Contact Us

For further information regarding membership, volunteer work, or joining our referral network:

Telephone
(603) 371-0809

E-mail
help@monadnockathome.org

Website
www.monadnockathome.org

Mailing Address
PO Box 422
Jaffrey NH 03452

"We're at home with Monadnock at Home."

Discover the benefits of independent living.



www.monadnockathome.org



(603) 371-0809

What is Monadnock at Home?

Monadnock at Home (MaH) is a non-profit organization that provides 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.

Membership Services Include:

- A central place to access what you need when you need it
- Connections to prescreened providers
- Transportation to appointments and once-a-week grocery trips
- Help with simple maintenance or basic technical problems with electronics
- Social, educational, and wellness opportunities
- Grocery delivery when unable to shop
- Telephone check-ins



A MaH couple orders breakfast from a Hancock Membership-Supporter business.

All You Make is One Phone Call



A MaH volunteer fixes a window for a member.

Members call Monadnock at Home when they need a service. MaH helps to arrange the service and follows up to ensure the service was satisfactory.



Ladies Valentine's Tea at Sunflower Restaurant.

MaH offers a diverse set of social and educational events to bring members together on an ongoing basis.

Membership is reserved for people 62 and over.

Benefits of Membership

- A central place to access a wide range of prescreened services
- A back-up system in place if you have a period of incapacity
- Discounted service provider, restaurant and cultural activity fees
- Confidence to remain in your home
- Peace of mind for you and your family
- A real connection to your community



A MaH volunteer installs a new door knob for a member.

Additional Services Available from MaH's Provider Network

- Meals
- Home Maintenance/Yard Work
- Home/Health Care
- Cleaning
- Help with Pets
- And various other services