



Summer 2017 / Issue No. 25

In this issue of *atHome*

NOW 6 PAGES!

- 1 Our Annual Meeting
- 2 Dr. Atul Gawande Webcast; Help MaH When You Shop Online
- 3 Cindy's Corner
- 4 Message from Our Chair; New Payment Options
- 5 MaH—For Some, a Bridge

Monadnock at Home BOARD OF DIRECTORS

OFFICERS

Chair Ed Walker,
Peterborough
Vice Chair Chris
Gallagher, *Dublin*
Treasurer F. Rick
Harnden, *New Ipswich*
Secretary Kim Chandler,
Hancock

ADVISORY COUNCIL

Amedine Bella
Bob Chase
Rod Falby
Carol Gehlbach
Laura Gingras
Harry Healer
Owen Houghton
David Howe
Joel Huberman
Carl Johnson
Ann Nunn
Linn Perkins
David Weir

DIRECTORS

Russ Armstrong,
Peterborough
Cathy Cambal-Hayward,
Hancock
Annie Card, *Peterborough*
Barbara (Bobbie) Gilbert,
Jaffrey
Sandy King, *Peterborough*
Bill Graf, *Jaffrey*
Joel Green, *Peterborough*
Dr. Mike Lindberg,
Peterborough
Michele Lowe, *Peterborough*
Dwight Schenk, *Rindge*

STAFF

Executive Director
Cindy Bowen
Member Services
Coordinator
Sandra Faber

atHome

with Seniors in the Monadnock Region



*John Sullivan
entertaining members*

Annual Meeting 2017

By Sandra Faber, Member Services Coordinator

On May 31st members, staff and volunteers gathered at the Peterborough Players for our 7th Annual Meeting! We enjoyed delicious hors d'oeuvres catered by Mayfair Farm in Harrisville and then moved into the theater for our meeting. Cindy recapped the year, telling of all the outings, informational sessions and new programs we offered.

Once business was out of the way, John Sullivan and his guitar took to the stage. With encouragement from John, members joined along singing tunes from Ireland, Scotland, the sailing seas and even the Beatles! It was an uplifting evening for all and we look forward to our 8th year of operation which begins on July 1st. 📺



Members enjoying refreshments from Mayfair Farm



Dr. Gawande Rescheduled Webcast

Our live webcast featuring Boston surgeon Dr. Atul Gawande, will be held on Monday, September 25th. (The previously scheduled webcast was cancelled due to inclement weather.) Dr. Gawande, author of *Being Mortal*, will speak about the value of community and opportunities as we grow older and answer questions from villages around the country. We will be contacting those who signed up for the original viewing first and then open it up to others based on availability. More information will be coming. 📧

Help Monadnock at Home When You Shop Online

If you ever shop online, you've probably already used Amazon. The next (and every!) time you buy something from them, please consider using their charity donations website so that Amazon will donate 0.5% of the price of your purchases to Monadnock at Home. To begin shopping:



- 1 Go to our website, monadnockathome.org
- 2 Click on "Donate" (third from right in the maroon navigation bar near the top of the page)
- 3 Click on the indicated link or smile.amazon.com icon at the bottom of the page.
- 4 Sign in to your Amazon account as usual

Alternatively, you can:

- 1 Use your browser to go to this website: smile.amazon.com
- 2 Type "Monadnock at Home" into the search box and click "Search"
- 3 On the next page, check the "Yes" box and then click "Start Shopping."

After doing either of the above the first time, subsequent visits to smile.amazon.com will automatically take you to the page indicating that you are "Supporting: Monadnock at Home." If you'd like help getting started, give us a call at 603-371-0809 and we'll set you up! 📧

Cindy's Corner

By Cindy Bowen, Executive Director



Hello everyone and welcome to the summer 2017 issue of *at Home!* Monadnock at Home's 7th Annual Meeting on May 31st at the Peterborough Players was a success! It was wonderful to have such a great turnout! Many thanks to all who helped make this a great event! Be sure to check out the meeting photos in this newsletter!

For the first time since we began in 2010, we have increased our membership fees to cover rising expenses. It is my hope that you recognize the value of the services that MaH provides to seniors in our region. I am always proud to say that we were the first "village" in operation in NH! MaH continues to serve as an example and mentor for other "villages"

opening throughout the state. Your continued membership and support

Now that warmer temperatures have arrived, don't be overwhelmed by home maintenance chores!

is a wonderful testimonial to MaH! THANK YOU!

Now that warmer temperatures have arrived, don't be overwhelmed by home maintenance chores! Remember, your MaH membership offers you access

to prescreened service providers and volunteers who are ready to help. All it takes is a single call to 603-371-0809 to find the help you need. We are here for you!

Please keep in mind that the Monadnock at Home office hours are Monday-Friday, 9am-5pm. You can rest assured that anytime you call MaH, your call will be returned within 24 hours or less. 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! ☀

Exceptional Service. Exceptional Experience.



We know your Home means the world to you

Your decision to sell may be a difficult one

... we'll be by your side every step of the way.



Cathy Cambal-Hayward 603-371-1902

15 years of helping families in the Monadnock Region

cathycambal-hayward.masiello.com

BETTER HOMES AND GARDENS REAL ESTATE

THE MASIELLO GROUP

95 GROVE STREET, PETERBOROUGH, NH | OFFICE: 924-8373



Monthly Coffee Hour

MaH members gather at 10 am on the third Tuesday of each month at the Parker Coffee House in Peterborough. Come join us for friendly conversation and delicious coffee! If you'd like a reminder call, please contact MaH at 603-371-0809.

First Tracks

Logo and newsletter design by FirstTracks Marketing Group, LLC
FirstTracksMarketing.com 603-924-1978

Memberships are now being accepted. For more information call 603-371-0809 or visit our website monadnockathome.org



Monadnock at Home

OUR MISSION *The Mission of Monadnock at Home is to provide seniors of the Monadnock Region with the support and practical means to live and thrive in their homes and communities.*

A Message from Our Chair, Russ Armstrong

Two years ago, I was honored to be asked to chair the Board of Directors of Monadnock at Home. It was with no small amount of trepidation that I agreed, since I was to become the first chair who was not a founder of the organization. The board was beginning to mature from primarily an operating entity to primarily a policy body. As I settled in to the role, I found the board to be wonderfully supportive, with its members exhibiting the professionalism and enthusiasm necessary for success. It has been a delight for me to work with board members, the staff, Cindy and Sandra, and the many volunteers, all of whom have dedicated many hours to ensure the success of Monadnock at Home.

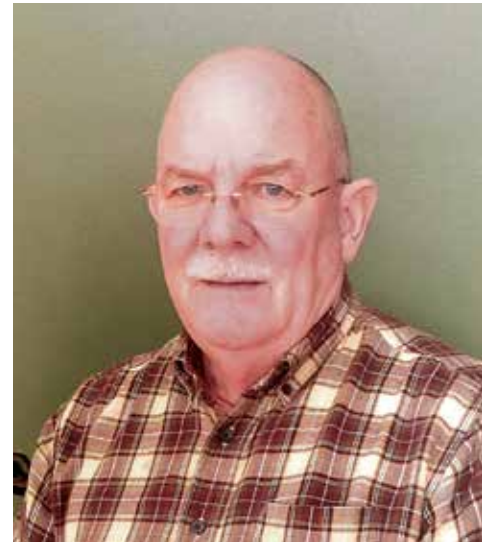
It's been exciting to oversee new programs developed over the last two years.

- Our Development Committee has once again excelled in securing funding necessary to support operational expenses. Through their tireless effort we have closed the deficit gap for this year!
- Our staff, Cindy and Sandra, have established a monthly "coffee klatch" where members gather to discuss issues

of importance to them. This activity is now self-sustaining and has led to very useful feedback to our staff.

- Staff and volunteers have started a "Members-helping-Members" program wherein members exchange regular telephone check-ins to ensure personal safety and wellness. This has turned out to be a wonderful way for our members to connect, make friendships and plan individual activities. It also gives members an important sense of purpose in helping others.
- Staff and volunteers have begun a new program called "MedPals" where a trained volunteer accompanies a member who would like a companion for medical visits. This helps ensure that medical messaging is complete and understood.
- We have recently made several additions to our Board of Directors, bringing in new ideas, community connections and experience. Their enthusiasm ensures a bright future for Monadnock at Home.

More personally, I have come to know many of our Monadnock at Home members through volunteering to fix



problems at home and driving them to medical appointments. What an absolutely delightful group of people! The conversations have been both fun and informative and have given me many great tips on my own aging. I have even met a member who was many years ago a personal friend of my Dad. And thank you all for putting up with my Jeep!

As I step down as chair on June 30, I am confident that our new chair, Ed Walker, Peterborough Fire Chief, will succeed in sustaining Monadnock at Home!

It has been my honor and privilege to serve Monadnock at Home. 🍷

New Payment Options for Members

Most of our members previously paid their dues once a year via check. While encouraging continuation of this practice, we appreciate that our recent 15% dues increase may pose an annual payment challenge for some.

As announced in our letter of April 24, we are consequently offering automatic

recurring credit-card payments on either a quarterly or a monthly basis. (Due to federal regulations, debit cards are not eligible for this option.) If you would like to pay your

dues on a sub-annual basis, just give us a call (371-0809) and we'll set it up for you as shown in the table.

| PAYMENT PERIOD | HOUSEHOLD | | INDIVIDUAL | |
|----------------|-----------|-------------|------------|-------------|
| | Payment | Annual Cost | Payment | Annual Cost |
| ANNUAL | \$690 | \$690 | \$518 | \$518 |
| QUARTERLY | \$177 | \$708 | \$133 | \$532 |
| MONTHLY | \$59 | \$708 | \$44 | \$532 |



Monadnock at Home—For Some, a Bridge

Tuck and Bobbie Gilbert

By Bobbie Gilbert, Member and Board Director

Fifteen years ago when Rivermead was relatively new, my husband Tuck and I put our names on a waiting list thinking, “We will never go to Rivermead, but we’ll put our names on the wait list ... you know, like an insurance policy, just in case!” Then we helped to start Monadnock at Home (MaH) and were even more convinced that we would never leave our home in Jaffrey.

Not only were we totally committed to MAH, serving as board and committee members, but as the years added up we used MaH more and more to ease what it was taking to stay in our home. Volunteers helped us move our porch furniture and snow tires from the basement and back again. There were lamps, a recliner and other things that needed minor repairs and again willing volunteers helped. Programs sponsored by MaH added enjoyment and

new friends. Some programs helped us address issues we were facing or would face as we aged. We have often said, “We’ve never gotten old before. We have a lot to learn.” MaH helped us learn and prepare.

In addition to all this we used many of the vetted service providers referred to us by MaH. One year when we had a fair amount of maintenance work to be done, we documented that we saved \$1,200 thanks to the discounts offered to members. (That’s the equivalent of 2 years of membership dues.) In addition to these savings were the discounts at many places to eat, the Wellness Center, Monadnock Chorus concerts, etc. We felt that was a pretty good bargain.

Most of all we appreciated the warmth, expertise and ready help from (Executive Director) Cindy and (Member Services Coordinator) Sandra who were just a

phone call away. That gave us some real peace of mind.

So why did we move to Rivermead? I can’t begin to tell you all the reasons that factored in. Both Tuck and I being sick last fall at the same time for a couple of months was one thing that nudged us to consider the move. Chris Gallagher, a retired social worker, who is on the MaH board, sat down with us and our children and facilitated a family conversation as we thought through the options. That was helpful. So at 85 and 90 years of age, we decided that we needed to make a change.

There were so many ways that MaH helped us stay in our home for “as long as possible” and for that we will always be grateful. For us, MaH was the necessary bridge. I continue on the MaH board and we both continue to be dedicated MaH members. 🍷

TAKE BACK YOUR YARD

**NO MOSQUITOES
NO TICKS**

Help protect your children, pets, and loved ones from the harmful dangers spread by mosquitoes and ticks that can spread a variety of diseases such as West Nile, the Zika Virus, and Lyme Disease.

**NATURAL BASED
MISTING SPRAY
FOR YOUR
FAMILY**

**NEW CUSTOMERS
Mention 4 Legs and get
\$39 First Treatment
(UP TO 1 ACRE)
or 10% Off A
Seasonal Mosquito
Program**

**Mosquito
TERMINATORS**

For more information call or visit
603-903-7949
www.MosquitoTerminators.com

Best Coverage at the Best Price!

BELLOWS-NICHOLS INSURANCE

Your road to Coverage

10 Main Street,
Peterborough, NH

924-7155
Find us on Facebook!

www.bellowsnichols.com

| | | | |
|--------------------------------|----------------------------|----------------------------|---------------------------|
| <u>New Ipswich</u> 878-4860 | <u>Hancock</u> 525-3342 | <u>Jaffrey</u> 532-5600 | <u>Antrim</u> 588-3600 |
|--------------------------------|----------------------------|----------------------------|---------------------------|

Home Auto Business Health Life Long-Term Care

Now Open!

Exceptional
Independent Living,
Assisted Living
and Alzheimer's Care



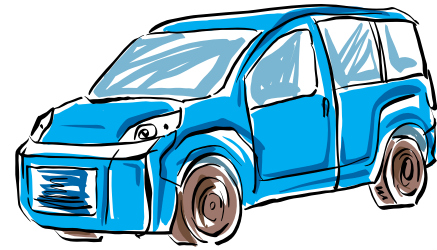
Call Today for a Tour



- Spacious, Private Apartments
- 24-hour Personal Care Services
- No Buy-in Fee



Independent Living • Assisted Living • Memory Care
11 Elm Street, Peterborough, New Hampshire
(603) 924-3691 • scott-farrar.com



Fight cancer, not traffic.

Oncology and Infusion Therapy Center

For more information,
please call (603) 924-4660.



Monadnock
COMMUNITY HOSPITAL

Your life. Your health. *Your Hospital.*

monadnockhospital.org

a member of GraniteOne Health

KEENE DOOR
garage doors
residential & commercial



20% Discount on Repairs for MaH Members

603-352-8553

528 Washington St.
Keene NH 03431

Keenedoor.com

24-Hour Emergency Service

- Repairs Service
- Free Estimates
- New Doors
- Replacement Sections
- Openers/Remotes



Find the Right Care at Good Shepherd

Skilled, professional staff

Award-winning care

Tailored rehabilitative services

A community built around you

goodshepherdrehabcenter.org

20 Plantation Drive
Jaffrey, NH 03452
(603) 532-8762



HERE FOR YOU SINCE 1972!!!

**25 Turnpike Rd
Jaffrey, NH**

603-532-8765

WWW.TIEGERREALTY.COM