



Monadnock at Home

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atHome

with Seniors in the Eastern Monadnock Region

Come Find Your Roots: An Introduction to Genealogy

By Chris Gallagher, MaH Vice Chair

Have you ever thought about your lineage or ethnic background? Specifically, do you sometimes wonder about the history of the family that came before you and ultimately led to who you are and where you were born? No doubt that each and every one of us has a rich story surrounding our heritage and one that may be full of surprises.

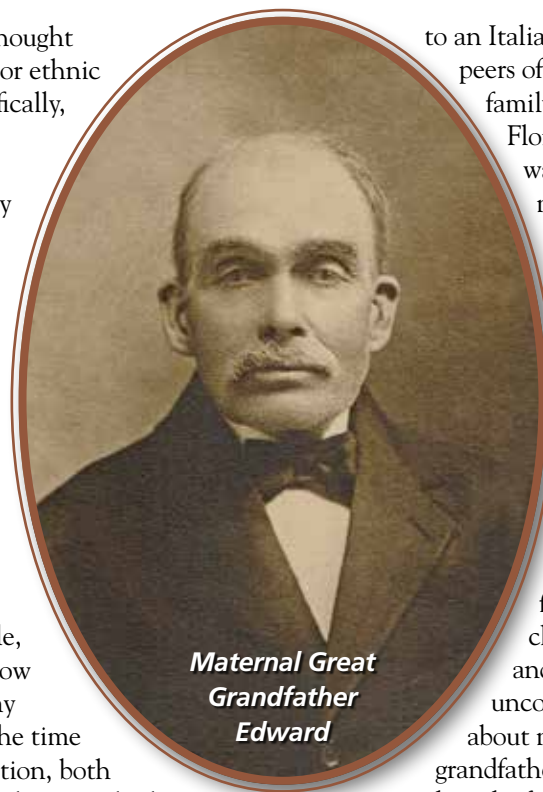
Like many people, I initially didn't know very much about my family history. By the time I began my exploration, both my grandparents and parents had died, and a few photos and stories were the only links to the past. Now, after 15 years of research and travel around America, and also to Ireland and Italy, I have multiple volumes of records and photos about my ancestors.

Among my discoveries: a relative with connections

to an Italian family who were peers of the famous Medici family in Renaissance Florence; an aunt who was a leader in the most important Shaker community in America; my paternal great-grandfather (Alexander) who was a British soldier and traveled the world in the early 19th century; a cousin who was the first female police chief in Boston and Seattle. I've also uncovered information about my maternal great grandfather (Edward) who purchased a farm in New Lebanon, NY in 1876.

If you are interested in genealogy and

Continued on page 5



Maternal Great
Grandfather
Edward



Family Farm in New Lebanon, NY

MaH Holiday Luncheon

By Cynthia Sue Martell, MaH Member/Volunteer

Monadnock at Home members gathered on December 7, 2017 at the festively decorated Monadnock Inn in Jaffrey Center for our annual holiday celebration.

Candid conversation and laughter among attendees clearly expressed their delight in shared camaraderie. Someone said it well: "With each passing year Monadnock at Home members form an ever-increasing bond with each other, developing deeper and warmer friendships."

And we have a special someone to thank for the seven plus years this remarkable organization has been flourishing: Cindy Bowen, our Founding Executive Director.

With Cindy stepping down in the new year, the annual luncheon provided an ideal setting for members and volunteers to express their heartfelt appreciation to her. This was celebrated with well-deserved verbal accolades, a floral arrangement, and a collection of personal notes written by grateful members.

During the past five years the ever-affable Sandra Faber has held the position of Monadnock at Home's Member Services Coordinator. Prior to the luncheon, Cindy Bowen enthusiastically announced Sandra had accepted the position to be our next Monadnock at Home Executive Director. This announcement was followed by an introduction to Deanna Mullins. Deanna will be replacing Sandra Faber, as Monadnock at Home's Member Services Coordinator.

We members look forward to working with both Sandra and Deanna in the new year!



Owen, Linn and David laugh it up!



Enjoying a delicious lunch at the Monadnock Inn

Nature's Green Grocer Chooses MaH for Green Giving Program

We are thankful to Nature's Green Grocer for choosing MaH for its Green Giving Program! When customers make a purchase at Nature's Green Grocer totaling \$50 or more between January 1 and March 31, they are given a token to drop into a Green Giving charity box of their choosing. Each token equates to 25 cents donated to us from Nature's Green Grocer. In addition, for the month of January, each time customers make a purchase totaling any amount, they will be asked if they would like to round up their purchase to support MaH! The Green Grocer is an organic grocer located at 374 Union St., Peterborough. Check them out and take advantage of their café seating with a wonderful breakfast, lunch, and dinner menu, prepared take-out food, and more!





Village News

By Sandra Faber, Executive Director

It's a new year! I am honored and grateful to begin 2018 as the Executive Director of this wonderful organization! I'm also grateful to Cindy and the Board for their confidence and support and excited to welcome Deanna Mullins as our new Member Services Coordinator. With her many years of experience coordinating services for individuals and families in need, Deanna is a huge asset to MaH and its members.

I have been with MaH for five years now and am very proud of all that the staff, board and volunteers have accomplished. We truly are a village, each one of us helping the other. What stands out most to me in 2017 is our volunteers, handyman help, grocery delivery, rides near and far, homemade soup donations, check-in calls, and so much more. In 2017, nearly 85% of

member requests were filled by a volunteer! It is comforting knowing our volunteers are always eager and happy to assist. We are always looking for additional volunteers, so let us know if you or someone you know might be interested.

My favorite part of the job is getting to know members better during our outings and programs. About four times per year the program committee gets together to plan the programs. We want to offer programs that you enjoy, so the more input the better. Let us know if you would like to join the committee. Emailing or calling with ideas is always welcome!

Awareness of MaH is spreading. Local businesses are choosing to support us which in turn helps us reach more people needing services. Thank you to Cooper's Hill Public

House for featuring MaH for a "Drink and Do Good Night" in December, donating 10% of the night's proceeds to MaH! Thank you to the Green Grocer for choosing MaH for its Green Giving Program and as the feature non-profit for the month of January! When checking out my groceries at Nature's Green Grocer in January, I witnessed three people ahead of me in line being asked if they would like to "round up to support Monadnock at Home," and they all said YES! It was so exciting! We are so thankful for the community support! Check out the details in this newsletter. We will continue to work hard to increase awareness of MaH in our community.

We are currently focused on seeking out new members. Please introduce MaH to your friends and neighbors. Interested folks can reach us at 603-371-0809 or go to monadnockathome.org for more information. A small gathering in a member's home is a nice way of explaining the benefits of MaH. Let us know if you have interest in hosting!

As always, call us whenever you need anything. We love to hear from you! Wishing you good health and happiness in the new year! 🍷

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Both members and non-members of Monadnock at Home can help us raise money to support our non-profit

organization if you have an **account with TD Bank**. The bank will donate \$10 annually to MaH for every **existing** checking account held by our members or non-members interested in supporting MaH. They will also donate \$50 for every **new** checking account. If you already have an account (or are willing to open one) please give us a call so we can help you enroll in their "affinity" program (603-371-0809).



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



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 New Year at MaH

By Ed Walker, MaH Chair

People often look at the new year as a time of changes and endless possibilities. As the Board Chair for Monadnock at Home, that is exactly how I look at 2018. With Sandra fully in her role as our Executive Director and Deanna up to speed as our Member Services Coordinator, we are continuing to provide the outstanding services that you have all come to know from MaH. Keeping that in mind, there are a couple of changes on the horizon.

Since our start, MaH has run the fiscal year from July 1 to June 30. This past December, upon the recommendation of our accountant and treasurer, we voted to change our fiscal year from a July 1 start to a January 1 start, with the then current year ending on December 31. So, what

does that mean to you as a member? Per our bylaws, the annual meeting will be moved from late spring to the late fall/early winter. This will allow you to get the full picture of how we did and where we are going.

The other news is that our host for the past few years, SDE, is leaving Peterborough and moving to the Seacoast. Although they are not completing their move until late March, we are in the process of finding new office space for our staff. When we find a new location, we will let all of you know and, who knows, we may even throw an office warming party! MaH is eternally grateful to SDE for sharing their space with us. As we transition to the new space, I want to reassure all of you

that there will be no interruption in the fantastic service that Sandra and Deanna are providing or the wonderful programs that we offer.

In closing, I want to ask you all to take a minute to reflect on what MaH means to you. Is it the ability to get a ride shopping or to an appointment? Do you like the programs or the opportunity to get together with a group of friends for monthly coffee? Maybe it is knowing that if there is an issue with your home you can get a handyman or vetted contractor. No matter what MaH means to you, I am willing to bet that many of you know someone who would love to take advantage of some of the same benefits that you enjoy as a member. If that is the case, invite them to a program or event, or feel free to suggest a membership.

If there is anything that you feel we can do for you, do not hesitate to contact me at 603-831-0014 or chair@monadnockathome.org. 📧



Our New Member Services Coordinator

By Deanna Mullins, Member Services Coordinator

My name is Deanna Mullins and I am excited to be your new Member Services Coordinator! Four years ago, I moved from Rochester, NY to Peterborough, NH with my husband Drew, our daughters Olivia and Mackenzie, and our Boston terrier, Mabel. It has been quite an adventure and we absolutely love living in the Monadnock Region! While living in Rochester, I spent nearly 18 years as the Intake Coordinator

for Lifetime Assistance, a not-for-profit agency that provides services for individuals with developmental and intellectual disabilities. I loved being able to help connect people with the services they needed, as well as organize events and work with our family support and advocacy groups.

When we moved to Peterborough, I took time off from working so that I could focus on helping our daughters

get settled into their new lives and schools and also get our new home put together. After working from home the past couple of years, I was excited to learn that Monadnock at Home had a position open that I was sure would be a perfect fit for me! I am happy to be working with Sandra and all of the wonderful people I have met through Monadnock at Home, and I look forward to meeting more of you soon!

Continued from page 1

discovering your own roots, please plan to attend my Monadnock at Home presentation entitled: "Come Find Your Roots: An Introduction to Genealogy" on Tuesday, March 27 from 10:00 am to 12:00 pm at the SDE Building in Peterborough. The presentation will include an overview of steps to begin or

expand your research using web-based tools such as Ancestry.com, accessing records from court houses, libraries, and churches, and DNA analysis.

In addition, I will also discuss my family connections to the Irish Famine, Gilded Age in Lenox, Massachusetts, Italian Renaissance architecture, the

disputed presidential election of 1876, and more.

Finally, I will also offer follow-up appointments for those interested in using my ancestry database to continue your research.

To register or for questions contact Sandra or Deanna at 603-371-0809. ☑

Senior Safety: Preparing for Disaster

By Ed Walker, MaH Chair

A while back I had the chance to present the National Fire Protection Association (NFPA) senior Fall and Fire Prevention Program to our members. I had a great time, and the positive feedback I received has led to this new newsletter column on senior safety. This column will focus on seasonal tips as well as other information to keep you safe. If there are any topics you would like to have covered, please let me know. I can be reached at ewalker@peterboroughnh.gov or 603-784-5601.

Are you prepared for a disaster? All of us have different definitions of a disaster. But from an emergency management perspective, it can be as local as a house fire or as wide spread as a hurricane. When we think of individual preparedness, it comes down to how long can you stay in your home if you were cut off and didn't have power or, if you did have to leave, are you ready to leave in a hurry?

I remember shortly after I moved to the

Monadnock Region I stopped home for lunch one day and the power went out. No big deal I thought; it was light out and I could see what I was doing. Then, when I turned on the faucet and there was no water, I suddenly remembered that I was on a well. No power, no water...

The first step is to consider how an emergency might affect your individual needs. Plan to make it on your own for at least three days. It's possible that you will not have access to a medical facility or even a drugstore. It is crucial that you and your family think about what kinds of resources you use on a daily basis and what you might do if those resources are limited or not available.

Think first about the basics for survival – food, water, clean air, and any life-sustaining items you require. Consider two kits. In one kit put everything you will need to stay where you are and make it on your own for a period of time. The other kit should be a lightweight, smaller version you can take with you if you have to leave your home. Recommended

basic emergency supplies include water; food; battery-powered or hand crank radio; and a NOAA Weather Radio with tone alert and extra batteries for both; flashlight and extra batteries; first-aid kit; whistle to signal for help; dust mask to help filter contaminated air; and plastic sheeting and duct tape to shelter-in-place; moist towelettes, garbage bags and plastic ties for personal sanitation; wrench or pliers to turn off utilities; local maps; pet food, extra water and supplies for your pet or service animal. Once you have the basics, add in items such as medications and medical supplies, copies of your insurance cards and other important documents, and emergency contact numbers for family and friends.*

Once a disaster strikes, keep tuned to local emergency officials through television, radio, and the internet and be ready to take the appropriate actions. ☑

* This list was adapted from materials found at ready.gov/seniors. Please check out the site for additional information.



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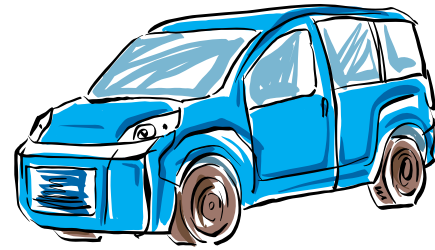
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Monthly Coffee Hour

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.