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atHome

with Seniors in the Eastern Monadnock Region

Member Spotlight: Larry Foley

By Deanna Mullins, MaH Member Services Coordinator

Monadnock at Home member Larry Foley is quite the historian. He's not only incredibly knowledgeable about history, but has also been active in preserving it. For instance, in an effort to preserve his own family's history, he wrote and published the book *A 20th Century Bridge*. The title refers to the link of three centuries and four generations of family starting with the birth of his and his wife Jeanne's parents in the 19th century. When Larry was writing his book, he was looking for a frontispiece for the beginning and he and his wife both ended up finding the same piece – "Count That Day Lost" by George Eliot. Both Larry and Jeanne have tried to live their lives according to the theme of this poem and so it was perfect for the book.

Larry and Jeanne grew up in the same neighborhood in Albany, NY. They enjoyed playing ball in the street with the neighbor kids and Larry says Jeanne could hit a handball a mile! When Larry was 17 and a senior in high school, he enlisted in the Navy as a combat air crewman trainee. A 12-month Navy training program took him to Tennessee and then Florida. After the program was cut short, with some support through the GI Bill, Larry started attending Union College in Schenectady, NY. Due to his limited time in the military, Larry was entitled to a smaller amount of funding through the GI Bill and by his junior year his college debt was piling up. Hearing news that events of WWII had required the US to build airfields in Alaska, he bought an old Ford and with



the company of two friends, headed to Alaska in search of opportunities. They had many adventures in Alaska but Larry ended up going back to finish school with a scholarship to play football. Larry and Jeanne had stayed in touch, eventually got married and she was brave enough to move back to Alaska with him. Larry ended up being a pioneer in the computer field in the 1950s and his computer skills were highly sought after by companies all over the country. He and his family moved a total of 24 times, living in places

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Chair Report: New Beginnings

By Chris Gallagher, MaH Board Chair

I write this message while visiting new grandchildren, Nora and Emmett. The twins are seven weeks old and, despite their age, somewhat musically inclined. See Emmett leading Nora in a round of (we think) Christmas carols.

The birth of children certainly represents a new beginning and as a parallel I now start a new role as the Chair of Monadnock at Home (MaH). At MaH, I have been a volunteer and board member for two years. My primary responsibilities have been as a driver, soup coordinator, and a MedPal. The MedPal program is one of the best services that I have ever seen, and we hope to expand it in the future.

In my life before MaH, I was a social worker at Monadnock Community Hospital and Cheshire Medical Center for many years and live in Dublin with my wife Jane.

MaH had a very successful year in 2018. Sandra Faber was promoted to replace founding Executive Director Cindy Bowen and Deanna Mullins replaced Sandra as Member Services Coordinator. Together our talented staff has done a tremendous job supporting our members and the organization.

As always, funding was a challenge, but Sandra miraculously developed multiple new sources. In fact, this was the second highest fund-raising year on record.

In 2018, we also mourned the loss of founding board member Tuck Gilbert. As fellow founder Owen Houghton stated in his tribute to Tuck in our last newsletter: "... he touched other's lives with his gentle and caring spirit and MaH is a grateful beneficiary." We are pleased that his wife Bobbie Gilbert has



continued as a valued member of the board.

Thanks to retiring board members Annie Card, Rick Harnden, and Kim Chandler for their wonderful help over the years. Rick has generously offered to continue his services as treasurer. Finally, welcome to new board members Polly Pierce and Tinka Reed.

Goals for the coming year include continuing to provide exceptional services to our current and future members, recruiting new volunteers for our board and committees, and exploring grants and other opportunities to solidify our present and future financial base.

Thanks again and I look forward to beginning my new role as chair. 📧

Welcome New Members and Volunteers!

New Members:

Brenda, Rindge
Virginia, Peterborough
Polly, Peterborough

Pauline, Peterborough
Louise and Bernie, Jaffrey
Barry and Susan, Peterborough

Liz, Harrisville

New Volunteers:

Polly, Peterborough
Betty, Peterborough
Mark, Hancock

If you would like to join or volunteer for MaH, please call us at 603-371-0809. We'd love to have you!



Village News

By Sandra Faber, Executive Director

Every once in a while I'll print out and very quietly post a quote on my fridge. I call them "fridge worthy." When a new one appears, they notice... and read it. They are my teenagers. In this subtle way, I'm hoping they absorb these little lessons and inspirations during their frequent fridge openings.

Some of my favorites from author Regina Brett:

"If we threw our problems in a pile and saw everyone else's, we'd grab ours back."

"Envy is a waste of time. You already have all you need."

"Life isn't tied with a bow, but it's still a gift."

These are good reminders for us all.

My newest "fridge worthy" addition: "Connection is why we're here; it is what gives purpose and meaning to our lives," by author Brene Brown. It's there to remind them to make personal social connections, not just social media connections. But, this quote also resonates with me as I sit down to write this column. After all, connection is at the heart of Monadnock at Home and is a running theme when I look back on 2018.

In December, new and long-time members of MaH gathered to celebrate the holidays together by the warmth of the wood stove at Emma's Pub. We had a great time as we connected with one another and recapped the year.

We held many other programs and outings throughout the year giving us all an opportunity to connect, none more pertinent than the Introduction to Genealogy program, where Chris Gallagher left us all wondering if just maybe, everyone in the room might be connected somehow! We connected the community to MaH when we hosted author Thomas Moore in May. We ate, we hit golf balls, drove golf carts, had coffee & good conversations, learned some new recipes, took in some history, explored our dreams, and were inspired by fellow member Francelia Clark's journey on horseback.

In addition to our programs, we are connecting members with volunteers and service providers on a daily basis. Whether it's computer assistance, grocery delivery, MedPal, rides, homemade soup, check-in calls or handyman help, it is my hope that each interaction with staff, a volunteer or a service provider, fosters a meaningful connection for you. These

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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.*

experiences and connections feed our soul, as Thomas Moore reminded us in May.

As you know, keeping our programs and services going requires raising funds. This past year, some funding opportunities seemed to just come knocking, but the reality is they were all a result of connections, some small and some much deeper. In all cases, we are forever grateful to all our donors and to all of our members who support our mission with your membership. We are also grateful for the support of our community partners, most notably Monadnock Community Hospital and Community Volunteer Transportation Company.

At our January board meeting, we welcomed Chris Gallagher to the board chair position and both Tinka Reed and Polly Pierce as new board members. All three come with a volunteer spirit and their own connection to Monadnock at Home.

Starting with this issue, we will acknowledge our connections with friends who passed in the previous year with a special “In Memory” section.

As always, remember to call us at 603-371-0809 to make a request. That is why we are here! I wish you all a happy and healthy new year and I look forward to connecting with all of you in 2019! 🍷



Members Enjoying Our Holiday Lunch.

We Are Grateful

By Sandy King, MaH Newsletter Chair

As I reflect on the past year and look forward to 2019, I am filled with gratitude. From a personal standpoint, I'm grateful to be blessed with a healthy family and the arrival of a third beautiful grandchild in November 2018. From an organizational standpoint, I'm grateful for the many donors who have so generously offered their financial support to sustain our mission. Because of this support, we are able to assist our members living at home to get to their medical appointments or the pharmacy, obtain grocery delivery, receive free homemade soup during the winter months, and participate in numerous programs that are fun, educational, foster kinship, and avoid the dangers and loneliness of isolation. MaH is in its ninth year of operation providing these services and more because of our donors.

As a membership based organization, fees provide only about half of our annual expenses of approximately \$88,000. Fundraising must account for the rest. In 2018, we were fortunate to be supported by numerous individuals as well as local businesses and

organizations. Individual names are too numerous to list here but will be included in our forthcoming annual report. Donations in 2018 from businesses and organizations include:

- The Uplift Music Festival (held at Oak Park in Greenfield)
- Nature's Green Grocer (in Peterborough)
- Cooper's Hill Public House (in Peterborough)
- The Bean Family Foundation
- Monadnock Men on a Mission

Of course, we are also grateful for all of our newsletter advertisers, past and present, many of whose ads appear in this issue. Their support helps us defray the cost of our newsletter while informing and entertaining our members.

Applause please as we extend a huge thank you to a community at large who values our seniors, along with respecting and supporting their choice to live and thrive in their own homes. We could not continue our work without you!

Larry Foley, Continued from page 1

like Silicon Valley, Maine, St. Croix, and eventually settling in New Hampshire to be near family. Larry is the proud father of five children – Sharon, Kathleen, Timothy, Colleen, and Michael – and proud grandfather of countless grandchildren and great-grandchildren!

Not one to be idle, Larry is thankful that “retirement and the good Lord” allow him to continue to stay busy by volunteering. Currently, he is working to preserve the pieces of history that can be found at the Cathedral of the Pines in Rindge, NH. Cathedral of the Pines is approaching 100 years in existence and Larry is working hard to raise funding for preservation, particularly of the Women’s Memorial Bell Tower and the beautiful carillon bells. This memorial is believed to be the first monument dedicated to recognizing

Count That Day Lost

By George Eliot

*If you sit down at the set of sun
And count the acts that you have done,
And, counting, find
One self-denying deed, one word
That eased the heart of him who heard,
One glance most kind
That fell like sunshine where it went –
Then you may count that day well spent.
But if, through all the livelong day,
You’ve cheered no heart, by yea or nay –
If, through it all
You’ve nothing done that you can trace
That brought the sunshine to one face –
No act most small
That helped some soul and nothing cost –
Then count that day as worse than lost.*

the service and sacrifice of women.

Larry has been a Monadnock at Home member for a number of years and says he values the development of friendships that come about as a result of being a member of Monadnock at Home. Ask Larry to have coffee sometime and tell you about the time he ran a saloon at Fort Seward in Haines, Alaska! 📷

In Memory of Those We’ve Lost in 2018

Lawrence Boutot
George Duncan
Tuck Gilbert
Kathy Graves
Bev Kemp
Art Maki
Stephen Millard
Quent Peacock

Golf Cart Tour & Lunch at Shattuck Golf Club

By Cynthia Sue Martell, MaH Member

Sandwiched between drab days, September 27, 2018 burst into being with sunshine and the beginnings of autumn colors. It was ideal weather for a tour of the Shattuck Golf Club in Jaffrey.

With golf carts lined up safari style, we followed the lead of our affable guide Tony, Shattuck’s activity director. His elderly Labrador retriever, Sage, accompanied him. Sage is famous for her golf ball retrieving skills!

A backdrop of picturesque mixed woodlands surrounds the golf course. Scenic ponds and bogs abound. Both support a fascinating array of aquatic plants and provide wildlife habitat.

Tony pointed out otter ‘slides’ and a beaver lodge. Beavers are renowned as “nature’s engineers,” but we were also impressed by human engineering. This in the form of numerous and artfully designed wooden bridges that span the course’s moist areas.

We rejoiced in breathtaking views of Grand Monadnock and made stops for those who wanted to capture its splendor in photos.

At tour’s end our jolly caravan returned inspired by viewing a unique setting where nature and sport blend together. Back at the welcoming Shattuck Clubhouse we enjoyed lunch and MaH’s legendary camaraderie. 📷



Everyone Enjoyed a Great Tour and Lunch!



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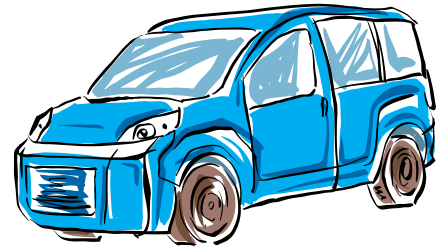
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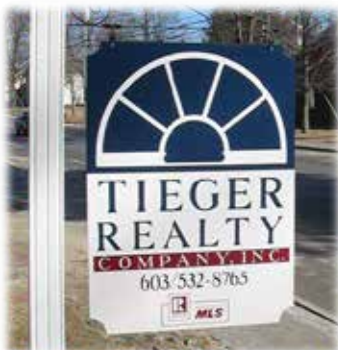


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