



Fall 2011 / Issue No. 4

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 Local Coordinators Stefanie Kyte,
 Chris Mann and Mary Talbot

Memberships are now being accepted.
 For more information call (603) 371-0809 or
 visit our web site www.monadnockathome.org



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atHome

with Seniors in the Eastern Monadnock Region



Members Owen & Norma of Jaffrey enjoy a cardiovascular workout at The Bond Fitness Center's indoor track.

Staying Fit Has Never Been Easier or More Economical

By Bob Dunn, MaH Board Member

Monadnock at Home members now have no excuse for not staying fit this winter. Through MaH's "Member Enrichment Supporters" program, we're able to offer reduced membership fees and discounts at some of the region's finest fitness facilities.

Among these is The Bond Wellness Center at Monadnock Community Hospital. This fine facility is the only medically-based Fitness and Rehabilitation facility in the Monadnock area. Its offerings are vast and varied. In addition to a Fitness Center with over 60 pieces of exercise equipment, the facility boasts 2 aquatic exercise pools. Also offered are Personal Training, Massage Therapy, Nutritional Counseling, Wellness Coaching and Rehabilitation Services.

The Wellness Center is offering to waive the initial enrollment fee (up to \$99) for MaH members interested in joining. For further information check out their web site at www.monadnockhospital.org.

Other fine fitness offerings that give MaH members a discount

The "Bubble" at Franklin Pierce University \$10 gets you a month of walking at the quarter mile indoor track of the Grimshaw-Gudewicz Activity Center. Route 119, Rindge. www.franklinpierce.edu

Breath & Balance Yoga Studio A donation of your choice for MaH members: 8 Main Street, Jaffrey. 532-6789 breathandbalanceyoga@gmail.com

Jazzercise Joining fee is waived (with auto-payment registration.) Meets at Union Congregational Church, Peterborough. www.peterboroughjazz.com

Performance Health and Fitness No registration fee, savings of \$154. Senior discounts. No fee for first month on 24 month contract. 301 Jaffrey Rd., Peterborough. www.perfhealth.com

Stretch and Strengthen Program Donation of \$1 per session. Meets in the Parish Hall of the First Church in Jaffrey, on the common in Jaffrey Center, Tues. and Thurs. 11-12 pm. For more information call Ginnie Garvin at 876-9318.

What a Great Gift!

Our unique “Forget-Me-Not” permanent calendars are great for Christmas, birthday and hostess gifts. They are now available for purchase at \$12 each and all the proceeds will help support Monadnock at Home. People who are using them say that they’re a great help for remembering those important dates that come around each year, and it’s delightful to have a beautiful picture of the Monadnock area greeting them each month. Simplify your gift giving and support MaH by calling 603-371-0809 today to place your order. (MCH and Cathedral of the Pines gift shops are also selling them.)



MaH Bylaws Available to Members

Just a quick reminder that members are more than welcome to request a written version of our organizational bylaws. Simply call Cindy at 603-371-0809 and let her know you’d like a copy.

Call or check our website (www.monadnockathome.org) for details on the Senior Health Fair and trip to the Butterfly Museum/Yankee Candle also planned for November.

Getting It

After attending the MaH Vital Papers Log Book Seminar in March, here’s what member David Howe wrote:

Difficult Questions/Easy Response

Thanks to Monadnock at Home a conversation with his son went something like this:

Son and heir, “Hey Dad, hate to ask, but how will I find stuff—just in case I need to?”

Dad, “What kind of stuff ?”

Son and heir, “Well, insurance policies, property deeds, tax returns, mortgages—that kind of stuff.”

Dad, “Simple!! Check out my Vital Papers Log Book —it will tell you everything you need to know.

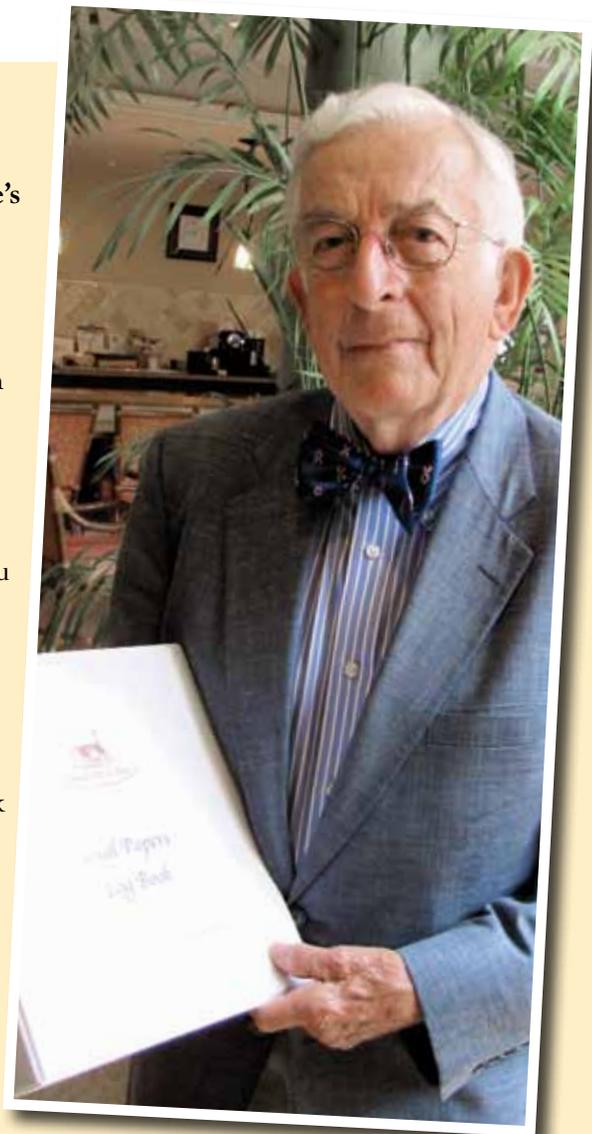
It is resting comfortably in our usual “safe place”.

Did you miss this seminar in March? Here’s a second chance!

By request of some of our members the Vital Papers Log Book Seminar will be offered again.

November 2, 10:30 -12:00 a.m. at the Hancock Library. Attorney Mark Fernald will be there to answer your questions.

The notebook you will receive makes it possible to keep vital information all in one place so it’s available to us now and to whoever needs to deal with our affairs after we pass on. Reservations for Nov. 2nd need to be made by October 26th in order to prepare enough material for everyone. The notebooks are made available at cost (\$12). The Seminar is open to all MaH members and they are welcome to bring a guest with them if they reserve a place in advance. (Call 603-371-0809 to make reservations). ☒



Annual Fundraising Project

By Sandy King, MaH Board Member

Following a successful initial year, Monadnock at Home began its second year of operation on September 1, 2011. With a great membership retention rate we are happily looking forward to continuing to serve our members by providing both the practical means and confidence to live their lives to the fullest in their homes as they grow older.

As a nonprofit, volunteer driven organization, we welcome your financial support and in-kind donations. Although our membership fees do cover approximately 75% of our annual budget, we rely on local foundations and individual contributions from people like you to fill the gap. Your tax deductible donation helps us provide the support and services necessary to keep our members living independently at home while staying connected to the community they love.

Within the coming weeks we'll be sending out letters to many of you within the surrounding communities asking for your financial assistance. Please consider becoming a "friend" of MaH by sending a donation, large or small, to sustain our organization. Whether or not you receive a letter from us, you can visit our website to donate (www.monadnockathome.org). From our home page, simply click on the "Make a Donation" tab and you'll be able to either donate directly on-line or print a donation card to mail in with your contribution. We are so grateful to all of you who help us as we support the seniors in our region. ☒

Cindy's Corner

By Cindy Bowen, Executive Director



Hello Everyone!

Welcome to the fall issue of "at Home"! It's been a little more than a year since we opened our doors in September 2010 and a busy year it has been! Monadnock at Home (MaH) has grown in many ways: more memberships, the hiring of Local Coordinators to facilitate communication between MaH and our members and additional board members who work on our committees to define MaH's services, quarterly newsletters, an updated website and much more to benefit our members!

Based upon the input of our members at the June 2011 Annual meeting, the Local Coordinators, MaH Program Committee and I have planned a full slate of recreational and educational programs for the fall. If you are interested and have not yet had the chance to participate in any of the programs, be sure to see the program announcements on page 2 of this issue or check out our

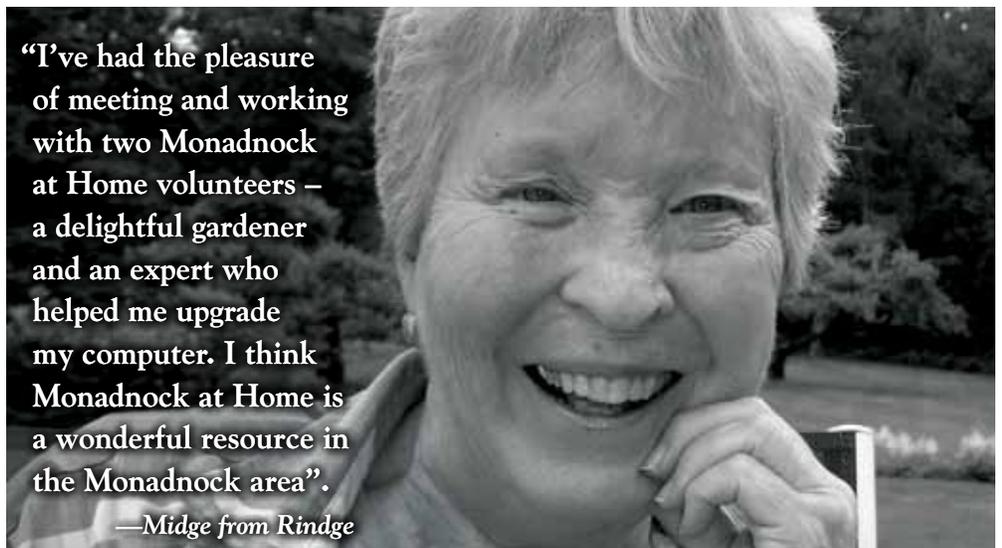
website for November program details. Remember to call ahead to reserve your spot. We'd be happy to have you join us!

With thoughts of colder months ahead of us, several MaH members have called requesting referrals for a host of services including heating, plumbing, chimney sweeps, yard work and volunteers for wood stacking. As you begin to prepare for winter, don't forget that your MaH membership offers you access to pre-screened service providers and volunteers who are willing and able to assist you. It takes just a single call to 603-371-0809. As always, MaH is 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.

Best wishes, be safe and stay warm as the winter weather approaches! ☒

"I've had the pleasure of meeting and working with two Monadnock at Home volunteers – a delightful gardener and an expert who helped me upgrade my computer. I think Monadnock at Home is a wonderful resource in the Monadnock area".

—Midge from Rindge



Social Security and Medicare Fact Sheet

By Sandy King,
MaH Board Member



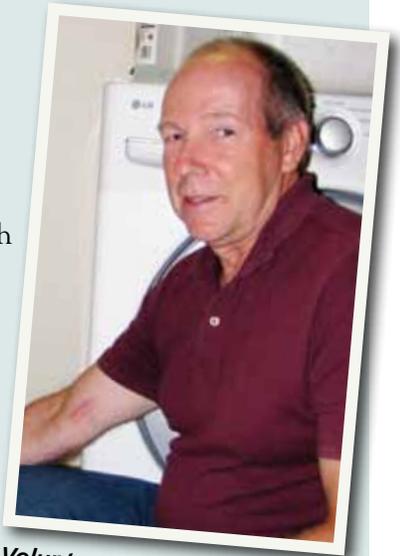
Entitlement programs such as Social Security and Medicare were hot buttons during the deficit reduction/debt ceiling debates held this past summer. Since the debt ceiling was raised in August, a new bipartisan, super committee has been appointed. Their job is to recommend an additional 1.5 trillion dollars in deficit reduction over the next ten years. As they evaluate federal expenses, you can bet that Social Security and Medicare will once again be on the table for discussion. With this in mind, the NH State Committee on Aging (SCOA) has put together a fact sheet indicating that these entitlement programs do not contribute to the deficit. For details, the fact sheet can be found on our web site under the News tab:

<http://www.monadnockathome.org/sites/default/files/Social%20Security%20%26%20Medicare%20Facts%202011.pdf>

Volunteers Help Keep Monadnock at Home Rolling

By Cindy Bowen,
Executive Director

In addition to our vetted group of service providers accessible to members through Monadnock at Home, we also have a very dedicated group of fully screened volunteers that are willing to assist members. We greatly appreciate the assistance of our volunteers which allows MaH to provide a wide range of services that help keep our members safe, happy and living independently at home.



Volunteer Rick of Jaffrey cleans dryer hose

Since we opened our doors in September 2010, thirty-one requests for volunteer assistance have been received and responded to by our talented and capable group of volunteers. Our volunteers have responded to a variety of requests including, but not limited to: transportation to medical appointments, computer assistance, aid with basic technical problems (e.g., new phone system set up) and help with simple home maintenance (e.g., rain gutter repair, water filter replacement, changing batteries in smoke detectors, installation of air conditioners in windows for the summer season, cleaning dryer vents, etc.). If a request appears to be beyond the scope of our volunteers, MaH is ready to assist you by making a referral to one of our prescreened service providers.

As always, call 603-371-0809 anytime that MaH can be of service to you.

Timely Tips...

"The Rake of All Rakes"

By Bob Dunn, MaH Board Member

About five years ago I decided it was time to replace my old beat up bamboo rake with a new one. There were so many times missing it was totally useless.

The rake that caught my eye was called the Bullet Rake. It was billed as "The Latest Innovation in Yard Maintenance." Well, five years later, I can tell you this rake has lived up to its billing and then some.

If you're in the market for a new rake, check out the Bullet Rake. It's made of a durable composite plastic that is super flexible and ultra light. In fact it's so light, it actually makes raking a joy, (never thought I'd ever admit that,) and it looks as good now as it did the day I bought it.

Source:

Agway, 30" Bullet Rake, \$14.99

If you have a favorite product that has served you well over the years, and would like to tell our members about it, we invite you to become a contributing editor to "Timely Tips." Just call Bob Dunn at 532-6139 for info.



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.