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Memberships are now being received.
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



Member Enrichment Supporters: Local Restaurants

By Marcia Osborn, MaH Board Member

Now that summer is finally here, what could be better than catching up with friends at one of our area restaurants or cafes? The Old Theater Restaurant and Tavern is the latest addition to the roster of eating places on our Membership Enrichment Supporters (MES) list offering a discount to MaH members. There's a wide variety from which to choose: from a leisurely cup of coffee or tea at The Bagel Mill in Peterborough to a quick and delicious lunch at the Grand Finale in Jaffrey, on the

porch at Fiddleheads in Hancock or amid the bustle of Aesop's Tables in Peterborough, inside or out. For a more leisurely meal after a day of gardening or golf, or before a play or concert, you can choose from among the Pearl Restaurant and Oyster Bar, Sunflowers, J.P. Stephen's Restaurant and Tavern or the Monadnock Inn. For detailed information regarding discounts at each restaurant, members can check their MES sheets or updated wallet card. Restaurant details are also shown on our web site (www.monadnockathome.org) under the Services and Benefits tab. ☐

Partnership with Monadnock Community Hospital

By Michael Blood, MaH Board Member

Members of Monadnock at Home (MaH) and Monadnock Community Hospital (MCH) forged a partnership to provide support to MaH members in a number of ways. The Hospital believes strongly in MaH's mission of helping seniors remain healthy and independent in their homes.

"The stories I first heard from Monadnock at Home representatives were very compelling" noted Andy Macdonald, MCH Administrator at the Bond Wellness Center. "We know people want to stay in their homes for as long as possible and to do this successfully they need caring services and a supportive community. We wanted to be involved. MaH has become a key piece of the connecting fiber of our community".

One of the benefits of our developing partnership is an increased level of awareness for MaH members about services offered through MCH.

For instance:

"I need to find a doctor?" MCH has a designated staff person to help MaH members find a doctor to suit their needs.

"Do I need to see my doctor right away?" The MCH Switchboard can connect MaH members to a 24/7 "Ask a Nurse" hotline. Or MaH members can call the hotline themselves to get the answers they need.

"I'd like to try that Wellness Center out." MaH members can get guest passes to try out the Wellness Center and enrollment fees are waived for MaH members. The FREE day guest pass is easy to get. Just call the member services desk at the Bond Wellness Center, 924-4650.

MaH members will be hearing more about the specifics of the 24/7 "Ask a Nurse" and "Find a Doc" hotlines as

Some of the other MaH member benefits to come:

- Educational programming on health and wellness issues to be held at both the Wellness Center and for specific MaH member concerns around their health and wellness. From medications/ side effects, to chronic disease and what a MaH member should consider for routine tests and exams at a certain point in their lives. For a full listing of current programs and classes, visit the website at www.MonadnockHospital.org.
- Informed Medical Social Workers who will advise MaH patients, and be aware of the MaH follow-up services when sending a patient home.

well as other services offered by MCH. Monadnock at Home is delighted to have MCH as a community partner! 📺

MAH's First Annual Meeting

Wednesday, June 8, 2011 proved to be another historic day for Monadnock at Home as we held our FIRST Annual Meeting! The meeting, which took place at the Peterborough Historical Society, was well attended by 46 MaH members and 8 Board members and staff. Upon arriving at the meeting attendees were entertained by the very talented Bob Pettigrew of Peterborough on the piano.

The meeting opened with a warm welcome from Executive Director Cindy Bowen, who updated everyone on the 30% rate of growth in membership since September 1, 2010 and the services that continue to

be utilized by MaH members. A business meeting as well as small group discussions, led by co-Chairs Bobbie Gilbert and



Dwight Schenk, followed to provide members with an opportunity to give feedback to the MaH Board and staff as to

what is working well and to share ideas as to how MaH can improve its services.

All members in attendance were given a special gift, a MaH Forget Me Not calendar. (See the article in this issue for further details about the calendars). MaH member Jane Garry of Hancock won the raffle prize which was a digital video camera.

Congratulations Jane!

The afternoon ended on an enjoyable note with a guest performance by Ken Sheldon of "Frost Heaves" who entertained the group with some NH humor. Kudos to all who helped to make our first Annual meeting a truly special event! 📺

PART II

Do you know... how the new Healthcare Reform Law affects Medicare participants?

By Sandy King, MaH Board Member

In our last newsletter we talked about the new Healthcare Reform Law and many free preventative services. The new bill also helps seniors with significant prescription drug costs by narrowing the gap within the donut hole.

Donut Hole Coverage in 2011

Seniors enrolled in a Medicare Part D Prescription Drug Plan generally pay an annual deductible as well as a coinsurance payment for prescription drugs. This arrangement applies to prescription drugs up to a retail cost threshold of \$2,840 in any given year.

Before healthcare reform, once the annual \$2,840 threshold was reached, seniors were 100% responsible for all medication costs between \$2,840 and \$4,550. This insurance coverage gap is commonly known as the **donut hole**. If medication costs exceeded \$4,550, Catastrophic Coverage was triggered and insurance kicked back in which substantially reduced the cost of medications.

With the new healthcare reform law in 2011, seniors with drug costs within the donut hole will receive a 50 percent discount on all brand name prescription drugs and a 7% discount on generic drugs. In coming years, Medicare will gradually phase in additional subsidies to essentially close the donut hole by the year 2020. 📌

Cindy's Corner

By Cindy Bowen, Executive Director

Hello Everyone!

Welcome to the summer issue of "at Home"! I am pleased to report that the phone has continued to ring throughout the spring with calls from our members requesting service provider and volunteer referrals. Many of the referrals made were for services such as yard work, driveway repair, gardening, tree removal, and

window washing, truly all signs of summer weather! Member follow up continues to be positive on referrals that have been made.

Within the past few months, a number of our members participated in several MaH sponsored events: a trip to the Christa McAuliffe Planetarium (Concord, NH) in March, our Vital Papers Log Book program in April and our annual member meeting in June. MaH is member focused and currently accepting new memberships. If you're happy with the services and benefits of membership, please spread the word to your friends and neighbors.

I'd also like to take this opportunity to

officially announce the addition of three, part-time Town Coordinators. Serving as a valuable link between MaH staff and its membership, the coordinators will spend their time facilitating the work and programs of MaH within the eastern Monadnock region. The Town Coordinators and their respective areas

are as follows: Stefanie Kyte for Jaffrey and Rindge, Christine Mann for Peterborough and New Ipswich, and Mary Talbot for Hancock and Dublin. Please join me in extending a warm welcome to them in their new roles as they help

build community and enhance quality of life for seniors aging at home.

As a reminder, don't forget to use your "MaH Handy Wallet Card" when you are out and about over the summer and looking for a place to eat. Showing your card will allow you to receive a discount at several area restaurants. Enjoy!

I hope this issue of "at Home" finds you healthy and safe. Happy Summer! 📌



Town Coordinators Christine Mann, Peterborough and New Ipswich, Stefanie Kyte, Jaffrey, and Mary Talbot, Hancock and Dublin.

Services at a Reduced Cost

Just a reminder that MaH maintains a list of over 130 pre-screened providers, such as painters, auto repair shops, and in-home companions for your convenient use. Even if you already have your own favorite plumber, hair stylist or home health aide, call us anyway (603-371-0809) to see if they're included on our list. Since many of our providers offer discounts to MaH members, chances are the work will be done at a reduced rate!

Caring from a Distance

"I wish something like Monadnock at Home existed where my Dad lives. Since my Mom's passing my siblings and I have become aware of the significant coordination of services it is going to take to keep him in his home. The supports that could be utilized from a program like Monadnock at Home would be so invaluable in supporting his independence thus keeping him in the only HOME he has ever known. I applaud the efforts of Monadnock at Home as a professional nurse and as a concerned and loving daughter."

Christine Selmer, RN/Administrator of the Monadnock Adult Care Center Jaffrey NH

Thank Goodness for Monadnock at Home

"Just over a year ago, my 95 year old mother had a stroke. I found myself struggling to find the help I needed to care for her after the initial in-home health care workers completed their commitments. This past September, Monadnock at Home began. I became a member immediately and, when my mother came back from a visit to a family member, I had already met with the executive director, Cindy Bowen, and her associate Suzanne Singer. They provided me with all of the information I needed for appropriate in-home care, with support for me as the care giver, and with a list of vetted in-home care workers to contact. I made the contacts and interviewed a number of them and was delighted with the choices I had. How fortunate I was to find just the right person for my mother. They have developed a wonderful relationship and my mother's mornings with Nancy are full.

Nancy provides personal care, does laundry, cooks, gardens, writes letters, and even plays cards with my mother. Keeping my mother actively involved is crucial to a positive state of mind and good health. Finding someone so patient, giving, and kind has been a blessing for all of us, thanks to Monadnock at Home." — Linda from Jaffrey



Timely Tips... "I don't do Windows"

By Bob Dunn, MaH Board Member

I can sympathize with that, I've always hated to wash windows myself. The main reason is that I could never really get them to be "streak free." They might look clean, if the sun wasn't shining, but let the sun shine and it looks like you've never cleaned them.

Here's the secret: Use a window cleaner that includes vinegar, it cuts through the film better. And don't use paper towels, they're too soft and just smear the film and grime around. The real trick is to use NEWSPAPERS! The newspaper surface is just right for a clean, streak free job.

Finally, if you still don't want to "do windows", MaH has several service providers who can help – simply call our Executive Director, Cindy Bowen at 603-371-0809 to set something up.

Happy Window Washing!

Forget Me Not Calendars for Sale

A permanent "Forget Me Not" calendar with beautiful photography of the Monadnock region was given to our first year MaH members as a gift at our Annual Meeting in June. It provides an attractive place to record all the yearly dates we want to remember such as birthdays, anniversaries, car inspections, flu shot, time to change smoke detector batteries, etc. The idea for this calendar came from one of our members, who said that at any age, but especially now, it is handy to have something to "tickle our memory". These calendars are now on sale for \$12 each. They make wonderful, inexpensive birthday or Christmas gifts. Call 603-371-0809 to purchase your gift calendars and at the same time support MaH. 📅



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.