



Monadnock at Home

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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



"Age of Champions" Documentary

The *Age of Champions* is an award winning documentary that follows a handful of seniors as they train and compete for the Gold in the National Senior Olympics. It's a fascinating film that introduces us to a 100 year old tennis player, an 86 year old pole vaulter and an exuberant basketball team comprised of a group of competitive grandmothers. This film may well redefine the image you have in your mind of what it means to "grow older". In any event, we can guarantee that the Age of Champions will both entertain and inspire you! Monadnock at Home plans to host this film sometime in May for a showing to the general public. Stay tuned for date, time and venue details. ☒

Use Your Membership Supporter Card!

There are a number of area venues, representing cultural, fitness and eating places within the Monadnock region that have graciously extended discounts to our members. Cultural organizations include the Mariposa Museum and Sharon Arts Center; fitness venues include the Stretch and Strengthen Program in Jaffrey, Performance Health and Fitness and the Wellness Center in Peterborough; and restaurants include Fiddlehead's, J.P. Stephens Restaurant and Tavern and the Pearl. Remember to carry your Membership Supporter card with you and take advantage of one of the perks you receive as a member of MaH!

For a complete list of supporters, please visit our web site:
www.monadnockathome.org/content/membership-supporters



Annual Meeting — Save the Date

Our annual meeting is scheduled for June 12th at the Shattuck Inn. Details will follow regarding time and agenda and we will also be offering transportation for those who need it. You can count on good company and lots of fun as we review our third year of operation and plan for our fourth! 📅

Cooking for One or Two

From Chef Bonnie at Good Shepherd Rehabilitation & Nursing Center

Baked Macaroni and Cheese with Bacon for One

Ingredients

4 tablespoons of uncooked macaroni pasta	1/8 teaspoon of ground mustard
1 tablespoon of butter	1 dash of Worcestershire sauce
1 tablespoon of all-purpose flour	1 dash of hot sauce (optional)
1/4 teaspoon of salt	1 teaspoon of bread crumbs (I prefer Panko)
1 pinch of pepper	2 tablespoons shredded cheddar cheese
1/8 teaspoon of onion powder	2 tablespoons real Bacon Bits (optional)
1/2 cup of milk	
1/3 cup of shredded cheddar cheese	

Directions

Preheat oven to 400 degrees. Grease an oven proof soup crock or a 1 cup baking dish. (both available at Dollar Store)

Fill a small saucepan with water, and bring to a boil. Stir in pasta; boil until cooked but still firm to the bite, about 8 minutes. Drain well, and reserve.

In the same saucepan, melt the butter over medium heat. Stir in the flour, onion powder, and add milk. Whisk until smooth. Cook, stirring for 2 minutes. Reduce heat to low and whisk in the 1/3 cup cheese, Worcestershire sauce, mustard and hot sauce. Stir in cooked pasta and bacon bits. Spoon the pasta into the prepared dish. Sprinkle with bread crumbs and 1 tablespoon of cheddar cheese. Bake uncovered until the cheese is melted and the pasta is heated through, about 10 minutes. Enjoy!
(Recipe can be doubled to make for 2 people).

Let your neighbors know about Monadnock at Home. Dress up your car with a MaH Bumper Sticker designed for us by Jim Fletcher of the Fletcher Media Group in Peterborough.



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.

Holiday Dinner at the Hancock Inn

This past December we had a lovely holiday dinner, attended by 47 members, at the Hancock Inn. We practically occupied the entire restaurant! The beautifully decorated historic inn was a wonderful setting for a holiday gathering. There was even a surprise visit from Santa Claus bearing gifts of homemade peppermint bark to all! Members enjoyed celebrating the holiday season with fine food and good company. Many thanks to innkeepers Marcia and Jarvis Coffin for all their help in making it a memorable event. 🍷



Sandra Faber Joins MaH as New Local Coordinator

By Sandra Faber

When my husband and I made the decision to move to the Monadnock Region fifteen years ago, we quickly knew this was where we wanted to put down our roots. Through the construction of our house and the raising of our children, we have benefitted from the help of many friends, neighbors and local resources. The volunteer spirit of this region is what makes it so special. For these reasons and many more, I know that I will want to stay in my home as I grow older and as a MaH Local Coordinator, I'm thrilled that I can assist others to stay in theirs.

In addition to assisting members, I will be helping Cindy with the operational part of MaH. I have worked for two New Hampshire non-profits managing their operations, marketing and event planning. I hope to spread awareness of MaH and help grow our membership. I am excited to be a part of the Monadnock at Home team and look forward to meeting you all.



Cindy's Corner

By Cindy Bowen, Executive Director



Hello everyone and welcome to the spring 2013 issue of "at Home!" I am pleased to report to our membership that Monadnock at Home continues to grow! Since September 2012 we have gained 15 new memberships! We currently have 75 memberships, comprised of 109 individuals. Just a reminder that MaH is always ready to accept new members. If you're happy with the services and benefits of membership, please continue to spread the word to your friends and neighbors whom you think would benefit from our support. Our best form of membership recruitment continues to be word of mouth, by our members sharing their experiences with others. For more information, interested folks can call 603-371-0809 or visit our

website www.monadnockathome.org and Facebook page www.facebook.com/monadnockathome.

MaH's Program committee and staff have been busy planning over the winter months. Our next event is truly a rite of passage in welcoming spring, since we will be visiting a sugar shack on March 20th. Join us to observe the maple sugaring process at the home of MaH members Owen and Norma Houghton of Jaffrey. Bring your own bag lunch. Drinks and a maple dessert will be provided!

Members will also be invited to join us at the member/community-wide event to view the movie "Age of Champions." See the article in this issue for details. We are also planning a trip in June to Saint-Gaudens National

Historic Site in Cornish, NH. Details to be announced.

I would also like to take this opportunity to welcome Sandra Faber of Hancock to the MaH staff. Sandra, who began in January, was hired as a Local Coordinator to provide administrative assistance to MaH, as well as service to our members. Welcome Sandra!

As the spring weather approaches do keep in mind that your MaH membership offers you access to pre-screened service providers and volunteers that are ready to assist you. Don't let spring chores overwhelm you! All it takes is a single call to 603-371-0809 to find the help you need. We are here for you!

I hope this issue of "at Home" finds you healthy, safe and happy! 🍷

Rainy Day Fund

By Sandy King, Development

Committee Chair

In addition to membership dues, MaH depends on donations from generous individuals, foundations, grants and charitable trusts in order to provide quality services and programs to our members. That's probably not a surprise to most, since fundraising as a whole is generally part and parcel of non-profit operations such as ours. Last fiscal year, July 1, 2011 to June 30, 2012, our fundraising efforts fell short of our \$22,000 goal by about \$3,000. However, I'm happy to report that this fiscal year (July 1,

2012 to June 30, 2013), is looking much brighter! As of Valentine's Day, we are less than \$500 shy of our \$25,000 fund raising goal! Although we do expect to reach our goal this year, we can't afford to take our foot off the gas in terms of fundraising effort. Consequently, this article is



essentially the announcement of our new Rainy Day Fund. Because some years are better than others, the Rainy Day Fund will be the catch basin for all donated money that exceeds our current goal for this year. Padding the Rainy Day account will serve us well in the event of any future lean years! Thanks to all who support us! ☒

Timely Tips...

Calcium: It's All About Absorption

By Bob Dunn, MaH Board Member

I would venture a guess that many of our readers are taking calcium pills to support bone health. I'd also venture a guess that a good percentage of those folks are just throwing their money away. Why? It's because the pills are completely useless if your body isn't absorbing those nutrients.

Here's a quick and accurate way to tell if the calcium pills that you're taking are working. Drop one pill in a glass of white vinegar and stir every 5 minutes for half an hour. If the pill doesn't fully dissolve in 30 minutes, then it's probably not going to dissolve in your stomach either. Poorly dissolved nutrients can't be properly absorbed by your body. Do yourself a favor and throw the bottle out.

Best Bet: Choose a brand of calcium that contains calcium citrate. This form dissolves quickly and is easily absorbed.

Do You Know...

...that you have access to a wealth of service providers?

By Sandra Faber, Local Coordinator

As a member of MaH you have access to over 125 fully vetted service providers and many of these providers extend a discount to MaH members. Here are just some of the types of services providers that could come in handy, especially this time of year.

We have providers who will cook meals made to order as often as you need. Meals can be delivered to your home, or even cooked right in your home.

We can refer tax accountants who will review your financial situation and work to reduce your taxes.

If you are going on vacation and need someone to house sit or take care of your pets, we have providers who can visit your pets several times a day or stay in your home if you choose.

We have access to many home maintenance providers, from snow removal, carpentry, heating needs to



garage door repairs.

We also have masseuse referrals. Some massage therapists offer a sliding scale fee and waive travel fees for MaH members who are unable to come to their office.

Let us know about your experience with our providers. After using one of our providers recently, a MaH member wrote, "They were terrific... first tried to help on the phone with some suggestions. When that didn't work, a very pleasant tech guy was here within an hour." ☒