



Spring 2018 / Issue No. 28

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atHome

with Seniors in the Eastern Monadnock Region

Circle Around Monadnock – Time Travel with Horses

By Cynthia Sue Martell, MaH Member/Volunteer

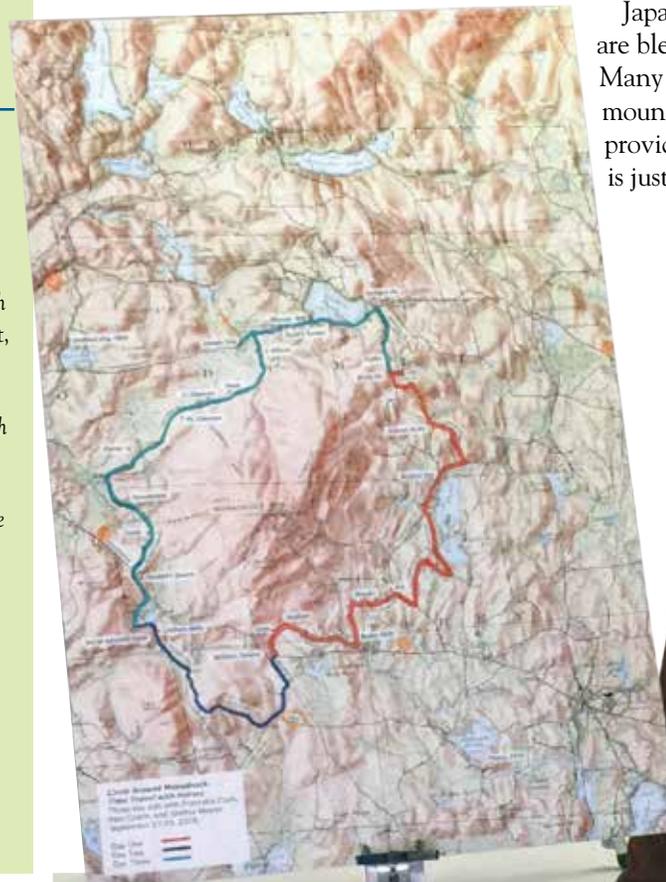
Yet another delightful Monadnock at Home program and luncheon was enjoyed at the Jaffrey Civic Center on April 12, 2018. The ever-exuberant author/artist/historian and MaH member Francelia Mason Clark treated members to an illuminating discussion.

Francelia recently published her meticulously researched book, *Circle Around Monadnock: Time Travel with Horses*. In it she, her Haflinger pony Misty, and riding companions Pam Godin and Shelley Mozier explore historical roads

and trails circling Mount Monadnock — some of which were established by the Abenaki over 4,000 years ago!

The three adventurers deliberately traveled slowly by horseback and foot, much like the 18th Century people who originally settled in the area. Traveling this way provided them an opportunity to contemplate and photograph traces of early homesteads and the splendid landscape surrounding them. Both of these reflect the undiminished bond and timeless attraction between people and the rugged grandeur of Mount Monadnock.

Japan has its sacred Mount Fuji. We are blessed with Mount Monadnock. Many consider it to also be a sacred mountain. Francelia's lyrical tale provides even more evidence why this is justifiably true. 📖



Francelia Mason Clark

What Can MaH Do For You?

By Sandy King, Newsletter Chair

As one ages, thoughts begin to occur in terms of long-term care options. The most popular choice, aging at home, can certainly be a reality for many. However, if one's health declines, other scenarios may be considered.

Transitioning to increasing levels of support as one grows older is often referred to as the continuum of care, loosely defined as:

1. Living independently at home
2. Living at home with help as needed
3. Moving to an assisted living facility (with or without memory care support)
4. Moving to a skilled nursing home
5. Moving to a continuing care retirement community (CCRC)

As the senior care industry has grown, organizations have evolved that cover all four phases shown above. For instance, a CCRC allows one to move into an independent housing unit and progress all the way through skilled nursing care while remaining on the same campus. As assisted living facilities modernize, many are also including independent living choices as well with the option of progressing to assisted living status. Of course each choice comes with a price and depending on the scenario, cost may increase proportionately with increased need for care.

So exactly where does Monadnock at Home fit in? We fall under option 2 of the continuum of care. The level of support our members need in order to remain safely and comfortably at home varies widely. Some only need help with the little things like an occasional ride to a doctor's appointment, assistance putting the storm windows up and down, stacking wood, or replacing the batteries in their ceiling level smoke alarms. Although seemingly minimal, these tasks can add up over time and render the notion of aging at home overwhelming.



Members enjoy Valentine's luncheon at Sunflowers



Coffee and conversation with Dr. Mike Lindberg

Others need help on a larger scale, such as transportation to Keene 2 or 3 times a week for dialysis treatment, coordination of home health aides to assist with daily living activities, or pet care such as dog walking during periods of illness. In other cases, the loss of a spouse may trigger loneliness and isolation and the member may be seeking friendship and social support. To that end, we can offer our social and educational programs (refer to "Village News" in this newsletter for a sampling), our Member Helping Member Program where daily phone calls are made from one member to another, our MedPal program where a member is accompanied by one of our trained volunteers to a medical appointment, and our monthly coffee hour.

With our support, a number of our members

have been able to stay in their own homes for the rest of their lives. For others who have experienced a decline in health that significantly impacts their ability to remain at home despite our assistance, MaH has helped them and their family members evaluate a potential transition to an alternate living situation with guidance from a volunteer social worker. If a decision is made to move to assisted living or a CCRC, for example, we will facilitate the move by helping the member sort through their possessions and pack them up or suggest ways to find new homes for unwanted items. In these cases, MaH has been the stepping stone on the continuum of care.

Do you need assistance in order to remain in your own home? Give us a call to discuss what MaH can do for you! ☒

Caring for Your Whole Self continued from page 5

maintain a zest for life. Self-care is a way of taking care of yourself. A good self-care routine involves balancing emotional, physical, and mental health! This means it's not just about physical activity and healthy food. Self-care can be creating art, having a spa day, reading a good book, meditating, or talking to a positive

thinking friend. It's important to find ways of self-care that are tailored to your own needs. No two people will have the same self-care routine, and that's perfectly fine! Find health goals that will enhance, not take over, your life."

In conjunction with this, during our Coffee & Conversation program last month, Dr. Michael

Lindberg focused on the importance of exercise, diet – specifically a Mediterranean diet – and cognitive training (great news for those of us who love crossword puzzles and Sudoku!) as essential ways of taking care of ourselves. We look forward to sharing more tips on caring for your whole self in upcoming issues. ☒



Village News

By Sandra Faber, Executive Director

I hope by the time this issue reaches you the temperatures will have risen and the flowers will be blooming! Despite the challenging weather this winter, our social and informational programs have drawn a large crowd. We celebrated Valentine's Day at Sunflowers, joined Dr. Lindberg for coffee and conversation, learned about researching our ancestry with Chris Gallagher, and went back in time on horseback with Francelia Clark! We have also welcomed a few nonmembers at many of the programs, which is a great way to introduce them to Monadnock at Home. Making connections with others is good for the soul! Speaking of which, I am looking forward to listening to Thomas Moore talk about his new book, *Ageless Soul: Finding Meaning and Joy in Growing Older* on May 2nd. I hope to see many

of you there! We'll be recapping this event in the summer edition of *At Home*.

At the end of March, we moved out of SDE, grateful for the staff's generosity over the last three and a half years, and into our new home at Monadnock Community Hospital (MCH). Yes, MCH has graciously offered Monadnock at Home office space in the Parmalee building! We are so thankful to all at MCH who helped coordinate space for us and who have gone out of their way to extend a warm welcome!

Settled in our new home, we didn't miss a beat. Deanna and I gathered the program committee together to brainstorm ideas for future programs. We came up with a lot of new and unique ideas and also talked about repeating some of the fun ones from the past, like the Shattuck golf cart tour! Check out the insert for

upcoming programs. Our programs and outings are a great way for people to learn a little bit about Monadnock at Home, so spread the word to your friends and neighbors and feel free to invite them along.

In addition to our regular programs, we're planning an Evening of Music to Benefit Monadnock at Home on May 19th. As a nonprofit, we rely on individual donor and foundation support to meet our operating budget. This event, along with NHGives on June 6th and 7th, will help in this effort. Last year we raised over \$1500 during NHGives. This year we are planning to double the dollars and more! Look for more information on these two fundraisers in this newsletter.

Most importantly, as you start thinking of the things you would like to get done in your home and yard this spring and summer, give us a call and we will be happy to assist you. Also, if you'd just like a refresher on what services we offer like MedPal, Members Helping Members, or grocery delivery for instance, please reach out to us at 603-371-0809!

In the meantime, enjoy the warm weather! ☀️

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Welcome New Members and Volunteers!

New members:
Kathleen and John from
Peterborough.
Carolyn and Harry from
Jaffrey.

New volunteer:
Kathy from Peterborough.

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



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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.*



Spring Cleaning

By Ed Walker, MaH Chair

With any luck by the time this article is published spring will be here and with that comes spring cleaning.

Our goal at Monadnock at Home is to provide seniors with the support and practical means to live and thrive in their homes and communities. Personal safety plays a significant role in remaining independent. So, as we all work on our spring cleaning, here are a few tips that will increase your safety as we move into the spring and summer.

- Did you change the batteries in your smoke and carbon monoxide detectors? Twice a year we are reminded that when we change our clocks we should change the batteries in our smoke and carbon monoxide detectors. If you didn't get around to it in March, it is never too late. Also, if your detector is more than 10 years old it needs to be replaced. If you cannot reach the detector, or you are not quite sure how to do this, give MaH a call and we can arrange for a volunteer to give you a hand.
- Look in the back of your refrigerator and your medicine cabinet. Throw out any out of date food or condiments (to make room for all the fresh vegetables) and if you have any unused or expired medications dispose of them too. There is a drug disposal box in the front lobby of the Peterborough Police Station or ask your pharmacist how to safely dispose of old medications.
- Make sure that your emergency contacts and medication lists are up to date. If friends or family have moved, make sure you have their current contact information
- Tidy up a bit. Over the colder months some clutter may have started to accumulate around the house. Now is a good time to put things away and remove any fall or trip hazards. Also look at your summer shoes. Are they worn out or maybe they don't fit? Proper fitting shoes with good soles are a great way to prevent falls.
- When you are outside, look at your walks and driveway. Is there

any damage or uneven surfaces? Have these fixed to help reduce your risk of trips and falls.

- As the days get longer and warmer, remember to drink lots of water and take frequent breaks. Dehydration and fatigue are common problems in the summer months and can lead to more serious health issues.
- Take care of maintenance issues. Are there lights that are out? Loose stair treads or railings? Do you need to install grab rails or other safety devices? Spring is a good time to get these projects done. Remember, if you need help or recommendations, the staff at MaH is there for you.

The most important thing to take care of this spring is yourself. Now that the weather is getting better take stock of how you are feeling and doing. Are there any new aches and pains? Any lingering health issues you didn't want to deal with in the bad weather? Spring cleaning isn't just about taking care of your house and yard, it is also about taking care of yourself. Don't forget about our MedPals program. MaH has volunteers trained to confidentially work with you to make sure you get the most out of your medical appointments. Call Sandra or Deanna for more information at 603-371-0809. ☒

Please Join us Saturday, May 19th at 7:30 pm for

An Evening of Music to Benefit Monadnock at Home

Bass Hall at the Monadnock Center for History and Culture
19 Grove St., Peterborough

Come celebrate the delight of a charmed spring evening by bringing music to your ears! Relax and enjoy the eclectic folk music of *Footings* and take in the sweet sounds of the blues with *Chesty Rollins* (aka *Charlie Chronopolous*). *Footings* was founded by local Eric Gagne, who has been a touring musician for most of his adult life, as well as the co-founder of *The Thing in the Spring*. *Footings* plays original music with folk roots and an electric flair. *Chesty Rollins* lives in Peterborough, plays regularly in Boston with the American Repertory Theater's orchestra, and loves the blues, jazz, rock, and folk music, which are reflected in his original songs. This is sure to be a fun evening!

Tickets are \$20 per person and available at The Toadstool Bookshop and Steele's Stationers, both in Peterborough. You may also order tickets by calling MaH at 603-371-0809 or emailing help@monadnockathome.org.

This event is open to all and proceeds benefit Monadnock at Home! Light refreshments will be served.



NH GIVES

NH Gives — Statewide 24-Hour Period of Giving!

NH Gives — an initiative of the NH Center for Nonprofits — is designed to bring the state together as one community, raising as much money and awareness as possible for New Hampshire's nonprofits within a 24-hour, flash-mob of giving. As a nonprofit, a community day of giving such as this is important to not only help us raise much needed funds, but also spread awareness about our services and how we help seniors in our region live and thrive in their own homes.

By participating in NH Gives last year, Monadnock at Home received over \$1500 in donations! This year, our goal is to at least double the dollars!

Many of our donors give generously to MaH throughout the year and we are very grateful for their contributions. If you are able, this 24-hour giving day will be your chance to come together with so many others in NH and show your support!

Because of the tight time period, the 24-hour period of giving is mostly communicated through email and social media. If you are not on either of those platforms, but would like to make a donation toward this day, please call us! We can even make your donation a matching incentive for others to give!

We hope you'll take a moment to support Monadnock at Home during this timeframe: June 6th, starting at 6 pm through June 7th, ending at 6 pm. Please mark your calendar and show your support for seniors in the Monadnock Region by donating during this exciting fundraising event! 📧

A Huge Thank You To Nature's Green Grocer!

Wow! Nature's Green Grocer has donated over \$954 to Monadnock at Home through their quarterly Green Giving Program! For the month of January, MaH was the featured charity where customers were asked at the register if they would like to round-up their purchase to benefit MaH. In addition, when a customer spent \$50 or more between January and March, they were given a 25 cent token to drop into the box of the charity of their choice. At the end of the quarter, Nature's Green Grocer donated the dollar equivalent of all the tokens in our box as well as all the dollars donated through the round up month. We are grateful to Nature's Green Grocer and all the community members who contributed! Thanks to all who supported this wonderful event! 📧



Generous check presented to Sandra from staff at Green Grocer

New Medicare Cards

As of April 2018, the United States government began mailing out new Medicare cards. The cards will be mailed out in phases by geographic location through April 2019. New Hampshire residents will start to see their new cards beginning in June. Your Social Security number will be removed from your new card and replaced with a unique number assigned to you. This change has been implemented to prevent fraud, fight identity theft, and keep taxpayer dollars safe.

Unfortunately, scammers are always trying to find a way to get people's information. Beware of a caller claiming to be from Medicare and asking you to verify your Social Security number in order to receive your new card or a caller telling you they are calling to collect a "processing fee" in order for you to receive your new Medicare card. These are scams! Medicare will NEVER ask beneficiaries to confirm their Social Security number or ask for money in order to receive the new Medicare card. If you receive a call like this, hang up and report it to Medicare at 800-633-4427. Additionally, if your address has changed, you'll need to report it in order to receive your new card. Contact the Social Security Administration at 800-772-1213.

Since we all receive unsolicited mail that often gets tossed into the recycling bin, we've included a photo of the old card vs. the new card. The new card will arrive in the mail from the Department of Health and Human Services in an envelope marked "Official Information from Medicare." 📧



Caring for Your Whole Self

By Deanna Mullins, Member Services Coordinator

Spring is upon us (really, it is!) and it is a great time of year to not only renew our homes with spring cleaning, but also to renew our selves with some self-care! Many of us tend to hibernate a bit during the winter, sometimes due to the cold, the ice, or that terrible flu season! But now that it's starting to warm up and the ice and snow has melted, it's a great time to get out for a walk with the dog, meet up with a friend, or join us for a fun Monadnock at Home program. These are just a small sample of things we

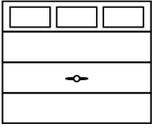
can do as part of our own self-care routine.

We reached out to member supporter, Performance Health & Fitness for some wellness tips and fitness & wellness coach, Carol Leger, CHC, CFT shared the following: "No matter what stage of life you find yourself in, you can start a self-care routine that can change your life going forward... a team approach between you, your healthcare professional, and a health coach can help you feel stronger, optimize your health, and help you

Continued on page 2

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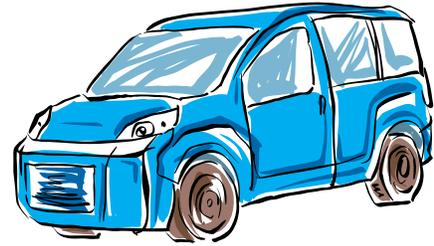
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Monthly Coffee Hour

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.