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Memberships are now being accepted.
 For more information call (603) 371-0809 or
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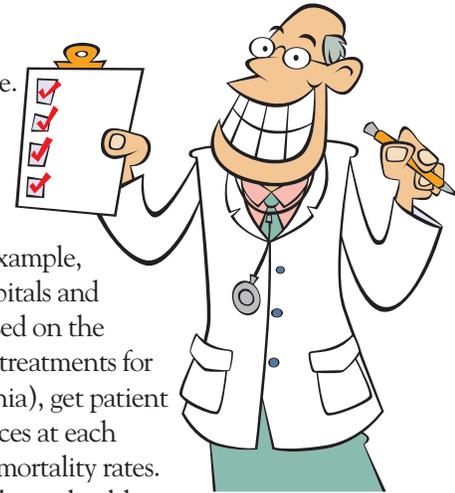
atHome

with Seniors in the Eastern Monadnock Region

Help with Home Health Care Choices

By Sandy King, MaH Board Member

For some time now, Medicare has provided an important resource on their web site (<http://medicare.gov/quality-care-finder/>) to help you in making certain medical decisions. Specifically, their Quality Care Finder (QCF) includes the tools to compare hospitals, nursing homes, physicians, dialysis treatment centers and prescription drug plans. For example, the QCF for hospitals enables you to: search for hospitals and get their contact information, compare hospitals based on the quality of their care (i.e., do they use recommended treatments for serious conditions such as a heart attack or pneumonia), get patient survey results to learn more about patients' experiences at each hospital, and also compare rates of readmission and mortality rates.



The newest addition to the QCF tool pertains to home health agencies. With this tool you can now:

- Search for home health agencies and obtain their contact information.
- Find out what services each home health agency offers, such as skilled nursing care, physical therapy, speech therapy, and home health aides.
- Compare home health agencies based on the quality of their care (for example, how well they manage pain, treat wounds, and keep patients safe).
- Attain patient survey results to learn more about patients' experiences with each home health agency.

In the complex world of medicine today, tools such as the Medicare QCF can be invaluable. If you do not have access to the web, contact Medicare by phone at 800-633-4227. ☑

Medicare Policy Update

Because of a class action law suit which was brought against the Federal government, Medicare has changed its eligibility rules for those who need skilled rehabilitation services in a nursing home, at home or as outpatient care. Specifically, individuals will no longer have to show that they are improving to continue to receive Medicare coverage for skilled nursing home stays or to continue to receive rehab and other skilled services in the community.

In other words, Medicare will pay for such services if they are needed to "maintain the patient's current condition or prevent or slow further deterioration," regardless of whether the patient's condition is expected to improve. Although it will take some time for the Center for Medicare and Medicaid Services to re-write the manual, these changes may be implemented sooner. We will keep you posted as we learn more about specifics as well as the anticipated implementation date.

Have you ever wondered, "Where do the funds to operate MaH come from?" Well, here's the answer in "pie chart" form:



Like most "villages" across the country, because membership fees alone only comprise about two-thirds of our income, MaH has to rely heavily on charitable grants and donations. Many of our members make tax-deductible contributions, above and beyond their membership fees.

- Foundation and Trust Grants
- Individual and Business Contributions
- Membership Dues
- Other

Cooking for One or Two

From Chef Bonnie at Good Shepherd Rehabilitation & Nursing Center

Oyster Stew

Ingredients

- | | |
|---------------------------------------|-----------------------------------|
| 2 tablespoons of butter | ¼ cup of half & half |
| 1 (6 inch) celery rib, finely chopped | ¼ teaspoon onion powder |
| 1 small clove garlic, minced | 1 pinch of dried parsley |
| 1 tablespoon all purpose flour | ½ teaspoon salt |
| 1 cup of milk | 1 pinch of black pepper, to taste |
| | 1- 8 ounce container of oysters |

Directions

- Melt the butter in a skillet over medium heat; cook and stir the celery and garlic in the butter until the celery is soft, 5-7 minutes. Add the flour and stir, scraping the bottom of pan until flour is lightly toasted. Slowly add the milk and half and half to the roux (flour mixture), stirring constantly. Stir in the onion powder, parsley, and salt to the mixture. Reduce heat to medium low, continue cooking and stirring the mixture until it bubbles and thickens, about 5-7 minutes.
- Add the oysters with the liquid from the container to the mixture, cook until the edges of the oysters curl, about 5 minutes more. Season with pepper just before serving. Yummy!

Forget Me Not Calendars Make Great Gifts!



A permanent "Forget Me Not" calendar with beautiful photography of the Monadnock region is now on sale for \$12. 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 make wonderful, inexpensive holiday gifts. Call 603-371-0809 to purchase your gift calendars and at the same time support MaH.



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.

MaH in the National Spotlight!

Did you know that Monadnock at Home is also a "Village"? In fact, we are a member of a national organization called the Village to Village Network. The village movement is quickly growing in many communities across our country and is a reflection of just how many people want to remain independent and living in their own homes as they age. There are currently more than 92 villages in operation throughout the country, including 3 in NH (MaH being one of them). Beyond that, there are 120 additional villages in development.

MaH was not only represented at the national Village to Village Fourth Annual Gathering in Atlanta, GA on October 15-17, 2012, but was selected to present at one of the conference sessions, entitled "What is the Best

Organizational Structure for your Village?" Rick Harnden, (MaH Board member/Treasurer and VtV Advisory Board member) and Cindy Bowen (Executive Director) were presenters at this session. It was a great opportunity to share our experience with start-up villages in attendance, passing on what we have learned along the way.

In addition to attending several interesting conference sessions, the national gathering was a great opportunity to network with staff and board members from other villages. We hope some of the thoughts and ideas we've gained from this conference experience will help us to better serve our

membership and continue to grow our "Village" in the Monadnock region. ☒



Cindy's Corner



By Cindy Bowen, Executive Director

Hello everyone and welcome to the winter 2012 issue of "at Home!" As we head into the coldest months of the year, do keep in mind that your MaH membership offers you access to pre-screened service providers and volunteers that are ready to assist you. All it takes is a single call to 371-0809! We are here for you! As a reminder, MaH has a "Storm Preparedness Checklist" posted on our website - hard copies are also available by giving us a call. If after reviewing the list, you find that you need assistance with any storm prep activities, do give us a call and one of our volunteers will be glad to help.

And speaking of volunteers, the next time you're on the MaH website (www.monadnockathome.org).

org) please check out the latest promotional video about MaH volunteers and the services they continue to provide to our membership. (Click on Volunteer opportunities near the bottom of the page). Special thanks to our volunteer and member "actors" who participated in the production of this video. Kudos to all of you! If you occasionally find yourself with a few hours to spare and would like to help your fellow members, why not consider becoming a MaH volunteer? Right now we are in particular need of handymen and wood stackers. We welcome volunteers anytime. Just give us a call!

Looking for a last minute holiday or hostess gift?? Check

out the article on MaH's "Forget Me Not Calendar" in this issue of "at Home." They're reasonably priced at \$12 and make a great gift! And while you're out and about during the holiday season, don't forget to use your "Handy Wallet Card" for member discounts at area restaurants.

MaH is always 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. For more information, interested folks can call 371-0809 or visit our website www.monadnockathome.org.

Best wishes, be safe and stay warm this winter season! ☒



Timely Tips...

Give Your Back a Break!

By Bob Dunn, MaH Board Member

I've been using this sturdy, lightweight ergonomically designed snow shovel for years now, and I swear by it. Anyone with back problems, (like me) should have one of these shovels. The contoured bent handle allows you to grip it at a higher point giving you more leverage. All this translates into less back strain. These shovels cost a little more than your typical straight handle shovel, but believe me once you've tried one, you won't want to shovel the old fashioned way again. Check them out at Belletetes or Agway, and give your back a break this winter. 📌

Trip to Historic Deerfield

By Steffie Kyte, Local Coordinator

In between rain storms, twelve hardy MaH members were graced with a day of sunshine on September 19th. The trip to Historic Deerfield had been planned for months, but nobody can change the weather, as we have learned yet again with Hurricane Sandy in October.

We began our visit with a short video outlining the history of the village, and then set out for a walking tour. Our guide gave us an overview of the buildings lining Main Street and

pointed out the museum and other important places we might choose to visit on our own. She then gave us an historical background on the Thorn House, where each room represents a different period in history.

Later, we shared an outdoor picnic lunch and still had time to explore the rest of the village on our own. Thanks to Ann Nunn, Administrator at Good Shepherd Nursing Home, for providing transportation to Deerfield and Andre, our driver. 📌

