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atHome

with Seniors in the Eastern Monadnock Region

Member Spotlight: Mimi Atwood

By Deanna Mullins, MaH Member
Services Coordinator



"When you live far away from someone you love and they're sick, you worry about them all the time. I live in Virginia, so when my mother was dealing with several health issues, it was impossible for me to be there all the time. Monadnock at Home was unbelievably helpful. Their volunteers helped my mother get to her appointments, make sense of advice from multiple doctors, and navigate her various treatment options. I don't know what we would have done without them. It made things so much easier for my mother and gave her family so much comfort knowing that she had someone there to help when we were far away. We're so lucky they exist and do the great work they do."

—Daniel Atwood, Mimi's Son

Mimi Atwood's first introduction to Monadnock at Home (MaH) was at our Thomas Moore event in Peterborough last year. She remembers seeing a flyer for the event that piqued her interest. After the event, Mimi thought she would like to become a member, but health issues took precedence around that time. While she was

struggling with her health, her son Daniel and his family came from Virginia to visit her and while seeking help for Mimi, her daughter-in-law Dana also discovered and reached out to MaH.

The Atwood family gives a lot of credit to MaH's MedPal program for helping them to navigate through such a difficult time.

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Announcing the Houghton Society for Legacy Giving

By Rick Harnden, MaH Treasurer

Monadnock at Home (MaH) began around a few kitchen tables nearly 15 years ago, and one of those kitchens was that of Norma and Owen Houghton. They're part of a group of about a dozen folks who realized that our region was missing a crucial component in the spectrum of care for older members of our community. After about five years of discussions and hard work, MaH began

operating in September 2010.


In honor of the inspirational dedication of Norma and Owen, our Development Committee has now established the Houghton Society. It is comprised of a group of farsighted people who, by adding us to their estate plans, are ensuring that future generations can benefit from the peace of mind that MaH's services provide. Planned

giving is a way of leaving a legacy while potentially realizing personal and financial benefits. We welcome the opportunity to provide you with more specific information on our planned giving options. For information about how to join the Houghton Society please call 603-371-0809 to speak with Sandra or Rick (or click on the "Donate" tab of our website: MonadnockatHome.org). 



Basket Bingo!

BINGO! On April 13th this word was yelled out many times in a room packed with over 200 people at the Shattuck Golf Club. It was the 9th annual Peterborough Woman's Club's (PWC) Basket Bingo event. Each year, the PWC chooses a local cause to be the beneficiary of this exciting afternoon. We are thrilled that this year Monadnock at Home was chosen! It was truly an amazing day filled with good food, loads of fun, and tons of

prizes. As the beneficiary, we participated in the planning process and helped out during the event. Thank you to the many MaH members and board members who jumped in to help. And thank you to the Peterborough Woman's Club members and the many businesses and community members that worked hard to make this event a success. We are grateful to have been the beneficiary of this event and for the opportunity to be involved with such a wonderful group of people. 

Welcome New Members and Volunteers!

New Members:

David, Peterborough
Chris and Katy, Hancock
Virginia, Peterborough

Patricia, Jaffrey
Roland & Marcia, Peterborough

Kathy, Peterborough
Faith, Rindge

New Volunteers:

Bob, Peterborough

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



Village News

By Sandra Faber, Executive Director

Ah, the awakening of spring! It's something I think we all cherish. Winter has its perks, but in my mind it doesn't compare to the arrival of spring! There is so much happening at Monadnock at Home this season. Three big things to note, with further details about each in this issue, are the following:

First, spring started with a wonderful gift to Monadnock at Home. We are so grateful to the Peterborough Woman's Club for choosing us to be the beneficiary of their Basket Bingo event! Second, we are excited to announce the launch of the Houghton Society. Owen and Norma Houghton, long time members of MaH, believe in the importance of our mission and were the

first to commit to leaving a legacy gift to MaH. Next, NH Gives is coming up on June 11th & 12th. For the third year in a row MaH will be participating in this 24-hour period of giving! This gives a huge boost to our fundraising efforts and is a fun way to contribute to local causes.

It has been wonderful to see many new members getting to know others in the group. I'm hearing more and more about friendships that have formed through shared interests. To foster more of these friendships, we have started the monthly Member and Volunteer Drop-in program. Our first drop-in started with a good snow covering, but six people braved the

spring snow and joined us. We encourage you to participate and learn a little more about each other. Along these lines, our program flyers will include some non-MaH local events that we feel members may enjoy together. We will keep a list of who is interested in attending and then put you in touch with each other to explore these various community offerings. Let us know if you hear of a local program you would like us to advertise to the group. You'll notice some of these along with our planned MaH programs listed on the enclosed flyer.

Please remember to call us at 603-371-0809 if you need assistance. And if you would like an update on your membership benefits, we are happy to go over that with you. Enjoy the newness of spring and we hope to see you at our social gatherings! 🍷

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*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.*

NH Gives: a Statewide 24-Hour Period of Giving!

Monadnock at Home is participating in NH Gives on June 11th & 12th again this year. During this event last year we received nearly \$5,000 in donations! We are very grateful to those donors as well as folks who give generously to MaH throughout the year.

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 one is important to not only help us raise much needed funds, but to also

spread awareness about our services and how we can help seniors in our region. This 24-hour giving day will be a chance for you to

come together with so many others in NH and at the same time show your support for MaH!

Because of the tight time period, the 24-hour period of giving is primarily 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 could even make your donation a matching

incentive for others to give!

We hope you will take a moment to support MaH during this time: June 11th starting at 6pm through June 12th at 6pm. Thank you! 📧

NH GIVES

The Importance of Social Connections

Remaining socially engaged as we age has important health benefits. Specifically, it helps to ward off feelings of loneliness and isolation which are associated with an increased risk of mortality. That being said, we know that staying involved with others can be challenging as we grow older.

Namely, health conditions, mobility issues, and a decreasing social circle due to life changes and family moving far away can have a big impact on our social lives. In addition, those dealing with health issues can become so caught up in managing doctor's appointments that it can become hard to make social connections a priority.

Luckily for Monadnock at Home members, there are many opportunities for social engagement, ranging from putting one's little toe in the water all the way to completely submersing oneself in deep waters! For example, there is our Member Helping Member program where two members are paired up. The relationship is defined between the members but often include a daily or weekly check-in call. Sometimes that's all the receiving member wants, but it is often the case that these relationships grow into friendships and outings together.

We also have our monthly coffee hour

held at 10 am on the third Tuesday of the month at the Bagel Mill in Peterborough. This option is a great way to interact with other members without any kind of commitment. Just stop by when you feel the urge for comradery and delicious coffee. We've also recently introduced

way! The same holds true with our MedPal program where a volunteer accompanies you to your medical appointments and acts as a second set of ears to be sure you've asked all the questions you intended and also understand all follow-up instructions from your doctor.

If you are interested in learning technology, our volunteers can teach you how to use email, Facebook, Instagram, etc. Face-Timing with grandchildren will certainly put you in high spirits!

Speaking of volunteers, a great way to nurture some new relationships is through volunteering yourself! There are many ways you can volunteer for MaH such as

helping to plan activities, making friendly check-in calls, giving some of your expert advice to other members, providing a ride, and more. Volunteering is a wonderful way to socially participate in life while helping others at the same time.

If you are interested in becoming involved with any of these activities, please call or simply drop in to one of our programs. The first step is always the hardest, but in no time we bet you'll be off and running with a smile on your face! 📧



a new Member and Volunteer Drop-in program held from 10 am to noon on the first Wednesday of the month in Conference Room 1 at Monadnock Community Hospital. We provide coffee, light refreshments, and a few games. Let this be an opportunity to get to know fellow members and also talk to staff about any needs you may have.

Our transportation service kills two birds with one stone. One of our volunteers will drive you to your appointments and provide the opportunity for conversation along the

Mimi Atwood, Continued from page 1

“Without you guys, I cannot imagine how I could have done this year,” says Mimi. Early on, she had two surgeons doing procedures simultaneously, the results of which were completely unexpected and set off an incredibly difficult year for Mimi. Over the course of this past year, Mimi and her family have become very close to her MedPal, Chris, and his family. It is these shared connections that members and volunteers both find to be invaluable. One of the ways that they became so connected, was through Chris sending reports to Mimi’s family in Virginia, to keep them apprised of what was happening with her many medical appointments. Chris is very fond of Mimi and her family, and he has often stated that in a career of about 40 years in the field of social work, his involvement with the MedPal program has been one of his most meaningful experiences.

In addition to the MedPal program, another unexpected bright spot for Mimi is the soup program where delicious soups are donated by Mayfair Farm and delivered to a number of members every other week during the winter. She also appreciates being able to call MaH for referrals to service providers such as electricians. She shares, “You know there are so many things I don’t think of that you help with, you are always in the background. It is so frustrating for someone my age, a woman alone, to try to figure out how to handle, ordinary plumbing... Anything that happens is like, who am I going to call? So the back-up information, recommendations, have been wonderful to have.”

Originally from New York, Mimi enjoyed being able to be home with her son in his early years, and then worked in various positions such as financial sales,

as a legal secretary and real estate sales in Forest Hills, NY. Approximately 20 years ago, Mimi and her family moved to the Monadnock Region and ran a bed and breakfast for a few years. She is also an art lover and an artist herself, dabbling in different things including writing and painting. Mimi says that when she feels the need or desire to do something artistic, she has a number of different projects to choose from. Right now, she feels that she is mostly still spending much of her time making doctor’s appointments – catching up on things that had to be put to the side during this past year. But she does hope to take a trip this spring to visit her son’s family and especially looks forward to spending time with her adorable little granddaughter Mollie. We are happy to have Mimi as a part of our own MaH family! 📷

Technology Can Support Us at Home

By Sandra Faber, Executive Director

When I visit my sister who is nine years younger than me and who fully embraces the latest and greatest technology, I laugh when she asks a speaker to turn off her oven when she is standing three feet away from it. I can’t help but wonder if this is a dangerous road some are headed down, but then I think of the ways modern technology can be useful. For someone living alone and with mobility issues, technology could be helpful. I start to think of more possibilities. Do you ever get up in the middle of the night in the dark? Is the light switch across the room? Asking a speaker to turn on the light before you get up, can potentially prevent a fall. Falls are the leading cause of injuries in older adults.

In March we held a program about technology and how it can help us age-in-place. Terry Duddy from Connect America explained personal emergency response devices. The wrist or necklace brings peace of mind, knowing that if you fall in your home, a press of a button will summon help. Similar devices that work off GPS can bring the same assurance when you are out of the home. These are certainly great options, but there are many tech devices available today. To explore these other options, Rick Harnden brought in a smart device to demonstrate what can be done in the home simply by asking a

speaker a question. In fact, as he mentioned, a smart phone or watch can also act in a similar way.

For instance, you need only say, “Call Tom” to dial your son. For the visually impaired, this certainly eases the process of making a phone call. If you carry a phone wherever you go and something happens, you will be able to ask your phone to call for help. If family needs to check on your whereabouts, they can check via your GPS location. If you arrive home in the dark and your outdoor light is not on, simply press the flashlight button on your phone and see a clear path to your door. Many will find the ability to set medication reminders to be useful as well. These are just some of the ways a smart phone or watch can be of support.

One need only google “technology to age in place” to explore many applications for “smart” home devices, ranging from a box that can alert family who may live far away that you haven’t turned an appliance on or off, to an alert on your smartphone that someone is at your door. Embracing technology, even in small ways, can increase our safety and peace of mind in the home and is worth considering. “Technology is a useful servant but a dangerous master,” said Nobel Prize winner Christian Lou Lang. Wise words to remember as we seek to use technology to serve us without allowing it to consume us. 📷



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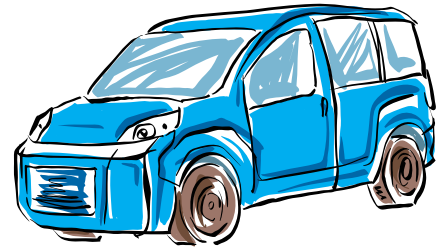
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