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# atHome

## Helping Seniors Live Independently



*Amedine enjoying ice cream at a Kimball Farm outing.*

Amedine Bella and her husband, Igor, found Monadnock at Home at a time when they were looking to ensure they could remain living in their home as they aged. They joined Monadnock at Home in 2013. Sadly, Igor passed away a couple of years later. Throughout their lives together they had many adventures and accumulated quite a collection of books, beloved items handed down from family, and treasures from their travels. Amedine is grateful for the support that Monadnock at Home has continued to give her over the years, which has allowed her to achieve the goal that she and her husband set of staying in their home.

Amedine was born in Boston and lived in Cambridge for many years while her father was a professor of physics at MIT. Her mother's family

was from the Peterborough area and she remembers vacationing in Dublin, where she and her husband eventually settled. Amedine met and married her Igor, a Lutheran clergyman, and together they had a son named Ivan and a daughter, Alyssa. These days, Ivan lives in Maryland and Alyssa lives in New Mexico. Amedine is a proud grandmother to two granddaughters and a grandson, who she says "of course are all brilliant!"

After her husband retired from his ministry, they enjoyed traveling and their travels took them around the world. Their most amazing trip was to Antarctica. Flying down to Chile, they boarded a ship in Argentina and sailed to Antarctica. They took excursions around the continent to see the penguins – taking care to respect their paths and routines – and to see the

*Continued on page 2*

## Amedine Bella *Continued from page 1*

glaciers. Amedine shares that “penguins are the cutest things ever!” She and her husband also traveled to the Arctic, and she laughs and says, “So I guess that makes us bi-polar!” Her husband’s family was from Slovakia and she and Igor visited them after the wall came down. They also traveled to China, Morocco, and Armenia. One of the most important trips they took was to Iraq in 1970, before Khomeini was in power. She remembers being especially impressed by the history of the country and the art, including seeing incredibly beautiful mosaic walls in a mosque.

In addition to her family, friends, and traveling, another love of hers is music. She was very involved in the choir at All Saints Episcopal Church, where she sang alto in the choir for close to 20 years. She also sang with Monadnock Chorus for about 20 years. Initially, she joined the group because she liked a piece of music they were singing – a Dvorak piece. Her daughter, Alyssa, and her two children carry on the love of music, singing in the Cathedral Choir in New Mexico. Amedine is gratified for what music will bring into her grandchildren’s lives. She says, “Music brings people together.” She loves and supports what Apple Hill Center for Chamber Music is doing



*Amedine and fellow MaH members attend a program at Mariposa Museum.*



### 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.*

with their Playing for Peace program. For example, Israeli and Palestinian musicians playing a Mozart piece together. Amedine says, “When you bring two different cultures together to play music, they can’t be mad at each other!”

With the support of Monadnock at Home, Amedine continues to live in the home that she loves, with cherished belongings, and an incredible collection of books that belonged to her family. She enjoys being able to have family and friends visit her at home. Over the years, Amedine has appreciated having the help of Monadnock at Home’s network

of volunteers and service providers available to help with everything from a stuck cupboard door and chirping smoke alarm, to home repairs and in-home care. But she has also enjoyed making connections through social programs, particularly the coffee group. She says that it is a nice, low pressure social group – “go when you can, as often as you can – no pressure to make every gathering.” Her coffee group friends were so happy to see her recently at Monadnock at Home’s Ice Cream Social at Kimball Farm, which was the first in-person program since the start of the pandemic.



# Village News

By Sandra Faber, Executive Director



Welcome to the fall edition of *At Home*. Although rainy at times, I think we all took advantage of outdoor time this summer. Let's hope for many sun-filled days and crisp evenings to carry us through the fall.

As you know, we are still navigating the pandemic. Although life has been easier with vaccines, the new variants are a reminder that we must all try to stay vigilant. We would not have been able to continue our services throughout the pandemic without our wonderful volunteers, so let me take this time to send out a big THANK YOU to all of you! Our volunteers are essential to our team and their flexibility and willingness to help others, especially during this challenging time is so appreciated! Another essential part of our team is Deanna Mullins! Deanna's impact is felt daily with our members and volunteers. Recently, Deanna was featured in the Catholic Charities NH "Difference Makers" Spotlight series. We are excited to reprint a portion of that article in this issue, so you can learn a little more about Deanna and hear about her dedication to the work she does.

This pandemic has made us all have to work harder at connections and interactions with others. Maybe you've tried new ways to connect...like using Zoom or maybe you've consciously increased the amount of times you pick up the phone to call a friend or relative. No matter what steps you may have taken to reach out to others, these deliberate

actions to make social connections are so important for our well-being.

Outdoors continues to be a safe way to enjoy the company of others. By the time you read this, we would have had our last hurrah at Kimball Farm. Who doesn't love ice cream? This was a great way to see others, have some laughs, and catch up! Our coffee group plans to continue twice per month as long as the weather holds up. This hardy bunch isn't afraid to dig out those winter coats a little early if need be to meet up with friends. Although we still call this a coffee group, I don't think anyone actually brings coffee, so no need to bring a thing, just show up!

Since there are less in-person opportunities for the foreseeable future, we are always looking for new and interesting social or informative programs to bring to members. Soon we will be mailing out information on Mather Telephone Topics. Topics range from discussions around such things as travel and brain health, to live guided yoga and chair exercises. The sessions are FREE, open to all, and are accessed simply by calling a toll-free number or joining online. We will be mailing out more information, letting you know how to access the programs, as well as providing you with a copy of the monthly schedule. Please let us know if you try any of Mather's offerings and what you think of them. We'd love your feedback!

So, remember to reach out to someone daily. Go for a walk with a friend, call a distant relative, or call us! We love to hear from you!

## Welcome to our new members who have joined us since the spring!

Nila, Hancock  
Linda, Jaffrey  
John, Peterborough  
Tina, Peterborough  
Normand, Peterborough  
Pat, Peterborough  
Pat, Peterborough  
Joan, Peterborough  
David, Peterborough  
Ann, Rindge



## Monthly Coffee Hour

The MaH Member Coffee Group has been gathering outside, behind the United Church of Jaffrey, 54 Main St., Jaffrey. The group meets at 10 am on the first and third Tuesday of each month. If you have questions or would like to receive updates regarding any future changes, please contact MaH at 603-371-0809. The group welcomes and encourages people to join them! Mark your calendar, bring your lawn chair, and join this fun gathering of MaH friends!

# Movement Is the Goal!

By Eric Dacey, PT, DPT, GCS, Outpatient Rehab Coordinator, Bond Wellness Center/Monadnock Community Hospital



Physical fitness and movement are essential parts of daily life, and take on even greater importance as one ages. Physical activity is undoubtedly a key to successful aging.

Physical activity is defined as any body movement produced by muscles that uses more energy than resting. Physical activity has been proven in multiple studies to positively affect natural processes of aging, such as reducing blood pressure, lowering cholesterol, controlling blood sugar levels, reducing stress, improving memory function, and improving self-image.

One of the other major benefits of routine physical activity is prevention of age-related functional decline, as well as reducing risk of potential serious events, such as catastrophic

falls. Research tells us that only about 22% of adults over the age of 65 engage in regular physical activity, and only 11% of adults over the age of 85 perform regular physical activity. Without this routine physical activity, older adults are at greater risk of fall-related injury, progressive loss of mobility, and potential loss of independent living.

Gratefully, many of these consequences can be reduced or prevented. What should you do? First, always consult with your physician before beginning any new exercise routine or regimen for any medical guidelines or limitations. Once cleared, select something you like to do, whether it is just walking, or even something you could do sitting. The most important concept is to do something you enjoy because it is easier to stick with it! Nearly any exercise or activity can be modified to anyone's physical abilities. Movement is the goal! A physical therapist is the ideal person to help

you identify exercise or activity you could do safely within your limitations, and instruct you on proper movement form and performance.

Another important concept is to ensure that one's home is tastefully modified or laid out to enable safe mobility in the home. Common recommendations include removing tripping hazards such as scatter rugs, ensuring adequate accessible lighting in every room, placing most commonly used items within easy reach in each room, and installing safety equipment such as handrails or grab bars in the bedroom/bathroom to assist with ease of mobility. Don't forget the phone or other communication device always kept with you!

Aging should not be dreaded; it should be embraced! It is possible to live well in our older years, and with regular physical activity, simple home accommodations, and good support systems, one can continue to enjoy life to its fullest no matter how old. Live well!

## Important Changes Affecting Local Telephone Calling

Starting October 24th, you will need to dial the 603-area code when making local calls. All landline and mobile calls will require you to dial a 10-digit phone number: (area code + telephone number) for all local calls. If you attempt to make a call after 10/24/21 using only 7 digits, you will hear a recording that your call cannot be completed as dialed.

Why is this change being implemented? The Federal Communications Commission (FCC) assigned 988 as a new three-digit telephone number for the National Suicide Prevention and Mental Health Crisis Lifeline, effective July 16, 2022. For 988 to work, 10-digit local dialing must be used.

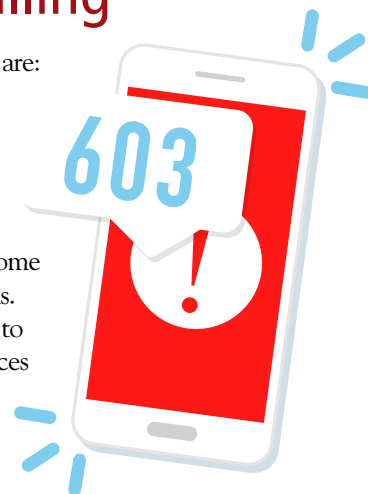
Though seven-digit dialing will still be available until October 24th, you should immediately start dialing 10 digits (area code + telephone number) for all local calls to allow time to get used to it.

We recommend that you take some time to reprogram your set contacts and speed dials to reflect this change now, so you are all set when the change takes effect. Check all your services and equipment that might be programmed to dial seven-digit local numbers and add the area code where necessary to dial 10-digit numbers.

Besides speed dial sets and phone contact lists, please change any other devices that may use a phone number, such as your personal medical monitoring devices. These devices are sometimes set up to dial a family member or other emergency contact if you fall. If your emergency contact lives in NH, then you may not have their area code programmed into the device, so you will need to make sure that the phone number for your emergency contact includes the area code 603. All of NH is affected and will need to use the 603-area code. Other

considerations are: internet dial-up numbers (if you access the internet through dial-up) and home security systems. It is important to note that services accessed by dialing a three-digit code, such as 911, are not affected by this change and you will continue to dial 1+ area code + telephone number for all long-distance calls.

If you have any questions or need help with making these changes, please give us a call.





# Reunited!

## Reunited

Reunited and it feels so good  
 Reunited 'cause we understood  
 There's one perfect fit  
 And this one is it  
 We're so excited  
 'Cause we're reunited,  
 Hey, Hey

The 1970's smash hit "Reunited" was sung by popular R&B duo Peaches & Herb. It speaks to a couple's romantic "reuniting" after a breakup. The song's original release date was March 11, 1979.

On the same month and day 41 years later, March 11, 2020, the World Health Organization declared the coronavirus a pandemic, and our nation went into lockdown.

Part of the plan to prevent virus- spread was a deliberate albeit necessary "separation" of people. This meant eliminating most traditional pre-pandemic social interactions such as large gatherings. Though most people respected the official requests, there also gradually developed an ever-increasing desire for a return to a more normalized "reunification" with others.

Considering the above, it was especially thrilling as a member to receive a program announcement from Monadnock at Home to attend an Ice Cream Social at the end of July 2021!

The announcement began:

*We are excited to get together in person! Join us for an Ice Cream Social at Kimball Farm in Jaffrey – a great way to get out and socialize while enjoying a cool summer treat!*

MEMBERS WERE OBVIOUSLY DELIGHTED TO PARTICIPATE! We were blessed with a lovely day. Jubilant attendees filled one large picnic table and part of another in a cozy outdoor area adjacent to Kimball's Restaurant.

The laughter and happy voices of members reuniting "filled the air with a joyous sound" as the familiar biblical quote proclaims. Many of those who attended hadn't seen each other for well over a year! This get-together had the loving feeling of a family reunion.

And, ironically, this brings us back to the beginning theme of Peaches & Herb's song: "Reunited and it feels so good!"

By Cynthia Sue Martell, Member, Monadnock at Home



MaH members gather for music and lunch in Depot Park.



The Ice Cream Social was a big hit!



MaH members Linda & Tinka catch up at Kimball Farm.



Dan & Faith Duo perform in Depot Park.

# Spotlight on Deanna

Recently Deanna Mullins, our Member Services Coordinator, was featured in Catholic Charities NH's *Difference Maker* spotlight series. We are excited to share with you excerpts from Deanna's story. To read it in its entirety, visit [cc-nh.org](http://cc-nh.org).

## What do you enjoy most about working at Monadnock at Home?

Definitely interacting with our members, whether it's doing a one-on-one chat on the phone or seeing people in person. We did an ice cream social on July 28, and that was our first in-person program since March 2020! We were all so excited to see each other and catch up – it was a lot of fun.

## Why is Monadnock at Home special?

The people – we are our own little community. We're a staff of two, Sandra Faber, our executive director, and myself, and we both care very much about our mission of helping seniors to be able to stay in their homes. We have an amazing network of volunteers who truly go above and beyond and genuinely care about our mission. Then there are our members who feel like Monadnock at Home is their family. We have many folks that live by themselves, and they truly have made some strong connections with other members and with volunteers.

## What does your typical day look like?

I don't have typical days! Just the nature of what we do – the phone rings and someone needs this or that – dictates how the day will go. Not long ago, a member



Deanna Mullins

called and needed her car jump-started, which we have never done before. I called a couple of volunteers to see if anyone could help, and one was available right away – so it's like, oh wow, that's a new service!

## What do you enjoy most about helping those in need?

I like to connect our homebound members with other members or volunteers to facilitate opportunities for socialization, whether it's hearing a friendly voice or seeing a friendly face. I make calls to members, too, and if I sense that somebody is a bit lonely and would benefit from going to one of our programs or joining a Zoom, I try to encourage them to get involved. Several members have said that it is nice to know that someone is there to check on them. I have one gentleman who has shared several times that hearing my voice brightens his day – so that was sweet to hear.

## What do you enjoy doing outside of work? What are some of your hobbies?

I love spending time with my family and my friends. I am married with two daughters – one in high school and one in college – and I keep pretty busy with their activities. I volunteer for school committees, and I attend Divine Mercy Parish in Peterborough, NH. I've been teaching Sunday school there for the past seven years. I love to travel, read, listen to music, and do home decorating projects.

## What do you love about New Hampshire?

My mom is from New Hampshire, and when I was growing up in New York, it was my favorite place to go. I loved to visit my grandparents and my mom's family. The first time I brought my husband here 30 years ago, he fell in love with it. He told me all those years ago, anytime I wanted to move, he's ready. It took us 20 years to come around to that idea! New Hampshire is the perfect place because, in about 90 minutes, you could be at the ocean, in the mountains, in the Lakes Region, in Boston – it just has everything. We love it here.

## What is your favorite quote?

"Faith is taking the first step even when you don't see the whole staircase." – Dr. Martin Luther King Jr. Faith is a big part of my life. I bought a sign for my home with this quote before our move to New Hampshire – we had faith that it was the right move for our family and we were right!

## What is your favorite movie?

We are huge movie buffs, so it is hard to

*Continued on page 7*



# Stronger Memory Program Kicks off in November

Have you ever felt frustrated by occasional memory loss – maybe feeling like your memory recall is slower than it once was? Cognitive decline is part of the normal aging process, but recent studies have shown that we can have a positive impact on our brain health by performing simple tasks involving reading, writing, and math on a consistent basis.

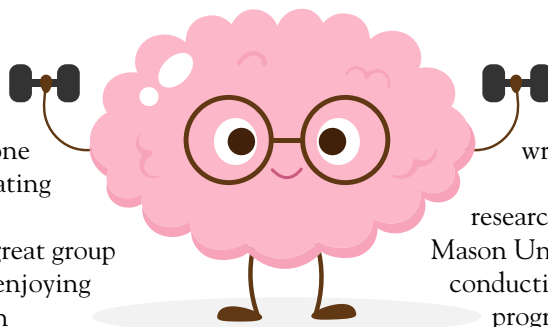
Inspired by research out of Japan, and witnessing his own mother's challenges with cognitive decline, Rob Liebreich, President and CEO of Goodwin House, based in Alexandria, VA, developed the StrongerMemory Program to help older adults facing mild cognitive impairment (MCI). The goal of the program is to delay or slow the symptoms of MCI.

In 2021 Goodwin House made the program available to 10 villages connected to the Village to Village

Network and Monadnock at Home was thrilled to be one of the participating villages.

We have a great group that has been enjoying participating in the first session of our StrongerMemory program. The StrongerMemory program is a curriculum designed to stimulate the brain's prefrontal cortex, which governs our ability to retrieve memories. Participants spend just 20 to 30 minutes a day engaged in simple reading, writing, and math activities.

The group meets via Zoom every other week. We discuss individual progress, topics related to brain health, and allow



time for individuals to share what they are reading and writing about.

Gerontology researchers at George Mason University (GMU) are conducting a study of current program participants across the country and plan to

have results available in November. The study, along with feedback from the 10 villages facilitating the program, will guide Goodwin House as they seek to build upon this successful offering.

We plan to discuss the results from the GMU study as we kick-off our Fall/Winter session of StrongerMemory on November 18th at noon. We welcome new and existing StrongerMemory participants to join us!

## Deanna *Continued from page 6*

narrow down. I love *Steel Magnolias*, *When Harry Met Sally*, and our family watches the Harry Potter movies whenever they're on. Also, my eldest daughter and I are huge Star Wars fans.

### What is your favorite book?

My all-time favorite is *Little Women* by Louisa May Alcott. I've read it a million times. I also have a friend who is a historical fiction writer (Stephanie Dray) who co-wrote a book called *America's First Daughter*. That is also one of my favorite books.

### Who is a person you admire most?

I admire anyone that struggles with things but still keeps going. I have a family member who is like that, and I have so much admiration for them. Despite the things they struggle with, they keep moving forward and accomplishing great things. It's inspiring.

### What is one thing people might not know about you (or be surprised to find out)?

I grew up sailing on Lake Ontario, and years ago, I won the Lady Skipper Race. The rules were that a man could be on the boat but could not touch the tiller or the wheel during the race. My dad teaches sailing, and he was with me – he read the wind and had us do something no one else did. When the competition went one way, and he had us go a different way. It was a fast race in heavy winds, and we blew everybody away. It was exhilarating!



Deanna with husband, Drew, and daughters, Mackenzie and Olivia.

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