



Summer 2021 / Issue No. 37

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atHome

Helping Seniors Live Independently



Member Spotlight: Paula Smith

By Deanna Mullins, MaH Member Services Coordinator

On her first day of kindergarten, Monadnock at Home member Paula Smith had already made up her mind that she was going to be a teacher. Initially, Paula wanted to be a first-grade teacher because she wanted to teach children to read. Growing up on Pease Air Force Base while her father was in the Air Force, Paula had some opportunities to take interesting classes at a young age. In the 4th grade she was specially selected to take a French class. Taking French again in the 7th grade solidified a life-long love affair with France. And so, in 7th grade, Paula changed her plan and decided that she would become a French teacher.

Paula was always a good student. In fact, she remembers that she would cry if she got anything less than an “A” for a grade. She had always wanted to go to college, but her parents could only

afford to send one of their 3 children to college. At that time, it was more common for boys to go on to college, so Paula’s brother was the one her parents would send off for a higher education. However, Paula did not let that stop her – she worked up to 4 jobs at a time, saving money to put herself through college with the help of a few scholarships through Pease.

Paula and her family had been stationed at Pease Air Force Base for a long time, but did move around occasionally, including to Lincoln, Nebraska. Paula’s mother loved New England and wanted to settle there so eventually they moved back to Danvers, MA. Once there, Paula went to college at Salem State as a French major. She chuckles at being a French major without having ever been to France – although her father was in the Air Force,

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Paula Smith *Continued from page 1*

Paula was afraid of flying and had never flown anywhere!

After college, Paula was offered teaching positions on the Cape and also in Winchedon, MA. Paula had never lived away from her family, so accepting the job in Winchedon and moving away from her family was a big deal. But once Paula got to this area she loved it and never moved back.

Friends in Rindge introduced Paula to her husband Bob who worked for Monadnock Steel. They had a shared interest in France, as Bob had been in the Vietnam War but stationed in Villefranche-sur-Mer where famed oceanographer Jacques Cousteau kept his boat, Calypso. Paula and Bob married in Rindge and honeymooned in London, Paris, and then the South of France. There were native French people who remembered Bob from the war so they were able to spend time with local people while they were there. Paula fell in love with this area and she

and Bob had planned to retire there.

When they were first married, Paula and Bob lived in an apartment in Jaffrey, NH. Eventually they bought

herself forever so she began collecting information on organizations that could help if she needed it. During a hospital



"I've been working with Paula for about a year and a half now—mostly grocery runs. I truly look forward to our weekly visits... so many interesting stories and insights. I honestly have to say that she is one of my favorite people in the whole wide world and I hope that when I grow up, I can be just like her!"

—Mark Lombardi, MaH Volunteer

Paula visiting with volunteer Mark's dog

land in Rindge and with the help of Bob's father, they built their own home nestled in the trees. As a teacher, Paula had summers off, but her father-in-law put her to work helping to build their home! Her summer hours were 8:00am – 4:00pm with a half an hour for lunch at 12:00pm. Paula sawed all of the boards for their house herself! Her father-in-law was known for being somewhat grumpy, but he really enjoyed spending time with Paula and delighted in playing pranks on her while they worked!

Paula loved teaching but retired when she was 60 during a teacher crisis in Massachusetts. After Paula's husband passed away, Paula realized that she would not be able to take care of

stay in 2018, Paula remembered info she had gathered on Monadnock at Home and she reached out for help. Paula will tell you that she hates to ask people to go out of their way to do things for her, but becoming a member of Monadnock at Home has helped her stay in her home, which was her goal, but most importantly it has made receiving help enjoyable! Paula really enjoys her time spent with MaH volunteers. And the MaH staff and volunteers really enjoy working with and spending time with Paula – she is a sweet and caring person who is concerned with others and she has a great sense of humor! We are so glad to have Paula in our Monadnock at Home family!



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.

Village News

By Sandra Faber, Executive Director



Renewal — an instance of resuming an activity or state after an interruption.

This word comes to my mind each year at this time. I go outside, feel the long-awaited warmth, take in the colors that turn more vibrant each day, and I am renewed. The other day, I took inspiration from Paul Willis, our recent guest presenter, and headed out for a walk in the woods with my camera. The

bees were busy pollinating the abundant apple blossoms in our yard, the beavers were working away in the pond at the end of our trail, and yes, the black flies wanted me to know they were busy doing their thing too!

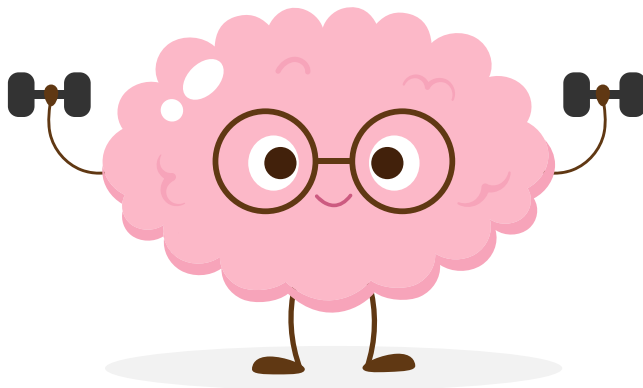
For us humans, this word, renewal, could not be more fitting right now. Even though we move forward cautiously, we are slowly resuming our activities. At Monadnock at Home, our social coffee group has started gathering again and members are calling for volunteer assistance and service provider referrals. The vaccine availability has brought us a sense of relief and optimism going

forward. We are planning some outdoor summer gatherings and are excited to see you! We hope you will join us.

A time of renewal is a perfect time to try new things! We are offering a new program that encourages us to make memory exercises part of our regular routine. We know physical exercise is good for us; adding in some memory exercise can only be a positive addition. It can also be a good time to refocus on healthy habits. Kaitlyn McCarthy, Clinical Nutrition Manager at Monadnock Community Hospital, reminds us about diet and the American Heart Association's healthy recommendations in this edition of *At Home*.

As you know, we are excited to welcome new members from two additional towns, Temple and Greenfield. If you know of anyone who could use some assistance at home, in any of the towns we serve, please tell them about us and have them reach out.

As we all start to resume activities, remember to give us a call and let us know how we can help you. Enjoy the beautiful outdoors and we hope to see you at some of our programs this summer as we celebrate the Renewal!



Flex Your Memory!

We are excited about our new StrongerMemorySM Program!

By the time you receive this newsletter, we will have held our information session and a group of MaH members will be committed to following the program.

The curriculum is designed to stimulate the brain's prefrontal cortex, which governs our ability to retrieve memories. Participants receive materials and daily assignments to complete on their own

time. We then have regular meeting check-ins to keep everyone motivated and discuss any issues that come up. We may even have some of the check-ins in-person and outdoors! How fun!

If you've decided you would like to give it a try, it's not too late! Give us a call and we will fill you in and get you started with the group.



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!

Serving New Towns, Lowering Rates, and Reminding You of the Many Benefits of Membership!

The pandemic has been challenging for all of us. As we start to navigate this next phase, it is more important than ever for older folks in our community to be able to turn to Monadnock at Home for support within the home and for social opportunities. Consequently, we are very happy to be bringing Monadnock at Home services to folks in two additional towns – Greenfield and Temple! Both our expansion and our new lower rates allow more individuals to access our services and be successful remaining in their own homes.

Whether you've been with us for 10 years or just 2 months, we want you to be aware of the many benefits of your membership and take advantage of them!

Our dedicated volunteers are always willing to lend a hand with home maintenance, check-in calls, companion visits, grocery delivery, rides to appointments and more. They are

wonderful, caring individuals who truly enjoy helping! Have you ever thought of something you needed a hand with, but you weren't quite sure who to call or if a MaH volunteer could help with the particular issue? Well, that's why we are here! Don't hesitate to give us a call and ask! Here are a few examples of tasks our volunteers have helped with in the past month: jump started a car, troubleshoot computer issues, and moved a mattress! We are happy to say our volunteers come through for our members time and again!

Our service providers are wonderful in responding to members' needs as well! We are continually updating our service provider listings, so if you need something done by a professional within the home, just let us know. Recently, one member discovered her basement was flooded due to a malfunctioning sump pump. Keating Plumbing was quick to respond, getting

things cleared up and setting her up with a new sump pump. We all know things can go wrong with our homes unexpectedly and we are grateful to be able to provide you with a wonderful network of trusted, local providers ready to help.

We have been creative in offering social opportunities during this past year. Some of those offerings will stay, but we will also be organizing some outdoor social programs. Meeting new people and staying active socially not only prevents isolation, but fosters a supportive group among peers to share common experiences and overcome challenges. We want you to be a part of the MaH community, so give a program a try!

Most importantly MaH staff is here for you! We enjoy getting to know our members and we are here to assist you so you may remain in your own home for as long as you wish!

Outdoor Gatherings and Programs – We'd Like Your Input!

We understand people will have different levels of comfort with gatherings for a while, but we plan to start offering some outdoor opportunities this summer and fall and are looking into possible outdoor locations. Shortly after you receive this newsletter, we'll be emailing a survey asking for your input on possible program ideas and how comfortable you feel in participating. If you do not have email, please give us a call and we will take your feedback over the phone.

We also welcome your involvement in the Program Planning Group. It is great to have input and ideas from members letting us know

what types of social opportunities you are interested in.

In addition, we're looking for a few members who are interested in being Monadnock at Home Ambassadors!

As a MaH Ambassador you would reach out to new and existing MaH members and encourage them to participate in social activities. Social participation is a great way for you to meet others as well! Let us know if you are interested!

Watch for the survey in the coming weeks.

We would appreciate your feedback as this will help us plan going forward.

LET

US

KNOW!

Paul Willis Takes MaH Members on a Photo Journey via Zoom

By Cynthia Sue Martell, MaH Member

Seven mornings a week I am bedazzled by the photographic art of Paul Willis. I can hardly wait to discover what he is generously sharing via his POTD (Photo Of The Day) blog!

Paul's skill at observing and capturing the natural world with a camera is unfailingly intoxicating. Most of the wildlife photos are literally taken in his 'own backyard' in New Ipswich! Like frosting on the

proverbial cake, each picture is accompanied by an informative and witty commentary.

Paul acted as presenter at our April monthly Zoom meeting. Monadnock at Home attendees had the pleasure of becoming better acquainted with Paul's personal history and photographic accomplishments.

We learned earlier in his career he worked as a professional newspaper photographer. The photos



Paul Willis

he showed from this time include closeups of US presidents and popular celebrities such as comedian Red Skelton. Later, he concentrated on photographing exotic landscapes while traveling internationally as a business representative. And now, he enjoys the musings of his backyard beaver pond, photo journaling his wild neighbors.

If you'd like to receive Paul's Photo of the Day Blog in your email, visit www.paulwillisphotographs.com and click on contact or give MaH a call.



Bird Feeding Its Young

The Dead Sea and Surrounding Mountains



Managing High Cholesterol in Older Adults

By Kaitlyn McCarthy, RDN, LD at Monadnock Community Hospital



Nearly 1 in 3 Americans has high cholesterol (>200mg/dL). If your doctor has mentioned that you have high cholesterol, there are several steps you can take to lower it. The current guideline used for treating high cholesterol is called "the Guideline on the Management of Blood Cholesterol." This guide is released by the American Heart Association and American College of Cardiology. The guideline emphasizes a heart healthy lifestyle, noting the importance of a healthful diet, physical activity, and weight management to reduce

cholesterol levels. Keep in mind that these broad recommendations should be personalized based on an individual's calorie needs, lifestyle, and food preferences. In other words, make it work for you; there is no "one size fits all." The goal is to focus on a healthy diet that is comprised of mostly vegetables, fruits, and whole grains; includes low-fat dairy products, poultry, fish, legumes, non-tropical vegetable oils, and nuts; and limits intake of sweets, sugar-sweetened beverages, and red meats.

Work to make this fit your personal food preferences and other medical conditions (such as diabetes). Diet plans such as the DASH dietary pattern, the USDA food patterns, or the American Heart Association diet follow these guidelines and are great resources.



Skillet Lemon Chicken & Potatoes with Spinach

A Tasty and Low Cholesterol Recipe

Active: 30 mins / Total: 50 mins / Servings: 2

Ingredients

1.5 tablespoons extra-virgin olive oil, divided
1.5 pound boneless, skinless chicken thighs, trimmed
1/4 teaspoon salt, divided
1/4 teaspoon ground pepper, divided
1.5 pounds baby Yukon Gold potatoes, halved lengthwise
1/4 cup low-sodium chicken broth
1 large lemon, sliced and seeds removed
2 cloves garlic, minced
1 tablespoon chopped fresh tarragon (or 1 tsp dried)
3 cups baby spinach

Step 1 Preheat oven to 400 degrees F.

Step 2 Heat 1 tablespoon oil in a large cast-iron skillet over medium-high heat. Sprinkle chicken with 1/4 teaspoon each salt and pepper. Cook, turning once, until browned on both sides, about 5 minutes total. Transfer to a plate.

Step 3 Add the remaining 1/2 tablespoon oil, and potatoes to the pan. Cook the potatoes, cut-side down, until browned, about 3 minutes. Stir in broth, lemon, garlic, and tarragon. Return the chicken to the pan.

Step 4 Transfer the pan to the oven. Roast until the chicken is cooked through and the potatoes are tender, about 15 minutes. Stir spinach into the mixture and roast until it has wilted, 3 to 4 minutes.

Nutrition Facts Serving Size: 1 Chicken Thigh & 1 Cup Vegetables / Per Serving: 374 calories; protein 24.7g; carbohydrates 25.6g; dietary fiber 2.9g; sugars 1.8g; fat 19.3g; saturated fat 3.9g; cholesterol 75.5mg; vitamin a iu 2463.4IU; vitamin c 40.6mg; folate 51mcg; calcium 64.8mg; iron 2mg; magnesium 53mg; potassium 677.3mg; sodium 377.9mg; thiamin 0.2mg.

Exchanges: 3 Lean Protein, 2 Fat, 1 1/2 Starch, 1/2 Vegetable

Adapted from: Casner, C. (2019, March) Skillet lemon chicken & potatoes with kale. Eatingwell.com.
<https://www.eatingwell.com/recipe/272467/skillet-lemon-chicken-potatoes-with-kale/>

Outwit the Scammers!

By Sandy King, MaH Newsletter Chair

Your COVID vaccine card. A Zoom invitation. A call from Social Security. What do these items all have in common? They're all opportunities for nefarious actors to steal your confidential information! Although swindlers have been around since the beginning of time, their tactics are becoming increasingly more sophisticated as they take advantage of technology and current events.

For instance, thanks to science and technology, many of us are now fully vaccinated against COVID-19. After waiting your turn for the vaccine, you may be tempted to post your vaccination card on social media in celebration. One word of advice – DON'T! Your card has your full name and date of birth, a great starting point for someone to either create a duplicate card in your name or steal your identity in order to open new bank accounts or credit cards on your behalf.

Also, due to the pandemic, most of us are familiar with Zoom, a video conferencing tool. In fact, you may have participated in one of Monadnock at Home's monthly Zoom calls. Unfortunately, con artists are using Zoom by sending fake emails indicating that perhaps your Zoom account has been suspended or that you've missed a meeting. Their hope is that you'll click on a link in the email which will secretly download malicious software on your computer and gain access to your passwords or financial

account numbers. The advice here is to never click on links in unsolicited emails. If you think there's a problem with your account, whether Zoom, Amazon, Apple or something else, go directly to that website and/or contact customer service.

Criminals may also try to contact you by phone posing as someone else and spoofing the incoming phone number so that it looks like the call is coming from a valid source. For instance, a caller might say they're from the Social Security office and your benefits are in danger of being suspended unless you verify your Social Security number and other personal information. Another tactic is for them to tell you that your number has been used in committing a crime and that you'll be arrested unless you send money to clear your name. Unless you've initiated the call to Social Security, never give your personal information out over the phone.

By the way, similar phone strategies are also used by crooks to tempt you to provide your Medicare, credit card, bank account numbers and the like, making you think something bad will happen if you don't. The best piece of advice is this: If you don't recognize the number that's calling you, don't answer the call. If it's a legitimate call or from someone you trust, they'll leave a message. If they don't, chances are the call is from a deviant and they'll just move on to the next person. Keep in mind that if you repeatedly get

calls from the same number, there are ways on both your land line and your cell phone to block the caller.

Other scams to be aware of include investment schemes, peer to peer payment tricks using Zelle, Venmo, or PayPal and online romance setups. These lures may come in the form of an email, a phone call, a text message, or a link on social media. The list goes on and on.

The best advice is to be suspicious of any unsolicited person, text, or email asking for your personal information. If in doubt, simply hang up the phone or delete the text or email before clicking on any links. By doing so, we can protect ourselves from those who mean to be harmful.

On a positive note, let's take comfort in the fact that most people are caring, well intentioned and look out for one another... just like members of Monadnock at Home. Thank goodness for our local community!



Dr. Lindberg gives a presentation to MaH Members

Congratulations to Dr. Lindberg on His Retirement!

As you may know, Dr. Michael Lindberg recently retired from his position as Chief Medical Officer at Monadnock Community Hospital. In a recent *Monadnock Ledger-Transcript* article, Dr. Lindberg shared his Parkinson's disease diagnosis and his plans to continue his love of hiking, stating that, "A big part of the therapy for Parkinson's is regular, vigorous exercise."

Dr. Lindberg graciously sat down with MaH members on many occasions for Coffee & Conversation and wider presentations. These sessions were among MaH members favorite programs!

We send our well wishes to you, Dr. Lindberg and leave an open invitation that you will always be welcome to join Monadnock at Home members for a little coffee & conversation!

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- You gain peace of mind.
- Your worries of living alone are eased.
- You become an active part of a bigger community.
- You gain the security of knowing you can get help on issues that arise -big or small.

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