



Special Winter 2021 / Issue No. 39

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# atHome

## Helping Seniors Live Independently



## Winter's Inspiration

By Cynthia Sue Martell, MaH Member

**W**alking hurriedly through my house I was drawn to a picture hanging by my bed. A treasured crewel embroidered Grandma Moses winter scene my mother lovingly made decades ago.

I scrutinized the details of the hustle and bustle of winter life in a quintessential Vermont country village. The scene is what Grandma Moses (1860-1961) dubbed "old timey." Inspired from fond memories of her early farm and family life. No tractors or telephone poles visible!

Upon locating her painting on the internet, I counted 80 plus individual figures illustrated on the snow-covered hilly terrain. These include: People—skiing, sledding, sleighing, ice skating, walking. Animals—horses, dogs, chickens, Canada geese flying in V formation. Multiple dwellings—homes, churches, schools. All things that speak to a communal positivity and shared enjoyment of winter.

Among my earliest exposures to classical music was the 18th century Italian composer Antonio Vivaldi's violin concerto *The Four Seasons*. Though it musically depicts each season of the year gloriously, it is his 'winter' movement

I find most dramatic and uplifting. Yes, winter. Winter, which after the holiday excitement, is sometimes looked upon as the dreariest and longest season of all. Yet, Vivaldi clearly didn't consider it so. I am grateful for this, especially as I listen rapturously on a winter's evening!

During a snowstorm or even if one is 'brewing,' it is my custom to read John Greenleaf Whittier's 1866 narrative poem *Snowbound: A Winter Idyl*. In it he describes the shared experiences of a 19th century New England farm family living through a blizzard-type winter storm. Here are some of my favorite lines:

*Shut in from all the world without,  
We sat the clean-winged hearth about,  
Content to let the north-wind roar  
in baffled rage at pane and door,  
While the red logs before us beat  
The frost-line back with tropic heat*

Winter can inspire a sense of wonder as expressed by the creative works of countless artists past and present. Any of these can enrich and elevate our winter souls.

# Monadnock at Home Members Share Holiday Stories

## John Dolan

When I was growing up in New Jersey, my mom had a village under the Christmas tree, which dates back to her aunts and grandfather in Pennsylvania. They had a huge setup that took over the whole parlor—back in the days when people had parlors! Over time the village was passed down to the next generation and my mom had three houses, a church, nativity scene, a few farm animals, and she would set this up under our tree. I remember once—before anyone had a TV—a reporter from the Newark newspaper came out and took pictures and wrote an article about my mom's village. The original village was made from card stock—not the ceramic villages that people use today. When I was older, I carried on the tradition, adding to the village with pieces that my brother and I made together. It would take me two days to set up. I put cotton down for snow, I had a ski lift area, and so on. It was a nice tradition that I remember fondly, and maybe someday my grandkids will carry on!

## Pat Hummel

When my twin sister, Penny, and I were young (1949-1959) we had a unique way to “trim the tree.” Using a paste



## Virginia Aldrich

This picture evokes wonderful memories of my family's holiday gatherings. In it are my mother dishing out food from the stovetop, the arms of her two sisters reaching across to help her, and my father in the background, coming up from the basement with the roast to be carved. My mother and her sisters married and left New Hampshire for their husbands' and their own work in the years from World War I through World War II. In their later days, they loved to gather the remaining families together for the holidays.

I shot the picture in December 1959 on Kodachrome film with my Kodak 35 camera. The resulting slides were preserved in good condition through many moves. I'm grateful to Kodak and home photography for bringing back memories of good times with the people I enjoyed and loved so much in days gone by.

made with Ivory Soap we would spread it on each branch and then add a strip of white cotton. It was very tedious but the results were quite wonderful - a Christmas tree covered with “Snow”!

## June Hertzler

A childhood memory growing up in the suburbs of Philadelphia that is very dear to me is our Christmas Eve tradition. We would wait until Christmas Eve to put up our Christmas tree and assemble the platform and trains that would travel around it. But, since my dad was a butcher at a grocery store and needed to

work late on Christmas Eve making sure everyone got their turkeys, we would wait for my father to return home before starting our Christmas Eve tradition. It was probably 10pm before we began. We lived in a very close neighborhood and all of the neighbors would go back and forth between the houses helping to decorate all night long. We would visit until about 6:30 in the morning! Then, after being up all night, my family and all the neighbors would go to church. There sure were a lot of nodding heads in church trying to sing those hymns!



## 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.*



## Members Who Have Passed Within the Last Year

Alice Mitchell, Jaffrey  
Anne Clark, Peterborough  
Anne Thompson, Peterborough  
Eleanor Falcon, Hancock  
John Van Ness, Jaffrey  
Norma Sands, Jaffrey



# Village News

By Sandra Faber, Executive Director



It's been a busy fall at Monadnock at Home. As I write this, light snowflakes are twirling in the brisk November air, winter is lightly tapping on our door.

Many members are requesting referrals for the home and coordinating appointments and rides before winter comes. We are kicking off another session of StrongerMemory and we are busy planning future programs. It is great to see you are utilizing services and also enjoying our program offerings!

The effects of the pandemic are still being felt in many ways. Because of the pandemic, many providers have a backlog of customers, which is causing longer wait times than usual. Please give us a call if you are not hearing from provider referrals after trying them a couple of times and we will help you make the connection.

We are excited that our coffee group is meeting in-person this winter! We are grateful to the Jaffrey Civic Center for welcoming our group to meet in a large space where members can spread out and have some relaxed social time catching up with friends. If you are looking for some in-person social time I encourage you to check out this group that meets on the first and third Tuesday each month. We will continue to evaluate the readiness and space availability for more in-person programs as we move forward.

For this issue of *At Home*, we asked some of our Monadnock at Home members to share a memory of wintertime or holiday time from their past. We are so grateful to Cyndy, June, Pat, John, and Virginia for giving us a snapshot of a fond memory in their lives. I know many are missing loved ones and it is especially hard this time of year. I hope reading these stories will bring to mind some special times you have shared with those you love during the holidays.

With the holidays coming, I thought it fitting to share one of my family members dressed for the occasion. I hope you enjoy the cuteness!

On behalf of Deanna and myself, we wish you a healthy, safe and happy holiday season and new year!



## Welcome New Members!

Maureen,  
Dublin  
Nancy,  
Peterborough  
Ed and Marsha,  
Peterborough  
Peter,  
Hancock



## Monthly Coffee Hour

The MaH Member Coffee Group has moved INSIDE for the colder months. The Coffee Group now meets at the Jaffrey Civic Center, 40 Main St., Jaffrey.

The group meets at 10 am on the first and third Tuesday of each month. Members sit, spread apart in a large circle inside the large gallery space on the first floor. We welcome any vaccinated MaH members to join the group. This is a great way to meet new people, especially for many of our new members! The MaH staff occasionally attends and will be attending the January 5th gathering, so please come by to say hello.

If you have questions or would like to receive updates regarding any future changes, please contact MaH at 603-371-0809.

WE HAVE  
MOVED

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- Your worries of living alone are eased.
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- You gain the security of knowing you can get help on issues that arise -big or small.

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