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Cindy Bowen, *Executive Director*  
Local Coordinator Sandra Faber

Memberships are now being accepted.  
For more information call (603) 371-0809 or  
visit our web site [www.monadnockathome.org](http://www.monadnockathome.org)



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# at Home

with Seniors in the Eastern Monadnock Region



*Nearing the end of the burning season, Bob Dunn loads up his wood cart.*

## Volunteers Are a Blessing!

*By Bob Dunn, MaH Member*

My home is an energy efficient, post and beam house which was designed to be heated with a wood stove as the primary source of heat. For the past thirty two years I have been stacking my own wood. I buy it green and have it delivered in the spring, then stack it to air dry over the summer months.

In the spring of 2013 I had back surgery and that pretty much put the damper on my wood stacking for the season. I've always been proud of the fact that I've been able to do this myself

over the years without help, so when I was faced with the realization that it was not to be, (at least for the season of 2013), I finally needed to ask for help.

I reluctantly put a call in to Cindy (MaH Executive Director) to see if she might have someone that I could call to stack my wood for the season. She said "no problem, let me see who I can line up for you." Before I knew it, I had a call from volunteer Dwight who offered his services along with the help of volunteers Bill and Larry. The three

*(continued on page 2)*

of them arrived one morning and were able to stack the better part of the two cords, then returned a week later to finish the job. I can't begin to tell you how relieved I was to have that job over and done with.

I can't say enough about "volunteering". It's something that I've done myself ever

since I moved to NH in the early 80's. The personal satisfaction that one receives by helping another is only surpassed by the gratitude and appreciation of the one(s) you've helped. MaH has a wonderful group of volunteers that are more than willing to help when the need is there. I would encourage anyone that has ever thought

of doing volunteer work, to give Cindy a call and see where your talents match up with our members needs. When you've helped someone get a ride to a doctor's appointment, change a light bulb, or fix a simple computer problem, you've helped them resolve a problem for which they will be ever grateful. 📧



*Several members practicing Qigong*

## Qigong Classes

In October, MaH began offering a seven week Qigong class, open to both MaH members and non-members. Qigong, an internal martial art, teaches you awareness, of yourself and the world around you, which can then assist in promoting a sense of balance in your life. Through gentle, repetitive movements, participants learn techniques for letting go and maintaining a calm, centered place of being throughout their day. We had ten participants, all of whom enthusiastically voted to keep qigong going! A second Dublin session ran through January and February, and a third session started in March. Let us know if you are interested in giving qigong a try! 📧

### **Correction to article, "Volunteers Needed" in previous newsletter:**

MaH member transportation requests are generously supported by the Contoocook Valley Transportation Company (CVTC) as well as Red Cross. If anyone is interested in driving for CVTC, please contact them at 1-877-428-2882.



NEW HAMPSHIRE  
CHARITABLE FOUNDATION

## MaH Receives Grant from the NH Charitable Foundation

After submitting a detailed grant application to New Hampshire Charitable Foundation (NHCF) this past September, we are very pleased to announce the December receipt of an \$8,000 grant for operating support. Funding for MaH was specifically provided by NHCF's donor advised Henry L. and Patricia J. Nielsen Fund.

NHCF manages a growing collection of charitable funds created by individuals, families and businesses. It awards \$30 million annually in grants and scholarships. Based in Concord, the foundation roots itself in the communities through regional advisory boards, serving communities throughout New Hampshire, southeastern Maine and eastern Vermont.

More information is available at [www.nhcf.org](http://www.nhcf.org) or by calling 603-224-6641 📧.

## Introducing Our New Advisory Council

MaH is pleased to announce the recent formation of our Advisory Council (AC), currently comprised of ten well respected, influential citizens of the eastern Monadnock region. Along with serving as ambassadors for MaH in the towns we represent, our AC members will also assist us with public relations and developing resources (both human and financial). In addition, they will impart their collective years of wisdom to help us grow as a sustainable organization. We couldn't be happier to engage the following AC members:

Margaret Carlson	Bob Chase
Rod Falby	Carol Gehlbach
Laura Gingras	Harry Healer
David Howe	Linn Perkins
Bob Pettegrew	David Weir

Note that each member will serve a minimum three year term and interact primarily with our Board Chair, Development Chair and Executive Director.

## MaH Welcomes New Board Member!



On January 2014, **Russ Armstrong** joined MaH as a new Board member from Peterborough, also serving on the MaH Marketing, Publicity and Recruitment committee. Russ is a veteran and retired physicist/businessman. Upon his retirement, he transitioned to caregiving for his parents and joined the ServiceLink Steering Committee as an advocate

for senior support programs. Having become very involved with eldercare issues, Russ served on the Boards of Directors of the Lakes Region Partnership for Public Health and the Central New Hampshire VNA & Hospice (aka Community Health and Hospice). He succeeded Owen Houghton as the Chair of the NH State Committee on Aging and continues to maintain a working relationship with the Health and Human Services community. Russ is also active in maintaining community support connections for veterans. ☒

## Cindy's Corner

Hello everyone and welcome to the spring 2014 issue of "at Home!" I am pleased to report to our membership that Monadnock at Home continues to grow! We currently have 90 memberships, comprised of 125 individuals. MaH is always ready to accept new members. If you're happy with the services and benefits of membership, please continue to spread the word to your friends and neighbors whom you think would benefit from our support. Our best form of membership recruitment continues to be word of mouth, by our members sharing their experiences with others. For more information, interested folks can call 371-0809 or visit our website [www.monadnockathome.org](http://www.monadnockathome.org).

MaH's Program committee and staff have been busy planning over the winter months. Our event to kick-off spring is a tea at the Peterborough Historical Society on Wed., April 16th. Keep an eye out on the mail for your invitation!

Members will also be invited to join us at the Jaffrey Civic Center on Fri., April 25th for a presentation called "What to Do with All this STUFF?" MaH service providers, Richard and Donna Barbalato, of "Bee Organized" will be sharing tips and strategies to help with spring cleaning!

Our May event will be a tour of the D.D. Bean Factory. Did you know



By Cindy Bowen, Executive Director

that D.D. Bean & Sons Co. is the largest manufacturer of paper book matches in North America? The factory has been operating in Jaffrey since 1938. The tour, followed by a box lunch at Sunflowers Cafe, will be on Tuesday, May 13th. Details on all of our upcoming programs are coming out soon!

As the spring weather approaches do keep in mind that your MaH membership offers you access to pre-screened service providers and volunteers that are ready to assist you. Don't let spring chores overwhelm you! All it takes is a single call to 371-0809 to find the help you need. We are here for you!

I hope this issue of "at Home" finds you healthy, safe and happy! ☒



## National Parks Senior Pass



By Carol Gehlbach,  
MaH Advisory Council Member

In a world of rising costs, there is still one phenomenal bargain to be had! For \$10.00, any US citizen or permanent resident over age 62 can purchase a LIFE TIME pass to the US National Parks and federal recreational lands. The pass allows you and up to three other adults (who may not qualify as seniors) in your automobile to enter free of charge. There may be other use fees in some places, such as for tours, camping or swimming. Your pass will give you a 50% reduction in fees, in some places only for the holder of the pass. To purchase a pass, you will need an ID to prove your age (e.g. valid driver's license, passport). This must be done in person at the entrance or office of one of the US National Parks, the US Forest Service, or US Fish and Wildlife Service. It is not possible to purchase the pass on-line or by mail.

## Seeking a Simpler Life

By Owen Houghton, MaH Board Member

The nature of aging wisely for me is to accept necessary adaptations and embrace the challenges and opportunities of future change. Triggered by my wife Norma's dementia and my own chronic issues, we decided it was time for us to downsize. That meant leaving behind our wonderful Timber peg home with a Mount Monadnock view in which we had resided for the past twelve years.

The notion of downsizing also prompted the sale of Sleepy Hollow, the Vermont camp which had been our family home for a time when our children were very young and later a recreational playground for ourselves as well as extended family. That marvelous 21 acre property, nestled in a valley with a serpentine brook, mowed meadows, two ponds and wooded trails, had been in the family for nearly 45 years!

Before hanging a "for sale" sign on the camp, however, our three children were given a chance to "sign off" on the property. Considering their busy lives at a distance from Vermont, they agreed to embrace the memories and shed upkeep responsibilities. I'm thankful for their perspective at this stage of our aging journey, telling me "Dad, while I love the Hollow and appreciate my time there

as a child, I can't help maintain it. I will always cherish my memories - you should do with it whatever you wish!"

With our kids blessing, we sold our Vermont retreat to a young couple who have extended an invitation to all the family to continue to enjoy Sleepy Hollow. We couldn't have asked for a better ending to that chapter of our lives!

Moving forward, we have recently purchased a condo and will be starting a "new life" in the same neighborhood where we have resided for the past 38 years! Since our Timber peg home is so close to our new condominium, we'll be moving gradually as spring approaches and will be around in case someone wishes to rent or buy our former residence.

From our new condo, Norma will continue to enjoy church, choir, and faithfully exercising at the Wellness Center. I've retired after 28 years as a golf coach but still write an aging wellness newspaper column. Our church food pantry is a current passion. As members of Monadnock at Home, a coop using the old-fashioned model of neighbors helping neighbors, we are blessed with giving as well as receiving from good folks of all ages in our 53rd year of marriage! 🍷



### 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.*