



Summer 2015 / Issue No. 18

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



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atHome

with Seniors in the Eastern Monadnock Region

Journey to Ireland

By Cynthia Sue Martell, MaH Member

Though 'twas a wee bit before St. Paddy's Day, a sense of celebration prevailed when MaH members met on March



11, 2015. The event, held in Dublin (NH) at the Dublin Community Center, seemed a well-named location for a *Journey to Ireland*.

Our gathering commenced and ended with an astonishing array of delicious refreshments served compliments of Good Shepherd Rehabilitation and Nursing Center. This provided an opportunity for us to warmly greet each other after a winter that was challenging even for hearty MaH folks!

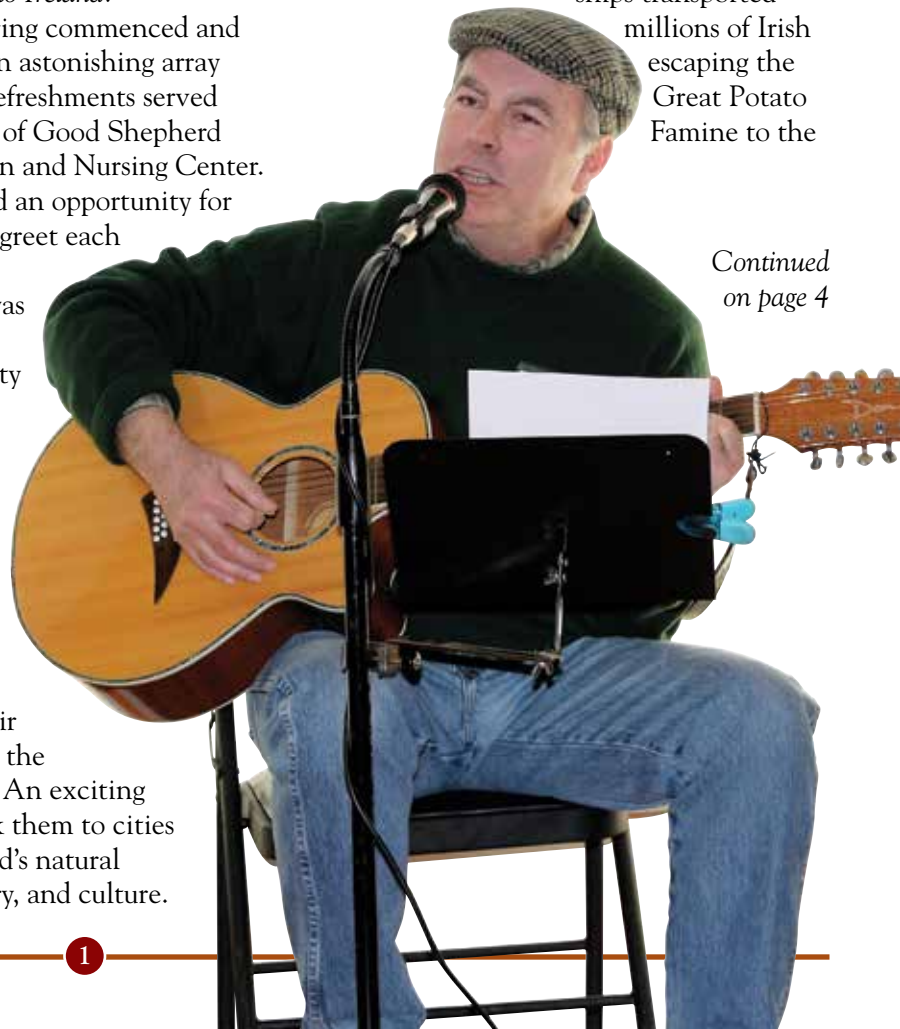
Members Russ and Stephanie Armstrong began the program by sharing wonderful photos of their recent trip to the Emerald Isle. An exciting itinerary took them to cities rich in Ireland's natural beauty, history, and culture.

Cities included Cork, Galway, Limerick, and Dublin.

In Dublin they toured the *Jeanie Johnston*, a skillfully

recreated mid-1800's "famine ship." With brutal realism it depicted its cramped and squalid quarters. Similar ships transported millions of Irish escaping the Great Potato Famine to the

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on page 4



Annual Celebration

By Sandy King, MaH Board Member

On May 27th we celebrated our 5th annual meeting, which was held at the Peterborough Players and catered by Sunflower's Restaurant. After an hour of socializing and munching on delicious appetizers, we began our business meeting to review the highlights of the past fiscal year, present next year's budget/fundraising needs, and vote on renewing several Board member's terms. We also recognized our volunteers for their commitment to serve our members.

Following the business portion of the meeting, we raffled off a beautiful bouquet of flowers, expertly arranged by member Eleanor McQueen.

To end the meeting, we had a delightful sing-along that included songs containing the word "home" such as the "Star Spangled Banner" and "Take Me Home Country Roads" by John Denver. Member Cynthia Healer created the singing portion of the program and played piano while singers Owen and Norma Houghton as well as Carol Naas led us in singing.

What a happy way to celebrate the end of the current fiscal year as we look forward to beginning year six! 🍷



Member sing-along



Executive Director Cindy with Volunteer Committee Chair Bill Graf



Left to right: Norma and Owen Houghton, Carol Naas and Cynthia Healer

A Typical Day for MaH Staff

Answering the phone is one of many important things our Executive Director, Cindy, and Member Services Coordinator, Sandra, do within the course of their day. Other tasks include home visits to members, helping various committees and much, much more. For example, staff helps the Program Committee define and advertise our member programs, works with the Development Committee to raise funds, and lends a hand to the Governance Committee in nominating new Board members. Staff also attends various community meetings to maintain and forge new relationships with area agencies such as Monadnock Community Hospital, Home, Healthcare, Hospice and Community Services, Good Shepherd Rehabilitation and Nursing Center, Red Cross, Contoocook Valley Transportation Company, etc.

request. Busiest days for phone calls coming in are generally Monday mornings and Friday afternoons. Our members are



Sandra Faber receiving member calls

top priority to us and we do our best to address all requests as quickly as possible. During the past year, a total of 350 calls came in. More than 60% of these requests were handled by volunteers primarily for transportation to medical appointments. Other requests included handyman help and computer assistance.

For transportation needs, we request a five-day notice, but understand that in some cases, this is not possible. Also, please keep in mind that if you have a medical emergency, you should call 911 immediately. We are poised to address follow-up needs once the emergency has been handled. In addition, do keep in mind that our office hours for taking member calls

are Monday through Friday, 9 am to 5 pm. 🍷

A Message from Our New Chair, Russ Armstrong

I am very honored to be both a member of Monadnock at Home and to be elected as the Chair of the Board. As a relative “newbie” to the organization, I am most thankful to our Executive Director Cindy Bowen, to my predecessor Rick Harnden, and to the rest of the Board for their diligence, encouragement, and patience as I come up to speed on making our Village such a wonderful part of our communities.

Hailing from Swanzey, my road to Monadnock at Home actually started with a “blind date” with Stephanie (Kereazis) who is now my wife of 48 years. We left Peterborough when I entered the Air Force, thinking we might not return.

Fast forward to 2010 and I was serving on the New Hampshire State Committee on Aging. We were following the development of a NORC (naturally occurring retirement



community), the forerunner of the Village concept, at Beacon Hill in Boston. When the arrival of our grandchildren resulted in a move back to Peterborough, Owen Houghton approached me saying “have I got a deal for you!” He did, and here I am!

As I have immersed myself in the operations of Monadnock at Home, I have been exceedingly impressed with the friendly family model of our Village and the professionalism of our Executive Director, her staff, and our volunteers. Our Board of Directors is dedicated to the independence and well-being of our members – we are here to serve you. We will continue to welcome suggestions and advice from our members and our advisory council in meeting our goals. I hope to be able to personally meet all of you in the near future.

Cindy's Corner

By Cindy Bowen, Executive Director

Hello everyone and welcome to the summer 2015 issue of *at Home!* Monadnock at Home's 5th Annual Celebration on May 27th at the Peterborough Players was a success! It was wonderful to have such a great turnout to reflect upon all that MaH has accomplished in its first five years of operation. The sing-along led by MaH members Cynthia Healer on piano and vocals by Owen and Norma Houghton and Carol Naas was a fun way to end the celebration. Many thanks to all who helped make this a great event! Be sure to check out the celebration photos in this newsletter!

The Monadnock at Home staff and members have been busy preparing for summer! In addition to the June trip we took to the American Textile Museum in Lowell, MA, we have planned another trip for July 23. We'll be visiting the Fells Historic Estate and Gardens on Lake Sunapee. The Fells is the former lakeside summer home of American writer and diplomat John M.

Hay. Our visit will include a guided tour of the extensive gardens followed by lunch on the veranda of the estate overlooking Lake Sunapee. After lunch, we will also enjoy a guided tour of this 1891 Colonial Revival, 22-room home. If you are interested and have not yet registered or would like more details, please give me a call soon at 603-371-0809 to reserve your spot!

Please keep in mind that the Monadnock at Home office hours are **Monday-Friday, 9 am -5 pm**. You can rest assured that anytime you call MaH, your call will be returned within 24 hours or less. In the event of an emergency, please call 911. Monadnock at Home staff will be available to assist you after any such occurrence has been addressed by the appropriate emergency/medical professionals. Our members' safety is of the utmost importance to MaH!

I hope this issue of *at Home* finds you healthy and safe! Happy Summer! ☀️



Anthem (Blue Cross–Blue Shield) Data Breach

By Rick Harnden, Treasurer

To assist the millions of healthcare subscribers whose data was comprised by a severe “hacking incident” several months ago, Anthem is offering free, two-year enrollment for identity-theft mitigation, in a product provided by the independent company ALLClear Pro. Monadnock at Home (MaH) has already helped over a dozen members sign up for this program. If you had an Anthem policy in the past decade and haven't yet signed up, please give MaH a call at 603-371-0809.

Enrollment in the plan is best done via the telephone and takes only five or ten minutes. A MaH volunteer will call you to explain the process and then “talk you through” a 3-way phone call to sign up with the ALLClear Pro representatives. All affected family members can be enrolled with a single phone call.

Journey to Ireland *Continued from page 1*

New World in search of a better life.

The Armstrongs also visited intriguing remnants of ancient monasteries, abbeys, and castles – among them Blarney Castle, site of the famed “Blarney Stone.” Russ’ sage travel advice regarding this: If you’re concerned about health and sanitation, don’t “bend over backward” (one must)

to kiss the Blarney Stone!

The travelogue was followed by talented musician John Sullivan’s delightful music. John sang his heartfelt renditions of traditional Irish folk songs while accompanying himself on a 12-string acoustic guitar.

He kept us joyously “singing along”

with toes tapping and hands clapping. But I suspect some, like me, may have brushed a tear from their eye when he sang more melancholy melodies. Luckily for us, John Sullivan is MaH’s Executive Director, Cindy Bowen’s, significant other! Hopefully we’ll hear him play again soon! 🎵

MaH Member Honored by Vaughan Award

Owen Houghton, Monadnock at Home co-founder and retiring Board Member, received the Vaughan Award in May for his work helping seniors. The Vaughan Awards are presented annually by the State Committee on Aging and EnGAGING NH to an individual or couple over the age of 60 in each county who has shown outstanding leadership or achievement as a volunteer on behalf of older citizens and others in New Hampshire. Award recipients were honored at a special ceremony with Governor Hassan at the State House in Concord on May 4th.

Owen has a long track record of helping seniors in the community, through a number of groups and projects. Besides his work with MaH, he’s a volunteer driver with Red Cross, providing rides for seniors to medical appointments, community gatherings and more. He’s also past chair of the New Hampshire State Committee on Aging and volunteers at the United Church of Jaffrey’s food pantry. With an education in counseling psychology, Owen also devotes many hours to community counseling in senior care management and caregiving, and has written many articles for local newspapers addressing challenges that seniors face.

“I’m very honored and humbled to be receiving this award,” said Houghton in an interview following the award ceremony.

When not volunteering Owen spends



Owen with Governor Hassan after receiving the Vaughan Award

his free time golfing and serving as a caregiver for his wife, Norma, who was diagnosed with Alzheimer’s in 2010. Owen brings his wife to Monadnock Adult Care Center in Jaffrey three times a week and is actively involved in helping her with day-to-day activities.

Now beginning our sixth year of operation, MaH serves over 118 seniors in

eight area towns. More information on the Vaughan Award and MaH can be found at www.monadnockathome.org or by calling (603) 371-0809.

Note: portions of this article include excerpts from an article published by the Monadnock Ledger-Transcript on May 7, 2015.



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.*