



Winter 2016 / Issue No. 20

In this issue of *atHome*

- 1 Highlights from our two Fall events
- 2 Finding the best price for your prescriptions drugs; Monadnock at Home Holds a Strategic Plan Development Retreat
- 3 MaH Announces New Program –Members Helping Members!; Cindy's Corner
- 4 Member Spotlight: Alice Mitchell; Aid for Military Veterans

Monadnock at Home BOARD OF DIRECTORS

OFFICERS

Chair Russ Armstrong,
Peterborough

Vice Chair Cathy
Cambal-Hayward,
Hancock

Treasurer F. Rick Harnden,
New Ipswich

Secretary Sandy King,
Peterborough

MEMBERS

Annie Card, *Peterborough*

Kim Chandler, *Hancock*

Barbara (Bobbie) Gilbert,
Jaffrey

Ann Nunn, *Fitzwilliam*

Bill Graf, *Jaffrey*

Dwight Schenk, *Rindge*

ADVISORY COUNCIL

Amedine Bella

Bob Chase

Rod Falby

Carol Gehlbach

Laura Gingras

Harry Healer

Owen Houghton

David Howe

Joel Huberman

Steve Jackson

Carl Johnson

Linn Perkins

Bob Pettegrew

David Weir

STAFF

Executive Director

Cindy Bowen

Member Services

Coordinator

Sandra Faber

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

First  Tracks

Logo and newsletter design by FirstTracks Marketing Group, LLC
FirstTracksMarketing.com 603-924-1978

atHome

with Seniors in the Eastern Monadnock Region

Two Exceptional Fall 2015 Events

By Cynthia Sue Martell,
Member

MaH hosted two exceptional events in October. On October 15th we visited the Terrapin Glassblowing Studio in Jaffrey, and on October 27th we attended a presentation in Peterborough titled *Exoplanets: Can Life Exist on Other Worlds?*

During our visit to the Terrapin Glassblowing Studio, members watched with fascination as a fiercely flaming gas furnace blasted its 2000 plus degree heat out into the studio.

Although intimidating to the uninitiated, such furnaces are just one of the special types of equipment and tools used in the creation of blown glass objects. Dominique Caissie, Terrapin Studio's co-owner and a gifted glassblower, is expert at them all. Dominique simultaneously explained and demonstrated the techniques of her art with physical grace and an astonishing dexterity. It occurred to me her presentation could well be titled: "A Glassblower's Ballet."

After the demonstration members browsed the Terrapin's gift gallery. Each of the various items on display highlighted the unique and intrinsic beauty of blown glass.

Next the Peterborough Community



Dominique Shaping Glass.

Theatre was filled to capacity to hear speaker Rick Harnden, retired NASA astrophysicist, MaH member and former Board Chair. The main focus of Rick's presentation was on the Kepler telescope's remarkable journey outside of our solar system in search of finding other habitable planets. He also showed video of photographs taken on unmanned space flights to two dwarf planets and simulations of the probe Curiosity's landing on Mars... all breathtaking.

Rick graciously fielded a multitude of questions from an enthusiastic audience. Many questions were clearly inspired by our introduction to worlds and destinations far, far beyond the

Continued on page 4

Finding the Best Price for Your Prescription Drugs

If you have a prescription drug plan (e.g. Medicare Part D coverage), your insurance company has likely informed you of its “preferred” pharmacy. Although with most plans you are free to fill your prescription at any pharmacy, using the preferred locale generally results in the lowest price.

What happens if you don’t have prescription drug coverage? Well, if you have access to the internet, a good way to compare prices is to visit



goodrx.com. At this website, simply enter the name of your drug along with your zip code, and a listing of prices at area pharmacies will be presented. A free membership to the site even reduces the price a bit more.

If you don’t have access to the internet, just use your phone to call around and price shop.

Remember that it is not only pharmacies like CVS and Rite Aid that provide access to prescription drugs. Other venues such as Walmart and Hannaford also have their own pharmacies.

This information also applies to over the counter medications. Don’t be shy – shop around to be sure you’re getting the best price for your medications – the difference can be dramatic! 📺



Monadnock at Home Holds a Strategic Plan Development Retreat

By Russ Armstrong, Board Chair

Monadnock at Home began operations in September 2010 and in the intervening five plus years the organization has grown and matured to the point of stability, both in delivery of services to our members and in sustainable organizational structure. The original documentation on the formation and growth plan showed a well-researched approach to success. As 2015 drew near, however, we realized it would be prudent to develop a formal strategic plan.

Part of the importance of strategic planning is to maintain “institutional memory” as the board and membership evolves. After five years of operation, we’ve seen the beginning of board turnover of the founding board members. We’ve taken action to retain their expertise by inviting retiring founders to join our Advisory Council. But in order to retain a coherent and seamless approach to operations, having a well thought out

and fully documented strategic plan of operations with founders participation is essential.

We were fortunate to enlist the participation of Lee Bruder (Hancock), a well-known non-profit leadership development expert, to work with us to design and lead a strategic planning retreat. Monadnock Community Hospital graciously hosted our workshop, where we convened on the 30th and 31st of October (unrelated to Halloween, of course!).

Mr. Bruder opened by leading us through a planning and familiarization process to engage all board members in the discussion. As we began the discussion of “mission,” “vision” and “values,” two important observations emerged: (1) it was obvious that, although it was not specifically labeled as such, the founders of MaH had indeed followed the format of strategic planning; (2) the “multi-generational” discussion was a

wonderful way for the newer board members to understand the formation and structure of Monadnock at Home. We explored our identity, life-cycle, competitor analysis and articulated our “big questions” representing current and future challenges (of which we have many). The discussion led us to the definition of six primary strategic planning goals: membership, workforce, partnerships, governance, marketing & communication and fund development.

Under each of these goals, we have the challenge at the board level to continue the dynamic process of developing the strategic matrix of objectives, actions, measurement metrics and progress tracking. Strategic planning is an on-going process that we will incorporate into our board and staff management. It’s no accident that the number one goal is meeting the needs of members as they “live and thrive in their homes and communities.” We are here for you. 📺

MaH Announces New Program – *Members Helping Members!*

By Cindy Bowen, Executive Director

Monadnock at Home is pleased to announce a new member volunteer program that we hope will become an integral part of our services in helping you to remain in your home as long as possible as you age. The new Members Helping Members program will provide companionship and support to you IF YOU WISH! We are seeking volunteers from our membership to be paired with other members who wish to receive daily telephone check-in calls.



One member provides a ride to another member

We are very fortunate to have the help of MaH member and volunteer Owen Houghton, who is taking the lead to get this service up and running! If you are interested in volunteering for this program, either as a caller or call recipient, please call MaH at 603-371-0809. Your name and phone number will be forwarded to Owen, who will give you a call to follow up on the details. Thanks in advance for your help! ☒

Cindy's Corner

By Cindy Bowen, Executive Director



Hello everyone and welcome to the mid-winter issue of *atHome!* Monadnock at Home had a busy holiday season and has now started a new year! In early December we held our annual holiday dinner, followed later in the month by a holiday luncheon sponsored by the Peterborough Rotary, which invited MaH members to attend. Holiday spirit was everywhere with delicious food, good times with friends and holiday music performed by the ConVal High School Band. A good time was had by all!

2016 is bringing some change to how our volunteer transportation services are being provided. As of the new calendar year, the American Red Cross (ARC) of Southwestern NH is no longer providing transportation services to the eastern Monadnock region. Previously, MaH members received volunteer transportation from both the ARC and CVTC (Contoocook Valley Transportation Company). Now we will be working exclusively with

CVTC and its volunteers to drive our members as needed for medical appointments and grocery trips. We look forward to continuing to provide you with this valuable service with the assistance of CVTC staff and volunteers. With that said, I would be remiss if I did not



Lively conversation at our holiday dinner

thank ARC for their dedicated service to MaH for the past five and a half years.

In response to member requests, I'm excited to announce our new Member Helping Member program. Be sure to

read the write up in this newsletter.

MaH is always ready to accept new members AND volunteers. If you're happy with the services and benefits of membership, please spread the word to your friends and neighbors whom you think would benefit from our support. If you or someone you know is interested in volunteering for MaH, please send them our way. For more information, interested folks can call 603-371-0809 or visit our website monadnockathome.org.

As we make our way through the coldest months of the year, do remember that your MaH membership offers you access to pre-screened service providers and volunteers that are ready to assist you. Speaking of volunteers, don't forget that in addition to all of the great ways that our volunteers help members, they are also willing to pick up and deliver grocery orders from Roy's Market in Peterborough. All it takes is a single call to 603-371-0809! We are here for you!

Best wishes, be safe and stay warm! ☒

Events *Continued from page 1*

boundaries of our own familiar planet. Does Rick feel there are other planets where we could live? It's theoretically

feasible, he suggested, but it would take virtually forever to get there with our current technology.

As we left the theater we couldn't help but look skyward, truly fascinated with the universe around us. 📺



Terrapin Gift Shop



Exoplanet Presentation

Member Spotlight: Alice Mitchell

Each and every one of our members is special in some way. To name a few, some are artists while others are writers, gardeners and knitters. It is this last category that characterizes member Alice Mitchell of Jaffrey. She knits the most beautiful sweaters for babies and children. Take a look at this adorable baby wearing a beautiful hand knit sweater created by Alice. A perfectly cozy outfit for these chilly days! By the way, this cute little gal is Faye, the granddaughter of MaH board member Sandy King. 📺



Faye is so happy in her new sweater!

Aid for Military Veterans

Did you know that if you've served in the military during a time of war (not necessarily in combat) and were honorably discharged, you may be eligible for a Veterans Administration (VA) pension? Specifically, the VA says:

"Aid and Attendance (A&A) Pension provides benefits for veterans and surviving spouses who require the regular attendance of another person to assist in eating, bathing, dressing and undressing or taking care of the needs of nature. It also includes individuals who are blind or a patient in a nursing home because of mental or physical incapacity. Assisted care in an assisting living facility also qualifies."¹

For specific information on eligibility and applying, visit veteranaid.org, a website founded by Debbie Burak, the daughter of a WWII veteran. Burak knows how challenging it can be to deal with the VA. For nine years, she cared for her parents who never had enough money to pay for their care needs. It was only after years of scraping together every dollar they could find that Burak discovered her parents had been entitled to approximately \$165,000 in VA benefits that they'd never received. To help others avoid this calamity, she created the Veteran Aid website.

If you are a member of MaH and have questions about your eligibility, give us a call at 603-371-0809 and we will pair you with a volunteer who can help you wade through the process. 📺

(Portions of this article were taken from the AgingCare.com website, specifically <https://www.agingcare.com/Articles/applying-for-veterans-benefits-181517.htm>)

¹ <http://www.veteranaid.org/about.php>



OUR MISSION *The Mission of Monadnock at Home is to provide residents of the region east of Mount Monadnock with the support and practical means to enable them to live and thrive in their homes and communities as long as possible as they grow older.*