Annual Meeting 2017

By Sandra Faber, Member Services Coordinator

On May 31st members, staff and volunteers gathered at the Peterborough Players for our 7th Annual Meeting! We enjoyed delicious hors d’oeuvres catered by Mayfair Farm in Harrisville and then moved into the theater for our meeting. Cindy recapped the year, telling of all the outings, informational sessions and new programs we offered. Once business was out of the way, John Sullivan and his guitar took to the stage. With encouragement from John, members joined along singing tunes from Ireland, Scotland, the sailing seas and even the Beatles! It was an uplifting evening for all and we look forward to our 8th year of operation which begins on July 1st.
Help Monadnock at Home When You Shop Online

If you ever shop online, you’ve probably already used Amazon. The next (and every!) time you buy something from them, please consider using their charity donations website so that Amazon will donate 0.5% of the price of your purchases to Monadnock at Home. To begin shopping:

1. Go to our website, monadnockathome.org
2. Click on “Donate” (third from right in the maroon navigation bar near the top of the page)
3. Click on the indicated link or smile.amazon.com icon at the bottom of the page.
4. Sign in to your Amazon account as usual

Alternatively, you can:

1. Use your browser to go to this website: smile.amazon.com
2. Type “Monadnock at Home” into the search box and click “Search”
3. On the next page, check the “Yes” box and then click “Start Shopping.”

After doing either of the above the first time, subsequent visits to smile.amazon.com will automatically take you to the page indicating that you are “Supporting: Monadnock at Home.” If you’d like help getting started, give us a call at 603-371-0809 and we’ll set you up!
Hello everyone and welcome to the summer 2017 issue of at Home! Monadnock at Home’s 7th Annual Meeting on May 31st at the Peterborough Players was a success! It was wonderful to have such a great turnout! Many thanks to all who helped make this a great event! Be sure to check out the meeting photos in this newsletter!

For the first time since we began in 2010, we have increased our membership fees to cover rising expenses. It is my hope that you recognize the value of the services that MaH provides to seniors in our region. I am always proud to say that we were the first “village” in operation in NH! MaH continues to serve as an example and mentor for other “villages” opening throughout the state. Your continued membership and support is a wonderful testimonial to MaH! THANK YOU!

Now that warmer temperatures have arrived, don’t be overwhelmed by home maintenance chores!

• Our Development Committee has
• We have recently made several
• We have recently made several
• Staff and volunteers have begun a
• Staff and volunteers have started a

Cindy’s Corner

By Cindy Bowen, Executive Director

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THANK YOU!

Thank you to all the members who helped MaH to succeed in sustaining Monadnock at Home.

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

Our Mission

Monadnock at Home

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.
Two years ago, I was honored to be asked to chair the Board of Directors of Monadnock at Home. It was with no small amount of trepidation that I agreed, since I was to become the first chair who was not a founder of the organization. The board was beginning to mature from primarily an operating entity to primarily a policy body. As I settled into the role, I found the board to be wonderfully supportive, with its members exhibiting the professionalism and enthusiasm necessary for success. It has been a delight for me to work with board members, the staff, Cindy and Sandra, and the many volunteers, all of whom have dedicated many hours to ensure the success of Monadnock at Home.

It’s been exciting to oversee new programs developed over the last two years.

• Our Development Committee has once again excelled in securing funding necessary to support operational expenses. Through their tireless effort we have closed the deficit gap for this year!

• Our staff, Cindy and Sandra, have established a monthly “coffee klatch” where members gather to discuss issues of importance to them. This activity is now self-sustaining and has led to very useful feedback to our staff.

• Staff and volunteers have started a “Members-helping-Members” program wherein members exchange regular telephone check-ins to ensure personal safety and wellness. This has turned out to be a wonderful way for our members to connect, make friendships and plan individual activities. It also gives members an important sense of purpose in helping others.

• Staff and volunteers have begun a new program called “MedPals” where a trained volunteer accompanies a member who would like a companion for medical visits. This helps ensure that medical messaging is complete and understood.

• We have recently made several additions to our Board of Directors, bringing in new ideas, community connections and experience. Their enthusiasm ensures a bright future for Monadnock at Home.

More personally, I have come to know many of our Monadnock at Home members through volunteering to fix problems at home and driving them to medical appointments. What an absolutely delightful group of people! The conversations have been both fun and informative and have given me many great tips on my own aging. I have even met a member who was many years ago a personal friend of my Dad. And thank you all for putting up with my Jeep!

As I step down as chair on June 30, I am confident that our new chair, Ed Walker, Peterborough Fire Chief, will succeed in sustaining Monadnock at Home!

It has been my honor and privilege to serve Monadnock at Home.

### New Payment Options for Members

Most of our members previously paid their dues once a year via check. While encouraging continuation of this practice, we appreciate that our recent 15% dues increase may pose an annual payment challenge for some. As announced in our letter of April 24, we are consequently offering automatic recurring credit-card payments on either a quarterly or a monthly basis. (Due to federal regulations, debit cards are not eligible for this option.) If you would like to pay your dues on a sub-annual basis, just give us a call (371-0809) and we’ll set it up for you as shown in the table.

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Fifteen years ago when Rivermead was relatively new, my husband Tuck and I put our names on a waiting list thinking, “We will never go to Rivermead, but we’ll put our names on the wait list … you know, like an insurance policy, just in case!” Then we helped to start Monadnock at Home (MaH) and were even more convinced that we would never leave our home in Jaffrey.

Not only were we totally committed to MAH, serving as board and committee members, but as the years added up we used MaH more and more to ease what it was taking to stay in our home. Volunteers helped us move our porch furniture and snow tires from the basement and back again. There were lamps, a recliner and other things that needed minor repairs and again willing volunteers helped. Programs sponsored by MaH added enjoyment and new friends. Some programs helped us address issues we were facing or would face as we aged. We have often said, “We’ve never gotten old before. We have a lot to learn.” MaH helped us learn and prepare.

In addition to all this we used many of the vetted service providers referred to us by MaH. One year when we had a fair amount of maintenance work to be done, we documented that we saved $1,200 thanks to the discounts offered to members. (That’s the equivalent of 2 years of membership dues.) In addition to these savings were the discounts at many places to eat, the Wellness Center, Monadnock Chorus concerts, etc. We felt that was a pretty good bargain.

Most of all we appreciated the warmth, expertise and ready help from (Executive Director) Cindy and (Member Services Coordinator) Sandra who were just a bridge. I continue on the MaH board grateful. For us, MaH was the necessary peace of mind.

So why did we move to Rivermead? I can’t begin to tell you all the reasons that factored in. Both Tuck and I being sick last fall at the same time for a couple of months was one thing that nudged us to consider the move. Chris Gallagher, a retired social worker, who is on the MaH board, sat down with us and our children and facilitated a family conversation as we thought through the options. That was helpful. So at 85 and 90 years of age, we decided that we needed to make a change.

There were so many ways that MaH helped us stay in our home for “as long as possible” and for that we will always be grateful. For us, MaH was the necessary bridge. I continue on the MaH board and we both continue to be dedicated MaH members.
Other things that needed minor repairs and snow tires from the basement were taking to stay in our home. Volunteers used MaH more and more to ease what it MAH, serving as board and committee convinced that we would never leave our at Home (MaH) and were even more our names on the wait list … you know, we will never go to Rivermead, but we’ll put our names on a waiting list thinking, “We relatively new, my husband Tuck and I put Fifteen years ago when Rivermead was decided that we needed to make a change. We considered the move. Chris Gallagher, a retired social worker, who is on the MaH board, sat down with us and our children factored in. Both Tuck and I being sick. By Bobbie Gilbert, Member and Board Director Helping Seniors Live Independently at Home          603-371-0809          www.monadnockathome.org Not only were we totally committed to expertise and ready help from (Executive Coordinator) Sandra who were just a (Member Services Director) Cindy and (Member Services (3.8125 x 4.6875) Exceptional Independent Living, Assisted Living and Alzheimer’s Care Call Today for a Tour \begin{itemize} \item Spacious, Private Apartments \item 24-hour Personal Care Services \item No Buy-in Fee \end{itemize} Scott Farrar Independent Living • Assisted Living • Memory Care 11 Elm Street, Peterborough, New Hampshire (603) 924-3691 • scott-farrar.com 603-352-8553 528 Washington St. Keene NH 03431 Keenedoor.com 24-Hour Emergency Service Repairs Service Free Estimates New Doors Replacement Sections Openers/Remotes 20% Discount on Repairs for MaH Members 603-352-8553 528 Washington St. Keene NH 03431 Keenedoor.com 24-Hour Emergency Service Repairs Service Free Estimates New Doors Replacement Sections Openers/Remotes Here for you since 1972!!! 603-532-8765 WWW.TIEGERREALTY.COM Find the Right Care at Good Shepherd Skilled, professional staff Award-winning care Tailored rehabilitative services A community built around you goodshepherdrehabcenter.org Focus Cancer, not traffic. Oncology and Infusion Therapy Center For more information, please call (603) 924-4660. Monadnock Hospital Your life. Your health. Your Hospital. monadnockhospital.org a member of GraniteOne Health