



Fall-Winter 2019 / Issue No. 32

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atHome

with Seniors in the Eastern Monadnock Region

My “Recipe for Strength” for Older Americans

By Owen Houghton,
MaH Member and Advisory Council

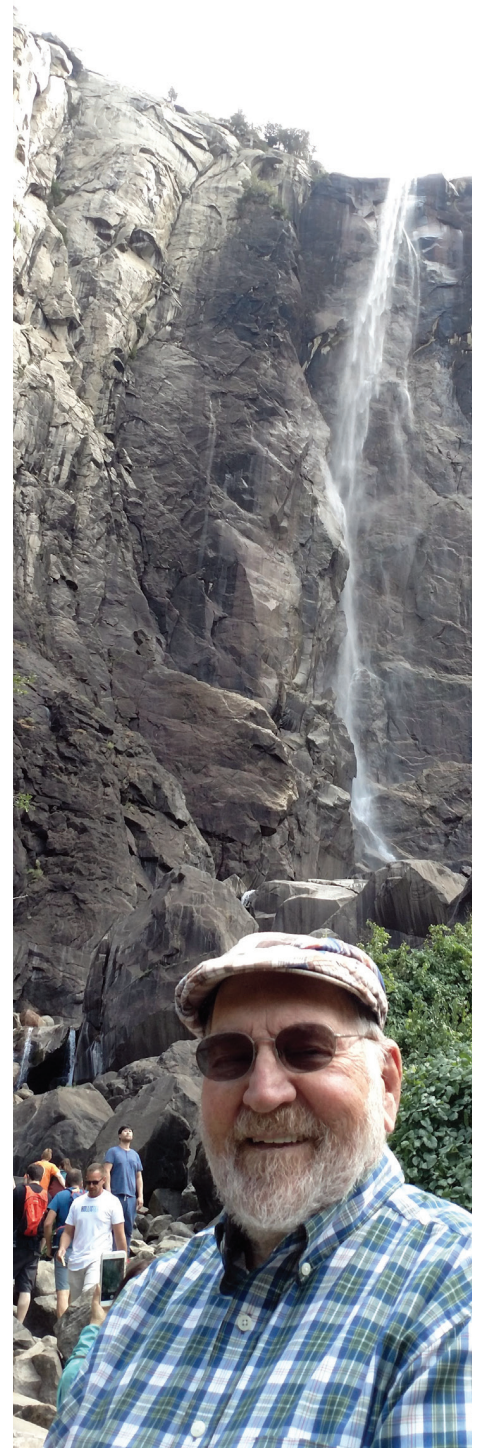
I picked up the challenge of entering a poetry contest as part of Older Americans Month some years ago. This “recipe for strength” was an attempt to capture the aging wellness viewpoints which have characterized the “Wit and Wisdom” column at the *Keene Sentinel* over the years since 1998. My contribution to the “Age Strong! Live Long!” theme has been a guidepost which has held up over the years, modified now for MaH as I just returned this fall from a 9000 mile tour of the USA in an RV van, visiting National Parks, family, and friends. The recent Active Aging Conference held in Peterborough was marketed with comments about my journey.

Ode To Happiness And Health

Oh golly gee – Soon I’ll turn eighty-three
New Hampshire life’s been good to me!
Wellness in aging has kept me quite strong
So I surely do expect that I’ll live long!

“Live free or die” is our state motto
But I buy no ticket for that Lotto!
My age is clear—the candles don’t lie
I accept what is natural, even to die.

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Solutions for Medication Management

By Sandy King, MaH Newsletter Chair

It's no surprise that the risk of chronic disease tends to increase as we age. In fact, many older adults have multiple chronic illnesses (such as heart disease and diabetes), which are most often treated with prescription drugs. Along with vitamins and over the counter supplements, some seniors take more than 10 pills per day. It may not be such a challenge if all of these pills are taken at the same time each day, but because of efficacy concerns and interactions with other drugs, there is often a time schedule for each pill. Some may need to be taken first thing in the morning on an empty stomach, some need to be taken with food at mealtimes and others may need to be taken at bedtime. Managing one's pill regiment can be a real challenge, especially as the number of pills increases and our memories may not be as sharp as they once were. So, what's the solution?

Many seniors currently make use of a simple pill organizer box. Available at most drug stores, these boxes have compartments for every day of the week along with several individual compartments per day. For example, a typical pill organizer may have 28 total compartments broken down into 7 days times 4 doses per day. Typically, the senior or a caregiver fills his or her box at the beginning of the week.

Some folks are great at remembering the times of the day when pills need to be taken. Others may set up various alarms on their smartphones, use a free pill reminder app, or buy a fancy pill box that has built in alarms for pill times. Some of these technologically smart pill boxes can even be programmed to alert an

emergency contact person if an older adult misses a dose!

A relatively new way to organize your pills is by using a service to create blister packs for a 30 day period. Blister Packs are prepared by a pharmacy and each pack

have several different blister packs to take throughout the day. The advantage of a Blister Pack service is that it relieves you of the burden of sorting your pills for the week or month.

Blister pack services are available



contains one dose of pills, to be taken at a certain time. For example, a blister pack for Sunday morning might include your thyroid, diabetic, and vitamin pills as shown in the text box below:

7 AM Sunday morning,
December 15, 2019
1 Levothyroxine.....88 mcg
1 Metformin..... 850 mg
1 Vitamin C..... 500 mg
1 Vitamin D..... 2,000 IU

Depending on the number of pills you take as well as time of day, you could

through PillPack, an Amazon company currently based in Manchester, NH, as well as CVS drug stores. You or your caregiver can enroll in these services either by phone or online. Typically, you need to provide your list of medications and associated prescriptions as well as your insurance and doctor information. CVS and PillPack will take it from there by transferring your prescriptions and setting up your service. For both companies, the service and delivery to your home is free of charge. If your prescriptions change, or if you need a one-time prescription of an antibiotic, say, simply contact the blister pack provider and they will service your need.

A potential advantage to using CVS is that instead of home delivery, you can alternatively have your package delivered to the closest CVS store where you can pick it up and also talk to the pharmacist about any questions you may have.

If you are interested in exploring one of the blister pack services, a Monadnock at Home volunteer would be happy to help you set it all up. Simply call 603-371-0809 to schedule an appointment. 📞

Welcome New Members and Volunteers!

New Members:

Sheila, Peterborough
Lorna, Dublin
Judith, Peterborough

Rosemary, Jaffrey
Fran, Jaffrey
Clarisse, Jaffrey

New Volunteers:

Bill, Sharon
Sue, Peterborough
Karen, Rindge

If you would like to join or volunteer for MaH, please call us at 603-371-0809. We'd love to have you!



Village News

By Sandra Faber, Executive Director

As 2019 draws to a close, I would like to welcome our new members and volunteers and say thank you to all of our members for belonging to and supporting Monadnock at Home. Remember to join Deanna and myself at our monthly "Drop-In," the first Wednesday of every month, at Monadnock Community Hospital, Room 1-2. And don't forget our monthly coffee hour, which meets on the third Tuesday of the month beginning at 10 am at the Bagel Mill in Peterborough. Both are great ways to get to know others in a small group setting.

By the time this issue is in your hands, winter will be upon us. Many

times the icy, snowy conditions make it less than desirable to venture outside. With this in mind, we'd like to test out the online grocery ordering service that Shaw's and Hannaford's is offering. If you are interested in testing this out, let us know. We will investigate the details and coordinate a volunteer to assist with the ordering. If all goes well, we will add this to our list of offerings.

Be sure to check out Deanna's article on winter safety and please call us if we can assist you with the items on your winter to do list. When you use a service provider that we have referred to you, make sure you tell them that you are a MaH member, so you can take advantage of special discounts.

Most of our providers offer a discount or other special perks to MaH members.

I realized from recent conversations with a few members that not everyone is aware that in addition to local service providers, we can also give you a referral to a trusted independent care provider. We maintain a relationship with a small number of these professionals. They can be a big help whether you are recovering from an injury, hospital stay, or you just feel like you could use some help with some of your daily activities. Please don't hesitate to call us to inquire.

In October, I had the pleasure of speaking at the Active Aging Conference. This year's conference was full of informative speakers and even a sing-a-long! In addition to the conference, the *Monadnock Ledger-Transcript* published an Active Aging supplement which featured MaH member Owen Houghton and his article "On the Road Ahead," written while on his recent road trip across the country.

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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.*

(A copy is posted on our website.) In it, Owen mentions that he came across many people who felt he must be crazy to set out on such a trip, solo. But reading about Owen's journey taking the time needed to adjust to the loss of his wife, Norma, and looking at the photo of him standing in front of beautiful mountains of the west, all I feel is admiration and inspiration. Owen's positive outlook is something we can all aspire to. And so, it seemed like the perfect time to share with all of you a poem that Owen had written for Older Americans Month and also shared with a group of MaH members at last year's talent program. I trust you will enjoy Owen's "Ode to Happiness and Health" featured on this edition's front page.

It has been a busy few months for me personally and I am looking forward to the slower pace that winter tends to bring, allowing for time to gather with friends and family. I especially look forward to gathering with the Monadnock at Home family at our holiday luncheon and annual meeting on December 12th! I hope to see you there. Wishing you all a happy and healthy holiday season! 🍷

In Memory of Those We Lost in 2019

Rose Dark	Norma Houghton
Joel Green	Joan Lee
Evelyn Hammerman	Connie Leonard

Winter Health & Safety

By Deanna Mullins, MaH Member Services Coordinator

Winter is here again and along with the beautiful white scenery and the holiday cheer, it also brings a need for taking extra care to stay healthy and safe! Here are just a few tips and reminders for taking care during the winter season:

PREVENTING OUTDOOR FALLS Wear proper footwear such as boots with non-skid soles. If you use a cane, make sure to check that the rubber tip has not worn smooth or replace it for more traction.

ALWAYS CHECK to make sure that steps and walkways are clear before walking outside. Take caution with pavement that looks wet – it can actually be iced over. Asking your snow plow driver to sand your driveway can help prevent falls. Keeping a container of sand and salt near your door is a quick way to help prevent slips entering and exiting your home.

STAYING HEALTHY Winter also brings cold and flu season. Make sure to check with your doctor if you have

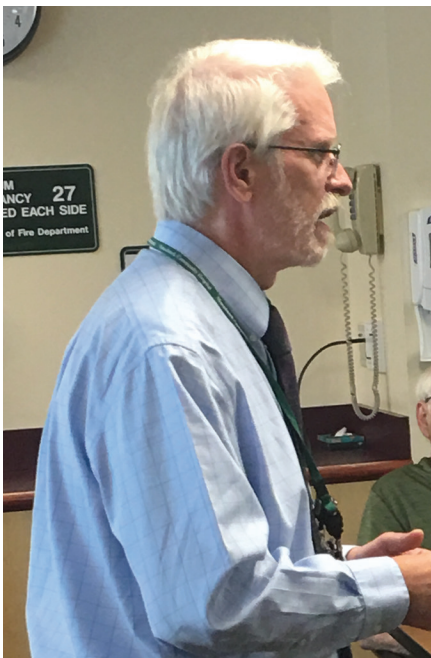
not already received your flu shot.

HANDWASHING helps prevent the spread of germs, and getting extra rest, staying hydrated, and eating healthy are all great ways to help stay well over the winter.

STAY WARM OUTDOORS by bundling up with a warm coat, scarf, gloves and hat.

STAYING SOCIAL is also an important way to keep healthy – winter can be isolating as people tend to want to stay indoors, out of the cold and avoid winter driving. Reaching out to friends and family even by phone is a great way to stay connected. Monadnock at Home has social programs year-round as well as volunteers for check-in calls.

GIVE US A CALL at 371-0809 or email us at help@monadnockathome.org if you need any help this winter or if you are interested in more information on our social programs or check-in calls. Stay safe & warm!



Dr. Lindberg leads members in an educational Memory Forum.

"Recipe for Strength," Continued from page 1

*Some folks are discouraged and full of fear
But I try to find many reasons to cheer.
The older I get the more friends I lose
Mortality is certain, I don't get to choose.*

*Our time on this earth is full of choices
Resolve to age strong is one of the voices.
As steward of my own health I can see
Wellness is no mystery – lifestyle is key!*

*Make the best of my time whatever I find
Cherish my health – body, spirit and mind!
Accept change and honor close family ties
Community volunteering - service that's wise!*

*Exercising frequently to reduce my stress
I follow my Doc's advice, don't just guess!
I get plenty of sleep and surely eat well
I will need that energy where ever I dwell.*

*I exercise frequently - also walk many days
Drive my car safely and find alternative ways!*

*With skiing, golfing, gardening and weeding
No boredom antidote I would be needing.*

*I enjoy hearty meals - drink plenty of water
As lube for my brain – I know I "oughter"!
With plenty of energy for those special days
It's rewarding to help others in many ways.*

*I rejoice that everyone's rights are respected
And work for the day no American is rejected
I give to good causes and help those less well
Even in tough times - when our economy fell.*

*With a positive outlook I try to be nice
Enjoying relationships gives life some spice
When I feel that I am at the end of my rope*

Faith, love and spirit provide me bright hope!

As a matter of fact - no one forever can last

*I will cherish my friends, many gone so fast
And continue to learn - risk-taking a must,
Cultivate new interests - avoid mental rust.*

Love, wisdom and humor from others I seek

*To "do unto others" every day of the week
In health, joy and happiness I sing this song*

Praising Creation I age strong and live long!

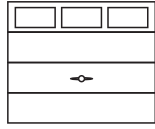
Rooted in Clay Trip

This past fall, MaH members visited Rooted in Clay located in Rindge, NH. Potter and teaching artist Shana Brautigam gave us a fascinating tour of her facility and beautiful wood fired pottery. Shana opened Rooted in Clay in 2003 and has been welcoming visitors and offering pottery classes since then. She is a member of the League of New Hampshire Craftsmen. Following our delightful tour, members enjoyed lunch at the Hometown Diner in Rindge.



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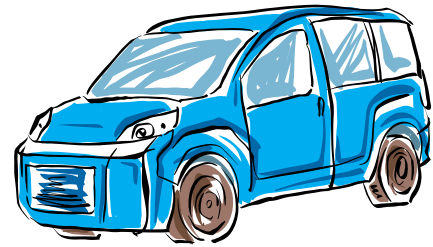
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