



Monadnock at Home

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

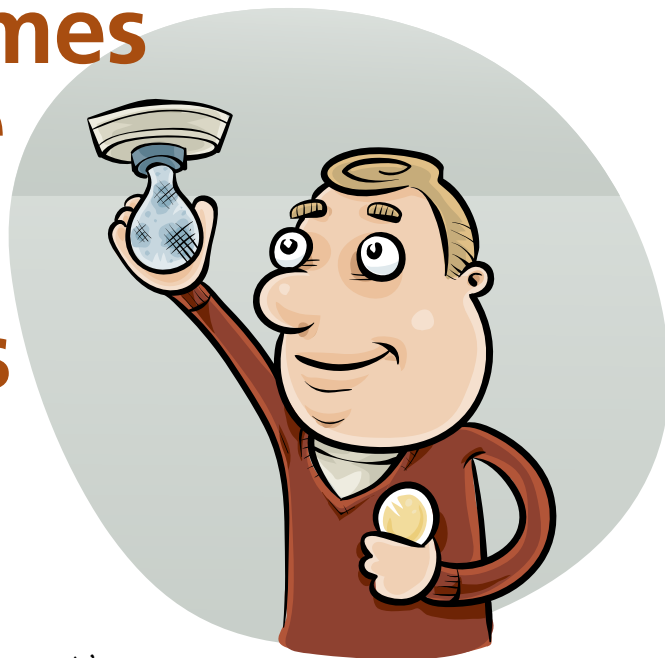


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atHome

with Seniors in the Eastern Monadnock Region

Sometimes It's the Little Things



Sometimes it's the hassle of the little things that makes it increasingly harder to stay in our homes as we get older... you know... how to change a filter, program a DVD player, turn a mattress, replace a light bulb or batteries in the smoke detectors that are high up, get help with computer questions, basic maintenance issues and one of the more challenging issues – getting necessary transportation when you need it most. Monadnock at Home (MaH) aims to make it easier for us all to continue to live in our homes, partly through the community of vetted volunteers who will help with all of these “little things”. Some of these volunteers are MaH members and some are part of the larger community who just believe in neighbors helping neighbors.

Here are some of the many ways MaH members have benefited from volunteer services:

“After packing several large boxes, I realized that I could not carry them down the difficult stairs and get them into the car. Cindy arranged for a volunteer to do the job. Thank you MaH for solving my problem.” —Sally

“I had some knee surgery and I was able to count on a MaH driver to take me to rehab for repeated physical therapy appointments.” —Marcia

“My dryer wasn't working right and I thought it might be a clogged up hose. A MaH volunteer cleaned the hose and now it is working fine.” —Evie

“It was such a joy to return home and find that you had accomplished way over and above what I thought was possible — wood stacked high, big logs split. I am so grateful.” —Jo

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MaH Receives Grant from the Village to Village Network

By Sandy King, MaH Board Member

Monadnock at Home is one of twelve “villages” across the United States chosen to receive a grant to support the creation of a sustainable business and organizational infrastructure. Like other villages across the country we are a self-governing, membership driven organization run by a small staff and numerous volunteers working together to provide social supports and coordinate affordable services, including transportation, in-home medical care, home repairs and other day-to-day needs for people over



62 wishing to remain in their home and communities.

The Village to Village (VtV) network is a national organization that helps communities establish and manage their individual villages. VtV is a valuable source of information for our village and acts as a conduit to other villages allowing us to share our experiences and learn from theirs. Nationwide there

are approximately 78 villages currently open and many more in development.

We’re using our \$1,500 grant to increase awareness of our organization by establishing a FaceBook page and creating two videos about MaH. Thanks to the grant we’re now on Facebook! If you are too, please find us on Facebook and “Like” us by doing this:

- Go to www.facebook.com/monadnockathome
- Click on “Like” at the top of the page.

Facebook provides another way for us to stay in touch with our members in addition to reaching out to the community. ☒

Ladies Valentine Day Tea

On February 7th MaH hosted a wonderful Valentine’s Day tea party at Sunflower’s Restaurant in Jaffrey. We had 24 total attendees who enjoyed an afternoon of tea, coffee, scrumptious sandwiches, decadent desserts and lively conversation! Lola’s in Jaffrey was kind enough to loan us a fabulous collection of fancy hats and boas which added plenty of frivolity to our special occasion. This event gave MaH members the opportunity to get acquainted with each

other, as well as reconnect with old friends. Feedback from our members indicated that they thoroughly enjoyed the afternoon – that can also be said for the MaH staff and volunteers who participated in the event.

Upon leaving Sunflower’s that afternoon, several members requested that MaH host a similar event again in the future, so we’ll add that to our plans! ☒



Members Cynthia, Anne and Ann of Peterborough

International Art—Right in Our Own Backyard!

By Ann Nunn, MaH Board Member

This past fall a group of MaH members spent a most enjoyable and enriching day at the Currier Museum of Art in Manchester. The day began with a drive via the Good Shepherd bus, through the scenic parts of the Monadnock and southeastern region of New Hampshire. Upon arriving at the museum, we decided to venture off on our own, or with a friend to gaze at the creative pieces the gallery offers. We took in a variety of art mediums including a special showcase of pottery done by a Vermont woman as well as some Picasso and Monet paintings on the tour. We saw American furniture pieces dating back to 1680, bronze sculptures and contemporary pieces as well on the

tour. Lunch was enjoyed in the open air Café, and by midafternoon, we were ready to travel back to our beautiful

Monadnock region. Several of the members also made some new friends along the way! 📷



Cindy's Corner



By Cindy Bowen, Executive Director

Hello everyone and welcome to the spring 2012 issue of "at Home"! Monadnock at Home is thriving as more members are consistently utilizing the benefits of their membership. Do you know how to access services provided my MaH? I'd like to take this opportunity to remind you how to take advantage of all that is available to you. MaH's goal of helping members to remain independent and living in their own homes is at the forefront of our service to you.

MaH can help you with a variety of services provided by our dedicated volunteers. For more details on those services, please be sure to read the "Sometimes It's the Little Things" article in this newsletter. To access volunteer, as well as paid services from our pre-screened, trusted service providers, all it takes is a single phone call to me at 603-371-0809.

When a member call comes in to request assistance, I listen to their needs and discuss how to best resolve the situation. Sometimes a MaH volunteer may fit the bill, but other situations may require a call to one of our vetted service providers. If volunteer service is needed, I will contact one of our volunteers to pay a visit to the member(s) home to provide assistance. If the task requires a paid service provider, I'll give the member the appropriate contact information so that they can speak to the provider directly and schedule a time for service, or I can make the contact calls on behalf of the member(s) if they so choose. Many of our service providers give generous discounts to members. Call me even if you have your own

trusted network of service providers. I can let you know if they're on our list and whether or not they provide member discounts.

Once the service has been provided to a member, I follow up with a phone call to be sure the task was completed to the satisfaction of the member. Note is taken of member comments to insure that MaH volunteers and service providers continue to provide the best service possible to our membership.

As the spring weather approaches and you're getting out and about, don't forget to use your membership card when going out for lunch, taking in a cultural opportunity or getting exercise. Member Supporters in our communities provide generous discounts to MaH members.

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

Little Things continued from page 1



Volunteer Dwight of Rindge giving computer help.

“Your good work on the down spout has survived the rainy days and remains tight...and we are certainly grateful to you for taking the time to do what I can no longer do.”

—Quent

“A MaH volunteer cleaned my gutter, fixed a water pump in the bird bath and an attic fan. I liked that we worked together on the gutter problem. I took the leaves to the compost.”

—Gerry

“It was such a help to have someone come and change all the batteries in the smoke detectors and the light bulb that is high up in the stairwell.”

—Alice

“I needed help lifting the air conditioners into the windows. A MaH volunteer did the job.”

—Elaine

“When I was having trouble learning about my computer and unable to get my email, a very helpful volunteer came several times. I continue to call him if I have questions.”

—Midge

In addition to these free services for MaH members, there is a whole umbrella of pre-screened, trusted service providers for most anything you need (from yard work to meals to homecare) and most of these service providers are offering generous discounts. Members can access all of these services with just one phone call to Cindy, our Executive Director. ☒

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.

Is Your Home Safe?

By Owen Houghton, MaH Vice Chair

Guarding against falls is increasingly important as we age. Nearly a third of folks over the age of 65 fall each year and that increases to 50% by age 80. Problems with balance, eyesight and slower reflexes cause some falls, but most falls in the home take place in bedrooms, bathrooms and on stairs. Monadnock at Home members are encouraged to use a fall prevention checklist to survey all the potential risk areas in their home. The New Hampshire Falls Risk Reduction Task Force has prepared an excellent home safety checklist to assist in your inventory of potential danger areas in your home. The checklist covers seven areas of the home and includes questions such as the following:

Kitchen

- Are drawers and cupboards closed to avoid bumping into them?
- Do floor mats have a slip resistant backing?
- Are regularly used items easily reached?

Hallway and Stairs

- Are your railings sturdy, waist high, and easy to grasp?
- Are stairs free of clutter?
- Are step surfaces non-skid and even?

Bathrooms

- Do the tub and shower have rubber mats or non-skid surfaces?
- Are towels, shampoo, and soap within easy reach?
- Is there a tub seat?

Bedrooms

- Is there a well-lit pathway from the bedroom to the bathroom?
- Do you have a light or flashlight within easy reach of the bed?
- Is there a telephone that's easy to reach from the bed?

Living Room/General Living Areas

- Are the carpets flat and in good condition?
- Is the furniture placed to allow wide walkways?
- Are chairs and sofas high enough for easy sitting and standing?

Entrances and Outdoor Walkways

- Is the entrance well lit at night?
- During the winter, is sand and/or salt available?
- Do the stairways have secure handrails?

Additional Home Safety Questions

- Is the hot water temperature 120 degrees or less to avoid burns?
- Are smoke detectors tested monthly?
- Are emergency phone numbers beside each phone?

If you'd like a complete copy of the checklist, visit our web site (www.monadnockathome.org/content/faqs) or call Cindy at 603-371-0809.