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atHome

with Seniors in the Eastern Monadnock Region

American Textile History Museum and New England Quilt Museum Trip

By Cynthia Sue Martell,
MaH Member

For decades, textile manufacturing played a crucial role in communities throughout New England. In southern New Hampshire, our own Monadnock region was home to several successful textile mills. Our visit to the American Textile History Museum in Lowell, MA on June 15, 2015, provided MaH members with a deeper cultural and historical perspective of this connection.

The American Textile History Museum is an affiliate of the Smithsonian Institution. It's considered the world's largest and most significant collection of America's art, history and science of textiles. This was evident as the group

under the guidance of a docent, explored fascinating exhibits covering the textile world's past, present and future.

At the conclusion of our tour, we met in the museum's café where we enjoyed conversation and a relaxed lunch. MaH's Executive Director, Cindy Bowen, and Member Services Coordinator, Sandra

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MaH Members visiting the American Textile History Museum.

Remarks from a MaH Member:

"As a frequent participant on the MaH trips, I've noticed a hardcore (for lack of a better word) group of enthusiasts who regularly attend our trips. I think these latest adventures beautifully exemplify this particular group of MaH members. And I must say, even though I am one, what a delightful Tribe of Travelers! I sincerely feel in my heart we have formed a special friendship among us for which I am profoundly grateful."

A Trip to the Fells Historic Estate & Gardens

By Cynthia Sue Martell, MaH Member

In elementary school I loved class "Field Trips." Day trips with MaH help me recapture the fun and excitement I always felt when discovering new places with enthusiastic friends.

Our visit to The Fells Historic Estate & Gardens on Lake Sunapee (N.H.) on July 23, 2015, began with a guided walk through beautifully groomed formal gardens. These included a rock garden, rose terrace with fountain, heather bed, and an extensive perennial border of magnificent blossoms.

Lawns and gardens were dotted with fascinating sculptures. A surrealistically depicted, larger-than-life bull – El Toro at his noblest – especially intrigued our group!

After visiting the gardens we had an exceptional guided tour of the estate's 22-room Colonial Revival-style main house. Author and statesman John Hays, who was private secretary to Abraham Lincoln, built it in 1891 as a lakeside summer retreat.

One of the highlights of the house tour was to stand in the guest room where Teddy Roosevelt stayed in 1902. It was during this trip to The Fells that he planted the stately "Roosevelt Maple" which still stands today.

Later, we enjoyed lunch and spirited conversation on the main house's breezy veranda. Perfect for a warm day. With views of the grounds and lake, we were reminded of those who had done the same during romantic summers past. 📷



A happy group of MaH participants at the Fells



Members enjoying a guided tour of the gardens

Proper Disposal of Unwanted/ Unneeded Medications

It is important to get rid of prescription drugs that are no longer needed in order to avoid either accidental or improper use by others who may have access to them in your home. Every year for the past 9 years, the Drug Enforcement Agency (DEA) has sponsored a Drug Take Back event, by specifying local collections sites within various communities. This year the event is scheduled to take place on September 26th, 2015. You can call your local police department to find out if they are a designated collection site. If you happen to miss the date, you do have other options.

First, for residents in the Monadnock region, you can safely dispose of unwanted medications in a collection box located at the Keene Police Department any time of year. If that's not convenient, you can also dispose of your medication in household trash, by following these instructions from the Northern New England Poison Center website (NNEPC.org):

Take the medication out of its original container and put it in a plastic bag. If the medication is a solid (pill, tablet or capsule), add a little bit of water. If it is a patch, fold it in half with the sticky side inside. Add an undesirable substance, such as used cat litter or coffee grounds, to the bag. Seal the bag and put it in the trash right away. Before throwing out the empty container, use a permanent marker to black out your personal information to protect your privacy. Do not flush any medication down the toilet unless the label says to.

By following the above disposal guidelines on a regular basis, we can all do our part to prevent an unfortunate mishap while keeping the clutter out of our medicine cabinets! 📷

The MaH Board

Although you see us listed on the first page of every newsletter, we thought it would be nice to attach our names to our faces for those who don't know us!



L-R, Front: Russ Armstrong, Chair; Cathy Cambal-Hayward, Vice-Chair; Rick Harnden, Treasurer; Sandy King, Secretary. L-R, Back: Bill Graf; Ann Nunn; Dwight Schenk; Kim Chandler and Cindy Bowen, Executive Director. Missing from the photo are Bobbie Gilbert and Annie Card.

Upcoming Programs

The MaH Program Committee has put together a fantastic list of programs for the remainder of the year! Check it out and register for programs you'd like to attend by calling 603-371-0809 or emailing sandrafaber@monadnockathome.org. More detail about each program can be found on our web site, www.monadnockathome.org.

A Visit to the Harris Center: Our Wild Neighbors

September 24, 2015, 11 am–1 pm

- A \$15 fee includes program and lunch
- Open to MaH members and their guests

Terrapin Glassblowing Studio

October 15, 2015, 10 am–1 pm

- Free tour followed by lunch (on your own) at nearby Café 532
- Open to MaH members and their guests

Exoplanets: Can Life Exist on Other Worlds?

October 27, 2015, 3–4:30 pm

- At the Peterborough Community Theater
- Free to MaH members and the public

Two Mini Workshops: Happy to 102 – The Best Kept Secrets to a Long and Happy Life and The Five Senses – A Sensible Guide to Sensory Loss

November 10, 2015, 10–11:30 am

- At the SDE Building in Peterborough (across from Agway)
- Free to MaH members and the public

MaH's Annual Holiday Dinner

December 3, 2015, 5:30 pm

- Location is JP Stephens Restaurant, 377 Route 202, Rindge
- MaH members only

Note to MaH members – please call us at 603-371-0809 if you need transportation to any of the listed events.



Cindy's Corner

By Cindy Bowen, Executive Director



Hello everyone and welcome to the fall 2015 issue of *at Home!* Wow, it has been a busy summer for MaH!

We took two member trips over the summer. In June we toured the American Textile Museum in Lowell, MA, and in July we visited The Fells Historic Estate and Gardens on Lake Sunapee. For more details about our adventures to the Textile Museum and The Fells please read the articles written by MaH member Cyndy Martell. Thanks for capturing the highlights of both trips for us, Cyndy!

The Program Committee has put together a full schedule of programs/events for this fall. Please see the list in this newsletter and give us a call to answer any questions you may have.

If you occasionally find yourself with a few hours to spare and would like to help your fellow members, why not consider becoming a MaH volunteer? Volunteers serve our members in a variety of ways: from assisting members with light home maintenance tasks or as a friendly visitor,

to computer assistance or transportation to medical appointments. If you're interested in volunteering, please give us a call!

You can help us serve you! The next time you have a medical appointment OR if you should need to be hospitalized, do let your doctor know that you're a member of Monadnock at Home. Although a care plan may be set up for you by your doctor or hospital medical care team, MaH can help you to receive other services you may need, even if only temporarily. Services such as meals, grocery delivery, daily phone check-in calls and transportation are available to our members.

MaH is always ready to accept new members. 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. For more information, interested folks can call

603-371-0809 or visit our website www.monadnockathome.org.

As you begin to prepare for the cooler months ahead, do keep in mind that your MaH membership offers you access to pre-screened service providers and volunteers that are ready to assist you. It just takes a single call to 603-371-0809. I am aware that many members re-contact MaH service providers directly that they have used in the past and I'm happy that they've been able to provide you with good service. *But to help MaH keep accurate records, it is important that you call MaH first, even if you are using a provider with whom you are familiar.* We like to know how often MaH's vetted service providers are serving our members and whether members are happy with their work. Your help with just that single call will allow us to continue to provide the best service possible.

Best wishes, stay healthy and enjoy the wonderful fall views in the Monadnock region! ☀

Trips *Continued from page 1*

Faber, graciously served as hostesses. After lunch we had yet another special treat – a quick ride just up the street to the New England Quilt Museum.

The New England Quilt Museum houses permanent and rotating collections of fabric art. It's said, "The only difference between fabric art and a fine-art painting is the medium." The colors, materials and creative

ingenuity of these pieces are exciting and inspirational. No wonder there's been such a resurgence of interest in this art form in recent years. We visited both the exhibits and the museum gift shop at our leisure: A delightful close to another remarkable MaH travel experience. 📷



MaH Members and Volunteers visiting the American Textile History Museum.

Volunteer Spotlight: Larry Davis

One of our fabulous volunteers, Larry Davis, is a photographer who lives in Jaffrey and is always willing to lend a hand when needed. His most frequent services are focused on various handyman tasks around the household including wood stacking. Most often, Larry's primary mode of transportation to a member's home is by bicycle, no matter the season. In fact, he averages about 100 miles/week on his bike. If that by itself isn't impressive enough, consider this: between 1990 and 2000 Larry hiked to the summit of Mount Monadnock for 2,850 consecutive days and still climbs almost daily today! His adventures have made him a subject in *Yankee Magazine*, Craig Brandon's book, *Monadnock: More than a Mountain*, in Eastern Mountain Sports advertisements and a feature in the NH Public Television series *Windows to the Wild* (<http://video.nhptv.org/video/2365399191/>).

Despite his busy schedule, Larry finds that helping those in need is not only very satisfying to him but fun as well! And those he helps are truly grateful as evidenced by the testimonials below.

"As the years pile up, it's often the



little things that make aging in place more difficult. We can no longer move our porch furniture from the basement to the porch or haul up the tires and get them in the car when it is time to change to snow tires. Larry Davis to the rescue! We can't tell you how much we appreciate having this Monadnock at Home volunteer come by and do this for us. Larry is so ready to help and we always have an interesting conversation when he comes!"

—Bobbie and Tuck Gilbert, Jaffrey

"Where to begin with words regarding Larry Davis? What a prince of a man. Larry has been such a help with stacking wood for me when this activity is difficult for me. I have a wood stove for heat and need plenty of wood, so when it comes in I need the help of a strong person to stack

it. He has also pointed me in the direction to get some pick-up wood someone had available; it works to supplement the bought wood. I can't begin to tell you how helpful he has been and his stories of his life adventures, in general, are entertaining conversations. I'm forever grateful to Larry."

—Ann Pliska, Rindge

Besides volunteering for MaH, Larry is also a member of the Appalachian Mountain Club (AMC). For AMC, he maintains a portion of the Appalachian Trail, namely, the Osgood Trail on Mount Madison which is in the northern peaks of the Presidential Range. Every year he spends 6 or more days maintaining the trail. He can also be found picking up trash along the roadside in Jaffrey – a great help to the community!

Given his busy schedule, we are delighted to have Larry serve in a volunteer capacity for MaH. From our member's point of view, he is an enormous help and extraordinary guy!

Note: To view some of Larry's beautiful photography, visit his website at <http://larrydavisnh.com>



Monadnock at Home

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 to enable them to live and thrive in their homes as long as possible as they grow older.*