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atHome

with Seniors in the Eastern Monadnock Region

A Tribute to Tuck Gilbert

By Owen Houghton, MaH Advisory Council Member



What an awesome responsibility to craft a few paragraphs about a pioneer in the development of Monadnock at Home (MaH). This man, Tuck (Chandler Wright Gilbert), was such a powerful presence in the world over the span of his 91 remarkable years and his life story is a testimony to the impressive accomplishments of a life well lived. We as members of MaH share an important chapter of the legacy that touched so many lives.

As a friend and cheerleader for his joyful service-filled life, I am privileged to share my take on the wonderful ways in which Tuck contributed to the success of

MaH. Since he was such a team player, it is difficult to separate his accomplishments from his life partner Bobbie. They both retired from parish ministry and moved to Jaffrey in 1988 where I met them as members of a UCC church. When we organized joint choirs it was my good fortune to sing next to my Christian colleague Tuck.

I learned of his love for camping, writing, hiking, and photography (which often recorded MaH events), and we enjoyed exploring community issues together. As I developed some skills as a geriatric care manager following my retirement from Franklin Pierce College,

Continued on page 5

Summer Outing at Hilltop Golf Course



What a great time we had at the Summer Social! Annie Card, MaH Board Member and Owner of Hilltop Golf Course, hosted our outing. We had a wonderful lunch and conversation on the porch overlooking the green. After lunch, with a little coaxing from Annie and a few brave members leading the way, we headed out onto the putting green for some games. There was a lot of cheering and laughter as members took turns putting. One member surprised herself with a hole-in-one! It was wonderful to see so many long-time as well as new members join in the fun!

Preparing for a Doctor Visit with MedPals

By Chris Gallagher, MaH Vice Chair

With the increasing complexity of medical care, it can be difficult to remember the vast amount of information from a medical appointment. How often have you returned home and realized that you forgot to ask an important question or were not clear on follow-up plans? If this has happened to you, MedPals, a service of Monadnock at Home, can help.

MedPals are trained Monadnock at Home volunteers who will support members regarding their medical appointments and follow up care. Here's how it works. The MedPal volunteer meets with the member prior to the medical appointment and helps organize a list of symptoms, questions, and goals for the visit. They will then provide a ride, if needed, and attend the appointment as a second pair of ears



and eyes as well as note taker. Finally, the MaH volunteer will clarify that the member understands all follow up instructions, medication changes, or future tests or procedures.

"Monadnock at Home has already made my life feel so much less isolated and secure at home. Help with managing medical issues with my MedPal has been a godsend!" says

member Mimi Atwood.

"MedPals has been wonderful for me. Not only did they provide rides to appointments but sat in and helped take the worry out of complicated medical issues. It was the best possible help I could get," says member Francelia Clark.

It is important to note that the MedPals do not replace the

role of family or friends, nor become a power of attorney, administer medication, provide medical advice, or interpretation of issues. This should be done directly with the provider and appropriate family member or formal support person.

For questions or more information about our MedPal program, please contact Sandra or Deanna at the office.



Village News

By Sandra Faber, Executive Director

We certainly had our share of wild weather this summer! Let's hope the fall brings calm, cool air and beautiful blue skies.

I'm excited to announce that this past summer we received the news that MaH was chosen to be the beneficiary of the proceeds of the Uplift Festival – an event consisting of 10 hours of talented bands, food, and fun in Greenfield, NH. This not only helps with our fundraising efforts, but brings us even more community awareness. More and more groups and businesses are making it a priority to support the work of our local nonprofits. As a result, we are grateful to the many volunteers who baked for us and helped out that weekend. The festival brought an eclectic group of fun seekers who didn't even care if the skies opened up that

day! Although it rained every day leading up to the festival, the weather turned out to be fairly good and we are now awaiting word on the proceeds!

This fall, we have some wonderful programs planned. Check out the enclosed program flyer for information on the Golf Cart outing, The Dreams program, and Cooking for 1 or 2 with Chef Joan! If you know of someone who may enjoy a program, reach out and invite them



Sandra and Owen at Uplift

along. We would love to see some new faces! Remember, that we are happy to arrange a ride to any of our programs. Watch for further details on our holiday lunch/annual meeting. Due to the change we made to our fiscal year, we will now be combining the two celebrations!

Also this fall, MaH will be working with entrepreneur students from the University of New Hampshire. Each year, ten nonprofits are chosen to have a team of students take on a project. The students will be exploring ways MaH can best serve seniors in the Monadnock Region and will be presenting their findings. As part of their study, students will want to talk to some members about their experience with MaH. I am looking for 8-10

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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.

members who would be available to talk with the students by phone in October. Please let me know if you are interested.

Finally, and most importantly, I would like to express our sadness in Tuck Gilbert's passing. In May we lost a dear friend. As you know, Tuck along with his wife, Bobbie, were founders of Monadnock at Home. While attending the celebration of life for Tuck, I learned so many fascinating things about Tuck's early years, his interests and his family life. In this issue of "At Home", Owen Houghton pays special tribute to Tuck, giving us a little peek into their friendship. Tuck left a meaningful mark on Monadnock at Home and we will always be grateful. He is greatly missed. 📧



Sandra and Deanna at Uplift

Member Spotlight: Cyndy Martell

By Deanna Mullins, MaH Member Services Coordinator

Long time Monadnock at Home member Cyndy Martell has a warm, welcoming spirit and the soul of a poet. She is a 3rd generation New Hampshire native with a proud family history of public service and artistry. Cyndy was born and raised in Marlborough, NH, where her father served in the elected position of town clerk for 25 years – filling the shoes of her grandfather who had served for the 25 years prior!

Cyndy has worn many hats including college student in MA, flight attendant for Eastern Airlines, and personnel management at Troy Mills in Troy, NH; but farmer and poet seem to be the two closest to her heart. Cyndy's husband, Garrison, knowing her love for cows (which she inherited from her great, great grandfather) surprised her one year on her birthday with a beautiful, almost white Jersey cow named Lemon Balm (later changed to Lily). The gentleman delivering Lily had his own surprise when Lily birthed a calf, that Cyndy and Garry named Faline. These two cows grew into

12, which eventually grew into 170 head of cattle – each with a beautiful Swiss cowbell that provided a striking melody on their lovely farm in Greenfield, NH. First and foremost though, Cyndy is a poet and writer – something that is in her genes! Cyndy's father, in addition to being town clerk, was also a poet.

Her brother was a poet and her mother had an amazing memory of hundreds of poems! Cyndy and her husband traveled a lot, particularly enjoying backpacking and mountain climbing. They were very active with the Sierra Club and founded a local branch – the Monadnock Sierra Club.

These days Cyndy is very active in writing groups and with Monadnock at Home. She enjoys the connections she has made with the MaH volunteers and feels that is a wonderful aspect of MaH. Cyndy enjoys



volunteering on the Program Committee, writing for the newsletter and getting together with fellow MaH member, Gerry and reading with her every week. Cyndy says, "I have a lot of security knowing that I can call you and Sandra, and if I have a question about a service, I feel you can put me in the right direction and that's a very good feeling!" We are so happy to have Cyndy as part of the MaH family and always enjoy her company at our programs, events, and the monthly coffee group! 📧

Member Outing at the Mariposa Museum



Tuck, Continued from page 1

he and others at First Church in Jaffrey invited me to a workshop to consider the advantages of a communal support service to help older folks like us remain at home as long as possible. Sometime thereafter Beacon Hill Village in Boston was featured in a national AARP publication, validating the genius of that earlier local idea.

My wife Norma and I partnered with Tuck and Bobbie, along with other charter members, to form a non-profit called Monadnock at Home. Tuck's bright insights and unfailing energy for the project contributed mightily to its success — now nine years and over a hundred families later. His quiet yet powerful presence contributed greatly to this model of aging wellness as he himself adapted to the inevitable stages of life.

His thoughtful, steady presence

and intergenerational focus on the “other,” reminiscent of Mr. Rogers and his neighborhood, stands out with members as well as volunteers. Tuck's relationship with volunteer Larry Davis, who helped with seasonal chores was special, as was his ability to market MaH services (vendor discounts). And who will ever forget his succinct explanation

of the stages of aging: “Go-Go, Slow-Go, and No-Go!”

We owe much to Tuck Gilbert and value his example which defies the common stereotype of us “older people.” His life was rich with lessons of meaningful longevity — he touched others' lives with his gentle and caring spirit, and MaH is a grateful beneficiary. 🍷

Welcome New Members and Volunteers!

New Members:

Miriam, Peterborough
Norma, Jaffrey
Paula, Rindge
Betsy, Rindge

New Volunteers:

Pam, Hancock
Deborah, Hancock
Andrew, Peterborough

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

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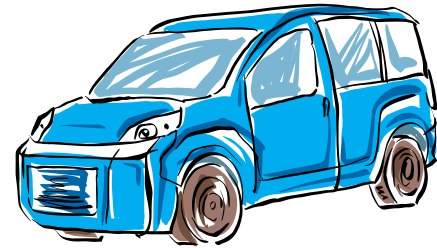
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NOTE:
Location will change
beginning in October.
Call for details.



Monthly Coffee Hour

MaH members gather at 10 am on the third Tuesday of each month at the Parker Coffee House in Peterborough. Come join us for friendly conversation and delicious coffee! If you'd like a reminder call, please contact MaH at 603-371-0809.