



Fall 2012 / Issue No. 7

## In this issue of *atHome*

1 MaH's Second Annual Meeting;  
Fall Wellness Festival

2 Learn to Draw;  
A Delicious Recipe;  
Pickity Place Outing

3 Membership Supporters;  
Cindy's Corner

4 How Long Do I Keep It?;  
Timely Tips: QuikClot

### Monadnock at Home BOARD OF DIRECTORS

#### OFFICERS

Chair Dwight Schenk, Rindge  
Vice Chair Owen Houghton, Jaffrey  
Treasurer F. Rick Harnden, New Ipswich  
Secretary Ann Nunn, Fitzwilliam

#### MEMBERS

Barbara (Bobbie) Gilbert, Jaffrey  
Bob Dunn, Jaffrey  
Linn Perkins, Peterborough  
Michael Blood, Jaffrey  
Carolyn Saari, Jaffrey  
Sandy King, Peterborough  
Betsy Perry, Harrisville  
Jim Fletcher, Greenfield

#### STAFF

Cindy Bowen, Executive Director  
Local Coordinators Stefanie Kyte,  
Chris Mann and Mary Talbot

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



Logo and newsletter design by FirstTracks Marketing Group, LLC  
[FirstTracksMarketing.com](http://FirstTracksMarketing.com) 603-924-1978

# atHome

with Seniors in the Eastern Monadnock Region



*Member Gathering for the MaH Annual Meeting*

## MaH's Second Annual Meeting

On June 13<sup>th</sup>, we held our second annual member meeting at the beautiful Harris Center in Hancock. The event was attended by 54 members as well as 13 Board members and staff. Upon arrival, attendees were entertained by the very talented Bob Pettigrew of Peterborough on the piano. Everyone enjoyed the general camaraderie, entertaining sing "alongs" and delicious food. Our newly released video, which can be seen on our home page ([www.monadnockathome.org](http://www.monadnockathome.org)), was also premiered.

In addition, the proposed slate of

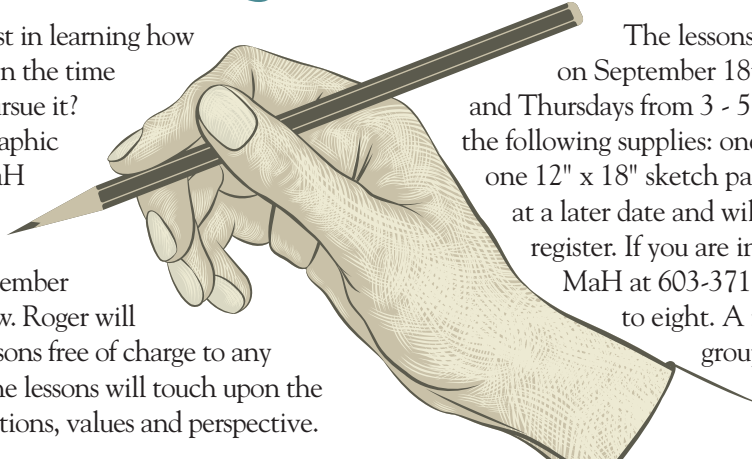
2012/2013 Executive Officers was voted in and consists of the following: Dwight Schenk, Chair; Owen Houghton, Vice Chair; Rick Harnden, Treasurer and Ann Nunn, Secretary. Lastly, attendees were broken up into groups to discuss the benefits they've been enjoying as members as well as suggest improvements or activities that would make the organization even better for them. As a member driven organization, the meeting was well received, providing essential feedback as we begin our third year of operation. ☐


## Fall Wellness Festival

Be sure to mark your calendars for Saturday, September 29<sup>th</sup>, 10 am to 2 pm, for the 7<sup>th</sup> Annual Monadnock Wellness Festival which will take place at the Peterborough Town House. The festival, which is sponsored by the Monadnock Rotary Club, will be a celebration targeted on health and wellness. You can enjoy health screenings, live entertainment, healthy food demonstrations and exhibitor presentations. There will also be a soup competition behind the Historical Society building from 12:30 to 2 pm. Please stop by the MaH table to say hello when you're there!

## Interested in Learning How to Draw?

Have you ever had interest in learning how to draw, but have never taken the time or had the opportunity to pursue it? Now here's your chance! Graphic Artist/Photographer and MaH member Roger Block of Peterborough is offering his time and talent to any member interested in learning to draw. Roger will be offering basic drawing lessons free of charge to any interested MaH member. The lessons will touch upon the areas of composition, proportions, values and perspective.



The lessons will be held for six weeks beginning on September 18th through October 25th, Tuesdays and Thursdays from 3 - 5 PM. Participants are asked to bring the following supplies: one 30° 9" triangle, two #2 pencils and one 12" x 18" sketch pad. The location will be announced at a later date and will be given to participants as they register. If you are interested, please register by calling MaH at 603-371-0809. Call soon as spaces are limited to eight. A minimum of four will occur as a group, with less than four accommodated on an individual basis at the student's or artist's residence. 

## Cooking for One

*From Chef Bonnie at Good Shepherd Rehabilitation & Nursing Center*

### Tandoori Chicken

#### Ingredients

2 lbs of boneless chicken (cut into 1-inch cubes)  
 1 cup plain yogurt  
 Juice of a lemon  
 2 teaspoons of curry powder  
 ½ teaspoon garlic powder  
 1 teaspoon fresh ginger grated  
 ¼ teaspoon salt  
 1 Tablespoon extra virgin olive oil  
 ½ Onion sliced thin  
 ¼ cup cilantro, minced  
 2 cups of cooked white rice, (Uncle Ben's 90 second rice will work)

#### Directions

In a bowl, combine yogurt, lemon juice, curry powder, garlic powder, ginger, and salt. Add chicken and stir until completely coated. Transfer to a ziploc plastic bag and refrigerate at least 1 hour and up to 24 hours.  
 In a large skillet, heat olive oil over medium heat. Add onions and sauté until translucent and tender, about 10 minutes. Add chicken and cook about 8-10 minutes, stirring often, until completely done. Serve over rice and top with fresh cilantro  
 Refrigerate or freeze any leftovers to enjoy another time!



## A Gardeners Delight!

In early summer, several members, board members and staff spent a wonderful day at Pickity Place in Mason, NH. Everyone enjoyed the lovely gardens and a fabulous 5-course luncheon accented with herbs and edible flowers grown and harvested from the culinary gardens on the premises. Spending time browsing through the greenhouse and rustic gift shop was a treat for all who came along!



## 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.*



# Membership Supporters

Various businesses within the eastern Monadnock region generously support our organization by offering discounts to our members. These establishments range from cafes and restaurants to cultural and fitness facilities. Your membership card is the key to relishing these perks, so be sure to carry it with you as you are out and about. With it, you can save as you enjoy scrumptious food at restaurants such as The Pearl in Peterborough, Sunflowers in Jaffrey, Fiddleheads in Hancock and J.P. Stephens in Rindge. Fitness supporters include the Bond Wellness Center and Performance Health and Fitness Center in Peterborough, The Bubble at Franklin Pierce in Rindge as well as yoga and jazzercise classes in Jaffrey. Discounted cultural opportunities abound through Sharon Arts, Monadnock Chorus and the Mariposa Museum. For a complete list of supporters, call Cindy (603-371-0809) or visit our web site (<http://www.monadnockathome.org/content/membership-supporters>). Don't wait another minute to delight in these opportunities your membership provides!



*Members Julie and Carolyn using their member discount at Sunflowers Restaurant in Jaffrey. Thank you Sunflowers!*

## Cindy's Corner



*By Cindy Bowen, Executive Director*

Hello everyone and welcome to the fall 2012 issue of "at Home!" The Monadnock at Home staff and board of directors are busy preparing for our fall programs/events, as well as taking a look at how we can improve service to our membership community. We are utilizing the feedback we received from members who attended the Annual meeting in June as a part of this process. By the time you are reading this, we hope to have had responses from all of you via your completion of the Member Satisfaction Survey that was mailed to you mid-summer. We value the input of our members as it helps MaH to continue on a positive path as we move forward into our third year.

Some of the events we have planned for the fall include: a trip to Historic Deerfield, MA on Sept. 19th

and to the Bradley Air and Space Museum, Hartford, CT on Oct. 17th. A local event coming up in November, is a trip to the Mariposa Museum in Peterborough followed by dinner at Marzano's Trattoria. Please call me at 603-371-0809 to participate in any of these events. See the flyer enclosed in this issue for fall program details.

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. Our volunteers serve in a variety of ways; from providing members with transportation to medical appointments and once-a-week grocery shopping trips to participating on a MaH committee. We welcome volunteers anytime.

Just give us a call!

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.

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 me or visit our website [www.monadnockathome.org](http://www.monadnockathome.org) where they can also check out our new video!

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

## How Long Do I Keep It?

By Sandy King, MaH Board Member

Keeping track of important documents can be a real challenge. Some of us may have a filing cabinet stuffed with copies of old tax returns, home financing documents, bank statements and cancelled checks. Others may have boxes piled high with investment records, insurance policies and legal documents such as Power of Attorney or Health Care Proxy papers. Many of us also have a safe deposit box in which we store birth certificates, marriage licenses, passports and so on. How and where to store such information is a topic unto itself. Just as important, however, is how **long** we need to hang on to all of it. Below are some handy guidelines from USA.gov as printed in the May 2012 EngAGING NH newsletter. 📄

Document	How Long to Keep It
Bank statements	1 year, unless needed to support tax filings
Birth certificates, marriage licenses, divorce decrees, passports, education records, military service records	Forever
Contracts	Until updated
Credit card records	Until paid, unless needed to support tax filings
Home purchase and improvement records	As long as you own the property
Household inventory	Forever; update as needed
Insurance, life	Forever
Insurance, car, home, etc.	Until you renew the policy
Investment statements	Shred your monthly statements; keep annual statements until you sell the investments
Investment certificates	Until you cash or sell the item
Loan documents	Until you sell the item the loan was for
Real estate deeds	As long as you own the property
Receipts for large purchases	Until you sell or discard the item
Service contracts and warranties	Until you sell or discard the item
Social Security card	Forever
Social Security statement	When you receive the new statement, shred the old one
Tax records	7 years from the filing date
Vehicle titles	Until you sell or dispose of the car
Will	Until updated

## Timely Tips...

### A "Quik" Way to Stop Bleeding

By Bob Dunn, MaH Board Member

I'm sure you remember the afternoon in January 2011 when Arizona Representative Gabrielle Giffords was shot as she was addressing a group of her constituents. Unfortunately, she was severely wounded and bleeding profusely from the head. Four police officers from the Pima County Sheriff's Office were first responders on the scene and used gauze with a special clotting agent to stem the bleeding until further help arrived. Many believed if it wasn't for this product, she may have bled to death. The product that was applied to Representative Gifford's wounds is

called "QuikClot," and was originally developed for military use. It has saved thousands of lives on the battlefield.

Hopefully, none of us will experience such a traumatic event in our lifetime, but isn't it reassuring to know that a product like this exists and is now available to consumers at the retail level? I first heard about "QuikClot" a couple of years ago and sent away for two packages. I keep one in the house and the other in my vehicle. I'll often keep



QuikClot handy if I'm hiking, biking or woodworking. You don't have to be an outdoorsman to benefit from QuikClot; many elderly folks that have thin skin and bruise or cut easily, find QuikClot indispensable. And think about those of us on blood thinners, such as coumadin who are constantly in fear of cutting or bruising ourselves. What "peace of mind" you'll have in knowing that QuikClot is handy. You can purchase QuikClot on their website, (quikclot.com) or at Dick's Sporting Goods in Keene. With any luck, you'll never have to use it! 📄