



Summer 2013 / Issue No. 10

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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



The Benefits of Our Member Supporters

By Sandra Faber, Local Coordinator

Monadnock at Home Member Supporters are local businesses who have extended a special discount or perk to YOU, our members. These include eating establishments, fitness programs, cultural/entertainment opportunities and more. By taking advantage of these discounts, you are saving money and supporting our local businesses at the same time; it's a win...win. To streamline this, we have recently created magnets that each establishment is displaying on their cash register showing they offer a MaH discount. Many of these discounts are as much as 10% off, so celebrate the arrival of warm weather, bring your MaH membership card and meet a friend for lunch, listen to some music, or take advantage of an exercise class!

More information on these offers can be found on your MaH Member Wallet Card or our website www.monadnockathome.org under the tab Services and Benefits.

We are grateful to the following businesses who generously extend a discount to MaH members:

Aesop's Tables	Nature's Green Grocer	Performance Health & Fitness
The Bagel Mill	Sunflowers Café	Stretch & Strengthen Program
Brady's American Grill	Waterhouse Restaurant	Mariposa Museum
Fiddleheads Café	Woodbound Inn & Resort	Sharon Arts Center
Hancock Inn	Breath & Balance Yoga Studio	Monadnock Chorus
J.P. Stephen's Restaurant & Tavern	The Bond Wellness Center	European Esthetics.
Monadnock Inn	Jazzercise	

Dear Cindy,

Once again, Monadnock at Home has proven extremely helpful to us. When I was unable to repair a broken door handle and lock on a basement door leading to the outside, I called on you good people for someone who could. Steffie put me in touch with Rick who took the time to come to our house, remove the broken door knob assembly and replace it with a new one. We had been unable to close that door for some time during the cold weather. Now, we are secure and warm.

While he was here, Rick climbed a ladder which I'm no longer able to do safely, and reattached the line our bear proof bird feeder had hung from to a tree in our back yard. That line had been on the ground for some time until we realized that we could ask for help from you for these things. Steffie said to me when I called, "I'll get on this right away." And, indeed she did. Many thanks to you and especially to Rick. Keep him, he's a good man in many ways! 🍷

Quent and Carolyn Peacock

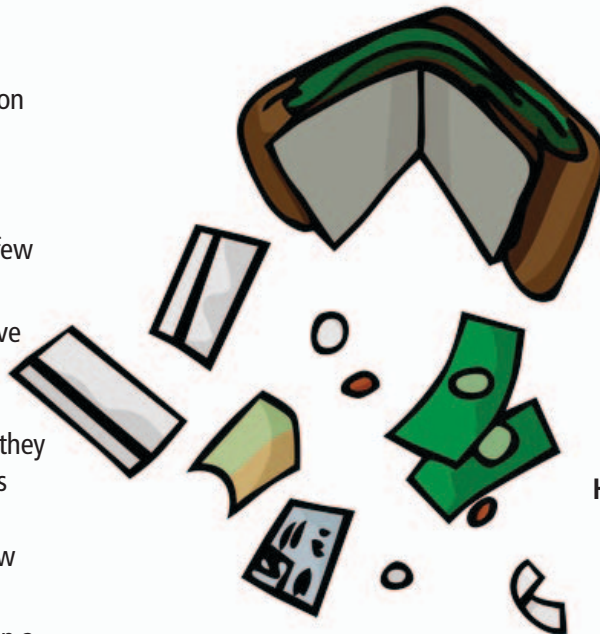


**Rick (left), a MaH Volunteer and MaH Member
Quent Peacock**

Attorney's Advice – No Charge

MaH has come across an interesting article that contains valuable information regarding steps we can take to avoid having important personal information stolen. Although the full version can be obtained from our website, here are a few of the tips:

- The next time you order checks have only your initials (instead of first name and last name) put on them. If someone takes your checkbook, they won't know if you sign your checks with just your initials or your first name, but your bank will know how you sign your checks.
- Place the contents of your wallet on a photocopy machine. Copy both sides of each license, credit card, etc. In case of theft, you'll know what you had in your wallet and all of the account numbers and phone numbers to call and cancel. Keep the photocopy in a safe place. Also carry a photocopy of your



passport when traveling either here or abroad.

- If your wallet is stolen, file a police report immediately in the jurisdiction where your credit cards, etc., were stolen. This proves to credit providers you were diligent, and this is a first

step toward an investigation (if there ever is one).

- Also, call the three national credit reporting agencies to place a fraud alert on your name and Social Security number. The alert means any company that checks your credit knows your information was stolen, and they have to contact you by phone to authorize new credit. You should also call the Social Security fraud line number.

Here are the numbers:

- Equifax:
1-800-525-6285
- Experian (formerly TRW):
1-888-397-3742
- TransUnion:
1-800-680-7289
- Social Security Administration (fraud line):
1-800-269-0271

A Step in the Right Direction

By Sandy King, MaH Board Member

MaH has recently become an organizational champion of the Vision 2020 (V2020) initiative, founded in 2006 by Cheshire Medical Center in Keene.

"Vision 2020 is a community-wide health initiative designed to actively engage the citizens of Cheshire County in the process of becoming the nation's healthiest community by the year 2020." (See www.cheshire-med.com/images/v2020/v2020update_oct2011.pdf for details). Although quite a challenging goal, V2020 is based on simple principles that promote wellness, such as healthy lifestyle behaviors, active living, education and social support networks. While only some of the towns MaH covers fall within the boundaries of Cheshire County, our position is that V2020 principles can benefit all of us.

In support of V2020, we showcased the inspiring PBS documentary "Age of Champions", which profiles five Senior Olympians, at the Peterborough Community Theater on May 11th. Our event also included local guest speakers discussing



exercise and healthy snacking, as well as our own Owen Houghton who recalled his participation at the national Heart and Lung Games in 2006 (when he was a cardiac rehab patient at Monadnock Community Hospital). To keep up the momentum, we intend to follow up this event in various ways, such as forming health associated interest groups at our upcoming annual

meeting (see Cindy's Corner) as well as other initiatives to be announced by our Program Committee.

Do we expect our members to become Senior Olympians? Absolutely not! However, even the most modest changes, such as eating a piece of fruit instead of that chocolate cupcake or parking a few extra yards away from the supermarket door is a step in the right direction. Let's support each other in promoting a higher quality of life as we age in our own homes! 🍎

Cindy's Corner

Hello everyone and welcome to the summer 2013 issue of "at Home!" The Monadnock at Home staff and board of directors is busy preparing for its third Annual Meeting. This year's Annual Meeting will be held at the Shattuck Golf Club in Jaffrey on Wednesday, June 12th from 4-6 PM. We are looking forward to seeing as many of you as possible at this meeting.

The meeting will include entertainment, sociability and most importantly an opportunity for members to share their thoughts in regard to the services and social/educational programs that are provided by MaH. MaH is a membership-driven organization and we value your input! This year's meeting will also include time for members to share common interests with one another, be it gardening, reading, cooking, walking, music, etc. Sharing common interests with each other

will be an opportunity for members to further create a sense of community among themselves and enjoy the camaraderie of being a part of Monadnock at Home. Any member who needs transportation to attend the meeting should please give me a call at 603-371-0809 - I'll be happy to see that you have a ride to and from the meeting from one of our volunteers.

June is going to be a busy month for MaH! In addition to the Annual meeting, we have also planned a bus trip to Saint-Gaudens National Historic Site in Cornish, NH on June 20th. Augustus Saint-Gaudens is considered the pre-eminent American Sculptor of the Gilded Age. We will have a guided art tour followed by a box lunch picnic. Our visit will end with a tour of "Aspet," Saint-Gaudens' home.



By Cindy Bowen, Executive Director

If you are interested and have not yet registered, please give me a call soon at 603-371-0809 to reserve your spot!

Please keep in mind that the Monadnock at Home office hours are Monday-Friday, 9AM-5PM. You can rest assured that anytime you call MaH, your call will be returned within 24 hours or less. In the event of an emergency, please call 911. Our staff will be available to assist you after any such occurrence has been addressed by the appropriate emergency/medical professionals. Our member's safety is of the utmost importance to MaH!

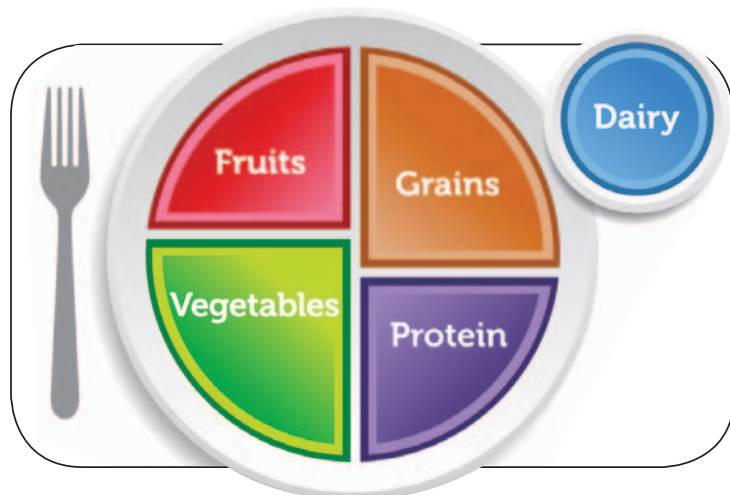
On a final note, in direct response to several member requests, our staff is currently vetting a car detailer for MaH. If you are interested in this service, please give me a call at 603-371-0809 for details.

I hope this issue of "at Home" finds you healthy and safe! Happy Summer! 🍉

Timely Tips...

The Skinny on the Mediterranean Diet

By Bob Dunn, MaH Board Member



Long considered one of the healthiest diets on earth, the Mediterranean Diet isn't even considered a diet by many, especially those native to the Mediterranean coast where they think of their eating habits and physical activity as a healthy way of life. A growing body of research proves that eating a diet rich in plant foods and healthy fats is good for you. Among the research is the U.S. Government Dietary Guidelines (My Plate) which encourages Americans to eat more nutritious whole plant foods and fewer animal based foods.

The Mediterranean Diet has long been associated with a low risk of heart disease. Studies linked the diet to lower odds of getting metabolic syndrome, a cluster of risk factors, including high blood pressure, high blood sugar, unhealthy cholesterol levels and abdominal fat. Also, one of

the best strategies to lower the risk of diabetes is to eat a diet rich in plant foods (fruits and vegetables).

In a nutshell, the typical Mediterranean Diet is composed of a liberal use of extra virgin olive oil, (in place of butter and saturated fats), whole plant foods (such as fresh fruits and vegetables), fish (such as salmon), nuts and legumes and an occasional glass of wine.

So that's the skinny on the Mediterranean Diet. And speaking of skinny, there's no better way to lose weight and keep it off than by eating a healthy, nutritious diet made up of whole foods that are filling and satisfying.

Happy wholesome eating!

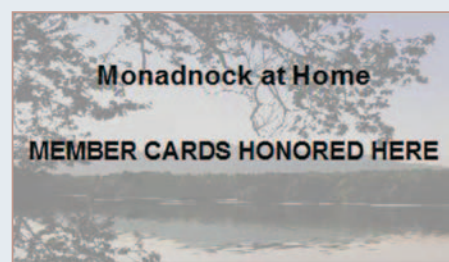
More complete information can be found on the Center for Science in the Public Interest web site at: www.cspinet.org

Another MaH Advantage

Dottie likes to shop and eat at Nature's Green Grocer in West Peterborough and appreciates the discount they give her when she shows her Monadnock at Home membership card. Thank you Nature's Green Grocer for being one of our Member Supporters. A complete list of our Member Supporters can be found on the listing that has been given to our members or on our web site: www.monadnockathome.org/content/membership-supporters



Look for this card!



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.