



atHome

Helping Seniors Live Independently

WINTER 2024 / ISSUE NO. 46

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Learn what Monadnock at Home can do to support you in your home and community.

Volunteering is a rewarding experience!
Join us by becoming a volunteer.

To inquire about membership,
volunteering, or to donate, contact us:
603-371-0809

help@MonadnockatHome.org
Monadnockathome.org



Photo courtesy of Owen Houghton

Eleanor McQueen and Harvey Sawyer at the controls

MaH Member Eleanor McQueen Takes Off!

By Sandra Faber and Owen Houghton

Eleanor McQueen, a longtime Monadnock at Home member, recently became the fourth "super-ager" to be gifted a delightful flight around the Monadnock Area. Harvey and Lee Sawyer of the Silver Ranch Air Park in Jaffrey have been delighting a number of our senior citizens in the 97 – 100 age bracket with plane trips around Mount Monadnock and beyond.

Owen Houghton, who in addition to being a member and volunteer for MaH, actively volunteers in many organizations in his community and champions causes affecting the older population, had a hand in Eleanor's adventure. Owen explained he has a long friendship with the Sawyer's. "They are a very community-oriented family," Owen said. Owen recalls a time when the Sawyer's would invite

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folks to sit along the runway and watch the action, even providing snacks to the onlookers. The Sawyer's wanted to take this concept of sharing air adventures further and give the gift of flight to senior folks in our community, more specifically "super-agers". So, Harvey approached Owen and asked if he would help with "recruitment" and that's when he thought of Eleanor.

It was a family affair with Eleanor's son driving up to watch the take off. Eleanor, who will be 98 in March, lives alone in Jaffrey and has been a member of Monadnock at Home since its inception in 2010. The trip up to 3500 feet brought exclamations of "WOW" for quite a different ride and the generosity of the Sawyers. Eleanor said that this gave her a new glimpse of the area she so loves, and was "perfect – steady, calm and ending with a beautiful sunset".



Photo courtesy of Owen Houghton

From left, David McQueen, Harvey Sawyer, Eleanor McQueen, Joe and Marcie Manning (recipients of a prior flight) and Owen Houghton gather at Silver Ranch Airpark after Eleanor McQueen's "golden flight" over the Monadnock region

Monthly Coffee Group Update

The MaH Member Coffee Group is inside for the winter! The group continues to meet on the first and third Tuesdays of the month at 10:00am, and they are splitting their time between Jaffrey and Peterborough. This is a fun and welcoming group that always enjoys having new people join in the conversation! If you have questions or would like to receive updates regarding possible changes due to weather, please contact MaH at 603-371-0809 or Help@MonadnockatHome.org.



TUESDAY 2/6

Jaffrey Civic Center
40 Main Street • Jaffrey

TUESDAY 3/5

Jaffrey Civic Center
40 Main Street • Jaffrey

TUESDAY 4/2

Jaffrey Civic Center
40 Main Street • Jaffrey

TUESDAY 2/20

Peterborough Town Library
Abbot Board Room • 2 Concord Street

TUESDAY 3/19

Peterborough Town Library
Abbot Board Room • 2 Concord Street

TUESDAY 4/16

Peterborough Town Library
Abbot Board Room • 2 Concord Street

Village News

By Sandra Faber, Executive Director



Happy 2024! The new year is a good time to reflect on the past year and be thankful, so I'd like to start by sending out a big thank you to all of our members for entrusting us with your needs. We are also grateful for our community

partners and service providers who work with us to help provide practical and caring solutions for our members. And a huge thank you to our many volunteers – from rides to soup delivery to visits and everything in between, we absolutely could not provide these services without you!

Looking back on 2023, it occurred to me that we successfully planned and gathered for some wonderful social time together throughout the entire year in 2023! Despite COVID most likely being here to stay, we have adapted to being extra mindful of spreading germs and staying home when needed. This allowed us to keep the in-person gatherings going. It was so wonderful to see you all in person throughout the year!

Monadnock at Home's Got Talent, Summer Picnic at MacDowell Reservoir and Friendsgiving were our most

popular programs in 2023. The Monadnock at Home's Got Talent program, is always a highlight- and we are sure to keep this one on repeat each year! In addition to the talent program, we have some new ideas in store for you this year. We plan to try an indoor walking program that will be friendly to all levels and welcoming to all assistive devices. We will be bringing people together around game playing as well as meals and...ice cream- of course! Our spring luncheon will be a brunch this year. I hope you will come out in April and check out The Optimist Café – a very cozy café at the former location of Coll's Farm in Jaffrey. Of course, our coffee group will continue to meet twice per month – switching between Jaffrey and Peterborough. We hope to see you at any or all of these events. Please call us if you would like to attend, but need transportation.

We love to hear from you, so please let us know if there is a program you would like us to try or you have other feedback. We will be sending out a new member survey in early 2024 which will give you an opportunity to provide your input as well.

Wishing you all a happy and healthy 2024!

Pre-screened Service Providers

In the past few newsletters, we have reviewed grocery shopping and delivery procedures. It is our hope that these articles will remind you of the many benefits you have with your Monadnock at Home membership.

Another benefit to an MaH membership is access to our referral network of pre-screened providers. We have over 30 categories of services to address the needs that come up in your home. Service providers are pre-screened; meaning we run a NH state criminal record background check, a Bureau of Elderly and Adult Service Check, check references, and gather all necessary information about their business. In addition, we listen to member feedback

and will take someone off of the referral list if necessary. It is also great to hear good feedback, so don't hesitate to share. One of our members sent us pictures of the landscaper cleaning up her yard, which was wonderful to see. We would love photos of our service providers or volunteers helping you out, so please send them along if you are so inclined.

Our volunteers make a large impact helping our members stay in their own homes. Eighty percent of members requests are fulfilled by a volunteer! But with home ownership, inevitably comes the need for larger repairs and maintenance. We refer a service provider to you for those

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Barrett Proctor cleans up Anne Howe's yard
Photo courtesy of Anne Howe

things that are beyond the scope of a volunteer. Some examples of this would be, snow plowing, electrical work, plumbing, building/construction needs, and appliance repair. A list of all of the categories is included in this mailing.

It is hard to believe the far-reaching effects of COVID. Many providers were backed up from COVID and were overwhelmed with jobs lined up, some professionals made decisions to retire or change their business model. Whatever the reason, there are some categories; house cleaning for example, that has been very much in demand and a challenge to find new providers for. After lots of patience and follow up, we are happy to say that we have three new housecleaners and members have been using and loving them. If you have a service provider that you are happy with, that is not pre-screened by us, let us know! If we need more providers in that category, we will be happy to vet them.

In addition to taking care of your home needs, there could come a time when you need a little extra help. Whether it is a short-term recovery from surgery or ongoing assistance with ADLS (activities of daily living), we have pre-screened home care helpers that we can refer to you. These home helpers, are caring individuals who can

help with some of the things that might be a challenge due to mobility issues or other factors. Unlike the PT, OT and visiting nurses, home helpers are not covered by insurance. They are private pay individuals and rates are usually around \$30 to \$40 an hour. It is possible there could be some coverage with long term care insurance if you have it. You would need to check your policy.

If you need physical or occupational therapy at home, you will need an order from your doctor. Physical and Occupational therapists come out of Home Health Care Hospice and Community Services (HCS) based in Keene. Similarly, if a visiting nurse is ordered from your doctor, that order goes and is fulfilled by HCS. Sometimes in these instances, it is helpful to have a home helper coming in to help as well, and this is another example of where you should reach out to us. We can work with you, talk about your needs and coordinate a home helper to work with you.

Belonging to Monadnock at Home truly is peace of mind. It is the reassurance that when a need arises, whether it is an unexpected one, routine maintenance, or a personal challenge, we've got you covered- so please don't hesitate to call.

Members Gather for “Friendsgiving”

Over the years, Monadnock at Home (MaH) members have enjoyed a long tradition of holiday gatherings around Christmas. This year we decided to offer an additional festive program that would bring Monadnock at Home members together to celebrate Thanksgiving. We fittingly called it “Friendsgiving”.

“Friendsgiving is a blend of friend and Thanksgiving, and it refers to a large meal eaten with friends either on or near Thanksgiving.” – Merriam-Webster Dictionary. (Yes- the word is in the dictionary!)

The term Friendsgiving became popular in the last few years, as friends came together a week or two prior to Thanksgiving, enjoyed a typical Thanksgiving meal, and expressed gratitude to one another for shared friendships. Gathering with friends, especially during the holidays, is even more significant when you may not see family for the holidays.

So, the week before Thanksgiving, twenty MaH members gathered in the private room at Brady’s American Grill in Peterborough and enjoyed a great meal and wonderful company. Menu options were salad with a fall-themed soup or a traditional turkey dinner with all of the fixings. And just like Thanksgiving, there was an abundance of good food and everyone left with enough leftovers for dinner! It was wonderful to get together with so many MaH members – it was a nice mix of long-time members catching up with friends, and new members joining us for the first time. You could hear lots of laughter and chatter throughout the room. In the spirit of Thanksgiving, we were all feeling grateful for the opportunity to gather together and for the gift of friendship.

MaH Member Kathy Salamy shares, “We had a lot to be grateful for! A beautiful autumn day, a scrumptious meal, the chance to reconnect with dear friends and the opportunity to make new ones. It was heartwarming!”

MaH Member Loretta Andersen also shares, “I enjoyed the gathering very much...a great mix of folks I’d met and some new faces. Brady’s is a great gathering place!”



Top to bottom:

Gerry’s daughter, Ruth was able to join us!

MaH members enjoy Friendsgiving lunch at Brady’s American Grill

Betty and Kathy share some laughter

Holiday Party

In December, we gathered for a holiday party and singalong. Volunteer, Frank Presto generously agreed to lead us in singing familiar holiday tunes while strumming along on his guitar. Attendees came ready for the festivities, bringing a treat or dish to share. Dishes included, deviled eggs, chocolates, cookies, brownies, and two dishes that really stood out. I don't think anyone would argue that these two dishes got a little extra attention.

One of these dishes was bacon wrapped grissini, brought by Sonjia McNear. Who can resist the smell of bacon? Did I mention they were rolled in brown sugar before baking? – Thank you Sonjia!

The other dish was a spread of ployes, brought by Rod Madore. Rod came with a complete set up, along with maple syrup and butter to top the ployes. He has made this family recipe for many lucky people before. Rod shared that ployes can be used as bread or a pancake, but that French Canadians used to use it as a bread. When he lived in Maine, Rod belonged to a senior citizen club and anytime they had an event where they

served chicken stew, Rod would make ployes. He said they are wonderful with chicken stew or Boston baked beans and they are also excellent with maple syrup, which is how he served them at our holiday gathering. Rod's ancestors have been in Maine since 1836 and the area that he is from was bilingual (French & English) until television came along! Rod's grandmother passed the tradition of making ployes down to his mother and then on to him. He uses a special mix which comes from a company started by two of his former students. The mix contains buckwheat, but Rod says he is also able to make the ployes gluten-free.

After we all enjoyed some food, Frank did a wonderful job of getting us in the holiday spirit! He was prepared with many holiday tunes and encouraged us to sing along. It is amazing how those songs, first sung in childhood roll off the tongue. He certainly put us to the test though, with The Twelve Days of Christmas, but there was always at least one of us who knew what came next – Owen mostly! We hope that even more of you will join us for holiday fun next year!

MaH member, Rod talks about the history of the ployes with volunteer, Sue M.



MaH volunteer, Frank Presto leads the group in singing holiday tunes



The group gets ready to sing along

In loving MEMORY



*Remembering Monadnock at Home
members who passed in 2023.*

MARIE ABERNETHY
HONEY HASTINGS
DAVID LANG
SAMUEL LESSEY JR.
ANN PRESTON
RANDALL SMITH
FRAN SULLIVAN

We welcomed 17 new members in 2023!

If you know someone that you think might be interested in joining Monadnock at Home, let us know and we are happy to follow up with them by calling, emailing or mailing some information. We will also be holding another Aging in Place Information Session this spring. This is great for anyone interested in MaH or even for current members who would like a refresher on the services we offer. In this session, Sandra talks about how to set yourself up for success to “age in place” and the role that Monadnock at Home, as well as other non-profits and state agencies can play in helping you reach your goals. The date of this session will be announced soon.

Please join us in welcoming our new members!

Dublin	New Ipswich	Rindge
Lorna	Judy	Loretta
•	Mary & Conrad	•
Fitzwilliam	•	Sharon
Robin	Peterborough	Karen & Gerald
•	Jennifer & Richard	
Hancock	Paul	
Joyce	Rodney	
Rita & Donald	Susan & Douglas	



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.*

10 Quick Tips to Move More... Sit Less

FIND ENJOYABLE ACTIVITIES –

More pleasure, less chore

SET REALISTIC GOALS – Start Small

STRENGTH TRAIN – Bodyweight & resistance bands

STAY SOCIALLY ACTIVE – Walk with a friend

PRIORITIZE BALANCE AND FLEXIBILITY –

Prevent falls and maintain mobility

MINDFUL WALKING AND MEDITATION –

Physical & Mental wellbeing

ADAPT TO YOUR ABILITIES – Chair exercises are effective

STAY HYDRATED – Essential for health

CREATE A ROUTINE – Habit – Habit – Habit!

CELEBRATE PROGRESS – Stay Motivated!



Why Become a MaH Member?

- You gain peace of mind.
- Your worries of living alone are eased.
- You become an active part of a bigger community.
- You gain the security of knowing you can get help on issues that arise — big or small.

Contact us to see how MaH can help you live and thrive in your home and community.

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