March 18, 2020

Monadnock at Home’s Response to the COVID-19 Virus

In light of the growing concerns surrounding COVID-19 virus and out of an abundance of caution, we have decided to suspend ALL of our social programs and gatherings until further notice. We wish you all good health. Read on for important information.

The Center for Disease Control (CDC) recommends that seniors stay out of crowds, minimizing exposure. At this time, for your own good health, we ask that you postpone all non-essential requests such as small handy man needs until a later date.

Access to groceries. Since it is advisable for you to limit your public exposure, we are reminding members that grocery orders can be phoned into Roy’s Market in Peterborough. They will accept credit card payment over the phone. Roy’s will then bag the items and a MaH volunteer will pick them up and deliver to your door. The Monadnock at Home office must be told in advance of calling Roy’s that you plan to do this, so we may have a volunteer available.

Volunteers- We ask that you refrain from volunteering if you are at all sick. If you are delivering items to a MaH member, please leave items at the door without entering the home. This will help to limit potential exposure.

Lastly, we are coordinating a conference call drop-in. Instructions are included on a separate sheet in this mailer.

To help you cope with feelings of isolation, Monadnock at Home is increasing our check-in calls. We are coordinating volunteers who will be making calls at the beginning and end of each week as long as this situation persists. If you have any needs, they will relay that information to the MaH office and we will follow up with you. If not, consider this a friendly check-in call. As always, do not hesitate to call us at the MaH office 371-0809.

In addition to the formal check-in calls, we are including the current MaH Membership Directory and encouraging you to reach out to fellow members for social conversation. Please call the MaH office if we can support you in this effort.

**see back for more info**
Precautions to take to reduce your risk of getting sick (adapted from the CDC.gov website):

Avoid close contact with people who are sick.

Take everyday preventive actions:

- Clean your hands often - wash your hands often with soap and water for at least 20 seconds (sing Happy Birthday or another favorite song two times while washing), especially after blowing your nose, coughing, or sneezing, or having been in a public place.
- If soap and water are not available, use a hand sanitizer that contains at least 60% alcohol.
- To the extent possible, avoid touching high-touch surfaces in public places – elevator buttons, door handles, handrails, handshaking with people, etc. Use a tissue or your sleeve to cover your hand or finger if you must touch something.
- Wash your hands after touching surfaces in public places.
- Avoid touching your face, nose, eyes, etc.
- Clean and disinfect your home to remove germs: practice routine cleaning of frequently touched surfaces (for example: tables, doorknobs, light switches, handles, desks, toilets, faucets, sinks & cell phones)
- Avoid crowds, especially in poorly ventilated spaces. Your risk of exposure to respiratory viruses like COVID-19 may increase in crowded, closed-in settings with little air circulation if there are people in the crowd who are sick.
- Avoid all non-essential travel including plane trips, and especially avoid embarking on cruise ships.

Statewide COVID19 Hotline:
Governor Sununu announced: all NH residents with questions or concerns surrounding the COVID-19 outbreak can now call 2-1-1.

Wishing you all good health,

Sandra and Deanna