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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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at Home

with Seniors in the Eastern Monadnock Region



Mark Bean describing the process of producing matches.

D.D. Bean Factory Tour

By Cynthia Sue Martell

Thirty MaH Members were privileged to tour D.D. Bean & Sons Co. in Jaffrey on May 14, 2014. It's the largest producer of book matches in the world: an impressive statistic for a company close to home.

D.D. Bean's grandson, Mark Bean, guided us on a factory tour. We discovered matchbook production is an efficient process utilizing printers, conveyors, punch-presses, and automated packaging and assembly machines. A combined team of machinery and operators currently produces about

three million matchbooks per day.

Following the tour we enjoyed

lunch at *Sunflowers Restaurant*. After lunch Steve Weiner introduced members to the world of a *Phillumenist* ("lover of light"). A suitable title for one who collects matchbook covers.

Steve shared his collecting experiences. He circulated scrapbooks filled with hundreds of matchbook covers. Some were whimsical, like his scrapbook containing only covers with pictures of pigs!



Steve Weiner displaying his collection of matchbook covers.

MaH Visits Tower Hill Botanic Garden in Boylston, MA

By Cynthia Sue Martell

On July 9th the weather gods once again smiled upon an eager group of MaH travelers. On arrival, we entered a Roman Villa-style *Garden and Court*. The word “paradise” came to mind.

The *Court’s* curved pool of Mediterranean Sea-colored water, aquatic flowering plants, tiny glistening frogs sunning themselves, and two imposing Turtle Fountains was stunning.

With our tour guide, we viewed hundreds of meticulously cared for flowering shrubs, trees, annuals, perennials, vegetables and ornamental grasses. All artistically arranged and clearly identified.

And gardens! Wildlife Gardens, Lawn Gardens, Youth Gardens, and “Systematic” Gardens, which focus on plant evolution and relationships – in addition to a charming “Secret” Garden.

Several gardens have views of an orchard of heirloom apple trees, Wachusett Mt. and Wachusett Reservoir with its 37-mile shoreline.

Tower Hill Garden is also open in winter. Indoor flower displays are kept in a classic glass Conservatory. Visitors can experience a touch of the Caribbean in January! If you enjoy snowshoeing, the Garden’s grassy lanes of summer make ideal snowshoeing trails in winter. 📍



Social Memberships *By Rick Harnden, Board Chair*

What if you’re not yet ready for the helpful services provided by Monadnock at Home, but you think it’s a wonderful idea and you want to make sure that MaH will be there when you do finally need it? What should you do?

The best approach is to purchase a **Social Membership**. The dues are the same as a regular membership, so social members continue to be fully supportive of our organization. Since social members do not receive services, however, their dues are tax

deductible to the full extent of the law. Depending upon your IRS “marginal tax bracket” this can reduce the annual cost of your support by up to 28% or more.

As a Social Member, you’ll be invited to attend our Annual Celebration as a full voting member and will receive USPS and/or email notifications of our social and educational events. Should a need for services arise at any



time during the tax year, your social membership may be converted to a full membership. In the year-end contribution acknowledgment letter that MaH provides to Social Members, the stated amount would be prorated to that portion of the year during which you were in the **Social** category.

If you’re “not ready yet”, please consider a Social Membership to MaH!

MaH Welcomes Two New Board Members

Cathy Cambal-Hayward – Hancock



Following an 18 year career in the computer industry, Cathy moved to the Monadnock region in 2000. After earning her real estate license, she began working for the Masiello Group in Peterborough as a Sales Associate and has been the Director of Sales for the past ten years. She has also served on the Hancock

Finance Committee, helped with fundraising and events for Monadnock Family Services, worked with Conval students in job shadowing experiences and served as Treasurer of the Conval Board of Realtors.

Julie Dinnigan – Jaffrey



Julie serves as the Member Services Coordinator at the Bond Wellness Center, overseeing the member services staff that supports a membership of over 1,500. Over the past 25 years she has worked in management and leadership roles in a variety of well-known companies. A family history of diabetes

and heart disease helps fuel her interest in staying fit herself, while helping others to do so. In her free time she enjoys hiking with friends on a regular basis. 📍

Cindy's Corner



By Cindy Bowen, Executive Director

Hello everyone and welcome to the fall 2014 issue of "at Home!" Wow, has it been a busy summer for MaH! We kicked off the summer in early June with our 4th Annual Meeting at the Peterborough Players. We started with a wine and cheese reception followed by a brief business meeting and wonderful entertainment provided by Ken Sheldon (aka Fred Marple of Frost Heaves, NH). Many positive comments were received regarding the venue and content of our meeting.

We also had three member trips in May, June and July. We took a tour of the D.D. Bean Factory in Jaffrey followed by a luncheon at Sunflowers in May; visited the Marsh Billings Rockefeller National Historical Park, Woodstock, VT in June; and in July,

we toured the Tower Hill Botanical Gardens in Boylston, MA. For more details about our adventures to D.D. Bean and Tower Hill, please read the articles written by MaH member Cyndi Martell. Thanks for capturing the highlights for us, Cyndi! See the flier enclosed in this issue to participate in any of the upcoming fall programs.

If you 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 our members in a variety of ways which include assisting members with light home maintenance tasks, providing computer help, driving a member to their medical

appointments or simply being a friendly visitor. If you're interested in volunteering, please give us a call!

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, call MaH at 603-371-0809 or visit our website www.monadnockathome.org.

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.

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

Storm Preparation Checklist

With Fall and Winter fast approaching, MaH has assembled a handy storm preparation checklist based on information from PSNH, Red Cross and a John Hopkins Newsletter. We hope the checklist (which was included in your Welcome package) has been useful in preparing you for any power outage or storm emergency. Your town Fire and Police departments can inform you of local shelters if you need to temporarily relocate.

Our checklist has a page for you to fill out with emergency phone numbers (such as the fire department, police department, your doctor etc.) which can be posted on your refrigerator or other prominent place in your home. It also lists a number of other items to have on hand. Examples are:

- **Food and Cooking**

Keep a stock of non-perishable food items, like canned and pre-packaged foods that could be easily eaten. Be sure to include some of your “comfort foods” like instant coffee, tea bags, cocoa, canned nuts, and cookies.

- **Manual can opener**
- **Foods needed for special diet**
- **Water**

(If you depend on a well/water pump that might be disabled in a storm)

Sanitize and fill spare containers for drinking water. One gallon per day per person is recommended for drinking and food preparation.



Fill your bathtub with water for washing purposes and flushing the toilet. (A bucket of water poured into the toilet is all you need for flushing.)

- **Medical Needs**

Have on hand an adequate supply of medications you need.

If someone in your household relies on power for life support machines notify PSNH in advance of any outages by completing the Physician's Certification Form which you can get on line (PSNH.com) or by calling 1-800-662-7764.

- **Pets**

Have extra food, water and necessary medications for them.

If you need to go to a shelter, think of alternative arrangements for your pets.

A copy of the entire checklist can be obtained from our website (http://www.monadnockathome.org/sites/default/files/Storm_preparation_checklist.pdf) or by calling MaH at 603-371-0809. You

can also call MaH if you need help from a volunteer to assemble your storm preparation items. As the ice storm of 2008 has taught us, it's never too soon to “be prepared!”

MaH Office Hours

Please keep in mind that MaH office hours are **Monday-Friday, 9 am-5 pm**. You can rest assured that anytime you call MaH, your call will be returned within one business day or less. **In the event of an emergency, please call 911.** Monadnock at Home 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!

If you know someone who could benefit from a MaH membership, please share this newsletter!

An electronic version (PDF) can be found on our website: www.monadnockathome.org



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.