

MaH Acquires Office Space!

By Sandy King, MaH Board Member

Since inception, Monadnock at Home has operated out of the home office of our Executive Director Cindy Bowen. As our archive of materials associated with increasing memberships continues to expand, Cindy barely has room to stretch in her converted guest



bedroom/home office. Not to mention that meetings regarding official MaH business had to be convened by reservation at local corporate venues, or eating establishments such as Twelve Pine in Peterborough!

When we needed it the most, MaH very recently received a very generous gift of community support from SDE (Staff Development for Educators) in Peterborough – office space! By the time you read this article in our winter newsletter, MaH will be comfortably established in our new environment. It's important to note that since many of Cindy's responsibilities, such as member visits, have her on the road, meeting with Cindy at SDE will be by appointment only.

Visit MaH's New Base Of Operations!

Have you ever wondered what happens at the SDE building on 202 in Peterborough? Please join us on December 11th, 2 to 4 pm for a tour of MaH's new space and a brief presentation by SDE staff about the services it provides. Refreshments will be provided!

Finally, please note that since our new office space is not conducive to large gatherings, such as Board and Committee meetings, we will continue to use area facilities for those events. A huge "thank you" to the Jaffrey Civic Center and Monadnock Community Hospital who support MaH by allowing us to use their conference rooms! 📍

In the Spirit of Giving

During this holiday season many of us make an effort to pick out "just the right gift" for our family and friends. In the spirit of giving, please keep your local non-profits, such as Monadnock at Home, in mind. Because membership fees account for only one half of our operating budget, MaH volunteers work hard to fund raise all year long. Please consider a contribution to help us support seniors residing in the 7 towns we cover within the Monadnock region by either donating on-line (www.monadnockathome.org) or by mail (PO Box 422, Jaffrey, NH 03452). Every gift, no matter the size, is truly appreciated.

A Hearty Winter Recipe

from Chef Damon at Good Shepherd Rehabilitation and Nursing Center

Baked Sweet Potato Gratin

2 cups heavy cream

1 1/4 teaspoons ground cinnamon

1/4 teaspoon ground cloves

1/4 teaspoon freshly grated nutmeg

4 medium sweet potatoes, peeled and sliced 1/8 inch thick

Kosher salt and freshly ground black pepper

Preparation

1. Preheat the oven to 375°F.
2. Whisk together the cream, cinnamon, cloves, and nutmeg until smooth.
3. In a 10-inch square baking dish, arrange an even layer of sweet potatoes. Drizzle with a few tablespoons of the cream mixture and season with salt and pepper. Repeat with the remaining potatoes and cream, seasoning with salt and pepper, to form 8 to 10 layers. Press down on the layers to totally submerge the sweet potatoes in the cream mixture.
4. Cover and bake for 30 minutes. Remove the cover and continue baking until the cream has been absorbed, the potatoes are cooked through, and the top is browned, 30 to 45 minutes. Remove from the oven and let rest for 15 minutes before serving.

Notes

For us New Englanders try this recipe omitting the cloves and nutmeg and use your favorite local maple syrup for a delicious alternative! I love my maple syrup so I tend to use a lot, about 3/4 cup. The thickness of the potatoes is important for the presentation and to make sure it cooks evenly. This dish goes very well with your favorite meats like roast turkey or pork tenderloin!

Fun Food Options!

Socializing with others keeps us connected and engaged. Please call MaH at 603-371-0809 if you are interested in either of these food centric get-togethers:

MaH Lunch Bunch

Join fellow MaH members every other week for lunch either at a local establishment or a potluck in a home. Make new friends and enjoy eating out!

Cooking For One or Two

Last year this 3 session gathering was a hit. We explored simple, healthy meals including easy prep tips and recipes. If there is enough interest we will run this program again.

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.



Monadnock at Home



Winter 2014 / Issue No. 16

In this issue of *atHome*

1 Holiday Self Care

2 New Volunteer Coordinator;
Member Spotlight; Calendars

3 "Village Movement;"
Cindy's Corner

4 MaH Office Space; A Hearty
Winter Recipe, Fun Food Options;
In the Spirit of Giving

Monadnock at Home BOARD OF DIRECTORS

OFFICERS

Chair F. Rick Harnden,
New Ipswich
Vice Chair Russ
Armstrong, *Peterborough*
Treasurer Dwight
Schenk, *Rindge*
Secretary Sandy King,
Peterborough

ADVISORY COUNCIL

Amedine Bella
Margaret Carlson
Bob Chase
Rod Falby
Carol Gehlbach
Laura Gingras
Harry Healer
David Howe
Linn Perkins
Bob Pettegrew
David Weir

MEMBERS

Barbara (Bobbie)
Gilbert, *Jaffrey*
Ann Nunn, *Fitzwilliam*
Owen Houghton,
Jaffrey
Bill Graf, *Jaffrey*
Lynn Robbins,
Peterborough
Betsy Perry, *Harrisville*
Julie Dinnigan,
Peterborough
Cathy Cambal-
Hayward, *Hancock*

STAFF

Executive Director
Cindy Bowen
Member Services
Coordinator
Sandra Faber
Volunteer Coordinator
Kathleen Devlin

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



Logo and newsletter design by FirstTracks Marketing Group, LLC
FirstTracksMarketing.com 603-924-1978

atHome

with Seniors in the Eastern Monadnock Region

Holiday Self Care

By Sandra Faber, Member Services Coordinator

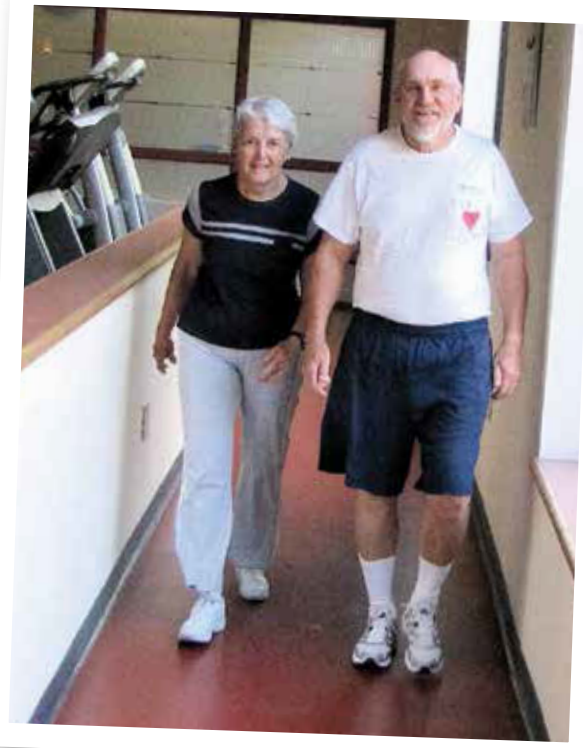
The holidays should be a time to relax and take in all the joy that the season brings, but it can also be a stressful time. Travel, family/friends visiting, and shopping can throw our schedules off as well as our eating habits and our mood. In the midst of all the hustle and bustle, be sure to take time to care for yourself and your needs.

In support of that notion, MaH has many service providers and member supporters that can help. To start, review your "Member Perks" list and take advantage of what our member supporters offer. Here are some ideas to get you started:

- Keep up your fitness in the winter months by attending an exercise class or set up a "walking date" with a friend.
- Get into the holiday spirit! Think about bringing a friend to a performance by the Monadnock Chorus.
- Give yourself a break from cooking! Dine at one of our member supporter restaurants.
- Take time for you! Why not treat yourself to a relaxing massage?

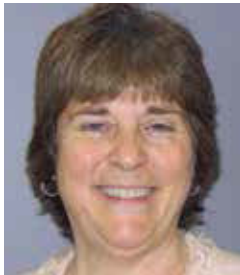
Besides member supporters, we also have many service providers geared to address your winter needs. For instance, a house cleaning service can help you keep up with the winter grime and snow plowing/shoveling providers can keep the outdoors cleared. Too busy to prepare meals? We have providers who will prepare portion sized "home cooked" meals catered to your needs for your freezer. As indicated in the recent flyer sent to members, there are also a number of local grocers that offer fresh or frozen meals for pick-up. The list goes on!

Enjoy the holidays, but most importantly, get plenty of rest and maintain a healthy diet during this busy season and don't forget to ask us for assistance with any of your needs! ☑



Kathleen Devlin Joins Monadnock at Home as Volunteer Coordinator

Our need for additional volunteers goes hand in hand with the trend of increasing memberships in Monadnock at Home. We're currently servicing more than 125 individuals across



seven towns with daily tasks such as transportation to medical appointments, handyman help and computer assistance. In order to properly serve our members, we have created a Volunteer Coordinator (VC) position. The primary role of the VC will focus on volunteer recruitment, training and mentorship along with developing and maintaining ongoing

volunteer/member relationships. MaH has been fortunate in two very important ways. First of all, MaH members Harry and Cynthia Healer of Peterborough have very generously provided \$10,000 to fund this new part-time position for the first year. Secondly, we have found the perfect candidate for the position in Kathleen Devlin of Jaffrey.

Kathleen has worked for both Massachusetts and New Hampshire non-profits in a wide range of clinical and administrative social service programming components that have concentrated on empowering individuals from youth through senior focused groups. She holds a Bachelor's degree in Social Work from Anna Maria College and earned her Master of Science degree in Human Services Management from Worcester State College. Kathleen has lived in Jaffrey all her life, enjoys spending time at the ocean with family and has actively been involved with senior anti-hunger volunteer work for the past twelve years. As a result of these volunteer experiences she has developed a strong interest in senior related issues which she brings with her to her role at MaH.

Please join us in welcoming Kathleen to MaH! 📧

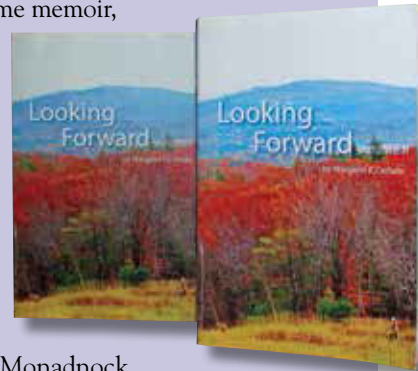
Member Spotlight: Margaret Carlson

By Sandra Faber, Member Services Coordinator

Almost five years ago, we at Monadnock at Home began our journey. Monadnock at Home member Margaret Carlson and her husband Jack, have been with MaH from our very beginning. It was not long after MaH's inception, that Margaret began a journey of her own. With the recent publication of her two-volume memoir, *Looking Forward*, an almost four year culmination of works is available to all of us to enjoy.

A recent feature article in the *Monadnock Ledger Transcript* describes *Looking Forward*, as "a collection of stories, poems and anecdotes that (Margaret) hopes will memorialize the Monadnock region she knew; giving 21st century residents an idea of life in the 20th. The first volume largely focuses on the history and local life in and around her native Hancock, while the second portion goes far beyond New Hampshire, incorporating Carlson's views on various global political and social issues, as well as the future of her family."

I recently called Margaret to congratulate her on such an accomplishment and express what an inspiration it is to so many of us who think of putting pen to paper, whether it be life experiences, poetry or creative works, but don't know where to begin. She plans to speak at the Hancock Library on that very subject coming up in the New Year; we'll keep you posted on that. Her two volume memoir, *Looking Forward* is available at the Toadstool Bookshop in Peterborough or by contacting Margaret at 525-4406.



Forget Me Not Calendars Make Great Gifts!

A permanent "Forget Me Not" calendar with beautiful photography of the Monadnock region is now on sale for \$15. Since it does not pair a calendar date to a specific day of the week, the calendar can be used over again each and every year. As a result, it provides an attractive place to record all the yearly dates we want to remember such as birthdays, anniversaries, car inspections, flu shot, time to change smoke detector batteries, etc. The idea for this calendar came from one of our members, who said that at any age, but especially now, it is handy to have something to "tickle our memory". Another member noted:

"If it wasn't for this calendar I probably would have forgotten to do two little but important things this month—turn off the outside faucets and change the batteries in the smoke alarms. It makes remembering these details and all the special birthdays a lot easier. Besides it's very attractive hanging on my wall. I'm thinking this would be a perfect gift for some of my friends and also for my children who feel bad when they miss family birthdays."

These calendars make wonderful, inexpensive holiday gifts. Call 603-371-0809 to purchase your gift calendars and at the same time support MaH!



Monadnock at Home is Part of a Larger “Village Movement”

By Rick Harnden, Board Chair

Did you know that across the country there are over 200 organizations like Monadnock At Home (MaH)? As part of what’s known as the “Village Movement,” these non-profits are affiliated through the Village to Village Network (VtVN), an overarching non-profit dedicated to helping new Villages get started and to assisting all Villages. The VtVN provides a national forum for sharing resources with one another, develops common software approaches to Village management and, perhaps most importantly, convenes an annual “National Gathering” where key Village personnel can interact face to face with their counterparts from 39 other states that currently have Villages. For the past three years, Executive Director Cindy Bowen and Board member/current Chair, Rick Harnden have represented MaH at these conferences.

Founded in 2009 by Beacon Hill Village (BHV) of Boston (the first ever such organization), the Network is now undergoing a revitalization and reorganization process to ensure its financial sustainability and to welcome more in-depth participation by volunteers. MaH Chair Rick Harnden is part of the task force charged with implementing this reorganization. MaH will soon join BHV as a member of the VtVN’s “parent organization”



VtVN Task Force members celebrating another successful conference: Rick Harnden (center), VtVN Executive Director Judy Willett (left of Rick) and BHV Founder Susan McWhinney-Morse (right of Rick), with four other Task Force members.

(an LLC consisting of three Village members – St. Louis Village is the third member). By joining with BHV, we can all be proud of our local Village which is establishing itself as a leader of the national movement! ☒

Cindy's Corner

Hello everyone and welcome to the winter 2014 issue of “at Home!” Monadnock at Home has had a busy fall with lots of exciting changes happening! I am pleased to announce that in November, MaH hired Kathleen Devlin of Jaffrey as a Volunteer Coordinator to assist with volunteer recruitment and services to members. We are looking forward to having her on our team! Welcome Kathleen!

MaH also has a “by appointment only” base of operation in Peterborough which will allow us to better serve our membership. For details, check out the related article in this newsletter.

MaH is always ready to accept new members AND volunteers. 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. If you or someone you know is interested in volunteering for MaH, please send them our way. For more information, interested folks can call 603-371-0809 or visit our website www.monadnockathome.org.

As we head into the coldest months of the year, do remember that your MaH membership offers you access to pre-screened service providers and volunteers that are ready to assist you. All it takes is a single call to 603-371-0809! We are here for you!



By Cindy Bowen, Executive Director

Looking for a last minute holiday or hostess gift? Check out the article on MaH’s “Forget Me Not Calendar” in this issue of “at Home.” They’re reasonably priced at \$15 and make a great gift! And while you’re out and about during the holiday season, don’t forget to use your “Handy Wallet Card” for member discounts at area restaurants.

While moving through the busy holiday season, keep in mind that this year, at the request of many members, MaH is planning a “Welcome the New Year Dinner/Gathering” in lieu of a Holiday Dinner. We will gather at JP Stephens in Rindge on Sunday, January 18th at 5 pm.

Best wishes, be safe and stay warm this winter season! ☒