

Howard Chandler
Vice-President



603.279.1500

February 18, 2011

#74

NEWS FROM THE BAY.....

We're Back.....

Welcome to our Mid-Winter edition of 'News from the Bay'! We have certainly been busy of late and this is a great time to bring you up to date!

A VERY SUCCESSFUL 'SOUPER BOWL'!!!!



Meredith Bay Colony Members Host a Successful '**Souper Bowl**'! A very Spirited group of over 25 MBCC Members came together to not only enjoy the Big Game – but to raise money for the Meredith Emergency Food Pantry. In addition to bags and boxes of non-perishable food items -- Members and Staff also contributed over \$800 in cash to support the important work of the Pantry. Great Job!

Our own John Eaton (left) makes the presentation to Paul Rowley (right) representing the Meredith Emergency Food Pantry.

Thanks to all who proved that a great social event can also be a great Charity Event!

BUFF NANAS AND SUCCESSFUL AGING



Barbara Lauterbach of Center Harbor was my guest recently on our 'Aging Well' Radio Show and it would be difficult to find a better example of someone who is truly 'Aging Well'!

The '**Buff Nanas**' is the name of the women's fitness group that Barbara helped to found some five plus years ago. Comprised of women of a

'certain' age --- this group has found that the enjoyment of meeting together is as important as their fitness routines. They have so much fun exercising that the group keeps on going and going from year to year.

It would seem that virtually everything that Barbara does has a social networking component to it. She not only has published 4 Cookbooks – but she teaches cooking and takes her 'class' to France each year for a field trip! Teacher that she is --- she is also a lifelong learner and presently is taking Italian language classes.

Barbara also stays connected to her community by serving on the Center Harbor Planning Board --- a volunteer position that requires more patience than most of us can ever muster.

Barbara's Advice to the rest of us: **"Get connected and stay connected!"** She encouraged starting simple and easy – perhaps something as straightforward as a walking group that meets just once a week and meets for coffee afterwards. It doesn't have to be expensive and it doesn't have to take a lot of time.

Join us on the radio each Wednesday morning at 8:35 on WEZS 1350 AM!

FACEBOOK AND WEBSITE!



Your Help has done the trick! We now have enough people who have hit that magic 'Like' button so that we now receive services from Facebook that we were otherwise not able to get. Please know that by choosing to 'Like' MBCC you are not opening up your non-public Facebook page to us or anyone else. More help would be appreciated as it continues to give us greater credibility and it gives you access to more information ----- all you need to do is the following:

Go to the Meredith Bay Colony Club website: www.meredithbaycolonyclub.org and down in the lower right of the 'home' page under the 'Find Us On Facebook' just click on our name. That 'window' also allows you to scroll through to see some highlights. When you get there if you click on the 'Like' button we will be very appreciative. For reasons that I do not fully understand the number of 'Likes' does play a role in 'optimizing' search engine results as well as giving us more information in terms of numbers of visits etc. Thanks for your help!

EMAIL WITHOUT A COMPUTER? WE CAN DO THAT!

Last week we became the first Retirement Community that I know of that makes it possible for friends and family to send Members an Email – even to those who don't have a computer or an email address! How is that possible? All you have to do is go to our Website and right on the 'Home' page on the right is a button labeled 'Connect' and from there all you need to know is the Member's name. Type your message, hit the send key and then we print and deliver it right to the Member. All for Free! Think of it as the modern day version of a telegram When a phone call isn't possible – this is a great alternative!

Keeping in touch is what matters ----- We help to make it Easy!

YOUR MONEY MATTERS.....



Today it is about value --- it is not enough to be 'good' --- Quality is demanded and expected. Today you need to provide Quality at a price that people can afford. As a not-for-profit our Mission is clear: To be the Lakes Regions Best Value in Retirement Living. No other Continuing Care Retirement Community comes even close to

providing the total value that we do. Unlike others, Our Two Assisted Living Centers require no entrance fee and have not only the lowest monthly fees – but provide amenities not available elsewhere. We provide Licensed Home Care, Adult Day Care, Respite Care along with a State of the Art secure, safe and beautiful Memory Support and Alzheimer's Center.

Our Independent Apartments are the largest available and have low Membership Fees that unlike anyone else in New Hampshire are 100% Refundable! Unlike others we never charge a fee for a second person saving you tens of thousands of dollars up front and hundreds of dollars each month. We are very serious when we say: "Why Pay More Elsewhere and Get Less?"

A MARKETING MOMENT.....



The INN, which is our distinctive Assisted Living is Full! We still have a couple of our Private Apartments in The GARDENS (Memory Support and Alzheimer's care) still available – but please do no delay if you are interested.

On the CLUB side (Independent) we have two apartments that are coming back available including a very affordable one bedroom and a slightly larger One bedroom, 2 Bath with a Den. We also have one very large design that is available with absolutely no Membership Fee. Call us today at 279-1500 to find out more!

BAD JOKE OF THE DAY.....

California vintners in the Napa Valley area, which primarily produce Pinot Blanc, Pinot Noir and Pinot Grigio wines, have developed a new hybrid grape that acts as an anti-diuretic.

It is expected to reduce the number of trips older people have to make to the bathroom during the night.

The new wine will be marketed as



PINO MORE



Special Thanks to Courtney for sharing this with all of us!

QUOTE OF THE DAY.....

“If you’re not using your smile, you’re like a man with a million dollars in the bank and no checkbook.”

---- Les Giblin

Continuing Care Retirement Community Myth #1:

When you join a CCRC (continuing care retirement community) you are committed for life! Not any more!

The typical CCRC offers two general kinds of contracts --- one where over a period of 50 months the very substantial entrance fee becomes completely non-refundable and another residential contract that reduces the entrance fee by 20% which often translates into an expense of some \$20,000 to \$40,000 ! To leave such a CCRC means taking a major financial loss leaving people with the uncomfortable feeling of being ‘LOCKED IN’ or ‘TRAPPED’!

At MBCC we realize that the new generation of retirement age people value control and flexibility and want to keep their options always open --- and we make it easy for them to do just that. At MBCC you always get 100% of your Membership Fee back. If 5 years from now you decide to move out West you take your money with you --- and should you pass away while a Member, your estate gets all the Membership Fee back.

At MBCC we work hard to deserve your business each and every day – not just at the time you move in. At MBCC you always retain control of your future – and that’s the way it should be!

Thanks to MBCC the CCRC Myth of being Locked IN is BUSTED!

OUR NEW FLAG!



A special Thank You from all of us is due to Member John Eaton who donated the American Flag that is proudly displayed in the Bistro. John noted that for special events and gatherings that we were lacking The Colors, and man of action that he is – stepped in to correct the situation! Thank you John!

WORD OF THE DAY.....

Flummox (FLU:M-uks) Verb: Confuse

Ruth was flummoxed by the angry outburst and wild accusations that greeted her mild complaint.

THE LAST WORD.....

It is an amazing group of people who have chosen to live at MBCC and an equally amazing group of people who have chosen to work here! There is a spirit here unlike any other place – and I would encourage you to stop by and experience it for yourself. Even if you are not ready to make a move – it is always a good idea to explore your options.

We have a lot of new things going on that I will be explaining to you over the course of the next few issues. But just in case you don't want to wait --- all you need to do is to go to Facebook and check out all the photos we have there and while you are there be sure to check out the discussion section where all kinds of things are reviewed.

Not Yet a Facebooker? Not a problem! Just go to our Website and at the top right click into the Blog section where you can find much of the same information.

21 Upper Mile Point Drive, Meredith, New Hampshire 03253 chandler@meredithbaycolonyclub.org

We want you to know what is going on both here and with aging issues in general. Please be sure to let me know what you like and what you dislike. Your feedback is very important!

A parting note: We are your alternative to going it alone. We don't get a merit badge for toughing it out by ourselves --- but we do increase the likelihood of loneliness. It is truly wonderful to see how people love living in this kind of 'neighborhood' that respects your privacy but still welcomes you as an important part of the community. It might not sound like much --- but it makes all the difference.

Each day every day I get to hear and enjoy the sound of laughter!

That's when I know best that we are doing something very special here!

Howie

Howard Chandler
Vice-President
Meredith Bay Colony Club



Cell Phone: 603.630.7566
Direct: 603.279.1502
Office: 603.279.1500
Email: chandler@meredithbaycolonyclub.org
Website: www.meredithbaycolonyclub.org

21 Upper Mile Point Drive
Meredith, New Hampshire 03253

