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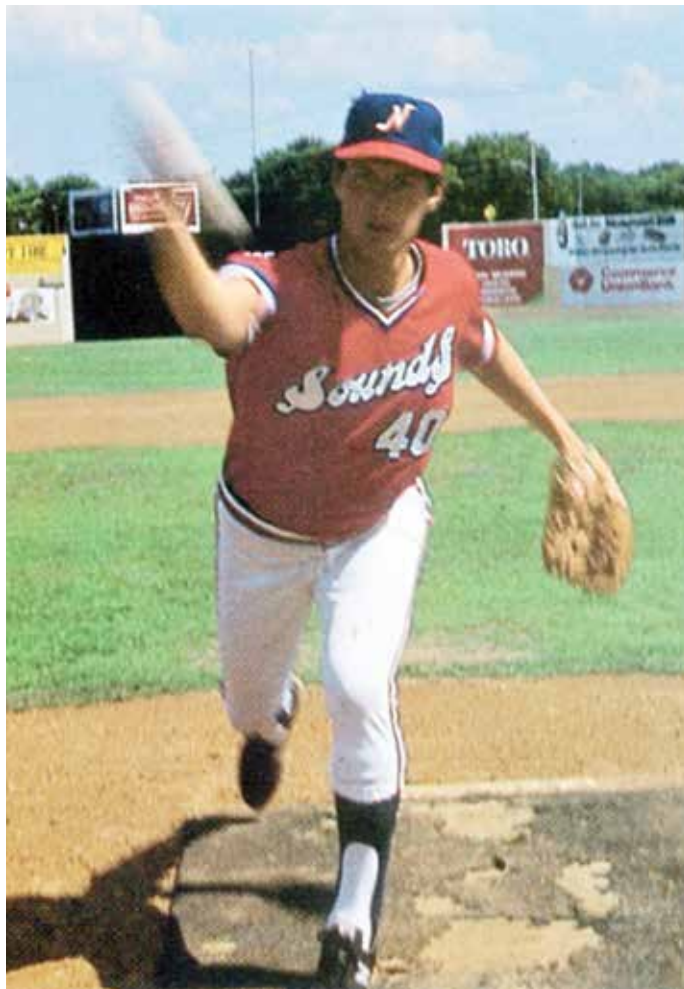
Granite Senior Journal

August/September 2026

A Bi-Monthly Dedicated to Senior Issues and Living



ALL STAR PAINTER



Left: Bob Tewksbury with the Nashville Sounds in 1984. Photo credit: Wikipedia. Right: Acrylic painting by Bob Tewksbury. Courtesy photo.

MLB pitcher to painter, Tewksbury creates

By Bob Reinert

Whether he was painting the corner of home plate with his pitches or a canvas with a brush, Bob Tewksbury has always been an artist.

A former Major League pitcher and longtime painter, Tewksbury went on to a

successful second career as a certified mental performance consultant. The 65-year-old Concord native has done sport psychology work for the Boston Red Sox, San Francisco Giants and Chicago Cubs and served as director of player development for the Major League Baseball Players Association. He now helps college and high school

teams and athletes.

“I always had an interest in sport psychology, and it seemed like a good option for life after baseball,” Tewksbury said. “There’s a lot of different success rates depending on the personnel and the players on the team. The field has grown a lot, and I’ve been doing this for 22 years now.

The rise and reality of solo aging

In recent years, the conversation around growing older has undergone a profound shift. Headlines increasingly highlight a demographic phenomenon known as “solo aging” — a term describing older adults who live independently without a spouse, partner or adult children available to serve as primary caregivers. Far from being a niche exception, living alone in later life has become one of the defining social trends of the 21st century.

According to data from AARP and the U.S. Census Bureau, more than 24 million Americans aged 50 or older live alone. This shift is driven by a mix of cultural and demographic forces: rising rates of “gray divorce,” increased longevity, lower marriage rates, voluntary childlessness, and an overarching desire among older adults to age in place.

Historically, Western culture treated aging alone as a silent tragedy — an unfortunate fate associated with loneliness and vulnerability. Today, however, the narrative is being actively rewritten. Solo aging is increasingly understood not as an unwanted state of isolation, but as an empowering, intentional lifestyle. When paired with proactive legal, social and technological support, solo aging offers an unprecedented degree of freedom and self-determination.

When researchers look closely at the lives of solo agers, a surprising picture emerges: high levels of satisfaction, personal agency and peace of mind. A comprehensive AARP study on solo agers revealed that a majority feel at ease and in control of their lives. For many, the decision to live independently represents the ultimate expression of personal autonomy.

CONTINUED ON PG 3 ►

CONTINUED ON PG 4 ►

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Acrylic painting by Bob Tewksbury. Courtesy photo.

◀TEWKSBURY FROM PG 1

It's become more normal. That makes it a lot easier, a lot more acceptable."

Tewksbury said he now uses assessment tools that weren't available when he first began in sport psychology.

"I think I've kind of gotten away from more of the traditional groundwork of imagery, self-talk, you need to practice all these things to just more of, you need to deal with failure and be resilient," Tewksbury said. "It comes down to a little bit of accept what you can control and control

walked only 20 batters in 233 innings and finished third in Cy Young Award voting.

Tewksbury fashioned a 110-102 career win-loss record with a 3.92 ERA. Exceptional with the glove at his position, he led the league three times in fielding percentage and posted a career mark of .980 with only 10 errors.

Injury problems robbed him of velocity, but the 6-foot-4-inch 200-pounder adapted. He truly was a cerebral pitcher.

In the early 2000s, Tewksbury passed on his sport psychology knowledge to students as an adjunct professor at New Hampshire Technical Institute. "Tewks," as he is known, now makes his home in Wells, Maine, with wife, Laura.

"I have a number of college clients across the country, some high school kids. I have one pro pitcher," Tewksbury said. "It keeps me busy. I make my own schedule. I don't have to travel.

"It's 100 percent remote. I traveled enough over my 39 years in baseball."

Tewksbury, who spent some time as a Red Sox studio analyst for the New England Sports Network after his playing career, is also an author. He and Scott Miller wrote *Ninety Percent Mental: An All-Star Player Turned Mental Skills Coach Reveals the Hidden Game of Baseball*, published in 2018. Tewksbury played himself in the

“It comes down to a little bit of accept what you can control and control what you can and then stick to it.”

— Bob Tewksbury

what you can and then stick to it. So, I just kind of got maybe more relational and not so textbooky."

Tewksbury knows all about control. He showed plenty during a 13-year MLB career in which he went from the New York Yankees to the Chicago Cubs, St. Louis Cardinals, Texas Rangers, San Diego Padres and Minnesota Twins. He still owns the second-lowest ratio of walks for any Major League starting pitcher with at least 1,500 career innings pitched since the 1920s.

A 1992 All-Star selection, Tewksbury went 16-5 with a 2.16 ERA that season. He

1994 movie *The Scout*.

Renowned national baseball reporter Ken Rosenthal called Tewksbury's book "a highly entertaining, often hilarious peek inside the game."

When summer passes, and Tewksbury isn't as active outdoors, he returns to the canvas.

"I have painted since I was in high school," Tewksbury said. "Painting was more of a time-filling activity than anything else while I was playing. I do mostly acrylic [paintings] and did a number of those in the winter. It slowed down now

CONTINUED ON PG 4▶

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◀ TEWKSBURY FROM PG 2

just because we're so busy and outside more. In the fall and winter, I paint a lot."

Tewksbury has called Robin Denham of Pembroke, his former art instructor at Merrimack Valley High School in Penacook, his favorite teacher.

"He was a joy to teach," Denham recalled. "Eager to learn, naturally curious, and always connecting his interests to bigger goals like sports. I tried to give him ownership of his learning path and the right resources to keep exploring."

After pitching at Merrimack Valley and Saint Leo University in Florida, Tewksbury, now in both schools' halls of fame, was taken in the 1981 MLB draft by the Yankees. He earned his master's degree in sport psychology and counseling from Boston University in 2004.

"Most pro teams have a resource for

(players), whether it's a clinical psychologist or mental skills coach or a combination of both," Tewksbury said. "So, it's better received, but there's still a little stigma associated with it. Some people don't believe it. Some people don't trust the team person because they work for the team. So they seek outside help."

Tewksbury has worked with former Red Sox pitchers Jon Lester and Rich Hill. Both came away impressed with him.

"Tewks talked about different things as far as the mental side of the game, and building that relationship with him I had a trust where I could go and bounce things off of him," Lester said. "He's a no-BS guy. I knew he wouldn't pussyfoot around with me. I knew if I asked him a question, he would give me an honest answer, both on the pitching side and on the mental side. I knew I would get that from him."

Hill said that Tewksbury tells a player what he sees and holds him accountable.

"He makes you better as a player as you go along," Hill said. "The biggest thing I've found is that if a player continues to seek advice, seek help, there are people who can help that player get the most out of his potential on the baseball field."

Mike Leonard said that Tewksbury did "transformational" work with baseball teams he has coached at Bates and Middlebury Colleges.

"He communicates the important concepts of the mental side of the game and introduces ways in which players can develop their own mental skills routines as players," Leonard said. "His work with my teams has benefitted them on the field, but more importantly, has helped them to see how to connect these skills to their personal lives so they can grow as people."



Image cropped from a baseball card of Bob Tewksbury from the 1987 Broder Rookies set. Photo credit: Wikipedia.

◀ AGING FROM PG 1

The benefits of solo aging are tangible and varied:

- Solo agers have the freedom to make decisions without needing to compromise on daily schedules, home environments or personal finances.
- Unburdened by traditional family obligations, many solo agers invest deeply in chosen families, vibrant friendships, volunteering and community organizations.
- Studies show that a majority of solo agers report excellent or good mental health, actively engaging in hobbies, physical fitness and lifelong learning.

While the autonomy of solo aging is liberating, it is not without significant hurdles. Living without a built-in family safety net means that ordinary life transitions can quickly become complex logjams.

The primary concerns expressed by solo agers center around the future. A major vulnerability is the absence of an immediate, trusted advocate during a health crisis. When a sudden illness, fall, or cognitive decline occurs, those living alone must rely on pre-arranged support systems rather than a residing spouse or nearby child.

Additionally, financial and logistical burdens fall squarely on the individual. According to analysis by the Pew Research Center, older adults living alone face higher rates of financial fragility and poverty compared to those living in multi-generational households or with spouses. Unplanned expenses for long-term care or home modi-



fications can quickly strain fixed retirement incomes.

To transform solo aging from a high-wire act into a sustainable lifestyle, a robust ecosystem of support measures has emerged across the legal, technological, and community sectors.

For a solo ager, planning is not something to delay until crisis strikes; it is the cornerstone of independence.

Essential legal measures include:

- Designating a trusted friend, professional fiduciary, or private care manager to make medical decisions if incapacitation occurs.
- Establishing clear legal authority for routine financial management and bill-paying.
- Ensuring clear instructions for care preferences, assets and end-of-life wishes.

Solo agers are redefining what it means to live "alone" by surrounding themselves with structured communities:

- Neighborhoods designed with private residences clustered around shared common spaces, fostering mutual aid and daily social contact.
- Grassroots, neighborhood-based non-profits that coordinate volunteer services—such as transportation, home maintenance, and social check-ins—allowing members to age in place safely.
- Programs like "Aging Alone Together" and "Navigating Solo" provide structured curricula where solo agers connect, share resources, and build local peer support networks.

Modern technology serves as an invisible, non-intrusive caregiver for those living independently:

- Wearable sensors and smartwatches automatically detect falls and alert emergency services or designated contacts.
- Voice-activated smart home devices control lighting and temperature, while telehealth platforms connect individuals with medical professionals without requiring travel.
- Smart pill boxes ensure medication adherence and send alerts if doses are missed.
- When family members aren't available to coordinate care, Geriatric Care Managers — also known as Aging Life Care Professionals — fill the gap. These licensed nurses or social workers assist solo agers by evaluating care needs, navigating complex healthcare systems, vetting home aides, and serving as professional patient advocates during hospital stays.

Perhaps the greatest lesson solo agers offer is a fundamental rethinking of independence. True independence does not mean doing everything entirely by oneself; rather, it means having the agency to choose how and when to receive support.

By shifting from isolated self-reliance to intentional interdependence, solo agers build custom safety nets suited to their unique preferences. They demonstrate that family is not the only foundation for a fulfilling later life. Through deliberate preparation, strong social ties, and modern resources, solo aging can be a vibrant, dignified and joyous chapter of life.

Navigating your next chapter

Selling your southern NH home this summer or fall

Deciding to sell your home is a major milestone, particularly if you have spent decades creating memories in Southern New Hampshire. Whether you are planning to downsize to a low-maintenance condo in Nashua, move closer to family, or transition into a specialized senior community, the summer and fall seasons present a unique window of opportunity.

The local real estate market remains active. However, successfully navigating a sale requires balancing current market trends with your personal comfort and well-being. To help you move forward with confidence, here is a practical guide of essential do's and don'ts, along with advice on choosing a real estate team that puts you first.

The do's of summer and fall selling

DO Focus on Easy Curb Appeal: Summer and early autumn showcase New England's natural beauty. Keep your lawn trimmed, clear dead foliage, and add a few pots of bright chrysanthemums or gerani-

ums near the entryway to create a warm first impression.

DO Declutter at Your Own Pace: Packing up years of belongings can feel overwhelming. Start early by sorting through one room—or even one closet—at a time. Gift treasured family heirlooms to loved ones now so you can watch them be enjoyed.

DO Prioritize Safety: Keep walkways, driveways, and indoor stairs completely clear of clutter and debris. Ensure your home is well-lit during evening or late-afternoon showings as the days grow shorter in the fall.

The don'ts of summer and fall selling

DON'T Take on Heavy Repairs Yourself: Avoid climbing ladders to clean gutters or lifting heavy boxes. Your safety is paramount. Leave the strenuous prep work to licensed professionals or a trusted support network.

DON'T Overprice to “Test the Mar-



ket”: While demand in Southern NH towns like Salem and Manchester remains stable, buyers are discerning. Overpricing a home can cause it to sit on the market, resulting in unnecessary stress and eventual price drops.

DON'T Feel Rushed: This process should move at a speed that feels comfortable to you. Never let a buyer or an aggressive timeline pressure you into making fast decisions.

Choosing a team that cares about you

Your home is likely your most signifi-

cant financial asset, but it is also a place filled with deep emotional value. You should never feel like just another transaction. When interviewing realtors, look for a dedicated partner

Seek out a team that demonstrates genuine patience, actively listens to your goals, and communicates clearly without confusing industry jargon. The right team will handle the heavy lifting, coordinate reliable moving resources, and patiently guide you through every line of paperwork, ensuring you feel completely supported from the initial listing to the final closing.

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SCAN ME!



“I am your voice:” CASA volunteer Paula Stevens builds trust with youth, families

Amanda Desmarais – Communications Manager, CASA of NH

When Court Appointed Special Advocates (CASA) volunteer Paula Stevens meets a child or a youth for the first time, she always starts with one simple explanation about what she does as their CASA.

“My first thing I say to them is ‘I am your voice,’” she says.

Paula started her journey as a CASA six years ago after retiring from a career in social work and education. CASAs are volunteers who step forward to advocate in the court system for children who have experienced abuse and neglect. They meet with not only the children on their case, but all the important people in a child’s life - including teachers, parents, foster parents, and more - so they can speak to a child’s best interest in the courtroom.

Paula has become known in her cases for getting things done and her gentle

persistence. On one case, during a phone call with a teen, the teen told her not to come because she didn’t want to do a visit. But Paula was undaunted.

“I said ‘Well, it’s easy to tell somebody over the phone not to come. I’m coming,’” Paula said. “I thought, ‘She’s going to look me in the eye and say I don’t want to visit with you. Then I’ll turn around and leave.’ I was ready to go up to her room and knock – and instead she greeted me at the door.” Not only did Paula get greeted at the door, but she got a big hug too.

Another highlight in her work was when that same teen decided to get back on track to become the first member of her family to graduate high school.

“When I asked the school about her attendance they said it would be easier to count the days she was there than the days she was absent,” Paula says. “When she said, ‘I’m going to graduate,’ it was like a light switch went off and she was razor focused.”



Spending the teen’s graduation day with her was Paula’s favorite visit of the case.

When asked what it was like to have Paula on her case, the teen said: “It’s nice to have someone who puts normalcy back into your life.” She even called having a CASA “fun.”

Not only has Paula built connections with the children and youth on her cases, but she has built connections with their families.

“I think my biggest surprise in all my cases has been how much you also get close with the whole family,” Paula says.

“You always want to remember that the parents know their children better than anybody. And if you have a question a parent is a good place to ask, and we can’t forget that. Even when it’s not a reunification situation.”

Paula also speaks positively of the training and support she receives as a CASA. She was one of the first volunteers to receive training virtually. As someone who lives “in the middle of nowhere,” the virtual format made it more accessible for her. She also noted that her advocate supervisor, a CASA staff member focused on guiding and helping advocates, has been extremely supportive.

To learn more about volunteering with CASA of NH, sign up for a virtual information session at www.casanh.org/infosessions.



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A legacy of leadership

Celebrating Mike LaChance's 40 years of YMCA service

This year, Mike LaChance, CEO of the YMCA of Greater Nashua, is retiring after an extraordinary 40-year YMCA career, including the past 23 years as CEO.

Originally from Hartford, Connecticut, Mike never attended the YMCA as a child. Growing up, he loved sports, but after moving to Pennsylvania for high school, he was limited to playing baseball. That decision introduced him to his first mentor, Coach Fred Light, who encouraged him to pursue higher education and even took him on college visits. Inspired by his coach, Mike became the first person in his family to graduate from high school and attend college.

Mike began college as a Physical Education major, hoping to coach and teach, but soon realized the classroom wasn't the right fit. After switching to Recreation Management, he was assigned to research the YMCA for a class project and quickly became inspired by its mission. That summer, he joined the Hartford YMCA as a camp counselor and rifle-ry instructor before earning an internship that introduced him to YMCA leadership and set the course for his career.

Two weeks before graduating, Mike was hired by the Lawrence YMCA as Youth Sports and Camping Director. He quickly advanced into broader leadership roles, eventually overseeing programs and an 89-room residence serving individuals experiencing homelessness. Supporting residents through employment, housing, and personal challenges became one of the most formative experiences of his career.

Mike joined the Nashua YMCA as Branch Executive Director, just months after the organization acquired what is now the Merrimack YMCA. After serving as Branch Executive Director and later Chief Operating Officer, he was appointed CEO at just 39 years old.

Over the next 23 years, Mike led the YMCA of Greater Nashua through remarkable growth. Under his leadership, the organization expanded to three branches, grew from an annual operating budget of under \$900,000 to nearly \$19



Mike LaChance.

million, and now serves more than 40,000 people each year through programs that strengthen the community.

Along the way, Mike built lifelong friendships with colleagues, mentors, members, and volunteers. It was through the YMCA that he met his wife of 37 years, Sharon, and formed countless relationships that became like family.

As he enters retirement, Mike looks forward to traveling, spending more time with family and friends, and reconnecting with people he hasn't seen in years. He also hopes to continue supporting the YMCA movement by mentoring future leaders and advising YMCAs across the country.

While he'll miss seeing the people who made the YMCA such an important part of his life, Mike's legacy will be defined not only by the organization's tremendous growth, but by the countless lives he has touched and the enduring relationships he has built over four decades of service.



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What makes an exceptional senior living community?

The people who experience it know best.

Jeremy Blydenburgh-Cote,
Vice President of Marketing and Sales

Awards and accolades can recognize excellence, but in senior living, the most meaningful measure of success comes directly from the people who call a community home and those who make it possible every day.

That philosophy was recently reinforced as two Silverstone Living Life Plan Communities, Hunt Community and The Huntington at Nashua, earned national recognition through the Holleran Choice Awards. Both communities received honors for Resident Satisfaction, Resident Engagement, Employee Satisfaction, and Employee Engagement—placing them among the country's highest-performing senior living communities.

Unlike many industry awards, the Holleran Choice Awards are based entirely on confidential surveys completed by residents and employees. That distinction makes the recognition especially significant because

it reflects authentic, day-to-day experiences rather than outside evaluations.

The results also highlight an important truth about senior living: exceptional resident experiences are closely connected to exceptional workplace cultures. Communities where employees feel valued, supported, and engaged are often the same places where residents report stronger relationships, more personalized service, and a greater sense of belonging.

As expectations around aging continue to evolve, today's older adults are looking for much more than maintenance-free living. They want opportunities to stay active, build friendships, pursue lifelong interests, and remain connected to their communities. At the same time, families seek the confidence that comes from knowing high-quality healthcare and future support are available if needs change.

Organizations that successfully deliver both lifestyle and peace of mind are helping redefine what modern senior living can be.

Silverstone Living, New Hampshire's

premier not-for-profit provider of senior living, offers a broad range of communities and programs designed to meet those evolving expectations. Each reflects a different approach to aging while sharing a common mission of providing choice, security, and person-centered care.

Hunt Community offers a vibrant, walkable lifestyle in the heart of downtown Nashua, where residents enjoy easy access to local restaurants, arts, and community events. Just minutes away, The Huntington at Nashua provides a quieter suburban setting with refined amenities and beautifully landscaped surroundings. Beyond its Life Plan Communities, Silverstone Living also operates Webster at Rye, which provides compassionate assisted living, memory care, nursing and rehabilitation services, and At Home By Hunt, a membership program that enables older adults to age confidently in their own homes while planning for future care needs.

Together, these offerings illustrate a growing recognition that there is no single



path to successful aging. The best organizations provide options that allow individuals to choose the lifestyle and level of support that best fit their goals.

For Silverstone Living, the Holleran Choice Awards represent more than a collection of honors. They reflect an ongoing commitment to listening, improving, and creating communities where both residents and employees thrive. In an industry built on relationships, that may be the strongest measure of excellence of all.



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Staying mobile through the years

Joint health for every stage of life

Your hips and knees support your every step – from helping you rise from a chair to your ability to move confidently through daily life. As you age, these joints become more vulnerable to wear, arthritis, and injury. Staying proactive about your joint health can make a meaningful difference in long-term mobility, comfort, and independence. Recognizing changes early can help you preserve your mobility and stay active longer.

According to the [American Academy of Orthopaedic Surgeons](#), approximately 1 million hip and knee replacements were performed in the United States in 2025, highlighting the growing need for advanced joint care as we age.

Our hips and knees endure decades of movement and pressure. Over time, cartilage thins, muscles weaken, and small injuries can accumulate. While occasional stiffness is normal, persistent discomfort should never be dismissed. Understanding what to look for can help you take action early and preserve mobility for years to come.

At [Elliot Orthopaedics](#), our specialists see firsthand how proactive care can transform

your quality of life. Our team provides comprehensive joint evaluation, conservative treatment options, and advanced surgical care when needed – ensuring patients receive the right level of support at the right time.

Recognizing early joint changes

- **Persistent stiffness** — Difficulty moving after sitting or sleeping may indicate inflammation or cartilage wear.
- **Pain during activity** — Aching or sharp pain when walking, bending, or standing often signals arthritis or tendon irritation.
- **Reduced range of motion** — Trouble rotating the hip or fully bending the knee can point to joint degeneration.
- **Swelling or warmth** — These symptoms may reflect inflammation or fluid buildup.
- **Instability or “giving out”** — A joint that feels unreliable increases fall risk and should be evaluated promptly.

Treatment options

Conservative, non-surgical approaches can

often be an effective way to ease joint pain and keep you active:

- **Physical therapy** to strengthen muscles and improve stability.
- **Lowimpact exercise** such as swimming or cycling to maintain mobility.
- **Medications** and targeted injections to reduce inflammation.
- **Assistive devices** like canes or walkers to decrease strain.
- **Lifestyle adjustments** including weight management and supportive footwear.

When to explore specialized joint care

If pain interferes with daily activities, sleep, or independence – and conservative care isn’t enough – it may be time to consult an orthopedic specialist. Severe arthritis, significant mobility loss, or joint deformity often require expert evaluation.

For some patients, joint replacement is the most effective way to lasting comfort and long-term mobility. Current hip and knee techniques deliver strong results and fast-



Courtesy photo.

er recovery. Elliot’s joint replacement experts help adults with chronic pain or limited movement explore whether advanced treatment is the right next step.

Choosing the right next step

Protecting your mobility often means knowing when to seek additional support. Whether you’re managing early joint changes or exploring more advanced treatment options such as joint replacement, having access to a trusted orthopedic team ensures you receive the right level of care at the right time.

To learn more about Elliot’s comprehensive Orthopedic and Sports Medicine services and treatment options, or to schedule an appointment, visit [ElliotHospital.org/Ortho](#) or call us at 603.625.1655.

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 **Elliot Health System**



145898

New research shows curcumin is as effective as prescription drug for osteoarthritis, but much safer

By Terry Lemerond
Founder and President of
Terry Naturally

Prescription and over-the-counter painkillers are dangerous; they damage the liver, kidneys and stomach lining and cause side effects that interfere with daily life. This latest research shows that the right curcumin is a valid choice for people suffering from osteoarthritis. It doesn't just stop pain — it stops the damage caused by inflammation that leads to pain in the first place. If you deal with arthritis yourself, or know someone who does, introduce them to the curcumin tested here. It could make a world of difference.



Safety and efficacy of curcumin versus diclofenac in knee osteoarthritis: a randomized open-label parallel-arm study

(NSAIDs) Shep D, Khanwelkar C, Gade P, Karad S. *Trials*. 2019;20(1):214

Background: The purpose of this study was to compare the efficacy and safety of curcumin with those of diclofenac in the treatment of knee osteoarthritis (OA).

Methods: In this randomized, open-label, parallel, active controlled clinical study, 139 patients with knee OA were randomly assigned to receive either a curcumin 500 mg (BCM-95®) capsule three times daily or a diclofenac 50 mg tablet two times daily for 28 days. Patients underwent assessment at baseline days 7, 14 and 28. The main outcome measure was severity of pain using visual analogue scale score at days 14 and 28. Knee Injury and Osteoarthritis Outcome Score (KOOS) (at days 14 and 28), anti-flatulent effect (at day 7), anti-ulcer effect, weight-lowering effect and patient's and physician's global assessment of therapy at day 28 were included as secondary outcome measures. Safety after treatment was evaluated by recording adverse events and laboratory investigation.

Results: At days 14 and 28, patients receiving curcumin showed similar improvement in severity of pain and KOOS scale when compared with diclofenac, and

the difference was not statistically significant. At day 7, the patients who received curcumin experienced a significantly greater reduction in the number of episodes of flatulence compared with diclofenac ($P < 0.01$). At day 28, a weight-lowering effect ($P < 0.01$) and anti-ulcer effect ($P < 0.01$) of curcumin were observed. None of the patients required H2 blockers in the curcumin group, and 19 patients required H2 blockers in the diclofenac group (0 percent versus 28 percent, respectively; $P < 0.01$). Adverse effects were significantly less in the curcumin group (13 percent versus 38 percent in the diclofenac group; $P < 0.01$). Patient's and physician's global assessment of therapy was similar in the two treatment groups.

Conclusion: Curcumin has similar efficacy to diclofenac but demonstrated better tolerance among patients with knee OA. Curcumin can be an alternative treatment option in the patients with knee OA who are intolerant to the side effects of non-steroidal anti-inflammatory drugs.

What it means to you

The most commonly used drugs for osteoarthritis are called non-steroidal

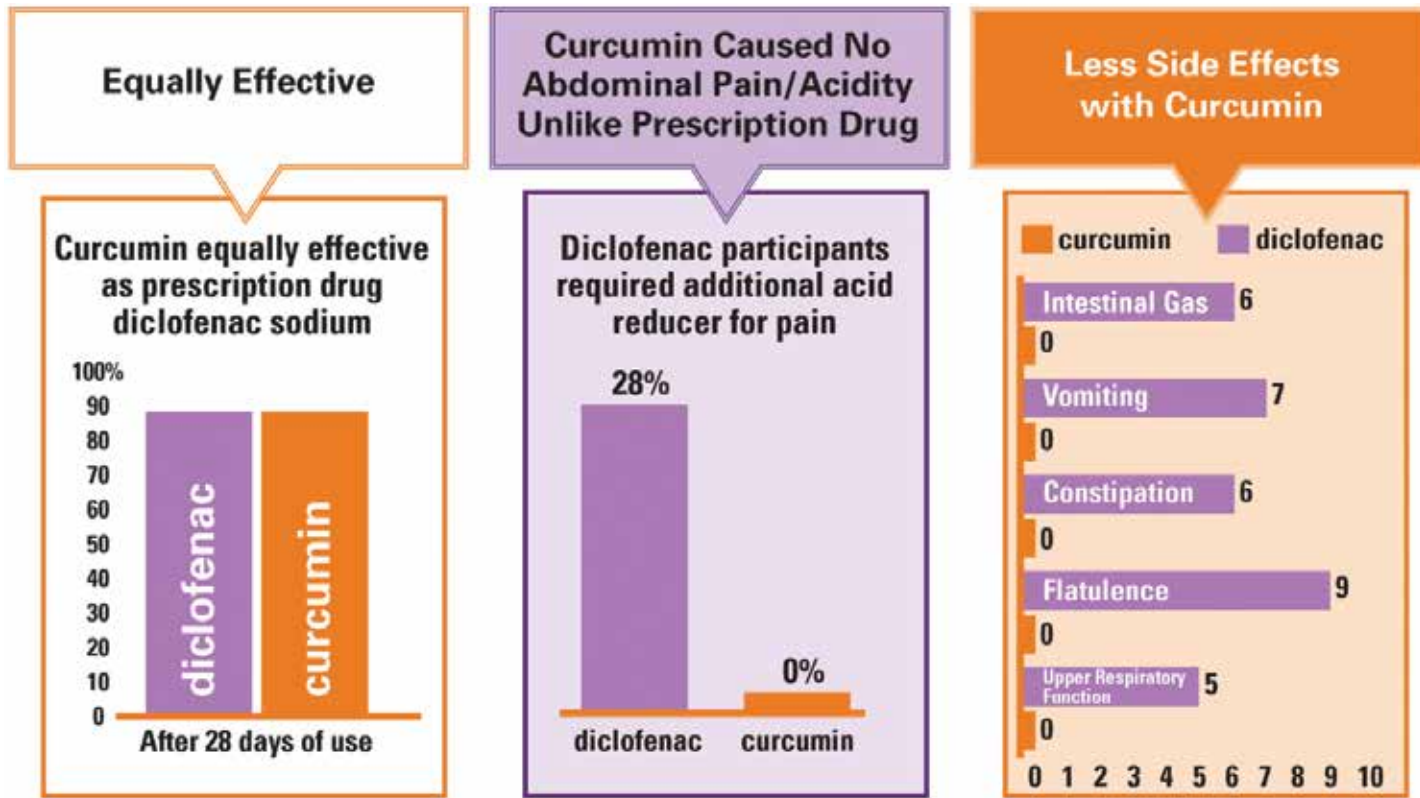


anti-inflammatory drugs, or NSAIDs. The over-the-counter versions are products like ibuprofen and naproxen sodium, but there are prescription-strength NSAIDs as well. The problem with these drugs is their side effect profile, which includes stomach ulcers, gastrointestinal bleeding and an increased risk of heart attack and stroke. Despite these serious side effects, many people think they are the only option. This study proves that curcumin worked as well as the prescription NSAID drug, but without the risk. Curcumin relieves pain and also stops inflammatory damage to the joints through many pathways, helping your body heal and not just masking underlying problems. This

clinical study compared a curcumin blend with turmeric essential oil, a source of ar-turmerone (BCM-95®), which enhances its absorption and blood retention, to a commonly used prescription NSAID drug, diclofenac sodium (one brand name for this drug is Voltaren).

Sign up for Terry's free weekly newsletter or listen to the radio show at terrytalksnutrition.com. CuraMed and other Terry Naturally Europharma products are available at Granite State Naturals (170 N. State St., Concord). Call 224-9341. The staff is happy to help you navigate the options.

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^THESE STATEMENTS HAVE NOT BEEN EVALUATED BY THE FOOD AND DRUG ADMINISTRATION. THIS PRODUCT IS NOT INTENDED TO DIAGNOSE, TREAT, CURE, OR PREVENT ANY DISEASE.

^ <https://nutrition.org/most-americans-are-not-getting-enough-fiber-in-our-diets/>

Fight back against scammers!

We are at war with criminal scammers! If you or a loved one has been targeted by a scam or fraud, you are not alone. AARP has the resources you need to fight back because if you spot a scam, you can stop a scam.

In 2025 New Hampshire's top scam categories were Imposter Scams, Online Shopping, and Internet Services. There were 10,583 cases of fraud reported (this does not include the countless numbers that are not reported!), and the amount of money lost to scams almost doubled between 2024 to 2025, according to the Federal Trade Commission, rising to a total of \$53.1 million in 2025.

The AARP Fraud Watch Network™ is a free resource for all. With AARP as your partner, you'll learn how to proactively spot scams, get guidance from our fraud specialists if you've been targeted, and feel more secure knowing that we advocate at the federal, state, and local levels to protect consumers and enforce the law.

Research shows that if you know about a specific scam, you are 80% less likely to engage with it, and if you do engage, you

are 40% less likely to lose money or sensitive information. The AARP Fraud Watch Network™ keeps you updated on the latest scams so you can spot and avoid them. **Your one-stop fraud resource is aarp.org/fraudwatchnetwork.**

What We Help You Do

Stay Informed

Knowledge gives you power over scams. The AARP Fraud Watch Network™ equips you with reliable, up-to-date insights, alerts and fraud prevention resources to help you spot and avoid scams and protect your loved ones. We even cover the latest scams in the news.

Find Support

If you've been targeted by scams or fraud, you are not alone. Our trained fraud specialists provide support and guidance on what to do next and how to avoid scams in the future. The AARP Fraud Helpline, 877-908-3360, is free and available to anyone. We also offer online support sessions for further emotional support.

Have a Voice

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ing for laws and regulations to stop scams and shut down fraud attempts. We also provide a voice to consumer concerns and help shape the public discussion on fraud.

Fraud Prevention Resources

The AARP Fraud Watch Network™
Helpline 1-877-908-3360
1-877-908-3360

- Look up a scam in AARP's Fraud Resource Center, with dozens of tip sheets on how to recognize and avoid common scams, including videos that break down how scams work. Go to aarp.org/frc.
- See or report scams in your area with our Scam-Tracking Map. Go to aarp.org/scammap.
- Sign up for free, biweekly Watchdog Alerts to have information on the latest scams delivered right to your email and phone. Text FWN to 50757 to receive text alerts.
- Hear stories of real scams on our award-winning podcast, *The Perfect Scam*. Explore fraud from the view-

point of victims, law enforcement and criminals.

- Hear directly from fraud experts at one of our webinars, tele-town halls or live events in communities around the country. Visit aarp.org/nh or aarp.org/vcc.
- Get social with the AARP Fraud Watch Network™ on Facebook and X, where you'll also have access to online events. You can also connect with others on the Scams & Fraud channel in AARP's online community.
- Check out online resources to help protect veterans, service members and their families against scams at the AARP Veterans Fraud Center.
- Join an AARP Fraud Victim Support Group.
- Looking for resources in Spanish? Go to aarp.org/fraude.

The AARP Fraud Watch Network™ helps you recognize many different types of scams so your money, health and happiness live longer. Learn more at aarp.org/fraudwatchnetwork.



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A taste of Europe on Main Street

Discovering Concord's Viking House

Tucked into the vibrant downtown stretch of Concord, New Hampshire, Viking House feels less like a local storefront and more like a passport to your favorite European shops, minus the jet lag. Long celebrated for its warm atmosphere and curated gifts, this charming destination store boasts a delicious specialty food section. Sourcing authentic delicacies from over 12 European countries, it offers food lovers and curious travelers an immersive culinary tour for your tastebuds or a comforting reminder of your favorite place.

For those looking to celebrate Oktoberfest or host an authentic Bavarian feast, Viking House shines with an impressive lineup of traditional German imports. The pantry shelves are packed with comforting classics that make seasonal entertaining completely effortless. Shoppers can stock up on tender spaetzle egg noodles, fluffy potato dumplings, and quick-mix crispy potato pancakes; they also offer authentic, smoked Black Forest ham, crisp German pickles, and traditional fermented sauerkraut. Pair them with a jar of sweet, sharp, or stone-ground German mustard, and you have an effortless feast straight from the heart of Munich.

Beyond the savory aisles, the shop's sweets and snack selection enjoys a cult-like following among locals and expats alike. Snack lovers can grab a bag of savory Tayto crisps from Ireland or wash down sweet, almond-topped Mr. Kipling Cherry Bakewell tarts with a vibrant can of Scotland's legendary Irn-Bru soda. Chocolate connoisseurs will find themselves



spoiled for choice with British classics like Cadbury's Crunchie, Flake, and Dairy Milk bars. Moving north into Scandinavia, the shelves yield rich Marabou bars from Sweden, velvety Freia chocolates from Norway, and smooth Fazer sweets straight from Finland.

The undisputed crown jewel of the confectionery section, however, is the shop's remarkable licorice selection. Stocking over 50 distinct varieties ranging from sweet to aggressively salty, Viking House caters to every palate imaginable. Confectionary purists can stick to soft Dutch coins or classic sweet red and black twists, while adventurous foodies can test their bravery with Scandinavian *salmiakki*—a sharp, salty black licorice that remains a beloved regional tradition.

As the seasons turn and holiday traditions near, the shelves will be filled with coveted German holiday treats, including spiced *Lebkuchen* gingerbread, soft iced *Pfeffernüsse*, and buttery *Stollen* fruit bread packed with dried fruits and marzipan.

Whether you are searching for a thoughtful, hard-to-find gift, hunting for nostalgic treats from home, or gathering ingredients for a European dinner party, Viking House turns everyday shopping into a delightful cultural journey. It stands as a true Main Street treasure, proving you don't need a transatlantic flight to share the rich, authentic flavors of Europe with the people you love.



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Tips to stay hydrated and avoid dehydration

By Wendy Jeffco, Registered Dietitian,
Northeast Rehabilitation Hospital

Staying hydrated is important for your health during every season. Fluids play a vital role in maintaining body temperature, carrying nutrients throughout the body, increasing mental awareness, and lubricating joints.

Many individuals do not consume enough fluids, which can lead to dehydration. This may also occur when someone doesn't feel well, has a decreased thirst sensation, or has difficulty consuming liquids.

Dehydration can increase fatigue, decrease blood pressure and concentration, and cause headaches or muscle aches. It can also put you at risk for urinary tract infections, constipation, dizziness, and falls.

How much water should I drink?

We often hear people recommend eight 8-oz cups of water a day. However, needs vary from person to person depending on weight, activity, and medical history. Consult with your doctor for more information.

What liquids or foods will help with hydration?

- Water is one of the best choices, but if you don't care for water try these tips:
- Add an ice cube of juice for flavor, or fresh fruit/cucumber/ginger/mint, etc.
- Consider soda water.
- Include fluid-rich foods in your meals and snacks. Watermelon, strawberries, cantaloupe, peaches, oranges, cucumbers, celery, tomatoes, and peppers are all great options. These fruits and vegetables each provide about 1/2 cup of fluid for each cup consumed. Plus, they are rich in fiber and antioxidants!
- Foods such as ice cream, milkshakes, popsicles, and soups also count as fluids.

Remember, drinks such as soda/coffee/tea, contain caffeine that can act as a mild diuretic.

What habits can help increase hydration?

- Keep fluids within reach.
- Set a timer to drink.

- Keep a fluid log (use an app or notebook).
- Measure the volume of the cups you are using to determine how much you are drinking.
- Consider drinking 4 oz of fluid with your medication(s).

How do you know if you are dehydrated?

Early warning signs and symptoms of poor fluid intake include dry mouth, thick saliva, increased thirst, nausea, inelastic skin, dry skin, sunken eyes, confusion, headache, or muscle aches. You may also feel weak, more fatigued, or dizzy (especially when going from sitting to standing). If you are urinating less or your urine is dark, you may be dehydrated. A weight change of three pounds or more in one to two days could also be an indicator.



What if someone has bladder concerns?

Bladder issues, incontinence, or urgency can cause people to limit their fluid intake. Slowly increase your fluids by 4oz every two to three days until you reach your fluid intake goal. For most people, your body will adjust, and your bathroom needs

will not increase.

Get more tips and a healthy hydration information flyer by scanning the QR code or visiting NortheastRehab.com.



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Meet Dr. Daniel Wilson

Caring for hips, knees, and the people behind them

Hello! My name is Dr. Daniel Wilson, and I would like to introduce myself. I am an orthopedic surgeon who specializes in both surgical and non-operative treatment of hip and knee arthritis. It is a privilege to care for patients throughout New Hampshire, and I look forward to sharing information in future issues that will help you better understand joint health and the many options available to stay active and independent.

My work centers around a simple goal: helping people move comfortably so they can continue doing the things they enjoy. Whether that means taking a walk around the neighborhood, gardening, playing with grandchildren, golfing, hiking, or simply getting up from a chair without pain, healthy joints can make an enormous difference in quality of life.

One of the most common conditions I treat is arthritis of the hip and knee. Arthritis affects millions of Americans, and it becomes increasingly common as

we age. Many people assume that joint pain is simply a normal part of getting older, but that isn't always the case. While arthritis cannot always be prevented, there are many effective ways to reduce pain, improve mobility, and maintain an active lifestyle.

One of the things I enjoy most about my work is helping patients understand that surgery is only one of many treatment options. Every patient is unique, and treatment should be tailored to their individual needs, lifestyle, and goals. For some people, physical therapy, exercise, weight management, medications, injections, or other non-operative treatments provide excellent relief. For others whose arthritis has become severe and significantly limits daily activities, hip or knee replacement surgery can be a life-changing solution.

I believe that the best medical decisions are made through partnership. My role is not simply to recommend a treatment but to listen carefully,

answer questions, explain the available options, and help patients make informed decisions that feel right for them. I understand that considering surgery can feel overwhelming, and I hope to make the process as comfortable and understandable as possible.

In this article, I plan to answer many of the questions I hear every day in the office. We'll discuss common causes of joint pain, ways to protect your joints, advances in joint replacement surgery, recovery after surgery, and practical tips for staying healthy and active as we age. My goal is to provide reliable, easy-to-understand information that empowers you to take charge of your joint health.

Thank you for allowing me to introduce myself. I look forward to getting to know this community through these articles and hope they serve as a helpful resource for you and your family. Whether you're dealing with occasional joint pain or considering treatment for



arthritis, I hope you'll find encouragement, practical advice, and reassurance in the topics we'll explore together.

For additional information on orthopaedic care, go to nhoc.com.



Transforming Orthopaedic Care in New Hampshire

Dr. Wilson is a member of the American Academy of Orthopaedic Surgeons and the American Association of Hip and Knee Surgeons. He specializes in orthopaedic trauma and joint replacement surgeries, with a keen interest in clinical outcomes after hip and knee replacements.

Learn More:
nhoc.com/doctor_bios/wilson/

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The impact of hearing loss

By 2050, the World Health Organization projects almost 2.5 billion people will experience hearing loss, with over 700 million needing rehabilitation. Not being able to hear makes it harder to communicate, socialize and even comprehend, which can make you feel disconnected and isolated. Over time, this isolation can contribute to feelings of loneliness and may increase the risk of cognitive decline.

Key signs of hearing loss

Do you find yourself often asking others to repeat themselves? Struggling to understand conversations or distinguishing speech in noisy environments is a common indicator of hearing loss. Some people also experience a sense that others are mumbling or speaking unclearly. Turning up the volume on devices can be another telltale sign, as can persistent ringing or buzzing in the ears. If you’ve noticed any of these changes in your hearing, it’s time for a professional checkup.

Types & causes of hearing loss

What causes hearing loss? Hearing loss varies in form but primarily falls into two main categories – sensorineural and conductive. Sensorineural hearing loss arises when the inner ear or nerve pathway to the brain is damaged. Often, this type is due to aging, exposure to loud noises, or genetics. Conductive hearing loss happens when sounds can’t get through the outer and middle ear, possibly caused by ear infections, fluid buildup, or blockages. Both types affect how sound is perceived, with varying impacts on daily life.

Sudden hearing loss, medically known as Sudden Sensorineural Hearing Loss (SSHL), can occur almost instantly or over several days. SSHL is typically unilateral (affecting one ear) and can be caused by head trauma, viral infections, autoimmune diseases, exposure to certain drugs that harm the inner ear’s sensory cells, or a lack of blood flow to the inner ear. Any sudden loss of hearing warrants immediate medical attention, as early treatment can sometimes restore hearing.



Hearing loss and cognitive health

Did you know that better hearing can support better thinking and make a strong contribution to your overall well-being?

Many people still underestimate the overall impact of hearing loss. More and more studies reveal the strong connection between hearing loss and cognitive decline.

The effect of hearing aids on cognition

Hearing aids can help slow down the process of cognitive decline by improv-

ing access to sound and noise, allowing the brain to correlate what a person hears. Research has shown that wearing hearing aids over three years can slow down the loss of thinking and memory by 48% in older adults at increased risk for cognitive decline, which has positive effects on your ability to be social (3). Research has also shown that those without hearing intervention showed a larger decline in cognition over the same period.

Personalized plans for your personalized needs

Understanding that each hearing journey is unique, we utilize cutting-edge technology and personalized care plans to provide the best possible hearing outcome. This ensures you receive the most effective information and support specific to your lifestyle and preferences. Our hearing experts have everything you need to address your symptoms of hearing loss. Connect with our hearing experts today to learn more and take the first step.



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It’s time for tequila and classic New England berries

Tequila pairs brilliantly with dark berries! The natural agave notes in tequila complement the sweet-tart flavor of fresh blueberries and blackberries, while lime juice ties everything together with crisp acidity.

Here are two distinct recipes — one light and bubbly with blueberries, and one rich and vibrant with blackberries.

1. Blueberry Mint Tequila Smash

A light, refreshing cocktail that balances sweet muddled blueberries with bright lime and crisp blanco tequila.

Ingredients

- **2 ounces** Blanco tequila
- **10–12** fresh blueberries
- **3/4 ounce** fresh lime juice
- **1/2 ounce** agave nectar (or simple syrup)
- **5–6** fresh mint leaves
- **Splash** of club soda (to top)

Instructions

1. **Muddle:** In a cocktail shaker, combine the blueberries, mint leaves,

lime juice, and agave nectar. Muddle thoroughly until the berries break down and release their juices.

2. **Shake:** Add the tequila and fill the shaker with ice. Shake vigorously for about 15 seconds until chilled.
3. **Strain:** Double-strain through a fine-mesh strainer into a rocks glass filled with fresh ice. *(Double-straining keeps out seeds and tiny mint bits).*
4. **Finish:** Top with a splash of club soda and garnish with a fresh mint sprig and a toothpick of blueberries.

2. Blackberry Jalapeño Margarita

Bold, tart, and vividly purple. You can make this classic fruit-forward, or keep the jalapeño in for a sweet-and-spicy kick.

Ingredients

- **2 ounces** Blanco or Reposado tequila
- **1/2 ounce** Cointreau (or Triple Sec)
- **5–6** fresh blackberries
- **1 ounce** fresh lime juice

- **1/2 ounce** agave nectar
- **1–2 slices** fresh jalapeño *(optional, for heat)*

Rim: Tajín seasoning or coarse sea salt

Instructions

1. **Prep Glass:** Run a lime wedge around the rim of a rocks glass and dip it into Tajín or salt. Fill the glass with ice.
2. **Muddle:** In your cocktail shaker, muddle the blackberries, lime juice, agave nectar, and jalapeño slices (if using).
3. **Shake:** Add the tequila, Cointreau, and a handful of ice. Shake vigorously until frost forms on the outside of the shaker.
4. **Strain & Serve:** Strain into your prepared glass over fresh ice. Garnish with a fresh blackberry and a lime wheel.
5. **Pro Tip:** If your berries are slightly out of season or tart, bump up the agave nectar by an extra **1/8 to 1/4 ounce** to keep the cocktail balanced.



Classic New England Blueberry Cobbler

This recipe features a rich, bubbling fresh blueberry filling topped with tender, buttery, golden-brown drop biscuits. It captures the best of late-summer berry season and pairs wonderfully with a scoop of vanilla bean ice cream.

Recipe Overview

- **Prep Time:** 20 minutes
- **Cook Time:** 35–40 minutes
- **Yield:** 6–8 servings
- **Baking Vessel:** 8x8-inch baking dish, 9-inch deep-pie dish, or a 10-inch cast-iron skillet

Ingredients

For the Blueberry Filling

- **5 cups** fresh blueberries (wild or highbush; frozen can be substituted without thawing)
- **1/2 cup** granulated sugar *(adjust to 1/3 cup if berries are unusually sweet)*
- **1 tablespoon** cornstarch (or 2 tablespoons all-purpose flour)
- **1 tablespoon** fresh lemon juice
- **1 teaspoon** fresh lemon zest
- **1/2 teaspoon** ground cinnamon

- **1/4 teaspoon** kosher salt
- For the Biscuit Topping
- **1 1/2 cups** all-purpose flour
- **1/4 cup** granulated sugar *(plus 1 tablespoon coarse or turbinado sugar for sprinkling)*
- **1 1/2 teaspoons** baking powder
- **1/4 teaspoon** baking soda
- **1/2 teaspoon** kosher salt
- **6 tablespoons** unsalted butter, cold and cut into small cubes
- **3/4 cup** cold buttermilk (or heavy cream)
- **1 teaspoon** pure vanilla extract

Instructions

1. Prepare the Oven and Pan

Preheat your oven to **375°F (190°C)**.

Lightly grease your baking dish or cast-iron skillet with a little butter or non-stick cooking spray.

2. Make the Blueberry Filling

In a large mixing bowl, gently toss together the blueberries, granulated sugar, cornstarch, lemon juice, lemon zest, cinnamon, and salt until the berries are evenly coated.



Transfer the berry mixture into your prepared baking dish and spread it out into an even layer.

3. Prepare the Biscuit Topping

In a separate bowl, whisk together the flour, 1/4 cup sugar, baking powder, baking soda, and salt.

Add the cold, cubed butter to the flour mixture. Using a pastry cutter, two forks, or your fingers, work the butter into the flour until it resembles coarse crumbs with pea-sized bits of butter remaining.

Pour in the cold buttermilk and vanilla extract. Stir gently with a fork or spatula just until a soft, shaggy dough forms.

Do not overmix, or the biscuits will turn out dense.

4. Assemble and Bake

Drop dollops of the biscuit dough evenly over the blueberry filling using a spoon or ice cream scoop. It is okay if some of the blueberries show through; the biscuits will expand as they bake.

Sprinkle the top of the dough with the extra tablespoon of coarse sugar for a crunchy, sweet crust.

Bake for **35 to 40 minutes**, until the biscuit topping is deep golden brown and the blueberry juices are thick and bubbling vigorously around the edges.

5. Cool and Serve

Remove from the oven and let the cobbler sit for at least **15 to 20 minutes** before serving. This allows the fruit juices to set slightly.

Serve warm with vanilla ice cream or fresh whipped cream.

Chef’s Tip: If using frozen blueberries, toss them with the filling ingredients straight from the freezer without thawing first. Add 5 additional minutes to the total bake time to ensure the filling boils completely and thickens properly.



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How modern technology is revolutionizing senior independence

For generations, technology designed for older adults was limited, conspicuous, and often clinical. Emergency call pendants and bulky monitoring hardware offered safety, but often at the cost of a user’s privacy and dignity. Today, a quiet revolution is underway in the realm of eldercare technology. Known broadly as AgeTech, modern innovations are moving away from reactive gadgets and toward intuitive, non-intrusive safety nets that blend seamlessly into everyday life.

Rather than turning homes into complex care facilities, modern technology is empowering seniors to age in place with unprecedented confidence, autonomy, and security. By integrating subtle smart devices, artificial intelligence, and proactive health monitoring, these tools enhance independence while reducing the burden on caregivers.

One of the most significant shifts in senior technology is the move toward ambient safety — systems that protect residents without requiring them to press buttons or wear devices.

Wall-mounted radar and infrared sensors map room activity in real time. Unlike traditional cameras, these non-intrusive devices monitor movement patterns and detect falls without compromising personal privacy in sensitive areas like bedrooms and bathrooms.

Environmental risks pose severe threats to independent living. Smart stove shut-off systems automatically cut power or gas when cooking is left unattended, while smart water-leak sensors automatically turn off main valves to prevent household flooding.

Nighttime falls represent a major hazard for older adults. Smart lighting systems automatically illuminate pathways to bathrooms and kitchens when motion is detected, adjusting brightness levels according to the time of night to prevent glare and disorientation.

Managing chronic health conditions and daily medication schedules can quickly become overwhelming. Modern health care technology shifts care from reactive emergency responses to proactive daily wellness.

Connected pill dispensers organize daily regimens, lock doses until scheduled

times, and provide clear auditory reminders. If a dose is missed, the system alerts caregivers or family members via smartphone apps, preventing dangerous double-dosing or skipped medications.

Advanced wearables and connected medical devices — such as smart blood pressure cuffs, pulse oximeters, and continuous glucose monitors — transmit vital signs directly to healthcare providers. Artificial intelligence algorithms analyze this continuous data to identify subtle health changes, allowing doctors to adjust treatments before a medical crisis occurs.

Smart hubs allow seniors to set medication reminders, manage doctor appointments, and contact family members entirely hands-free, providing critical accessibility for individuals living with arthritis, tremors, or limited vision.

Social isolation and financial scams represent two growing threats to senior well-being. Technology is adapting to address both issues with simplicity and ease of use.

Purpose-built tablets feature high-contrast screens, simplified interfaces, and one-touch video calling. These devices streamline communication with family, support virtual doctor appointments, and enable participation in online community groups.

Older adults are frequently targeted by financial scams and predatory door-to-door solicitations. Video doorbells allow seniors to screen visitors safely from a phone or television screen. Meanwhile, automated call-screening software filters out fraud calls and telemarketers before the phone even rings.

The ultimate goal of modern senior technology is not to replace human care or family relationships, but to strengthen them. By taking over routine monitoring, safety checks, and administrative health tasks, technology frees family members to focus on meaningful personal connection rather than constant caregiving logistics.

When thoughtful design prioritizes user dignity and ease of use, technology becomes an empowering tool. It offers older adults the freedom to live safely in their own homes, maintain control over their daily routines, and age with grace and confidence.

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Beat the heat on the road

Essential summer car safety tips for senior drivers

With the arrival of the summer months, residents across the region are gearing up for day trips, family visits, and scenic drives. While summer driving often feels more relaxed than navigating winter's ice and snow, the extreme heat of July and August introduces a unique set of hazards. For older drivers, these risks are amplified by physiological changes, medication interactions, and the rapid strain that high temperatures place on vehicle components.

According to data from the National Highway Traffic Safety Administration (NHTSA) and aging advocacy groups, heat-related driving complications rise significantly during the summer. Taking a proactive approach to vehicle maintenance and personal health can ensure that older adults remain safe, independent, and comfortable behind the wheel all season long.

1. The physiology of heat and driving focus

As the human body ages, its ability to regulate temperature naturally declines. Older adults produce less sweat and have different blood circulation patterns than younger individuals, making them more susceptible to heat exhaustion and dehydration.

When inside a vehicle, this vulnerability can escalate rapidly. On a 90-degree day, the interior temperature of a parked car can reach 109 degrees in just 10 minutes, even with the windows cracked. For a senior entering a hot vehicle, this sudden blast of heat can cause a rapid drop in blood pressure, leading to dizziness, confusion, or a slowed reaction time before they even pull out of the driveway.

Safety Action: Never enter a vehicle that has been baking in the sun. Prior to a trip, open the doors to let the trapped hot air escape. Start the engine and run the air conditioning for several minutes before sitting inside. If the vehicle does not have a reliable cooling system, travel should be restricted to the cooler early morning or evening hours.

2. Managing medication and sun sensitivity

Many older adults take daily prescrip-



tions for chronic conditions, such as high blood pressure, heart disease, or diabetes. What many drivers do not realize is that a significant number of these common medications interact negatively with heat and sunlight.

Diuretics (often prescribed for fluid retention and blood pressure) accelerate dehydration. Beta-blockers can reduce the body's ability to sweat, hindering its natural cooling mechanism. Additionally, certain antibiotics, anti-inflammatory drugs, and cardiac medications cause "photosensitivity," making the skin highly susceptible to severe sunburns through car windows. Dizziness and fatigue brought on by the combination of heat and medication can severely impair tracking, lane changes, and sudden braking maneuvers.

Safety Action: Review all medication labels before the peak of summer. If a prescription warns against sun exposure or extreme heat, plan driving schedules accordingly and always carry an insulated water bottle to stay hydrated while on the road.

3. Overcoming summer vision challenges

Bright sunlight presents a substan-

tial obstacle for aging eyes. Conditions such as cataracts, macular degeneration, and glaucoma make drivers exceptionally sensitive to intense glare.

The reflection of the afternoon sun off oncoming windshields, chrome bumpers, and light-colored asphalt can cause temporary "glare blindness." Because older eyes take significantly longer to recover from bright flashes and adapt to shifting light conditions (such as driving from bright sunlight into a dark canopy of trees or a tunnel), glare presents an immediate safety risk.

Safety Action: Invest in a high-quality pair of polarized sunglasses, which are specifically designed to block horizontal glare from flat surfaces like roads and cars. Furthermore, keeping both the inside and outside of the vehicle's windshield meticulously clean is vital; dust films and streaks scatter light, drastically worsening the effects of glare.

4. Vehicle maintenance in extreme heat

A vehicle breakdown in the dead of winter is dangerous, but a breakdown in 95-degree summer heat can become a medical emergency for a senior within minutes. Heat is notoriously brutal on

car components.

The Battery: While winter is famous for killing batteries, summer heat actually does more damage by evaporating internal battery fluids and accelerating corrosion.

Tire Pressure: Air expands when heated. For every 10-degree rise in outdoor temperature, tire pressure can increase by one to two pounds per square inch (PSI). Over-inflated tires have less contact with the road, leading to uneven wear and an increased risk of high-speed blowouts.

Fluids: Engines run hotter in the summer. Low coolant levels are the primary cause of summer overheating.

Safety Action: Schedule a comprehensive summer vehicle checkup. Ensure a mechanic inspects the battery charge, flushes the coolant if necessary, checks the condition of the belts and hoses, and verifies that the air conditioning system is blowing at peak efficiency.

5. Packing a summer-specific emergency kit

Even with the best preparations, unexpected delays and breakdowns happen. Every senior driver should carry a specialized summer emergency kit in the vehicle. This kit should bypass standard winter gear and focus entirely on heat mitigation.

The essential items include:

Multiple bottles of fresh drinking water.

A fully charged mobile phone and a portable power bank.

A reflective sunshade to keep the dashboard cool if stranded.

A lightweight battery-operated fan.

A brightly colored cloth or umbrella for shade if exiting the vehicle is necessary.

By respecting the power of the summer sun and adjusting driving habits to accommodate both vehicular and personal health needs, local seniors can protect their mobility and safely enjoy everything the season has to offer.

VOLUNTEER LISTINGS

Looking to make a difference in your community? Volunteering provides an opportunity to give back while learning new skills and connecting with like-minded people. Whether you're passionate about environmental issues, working with young people, supporting the arts or advocating for animal welfare, here are some local organizations and causes that could benefit from your contribution.

- **AARP NH Speakers Bureau** Do you like educating others and public speaking? Become a voice in your community. Speakers Bureau volunteers educate AARP members and the public on a variety of topics from safely aging in place, to preparing to become a caregiver, as well as fraud and leading a brain-healthy lifestyle. If you are more comfortable behind the scenes, there are roles for you, too. You pick speaking opportunities that work best for your schedule. For more information, email pdube@aarp.org.

- **American Red Cross New Hampshire Chapter** (the Northern New England Regional Headquarters is at 2 Maitland St. in Concord; redcross.org/nne, 225-6697) report that their most needed volunteer positions are the shelter support teams (volunteers who help residents during large-scale disasters), disaster health services teams (for volunteers who are licensed health care providers) and disaster action teams (for smaller disasters, such as home fires), according to a press release. The Red Cross is also seeking blood donor ambassadors who check blood donors into appointments, answer questions and give out snacks, the press release said. The Red Cross also needs transportation specialists who deliver blood to hospitals from Red Cross facilities, the release said. The Red Cross provides training for volunteers, the release said. See redcross.org/volunteertoday.

- **Beaver Brook Association** (117 Ridge Road in Hollis; beaverbrook.org, 465-7787) has a variety of volunteer opportunities including building and installing nesting boxes on the Nesting Box Trail, building Little Lending Libraries for Maple Hill Farm, gardening, working with supplies, working at outdoor events, helping with trail maintenance, painting buildings and other facilities, and more, according to the website. Go online to fill

out an application, where you can indicate interests and availability, or contact the office Monday through Friday from 9 a.m. to 3 p.m.

- **Black Heritage Trail of New Hampshire** (222 Court St. in Portsmouth; 570-8469, blackheritagetrailnh.org) offers volunteer opportunities on specific projects or areas of expertise and with public interaction positions (such as event greeter and trail guide), according to the website, where you can submit a form describing your interests.

- **Black Ice Pond Hockey** (blackicepondhockey.com, info@blackicepondhockey.com) helps out in advance of and during the annual three-day outdoor hockey tournament in Concord (usually in the January-February time frame). See the website to fill out the volunteer application to help with work in merchandise, sales, player check-in, shoveling, ice maintenance, scoring, setup and more.

- **Canterbury Shaker Village** (288 Shaker Road in Canterbury; shakers.org, 783-9511) seeks volunteers to help out in the garden, give tours, offer administrative assistance, help with special events and more, according to the website. Go online to fill out an application or reach out to 783-9511, ext. 202, or jllessard@shakers.org, the website said.

- **Capitol Center for the Arts** (Chubb Theatre at 44 S. Main St. in Concord, Bank of NH Stage at 16 S. Main St. in Concord; ccanh.com) uses volunteers at events for “patron comfort and safety, before, after and during a performance” according to the website. Sign up online, where you can specify your volunteering interests and times of availability.

- **The CareGivers NH** (700 E. Industrial Park Drive in Manchester; caregiversnh.org, 622-4948), a program of Catholic Charities, offers transportation, help with grocery shopping and getting food, visits and reassurance calls to elderly and disabled people in the greater Manchester and Nashua areas, according to the website. Volunteers are needed to provide transportation and deliver food as well as to help with administrative work and in the warehouse, the website said. Go online to download the volunteer application and to see detailed

frequently asked questions.

- **CASA of New Hampshire** (casanh.org), “a nonprofit that trains volunteers to advocate for children who have experienced abuse and neglect,” holds virtual information sessions when staff members and an active volunteer will provide information and answer questions, according to a press release (see the schedule at CASA’s website). Volunteer advocates participate in a 40-hour training course and are then supported by a peer coordinator and program manager, according to the website, where you can apply and find information on CASA fundraising events.

- **Educational Farm at Joppa Hill** (174 Joppa Hill Road in Bedford; theeducationalfarm.org, 472-4724) has a variety of animal-specific volunteer opportunities (“chicken caretaker” and “duck docent” for example) as well as positions related to gardening and farm maintenance (“Marvelous Mucker”), fundraising and more; see the website for the listings, which include the specific person to contact for each position and a rundown of the responsibilities.

- **The Franco-American Centre** (100 Saint Anselm Drive, Sullivan Arena, in Manchester; 641-7114, facnh.com), which promotes French language, culture and heritage, seeks volunteers for work including marketing and communications, social media and grant research/writing, according to the website. Some French language skills are helpful but not required, the website said.

- **Hillsborough County Gleaners** (hillsboroughccd.com) is a program of the Hillsborough Country Conservation District (HCCD) and NH Gleans. Working with local farms they collect excess produce and deliver it to community organizations. According to the website volunteer opportunities throughout the years include helping with “fundraisers, field work, education outreach, events, gleaning, office support and more.” Contact Kerry Rickrode at kerry.rickrode@nh.nacdnet.net for more information.

- **International Institute of New England** (iine.org, 647-1500), whose mission “is to create opportunities for refugees and immigrants to succeed through resettlement, education,

career advancement and pathways to citizenship,” according to the website, offers volunteer opportunities including help with Afghan refugee and evacuee resettlement, English for speakers of other languages support, youth mentoring and career mentoring. Go online to fill out the volunteer form.

- **Intown Concord** (intownconcord.org, 226-2150) has volunteer opportunities including working within the Intown organization and helping with special events. Go online or contact info@IntownConcord.org.

- **Jetpack Comics** (37 N. Main St. in Rochester; jetpackcomics.com, 330-9636) has volunteer opportunities for Free Comic Book Day, the annual celebration of comic books usually held the first Saturday in May, which Jetpack organizes in Rochester as a multi-location event. (Perks to volunteers who help out all day include all the special comics released that year, a patch, food and more, according to the website). Jetpack has other volunteer opportunities throughout the year as well; contact jetpackcomics@gmail.com.

- **John Hay Estate at The Fells** (456 Route 103A in Newbury; thefells.org, 763-4789) offers volunteer opportunities including working at the Gatehouse office, helping the education department with historical and art exhibits, working at the shop or the main house, maintaining the facilities, gardening and working on special events, according to the website, where you can find a detailed description of some of the gardening and other work. Call the Fells, ext. 3, to speak with member services.

- **Local Food Plymouth** (localfoodsplymouth.org), “an online farmers market with weekly curbside pickup located in Plymouth New Hampshire,” is looking for volunteers, specifically delivery drivers, according to a recent press release. Other areas they have volunteers for include parking lot attendant on pick up day, weeding and garden work, committee membership and website tutorials, according to the website, where you can sign up for volunteering.

- **Lowell Summer Music Series** (lowellsummermusic.org) is seeking volunteers to work for the series director

doing ticketing, admissions, customer service and audience relations, usually from 5 to 10 p.m. (during shows). Go online to fill out a volunteer form.

- **Manchester Historic Association** (Millyard Museum is at 200 Bedford St. in Manchester, Research Center is at 129 Amherst St.; manchesterhistoric.org, 622-7531) offers volunteer opportunities including working at the front desk and gift shop at the Millyard Museum and helping with programs, tours and events, according to the website, where you can download a volunteer application. Call or email history@manchesterhistoric.org with questions.

- **McAuliffe-Shepard Discovery Center** (2 Institute Drive in Concord; starhop.com, 271-7827) has opportunities for volunteer positions including school group educator, docent, helping with events, exhibit maintenance, grounds maintenance (including gardening) and more, according to the website, where you can also find volunteer perks. Contact kthompson@starhop.com for information.

- **Mt. Kearsarge Indian Museum** (18 Highlawn Road in Warner; indianmuseum.org, 456-2600) has volunteer opportunities including giving tours, organizing events, and doing office work and grounds work, according to the website. Contact volunteer@indianmuseum.org.

- **NAMI NH** (naminh.org, 800-242-6264) has volunteer opportunities related to advocacy, support groups and family-to-family programs as well as work on events, such as the NAMI Walks NH 5K, according to the website, where you can find applications and more details for specific programs (including the specific program's contact). Or reach out to volunteer@naminh.org or 225-5359, ext. 322.

- **New Hampshire Film Festival** (nhfilmfestival.com) takes volunteer applications to work its annual festival, held in October. "All volunteers will receive tickets to screenings, an NHFF T-shirt, and the staff's undying gratitude!" — so says the festival's website. Volunteer opportunities include positions working on the prep as well as the execution of the event. Fill out the application, where you can indicate your desired level of volunteering, or contact team@nhfilmfestival.com with questions.

- **New Hampshire Food Bank** (700 East Industrial Drive in Manchester; nhfoodbank.org, 669-9725) has group and individual volunteer opportunities, which include working at mobile food pantries, working at the food bank's garden April through November, working at the Saturday morning food drops at JFK Coliseum in Manchester and working at the food bank facility, according to the website, where you can sign up to volunteer and see a calendar of when and where help is needed. Or contact 669-9725, ext. 1131, or email volunteercoordinator@nhfoodbank.org.

- **NH Audubon** (nhaudubon.org) has several volunteer positions posted on its website, including volunteer gardeners at the Pollinator Garden at the McLane Center in Concord (contact ddeluca@nhaudubon.org); a New Hampshire Bird Records office assistant in the Concord office (contact rsuomala@nhaudubon.org); a Backyard Winter Bird Survey project assistant (contact rsuomala@nhaudubon.org); an eBird data assistant (contact rsuomala@nhaudubon.org); wildlife volunteer field surveys; the grant program research assistant and a publication assistant, according to the website.

- **NH Boat Museum** (399 Center St. in Wolfeboro Falls; nhbm.org, 569-4554) offers volunteer opportunities including working at special events and fundraisers (including the Alton Bay Boat Show), office work, working with the exhibits, helping with educational programs, building and grounds care and maintenance and more. Sign up online, where you can select your areas of interest, or contact programs@nhbm.org.

- **NH PBS** (nhpbs.org) has several volunteer opportunities including auction volunteer, creative services volunteer, membership department, and NHPBS Kids Writers Contest and Our Hometown Program Development manager, according to the website. Go online to fill out a volunteer form that includes designating your availability and special skills and interests.

- **N.H. Preservation Alliance** (7 Eagle Square in Concord; nhpreservation.org, 224-2281) needs volunteers on an occasional basis to help produce educational events and to help with public programs such as tours, barn heritage celebrations or on-site preservation trades demonstrations, according to an email from the group's executive director. Contact admin@nhpreservation.org to indicate what you'd like to help with and whether you are comfortable in both indoor and outdoor

settings, the email said.

- **NH State Parks** (nhstateparks.org) has volunteer groups that hold volunteer work days throughout the year, according to the volunteer program director at the state's Department of Natural Cultural Resources' Division of Parks and Recreation. Find groups that work on specific parks at nhstateparks.org/about-us/support/volunteer (such as the Derry Trail Riders who work on Bear Brook State Park or the Surf Rider Foundation, which works on Hampton Beach State Park). Or contact volunteer@dnrc.nh.gov.

- **The Northeast Organic Farming Association of New Hampshire** (nofanh.org) seeks volunteers with planning their annual Winter Conference, assisting with spring bulk order pickup, and committee and board membership, according to the website. Go online to fill out a volunteer form or contact program coordinator Laura Angers at info@nofanh.org.

- **Park Theatre** (19 Main St. in Jaffrey; theparktheatre.org, 532-9300) has volunteer opportunities for ushers as well as work in concessions, parking, office work, fundraising, marketing, stage production and more, according to the website, where you can fill out an online application where you can indicate your interests and availability. Call or email info@theparktheatre.org with questions.

- **Pope Memorial SPCA of Concord-Merrimack County** (94 Silk Farm Road in Concord; popememorialsPCA.org, 856-8756) holds regular volunteer orientations (pre-registration is required) with volunteer opportunities including small animal care and socialization, dog enrichment, dog park assistance and workroom assistance, according to the website. Go online to submit a volunteer application or to ask questions of the volunteer coordinator.

- **Special Olympics New Hampshire** (sonh.org) volunteers can serve as coaches, trainers, event organizers, fundraisers, managers and unified partners who play alongside some athletes, according to the website. Volunteers can work at an event or with a team, the website said. For more information contact specialolympics@sonh.org or call 624-1250.

- **United Way of Greater Nashua** (unitedwaynashua.org, 882-4011) is seeking volunteers for its Pop Up Pantries; specifically it is looking for someone to help distribute food on Tuesdays from 11 a.m. to 12:30 p.m. at River Pines Mobile Home Park in Nashua, according to an April press release. The United Way also has

volunteer opportunities related to one-day events or fundraisers, work on committees within the organization (such as on finance or marketing) and in groups such as the Stay United group, a 50+ volunteerism group, according to the organization's website. The organization also helped to put together a website, volunteergreaternashua.org, featuring volunteer opportunities from other area nonprofits.

- **UpReach Therapeutic Equestrian Center** (153 Paige Hill Road in Goffstown; upreachtec.org, 497-2343) will hold volunteer training for people who would like to help clients connect with horses for programs (Monday through Thursday) including Therapeutic Riding, Hippotherapy and Carriage Driving, according to a press release. Volunteers Monday through Sunday also help with bar chores, the release said. Horse experience is appreciated but not required and volunteers must be at least 14 years old and able to walk for 60 consecutive minutes along with brief periods of jogging, the release said. Contact the center to find out when the next training sessions will be offered.

- **Young Inventors' Program** (unh.edu/leitzel-center/young-inventors-program) uses volunteers to support its annual Northern New England Invention Convention event (held this year in March), according to program director Tina White, whom you can contact at Tina.White@unh.edu (or see unh.edu/leitzel-center/young-inventors-program/connect/volunteer). The program is a partner of the University of New Hampshire and UNH Extension, where there are more opportunities for volunteers interested in STEM youth programming, she said. See extension. unh.edu/educators/4-h-stem-docents for information on the 4-H STEM Docent program, which builds and trains volunteers to help with educating New Hampshire K-12 youth in science, technology, engineering and mathematics projects, White said in an email. Contact Megan.Glenn@unh.edu for more information on that program.

A quick guide to group travel and why choose Terrapin Tours

by Kelly Cooke

Traveling is a great way to explore, learn, and enjoy life – but planning a vacation can be daunting. It can be challenging to navigate all of the options and it can leave you scouring the internet for days, weeks, or even months!

The good news is that it doesn't need to be that hard! Choosing a group tour can take the stress out of travel. IT'S EASY - you make your reservation, pack your bags and are ready to go! The old-school mentality that group tours are for "old" people is passé – the new group traveler is looking for fun, adventure, and traveling companions that make the trip enjoyable – without all of the hassle.

Times are changing and companies that are keeping up (*like Terrapin Tours!*) are crafting tours that meet the needs of the modern group traveler. You can sit back, relax, and leave the driving to someone else without it being boring!

If you aren't sure which company to choose – remember that all tours are not created equal. There are a lot of differences between tour companies and it is

important to choose the one that is right for you. When choosing a trip, comfort and pacing matter. A trip should feel enjoyable, not rushed. It should leave enough time to take in the scenery, enjoy the company of your fellow travelers, and appreciate the moment.

Another thing to consider is that the brochure price isn't always a clear picture of the overall cost or value of the trip. Take a close look at what is included in the price of the tour – at the end of the day, a lower price on the brochure doesn't always mean lower cost to you. There is also a difference between budget tours and higher-end tour offerings – learn more about the accommodations, inclusions, and pace before deciding which is best for you.

If you are hesitant to "hop on the bus", it may be a good idea to test the waters with a day trip to a nearby destination. It is a great way to learn more about a local tour company, meet other travelers, and get a sense of what it is like to travel on a group tour without committing to a longer tour.

Terrapin Tours offers over 40 tours a year – from day trips to bucket-list adventures, so you can find a trip that suits you. Continue reading for some travel inspiration!

Shows and Regional day trips...

If you are looking for a day trip to a Broadway style show, we offer plenty! Our all-inclusive theatre trips include transportation, lunch (or dinner), tickets to the show, and all gratuities. Our regional day trips provide a perfect day out – our day tours feature museum visits, cruises, and sightseeing tours.

Oh Canada...

We visit our friends to the north all year long! From Quebec's Eastern Townships and Quebec City to Niagara Falls, Ottawa, and the Canadian Rockies, we offer many tours to Canada.

Bucket list adventures...

Looking to cross off a bucket list destination? We offer tours to Scotland,



Owner of Terrapin Tours Kelly Cooke. Courtesy photo.

Yellowstone, the Grand Canyon, a cruise to Hawaii & the South Pacific, a tour to see the Spring Tulips in Holland, and so much more.

Flower power...

Next year, we'll be welcoming at the Philadelphia Flower Show & Longwood Gardens. Other tours include the NY Botanical Gardens, Nantucket's Daffodil Festival, Ottawa's Tulip Festival, and more!

Off the beaten path tours...

Are you suffering from "been there, done that" syndrome and are looking for something new? We offer lesser-known, but still fascinating destinations – like our tour to Lubec, Maine & Campobello Island, Chateau Montebello, or Newfoundland.

Holiday bliss...

If you haven't experienced New York City, Quebec City, Colonial Williamsburg, or Boothbay's Gardens during the holi-

days, you are missing out! We offer lots of great holiday tours that are sure to get you into the spirit of the season.

My final note...

My passion for group travel has helped me create a new kind of group tour – one where you are in for a fun-filled adventure, not some stuffy old bus tour.

Have you signed up yet?

What are you waiting for? C'mon, join the fun! We travel to a lot of fascinating and beautiful places – with so many new and exciting adventures on the horizon there should be something that will suit you. So HOP ON THE BUS with Terrapin Tours! You won't regret it.

Kelly Cooke is the Owner of Terrapin Tours, loves traveling and has 30 years' experience in the travel industry. Learn more at TerrapinTours.com or by calling 603-348-7141.



Owner of Terrapin Tours Kelly Cooke. Courtesy photo.

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- **A BEAUTIFUL NOISE** in Providence, RI ~ Mar 11-12
- Philadelphia Flower Show & Longwood ~ Mar 16-20
- The Biltmore & Greenbrier ~ March 30-April 7
- The Ndlovu Youth Choir in Portland, ME ~ April 29-30
- St. Augustine & Amelia Island ~ May 9-14
- Québec City Spring Getaway ~ May 18-21
- Lubec, ME & Campobello Island ~ June 20-22

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