



P. 10 AARP Fraud Prevention Month

P. 19 Aging solo. Living secure. Thriving at home.

# Granite Senior Journal

April/May 2026

*A Bi-Monthly Dedicated to Senior Issues and Living*



## RHYTHM OF THE NIGHT



*The Ted Herbert Orchestra assembled for the last time to play at his funeral in 2006. Vocalist Karen Cameron is pictured in front along with Herbert's sons Thad and Mark (front row seated at left) and trumpeter Jay Daly (back row, second from left). Courtesy photo.*

## New Hampshire's king of the swing era *Seniors still fondly remember Manchester's Ted Herbert*

By Curt Mackail

When it came to big band swing music, few names carried more weight across New England than Ted Herbert of Manchester. Founding his first orchestra in 1935, Herbert spent the next 55 years touring the region with a troupe of professional musicians — the Ted Herbert Orchestra — performing thousands of times in hundreds of venues for generations of loyal fans.

Herbert died in the spring of 2006 at

age 91. He was mourned by devoted followers, by the many musicians who had shared his bandstand over the decades, and by thousands of patrons of his iconic Ted Herbert Music Mart on Elm Street.

### **“We were playing every night”**

During the height of the swing era — roughly the 1930s through the late 1940s — Herbert's orchestra worked seven nights a week without pause.

In a 1989 interview with the Boston

Globe he recalled the era's remarkable energy.

“We were playing every night. On Sundays, even the movie houses were closed, but everyone still went dancing. We'd play for two or three thousand people even on a Monday or Tuesday,” he said. “Back then, big band music provided the rhythm of the night. Fans would follow bands like baseball teams. Dance music was the only music.”

The Ted Herbert Orchestra became a fixture at Boston's storied Statler Hotel

## Inverted CD yield curve *Is shorter better?*

For decades, the standard logic of fixed-income investing was simple: If you lock your money away for a longer period, the bank rewards you with a higher interest rate. This is the “term premium” — compensation for the risk of inaccessible cash and inflation eroding your purchasing power over time.

However, the economic environment of recent years flipped this logic on its head, creating an inverted yield curve. In this scenario, short-term Certificates of Deposit (CDs) — those maturing in six to 12 months — offer significantly higher annual percentage yields (APYs) than their three-year or five-year counterparts.

As we navigate the current rate environment, investors face a dilemma. The headline numbers make short-term CDs look like the obvious winner. Why lock money away for five years at 3.5% when you can get 4.2% for six months? While the math seems straightforward today, relying solely on shorter terms in a shifting economic landscape carries hidden risks. To determine if shorter is truly better, one must look beyond today's rate and consider the concept of reinvestment risk.

The primary appeal of the short-term CD in an inverted environment is yield maximization with superior liquidity. Investors can park cash for a few months, earn a rate that beats inflation, and have their principal back quickly to redeploy. This strategy works exceptionally well during a “rising rate” environment. When the Federal Reserve is actively hiking rates, a short-term strategy is superi-

CONTINUED ON PG 4 ▶

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April/May 2026

A QUARTERLY DEDICATED TO  
SENIOR ISSUES AND LIVING  
(1st copy free; 2nd \$1)  
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and the Raymor-Playmor Ballroom. Herbert was also a regular at beloved New England dance destinations including the King Philip Ballroom in Wrentham, the Totem Pole in Auburndale, Lowell's Commodore Ballroom, Manchester's Coconut Grove, Canobie Lake Park Ballroom in Salem, and the Rockingham Ballroom in Newmarket, among dozens of others.

In 1946 the Hampton Beach Casino Ballroom hired Herbert as its house bandleader. The engagement would last an extraordinary 26 years.

## A Manchester institution takes shape

In 1954 Ted Herbert's Music Mart opened at 1036 Elm St. before relocating to a larger home at 934 Elm St. It quickly became the premier music store in the Merrimack Valley, a hub where musicians of every stripe could purchase instruments, stock up on supplies and, for jazz players in particular, trade the latest industry news.

Rock musicians were equally at home there, drawn by an extensive inventory of electric guitars, amplifiers, and drum sets. Near the entrance a large bulletin board was covered with handwritten index cards from local musicians seeking bandmates or gigs.

The store also supplied rental instruments to nearly every school band program in southeastern New Hampshire. A 1969 newspaper advertisement pictured Herbert with the caption "Ted Herbert talks to parents about music," beneath which he was quoted: "If you would give a child the greatest gift, give him music."



Boston professional trumpeter Jay Daly, a Hampton native, was recruited to join the orchestra by Herbert as a teenager. Here, some 50 years later, he holds the album on which he played in 1983. Photo courtesy of Jay Daly.



Ted Herbert (1914–2006) led the Ted Herbert Orchestra for 55 years and operated Ted Herbert's Music Mart in downtown Manchester from 1954 to 2004. Herbert poses here for a publicity photo in 1981. Courtesy photo.

The store proved to be a financial lifeline as much as a cultural institution. "Best move I ever made," Herbert told the Boston Globe. "If it wasn't for the income from the store, I don't know how I would have been able to support myself."

His commitment to downtown Manchester never wavered, even as Elm Street fell into decline. Former mayor Robert Baines paid tribute to that loyalty: "When downtown Manchester was a ghost town, Ted Herbert was still there. He was committed to downtown."

## A star-studded bandstand

Herbert's orchestra attracted an impressive roster of jazz talent over the years. In the trumpet section alone, alumni included Bill Chase, who went on to lead the jazz-rock group Chase; Bill Berry, one of the first white musicians hired by Duke Ellington in 1961; and Herb Pomeroy, who'd already fronted his own estimable big bands in Boston and recorded several highly regarded straight-ahead jazz albums by the late 1950s.


Jay Daly of Hampton — today one of Boston's most sought-after musicians for theater, jazz, and classical performance — was recruited as a teenager after Herbert heard him playing with the big band at the Hampton Beach Sea Shell Stage, just across the street from the Casino Ball-

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"It's hard to put the rewards of music in words. I can't do it, and why for countless I have said, 'That's probably because music is a feeling—just an idea. But this much is certain: The rewards your child will obtain from music... from playing an instrument are great... are great or greater than those he will get from any other activity man has devised.'"

Ted Herbert tirelessly promoted school band programs and music education for youngsters, including newspaper ads like this that appeared in 1969. His Music Mart furnished rental instruments for virtually all the school band programs in southeastern New Hampshire and, at its peak, employed some 50 music teachers. Thousands of kids got their start playing an instrument through Herbert's store. Courtesy photo.

room. After his time with Herbert, Daly went on to tour as lead trumpet with the Glenn Miller, Harry James, and Artie Shaw orchestras.

"At one time, six members of the 1964 Woody Herman Swinging Herd brass section were alumni of Ted's band," Daly recalled.

## On record and on the road

The Ted Herbert Orchestra held the distinction of being the first American band signed by London Records in 1949, though the label never produced a recording. Herbert was characteristically philosophical about the missed opportunity and the broader allure of national fame.

"The record deal didn't go anywhere, but that's OK. I never wanted to go national. I don't like traveling. Cheap motels, irregular meals. It's a terrible, terrible life," he told the Globe.

Herbert did, however, self-produce an album in 1983, *Big Band Saturday Night*, recorded at Manchester's Kevin Tracey Studio. Pressed in limited quantities, it occasionally surfaces today on eBay and other online marketplaces.

## Rooted in Manchester

Born Thaddeus Piaseczny, Herbert spent virtually his entire life on Cypress Street in Manchester, where he also died.

As a boy he did farm chores at the old Huse Farm on Mammoth Road, where he developed a lifelong love of horses.

His manager persuaded him early on to adopt a stage name — Ted Herbert, drawn from his mother's maiden name, Hurbutt — warning that his Polish surname would typecast him as a polka bandleader, his son recounted.

Herbert took up violin at age 8 before switching to clarinet, and ultimately fronted his 15-piece orchestra playing alto saxophone. The band's "book" ran deep — swing standards for the dance floor, and a full complement of tunes for weddings, holidays, and special events. Herbert was proud to say he never missed a New Year's Eve engagement in 55 years.

His sons Thad and Mark both played saxophone in the orchestra as adults. Daly remembered the long drives to and from distant gigs fondly: "Ted drove his car and towed a trailer loaded with music and all the gear we needed. I rode up front with Ted. He never stopped telling stories of past adventures. Ted loved telling stories."

## A legacy that endures

Herbert's family operated the Music Mart until 2004, when they sold it to Music and Arts Centers of Frederick, Maryland. That company initially retained the Elm Street address before relocating to a strip mall outside downtown and dropping the Ted Herbert name.

Around the same time, Herbert's son Mark and daughter Marlene opened the Ted Herbert Music School in a second-floor suite at 932 Elm St. The school was acquired in 2016 by the Majestic Theatre Company, which moved it to 880 Page St., adjoining the company's 160-seat theater, where it continues to offer lessons today.

The building that once housed the Ted Herbert Music Mart at 934 Elm St. was developed as high-end apartments and commercial space. But, for an aging generation who remember the structure when it was a musical mecca, it remains symbolic of a man who gave his city and fans throughout the Northeast the gift of music for half a century.

or because every time a CD matures, you can renew it at a higher rate. You are essentially surfing the wave of rising yields.

However, the economic narrative shifts when the Federal Reserve pauses or begins to cut rates, which is the context of the late 2024 and 2025 markets. When the central bank signals that the fight against inflation is stabilizing, the yield curve often begins to “un-invert” or normalize.

The danger of the “shorter is better” philosophy becomes apparent when rates begin to fall. Consider an investor who chooses a six-month CD at 4.5% over a 5-year CD at 3.5%. For the first six months, the short-term investor wins. But when that CD matures, the rate environment may have changed. If the Federal Reserve has cut rates by 0.50% or 1.00% in the interim, the new best offer for a 6-month CD might be only 3.5% or 3.0%.

Meanwhile, the investor who locked in the 5-year CD is still earning 3.5% and will continue to do so for years, regardless of how low market rates fall. This is the essence of reinvestment risk: the risk



that you will have to reinvest your returning principal at a lower rate than you were previously earning. In a falling rate environment, the “safety” of a short-term CD is an illusion. You are safe from price fluctuation, but you are highly exposed to income reduction.

In the current environment, locking in a longer-term CD acts as an insurance policy against falling interest rates. While the yield might appear lower on Day 1, the total interest earned over a five-year period could be higher with a long-term CD than with a series of short-term CDs that

are renewed at progressively lower rates.

For example, if short-term rates drop to 2% within two years, the investor holding a five-year CD at a fixed rate looks like a genius. They have effectively secured a high yield that is no longer available to the rest of the market.

Since predicting the exact timing of Federal Reserve rate cuts is difficult, the most prudent strategy often ignores the binary choice between “short” and “long.” Instead, investors utilize a CD ladder.

This strategy involves splitting capital equally across multiple maturity dates — for example, one-year, two-year, three-year, four-year, and five-year CDs. As each CD matures, the cash is reinvested into a new five-year CD. This approach provides a blended yield. You capture some of the high short-term rates available now, but you also hedge against future rate drops by having a portion of your portfolio locked in for the long haul.



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# Looking for travel inspiration in 2026?

By Kelly Cooke

Are you ready to pack your bags and venture to new destinations in 2026? If so, get on board with Terrapin Tours – sit back, relax and enjoy the ride! We are going to some great places this year, and if you haven't joined us on a tour yet, now is the time!

## First things first...Why travel with Terrapin Tours?

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## You haven't joined us?

Are you on the fence about joining us on a tour? We understand that it can be a big decision to "hop on the bus" with us, but you won't regret it. Start by visiting our website to see all of our upcoming tours and to learn more about our travel philosophy. Our goal is to make sure that everyone is having a good time, and that you never feel like you are on a stuffy old bus tour! We offer over 50 tours a year – from day trips to bucket-list adventures, so you can find a trip that suits your travel needs. Continue reading for some travel inspiration!

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## 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 even to Newfoundland, we offer many tours to Canada.

## Bucket list adventures...

Looking to cross off a bucket list des-

tinuation? We offer tours to Charleston & Savannah, Iceland, Alaska, Yellowstone, the Grand Canyon, and so much more.

## Flower power...

We'll be welcoming spring at the Philadelphia Flower Show, the Nantucket Daffodil Festival and the Ottawa Tulip Festival, BUT it doesn't stop there! Join us on a "flower power" getaway to the Poconos and visit Bethel Woods – home of the 1969 Woodstock Festival. Or join us when we travel to the New York Botanical Gardens for their "Flower Power" exhibition this summer.

## Off the beaten path tours...

Are you suffering from "been there, done that" syndrome and are looking for something new? Check out our tours that



feature lesser-known, but still fascinating destinations – like our Outer Banks Escape, Chateau Montebello, or the Buffalo-Niagara Region (which features tours of some of Frank Lloyd Wright's most iconic homes).

## Holiday bliss...

If you haven't experienced New York City, Quebec City, Colonial Williamsburg, or Boothbay Gardens Aglow during the holidays, you are missing out! We have lots of great holiday tours that are sure to get you into the spirit of the season.

## Have you signed up yet?

What are you waiting for? C'mon, join the fun! We are traveling to a lot of fascinating and beautiful places this year – with so many new and exciting adventures on the horizon there should be something that will suit you!

## My final note...

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- **Tanglewood & the Berkshires** ~ July 12-13
- **Saratoga Springs** ~ July 21-23
- **ROCK OF AGES** at North Shore Music Theatre ~ August 19
- **New York Botanical Garden "Flower Power"** ~ Aug 31-Sept 1
- **Niagara Falls (Canada)** ~ Sept 13-17 *(sold out, waitlist only!)*
- **Fall in the Hudson Valley** ~ September 21-24
- **COME FROM AWAY** at the North Shore Music Theatre ~ Sept 23
- **Montreal Gardens of Light** ~ October 1-3
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- **WICKED** at the Boston Opera House ~ October 28
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# The Joys of Letter Writing



By Lexi Palmer

Good news: the lull between winter holidays and spring festivities is almost over! As the weather finally begins to warm up and the sky turns a brighter shade of blue, seasons of celebration arrive once again. It's time to get together in the sunshine with family, friends, and community, as we welcome the new beginnings of spring.

Here are a few things I look forward to this time of year. I love seeing new growth on plants outside. I'm always struck by how bright daffodils are, the petals looking so radiant and happy next to dark grass and dirt. Everything feels fresh, the air is cool yet humid, and the petrichor after spring showers invigorates me. I also get excited when I begin to see animals and insects emerge. There is suddenly so much movement to notice as countless little creature worlds hum back to life.

I'm sharing these things with you because they bring me joy. Maybe, if you're reading this, you love some of these moments of spring, too. That's why we are thrilled to announce a new opportunity for connection through writing: The Sunday Pal's Network! This penpal program was created by Wildflower Illustration Co., a lovely stationery shop located in Cheltenham, England, and their initiative has reached stationery shops and bookstores all around the world! Each participating store acts as a kind of post office for you to receive your letters, that way you don't have to worry about sharing your home address or any sensitive personal information.

All correspondence for The Sunday Pal's Network will be delivered to our stationery store, Nordic Notes & Notions by Viking House. In addition to gor-



geous letter-writing paper for your snail mail, we have thousands of thoughtful, unique greeting cards for every occasion, including cards to honor mothers, fathers, graduates, and newlyweds in the coming months.

We believe that sending a letter off to a faraway penpal is a chance to add positivity to someone's day. Writing a letter allows us to spend time together without being there physically. No matter how overwhelmed we are in life, or what kind of terrible things are happening in the world, when we sit down to write to someone we are carving space out of the chaos to think of them. It is thoughtful and intentional; a true act of care. At the same time, letter writing also makes us reflect on our own lives and recognize gratitude. What do we have that's so joyful it's worth sharing?

If you haven't yet visited us at Nordic Notes & Notions, I do hope you stop by soon. While you're here, be sure to sign up for our email list to get notified of our upcoming classes and events, including updates on The Sunday Pal's Network. I'd love to hear what you're looking forward to this season, too! We have many hopes and dreams for the future of Nordic Notes & Notions, and we can't wait to share them with you.

Happy spring to all!

# Finding hope, balance, and belonging at the Y



When Rebecca Hurst first walked through the doors of the YMCA in 2021, her goal was simple: move more and lose weight. After a knee replacement, she and her husband were looking for a place that felt safe, supportive, and adaptable. What Rebecca didn't expect was that the Y would become a place of transformation—physically, emotionally, and socially.

Rebecca began in the pool with Aqua Fit classes, where she could move comfortably while rebuilding strength. It was there she met instructor Brooke Arthur, whose welcoming style made an immediate impression. Rebecca soon followed Brooke from the pool into studio classes, gradually expanding both her comfort zone and confidence.

After about a year and a half of consistent participation, Rebecca took a short break from the Y. When she returned just three weeks later, she noticed a striking difference—daily tasks felt harder and her strength had declined. That moment reinforced just how important movement had become in her life.

Rebecca transitioned into Healthy Living classes, including Enhanced Fitness, where she found smaller class sizes, individualized attention, and peers facing similar challenges. The classes became more than exercise—they became a place

where friendships formed and support grew.

Eventually Rebecca noticed increased fatigue, breathing difficulties, and balance challenges. After sharing her concerns with Brooke, she was guided toward balance-focused programming, including Moving for Better Balance. Though she described this time as a low point physically, the program quickly made an impact. After two sessions, she noticed improvements in everyday movements like climbing stairs and getting up from the floor.

Being able to participate at no cost meant a great deal to Rebecca. “The idea that the Y gave something to a group that didn't qualify financially—that meant a lot,” she said.

Later, Brooke suggested Rebecca join LIVESTRONG® at the YMCA. With support from Director Eirikur Holt, Rebecca joined a small group at Westwood where encouragement and determination filled the room.

“The Y sees me, they know me, and they're designing something for me,” Rebecca shared.

For Rebecca, the YMCA isn't just a place to exercise—it's a place where she feels supported, connected, and hopeful for the future.

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# AARP Fraud Prevention Month brings free events (and resources!) to Granite Staters

Written by Pamela Dube, AARP NH Communications Director

Fraud continues to threaten families across the country — and here in the Granite State, the impact is real. Scammers are constantly evolving their tactics to target unsuspecting consumers. While adults 50-plus are frequently targeted, fraud affects every generation.

According to the Federal Trade Commission, New Hampshire consumers reported \$43 million lost to fraud between January and September 2025. The most common schemes included imposter scams, online shopping scams, and internet service scams. Notably, losses reported in just the first nine months of 2025 exceeded the entire 2024 total of \$34.6 million—highlighting why fraud is a critical issue that affects everyone.

In response, AARP is taking action this April during Fraud Prevention Month, bringing free in-person and virtual events, workshops, and fraud-prevention resources directly to Granite Staters.

## Free Local Events

### Strike Out Scams

*April 10 | 11 am – 2 pm (drop in) | Lakeside Lanes | 2171 Candia Road | Manchester*

Get ready to roll over scammers with fraud-fighting tips. Enjoy two free strings of bowling, shoe rental included, and complimentary pizza and drinks — all while learning how to spot and stop scams. Register here: [bit.ly/manchesterbowling26](https://bit.ly/manchesterbowling26)

### Stay Scam-Smart: Expert Strategies to Keep You Safe

*April 16 | 11 am – 12 pm | via telephone*

AARP New Hampshire hosts this live Telephone Townhall event with Christa Clapp from the NH Department of Justice and Liz Buer from AARP's Fraud Watch Network. Scammers are career criminals. If you can spot a scam, you can stop a scam. Bring your questions. Call this number at 11 am to join: 833.380.0679

### The Scam Landscape: Staying Safe

*April 30 | 6-7 pm | Online*

Scammers steal billions each year, impacting individuals financially and emotionally.

Join our online event to learn about fraud trends, prevention strategies, and resources. NH Department of Justice will share scam insights. If you can spot a scam, you can stop a scam. Register here: [bit.ly/scamsapril30](https://bit.ly/scamsapril30)

## AARP Advocacy: Protecting Consumers from Crypto Kiosk Fraud

In addition to in-person and virtual events, AARP is advocating for policy solutions to protect consumers from crypto kiosk fraud — one of the fastest-growing scam tactics in the country. Criminals increasingly direct victims to cryptocurrency kiosks (sometimes called Bitcoin ATMs), where money can be transferred quickly and is often difficult to recover.

AARP addresses this issue from multiple angles:

- Empowering people with information about crypto kiosk scams and what to do if they are targeted
- Urging policymakers to establish practical safeguards for consumers

cal safeguards for consumers

- Supporting fraud victims through the AARP Fraud Victim Support Group at [www.aarp.org/victimsupport](https://www.aarp.org/victimsupport)

In New Hampshire, AARP supports legislation that will help protect consumers by championing SB 482 which establishes consumer protection for crypto kiosks by establishing daily transaction limits, enhanced warnings, and refund protections.

## More Resources

The AARP Fraud Watch Network is a free resource that helps people spot, avoid, and report scams through timely alerts, educational tools, and one-on-one support from trained fraud specialists. It empowers consumers with up-to-date information about the latest fraud tactics and provides guidance if you or someone you know has been targeted. Access resources at [www.aarp.org/fraudwatchnetwork](https://www.aarp.org/fraudwatchnetwork).

**AARP Fraud Watch Network™ Helpline:** Get guidance from trained fraud specialists at: 877-908-3360 Monday–Friday, 8 am–8 pm ET.



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# Why conversations feel harder in noisy places this spring

By Keith McCrossin, HIS,  
AudioNova Dover and Portsmouth, NH

As the weather warms up, many of us start getting back out into the community. Spring brings more time with family, outdoor gatherings, church events, and lunches with friends. It is a season of reconnecting. However, it is also the time of year when many adults begin to notice that conversations feel more difficult, especially in busy or noisy environments.

During the winter months, many of us spend more time indoors in quieter, more controlled settings. Conversations are often one-on-one, and there is less background noise to compete with. When spring arrives and we return to busier environments like restaurants, family gatherings, and community events, it can feel like a sudden jump in listening difficulty. For many adults, this is when they first start to notice that keeping up with conversations takes more effort than it used to.

A common experience I hear from patients is, "I do fine one-on-one, but put

me in a restaurant or group and I'm lost." This can be confusing, because it does not always feel like a traditional hearing problem. Voices are still there, but following the conversation becomes more challenging.

The reason often comes down to how we process sound. In a quiet setting, the brain can focus on a single voice without much effort. In noisier environments, like a crowded dining room or a family gathering, the brain has to sort through multiple layers of sound at once. This includes background chatter, music, clinking dishes, and other competing noises. Even for individuals with normal hearing, this requires effort. When hearing has changed, even slightly, that task becomes much more difficult.

One of the first areas affected by hearing changes is the ability to understand speech in background noise. This is because the higher-frequency sounds that help distinguish certain words and consonants are often the first to be impacted. Without those details, voices can blend together, making it harder to separate one conversa-

tion from another.

Many people find themselves adapting without realizing it. You might choose quieter restaurants, avoid large group settings, or rely more on a spouse or friend to help fill in what was missed. Some people begin to nod along or smile through conversations, even when they did not catch everything that was said. These are natural responses, but they can also lead to frustration or feeling less connected over time.

Another piece of this is listening fatigue. When the brain has to work harder to keep up with conversations, it uses more energy. By the end of a social outing, you may feel more tired than expected. This is not just from being out and about. It is often from the extra effort your brain is putting in to process sound.

The encouraging part is that you do not have to simply work around these challenges. A hearing screening can help identify whether your hearing is playing a role in these situations. It is a simple and informative way to better understand what you are experiencing and what options may help improve clarity, especially in



noisy environments.

Spring is a time to enjoy being around others and staying connected. If you have noticed that conversations are becoming more difficult in group settings, it may be worth taking a closer look.

I invite you to visit me in Dover or Portsmouth for a free hearing screening. Together, we can make sure you are able to fully enjoy the conversations and moments that matter most this season.

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# Recovery after joint replacement - reality vs social media

K Hogan, MD

Just 3 months after a total hip replacement, renown ballerina Missy Copland put on her pointe shoes and performed live at the Oscars in a musical performance of “I Lied to You” from the award winning movie Sinners. Lindsey Vonn returned to downhill ski racing after her partial knee replacement, winning World Cup events prior to her devastating crash at the Olympics. NFL star Patrick Kane, returned to play with the Detroit Red Wings after hip resurfacing and Andy Murray played professional tennis for 5 years after having his hip surgery.

When you are recovering from hip or knee replacement it can be both inspiring and frustrating to see the stories of athletes and celebrities who are dancing in their kitchen after a hip replacement or otherwise speeding through recovery. Although pain and frustration are often shown in the initial social media posts, it can seem as if these athletes easily regain

function and quickly return to normal activities.

Reality is of course more complex than shown on social media. Athletes and celebrities often have home gyms, personal trainers, professional masseuses, and nutritionists to aide them in their recovery. Photos for social media are carefully curated, complete with makeup, good lighting, and props. In reality, joint replacement can be exhausting. Recovery takes a toll both mentally and physically. It is normal to spend 1-2 weeks using a walker. Although physical therapists will come to your home twice a week, you will need to do the exercises on your own. The stronger and more physically fit you are before surgery, the easier it will be to regain your strength afterwards. Professional athletes have a huge advantage in this regard compared to everyone else.

Everyone proceeds through the recovery stages at their own pace. I tell my patients that recovery is a marathon and not a sprint. Everyone is different. Some

people just tend to have more swelling or stiffness after surgery than others. Other people experience complications after the surgery - tendonitis, fractures, blood clots, nerve injuries, and infections are all risks of surgery. There will be days when things seem to be going so well only to be followed by frustrating days of increased pain and swelling. Most people find the first two weeks after joint replacement to be the toughest - more pain and swelling than anticipated. But for some, this initial post op inflammation lasts longer. By six weeks after surgery, most people are walking normally or just using a cane. And by three months, most are back doing everyday activities. The knee or hip continues to improve for the next one to two years, as the artificial joint begins to feel less stiff and more “normal”.

However, these are artificial joints, not the knee or hip you had at age 20. It is expected to have numbness around the incision, occasional pain or clicking, and occasional swelling. For optimal recovery,



ery, you need to continue to exercise and strengthen the muscles around the joint even after therapy ends. It is possible to ski, dance, play tennis and hockey and do most activities (running is discouraged as it may cause the implant to wear out sooner) but to do so requires dedication to post op rehab. Use celebrity social media posts as a motivational tool but don't forget that few show the behind the scenes work that it takes to accomplish their goals. And if your new hip or knee is not performing as expected, talk to your surgeon about it!



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# Be informed and BE FAST:

## Know the signs and symptoms of a stroke

Tricia Desrocher, PT, MS and Certified Stroke Rehabilitation Specialist  
VP Northeast Rehabilitation Hospital Network

According to the American Stroke Association, a division of the American Heart Association, stroke is the fourth leading cause of death and the leading cause of disability in the United States. Yet 80% of strokes are preventable. May is National Stroke Awareness Month and a reminder to be informed and BE FAST when it comes to recognizing a stroke and seeking care.

A stroke is a sudden disorder of the blood supply to the brain and it can cause irreversible damage and disability. If a loved one is showing signs of a stroke, try to identify when the symptoms started and communicate this to the Emergency Response Team. Sharing this information is essential as life-saving treatments are only available for a short period of time after the onset of stroke symptoms. When given in a timely manner, these treatments could improve

recovery. You'll also want to ask them to take your loved one to a certified stroke treatment center.

### Know the Symptoms

You're likely familiar with the F.A.S.T acronym but you may not have heard about B.E. F.A.S.T. It's another way to recognize all of the signs of a stroke while also reminding you to act quickly if you suspect a stroke.

### B.E. F.A.S.T.

**B: BALANCE** - sudden loss of balance, staggering gait, severe vertigo

**E: EYES** - sudden loss of vision in one or both eyes, onset of double vision

**F: FACE** - uneven or drooping face, drooling, ask the patient to smile

**A: ARM (LEG)** - loss of strength or sensation on one side of the body in the arm and/or leg

**S: SPEECH** - slurring of speech, difficulty saying words or understanding what is being said, sudden confusion



**T: TIME** - act quickly and call 911 immediately

**Stroke is an emergency. If a stroke is suspected, call 911 immediately and ask to be taken to a certified stroke treatment center.**

Should you or a loved one experience a stroke, continued care may be needed for the best chance at recovery. The hospital team will explain your post-hospital care options. Whenever possible, the American

Stroke Association strongly recommends that stroke patients continue their treatment at an inpatient rehabilitation facility rather than a skilled nursing facility. While receiving care at an inpatient rehabilitation facility like Northeast Rehabilitation Hospital, a patient participates in at least three hours of rehabilitation a day, five days a week, with a multidisciplinary team of physical, occupational and speech therapists. This team will also include specialized rehabilitation nursing and medical care from physicians.

For more information about Northeast Rehabilitation Hospital, visit [www.northeastrehab.com](http://www.northeastrehab.com). Northeast Rehab is accredited by The Joint Commission and has proudly earned Disease-Specific Care Certification in stroke, brain injury and amputee rehabilitation.

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# The silent imposter:

## *How voice cloning is revolutionizing the war on seniors*

For decades, a grandmother's greatest weapon was her intuition. A frantic call from a grandchild, pleading for bail money from a Mexican jail, might have triggered panic, but something in the voice — a missing cadence, an unfamiliar inflection — often sowed the seed of doubt that stopped the wire transfer. This “gut feeling” was the final line of defense against the “Grandparent Scam,” a fraud so reliable it became a staple of criminal enterprise.

In 2026, that defense has been systematically dismantled. The intuition that once protected seniors is now being used against them, thanks to the weaponization of generative artificial intelligence and, specifically, hyper-realistic voice cloning. This isn't just an update to an old con; it is a fundamental shift in the economics of trust, and America's senior citizens are on the front lines.

To understand the threat, one must understand how effortlessly a “voice print” is created. In the previous decade, a scammer needed to record hours of high-quality audio to build a rudimentary digital mimic. Today, thanks to advanced neural networks and deep learning, the threshold is terrifyingly low.

An AI model requires only three to ten seconds of “clear audio” to create a functional, manipulative clone. This snippet doesn't need to be special; it can be harvested from a public Facebook video, an Instagram reel, a TikTok post, or even a captured “hello” from a telemarketing call.

Once that 10-second signature is uploaded, the software can make the clone speak any script provided. The results are indistinguishable from the real person, capturing not just the pitch and tone, but the unique regional accents, breathing patterns, and verbal tics (like “um,” “like,” or “you know”) that define our identity. Crucially, the AI can overlay emotional stress — fear, crying, or slurred speech — making the performance devastatingly effective.

Voice cloning is uniquely effective against the over-65 demographic for several reasons, creating a “tactical overmatch” where the attacker has all the advantages.

First, seniors are the largest holder of household wealth in the United States, making them a high-value target for any financial crime. Second, this generation was raised with a baseline level of trust in a telecommunications system that no longer exists.



For them, a phone call is a personal connection; for a digital native, it is just data. This trust is exploited.

The most powerful weapon in the scammer's arsenal, however, is not the AI, but cognitive psychology. The fraudster doesn't just present a fake voice; they build a fake emergency. The typical 2026 “Voice Clone Scam” begins with a frantic, stressed voice: “Grandma, it's me. I've been in a terrible car accident. The police are taking my phone. They said I need \$2,000 for bail right now or I'm going to jail. Please, they're taking it, don't tell mom, just please help me.”

When a person — especially a grandparent — is placed in a high-stress “fight-or-flight” state, the brain's logical processing center (the prefrontal cortex) shuts down, and the emotional center (the amygdala) takes over. The sensory input (the voice that *is* my grandchild) bypasses critical thinking. The victim isn't thinking, “Is this technically feasible?” They are thinking, “My baby is hurt.”

This emotional hijacking is the core of the AI's power. It turns a grandparent's best quality — their love — into a vulnerability.

While the emergency-bail scenario is the most common use of voice cloning, it is far from the only threat seniors face in 2026. Criminals are diversifying their portfolio:

- **The IRS/Social Security Imposter:** Seniors are conditioned to respect government authority. A call from a refined, official-sounding voice (cloned from a

public servant or generic authority figure) claiming a problem with benefits or a “mandatory AI verification” can easily manipulate a victim into revealing a Medicare or Social Security number.

- **The Financial Adviser:** Scammers can clone the voice of a senior's trusted financial planner or bank manager, calling to “confirm” a suspicious transaction by asking for a one-time passcode or password.

- **The Medicare Supplement Pitch:** “Health agents” can call, using a cloned, friendly voice to build rapport before switching to a high-pressure pitch for a fraudulent Medicare Part D plan.

Defending against voice cloning is extraordinarily difficult because the traditional rules of “internet safety” do not apply. You cannot “see” a malicious hyperlink in a spoken word.

Traditional phone security measures are also failing. Scammers use “neighbor spoofing” to make the incoming call look like it's originating from the senior's own area code, adding a layer of legitimacy.

The ultimate challenge, however, is social. Seniors are often isolated, a condition recognized as a severe health risk. When a phone call is a primary connection to the outside world, being told to be suspicious of every single connection is an isolating directive. The fear of being a victim can lead to an erosion of essential social bonds, making the psychological impact of this crime as devastating as the financial loss.

If intuition is broken and technology is failing, what is the defense? In 2026, safety requires an analog solution to a digital problem. The singular, most effective tool against a voice clone is the establishment of a “**Family Code Word.**”

This protocol must become as standard for senior safety as a fire alarm. Every family must agree on a unique, non-guessable word or phrase (e.g., “Blueberry Pancake” or “Rhubarb Cookie”) that only they know.

If a grandparent receives an emergency call from a grandchild, child, or even their spouse, the procedure is simple: “**I love you, and I want to help. What is our Family Code Word?**” If the caller cannot provide it, the grandparent must hang up and immediately call the relative back on their known, trusted number. The pause created by this protocol is often enough to break the cognitive load of the scam and allow logical reasoning to return.

Beyond the code word, the fight against voice cloning requires systemic action:

- **Carrier-Level Authentication:** Telecommunications companies must adopt the “STIR/SHAKEN” protocol to verify caller ID, and the FCC must mandate new AI-detection markers that flag synthesized speech in real-time.

- **Specialized Law Enforcement:** Local police departments are rarely equipped for international AI fraud. We need specialized federal units (perhaps within the FBI's Elder Fraud Initiative) dedicated solely to tracing and dismantling these digital cartels.

- **Community Training:** We must treat digital literacy as “health literacy.” Senior centers and community organizations must shift training from “how to use a smartphone” to “how to survive a smartphone.” This means regular, role-playing workshops where seniors practice recognizing AI emotion-spiking.

The threat posed by voice cloning is profound because it steals something fundamental: the sound of love. By combining new defensive protocols with a systemic demand for authentication, we can begin to fight back, ensuring that the sound of a loved one's voice remains a source of joy, not a tool for theft.

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# The mind-body dividend:

## *How ‘neuro-tailored’ wellness is redefining the senior health market*

The traditional “gold standard” for senior wellness has undergone a fundamental shift in 2026. Historically, prescriptions for aging populations focused on generic cardiovascular health and sedentary cognitive engagement, such as crossword puzzles. Today, a new paradigm has emerged: a precision-based model engineered to actively cultivate neuroplasticity—the brain’s ability to reorganize itself—to delay the onset of dementia.

This transition from reactive care to a proactive “brain-capital” model represents the commercialization of decades of neuroscience. It is no longer enough to merely keep the heart beating; the new objective is to maintain and strengthen the brain’s physical architecture through hyper-personalized interventions.

This movement is driven by the realization that the brain is not a static organ. While the concept of neuroplasticity is not new, the technology to deliver and scale personalized interventions has reached a critical maturity in 2026. Modern “neuro-tailored” plans are built on a framework of metabolic health, cognitive-motor integration, and neuro-nutrition.

In the fitness sector, the trend has moved toward “cognitive-physical inte-

gration.” Research suggests that physical exercise releases brain-derived neurotrophic factor (BDNF), a protein essential for neuron survival. However, emerging 2026 protocols posit that BDNF is most effective when the brain is simultaneously tasked with learning complex, novel movements. Consequently, specialized wellness centers have begun replacing standard aerobic equipment with “dual-tasking” drills, coordination-heavy reaction training, and functional mobility flows.

The nutrition component of these plans has evolved beyond the general Mediterranean or MIND diets into a field of “precision neuro-nutrition.” The current focus is the “gut-brain axis,” treated with pharmaceutical-level granularity.

Personalized nutrition is now frequently guided by continuous glucose monitors (CGMs) and microbiome sequencing. The objective is the mitigation of “glucose spikes” that trigger neuro-inflammation, a key factor in cognitive decline. This has led to the rise of “medical foods” tailored to an individual’s genetic markers, focusing on fiber, specific antioxidants, and healthy fats like Omega-3s to optimize brain cell communication and reduce oxidative stress.

The shift is reshaping not just medical



clinics, but the real estate and insurance sectors. Senior living developers are transitioning away from hospitality-focused models toward “Longevity Centers.” These facilities are designed with infrastructure that encourages incidental movement and dining programs optimized for mitochondrial health.

The financial sector has responded with significant capital flow. In 2026, the “longevity biotech” market — encompassing anti-aging research and biological-age diagnostics — is projected to grow at a compound annual growth rate (CAGR) of 11%, reaching an estimated \$23.2 billion. Similarly, the broader longevity industry is on a trajectory to exceed \$1.8 trillion by 2034, driven by technologies designed to mitigate age-related diseases.

The insurance industry is also experimenting with “Neuro-Vitals” incentives. Several Medicare Advantage providers have begun offering premium credits or “Part B givebacks” to members who engage with validated cognitive training platforms. The actuarial logic is clear: the cost of preventative, high-tech wellness is a fraction of the average lifetime cost of caring for a patient with advanced dementia.

As these advanced plans become a core part of the wellness landscape, they have sparked a debate regarding “cognitive inequality.” Currently, the most comprehensive programs—utilizing real-time biometric feedback and customized neuro-nutrition—are primarily accessible to

higher-income demographics.

Public health advocates have raised concerns that while one segment of the population is utilizing biohacking to extend their “healthspan,” others remain in nutritional deserts where basic brain-health resources are unavailable. While there is a push for the Centers for Medicare & Medicaid Services (CMS) to recognize “lifestyle medicine” and “prescriptive exercise” as reimbursable expenses, the regulatory framework remains behind the pace of private-sector innovation.

The 2026 paradigm suggests that the experience of aging is being fundamentally redefined. The previous definition of retirement, centered on rest and leisure, is being replaced by a model of “active vitality management.” By treating the brain as a dynamic system that can be conditioned and protected through data-driven intervention, the “Brain-Flexibility Movement” has established cognitive resilience as the ultimate asset in the modern health economy.

The medical validation and significant venture capital investment suggest this shift is permanent. In 2026, the standard for a “healthy life” is no longer measured solely by the absence of disease, but by the preservation of cognitive function through the final decades of life.

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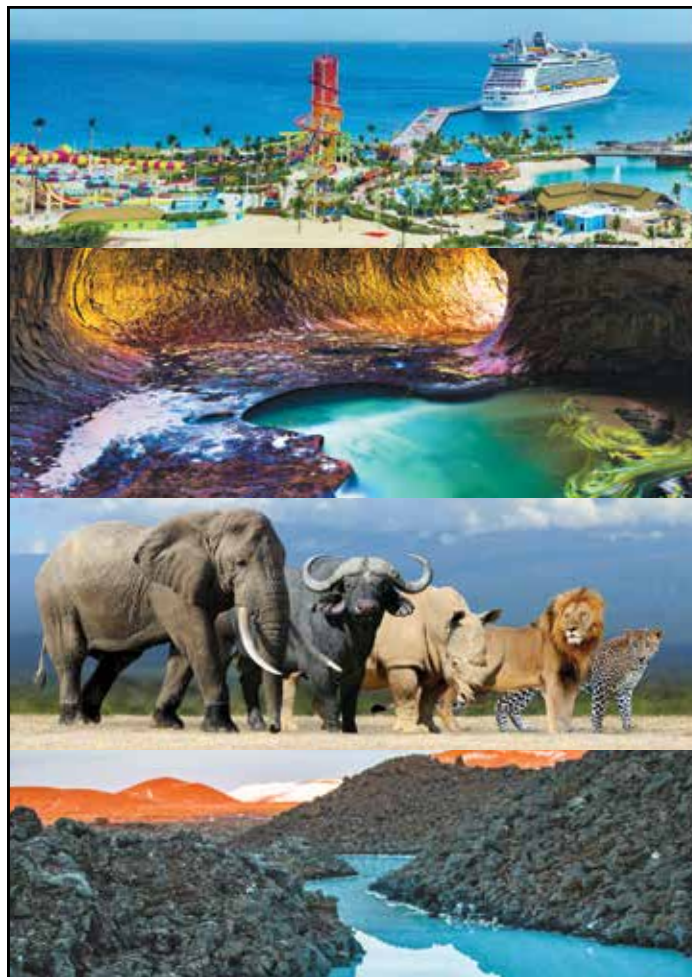
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# How to know when it's time to consider hospice

As we age, staying comfortable, independent, and connected to the people we love becomes more important than ever. When a serious illness progresses, many families begin to wonder when it might be time to consider hospice. It's a question that can feel overwhelming but understanding the signs early can make a meaningful difference in quality of life.

For more than 100 years, The Elliot VNA has been a trusted source of home-based care in our region, including compassionate, expert hospice services. Their team helps patients and families navigate this stage of life with dignity, comfort, and clarity, right in the place they call home.

## What Hospice Really Offers

Hospice isn't about giving up. It's about shifting the focus from curing an illness to maximizing comfort, easing symptoms, and supporting emotional and spiritual well-being. At The Elliot VNA, hospice care is designed to help patients live as fully and comfortably as possible, whether they reside in a private home, assisted living or in a nursing facility.

The VNA provides everything required



wherever a person calls home, from medications and equipment to expert symptom management, so families can focus on meaningful moments rather than logistics. And if a patient needs to transfer between settings, the VNA ensures a seamless transition.

## Signs It May Be Time to Consider Hospice

Every person's journey is unique, but certain changes often signal that additional support could help:

Frequent hospitalizations or emergency

room visits for the same condition

Increasing pain, shortness of breath, or symptoms that are harder to manage

A noticeable decline in mobility or daily functioning

Unintentional weight loss, fatigue, or sleeping more than usual

A decision to stop aggressive treatments that are no longer effective

These signs don't mean hope is lost - they simply mean it may be time to focus on comfort, connection, and personalized support.

## Why Earlier Is Better

Many families say they wish they had called hospice sooner. Early enrollment allows patients to benefit from:

Better symptom management

Improved comfort and quality of life

Emotional and spiritual support

A more peaceful, supported end-of-life experience

With The Elliot VNA, hospice care is delivered by a dedicated interdisciplinary team that surrounds both patients and families with guidance, education, and compassion.

## Starting the Conversation

If you're noticing changes or feeling unsure about the next step, it's okay to ask questions. Talking with your doctor, your loved one, and trusted care providers can help you make informed, compassionate decisions.

To learn more about hospice care services at The Elliot VNA and find out whether it may be right for your family, visit [ElliotVNA.org/Hospice](http://ElliotVNA.org/Hospice) or call us at (603) 622-3781.

## Your Partner in Senior Health For Every Next Adventure In Your Journey

The Senior Health Primary Care team at Elliot Health System provides compassionate, personalized care for adults ages 65 and up, focusing on prevention, chronic disease management, and coordinated support to help seniors maintain health, independence, and quality of life.

Our board-certified geriatric providers and specialists work to develop individualized, comprehensive care plans tailored to each patient's needs. Whether managing complex health issues, or providing guidance to healthy aging, they take the time to listen and support you and your family every step of the way. Start your journey to healthier aging today.

> Learn more at [ElliotHospital.org/SeniorHealth](http://ElliotHospital.org/SeniorHealth)



 Elliot Health System



# Aging solo. Living secure. Thriving at home.

Bridget Hart,  
Life Plan Advisor

For Solo Agers, older adults who are aging without a spouse or nearby family, the desire to remain independent at home is often paired with an important question: *Who will help me navigate the future?* Planning for healthcare needs, support services, and long-term security can feel especially daunting when you are doing it on your own. At Home By Hunt, an innovative Continuing Care at Home (CCaH) program offered through Silverstone Living, was designed with Solo Agers in mind, providing a trusted plan, built-in advocacy, and the confidence to age safely and independently in the home you love.

CCaH programs are gaining national attention because they combine the protections of a Life Plan Community with the freedom of staying at home. At Home By Hunt delivers this model through personalized care coordination, access to a continuum of services, and long-term financial security. It is designed for adults aged 62 or better who want to enjoy life



today while putting a clear, proactive plan in place for tomorrow, without relying on family to manage decisions or care.

One of the most valuable benefits for Solo Agers is the dedicated Care Coordination team. Each Member is paired with a personal Care Coordinator who serves as an advocate and trusted point of contact.

From navigating the healthcare system and arranging in-home services to stepping in during unexpected health events, this support ensures no one has to face complex decisions alone. It offers peace of mind knowing that someone is always in your corner.

Financial predictability is another criti-

cal advantage. Rather than worrying about rising long-term care costs or depleting assets, Members have a plan that helps cover future needs, including in-home care, assisted living, memory support, and nursing care if ever required. This stability allows Solo Agers to plan confidently, knowing their independence and financial security are protected.

Equally important is the program's focus on wellness and independence. At Home By Hunt encourages Members to stay active, engaged, and connected through wellness assessments, personalized plans, and access to supportive resources. Members can continue living life on their own terms, with the reassurance that help is always available.

At Home By Hunt is more than a safety net. It is a smart, empowering solution for Solo Agers who want independence without isolation and planning without uncertainty. With personal advocacy, comprehensive care, and long-term security, it redefines what aging confidently at home can look like when you are doing it on your own, but never alone.

## REDEFINING THE FUTURE OF AGING AT HOME

EXPERIENCE A FRESH APPROACH TO CONTINUING CARE, WITHOUT LEAVING HOME.

At Home By Hunt is a Continuing Care at Home (CCaH) program for adults 62 and older who want to thrive in the home they love. Members join while living independently and, when the time comes that they need support, we help coordinate and cover the costs of their care.

It's an excellent alternative to a Life Plan Community (CCRC) for those who wish to stay at home. Members also enjoy personalized services and engaging programs that empower them to live fully, confidently, and independently every day.

Visit [AtHomeByHunt.org](https://AtHomeByHunt.org) or call 603-821-1200 for more information.

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# The early spring kitchen

## Brown Butter & Ginger Rhubarb Chews

Yields: 24 cookies | Prep time: 20 minutes | Chill time: 30 minutes

This cookie is the definitive answer to the New England transition season. The “beurre noisette” provides a deep, toasted backdrop for the sharp, electric snap of the first rhubarb stalks. By finely dicing the fruit, we ensure it jam-ifies in the oven rather than making the dough soggy.

### INGREDIENTS

#### The Rhubarb Prep

1½ cups Fresh rhubarb, diced into tiny 1/4-inch cubes

1 Tbsp Granulated sugar (for macerating)

#### The Dough

1 cup (2 sticks) Unsalted butter

¾ cup Dark brown sugar, packed

½ cup Granulated sugar

1 Large egg + 1 egg yolk, room temperature

2 tsp Vanilla paste (or extract)

2 ¼ cups All-purpose flour

1 tsp Baking soda

1 tbsp Ground ginger

½ tsp Ground cinnamon

½ tsp Kosher salt

1/3 cup Crystallized ginger, finely chopped

### INSTRUCTIONS

#### I. Brown the Butter

In a small saucepan over medium heat, melt the butter. Continue cooking, swirling the pan occasionally. The butter will foam, then turn a deep amber color with a nutty aroma. Once you see brown bits at the bottom, remove from heat immediately and pour into a large mixing bowl. Let it cool until it is no longer hot to the touch but still liquid.

#### II. Prep the Fruit

Toss your finely diced rhubarb with the 1 tablespoon of sugar in a small bowl. Let it sit while you finish the dough. This draws out just enough moisture to prevent “soggy bottom” cookies.

#### III. Mix the Batter

Add the brown and granulated sugars to the cooled brown butter. Whisk vigorously until smooth. Add the egg, yolk, and vanilla, beating until the mixture lightens slightly in color.



#### IV. The Dry Goods

In a separate bowl, sift together the flour, baking soda, ground ginger, cinnamon, and salt. Gradually fold the dry ingredients into the wet until just a few streaks of flour remain.

#### V. The Fold

Drain any liquid from the rhubarb bowl. Gently fold the rhubarb pieces and the chopped crystallized ginger into the dough. **Chill the dough in the refrigerator for at least 30 minutes.** (Do not skip this, or the cookies will spread into pancakes!)

#### VI. The Bake

Preheat your oven to **350°F (177°C)**. Line two heavy baking sheets with parchment paper. Scoop rounded tablespoons of dough (about 2 inches apart). Bake for **11-13 minutes**, or until the edges are golden and set, but the centers still look slightly soft.

**A Note from the Baker:** Let these rest on the hot pan for at least 5 minutes before moving them to a wire rack. The rhubarb needs a moment to set so it doesn't tear the delicate crumb of the cookie.

# Volunteer opportunities

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](mailto: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](http://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](http://redcross.org/volunteertoday).

• **Beaver Brook Association** (117 Ridge Road in Hollis; [beaverbrook.org](http://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](http://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](http://blackicepondhockey.com), [info@blackicepondhockey.com](mailto: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](http://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](mailto: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](http://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](http://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](http://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](http://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](http://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](http://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](mailto:kerry.rickrode@nh.nacdnet.net) for more information.

• **International Institute of New England** ([iine.org](http://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](http://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](mailto:info@IntownConcord.org).

• **Jetpack Comics** (37 N. Main St. in Rochester; [jetpackcomics.com](http://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](mailto:jetpackcomics@gmail.com).

• **John Hay Estate at The Fells** (456 Route 103A in Newbury; [thefells.org](http://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](http://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@dncr.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](mailto:Megan.Glenn@unh.edu) for more information on that program.

# Build better gut balance:

## *How probiotics and fiber work together for daily comfort*



By Brenda Watson,  
C.N.C.

### **Your Gut Sets the Tone for Daily Comfort**

If you shop the health food aisle, you already know that gut health matters. But what many people overlook is how closely regularity and digestive comfort depend on two key players working together: probiotics and fiber. Not just any probiotics or fiber, but high strain diversity probiotics paired with the right type of fiber. When these two are aligned, your gut doesn't just function, it thrives.

Your digestive system does more than process food. It supports nutrient absorption, immune health and even how you feel day to day. When your gut is balanced, things move smoothly and comfortably. When it's not, you may notice bloating, irregularity or that sluggish, off feeling. A big reason for this comes down to your microbiome, the ecosystem of bacteria living in your digestive tract. Like any ecosystem, diversity matters. The more balanced and varied it is, the better it can support consistent digestion and comfortable elimination.

### **Why High Strain Probiotics Make a Difference**

Many probiotic products contain only a handful of strains. While helpful, they do not fully reflect the natural diversity of a healthy gut. High strain probiotics, especially those with dozens of strains, are designed to better mirror that complexity. Think of your microbiome like a rainforest. A few types of plants cannot support the same resilience as a fully diverse environment. Different probiotic strains perform different roles. Some help break down food, others support immune defenses and many help crowd out unwanted bacteria. When you introduce a wide variety of strains, they can work together in harmony, supporting smoother digestion, better balance and more consistent regularity. Potency and protection also matter. Billions of live cultures combined with delivery systems that help them survive



stomach acid ensure more beneficial bacteria reach the intestines where they can do their job.

### **Fiber: Not All Types Work the Same**

While probiotics help populate your gut, fiber helps move things along. However, not all fiber behaves the same way in your body. Soluble fiber absorbs water and can help bind substances like cholesterol and toxins, while insoluble fiber adds bulk to stool and helps move waste through the digestive tract. For regularity and digestive comfort, insoluble fiber plays a particularly important role. It acts like a gentle broom, helping keep things moving without slowing digestion too much. Many people fall short on daily fiber intake, especially the insoluble kind. Modern diets, stress and processed foods can all contribute to this gap, making it harder for your digestive system to stay on track.

### **The Synergy: Why Probiotics and Fiber Work Better Together**

This is where the real synergy comes in. Probiotics and fiber are not separate solutions but partners. High strain probiotics help balance the gut environment, while fiber helps keep everything moving efficiently. Together, they create the

conditions for consistent, comfortable digestion. Fiber also supports probiotics by helping maintain a healthy environment in the gut, while a diverse probiotic population helps ensure fiber is processed effectively without excess gas or discomfort. This combined approach supports regular bowel movements, reduces occasional bloating and encourages a more balanced digestive system overall.

### **Modern Life and the Loss of Balance**

Modern life can easily disrupt this bal-



ance. Travel, stress, medications and highly processed foods can reduce microbial diversity and interfere with normal digestion. At the same time, low fiber intake can slow movement through the digestive tract. This combination often leads to irregularity and discomfort. Rebuilding balance requires both restoring beneficial bacteria and supporting proper elimination, which is why combining high strain probiotics with a fiber rich routine can be so effective.

### **A Simple Path to Daily Regularity**





Gut health does not have to be complicated. By focusing on diversity and balance, you can support your body in a natural and sustainable way. High strain probiotics bring the right mix of beneficial bacteria, while insoluble fiber helps keep everything moving. Together, they create a strong foundation for regularity and digestive comfort. When your gut works well, everything feels easier, and that is something everyone can appreciate.

*Gut health and other supplement products are available at Grante State Naturals (170 N. State St. Concord.)*

*Call 603-224-9341. The staff is happy to help you navigate the options.*

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