



P. 22 Groundbreaking care

P. 23 Make a difference

# Granite Senior Journal

October/November 2023



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

## ENDURING EMBLEMS



Carol Shine as a young girl, center, with her sisters Patsy on the left and Maureen on the right. Courtesy photo.

## Through a child's eyes *Memories of the Hampton Beach Casino Ballroom*

By Betty Gagne

Imagine being 6 or 7 years old and living across the street from the Hampton Beach Casino Ballroom. Now picture yourself being annoyed because your dad and mom go dancing there and they take you with them. That's exactly the life Carol Shine Simard was living during the mid-'50s.

"I was bored stiff," she says seriously. "People would make a big fuss

over me." One of them was a kind, charming man with a raspy voice who played a mean trumpet, and his name was Louis Armstrong. "He was wonderful, and I met him several times," Carol recalls. "A real gentleman."

Carol's father, a man named Arthur Shine, was actually an employee of the ballroom, and the Shine family lived year-round in the cottages on D Street that were once adjacent to the Ocean House, which was built in 1900 by then Casino owner Wallace Lovell.

CONTINUED ON PG 4 ▶

## Legacy of love

### *A grandmother's story of strength and sacrifice*

By Rob Leavy

Growing up in a bustling household with 10 brothers and sisters in East Bridgewater and Brockton, Massachusetts, Cordelia Oicles, now an Antrim resident, experienced a childhood filled with vibrant family-oriented events.

"We had barbecues, ocean trips, water parks and more," she said. "Roller skating was also one of my favorites ... I enjoyed a lot of my childhood."

She cited her father as responsible for many of her fond childhood memories.

"My father made the tradition of doing something together as a family every Sunday regardless of where life and growing up brought us," she said. "We really

looked forward to it."

She was happy to pitch in and help, too, when needed.

"I helped my mom with babysitting my siblings," she said. "I was kind of like the middle child, so a lot of my experience with kids started at a really early age."

She would need this experience when her life took an unexpected turn in 2007 when she began to take care of her two oldest grandchildren, who were 6 and 8 at the time. In total, she has raised eight of her grandchildren: Liavonna (24), Isiah (22), Liasiah (17), Luis (16), Elijah (15), Serenity (9), Rakheem (6), and Miracle (3). The younger six still live with her.

"My daughter had a long history of

CONTINUED ON PG 5 ▶

## Timeless treasures

### *Top five icons of southeast New Hampshire*

By Curt Mackail

New Hampshire doesn't lack iconic people, places and things. An encompassing list of hallmarks associated with New Hampshire would fill an encyclopedia.

As an almost lifelong senior state resident, raised in Salem in the '50s and '60s, I'm most keen on the iconic symbols of the Granite State I grew up with.

Here's one guy's personal, highly unofficial list of five top New Hampshire icons

found yesterday and today in our southern-tier neck of the woods.

### **Granite State Potato Chips**

Topping my list is the groundbreaking potato chip maker (now gone) that cranked out unequaled fried spud slices in Salem for a century — Granite State Potato Chips. Reputedly the first potato chip manufacturer in America, the company didn't invent

CONTINUED ON PG 6 ▶

# Confused about your Medicare options?

Concerned about health care costs?

Recent life-change? Turning 65?

How do you choose? What type of plan is best for you? When should you switch plans?

**Compare Advantage, Medsup & Prescription Drug Plans**

In person or over the phone, compare your needs with available plans and benefits, and find the best plan to fit your budget. There's never a fee for our services.

**Get the answers you need  
- Call Bill today!  
(603) 417-4840**

William Jolly, MBA  
Servicing all NH  
NPN#2287680



140040

# Granite Senior Journal

October / November 2023

A QUARTERLY DEDICATED TO SENIOR ISSUES AND LIVING (1st copy free; 2nd \$1)  
195 McGregor St., Suite 325, Manchester, N.H. 03102  
P 603-625-1855 F 603-625-2422  
hippopress.com  
email: news@hippopress.com

## EDITORIAL

**Executive Editor**  
Amy Diaz, adiaz@hippopress.com  
**Managing Editor**  
Angie Sykeny  
graniteseniorjournal@gmail.com  
**Editorial Design**  
Jennifer Gingras  
hipployout@gmail.com  
**Copy Editor**  
Lisa Parsons, lparsons@hippopress.com

## BUSINESS

**Publisher**  
Jody Reese, Ext. 121  
jreese@hippopress.com  
**Associate Publisher**  
Dan Szczesny  
**Associate Publisher**  
Jeff Rapsis, Ext. 123  
jrapsis@hippopress.com  
**Production**  
Jennifer Gingras, Brooke Fraser  
**Circulation Manager**  
Doug Ladd, Ext. 135  
dladd@hippopress.com  
**Advertising Manager**  
Charlene Nichols, Ext. 126  
cnichols@hippopress.com  
**Account Executives**  
Alyse Savage, 603-493-2026  
asavage@hippopress.com  
Roxanne Macaig, Ext. 127  
rmacaig@hippopress.com  
Tammie Boucher, support staff, Ext. 150

To place an ad call 625-1855, Ext. 126  
For Classifieds dial Ext. 150  
or e-mail classifieds@hippopress.com

*Unsolicited submissions will not be returned or acknowledged and will be destroyed.  
Opinions expressed by columnists do not represent the views of the Granite Senior Journal or its advertisers.*

## INSIDE THIS ISSUE

- 1 Through a child's eyes  
Legacy of love  
Timeless treasures
- 9 Hearing aids shown to reduce risk of cognitive decline
- 10 10 things to know about Social Security
- 11 Arthritis and aging
- 12 New research shows curcumin is as effective as prescription drug for osteoarthritis, but much safer
- 14 How to choose the right 55+ community
- 15 The Invention of the Fried Clam - 1916
- 16 Perserving Balance and preventing falls
- 17 Be informed and BE FAST
- 18 Trail walking group
- 19 Plan well to live well
- 20 CASA volunteer Patty Tollner reflects on 14 years of making a difference in children's lives
- 21 Currier offers art and hope
- 22 Remote care
- 23 Volunteer opportunities

## ADVERTISER LIST

- 2 William Jolly  
Friends Program
- 3 St. Joseph Hospital
- 6 Longbridge Financial  
St. Joseph Hospital
- 7 American Auto Transporters, Inc.  
Viking House
- 8 Solution Health
- 9 Dr. Wood's Hearing Center
- 10 AARP NH
- 11 Dr. Wood's Hearing Center
- 13 Granite State Naturals
- 14 The Gove Group
- 15 Woodman's of Essex
- 16 New Hampshire Orthopedic Center
- 17 Northeast Rehabilitation Hospital Network
- 18 Banker's Life Glenn Flessas
- 19 Silverstone Living
- 20 CASA of New Hampshire
- 21 Palmer Gas
- 22 YMCA of Greater Nashua  
Colonial Poplin
- 23 Rehabilitation Equipment Associates, Inc.
- 24 Currier Museum of Art



You have a lifetime of experience. Share your skills and talents with children who need your support.

**Become A Classroom Grandparent**



Classroom Grandparents mentor and tutor children in schools and daycare & receive a tax free stipend that DOES NOT affect Social Security, rent subsidies, or other assistance. Ages 55+ apply now!

**Friends Program**

603-228-0141

www.friendsprogram.org



141373



# ST. JOSEPH HOSPITAL

## Orthopedics



# Say **Goodbye** to **Knee Pain**

St. Joseph Hospital is now offering Robotic-Arm Assisted knee surgery, powered by the Mako Robot! We are transforming the way knee replacements are performed with improved accuracy, less invasiveness and decreased recovery times.

*Call St. Joseph Hospital Orthopedics at  
603-578-9363 to schedule your appointment today!*

Mr. Shine was the general manager of the building, which at that time was insured by Lloyd's of London, and part of the agreement with the insurance company was that someone be on the property at all times.

"Many performers stayed at the Ocean House," Carol recalls. Her dad was in close contact with most facets of the business, and that meant he met a lot of the performers. "I used to watch Julius LaRosa on Arthur Godfrey's show and I was a big fan. When he was booked to play the casino ballroom, my parents took me to the hotel so I could meet him, and he kissed me on the cheek. I was completely star struck," she admits.

You can see even today it's a moment she'll never forget.

The list of entertainers Carol has seen goes on. When the ballroom was in its heyday during the '50s, performers including the Dorsey Brothers, Guy Lombardo, Glen Miller and Ray Anthony kept couples happy on the dance floor.

"There were no tables or chairs then," she said. "It was a ballroom for dancing, with a very strict dress code that required jackets and ties for the men. My father always addressed everyone by 'Mr.' and 'Mrs.' No first names were used."

Other famous musicians who played there were Les Brown, Duke Ellington, Dave Brubeck and Lionel Hampton.

"I think my favorite band back then was Lester Lanin and his orchestra. He



Carol Shine Simard shows a photo of her dad, Arthur Shine. Courtesy photo.

was a different type of band leader. He played for royalty, the presidents, and even the queen."

Carol recalls the uniqueness of Lanin's band was that they never used sheet music on stage.

"They played upbeat, happy music," she said.

Also during that time, Carol remembers the grandness of the Miss Hampton Beach pageant, which was always held in the Ballroom.

"It was my favorite time of year," she smiles. "One of the Chamber employees named Henry Hamel would scout the beach for children all the way up to young adults to participate in the festivities and be part of the Queen's Court. Miss Hampton Beach was celebrated for an entire week back then, and they crowned a Mr. Hampton Beach too. It was called Carnival Week."

The crowning always took place on the last day of Carnival Week at the ballroom, and the participants were transported there on elaborate floats.

"My mother and others would fashion floral bouquets for the girls and lay them out on the ballroom floor so they could match them with their gowns." After the crowning, they had the Grand March led by owner Mr. John Dineen, Miss Hampton Beach and other local business people. "I usually served as the crown bearer or the flower girl," Carol said. "My sisters Patsy and Maureen always participated too."

As the Casino was insured by Lloyd's of London, Carol says, the ballroom floor was treated as if it were made of pure gold.

"The windows weren't sealed very tightly, and when it snowed in the winter we'd have to shovel the floor using big wooden shovels," she remembers.

The Casino complex had always been home to a variety of shops, stores and restaurants. Moving into the '60s, Carol became an employee of one of the shops in the casino called The Paper Stand.

"The Paper Stand was sort of like a drugstore with no drugs," she recalls. "Newspapers from all over were available there. I was alone in the store one day and in walked Diana Ross. She was performing at the Ballroom and she needed to buy some toothpaste. She was kind and sweet and I saw her show that evening."

Other acts Carol enjoyed during the '60s included a number of quartets, which were very popular during that era. The Four Lads, the Four Freshmen, the Four Aces and the Brothers Four all made their way to the Hampton Beach Casino Ballroom. Folk groups were flooding the airwaves too, and the Kingston Trio, the Limelitters, and the Serendipity Singers all performed at the historical venue.

"Probably the most unforgettable performance for me was the night Peter, Paul and Mary played the stage. I was working in the coat room, and the dressing rooms used to be located right behind the coat check (where the merchandise counter is now). Peter, Paul and Mary attracted so many fans,

and there was no air conditioning in the ballroom back then. The dance floor was just that. no chairs or tables, and there were 6,000 people in attendance that night." Mary was shocked at the crowd when she came out of the dressing room, and she immediately told the girls she was concerned about the number of people in the room.

"When they got on the stage, she took the microphone and told the attendees about her fears. 'I know it's very crowded in here,' she announced to the people, 'and it's going to get very hot in here. I suggest that everyone sit down.'" Within minutes the crowd was seated and the concert began. Carol still gets chills about what happened next.

"The peaceful sea of concert goers who were sitting on the floor just gently swayed back and forth in unison to the music. It was the most powerful experience," she said.

Carol recalls one funny memory where she ran out of the house with her hair in curlers to catch a glimpse of Tiny Tim. His smash hit "Tiptoe Through the Tulips" had made him a household name, and Carol just had to see him in person.

"I was shocked to see his teeth were the same color as his olive green socks," she laughs.

The Hampton Beach Casino Ballroom has traveled through more than a century of ups, downs, successes and setbacks. A major turning point for this sustained historical marvel may be in the future, as the current owner seeks to do a reconstruction of the entire complex; the ballroom would serve as a concert hall year-round. Would it bother Carol if the Casino were rebuilt and had a whole different look? Would it mar her fine memories and recollections of her childhood years spent there? She shook her head.

"I hope the plan goes through," she said earnestly. "I wish they would make it year-round. It would be great for the beach."

She pauses thoughtfully, gently touching the photos she shared for this interview. Looking up, she smiles from ear to ear.

"I had so much fun on that beach," she says. "Those were the best days."



Ocean House Cottages, Hampton Beach, N. H.

Ocean House cottages where Carol Shine lived with her family. A few of these cottages still serve the beach at The Mainsail. Courtesy photo.

substance abuse stemming from a car accident when she was 16 years old,” said Cordelia when explaining why she has raised her grandchildren. “She broke her back and was prescribed oxycodone — that is where her addiction started.”

Noting her daughter tried many times to stay sober and get her children back, Cordelia said her last relapse led to her passing away. She said her daughter’s children, however, have always had a home with her.

“The children wanted to be with me,” she said. “I was their safety, and they wanted to come home to where they were familiar.”

For Cordelia, taking care of others is her life’s theme.

“I have done hospice, I have taken care of children with all diverse types of abilities and medical needs, and I have worked in foster care,” she explained. “I’ve worked in a school with children with disabilities, and now I take care of my grandchildren who have disabilities.”

With the exception of her two oldest grandchildren, these disabilities include drug addiction. One has mild autism, while they all have PTSD.

“One got lead poisoning on top of the addiction,” added Cordelia, who said these issues keep her quite busy. “I’ve always had them in counseling and doctors’ appointments. My calendar is full of appointments. All have IEP’s so I go to lots of school meetings and things like that.”

This fullness in life contributed to why she left her job in 2011 when she got her three middle children due to their “higher needs.” “I could not work because of all the appointments,” she said.

Cordelia has not been alone, however, as she cited Rosemary Nugent, Kinship Navigator at The Grapevine, as providing invaluable guidance and support. “Rosemary is raising her own grandchildren,” she said.

She referred to The Grapevine as an immensely helpful resource. A resource center in Antrim, The Grapevine promotes family and community health and well-being through support, education and the sharing of resources.

“My daughter used to go to The Grapevine and would bring the kids and talk to Carol, a staff member there,” Cordelia said. “When I got the kids and felt I was



*Courtesy photo.*

having a breakdown, I would talk to Carol every week — she has been such a big support.”

Reaching out to those who may have been in similar situations has made the situation more manageable for Cordelia, who said she also accesses resources provided by Step-Up Parents.

“The support I have received has been wonderful,” she said.

As for how she ended up in New Hampshire as opposed to her home state of Massachusetts, Cordelia cited a longstanding love of the Granite State, inspired by her mother-in-law.

“She lived here, and we were able to move here around 1984,” she said.

Noting she moved back to Massachusetts in 1989, she said they eventually moved back.

“I don’t like Massachusetts — I am from there but I don’t like it,” said Cordelia, who said she looked for a log cabin and found one in Antrim. “I’m home.”

This home, she said, has expanded through the years.

“It was a two-bedroom home, and it now is a six-bedroom because of all the kids,” she said. “We had to keep expanding.”

As for what she does around her home for fun, Cordelia acknowledges she has very little free time.

“My little granddaughter got into preschool, so she goes 3 days a week for a couple of hours so that’s good,” she said.

During these brief periods of downtime, Cordelia said she loves to read, although she admitted she often conducts “a lot of research” on the kids’ disabilities.

“Sometimes when I need a break from thinking, I play bingo on my phone, which helps me,” she added.

Laughter with her grandchildren also helps, as she said that “they laugh a lot

together.”

“The kids like to tell me stories of things they did behind my back like a year ago, and we all laugh at that,” she said.

They also “do a lot of sitting on the porch” and play “the telephone game.”

“We have so much fun and laugh so hard because by the time the last person gets it, it is totally different from what the first person said,” she said.

Cordelia also experiences great joy in watching her grandchildren participate in activities. Serenity, who is almost 10, began to participate in roller derby last year.

“All my grandchildren are very talented,” she said. “Liasiah plays the ukulele and is in all the plays at the high school, where they are doing *The Little Mermaid*.”

She said her oldest will likely attend college in Vermont for theater and art.

“She first wanted to do criminal justice, but now she thinks she wants to be a social worker,” she said.

According to Cordelia, all her grandchildren love to sing (and well), a fact she considers “pretty amazing.”

“My daughter used to love to sing, and my husband and my son that passed away used to sing,” she said. “My brother used to be a guitarist and my nephews play the guitar and the piano.”

In looking to the future, Cordelia said she will continue to ensure that all the children can navigate through their education and social lives.

“I am their advocate and voice at times,” she said.

Her singular focus is that her grandchildren will have a good life and a good future.

“They are not going to fall into the same trap,” she said. “My older ones don’t drink and don’t smoke — they are so good.”

One resource she will continue to use is Camp Mariposa, a year-round addiction prevention and mentoring program for youth affected by the substance use of a family member.

“They have counselors there for substance abuse for kids that have lost parents to substance abuse,” said Cordelia, who noted her older grandchildren “love the camp.”

“I will continue with that,” she added. “My kids are doing very well, and I am very proud of them.”

At times, Cordelia said she does con-



*Cordelia with a grandchild. Courtesy photo.*

sider the difficulties she may experience in the future in continuing to serve in her caregiver role, as she is 65 years of age. Her grandchildren, though, provide her with much more than exercise, but also motivation. The kids, she said, make her feel like she is “doing something right.”

“My older boys always give me a hug or kiss every day and say, ‘Thank you, grandma,’” she said. “The younger ones are too little, but they are always like, ‘I love you grandma, I love you.’”

Their collective talents continue to inspire her every day.

“They are great kids, and they all have talents with acting, singing and dancing,” she added. “We love to have dance parties, and they all love to sing to their grandma.”

“Grandma,” admitted Cordelia, can be silly.

“I go on a swing and down the slide into the kiddie pool,” she laughed.

Perhaps age is just a number.

“I don’t feel old,” she said. “Sometimes, my body feels old, but I don’t feel old.”

As for advice for those at or near retirement age, Cordelia acknowledged that “everybody’s situation is different.”

“I have met so many grandparents that can hardly walk, it is so sad,” she said.

If possible, though, Cordelia suggested seniors try to stay active and consider the impact on others.

“I think of the kids — my granddaughter in soccer and two grandsons in wrestling,” she said. “I try to participate and go to as many games as I can. ... As we age, we can try to be there for others.”

## Rewriting the Rules of Retirement

Retirement comes with more time for the things you love. A **reverse mortgage** can help you fund them.



- ✓ Pay off your existing mortgage and enjoy **optional monthly mortgage payments**, as long as you keep current with property taxes, insurance, and home maintenance
- ✓ Get additional income tax-free<sup>1</sup> cash to use for what matters most
- ✓ Continue to own your home just like a traditional mortgage<sup>2</sup>

Contact **Kathy Burns**, your local Reverse Mortgage Specialist.



☎ (603) 759-0652 (Cell)

☎ (551) 264-5461 (Office)

✉ [kburns@longbridge-financial.com](mailto:kburns@longbridge-financial.com)

🌐 [agents.longbridge-financial.com/kathy-burns/](http://agents.longbridge-financial.com/kathy-burns/)

1. Consult a financial advisor and appropriate government agencies for any effect on taxes or government benefits.  
2. Keeping current with real estate taxes, homeowners insurance, and property maintenance required.  
This material has not been reviewed, approved or issued by HUD, FHA or any government agency. The company is not affiliated with or acting on behalf of or at the direction of HUD/FHA or any other government agency.

©2023 Longbridge Financial, LLC NMLS# 957935. 1 International Blvd., Suite 900, Mahwah, New Jersey 07495. 1-855-523-4326. For licensing information, go to: [www.nmlsconsumeraccess.org](http://www.nmlsconsumeraccess.org). For additional Longbridge licensing and disclosures, please visit: <https://longbridge-financial.com/licensing>. Not all products and options are available in all states. Terms subject to change without notice. Certain conditions and fees apply. This is not a loan commitment. All loans subject to approval. Branch Office: 3 Executive Park Drive Office #18, Suite 273, Bedford, NH 03110. NMLS #2477371.



141255

## DON'T MISS OUT ON LIFE'S GREATEST MOMENTS.

### COLON CANCER IS PREVENTABLE

Talk to your Primary Care Provider about scheduling a colonoscopy, or call **St. Joseph Hospital Gastroenterology at (603) 578-9363.**

**ST. JOSEPH HOSPITAL**

141055

## ▲ TREASURES FROM PG 1

potato chips but claimed to be the first retailer. It was also the first to use the Old Man of the Mountain as a business logo, according to company records.

This establishment was owned and operated by four generations descended from founder William “Buddy” Croft. He built a small wood frame potato chip kitchen on North Broadway in Salem around 1907.

The original rustic structure was added onto over decades with cobbled-together garages, a small sales room, and a sizable back-room kitchen. At its zenith during the '60s and '70s, with a fleet of a dozen or so trucks, Granite State Potato Chips reached retailers within a 100-mile radius.

My family picked up chips from the factory quite often. Of course, we didn't have far to travel for what many called the best chips they ever tasted.

The chips gained notoriety far and wide too. President Dwight Eisenhower's 1952 visit to New Hampshire famously included him tearing into a bag of Granite State Potato Chips with a look of delight. That press photo circulated nationally.

You'd catch a whiff of a batch that was in the fryer long before you came upon the parking lot and the steam plume floating from the fryer flue, a mile or so north of Salem Depot.

The factory store itself wasn't much. As you entered through a single door, a short counter faced you, beyond which fresh chips tumbled into an open stainless steel hopper through a 3-foot square port in the wall. The counter person scooped the chips into a paper box or round tin, still hot from the fryer, sliced perfectly thin, and indescribably tasty. You couldn't do better.

Then came the rise of national brands and escalating expenses that ate away at the business. When the family finally called it quits in 2002 the truck fleet was gone. And the factory, pretty much unchanged in its last 50 years, was still operated by William “Buddy” Croft in the place it all began.



*Granite State Potato Chips, founded in Salem in 1907, was the first company to manufacture the product and the first to use the iconic Old Man of the Mountain as a logotype. Courtesy of Etsy.*

Although this Buddy was the great-grandson of his namesake.

## State liquor stores on interstate highways

Because liquor in New Hampshire Liquor Stores is not taxed, New Hampshire's array of spirits is cheaper on average than elsewhere.

If that's not enough competitive advantage, there's the convenience factor for drivers. State liquor mega-stores abut toilet rooms and vending machine huts at rest areas on the major interstate thoroughfares I-93 and I-95. More than half of sales from these interstate stores come from out-of-state buyers, says our liquor commission.

## Rockingham Park

A New Hampshire hallmark through its more than 100 years of operation, Rockingham Park was considered one of the finest horse racing tracks in the country and was the first in New England, according to The



*Rockingham Park was considered one of the finest thoroughbred horse race tracks in the country during its heyday. It sometimes attracted more than 15,000 spectators and grossed more than \$500,000 daily during summer meets. For many it was a source of pride in New Hampshire for its beautiful grounds, amenities and colorful environment. Courtesy of Wikipedia Creative Commons.*

Daily Racing Form.

Way back in its inaugural 1906 season, an estimated 10,000 fans attended opening day to watch thoroughbreds race on the new one-mile oval. Gambling was illegal in New Hampshire then (imagine that!) so all wagering was on the sly.

Ironically, the state shut the track down after that first meet because, surprise, legislators discovered illicit gambling. Horse racing didn't return for 25 years, according to The Chronology of Rockingham Park by Lynne Snierston.

In those intervening years, The Rock hosted aviation shows, auto racing and motorcycle racing on a one-mile steeply banked wooden board track, and was briefly a bivouac for World War I troops shipping out to France.

But the Rockingham Park I well remember was mostly a rich source of colorful life in my hometown. The influx of jockeys, stable hands, horse owners, and bettors — and their effect on local life in the sleepy Salem I grew up in — is hard to overstate. Because I worked at a filling station across the road from the track (itself a first in the state, Camire's Garage), the stream of huge Caddies with short drivers and blond female companions was almost continuous.

Track culture permeated the locale whenever a meet was on. Motels, boarding houses, restaurants, watering holes, gas stations, feed and grain suppliers, bookies, and touts selling daily pick sheets depended on The Rock for most of their bread and butter.

But was Rockingham Park truly iconic? In my travels outside of New England, when asked where I was from, I'd reply "Salem, New Hampshire." But it wasn't until I added, "You know, Rockingham Park?" that I'd get nods of recognition.

## Canobie Lake Park

At risk of favoring my hometown, I'm going to name Canobie Lake Park as another worthy New Hampshire icon. Founded in 1902 by a trolley car consortium as a destination to attract riders, Canobie Lake Park blossomed as a pleasure resort. Elaborate botanical gardens and passive recreation like canoeing, picnics, and a penny arcade drew people dressed to the nines for a day of genteel relaxation. The original Canobie Lake Park, in the middle of nowhere, fueled by rising trolley ridership, prospered.

Automobiles soon changed all that. Trolley ridership dropped precipitously as car sales rose. The trolley car company that owned Canobie Lake Park watched its revenue bleed away, went broke in 1929, and closed the park soon after.

The park re-opened with private ownership in 1932 and erected the Greyhound Roller Coaster (today called the Yankee Cannonball), a wooden coaster that came from Lakewood Park in Waterbury, Connecticut. Other amusement rides were added slowly. The big dance hall built on the shore of Canobie Lake featured the era's greatest swing bands.

With yet another set of owners by the mid-1950s and an updated set of rides and conveniences, Canobie Lake Park enjoyed a resurgence of sorts. By then the historic carousel with its ancient calliope, an oval roller rink with a live organ player, motor



*Fresh off their first hit record, "I Got You Babe," Sonny and Cher perform for a packed house at Canobie Lake Park Ballroom. Local police surround the duo to protect against the chance that fans would rush the stage. Credit: Courtesy of Music Museum of New England.*

radio disc jockey Dave Maynard first tried hosting Friday night record hops in the ballroom. Half a buck got you in. Boys had to wear coats and ties. Girls wore semi-formal attire.

When Maynard added live acts to his show, things really took off. Teens from all over flocked to see stars with hit records. Sonny and Cher, fresh off their chart-topping "I Got You Babe" single, played to a packed house. I remember four local cops flanked the singing duo in case fans rushed the stage. It was thrilling.

Today Canobie Park remains an iconic New Hampshire destination with more than 60 rides, family-themed live entertainment, and dozens of food options. When I make an annual spring pilgrimage, this time with grandchildren, they'll still climb onto most of the same rides, now pristinely maintained antiques, that thrilled me when I was a kid.

## Scenic New Hampshire license plates

In 1971 the legislature killed what was, for me, an icon of New Hampshire: the simple green and white license plate topped with one word — Scenic. Granted, Live Free or Die is our state motto, a supposed uttering of native son Gen. John Stark. And I realize that Live Free or Die is now more widely known and identified with New Hampshire than Scenic ever was. OK, no icon argument there. But still, I'd pick Scenic for my license plate if given the choice.

Scenic New Hampshire is a comforting thought, attractive for tourists, gets to the point quickly, and doesn't imply violence. And, now that I think of it, if we're living so free, why can't we choose Scenic for our own license plate?

boat tours of the lake, a huge indoor pool with a towering high diving board, a fun house, dozens of other rides, and a large pinball arcade were in place.

Jump to the '60s and you'll go see big-name rock acts. WBZ



Europe is closer than you think! A delightful selection of European imports, foods & fine gifts. Unique gifts for everyone and every budget!

# GET COZY!

European Food, candy, & so much more!

Great selection of puzzles

Eliminate odors, purify the air and fragrance your home with an exquisite collection of aromas

Incense Smokers by the most renowned manufacturers in Germany

19 N Main St, Concord, NH 603-228-1198 | vikinghouse.com

## Still waiting for your carrier to pick up your vehicle?

**Call American - we'll get you to Florida NOW!**

- ★ Guaranteed Pickup Date and Time
- ★ Guaranteed Prices

Fast • Reliable  
Safe • Convenient

Book your round trip now and save more!

Daily Trips to Florida

Ship quickly Nationwide

The snowbird's favorite since 1980

USDOT #385723

Amj Super Service Award 2022

BBB

141336

**AMERICAN AUTO TRANSPORTERS, INC.**

1.800.800.2580 • shipcar.com  
Text- 617- shipcar (617-744-7227)

# Compassionate Healthcare at Home

For over 120 years, the Visiting Nurse Association has been a respected provider of services at home. Our competent, compassionate clinical teams bring their expertise and exceptional service to individuals and families who need help managing their medical needs and wellbeing. Our comprehensive approach to care allows our patients to receive the care they need while remaining independent in the comfort of their own homes.

**Contact us today at (603) 622-3781  
to learn more about how we can help you!**



[manchestervna.org](http://manchestervna.org)



## Coming Soon...

Home Health  
& Hospice Care  
A Member of SOLUTIONHEALTH

Set to open later this fall, the Community Hospice House in Merrimack, NH is currently adding six patient suites and multi-use space for staff, training, and bereavement groups.



Entirely supported by the Steele Foundation for Hope, this expansion will accommodate for growth and ensure timely access for those in the community that need it most.

Community Hospice House: 210 Naticook Road, Merrimack, NH  
Admin Office: 7 Executive Park Drive, Merrimack, NH • 603-882-2941 • [www.hhhc.org](http://www.hhhc.org)



# Hearing aids shown to reduce risk of cognitive decline

By Dr. Jessica L. Woods, Board Certified Audiologist

A common joke from people we see in our practice is that they (or their spouse) have “selective hearing.” Even though we all get a good laugh, selective listening is

actually our ability to pick and choose what we want to hear in the presence of background noise. This becomes very difficult when a high-frequency hearing loss is present. In fact, difficulties hearing in background noise is the No. 1 complaint when someone has decreased hearing. The best way to understand high-frequency hearing loss is that certain speech sounds are missed, for example, “S,” “T,” “Th,” “F” and “K.” We don’t use our voice box to create them; they are incredibly soft because they are whispered. When someone talks louder, the high-frequency



speech sounds do not get louder. This holds true for turning up the volume on the TV. The volume turns up bass, not treble (high frequencies); now your whole house is shaking and you still cannot understand

the dialogue. When the brain has to fill in these missing pieces, decoding speech becomes much more difficult. This creates more work for the brain, causing fatigue and leaving less time for the brain to file away the information into memory.

Has a friend or family member said to you, “I told you that yesterday,” even though you have no recollection of the conversation? These types of communication breakdowns can lead to friction in relationships and can also lead to misunderstandings at work. When individuals have trouble hear-

ing, they tend to withdraw from social situations and become more isolated. Once withdrawn, depression and other related health issues set in, which have long been recognized as increased risk factors for dementia and Alzheimer’s disease. A growing body of research has suggested that improving your hearing is the No. 1 modifiable risk factor for preventing dementia later in life.

Hearing loss is the most common chronic health condition affecting older adults. According to the National Institute on Deafness and Other Communication Disorders:

- One in eight Americans (13 percent/30 million) ages 12 and up has hearing loss in both ears.
- Among adults ages 70 and up with hearing loss who could benefit from hearing aids, fewer than one in three has ever used them.
- Even fewer adults (approximately



16 percent) ages 20 to 69 who could benefit from hearing aids have ever used them.

• The typical patient waits an average of seven to 10 years before seeking treatment for hearing loss.

If you are doing everything you can to maintain your health, having your hearing evaluated should be a part of your annual physical exam. Treating your hearing loss is not only about communication; it is also about maintaining brain health and the long-term effects of ignoring hearing difficulties.



**AT DR. WOODS HEARING CENTER,** we are committed to providing excellent care for adults and children with hearing loss. We understand that every patient is unique - that is why we offer individualized care so all of our patients receive specialized treatment to help them hear well again.

We recommend that every individual, especially those age 55+, consider getting annual hearing tests as part of their overall wellness program. If you or a loved one are experiencing hearing loss, **call us today!**

**OUR SERVICES:**

- Hearing Evaluations
- Tinnitus Treatment
- Hearing Aid Fittings & Adjustments
- Hearing Aid Cleanings & Checks
- Hearing Aid Repair
- Vertigo & Balance Assessments

**Dr. Woods**  
Hearing Center

**Nashua Location**  
547 Amherst St. Suite 204  
Nashua, NH 03063

**Londonderry Location**  
50 Nashua Rd. Suite 200A  
Londonderry, NH 03053

**(603) 889-7434**

**drwoodshearing.com**

find us on:

# 10 things to know about Social Security

By Pamela Dube, AARP NH Communications Director

Social Security is your money — you earned it through a lifetime of hard work. And like most people, that money needs to help cover living expenses and pay bills. So it's only natural to have questions about how Social Security works and how much money you've earned. When should I claim? When do I start collecting? How much will I get? Here are 10 things you need to know about your Social Security.

## 1. At what age can I start collecting Social Security benefits?

You can start receiving retirement benefits at age 62, but your annual payments will be larger the longer you wait. If you are eligible for survivor benefits or Social Security Disability Insurance (SSDI), you can start collecting earlier.

## 2. How much will I get each year from Social Security?

That depends on a number of factors, most crucially your lifetime earnings from work on which you paid Social Security taxes. Social Security takes your 35 highest-earning years, calculates an inflation-adjusted average, and plugs that into a formula that determines your “basic” benefit. The amount is also affected by how old you are when you claim benefits. You may not know the exact amount for sure until you file, but you can use the AARP Social Security Calculator to get an estimate.

## 3. Do Social Security payments keep up with inflation?

Social Security is the only inflation-protected income most people will have in retirement. Your Social Security payment typically is adjusted annually for inflation to ensure that the purchasing power of benefits is not eroded by rising prices. This cost-



of-living adjustment, or COLA, tracks inflation using a government measure of consumer prices for a variety of household goods and services.

## 4. What's the maximum monthly Social Security payment?

For a worker claiming Social Security in 2023 at full retirement age, the highest

monthly amount is \$3,627. That's a little less than double the average retirement benefit, which was \$1,833 in March 2023. To get the maximum payment, your earnings must have exceeded Social Security's maximum taxable income — the annually adjusted cap on how much of your income is subject to Social Security taxes — for at least 35 years of your working life.

**AARP**<sup>®</sup>  
New Hampshire



## You earned your Social Security. Learn how to maximize it.

You work hard and pay into Social Security for your future. So it's only fair for you to get the money you've earned. But Social Security is facing a funding shortfall that must be addressed so it can be protected.

If politicians don't take action in the next 10 years to save Social Security, your Social Security could be cut by 20%, an average of \$4,000 a year. AARP is urging Washington to find a solution to protect and save Social Security, so you get the money you earned.

Learn more at [aarp.org/YouEarnedIt](https://aarp.org/YouEarnedIt)

[facebook.com/AARPNH](https://facebook.com/AARPNH) | [@AARPNH](https://twitter.com/AARPNH) | [aarp.org/nh](https://aarp.org/nh)

Paid for by AARP

139778

### 5. How can I boost the amount of my benefit?

The longer you wait to start collecting after you become eligible (up until age 70), the larger your annual payment will be.

### 6. How long do I need to work to become eligible for Social Security?

For retirement benefits, you need to work for at least 10 years, or 40 quarters. Social Security uses a system of credits, which you collect by working and paying Social Security taxes. You can earn up to four credits a year, and you need 40 cred-

its to qualify for retirement benefits. The credit threshold may be lower for disability benefits.

### 7. Do I need to stop working to collect retirement payments?

No, you can receive benefits while working. But if you are below full retirement age and earn more than a certain amount, your monthly payments will be temporarily reduced. Once you reach full retirement age, the reduction is eliminated, and your payments will be increased to make up for any previous reduction in benefits caused by earning more than the limit.

### 8. Is Social Security just for retired workers?

No. As of March 2023, 74 percent of people getting Social Security were retirees. The remainder were spouses, ex-spouses, and children of retirees (4 percent); disabled workers and their families (13 percent); and survivors of deceased beneficiaries (9 percent).

### 9. How do I sign up for Social Security?

You can apply for retirement, spousal, or disability benefits online at [ssa.gov](https://ssa.gov), by phone at 800-772-1213 or in person at your local Social Security office.

### 10. When will Social Security face a funding shortfall?

Social Security will face a funding shortfall in 2034, according to the 2023 Social Security Trustees' Report. If politicians don't act in the next 10 years to save Social Security, your Social Security could be cut by 20 percent, an average of \$4,000 a year. Washington needs to find a solution to protect and save Social Security, so you get the money you've earned.

For more information, visit [aarp.org/YouEarnedIt](https://aarp.org/YouEarnedIt).

## Arthritis and aging

The vital role of occupational and physical therapy in maintaining mobility and independence

As we age, many of us face the challenges of arthritis, a condition that can significantly impact our daily lives, making simple tasks seem daunting. Arthritis refers to the inflammation of joints, leading to pain, stiffness and decreased range of motion. Among seniors, it is a prevalent condition, affecting millions worldwide. However, there is hope and help available in the form of occupational therapy (OT) and physical therapy (PT) provided by facilities like St. Joseph Hospital Outpatient Rehabilitation. These therapies play a vital role in managing arthritis and ensuring seniors maintain strength, posture, and range of motion in their upper and lower extremities, empowering them to lead independent and fulfilling lives.

**Understanding arthritis and its impact on seniors:** Arthritis is not a single disease; rather, it encompasses a group of joint-related conditions such as osteoarthritis and rheumatoid arthritis. Over time, the wear and tear on joints can lead to pain and inflammation, making movements challenging and potentially leading to a loss of independence. Seniors are especially vulnerable to arthritis due to the natural aging process, wear on cartilage, and lifestyle factors.

**The importance of maintaining strength:** Muscle strength is crucial for seniors with arthritis, as strong

muscles can support the joints, reducing strain and pain. Occupational and physical therapists at St. Joseph Hospital Outpatient Rehabilitation understand this importance and design personalized exercise programs to target specific muscle groups. These exercises help seniors build and maintain muscle strength, ensuring they can carry out daily activities with ease, such as lifting objects, getting up from a chair, or walking without discomfort.

**Posture – the foundation of mobility:** Maintaining good posture is often overlooked but is integral to overall mobility. Poor posture can exacerbate arthritis pain and lead to additional complications. Occupational and physical therapists emphasize the significance of correct posture during activities and at rest. By helping seniors become more aware of their posture and teaching them techniques to improve it, they can relieve stress on joints, reduce pain, and prevent further joint deterioration.

**Range of motion (flexibility) – preserving mobility:** Seniors with arthritis often experience limited range of motion in their joints, hindering their ability to perform even simple tasks. Individualized range of motion exercises recommended by occupational and physical therapists can help to maintain or improve joint flexibility. These exercises can help to improve blood flow to the affected areas, reduce stiffness, and increase



overall function, enabling seniors to enjoy a more active lifestyle.

**Occupational therapy for arthritis management:** Occupational therapy focuses on helping seniors maintain independence and improve their ability to perform daily tasks. At St. Joseph Hospital Outpatient Rehabilitation, occupational therapists work closely with seniors, assessing their unique needs and challenges. They devise customized strategies and interventions to enhance functional abilities, including providing adaptive devices and teaching energy conservation techniques. The goal is to enable seniors to continue performing meaningful activities despite the limitations imposed by arthritis.

**Physical therapy – restoring mobility and function:** Physical therapy plays a significant role in reducing pain and restoring functional abilities for seniors with arthritis. St. Joseph Hospital physical therapists employ evidence-based techniques and exercises to improve joint function, reduce

inflammation, and increase endurance. They also educate seniors on how to manage pain and prevent future injuries, fostering a sense of empowerment and control over their condition.

**The collaborative approach – OT and PT working together:** St. Joseph Hospital Outpatient Rehabilitation's holistic approach to arthritis management involves both occupational and physical therapy collaborating to provide comprehensive care. While physical therapy primarily focuses on improving joint function and mobility, occupational therapy addresses the practical aspects of daily living. By working together, these therapies ensure seniors receive well-rounded support, tailored to their unique needs and goals.

**Empowering seniors to embrace an active lifestyle:** Arthritis may present challenges, but it doesn't have to define a senior's life. With the guidance and expertise of occupational and physical therapists at St. Joseph Hospital, seniors can effectively manage their arthritis and maintain strength, posture, and range of motion in their upper and lower extremities. By adopting a proactive approach to arthritis care, seniors can enjoy increased independence, improved overall well-being, and a greater quality of life.

For more information visit [stjosephhospital.com](https://stjosephhospital.com).

# 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

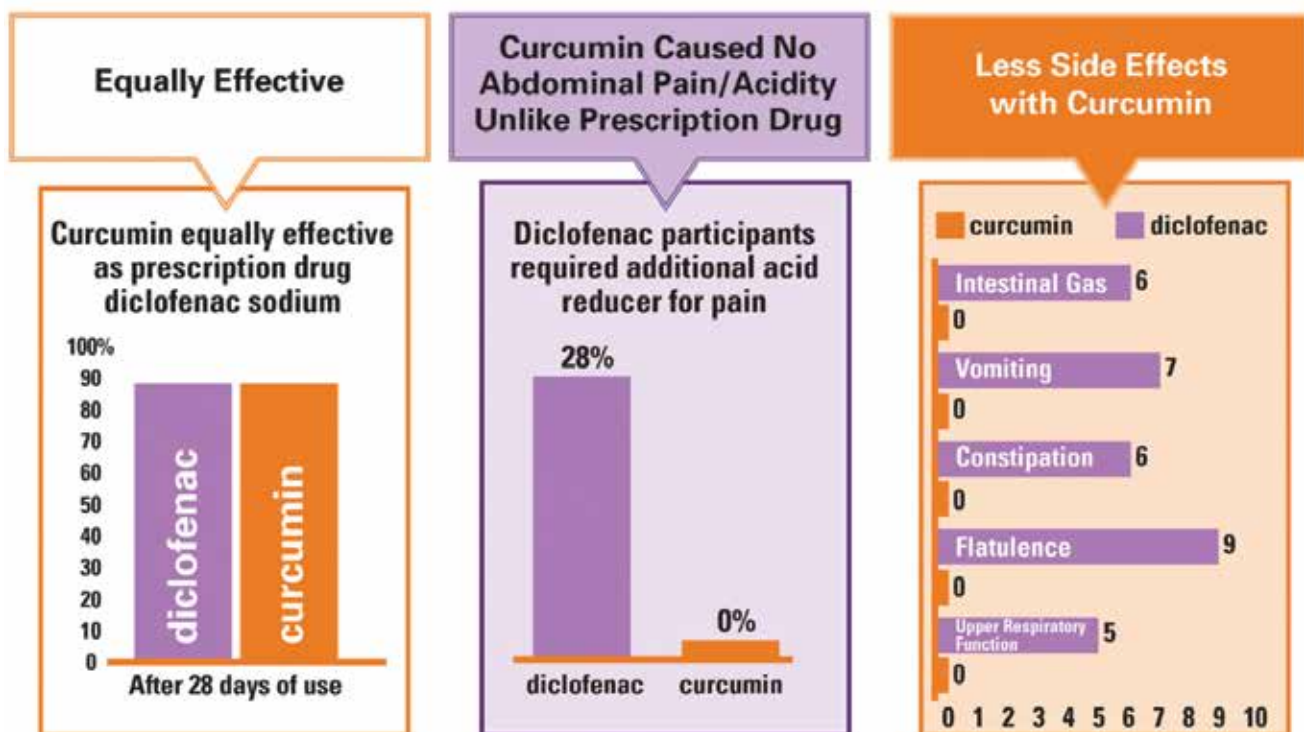
The most commonly used drugs for osteoarthritis are called non-steroidal anti-inflammatory drugs, or NSAIDs. The over-the-counter versions are products like ibuprofen and naproxen sodium, but there are prescription-strength NSAIDs as well. The problem with these drugs is their side effect profile, which 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



is blended 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](http://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.

## Curcumin provides Safer Pain Relief Than a Prescription NSAID Drug



# THE DYNAMIC DUO FOR PAIN & INFLAMMATION

## THE #1 SELLING CURAMIN BRAND!<sup>††</sup>

*Stronger, More Effective Curamin*



**1 CuraMed<sup>®</sup> Softgel 750mg = Up to 500 Capsules of TURMERIC**

- ✓ Over 70 Scientific Studies
- ✓ Up to 500 times stronger than turmeric<sup>^</sup>
- ✓ The ONLY PATENTED curcumin with turmeric essential oil containing ar-turmerone
- ✓ Absorption up to 700% (greater than standard curcumin)



**Absorbs Better • Works Longer • More Effective<sup>^</sup> • Clinically Proven Results**

Money-Back Guarantee

# CURAMIN<sup>®</sup> STOPS PAIN<sup>\*†</sup>

**Voted #1 for Pain Relief<sup>\*†</sup>**

*Because it Works!*

Curamin is the leading, award-winning pain relief product with clinically studied ingredients that provide amazing benefits. Curamin doesn't mask occasional pain<sup>\*†</sup> — it gets to the source and stops it.

- Safe, Effective and Non-Addictive
- #1 selling herbal formula<sup>^</sup>
- No stomach, liver, or kidney damage



# Senior Discount 10% Off Every Day!<sup>\*</sup>

<sup>\*</sup>(some exclusions apply)



**We have 1,000's of products for your good health!**

Curbside pickup available! Open Every Day  
(603) 224-9341 • 170 N. State St., Concord, NH

**Your Vitamin & Supplement Superstore!**

<sup>†</sup> Occasional muscle pain due to exercise and overuse.  
<sup>††</sup> SPINScan Other Herbal Formula Subcategory Brand Rank, based on 52 weeks of data.  
<sup>^</sup> Based on enhanced absorption of CuraMed curcumin versus equivalent weight capsule of unstandardized turmeric containing 2% curcumin.  
<sup>\*</sup> THESE STATEMENTS HAVE NOT BEEN EVALUATED BY THE FOOD AND DRUG ADMINISTRATION. THIS PRODUCT IS NOT INTENDED TO DIAGNOSE, TREAT, CURE OR PREVENT DISEASE.

# SELL YOUR HOME PURCHASE A LIFESTYLE



AUBURN, NH'S  
55+ COMMUNITY



ENJOY AN EASIER, MORE VIBRANT LIFESTYLE TODAY!

*"By far this has been the best experience for a new home build. The very best." - New Chinburg Homeowner*

**HOMES & AMENITIES  
AVAILABLE NOW!**

For more info  
on pricing, open  
houses, floor  
plans, amenities,  
and more, scan  
here!



55+ COMMUNITY | SINGLE FAMILY CONDOS | ENERGY-STAR CERTIFIED | ELEVATED AMENITIES

**CLIFFSATEVERGREEN.COM**

GPS ADDRESS: 321 HOOKSETT ROAD AUBURN, NH

70 Portsmouth Ave. Stratham, NH | 603.778.6400 (office)

141231

# How to choose the right 55+ community for you

By Elizabeth Markey

If you're looking to move to a 55+ community, there are some specific factors for you to consider that go beyond finding the right house. Even if you find the perfect home to fit your needs, you'll also want to consider whether the overall community is a good match. As you begin your search for the perfect 55+ community for you, keep these five factors in mind.



## Age restrictions

Some 55+ communities are age-restricted and have specific rules about who can live in the community. Others are simply age-targeted. This means that while they are intended to attract a certain buyer, likely in the 55+ demographic, there are ultimately no set rules about who can buy or live in the community. An age-targeted community may have some of the attractive features a 55+ buyer might be interested in, such as amenities and single-level living, but will likely have a more diverse community overall. Each community will have different policies regarding age requirements, so it's important to be aware of any restrictions.

community organizes to encourage neighbors to get to know one another. You're more likely to find a lot of amenities and activities in large communities, while smaller ones might stick to the basics. Keep in mind amenities will also likely have an impact on monthly HOA fees.

## Cost

Once you've decided how much you want to spend on a home itself, you should also consider additional expenses like a town's taxes and the community's HOA fees. These expenses can vary widely and could add up to thousands of dollars a year, so you'll want to consider the location of your new home carefully.

## Maintenance

Different communities will provide varying levels of exterior maintenance. This could include mowing, snow removal, and upkeep of the home's exterior, including windows, siding and the roof. Exterior maintenance will have a large impact on Homeowners Association (HOA) fees, so it's important to know what's covered.

## Customization

If you have particular wants and needs for your home and aren't looking to renovate, you may want to consider buying in a new home community. Some builders offer semi-custom homes where you can choose from established floor plans, make selections for the finishes, and possibly be able to make some changes to the floor plan itself depending on the specific community, builder, and stage of construction. Some builders allow few to no changes to floor plans, while others will provide a much more custom experience.

## Amenities

Many 55+ communities have amenities that encourage socialization and an active lifestyle. These could include a clubhouse, gym, pool, walking trails and other amenities. There may also be specific activities that the

These five factors should help you narrow down your choices when considering the right 55+ community for you.

# The Invention of the Fried Clam - 1916

Over 100 years ago on July 3, 1916, Lawrence “Chubby” Woodman and his wife Bessie, at the humorous suggestion of a friend, fried up a few clams at their roadside stand in Essex, Massachusetts and *this is the rest of the story.*



“Chubby” sitting out front of his stand.

In 1914, Chubby and his wife Bessie opened a small concession stand on Main Street in Essex, MA. On weekends they sold small grocery items, homemade potato chips, and the fresh clams from the Essex River that Chubby dug himself. The first two years were as the saying goes – “slim-pickens” but on July 3, 1916, everything changed.

It was on that day in 1916 that a local fisherman named Tarr, his first name long forgotten, was visiting the stand when Chubby complained that, “business was slower than a couple of snails headed uphill.” Tarr, while nibbling on some of the freshly fried potato chips, noticed a basket of just dug clams nearby and jokingly sug-

gested, “Why don’t you fry up some of your clams? If they’re as tasty as those potato chips of yours, you’ll never have to worry about business being slow.”

After fisherman Tarr left, Chubby and Bessie started to think. “What if we did fry up some of the clams like we do the chips?” “Let’s try it,” Bessie said as she tossed some lard into the deep-fry pot normally used to make their potato chips.

So, they shucked some clams out of the shell, experimented with different batters and called over some locals

to give them a taste. When the verdict was, “Delicious”, they knew they were on to something big. The next day, during the 4th of July Parade, Chubby and Bessie presented the first fried clam to the citizens of Essex, and the Yankee appetite has never been the same since!

Fried clams were here to stay. Many other “clam shacks” opened their doors to serve what one Boston fish market advertised as “the new taste treat” and the demand for fried clams increased exponentially and business was booming. Even the famous Howard Johnson, owner of the chain of orange-roofed restaurants, came to learn how to fry clams from Chubby Woodman, where history was made.

On the backside of their wedding certificate Chubby and Bessie wrote what they considered to be important family events. The first two lines were the birth dates of their two oldest sons, Wilbur, and Henry. The third line was the other important birth date

in the family. It read: “We fried the first fried clam – in the town of Essex, July 3, 1916.”

Over one-hundred years and five generations later, the Woodman’s are still frying up clams at the same spot on the causeway, *right here in Essex where it all began.*



Bessie Woodman circa 1917.



**WOODMAN'S**<sup>®</sup>  
 ★ OF ESSEX ★  
*A Family Tradition Since 1914*  
**OVER 100 YEARS & STILL THE BEST...**

**“Most Iconic Restaurant”**  
 in the Boston Area—*Boston.com*

**WEEKDAY SPECIALS**  
 START OCTOBER 10<sup>TH</sup>

**GLUTEN FREE**  
 Seafood, Chowder & More

**\$10 off**  
**\$60 Purchase**  
 Present Coupon Before Ordering • Exp. 11/19/23  
 Excludes Lobster • Coupon does not include tax.  
 Not to be combined with other offers. s.j

**\$5 off**  
**\$30 Purchase**  
 Present Coupon Before Ordering • Exp. 11/19/23  
 Excludes Lobster • Coupon does not include tax.  
 Not to be combined with other offers. s.j

**MONDAY • \$21.99**

**Lobster Roll**  
 with Fries

**TUESDAY • \$14.99**

**Fish Fry**  
 All You Can Eat

**WEDNESDAY • \$7.50**

**Fish Chowder**  
 Bowl

**THURSDAY • \$15.99**

**Fried Clam Boat**  
 with Fries

**FRIDAY • \$9.99**

**Fish Sandwich**  
 with Fries

119 Main Street, Essex, MA

MONDAY HOLIDAYS EXCLUDED. Weekday Specials Available thru 05/10/24. Prices & Specials Subject to Change.

# Preserving balance and preventing falls

By Kathleen A. Hogan, MD

Falls are a major cause of injury. They account for over 3 million emergency room visits and 950,000 hospitalizations per year in the U.S. Fractures of the hip, pelvis and wrist are most common, but severe head and spinal injuries can also occur. A fall down the stairs can be as mild as a few bruises, require surgery for a broken hip or result in death from a broken neck or a brain bleed.

There are five simple things you can do to help prevent falls.

**Pay attention.** Watch out for obstacles. Wear glasses if prescribed and get your cataracts fixed.

**Wear sensible shoes.** High heels are pretty but not practical. Wear shoes with a back and not clogs. Flip-flops are easy to trip on. Sneakers are the best choice.

**Be hands-free.** Keep your phone in your pocket and do not text and walk.

**Improve your balance.** If you do

trip, you are less likely to fall if you have good balance.

**Use a cane if you need to.** Limping makes you look old, not using a cane. If you have poor balance and are unsteady on your feet, a cane or walker can help you.

Are you able to stand on one leg and balance? For many, the answer is no. But when you walk, you lift one leg in the air for a brief period of time. If your balance is poor your walking will also be unstable. If you work on this, you can improve your balance, which can help prevent falls and injuries.

Here are some ideas to help you improve your balance. Talk to your doctor before starting any new exercise program and consider working with a physical therapist to get personalized guidance.

- Improve your core strength
- Try exercises such as yoga, pilates, tai chi or barre class
- Strengthen your leg muscles
- Stand on one leg for one minute

three times per day

- Practice lifting your foot and tapping a step

Over 60 percent of falls in older adults occur at home. Common fall risks include poorly installed railings on stairs, slipping on wet floors, and tripping (rugs, cords, clutter and pets are common culprits). Driveways with ice, uneven pavement or poor lighting are also a common risk. Look around your home and make changes before you fall. Don't walk around in socks or stockings, which can be slippery. Keep pathways open. Avoid holding furniture for balance; use a cane or walker instead. In the winter, ramps are usually safer than stairs, and consider using traction cleats on your shoes. Make sure the lighting in and outside of your home is sufficient. Consider using nightlights. Keep your phone with you just in case you do fall and need to call for help. Be aware of possible changes in your balance when starting a new medication or after drinking alcohol.



Falls can cause significant injuries, but many can be prevented. Take steps now to improve your balance and decrease trip hazards in your home in order to prevent injury. Consider working with a physical therapist who specializes in fall prevention to improve your gait and balance. Do not wait until you have fallen to make these changes.

*Kathleen A. Hogan, MD is a Total Joint Specialist at New Hampshire Orthopaedic Center. For additional information on orthopaedic care, go to [nhoc.com](http://nhoc.com) or call 883-0091.*



## Transforming Orthopedic Care in New Hampshire

Kathleen A. Hogan, MD is a fellowship-trained orthopaedic surgeon. She is board certified by the American Board of Orthopaedic Surgery. Her specialties include hip and knee replacement and robotic surgery.

**Learn More:**  
<https://nhoc.com/hogan/>

141432

603.883.0091 · [nhoc.com](http://nhoc.com)



We Keep Bodies *In Motion*.™



# Be informed and BE FAST

## Know the signs and symptoms of a stroke

By 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 No. 5 cause of death and the leading cause of disability in the United States. Yet 80 percent of strokes are preventable. Oct. 29 is World Stroke Day 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 avail-



able 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 [northeastrehab.com](http://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.*

# TIRED OF CHRONIC PAIN... EXHAUSTED YOUR TREATMENT OPTIONS?

**Meet Bennett Kramer, MD**  
Harvard-Trained  
Pain Management Physician

**Now Accepting New Patients**  
The Pain Management Clinic at  
Northeast Rehabilitation Hospital Network  
Conveniently located in Salem, NH just over the Methuen, MA border.  
Serving the Greater Merrimack Valley, Southern NH and NH Seacoast

**A better quality of life is within reach...**  
*After years of chronic immobility and pain I was referred to Dr. Kramer. He was compassionate, knowledgeable and detail oriented. His staff was lovely, going above and beyond. He has changed my life for the better. I am able to work out, travel and sleep through the night. If you are looking for someone who cares and goes above and beyond, Dr. Kramer is a great fit.*

**Call the Pain Management Clinic: (603) 681-3140**

Visit us on the web at <http://NortheastRehab.com/PainManagement>

Follow us on Facebook @NortheastRehabilitationHospital

*Rebuilding lives with hope, compassion, and dedication to excellence.*

# Trail Walking Group

## *Friends, conversation and exercise*

Want to meet more friends? Enjoy fresh air? Get some exercise while exploring nature? The YMCA of Greater Nashua's Trail Walking Group may just be the group for you.

Each Wednesday at 8:30 a.m. a group of walkers meets at the Nashua YMCA and takes a one-hour hike through Mine Falls Park.

Y member and volunteer Colleen Derderian has spearheaded this group and is eager to have more people join the Trail Walking Group.

"We're averaging 15 walkers per week. Some are Y members and others have heard about this through word of mouth. We hope to get together and have bagels and coffee at the Y after our walks soon," she said.

Colleen circulates while she walks and chats with the smaller groups that work together.

"I walk for 15 minutes with one group, then move to another group. I



love getting to know everyone," she shared.

The walkers have formed a bond and are acutely aware when one of their crew is missing.

"We are going to voluntarily share our email addresses. We're all happy to help others if they need something. Everybody needs somebody to talk to. When we're walking out in the woods,

we share our stories," Colleen said. "You count on seeing people week after week. I think people are starting to make great connections with each other and enjoy their walks together. They miss it and feel poorly when they can't join us. This group is a great way to start the day — walking with friends."

"We love walking outdoors and

have thought about what we may do in the winter. Kim (Kim Adie, Director of Wellbeing) has talked about expanding the group beyond one day a week — maybe a couple of times a week, because people enjoy it so much. We could also add a stretching class. We're open to ideas of where this could take us," Colleen said.

Kim said, "The idea for a walking group has been brought up a lot and I was so thrilled when Colleen said she'd take it on. It's an amazing way for members to get to know each other while also enjoying the beautiful trail system right across from the Nashua branch. It's been really special to watch the group grow."

"This is what the Y is about. When you see people, it makes your day," Colleen said.

*Learn more about programs by following us on Facebook or by checking our [nymymca.org](http://nymymca.org).*



THE PURPOSE OF THIS COMMUNICATION IS THE SOLICITATION OF INSURANCE. CONTACT WILL BE MADE BY A LICENSED INSURANCE AGENT OR THE INSURANCE COMPANY.

## Turning age 65 soon?

**Your Medicare choices can seem overwhelming**

Let me help you find a Medicare Supplement insurance policy that fits your needs and offers you more comprehensive benefits.



**Glenn Flessas**  
**Insurance Agent**  
**direct: 1-603-230-3219**  
**cell: 1-603-582-3522**  
**[glenn.flessas@bankerslife.com](mailto:glenn.flessas@bankerslife.com)**

**Underwritten by Washington National Insurance Agency**

Medicare Supplement insurance policies are underwritten by Washington National Insurance Agency. WASHINGTON NATIONAL, BANKERS LIFE AND THEIR LICENSED AGENTS/PRODUCERS ARE NOT CONNECTED WITH OR ENDORSED BY THE US GOVERNMENT OR THE FEDERAL MEDICARE PROGRAM. This policy has exclusions and limitations. For costs and complete details of the coverage, contact your insurance agent/producer. Bankers Life is the marking brand of Bankers Life and Casualty Company, Medicare Supplement insurance policies sold by Washington National Insurance Company, and select policies sold in New York by Bankers Conesco Life Insurance Company (BCLIC). BCLIC is authorised to sell insurance in New York.

**Underwritten by Washington National Insurance Agency, Carmel, IN**

2022 Bankers Life (06/22) 204567  
 162025A-NH



# Plan well to live well

Did you know that more than 70 percent of people over the age of 60 will need some form of care, whether in their home or in a health care facility, but only a small fraction of those people have started planning for this type of care? The cost of health care is expensive and will only continue to rise, and it is important to know your options as you continue to age.

## What is Continuing Care at Home?

Life Plan Communities are becoming a popular retirement choice as people plan for their long-term care needs. These Life Plan Communities offer a balance of wellness and health care as you age in place. This means you will receive the care you need if and when your health changes. However, what if you had the opportunity to receive this same continuum of care without having to move from the home you love? **Continuing Care at Home** is a program that offers the

security of a Life Plan Community without having to move. Enjoy the security of knowing you will receive services in your home when you need them, with the assurance of predictable costs for your future long-term care needs. Although the concept of **Continuing Care at Home** is not new to the U.S., there is only one program like this offered in New Hampshire. Welcome to **At Home By Hunt**.

## How does At Home By Hunt work?

**At Home By Hunt** is a membership program affiliated with Silverstone Living, a non-profit organization that offers two Life Plan Communities in Nashua, N.H. (Hunt Community and The Huntington at Nashua) along with this Life Plan option at home. As a Member of At Home By Hunt, you can participate in the social and wellness groups offered at Hunt and The Huntington, as well as receiving care coordination and preventive care

in your own home. A one-time membership fee and predictable monthly service fees allow you to preserve your assets when you require more support and assistance as you get older. You will never be alone in your journey, a "Life Plan Coordinator" will be with you every step of the way.

## Peace of mind with a personal touch

Your "Life Plan Coordinator" is a health professional, and your advocate through the health care system. Together, you will develop a trusting rapport from the start in order to support your choices as you age. Finding the right services and care can be challenging, and often leads to added stress for you and your family when you are coping with your change in health condition. At Home By Hunt has a dedicated team who will help manage the care that you may need in the future. You and your family will



have peace of mind knowing that you are part of a program that is invested in your overall safety, health and well-being.

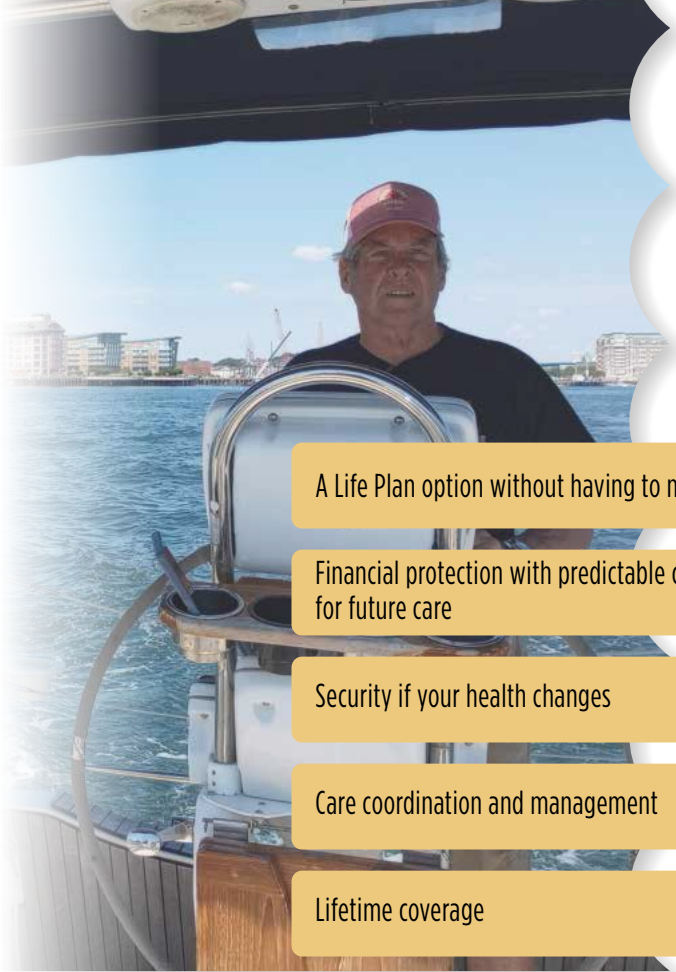
*To learn more about At Home By Hunt, visit [silverstoneliving.org](http://silverstoneliving.org) or call 821-1200.*

# "Plan Well to Live Well"

More than 70% of people over the age of 62 will need long-term care services or support, but only 33% over the age of 50 have started planning for that care.

Healthcare services are expensive, and costs will only continue to rise.

At Home By Hunt will protect the financial assets you've worked so hard for, giving you peace of mind, and the security you deserve.



- A Life Plan option without having to move
- Financial protection with predictable costs for future care
- Security if your health changes
- Care coordination and management
- Lifetime coverage

**At Home**  
BY HUNT  
795 Washington Rd. | 10 Allds Street  
Rye, NH | Nashua, NH

Secure your future with a Life Plan designed for you!



[www.silverstoneliving.org](http://www.silverstoneliving.org)  
603-821-1200



# CASA volunteer Patty Tollner reflects on 14 years of making a difference in children's lives

By Katie Pelczar,

Community Outreach Coordinator

Patty Tollner has spent 14 years serving CASA of New Hampshire in multiple roles, from board member to volunteer advocate — some of that time with a special friend, her trained therapy dog Raisin, by her side. When Patty first joined CASA, she had two children in college and one in high school, and she was also working full-time. The company where she worked, Harvey Construction in Bedford, was very open to their employees participating in the community. So, as she puts it, she just found the time.

## Putting her strengths and skills to use

“The training gives you a really good, solid background,” she said. “And even before that point, you have so many opportunities — different levels of participation and things that you’re being asked to do — and each of those things shows you all the strengths that you always had but you never knew about.”

Prior to retiring in 2013, Patty had also spent part of her career as a paralegal in a law firm, but she emphasizes that one does not need a special background to advocate as a CASA.

“You could be a gardener, nurse, doctor, administrative assistant or a CEO,” she said.

“You just need to be you, to listen, and to make recommendations to the court. That’s why you’re there. It sounds overwhelming, but by the time you walk into that courtroom you are so well-versed in what the expectations are, and what you need to do.”

She sees CASA as an incredible opportunity for people to pay attention to the skills they’ve had their whole life but that nobody really asked them to demonstrate.

“People have this conversation all the time, where they’ll say, ‘I always wanted to do that, but I don’t have the time, I’m not a public speaker, I wouldn’t know what to



Patty Tollner. Courtesy photo.

say,” she said. “Everyone has their role. Most people can do this. You don’t know until you try.”

## Understanding parents’ challenges

While Patty’s ultimate focus as a CASA is on the child, her work has opened her eyes to the challenges some parents face.

“They may not have the internet or a consistent phone, or a car to travel to meetings,” she said. “What I’ve found is that I just try to be available to people. I think it can get a little challenging, but you have to step back and remember, they didn’t ask for us to be in their life. We’re in there for a reason — to make it better — and if you can put a little less pressure on the parent, who’s trying to change and conform to these certain rules, then I try to do that.”

## The reward of making a difference

When asked what she finds to be the most meaningful and rewarding parts of being a CASA, Patty immediately says it’s the kids.

“Whatever happens at the final disposition of that case, the time that the CASA is involved with that child, making these recommendations, and listening to them and speaking for them, is absolutely great time spent,” she said. “You may have been the only person that was really listening. I know, without question, that I made a real difference to some really important little people.”

## Lending a helping paw

Patty’s life with therapy dogs began with her basset hound Rita, who was the first therapy dog at the Nashua library. Following in Rita’s much smaller footsteps came Raisin, the “gigantic” labradoodle. Raisin visits Patty’s children if they’re interested, specifically youth who are in a group home



## A Child in NH Needs Your Voice

We saw an **18% increase** in referred cases last year. More volunteers are urgently needed to speak up for children who experienced abuse or neglect. **Be a CASA, and help us give every child a voice.**



SCAN TO REGISTER

setting.

Patty remembers a particular day when she and her CASA child were sitting on a bench, and the child became upset and started to cry. Raisin got up off the ground and dropped her big head onto the child's lap with a hefty sigh. The child cracked up, Patty cracked up, and Raisin's tail was wagging. It was a great moment, and just one of countless meaningful ways CASA advocates are able to connect with the children on their cases.

**Be a child's voice**

Patty urges anyone curious about becoming a CASA volunteer to learn more.

"There are a lot of great organizations out there, but there isn't an organization that addresses the same population in the same way as CASA. Really, truly, at the end of a case, there will be no question that you did something amazing because you were the light and the voice for that child."

If you would like to become a CASA volunteer, you can sign up for an upcoming virtual information session at [casanh.org/infosessions](http://casanh.org/infosessions) to learn more, or submit an application at [casanh.org/apply](http://casanh.org/apply) today.

# Currier offers Art and Hope

The Currier connects art with people. The museum creates impactful programs that serve those in greatest need in our community today. We believe art can inspire, bring people together, and create a better, more inclusive society.

Our Art of Hope program provides art and mental health support for people whose family members suffer from substance-use disorder. This program engages participants in a welcoming, open-hearted setting through guided conversation in the galleries and a special art activity, using art as a conduit for generating understanding, awareness, and healing. Free and open to the public, Art of Hope requires no previous art experience.

We hold Art of Hope on Monday evenings as to give this specific program the utmost privacy; we are closed to the public on Mondays and this allow participants to have the entire museum space to themselves. We feel this helps not only open up the museum for greater access and make the space truly feel

like their own, but also to provide a welcoming environment with no judgment in which others who are in similar positions can openly communicate and express themselves creatively. Art – in the form of both the Currier's collection and guided artmaking - is used as a universal medium to connect and provide pathways to both healing and understanding.

Join us for Art of Hope in the galleries on select Monday nights from 6 pm to 8 pm.

For more information, email [clyford@currier.org](mailto:clyford@currier.org) or call 603-518-4970.

*The Art of Hope is supported in part by a grant from the NH State Council on the Arts.*

*The Currier Museum is committed to supporting our diverse community of learners through art by encouraging them to cultivate their artistic skills and broaden their imaginations within the setting of intimate and supportive*



*Art of Hope. Courtesy photo*



*Drawing Activity - Wellness Program. Courtesy photo*

*learning situations. Visit [currier.org](http://currier.org) to learn more about the museum and special programming.*



*Family owned for over 90 Years!*



## CHOOSE PALMER this heating season!

Fuel (Oil / Propane), Service, Equipment Sales & Installation, 24/7 Emergency Service, Electrician Services

Call Us Today!  
603.898.7986  
[PalmerGas.com](http://PalmerGas.com)

**\$150** IN NEW CUSTOMER CREDITS!\*  
Ask about our SENIOR DISCOUNT!

License Number MBE0005201

\*Some restrictions may apply

141338

IT'S NEVER TOO  
LATE TO FEEL GREAT!



**DISCOVER A WORLD OF HEALTH & WELLNESS!**

Join our vibrant community of older adults and enjoy group exercise classes, walking clubs, and nutrition classes. Improve your mobility, build relationships, and boost self-confidence with us.

YMCA of Greater Nashua | [www.nymca.org](http://www.nymca.org)

For a better us.®

For More Info Visit [www.nymca.org/joinus](http://www.nymca.org/joinus) or Call 603.882.2011

139239

*Welcome Home*

*Colonial Poplin*

*Nursing and Rehabilitation Community*



*Poplin Way*

*Assisted Living Community*



**Colonial Poplin, a 50-bed community skilled nursing center situated on 12.5 tree lined acres in the picturesque town of Fremont, NH.**

**We Believe:** The people we care for are our highest priority • In the preservation of Dignity, Self Respect, and Residents' Rights • In the person-centered approach to care • In encouraging family members to become closely involved

- Medicare and Medicaid Certified
- Prime HMO Affiliations
- Physical, Occupational, Respiratory & Speech Therapy
- Respiratory Therapy
- Advanced wound care management
- Cardio Pulmonary Program
- Treatment of joint replacements
- BI-PAP and C-PAP oversight
- Sub acute services: IV Therapy, PICC, Midline, Peripheral, Central & Portacath
- Geriatric Mental Health Services
- Diverse Life Enrichment Program
- Pain Management
- Respite Care
- Poplin Way Assisted living

*Our reputation throughout New England is unparalleled with clinical surveys that have always been deficiency free.*

137344

**442 Main Street, Fremont, NH 03044**  
**603-895-3126 | Fax 603-895-3662 | [colonialpoplin.com](http://colonialpoplin.com)**

# Remote care

## Telemonitoring patients at home

Granite VNA, New Hampshire's leading home health care provider, has launched a telemonitoring program for patients with chronic illnesses. Leveraging advanced tech tools, the program aims to empower patients to proactively monitor their vital signs. Suzanne Olszak, RN, who has more than 30 years of experience in home health care and manages the program, discussed its impact, benefits and future.

**Q:** *Can you provide an overview of your program and its significance in the context of home health care?*

We operate a telemonitoring program at Granite VNA, having launched it almost a year ago in October. With my 30 years in home care and a decade in telemonitoring with other agencies, this new program encompasses 50 telemonitoring units. ... We provide these patients with a tablet, scale, blood pressure cuff and pulse oximeter for home use. They're trained to daily monitor and record their weight, blood pressure and oxygen levels. The tablets, equipped with Bluetooth, transmit this data directly to our telemonitoring nurse's computer. This allows for immediate tracking, enabling us to detect any detrimental trends. ... Typically, we monitor patients for approximately 60 days. ... If any alarming trends emerge, we communicate with both the patient and their health care providers to proactively intervene and adjust their care plan, to prevent potential hospitalizations.

**Who is this program specifically designed to serve and support?**

Our focus is on high-risk patients with chronic diseases such as congestive heart failure (CHF), COPD, and high blood pressure, particularly those with medication changes or frequent rehospitalizations. ... We solely cater to patients from Granite VNA who have been recommended for skilled nursing or physical therapy. This telemonitoring service complements the assistance provided by their home care nurses and therapists.

**What is the primary purpose and intended outcome of this program for high-risk patients?**

Our goal is twofold: reduce hospitalizations and empower patients to be more engaged and informed about their health. ... The objective is to instill in these high-risk patients — CHF, hypertension, COPD patients — the significance of daily vital monitoring. We educate them about diet and the critical aspects of their



Suzanne Olszak works with a care provider, managing Granite VNA's telemonitoring program. Courtesy photo.

specific condition. Ultimately, we want patients to become autonomous in managing their health, particularly in identifying when they need medical attention. ... Our hope is that with this knowledge and monitoring, patients can become more proactive and independent in managing their conditions.

**How are the patients adapting to using this technology?**

Many patients initially feel nervous about using the new technology, primarily because the majority of our users are elderly. However, they adapt surprisingly well. We provide hands-on guidance, having them practice while we're present in their homes. The process is relatively simple for most — stepping on a scale or using a pulse oximeter. The biggest challenge tends to be the blood pressure cuff, as it requires positioning the arm correctly and tightening the loop, but we've designed it to be as user-friendly as possible.

**Does this program help in freeing up time for the nurses?**

Absolutely, it does. Instead of requiring multiple weekly visits for nurses to see a patient, the frequency can be reduced to once a week or even every other week. This is possible because a nurse constantly monitors the vitals, and this data is transferred to the patient's matrix care chart, which is their home care record. ... Additionally, patients appreciate this setup since they don't have to always wait for a nurse to visit, yet they're reassured that someone is monitoring their vitals throughout the program duration.

**Do you plan to extend the program to other medical conditions or broaden its reach in any way?**

The decision is primarily made on a case-by-case basis. If a nurse reaches out to me about a patient with a complex situation whom they believe would benefit from this technology, I'm fully on board with setting it up in their home.

— Angie Sykeny

# 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.

- **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.

- **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.

- **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 jlessard@shakers.org, the website said.

- **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.

- **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.

- **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 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.

- **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.

**REQ**  
REHABILITATION EQUIPMENT ASSOCIATES, INC.

**WHEELCHAIRS & WALKERS  
SCOOTERS & KNEE ROLLERS**

BEDS | BATH | WALKING AIDS  
LIFT CHAIRS | HOME MODIFICATIONS  
EQUIPMENT REPAIRS | SERVICES

**603.645.5200**  
MONDAY-FRIDAY 7:30AM-5PM  
1015 CANDIA RD, MANCHESTER, NH  
Follow us on Facebook @reqincnh  
**www.REQINC.com**

**WE ACCEPT ALL MAJOR INSURANCES & MEDICAID MCO'S**

# EXPLORE

**your creative potential**

**with classes and workshops for all abilities.**

**In-person and online.**



***From watercolor, to drawing,  
printmaking, and so much more.***

**View all classes and register online.  
Currier members enjoy class discounts.**

**CURRIER MUSEUM** *of* **ART**