



P. 13 Rethinking New Year's resolutions

P. 23 Working toward a plastic-free New Hampshire



Granite Senior Journal

February, March & April 2023

A Quarterly Dedicated to Senior Issues and Living

A WINTER'S DAY



Pamela Robinson at the site of the 1066 French invasion north of Hastings in 2022. Courtesy photo.

Frozen in time

Memories from the slopes and ponds

By Curt Mackail

I was having a tough winter day on the slopes of Spicket Hill, the old rope tow in my hometown of Salem, New Hampshire.

I was certainly not a born skier. Nobody in my family going back generations had ever been on skis, as far as I knew. So I, on the cusp of teenage-hood in 1964, outgrowing sledding on the neighborhood streets on the trusty Flexible Flier, ski-less, was left out of Saturdays on Spicket Hill, an important social gathering for most of the cool kids, including the cool girls, of course. I badgered my parents for a set of skis.

They obliged finally, probably just to curb my constant pleading. Mom, Pop and I went to a bicycle shop that sold ski equipment as a sideline in Lawrence, Massachusetts. We came home with a set of huge J.C. Higgins wood skis from the used rack. They were 6 1/2 feet long and weighed a ton. Black leather ankle-high boots with shiny snap-over buckles, also picked from the used rack along with wooden poles that were a little long for my height, completed the outfit. Pop shook his head a bit as he paid for the gear, probably around \$40. For my family in the early 1960s this skiing thing was a substantial investment. Forty bucks was almost a third of the monthly house payment, after all.

Lessons weren't even a consideration. My pal Wally, a second-year veteran of the hill, gave me everything I needed to know (in his own words) my first day out.

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Moved to action

The adventurous life of Pamela Robinson

By Robert Levey

While winter may be a time to proverbially hunker down for many older adults, such is decidedly not the case for Newmarket resident Pamela Robinson.

"There is a lot of stuff going on in the winter that seniors have the time to go to," Pamela said. "They take place during the day or week when most people work, so it's perfect."

One of her favorite things to do during the winter — and any time of year — is attend lectures. Having signed up for various lectures on Zoom during the pandemic, Pamela said she especially appreciates them now that they are being held in-person.

"Portsmouth Public Library has all kinds of free lectures," she said.

Recent topics in the library's free lecture series that caught her interest include Native Americans and World War II and

German submarines off the coast.

"I probably go out to a free lecture every two or three weeks," Pamela said, noting that many other libraries offer similar kinds of programming.

Other organizations whose programming she follows include New Hampshire State Council on the Arts and New Hampshire Historical Society, the latter of which will present "Unpacking Early Myths Of Colonial New Hampshire," a



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Pamela Robinson visiting covered bridges near North Conway in 2021. Courtesy photo.

◀ ACTION CONTINUED FROM PG 1

lecture by Dillon Mahoney, on Saturday, Feb. 18, at 2 p.m. The lecture will reveal insights into 17th- and 18th-century New Hampshire history, much of which Mahoney said is clouded by storytelling and myths, particularly in accounts of indigenous peoples and charismatic individuals such as Passaconaway.

“I’m looking forward to the lecture,” Pamela said.

She cites OLLI (Osher Lifelong Learn-

Pamela said, adding that local senior centers, libraries and historical societies offer low-cost or free programming year-round. “I’ve already signed up for some Zoom and in-person lectures. I can be interested and entertained, but only if I make the effort to get to them.”

When she is not attending low-cost or free community programming, Pamela is likely to be at Strawberry Banke Museum in Portsmouth, where she spends her time in several ways. One of these ways is in her role as a historic role-player and

said Strawberry Banke has many books that she can borrow that provide insight into the houses and the people who lived there.

“You can’t learn everything at once,” she said. “I’m still learning after 17 or 18 years.”

One of her roles is Bertha Abbott, a woman in 1943 who runs a grocery store. Furnished as if it existed in 1943, the store is a complete reproduction of what it was in that time period.

“I’ve been playing that role a lot lately,” Pamela said.

Another role she plays is Mrs. Stavers at Pitt Tavern in 1777.

“She is another one of my favorite roles,” she said. “When visitors come in, I talk about the Revolutionary War. ... I’ve done that first-person interpretation for quite a few years.”

Pamela has also participated in archaeology digs at Strawberry Banke, washing and classifying items, such as broken pieces of pottery, that have been found on the property. At one dig — Chase House in 2008 — she said they found many items that spoke of the house’s history as an orphanage.

“We found dolls, marbles, bits and pieces of toys and slate for chalkboard,” she said. “We place things in little bags, and the archaeologists write up a report, which I helped to proofread. ... I still do these kinds of things in the winter.”

In addition to her love of history, Pamela enjoys playing bridge, a game she said she began to play in her 20s after college when she was engaged to her future husband.

“My fiance and his family were really into bridge, so I really learned to play — this was back in the late ’70s,” she recalled. “I read books and played a lot and learned from people who were better. I played two or three days a week at night back then.”

Today, she plays bridge for three-and-a-half hours at a time. The largest bridge club to which she belongs features approximately 13 tables with four people at one — a number that can swell to 18 in the summer.

“I play at least twice a week, sometimes three days,” she said. “Plus, I give in-person beginner lessons at my local senior center, Sunrise Sunset in Newmarket.”

Other hobbies of hers include drawing, painting and reading. In regard to her reading habits, Pamela said she tends to read a couple books each week. Detective

books are one of her favorites, particularly the books of English writer Elly Griffiths.

“She is really good and has a good writing style,” she said.

Griffiths’ main character is an archaeologist.

“She is called in to identify bones, and she gets involved in murder mysteries,” Pamela said.

She also enjoys her BritBox subscription through Amazon Prime, which she said has “excellent foreign series.” Now in its ninth year, *The Seaside Hotel* is a favorite, along with *Astrid*, which is from France and chronicles the adventures of two women in the Parisian police.

“One is autistic and is brilliant at figuring things out, but she struggles with social skills,” Pamela said. “It is very well done.”

She is also a big fan of *Three Pines*, a show on Amazon Prime based on Louise Penny’s Inspector Gamache series of mystery novels that follow the head of homicide in Quebec.

“I like her books, too,” Pamela said.

In reflecting on her ability to make use of — and especially enjoy — her free time alone, she attributes it to her childhood.

“As an only child, I had to entertain myself, so I hardly ever feel lonely,” she said.

She grew up in Bellingham, Mass., a town that borders Woonsocket, Rhode Island, that she describes as a mill town. At the time, it featured the same school building attended by her mother and grandmother. The high school building, which consisted of 11 rooms, was built during the Depression.

“There were no frills to the building — no home economics, no physical education, no football team,” she said. “The school offered basic college prep or business classes.”

Citing Bellingham as also a kind of farming community before Interstate 495 went through the northern end of town, Pamela lived across the street from her grandparents. She also knew her great grandparents and would play in their “big old barn.”

“I’m surprised I never got hurt,” Pamela said, adding that she was the only grandchild on either side of the family.

Although describing it as somewhat rural, Pamela said Bellingham is only 5 miles from downtown Woonsocket, which she said helped to create a diverse community.

“A lot of the kids in my class were Pol-

“You can’t sit around and wait for things to come; you have to look for it.”

— Pamela Robinson

ing Institute) at the University of New Hampshire as another great resource for programs and activities for older adults (ages 50+) in the winter and throughout the year. A member-driven, volunteer-based membership program, OLLI offers lifelong learning, social events and volunteer opportunities in accessible and safe locations across New Hampshire.

“You can’t sit around and wait for things to come; you have to look for it,”

interpreter where she educates visitors from around the world about the historic houses.

“When you are an interpreter, it is like studying in a college course,” she explained. “You start out with one or two houses — they don’t just throw you in — and then you take on more and more houses as you become familiar with them.”

To aid in her learning process, she

ish or French; it was a diverse community in terms of nationalities, but it was not diverse with color," she said.

Before retiring to New Hampshire — she has been a resident of Newmarket for nearly five years — Pamela taught high school English for 36 years. In reflecting on her experience as a teacher, she cites one "heartwarming" story in particular she clearly remembers to this day.

"I had one girl who had a baby, and I allowed her to sit in a class late," she said. "As a thank-you, she brought me a red rose on the last day of school. That was a nice moment."

Such moments, Pamela said, were not a common occurrence.

"High school teachers are not appreciated like elementary teachers," she said, "so when someone does something in appreciation, it is remembered."

As for her future, Pamela cites another life hack, which is to stay moving and travel.

"I like to travel a lot," she said. "My mother took me on a European trip when I was a junior in high school."

Born in 1913, Pamela's mother was a traveler.

"She had her own car in the 1930s,

which was not a usual thing back in those days," Pamela said, adding that she also likes to drive and travel.

One of her favorite destinations is Europe, which she tries to visit at least once each year. Whereas she used to travel by herself, she now elects to "pay extra" and go with a group.

"I have gotten a little lonely, so it's nice to not be alone," she said.

She has been to Europe nine times, she said, and her trip there last summer might have been her most adventurous.

"I had not been to the southern coast of England, so this was my first time," she recounted.

Two days into the trip, however, someone came down with Covid. In total, five of the 16 people on the trip caught it despite everyone testing negative for it at the onset and being required to wear masks.

"I was a little bit anxious — we wore our masks, crossed our fingers, and we hoped," she said. "No one else caught it, and I believe everyone recovered, so that was a good thing."

As for her next trip, Pamela said, it is already planned.

"I'm going to Wales, and I can't wait."



Pamela Robinson as Bertha Abbott at Strawberry Banke in 2020. Courtesy photo.

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With old-school bindings such as these from the 1960s, you entrusted your orthopedic future to a rudimentary mechanism with each run. Courtesy photo.

◀ FROZEN CONTINUED FROM PG 1

Wally possessed a round, dense body with hardly any neck at all. He looked like a cannonball with legs.

Wally preferred to schuss down the hill in a straight line, crouched with poles up like the Swiss downhill racers we saw on Wide World of Sports. Wally philosophized that turns only slowed you down. I realized later — after Wally crashed into the warming hut, the snow fence at the lift line and rocketed straight through the rank of kids at the snack shack — that Wally knew neither how to turn nor stop.

But he did get one thing right. “To get going, first let the rope slide through your hands when it’s your turn to get on the tow. Then tighten your grip little by little and you’re off smooth,” he explained. With the authoritarian intonation of a Ski Patrol expert, he added, “If you get going too fast on the way down, point your skis together at the front and do the snowplow. See, like this.” He demonstrated. “If you get going way too fast or you’re heading for the trees or a telephone pole, just fall down.”

Ready for my first attempt

Next in line for the tow rope, a blank haze of fear and excitement descended upon what passed for my brain. Forgetting Wally’s admonition, I grabbed the line hard. Suddenly I was jerked about 10 feet uphill in mid-air, legs akimbo. Alighting face first, both arms outstretched, I was dragged by the rope like a 130-pound rag doll. From deep in the recesses of my

mind arose the notion that I should now release my death grip on the rope. I did and lay there, a snow-drenched pile with shoulders that felt dislocated.

In fairness, managing a rope of the old-school variety was not easy. The line was heavy and usually slick. It moved at 10 to 15 miles per hour, which is about as fast as regular chair lifts go today, I’m told. Try grabbing onto a passing train going 15 mph, which I decidedly do not recommend, and you’ll get a feel for what it’s like to forget to slip your starting grasp of the tow rope.

Experienced riders behind me on their way up muttered epithets as they side-stepped this face-planted mortified roadblock. I arose looking something like a crippled snowman to find a small crowd of girls gathering to take in my little sideshow. Classmates from junior high school, they pointed and giggled. “Nice trick, klutz,” Paula called out. More giggling. My face reddened to about the shade of a stoplight, I’m sure.

Trying to ignore this ignominy, I swept the snow off my blue jeans and red plaid woolen jacket, recovered my eyeglasses, gloves and stocking cap, released the ponderous skis from their claptrap bindings and plodded back to the end of the tow rope line. I wondered whether this whole ski thing was such a good idea after all.

Wally was already nearby at the bottom of the hill after his first meteoric run. He didn’t even ask what happened. Perhaps he thought I’d been caught in a brief, localized snow tornado. But he did say he remembered a couple of other important pointers. “Don’t look at



Modern rope systems employ high-tech lightweight rope and low-friction conveyance wheels. Photo courtesy of Rope Tow Operators Report.



Rope tow ski hills continue to attract beginners, seniors and skiers seeking a touch of nostalgia at bargain prices. Photo courtesy of Coppervale Ski Hill.

your feet. Look up toward the top. Just get your skis in the ruts on the tow trail. It's pretty easy," he said, concluding my instruction with a slap on the back.

For Spicket Hill, I guess that was probably about all the instruction you needed to start. Boasting a vertical drop of an advertised 160 feet and a 1,000-foot run, which was lengthy for its time and type, the hill was safe and fun for novices and teens, if you could manage basic tow rope technique.

It wasn't easy at first. The next time I got started well enough but within 25 yards or so, feeling the flush of success, the clunky left ski binding released and I went careening again. On the next attempt I actually made it almost to the top, but an errant skier starting downhill crashed into me, cutting me down like a bowling pin. Knowing it wasn't my fault this time was some solace as I again brushed off the wet snow and found my eyeglasses, luckily.

After gaining the top of the hill a few times in the next hour and imitating other snowplowers on the way down, it started to be kind of fun. I even tried parallel skiing and turning that I saw others executing effortlessly. For me this produced crash after crash. And eventually I even got the hang of the one-hand-in-front, one-hand-behind rope line grab that made the uphill journey smoother and a little less dangerous.

Carloads of kids

Virtually every Saturday all winter (and this was back when winters were snow-filled and cold in southeastern New Hampshire) we kids were dropped off in carloads by parents who coughed up a couple of bucks for a day pass and maybe a half dollar more for two steaming Essem franks and watery hot chocolate from a leaky paper cup in the snack shack. Looking back, it was cheap babysitting. Adults on the hill were scarce.

"Pick you up at 3:30," my mother reminded us as we disembarked our family's green Studebaker Lark station wagon, my young father's pride and joy. Jimmy Burke, Bobby Mahoney, Tommy Gregory and Larry Hajjar and I were packed into the steamy interior. That Lark was barely big enough to fit four or five bundled-up kids. Skis extended out the back through the open flip-up window.

Skis, poles and boots were the only essentials. Nobody wore helmets. Fancy snowsuits were seen on some of the girls but not many. The new metal skis from Head, Rossignol, and Lange — expensive and just coming into vogue — were rare. Fiberglass construction and short skis that made turning and stopping much easier hit the market within a couple of years, as I recall. The hill had no snow-making, no grooming, no safety patrol, and definitely no apres-ski lodge.

When tow rope skiing was everywhere

Once on our slope, you saw Methuen Hill in Massachusetts about 7 miles to the south, that town's equivalent of our Spicket Hill. These little ski areas peppered the New England landscape in their day.

More than 600 small and mid-sized rope tows operated in New Hampshire, Maine and Vermont during the 1950s and 1960s, according to the New England Lost Ski Areas Project. New Hampshire boasted more than 170, Massachusetts the same. Vermont and Maine combined for another 200. Connecticut was home to dozens more.

The total cost to establish a simple ski hill with a rope tow or two was \$500 or less in the post-WWII era, according to the New England Historical Society. There was no need for snowmaking equipment, grooming machines, extra staff for safety patrols, or any other of the modern-era necessities of a full-fledged ski resort. Rope tows were cobbled together with an old tractor or junk car engine, a bunch of automobile rims, and enough telephone poles to carry the rope from top to bottom. Lots of farmers, golf courses, country inns and outing clubs threw up public rope tows on slight inclines for some extra cash.

Besides the low initial investment, it didn't take a lot of people to keep a rope tow ski hill operating either. I recall

Spicket Hill had a mechanic in the engine house, an older woman running the snack shack, and a disagreeable older guy outside (probably the owner) riding herd on the hundreds of kids who'd spend the day traversing their own imaginary slalom course, crashing into trees and each other, teasing the opposite sex, and creating mischief typical of adolescents. And it quickly caught on across New England after the Great Depression. When Maine's first rope tow opened in Fryeburg in 1936, 200 people came to ski and 3,000 came to watch, the New England Historical Society reports.

By the 1970s, most of the small tows fell victim to competition from large ski areas with snowmaking and trail grooming. T-bars, chair lifts, and gondolas became the norm for an ever-expanding market of adult downhillers. Rising real estate taxes, insurance costs, and dry winters also hurt the little guys. The golden age of rope tow ski hills faded badly over a period of about 20 years.

Ghosts still visible

Many of the old rope tow hills are still visible if you know where to look. And a few remain in operation, survivors from 60 years ago or more.

In New Hampshire you'll find old-fashioned family-style slopes where you can ski for as little as \$5 a day at Abenaki Ski Area in Wolfeboro, Mt. Eustis in



If you began skiing when you were young, you may have started with a pair of heavy wooden skis with claptrap bindings, as did the author. Courtesy photo.

Littleton, Veterans Memorial Recreation Ski Area in Franklin, and Arrowhead in Claremont. Note that many close when snowfall is light, and that's the case so far this season as we go to press. Always call ahead or check websites to be sure there's enough snow.

One of my favorites for the grandchildren today is Powderhouse Hill, operated by the town of South Berwick, Maine. Skiers, snowboarders and tubers all enjoy this gentle rise.

McIntyre Ski Area, owned and operated by the city of Manchester, remains a family favorite too. Its lineage extends

When there is no snow, skate!

After a couple of years of lugging those old wood skis around and growing out of my boots and poles, I didn't have enough interest or skill to progress to the next level of real downhill skiing on the bigger mountains. Skating took the place of skiing. Today I look back at many more happy times on ice than on snow. Hockey was the reason.

The favored winter sports outing day for the regular gang changed to



The longtime town-owned Powderhouse Hill Ski Area in South Berwick remains a destination for youngsters and their grandparents. Photo courtesy of Powderhouse Hill Ski Area.

ing our sticks into a pile at center ice and one guy randomly separated them into two groups, hence two teams. The only exception was the goalies. We had two. And they weren't goalies because they had goalie equipment. They were goalies because they couldn't skate.

Johnny the goalie came here from Italy only a couple of years prior, the son of an American diplomat and an Italian mother from Rome. Great soccer player, that Johnny. Amazing what he could do with a soccer ball. (We'd never even seen a soccer game at that time, I recall.) But Johnny was not good for much on the ice.

Our other regular goalie, Carl, wasn't an emigre but he too had never put on the blades and was also useless as a skater. His strength was enthusiasm and a thick skull.

The solution for our goalies was simple. The goalies wore summer baseball cleats for traction, a baseball glove to catch the puck, and grabbed one of the two beat-up Louisville goalie sticks we kept at the Deckers, held together with athletic tape wrapped around their numerous cracks.

The goal area was marked with two milk crates spaced about 6 feet apart. If the puck crossed the imaginary goal line between the crates your team chalked one up. But the rule was no shooting the puck above knee level for everyone's orthopedic safety. More than one argument occurred about whether the puck actually crossed the goal line and, if it did, was it above or below knee level.

How to be a good goalie

Chris was fearless in the goal mouth. (Some would say brainless.) Chris flipped and flopped like a fish out of water to make saves, just like the pros on television. We called him "Cheesie" in honor of new Bruins goalie Gerry Cheevers, who was also a flopper.

Johnny, on the other hand, defended mostly with his feet. Once he stopped a shot he'd kick it up ice, running in his baseball spikes. This unorthodox style — part soccer, part hockey — was actually fairly effective. Sometimes he even eluded us "real hockey players." We had long

*Skating took the place of skiing.
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happy times on ice than on snow.
Hockey was the reason.*

back to the old rope tow near the Deerfield golf course more than 60 years ago. Now moved adjacent to the city's Deerfield Park and updated with 11 trails, snowmaking, two double chairlifts, lifts for tubers, a Magic Carpet lift for children, a ski school, and a base lodge, it lets adults ski all day for \$40. Better yet, seniors' season passes are just \$30.

Sunday. That's mostly because the national hockey game of the week was televised on Sunday afternoons by CBS. We'd all go over in the morning to Donny Decker's family camp on Cobbetts Pond. We'd shovel off a big rectangle and mound the snow carefully for the side and end boards.

Teams were chosen after throw-

sticks, real hockey skates and a desire not to be embarrassed by this 5-foot squirt who spoke broken English. What fun!

Games began mid-morning and lasted until the nationally televised hockey game of the week came on at 1 o'clock. We'd strip off our gloves, leg and elbow pads, and cram into the Decker's living room around the console television. Starving and smelling something

like rotting sneakers, we quickly became absorbed in whatever pro game was on that week.

We all rooted for The Big Bad Bruins, as we fans liked to call them. And we all hated the New York Rangers, the biggest Boston rival with the despicable (in our minds) Eddie Giacomin in the goal. Giacomin and many of his teammates made no secret of their dislike for the Boston squad, and the Big Bad Bruins reciprocated. Seems like almost every Rangers versus Bruins game featured at least one bench-clearing brawl. I recall a Rodney Dangerfield joke: "I went to a boxing match and a hockey game broke out."

We each had a Bruins favorite player or two. Everyone loved Bobby Orr and Phil Esposito. I rooted for the rookie sensation Derek Sanderson and veteran Johnny Bucyk. The Bruins even had an American player, Tommy Williams, who was pretty good.

Learning from a master

I learned to skate under the tutelage of my father. He played prep school hockey in a New York City league in the late 1940s. He was quite modest about that although I believe he must have been quite good because he was recruited by the school.

He taught me to skate in double runners when I was 4 or 5. He had me push a wooden chair in front of me for balance, out on a swamp in our neighborhood. That's a technique I recommend today.

I'll never forget the day that Pop was explaining that balance on your skates was most important. I'd graduated to single blades by then. He said, "Watch." And then he untied his skates, loosened the laces so they were hanging, and proceeded to cut left and right, stop on a dime, sprint

forward and spin to skate backwards. I couldn't even stand with my laces loosened. For the rest of my time playing hockey, into the beer leagues when I was past age 50, I tried to duplicate that feat. I never did.

When we returned home from skating, the blades were always carefully wiped dry, the boots opened, and the skates hung on a clothesline in the furnace room. Every so often we took a trip to an outdoor rink in nearby Lawrence where they had a skate sharpening machine to dress our skate blades.

It was one of the very few refrigerated rinks at the time, albeit outside, and it was lighted at night. Hockey was strictly forbidden during public skating times so that the old fogies, couples on a date and the figure skaters practicing their "eights" weren't disturbed.

That same ice surface was later enclosed with a steel Quonset hut. The owner built a real hockey rink inside with boards and chain link fences. The building was just wide enough that you could walk between the boards and the outer walls single file. Greenish fluorescent light barely illuminated the interior. It was Frost Arena.

Famous in its day for being among the first indoor hockey rinks in the area, it became infamous in its later days for being the worst hockey rink just about anywhere. The Zamboni ice surfacing machine frequently stalled and had to be laboriously pushed off the ice by players. Toilet water flooded the locker rooms. Doors at the benches and rink exit unexpectedly flew open when a player was checked into them because of the worn out hinges and latches. It was something like a dive bar for hockey players, although no booze was served.

But the pinnacle of ice skating experience, be it hockey or otherwise, always occurred outdoors. Those special times when the ice froze perfectly and hard, like glass. Arctic air opened your lungs. At sunrise or sunset it was especially invigorating. Your nose and ears burned a little until you warmed up. Your skates made that crinkly crisp sound as they bit the ice. And you skated like the wind. If nobody was around to watch, you might even loosen your skate laces and try a few turns.

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Granite State family caregivers need support

By AARP NH associate state director of communications Pamela Dube and AARP NH intern Anh Che

Chances are, if you aren't a family caregiver yourself, you know someone who is. The AARP Public Policy Institute report found that nearly 177,000 Granite Staters provide more than 148 million hours of care annually to help their parents, spouses, siblings, grandparents, neighbors and other loved ones to live independently at home — where they want to be.

At AARP, we're here to help you get answers, connect with other family caregivers and find local resources close to home so you can take care of what matters most.

AARP offers free resources to help make caring for a loved one more manageable. No matter where you are in your caregiving journey, if you need help, you can call our free resource line at 1-877-333-5885 or visit our one-stop library of resources online at aarp.org/caringivng.



Here are some of the valuable free resources you will find:

Connect with us

Connect with other caregivers through forums, a Facebook discussion group and a support line to learn helpful caregiving tips and get support from experts on caregiving issues.

In-home care

Aging adults want to stay in their homes as long as possible. This resource will equip caregivers with an effective in-home care guide on topics including emergency planning, medical alert system, need-based assistance for loved ones and more.

Mobility and transportation

Having a conversation with older adults about mobility issues is challenging. Learn some important tips about how to best assist your loved ones.

Dementia

This resource provides caregivers with helpful information about cognitive impairment in older adults as well as specific guidance about care plans, signs and symptoms and more.

Financial

Check out this financial resource if you have questions pertaining to costs of caregiving, public benefits, getting paid as a caregiver and preparing your tax return.

Life balance

It is essential for caregivers to explore different resources that help minimize the burden of caregiving, such as adult day care services, stress relief tips and more.



Get the Family Caregiving Support You Need

WITH RESOURCES IN NEW HAMPSHIRE

To order a print copy of the AARP New Hampshire Family Caregiver Resource Guide, call the AARP Family Caregiving Resource Line at **1-877-333-5885** and request the Family Caregiver Resource Guide. Or, order the guide online at aarp.org/caregiverresources.

/AARPNH @AARPNH

Family Caregiving



Long-term care

We provide a combination of resources that family members need to prepare for long-term caregiving, such as information related to assisted living facilities, cost of living, insurance options, continuing care communities and more.

Legal

Manage your loved ones' legal rights strategically with this list of resources regarding guardianship, medical authorized representative, advance directive and more.

Veterans

Our veteran-specific resources provide valuable information about caregiving, financial and health care benefits, enrolling in VA health care, survivor and burial benefits and more.

End of life

End-of-life care presents emotional hardship. Planning final days with these resources will help caregivers navigate this conversation to ease the experience for all.

Medical

Medical assistance is a significant part of aging and caregiving. These resources offer detailed guidelines on Medicare enrollment, medication management, cancer care plans and more.

Tools and guides

These essential tools and guides for caregivers and their loved ones will help to manage your aging journey, from getting financial support to connecting with caregiving experts.

Family caregiver resources for New Hampshire

If you are a Granite State caregiver, we've got you covered. Our resource guide will help you access resources for finances, legal, transportation, housing and care for caregivers. Visit bit.ly/nhcaregivers.

Family caregivers are the backbone of our care system. We're here to give them the support they've earned. Visit aarp.org/caregiving.

Vertigo and balance

By Dr. Jessica Woods
audiologist, Dr. Woods Hearing Center



Many people who suffer from dizziness, imbalance or vertigo have trouble finding out the root of the problem. Dizziness and vertigo are not actually a diagnosis, they are a symptom. Dizziness is real to you, but is not observable by your doctor. Doctors cannot look at how this portion of the ear functions with MRIs or CT scans; therefore, MRIs and CTs cannot diagnose vestibular disorders or illnesses of the inner ear that cause balance disturbances. Most general practitioners, along with many ear, nose and throat physicians, and neurologists, do not have the equipment or expertise to determine which particular inner-ear disorder is causing your problem. Audiologists are specifically trained in the vestibular system (the portion of the ear that is responsible for equilibrium and balance) and are capable of interpreting diagnostic tests to pinpoint the source of the imbalance. Dr. Woods has opened a state-of-the-art diagnostic testing lab with equipment that is not widely available in New England. These diagnostic tools enable her team to

uncover the source of the problem, allowing her to partner with physical therapists to develop the most effective treatment plan for your situation. We are happy to offer this evaluation to patients who are not satisfied with "just living with it."

Did you know?

- Inner-ear disturbances account for 85 percent of dizzy disorders.
- Untreated mild hearing loss triples the risk of an accidental fall, with the risk increasing by 140 percent for every 10 decibels of hearing loss.
- One out of five falls causes a serious injury, such as head trauma or fracture.

What is it?

- **Vertigo** is the perception of movement or spinning, either of the self or the environment, also known as "room spinning dizziness."
- **Dizziness** is the general term that is used to describe lightheadedness, a floating sensation or faintness.
- **Imbalance** or disequilibrium is a feeling of being off-balance or unsteady.

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:

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Considering a partial or total knee replacement?

St. Joseph Hospital in Nashua now offers patients the Stryker Mako robotic surgical device to perform robotic-assisted joint replacement procedures

By Tim McMahon
St. Joseph Hospital

The Mako is a revolutionary device that is now being used for partial and total knee replacements at St. Joseph Hospital. This state-of-the-art technology allows for a more precise and personalized approach to knee replacement surgery, resulting in numerous benefits for patients.



A personalized surgical plan for every patient

“One of the main benefits of the Mako is its ability to create a personalized surgical plan for each patient,” shared Dr. Andrew Garber from NH Orthopedic Center. The Mako uses a pre-operative CT scan to create a 3D model of the patient’s knee, which allows the surgeon to formulate a surgical plan including the size and position of the implant. This level of precision ensures that the implant is placed in the optimal location for each patient, resulting in a more natural feeling knee after surgery.

Real-time feedback

The Mako is able to provide real-time feedback to the surgeon during the surgery. This allows the surgeon to make adjustments to the implant placement if necessary, ensuring that the final result is as accurate as possible.

Improved clinical outcomes

One of the most significant benefits of the Mako is the improved clinical outcomes for patients. Studies have shown that patients who have undergone knee replacement surgery with the Mako have a lower risk of complications and a faster recovery time. They also report higher levels of satisfaction with their new knee and have a more natural feeling knee than those who have undergone traditional surgery.

Improved surgical accuracy

Another benefit of the Mako is its ability to improve the accuracy of the surgery. The Mako is able to navigate the knee joint with a high degree of precision, ensuring that the implant is placed in the correct position. This can lead to a more successful surgery and a quicker recovery time for patients.

According to Dr. Albert Tom from St. Joseph Hospital Orthopedics, “The Mako robotic surgical device is a game-changing technology that is providing numerous benefits for patients undergoing partial and total knee replacements at St. Joseph Hospital. Its ability to create a personalized surgical plan, improve the accuracy of the surgery, reduce invasiveness, provide real-time feedback and improve clinical outcomes is making knee replacement surgery a much more effective and efficient procedure.”

Less invasive

The Mako also allows for a less invasive surgery. It allows the surgeon to remove only the planned amount of bone of the knee within 0.5 mm, preserving as much healthy bone and tissue as possible. The Mako software also utilizes haptic boundaries to minimize surrounding soft tissue damage, leading to a faster recovery time and a lower risk of complications.

It’s important to note that Mako robot-assisted surgery is not appropriate for everyone. Your orthopedic surgeon will evaluate your individual case and determine if Mako robot-assisted surgery is the best option for you. For more information about the Mako, visit stjosephhospital.com/services/surgical-services/mako.



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Rethinking your resolutions

Six tips to finding new confidence and embracing the current you

By Elizabeth Covino
chief community relations officer,
YMCA of Greater Nashua

We often hear “new year, new you.” Those words circle in our heads as we jot down notes for our future selves — people who, in our minds, are better versions of who we currently are. Yes, fitness goals are included, but the best resolutions often enrich your emotional health and spirit, and focusing on your health and well-being doesn’t always translate into a new diet or workout plan. Expand your sights on taking charge of your mental health, finally optimizing a better sleep routine or diving head first into reclaiming how you spend the 24 hours of each day.

YMCA of Greater Nashua is here to pose the question, “Why do they say “new year, new you?” as if the current “you” is not enough? The current “you” is extraordinary — why change it?

Sometimes the only change we actually need is to add something enriching to our lives. At the Y, we invite you to rethink

your resolutions and find something new this year — something to help you find the confidence to embrace and appreciate all that makes you you!

• **Find a new passion:** At the Y, you’ll find countless opportunities to get moving and experience the joy of better health. All it takes is one first step. Find what moves you. Choose from one of our hundreds of in-person and online group exercise classes, or get involved in a new activity today.

• **Find a new strength:** Our supportive community will inspire you to find your inner strength. Y personal training is a great way to learn more about what your body is capable of. Find your strength and ask about Y personal training today.

• **Find a new flow:** To be our best selves, we need to take care of our whole selves. Find balance in spirit, mind and body with our mind and body classes, including yoga, pilates, aquasize, group cycling, line dancing, kick-boxing, Zumba and more.

• **Find new friends:** There are no strangers, just friends we haven’t met yet. Friendship is



important at any age, from toddlers to seniors. The Y is the place for lifelong connections. Find your friends today.

• **Find a new perspective:** Neighbors from all backgrounds and walks of life discover common ground and broaden their perspectives at the Y. Get involved in family nights, Y seminars, senior programming and volunteer opportunities and find a new perspective.

• **Find a new purpose:** Whenever a neighbor needs support, the Y stands ready to help with open arms and caring hearts. Whether you’re providing food to neighbors

in need or making sure that all kids have a safe space to grow, volunteering is sure to fill your cup and help you find new purpose.

As a new year’s resolution — or any time of year — it’s always good to invest in yourself. Identify the right resolution to improve your life, create a plan on how to reach it and become part of the small group of people that successfully achieve their goal.

To learn more about our community and senior based programs at the YMCA of Greater Nashua go to nymymca.org.

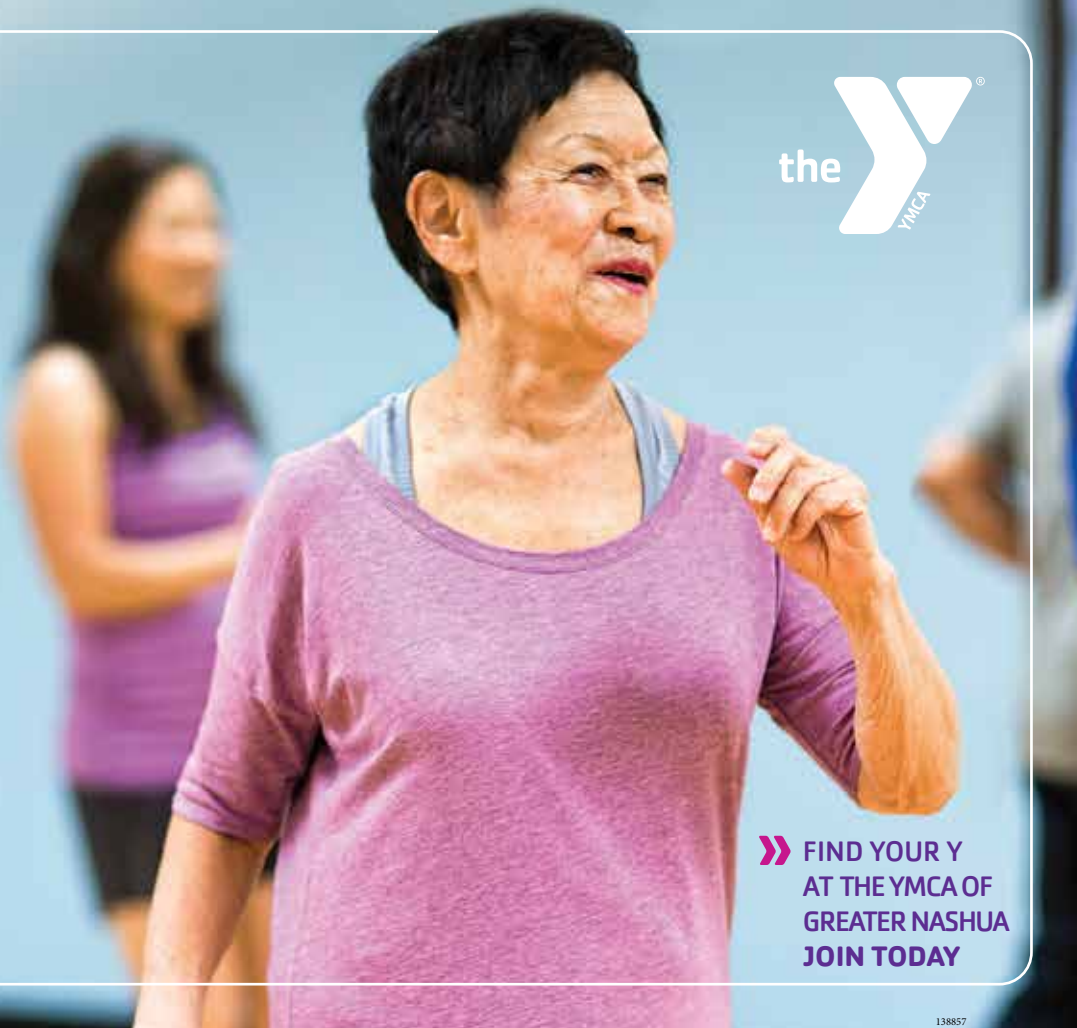
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- Community Events and Gatherings
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Fight diabetes with clinically studied *hintonia latiflora*



By Terry Lemerond
founder and president of
Terry Naturally

The high rates of type 2 diabetes are alarming. Certainly, lifestyle changes, including a sensible diet and exercise, can go a long way to reducing blood sugar, but if you struggle with this problem, you have an ally in your corner — *Hintonia latiflora*.

This clinically studied herb shows amazing results, including reduced A1C levels and, in some cases, even replacing medications entirely.

Hintonia concentrate for the dietary treatment of increased blood sugar values: results of a multicentric, prospective, non-interventional study with a defined dry concentrate of *Hintonia latiflora*. Schmidt M, Hladikova M. *Naturheilpraxis*. Feb. 2014. (Translated).

Background:

Preparations from the bark of *Hintonia latiflora* are used to regulate blood sugar levels. The objective of this study was to prove the nutritional benefit within the framework of a dietary treatment of increased blood sugar values with pre-diabetes and slight diabetes type 2 as well as the assessment of the tolerance and application safety.

Method:

In an open, prospective, multicentric and non-interventional application study, the effects of a dry concentrate from the bark of *hintonia latiflora* in the form of capsules were examined for the laboratory parameters of the blood sugar levels (HbA1c, fasting and postprandial glucose) as well as for the development of diabetic accompanying symptoms (sweating, gastrointestinal symptoms, paraesthesia, itching and neuropathies). Particular attention was also given to the tolerance and, if available, further clinical parameters (blood pressure, liver values and blood lipids). An eight-month treatment was documented in 178 test persons with type 2 diabetes/pre-diabetes, who were treated with oral antidiabetics and/or insulin or only with a diet.

Results:

At the end of the study, 177 data records were available. The HbA1c values improved over the course of the study with a high level of clinical relevance and significance from 7.2 ± 0.4 percent to 6.4 ± 0.5 percent, in accordance with a relative improvement by 10.4 percent ($p < 0.0001$). In parallel, the values of fasting and postprandial glucose also improved by an average of 23.3 ± 12.5 percent (from 152.1 ± 27.4 mmol/l to 114.4 ± 18.2 mmol/l) and 24.9 ± 11.4 percent (from 189.5 ± 34.1

mmol/l to 140.1 ± 22.3).

The sum score of the diabetic accompanying symptoms improved from initially 4.8 points to 1.3 points at the end of the study. Improvements were also determined in blood pressure, blood fats and liver values. The tolerance was excellent; no unwanted effects occurred, in particular no hypoglycemic episodes. In 55 of 114 patients with antidiabetic medication 39.5 percent (sic) [48 percent], the substance could be reduced ($n = 45$) or stopped entirely ($n = 10$). [In half the patients taking antidiabetic medications, the medications could be reduced or stopped entirely by the end of the study. Ed]

Conclusions:

The study confirms the positive effects of the dry concentrate from the bark of *Hintonia latiflora* on the main parameters of the blood sugar levels and the diabetic accompanying symptoms. In the event of pre-diabetes or minor cases of type 2 diabetes mellitus, this can contribute towards stabilizing the blood sugar homeostasis in particular, achieving a lower load from accompanying medication and deferring the necessity of using oral antidiabetic drugs and/or insulin.

What this means to you:

The CDC reports that about 84 million Americans have pre-diabetes — abnormally high blood sugar but not yet the level of type 2 diabetes.



Hintonia latiflora. Courtesy photo.

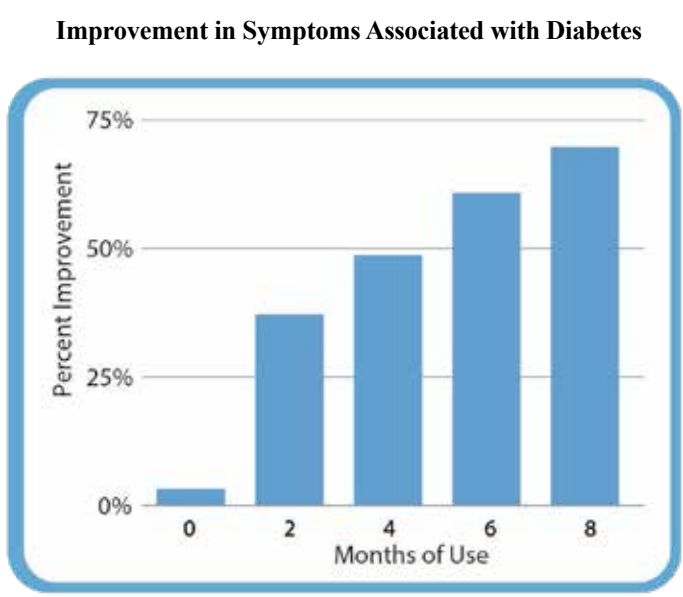
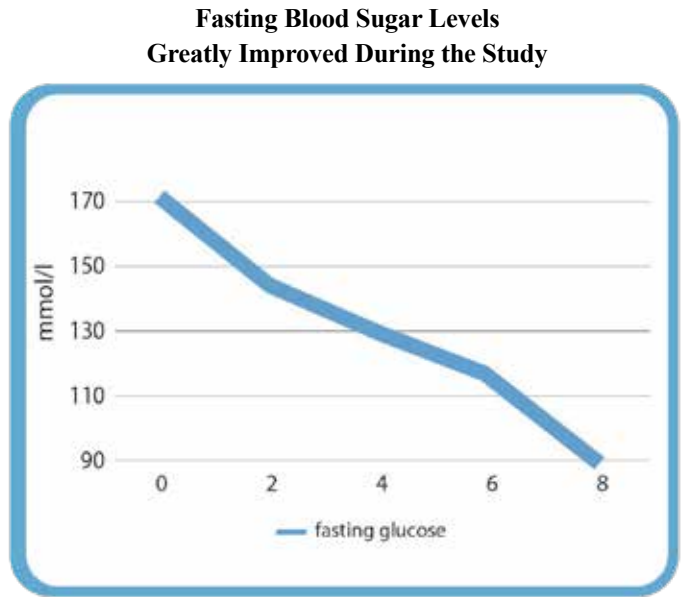
tes. That's in addition to the almost 30 million Americans who do have type 2 diabetes — almost 24 percent of whom don't know it yet.

Hintonia has been clinically studied in Europe for over 60 years to help people with both pre- and type 2 diabetes. This particular study tested a number of parameters: fasting glucose levels, physical consequences of diabetes (sweating, itching, excessive thirst, frequent urination, nerve sensations caused by neuropathy) and hemoglobin A1C (commonly referred to as "A1C.")

By the end of the study, the results were impressive. The participants' A1C levels improved by an average of 10.4 percent (which is quite significant), and fasting glucose improved by an average of 23.3 percent.

Throughout the duration of the study, individuals taking anti-diabetic prescription drugs added the *hintonia* and nutrient combination to their existing regimen. By the end of the study, of the 114 patients using anti-diabetic drugs at the beginning of the study, 45 reduced their medication and 10 participants stopped using medication entirely because it was no longer necessary.

For more on nutrition and exercise, visit terrytalksnutrition.com. Terry Naturally products are available at Granite State Naturals (170 N. State St., Concord.) Call 224-9341. The staff is happy to help.

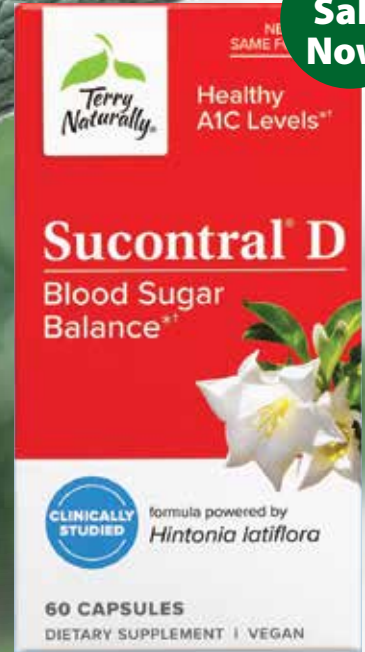


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Bringing hope to children at home and abroad

What it's like to be a CASA volunteer

By Katie Pelczar
community outreach coordinator for
CASA of NH

Mike Krizansky, retired design engineer and current volunteer for Court Appointed Special Advocates of New Hampshire, is a doer. If there's one thing that would be torture to Mike, it's being idle. From golf, to fishing, to restoring classic motorcycles, his list of interests is robust. And just as robust is the variety of ways in which he gives back.

As a CASA volunteer, Mike advocates for children who have experienced abuse or neglect. His goal is to determine what is the best safe and permanent home for the child. Amusingly, although he towers above them at 6'1", he delights most in working with infants.

"When you see a child at six weeks, and then you see them at one year, you know how big that change is," Mike said. "They grow, they learn, they have

words, they develop their own personalities. I get to see a big change, and I feel like I'm having an impact on them."

Mike has advocated for multiple infants who were born substance-exposed, and thus the Division of Children, Youth and Families became immediately involved.

"My first case ended with reunification, which I think is spectacular," he recounts. "I was on pins and needles for the first six months, not knowing what was going to happen. There were surprises around every corner."

"I was introduced to the child at six weeks, and we are still in touch now, after the close of the case," he continued. "I have lunch with her and her mom about once a month. Mom struggled often during the case, which resulted in added months to our working relationship. The division kept on with the parent, and I as the CASA kept on with the child.



And in the long run, mom is sober, the child is in daycare and is socially active, and the child just knows me as 'Mike.' I was part of a solution. Mom did all the work, and I just kind of held everybody's hand, and it worked. My greatest reward is having the friendship and trust of the parents

afterwards." In addition to being a CASA, Mike delivers for Meals on Wheels and volunteers with senior citizens at home in Ipswich, Massachusetts, providing medical transport. "The seniors all get a kick out of driving around in the red Jeep," he said.



Ordinary people can do extraordinary things for children.

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Sign up for an info session at www.casanh.org



“They just think it’s a hoot that they have to climb up a ladder to get into my Jeep.”

Recently, some of Mike’s charitable efforts have taken place much further afield. An avid fisherman, he travels at least once a year to a new fishing destination. This year, while planning a trip to Poland, he asked his local contact if they were hosting Ukrainian refugees and, if yes, could he bring anything from the States. Mike learned that primarily women and children were in need, and that in addition to personal care items for the women, the kids could use distractions.

Mike and his traveling companion got to work organizing care packages that included coloring books.

“When we got to southern Poland, we went to the local gymnasium, which was being used as an impromptu school, and we handed out all of this stuff to the kids,” he said. “Surprisingly enough, Ukrainian children speak English. When they opened the coloring books up they knew who Mickey Mouse and Superman were. It was very heartwarming to

hand these things out just to let them know that there’s somebody someplace else that’s thinking of them, and here’s something to take their mind off things.”

It’s clear that Mike’s love of children, and people of all ages, knows no borders. When it comes back to

because I’m not doing all the work. I get a great deal of emotional support from seeing the progress that my bio moms and dads are making and that the children are making. I use it as fuel to write my reports, to spend time to text my foster parents or my bio parents, to talk to my children and



“I think the most rewarding thing is knowing when I go home, that I’ve got some influence on one, two, or three children’s lives.”

— Mike Krizansky

his role with CASA of NH, he said, “I think the most rewarding thing is knowing when I go home, that I’ve got some influence on one, two, or three children’s lives. I’m not going to get on a soapbox and say that without me they couldn’t have done it,

make sure I get the visitation in.”

Mike also feels supported by the CASA staff and his fellow volunteers.

“If you’ve got a problem, if you’ve got a question, or if circumstances are not what you think they should be, there are other people there who

have experience,” he said. “It’s a nice team, a nice family. I guess we all realize what we all go through, and we keep that happy face on and are pleasant to each other and to everybody else. I really do feel like it’s a great family.”

If you are interested in learning more ways to support CASA, visit casanh.org. Do you have questions about becoming a CASA volunteer advocate? Please join us at a virtual information session at casanh.org/infosessions to learn more.



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Art for Vets at the Currier Museum of Art



The Currier Museum of Art in Manchester. Courtesy photo.

In collaboration with the Manchester Veteran Administration Medical Center (MVAMC), Art for Vets is able to provide access to the art and wellness experiences in the Currier Museum of Art's galleries and classrooms on a weekly basis, year-round.

We aim to serve our veteran and active service members by creating programs that align with the Whole Health philosophy of the MVAMC and promoting their individual wellness through creativity; building a sense of accomplishment; uncovering new insights about themselves and each other; sparking effective, fluid, and transparent communication; inspiring overall camaraderie and shared support among all involved. Meaningful and respectful dialogue, the pursuit of whole health, and the benefits of the creative process are the keystones of Art for Vets.

The Art for Vets program is for veterans, active military, and their immediate family members.

Veteran creative cohort

Connect socially through art-viewing, creative art explorations, and guided conversations in the galleries of the museum. The program emphasizes personal development, respite, relationship building, and mindful awareness. Offered virtually and in person.

Art for Vets (AfV) Studio Classes

These studio classes are specifically offered for AfV students. There is no limit and classes are free of charge.

Studio art tutorials

The Currier Museum of Art provides virtual, small group art tutorials for veterans with teaching artists. Fields of study include drawing, painting, collage, mixed media, sculpture and ceramics. There are a limited number of spaces for each camp, so families should register early. A scholarship application submission is required.

Art for Vets Family Day

The Currier Museum of Art welcomes New Hampshire's active military and veteran families on the third Saturday of every month from 11 a.m. to 2 p.m., for free admission, a free drop-in art activity in our studio spaces and a complimentary lunch (\$15 limit per person).

Check-in with Guest Services and visit the Winter Garden Café anytime between noon and 2 p.m. for your complimentary lunch and visit the galleries as well. Free admission is valid for veterans, active military and their families.

Museum admission

The Currier Museum of Art offers veterans, active-duty military and their families or one guest free gallery admission at any time, not just during Art for Vets Family Days.

To learn more about Art for Vets at the Currier Museum of Art, contact artforvets@currier.org or, to reserve by phone, call 518-4946.



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with Sandee Nichols

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 January 25, February 1, 8, 15
 10:30 am to 12:30 pm
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 \$180 Member



Drawing Fundamentals:
Animal Portraits with
Robin Deary

In-person four-week class
 Thursdays
 January 26, February 2, 9, 16
 5 pm to 7 pm
 \$200 Non-Member
 \$180 Member



Mixed Media Exploration
with Jason Bagatta

In-person four-week class
 Thursdays
 January 26, February 2, 9, 16
 1:30 pm to 3:30 pm
 \$225 Non-Member
 \$202.50 Member



Art for Vets: Drawing with
Expression for Beginners
for Veterans and Military Members

In-person five-week class
 Fridays
 January 27, February 3, 10, 17, 24
 1 pm to 3 pm



Painting with Fiber: Felting
Favorites from the Currier
Collection with Andrea Macri

In-person workshop
 Saturday
 January 28
 10:30 am to 3:30 pm
 \$125 Non-Member
 \$112.50 Member



Monotypes – Unique
Colorful Printmaking
with Kate Hanlon

In-person workshop
 Saturday
 February 4
 10:30 am to 3:30 pm
 \$165 Non-Member
 \$148.50 Member



Botanical Illustration –
Mixed Media Blooms
with Neva Cole

In-person workshop
 Saturday
 February 11
 10:30 am to 3:30 pm
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Important Changes for the Upcoming Tax Season

By Michael Panico,
CFP and CEO of Arcadia Financial



Another tax season approaches, and many individuals and businesses are wondering how to best prepare for filing their taxes and maximizing their refund. Be forewarned that the 2022 tax season will likely deliver smaller refunds due to reduced tax breaks this year. Still, there are several steps you can take to increase the likelihood of a successful outcome.

First up, we've got a significant change to the child tax credit. This credit was enhanced by the American Rescue Plan of 2021. The child tax credit offered up to \$3,600 per child under age 6 and up to \$3,000 for children between ages 6 and 17. But for 2022 we're seeing these amounts revert to the previous level of \$2,000 for all children under age 17.

Next, we've got the child and dependent care tax credit. It too was boosted to \$8,000 for one qualifying person or \$16,000 for two or more dependents. Similarly, the boosts are going away, and these levels are respectively returning to \$3,000 and \$6,000 for 2022.

In a controversial move the IRS is targeting reportable income from third-party networks such as PayPal, which will be reportable by way of Form 1099-K. This reportable income predominantly affects small businesses and side hustles like selling goods, wares, or services online. In prior years, you were only required to report this income if it exceeded \$20,000. That threshold has dropped all the way to \$600. The message is clear, the IRS wants to tax your Etsy business.

It's unlikely, though possible, that

you'll receive a Form 1099-K for income that's not reportable, such as money received on Venmo for engaging in personal transactions, such as being reimbursed by a friend for dinner. Ignoring the form may trigger an audit. Instead, you may have to work with the issuer to get a correction or submit a letter of explanation with your return. Filers would be wise to get assistance, if necessary, as to avoid unwanted IRS attention.

It's also going to be more difficult to get credited for your charitable endeavors. In 2021, taxpayers were allowed to claim a deduction of up to \$300 for cash donations (\$600 for married couples) regardless of whether you itemized deductions. Unfortunately, this provi-

sion was not extended for 2022.

It's not all bad news. The standard deduction has increased this year to \$12,950 for individuals and \$25,900 for married couples. Plus, filers have the ability to reduce their income by way of contributing to their Health Savings Accounts (HSAs), Individual Retirement Accounts (IRAs), or other eligible savings vehicles up until April 18th or before you file, whichever is sooner.

Hiring a tax professional may help you navigate these changes, possibly helping you save money, or at least avoid a mistake that may invite IRS scrutiny. They can also make sure you're honoring other tax obligations such as the Required Minimum Distribution

(RMD) or withdrawal requirements on inherited accounts. While it may seem more cost-effective to file your taxes on your own, getting some guidance may best protect your wallet, or at least help you avoid unnecessary headaches.

Whether your tax situation is simple or complex, you need results. At Arcadia Tax we work with you on a personal level to determine the best solutions for your unique needs. We then leverage our seasoned expertise to achieve the best possible results. Tax surprises are no way to go through life - get the clarity and confidence you need about your taxes with Arcadia Tax today. Call us at 603-769-8686 or visit us at www.Arcadia.Tax.



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Can arthritis be prevented?

By Kathleen A. Hogan, MD,
Total Joint Specialist, New Hampshire
Orthopedic Center

Many times when people ask if they can prevent the development of arthritis, it is far too late. Arthritis is damage to the articular cartilage that protects joints. Once the joint is injured, it is difficult to undo the physical damage, although the symptoms can often be managed to decrease pain.

What causes arthritis? There are many causes. Direct trauma, such as a fracture or dislocation, often causes damage to the joint. A chronically torn ligament changes the biomechanical forces on the joint, resulting in instability and chronic micro-damage to the cartilage. Even a more mild injury such as a torn meniscus can ultimately result in arthritis.

Excessive body weight does particular damage to the cartilage of the knee, which seems to be more susceptible than the hip or ankle to mechanical overload. Some people have joints that are not optimally formed, and this dysplasia

ultimately results in premature wear of the joint. There is likely a genetic predisposition for arthritis as well.

In rheumatoid arthritis, the immune system causes damage and inflammation in the synovium (tissue around the joint) which then causes damage to the cartilage. In gout, it is uric acid crystals which deposit in the joint, slowly damaging the cartilage surface.

What can be done to prevent arthritis? Some factors such as genetics or prior injury cannot be altered. Strengthening the muscles around the joints helps to limit the risk of damage to the cartilage. Improving balance prevents falls and injury. Maintaining an appropriate body weight can help to prevent arthritis, especially in the knees.

If you do have arthritis, stay active. Keeping the joints moving and lubricated helps to reduce symptoms. Strengthening the muscles around joints can reduce pain. Some people find braces useful. A diet which is low in sugar and carbohydrates and high in fiber, whole grains, nuts and fish has been shown to reduce

inflammation in the body. Medications can also help reduce symptoms. Anti-inflammatory medications such as ibuprofen should be used with caution due to their risk of stomach ulcers, kidney injury, swelling and blood pressure elevation. Tylenol can be used as an alternative in people without a history of liver disease. Glucosamine, turmeric, cherry juice extract and numerous other herbal supplements may have anti-inflammatory benefits, but their efficacy is yet unproven. Steroid injections into the joint can also reduce symptoms, and there are other medications such as hyaluronic acids (i.e., Synvisc, Euflexia, Gel One) which can be used only in the knee. Stem cell injections are not covered by insurance, are expensive and have no proven role in preventing arthritis.

Arthritis can sometimes be prevented or at least forestalled. Live a healthy, active lifestyle. Avoid injury or repetitive trauma to your joints. Maintain a healthy body weight. However, genet-



ic predisposition and anatomic joint alignment often cannot be altered. If you do develop arthritis, symptoms can often be successfully treated. However, sometimes surgical treatment is needed to keep your body in motion.

Kathleen A. Hogan, MD is a Total Joint Specialist at New Hampshire Orthopaedic Center. For additional information on orthopaedic care, go to nhoc.com or call 883-0091.



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Cindy Heath

PLASTICS WORKING GROUP

Cindy Heath is the original convener of the Plastics Working Group, one of the specialized action groups in the New Hampshire Environment, Energy and Climate Network.

Q: *What are some actions that communities can take to engage with the Plastics Working Group's initiative?*

We want to build momentum for future legislation that supports plastic waste reduction. ... You can join us as an individual or as part of an organization, business or community. ... A proclamation with their town select board is a possibility, just declaring the importance of plastic waste reduction and the commitment to try to go plastic-free. There are opportunities to do things like picnics, library displays ... showing what alternatives there are to using plastics in your everyday life. The communities in Hopkinton and Dover [have done] some library displays with education around plastic waste, and we hosted a plastic-free picnic in Cornish, so communities are engaging in different ways.

What are some things that people can do to go plastic-free in their day-to-day lives?

They can learn about how to do things like bring a cloth bag to the grocery store instead of using the plastic bags that are provided; refuse to purchase vegetables that are being sold packaged in plastic clamshell containers; refuse to buy beverages in plastic bottles; refuse plastic [utensils] and Styrofoam takeout containers when they go out to eat, or request alternatives. ... Before plastic was invented, we all found ways to have a picnic, order takeout food from a restaurant and not use plastic bags.

In what ways are plastics harmful?

The concern that we're trying to raise awareness about is not only the environmental impacts of plastic production;

it's also the human health and animal health impacts of plastic waste. ... Plastics go into our oceans, and microplastics end up in our food through the food chain, because marine animals eat plastic thinking it's food, and then the food chain progresses and it ends up in our food. Plastic particles have even been discovered in human placenta. It's a human health concern as well as an environmental concern, and we're just hoping that people will understand the health and environmental impacts of plastic.

What kinds of progress has New Hampshire made with reducing plastics so far?

We've had several communities host a screening of a film called *Microplastic Madness*, which is about fifth-graders in New York who are able to, over a two-year period, help New York City, and then New York State, ban Styrofoam use in schools and in restaurants for takeout. We've had community members working with local restaurants to try to develop an ocean-friendly designation through Surfrider, which is another organization ... working specifically on helping restaurants choose alternatives to plastic and styrofoam takeout [materials]. Then, in the infrastructure realm, there are changes that a number of our communities have initiated, things like recycling systems and doing waste audits at schools. In Bristol, they held a sustainability fair to raise awareness about plastic film recycling. In Claremont, they're working on collecting styrofoam for recycling. In Gilford, they've taken delivery of the first Styrofoam densifier in New Hampshire to begin accepting Styrofoam for recycling.



Top: Cindy Heath. Bottom: Bonnie Christie and Ginnie Haines at the Contoocook Farmers Market. Courtesy photos.

How can people get their cities and towns to commit to more plastic-free practices?

They can go to our Ten Towns Actions Toolkit website, 10towns.org. On the homepage, there's a box

at the top that says "Join Us and Take Action," which will lead people to a form to complete. Then, one of our members will get in touch with them to help them get started.

— Angie Sykeny

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What is a Life Plan Community, and what are the benefits for this option?

By Kimberly Murphy, senior marketing communications specialist, RiverWoods Manchester



Aerial view of RiverWoods Manchester.

Fortunately, today there are many choices for retirement living. One popular choice is a Continuing Care Retirement Community (CCRC), also called a Life-care or Life Plan Community. These communities are primarily not-for-profit, but despite the fact that there are 1,900 across the U.S., and the model has been around for 100 years, they are often misunderstood. So, here are some facts about this concept from RiverWoods, the largest family of not-for-profit CCRCs in northern New England, founded by a group of local residents in 1994.

Continuing Care Retirement Communities are beautiful residential communities but are actually classified as an insurance product. The key is that you choose to move in when you are independent and able to live safely on your own (age 62 or better). As an independent resident, you enjoy chef-prepared meals, housekeeping services, social and fitness opportunities, complimentary transportation, and planned outings, as well as all home maintenance.

You have the time to do what you enjoy and get the benefit of meeting new friends. Meanwhile, as a resident, if your health needs change over time, you can access health care. Not all CCRCs are the same, but several, such as RiverWoods, offer multiple levels of care, including Assisted Living, Memory Support and Nursing Care, which are provided within the community, at a price well below market rate. Best of all, you are cared for by people you know and trust.

One of the biggest benefits of a CCRC is knowing that you are in control of your future. In this increasingly complex medical world, you have already made the plans for what will happen if you need care in the future. It's a gift to you and to your children.

Choosing a CCRC is also a smart financial decision. Moving to a com-

munity while you are still independent means you've planned for additional levels of care. It is important to do your research and check your contract, as every contract is different. Many Life Plan Communities offer a refundable contract option, which returns a portion of your entrance fee to your estate when you pass away. There is only one contract in New England that provides the opportunity to use your refundable option during your lifetime — RiverWoods Manchester. Their innovative 70 percent flex contract allows you to use your refundable portion of your entrance fee to cover health care costs.

We can't talk financial advantages without mentioning the tax benefits.

A CCRC is considered pre-paying for your future health care needs. As a result, a portion of the entrance fee and monthly service fees are tax deductible.

This is a big decision, so do your research. Evaluate each community to carefully consider whether the contract and level of insurance is a good fit for you. You will likely live longer than any prior generation, remain more active and have more choices than any other generation. Make a plan so that your next chapter is all that you could wish for.

RiverWoods Manchester is thrilled to announce the construction of 18 cottages. Pre-sale is now underway, with construction slated to begin in the spring of 2023. Discover RiverWoods Manchester, located at 200 Alliance Way in Manchester, and schedule a tour today. Call 836-2302 or visit rwmanchester.org.



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VOLUNTEERS WANTED!

Looking to get involved in your community? Here are some area organizations looking for volunteers. Get your group included by sending all the details (including what your group does, what projects or events you are seeking volunteers for and how people should get in contact) to news@hippopress.com.

• **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 in to appointments, answer questions and give out snacks, the press release said. The Red Cross also needs transportation specialists who deliver blood to hospitals from Red Cross facilities, the release said. The Red Cross provides training for volunteers, the release said. See redcross.org/volunteertoday.

• **Beaver Brook Association** (117 Ridge Road in Hollis; beaverbrook.org, 465-7787) has a variety of volunteer opportunities including building and installing nesting boxes on the Nesting Box Trail, building Little Lending Libraries for Maple Hill Farm, gardening, working with supplies, working at outdoor events, helping with trail maintenance, painting buildings and other facilities, and more, according to the website. Go online to fill out an application, where you can indicate interests and availability, or contact the office Monday through Friday from 9 a.m. to 3 p.m.

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

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

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

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

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

• **CASA of New Hampshire** (casanh.org), “a nonprofit that trains volunteers to advocate for children who have experienced abuse and neglect,” holds virtual information sessions when staff members and an active volunteer will provide information and answer questions, according to a press release (see

the schedule at CASA’s website). Volunteer advocates participate in a 40-hour training course and are then supported by a peer coordinator and program manager, according to the website, where you can apply and find information on CASA fundraising events.

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

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

• **International Institute of New England** (iine.org, 647-1500), whose mission “is to create opportunities for refugees and immigrants to succeed through resettlement, education, career advancement and pathways to citizenship,” according to the website, offers volunteer opportunities including help with Afghan refugee and evacuee resettlement, English for speakers of other languages support, youth mentoring and career mentoring. Go online to fill out the volunteer form.

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

• **Jetpack Comics** (37 N. Main St. in Rochester; jetpackcomics.com, 330-9636) has volunteer opportunities for Free Comic Book Day, the annual celebration of comic books usually held the

first Saturday in May, which Jetpack organizes in Rochester as a multi-location event. (Perks to volunteers who help out all day include all the special comics released that year, a patch, food and more, according to the website). Jetpack has other volunteer opportunities throughout the year as well; contact jetpackcomics@gmail.com.

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

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

• **Lowell Summer Music Series** (lowellsummermusic.org) is seeking volunteers to work for the series director doing ticketing, admissions, customer service and audience relations, usually from 5 to 10 p.m. (during shows). Go online to fill out a volunteer form.

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

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

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

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

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

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

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

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

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

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

• **NH State Parks** (nhstateparks.org) has volunteer groups that hold volunteer work days throughout the year, according to the volunteer program director at the state's Department of Natural Cultural Resources' Division of Parks and Recreation. Find groups that work on specific parks at nhstateparks.org/about-us/sup-

port/volunteer (such as the Derry Trail Riders who work on Bear Brook State Park or the Surf Rider Foundation, which works on Hampton Beach State Park). Or contact volunteer@dncr.nh.gov.

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

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

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

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

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

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

• **UpReach Therapeutic Equestrian Center** (153 Paige Hill Road in Goffstown; upreachtec.org, 497-2343) will hold volunteer training for people who would like to help clients connect with horses for programs (Monday through Thursday) including Therapeutic Riding, Hippotherapy and Carriage Driving, according to a press release. Volunteers Monday through Sunday also help with bar chores, the release said. Horse experience is appreciated but not required and volunteers must be at least 14 years old and able to walk for 60 consecutive minutes along with brief periods of jogging, the release said. Training sessions are scheduled for Saturday, Feb. 18, from 9 a.m. to noon and Tuesday, Feb. 21, from 1 to 4 p.m.; volunteers who work directly with horses music also participate in a training program called "Taking the Lead" on Saturday, Feb. 18, from 1 to 3 p.m. or Wednesday, Feb. 22, from 1 to 3 p.m., the release said.

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

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