



P.23 Managing stress

P.25 Volunteer opportunities

# Granite Senior Journal

May, June & July 2023

*A Quarterly Dedicated to Senior Issues and Living*



## AGELESS AMBITION



Dane Peters. Courtesy photo.

## A “consulteering” life *Staying active through work, volunteering and leisure*

By Rob Levey

Retirement is often conceived as a time for relaxation, a notion with which Greenland resident Dane Peters does not necessarily disagree, but which he believes is just one piece in his life’s current puzzle.

“My life consists of consulting work, volunteering and leisure time — I call it ‘consulteering,’” said Peters, who was

featured in a New York Times article in 2016 regarding his philosophy of life. “The author of the article, Kerry Hannon, also wrote a book called *Jobs for Everyone 50+*, and she referenced me in the introduction — it was unexpected.”

This consulteering lifestyle began in 2013 when Peters retired as head of Brooklyn Heights Montessori School

CONTINUED ON PG 4 ▶

## Here for the Irish coffee *84-year-old Ann Aldrich prepares for her 26th trip to Ireland*

By Betty Gagne

It’s an exceptionally bright and sunny spring day on Hampton Beach. I’m dashing down the strip on foot to meet with Ann Aldrich, and I’m late. As I approach the front of the restaurant where we agreed to meet, I glance up from the sidewalk and spot her at a table right in front. Somehow she senses me there and looks down. I see a demure,

quiet lady sitting there looking content; I wave and she smiles and waves back, her face a picture of relaxation and happiness. Once upon the second floor dining room of the place, I see one reason for her joy: a delicious-looking Irish coffee is perched in front of her place at the table for two.

“I just had a burger,” she says. “This is my dessert.”

CONTINUED ON PG 5 ▶

## The street was our playground *Remembering and rediscovering the joy of play*

By Curt Mackail

Most of us of a certain age remember the days when kids played outside all the time. When we weren’t in school, my two brothers and I were outside from morning until the street lights came on or Pop’s two-fingered whistle summoned us home from the nether regions of our sprawling neighborhood.

Sixty years ago, getting enough physical activity was rarely a problem for any kid who was able. In our world there seemed limitless possibilities and time for active play. And I don’t mean on a fancy playground or with organized teams. I mean year-round, daily, cre-

ative, self-initiated physical fun in the fresh air. We kids were just doing our job — playing.

“(From) ages six to twelve, play is often regarded as the special ‘work’ of children,” wrote Brown University historian Howard Chudacoff in his book *The History of Children’s Play in the United States*.

Our rapidly expanding neighborhood in Salem during the 1950s and ’60s was alive with girls and boys playing games, building things or just hanging out planning the next adventure. In summer especially, we played all day every day we could.

CONTINUED ON PG 8 ▶

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(BHMS), a toddler-through-8th-grade school in Brooklyn, New York. Prior to heading BHMS for 11 years, Peters served in the same capacity at Mooreland Hill School in Connecticut.

As for the consulting portion of his life, Peters privately works with schools and nonprofit boards. He also consults through the New York State Association of Independent Schools' (NYSAIS) Experienced Leaders Advising Schools (ELAS) program, which he said consists of a small group who consult with New York state schools for reasonable fees.

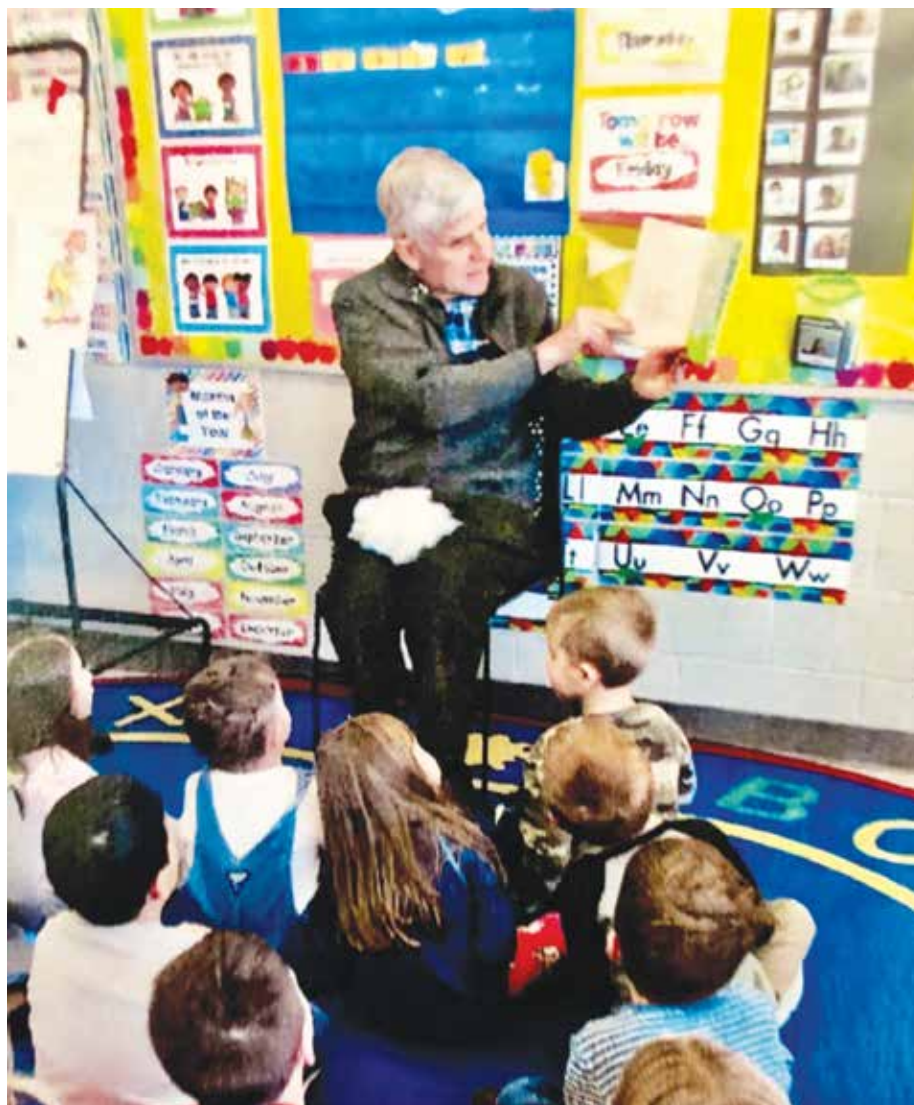
"We wanted to find a way to provide consultation to schools and not charge them thousands of dollars," he said. "I like to do that whenever I can, and I also enjoy mentoring young people who aspire to be leaders. ... It's very gratifying work."

Peters said one of his primary areas of focus is the importance of teamwork.

"I've consulted throughout the world, but primarily in the U.S.," he said. "I can't tell you how much I enjoy mentoring leaders of schools and leaders on nonprofit boards and helping them realize you are working as a team. You cannot take that for granted."

His belief in teamwork stems from his time spent in the military, which began in the 1960s.

"I first started exploring the Army, then the Navy, and I ended up enlisting



Dane Peters reads to children. Courtesy photo.

"In the '60s, I got my pilot's license in my junior year in college," he said. "I realized, though, that I could go into the military and fly there and that it

said. "I was married and committed to my wife, Christine, so that was not an option."

After serving in the Marine Corps for five years, Peters decided to embark on his educational career in 1975.

"I had majored in being a teacher in college," he said.

At the time, jobs were difficult to find. Peters cited serendipity, as he bumped into a consultant from Worcester, Mass., in late summer of that year who invited him to consider a career in independent education.

The term "independent education" was used back then instead of "private," Peters explained.

The consultant suggested a boarding school in Connecticut, an opportunity that came to fruition at least in part due to his military background.

"The headmaster loved that I was a Marine," he said.

Noting they boarded kindergarten through 9th grade, Peters acknowledged that "it was all new to [him]," although there were aspects of the job that tapped skills he had developed in

his military career.

"It was about helping people and children 24/7 and working as a team with faculty and staff," he said.

Among his 38 years teaching and coaching in independent school education, 10 were served in boarding schools, a commitment to volunteering that frames the second part of his consulting philosophy. In New Hampshire, Peters has served on several boards, including Gather and Seacoast Repertory Theatre, both in Portsmouth.

"My wife and I still usher at the Seacoast Rep and at The Music Hall," he said.

Other causes for which Peters expressed passion include K-Ready Readers, a program created by United Way in partnership with local early childhood education and care providers in which volunteers read to preschoolers. The program works with young children in Rockingham and Strafford counties and Kittery, Maine.

"Six years ago I connected with K-Ready Readers," explained Peters, who said he has always enjoyed reading to children. "I go every Tuesday to Seacoast Community School in Portsmouth and read to 3-, 4-, and 5-year-olds, and I also read weekly at the Cornerstone Montessori School in Stratham."

His favorite part of these experiences is watching their faces light up as he reads a story.

"I love to change my voice to enhance their experience," he said.

During Covid, he could not read to children in person, so he recorded his readings on YouTube, and sent the videos to schools, relatives and friends.

"Generally, Christine would video me reading in front of my fireplace or in my library," he said. "I just love reading to kids from preschool to middle school — that is at the top of the list."

When he is not reading to children, Peters volunteers his time with Greenland Vets on the first and third Thursday of each month.

"We are devoted to serving the community," he said. "The members are so good. I enjoy it, and I can do it without going into a lot of governance."

Noting he engages in many volunteer activities with Christine, he cited Senior Moments as one example. Senior Moments is a Seacoast Repertory Theatre nonprofit performance group that writes its own plays and short skits and

*"We are devoted to serving the community. ... I enjoy it, and I can do it without going into a lot of governance."*

— Dane Peters

in the Marine Corps," he said.

While in the Marine Corps, he said, he learned about team effort, the importance of helping one another, and how to support his fellow Marines.

"I knew as a captain that I was responsible for the Marines I led," he said.

Peters said his initial desire to join the military was pragmatic and related to his desire to fly.

wouldn't cost me anymore."

Noting he went to flight school in Pensacola, Florida, Peters earned his wings while in the back seat of an F-4 fighter jet.

"I learned at my initial flight physical that my eyes were 20/40, so the back seat was the only way I could fly, or I would have had to join the infantry," he

performs them at senior centers, assisted living facilities and other venues (including The Rep) throughout New Hampshire.

“We experience so much joy seeing people, some in wheelchairs or with dementia, laugh while we perform,” he said. “Senior Moments is a wonderful group of about 20 seniors.”

Peters and his wife also volunteer their time with AARP, an organization he described as “strong” and instrumental in their deepening appreciation of the Seacoast.

“As volunteers we were able to attend all kinds of events for the 2020 presidential election as AARP representatives and help others understand the various candidates,” he said. “It was a terrific experience, and we are still very much involved with AARP on a regular basis.”

As for his leisure time — the last part of his consulteering lifestyle — Peters said he loves to bike as well as spend time with Christine, to whom he has been married for more than 50 years. He said they also spend a lot of time with their son Aaron, his wife, and their two daughters.

“They live in Portsmouth,” said Peters, who noted his son encouraged them to “check out” the Seacoast after his retirement. “We did not know anything about it at the time, but we came to love it.”

Their other son, Mark, lives in Chica-

go and has two children.

“Our two sons are just exquisite,” he said. “They are so committed to their families.”

As for his future plans, Peters expressed enthusiasm regarding his writing career and an upcoming article titled “How Do We Deal With AI?” in *Montessori Leadership*, a quarterly magazine published by The International Montessori Council. In the article, he posits that AI (artificial intelligence) is making people less and less human.

“AI is pulling us apart even farther,” he said. “My article explores how we can deal with AI and how we can help children through it.”

In referencing AI, Peters said his thoughts are part of broader concerns related to humanity’s search for meaning.

“Why am I here?” he rhetorically asked. “Why am I here? Life’s not about making money or even raising children. It’s about finding meaning.”

He acknowledged this search for meaning takes on new meaning itself as he ages.

“There is a deterioration of the human body — it does scare the heck out of me,” he said. “As you start interacting with other people the same age, it really sensitizes you. You start to realize you can’t remember things as well and you are not as mobile. How do you navigate that road?”

According to Peters, this road of life



Dane Peters in the U.S. Marine Corps in the 1960s. Courtesy photo.

is best navigated with respect, care and compassion, which he said has not been “the norm” these past few years.

“We have seen how people treat others as non-human beings due to their color, religion or gender,” he said. “This isn’t working.”

For Peters, each day comes down to some variation of the following questions. How can we treat each other as

human beings and show respect and care? How can we brighten people’s days?

“Life is about treating each other as human beings,” added Peters. “Life is about love.”

To learn more about Peters, visit [danessedblog.blogspot.com](http://danessedblog.blogspot.com).

#### ◀ ALDRICH FROM PG 1

The drink looks perfect, steam sneaking through the whipped cream swirl at the top of the stemmed glass mug.

“Would you like one?” she offers. Shaking my head, I laugh. “I’m working,” I tell her.

And so, over an Irish coffee or two for Ann, and ice water for me, she shares some of her secrets to staying young, vibrant and active.

At 84 years young, Ann’s Irish heritage is alive and well in everything she says and does. Born in Charlestown, Mass., in 1938, Ann will soon be making her 26th trip to Ireland — a jaunt she’s looking forward to, she says, because family members and close friends the McGuirks will be joining her.

“Our family reunions are very busy,” she said. “They span five generations



Ann Aldrich enjoys an Irish coffee at Sea Ketch Restaurant in Hampton. Photo by Betty Gagne. and have grown to over 114 members.”

Ann is thrilled to be heading back to the Emerald Isle; her eyes dance with excitement as she speaks.

“I met the McGuirk family in 1992 when my son Bobby, then 13 years

old, went to Bill McGuirk, owner of McGuirk’s Ocean View, to ask for a job. He started out by playing music in the downstairs dining room, then got hired busing tables and such.”

Ann was living in Exeter at the time, taking Bobby to and from work in Hampton, so the McGuirk’s offered her a job, too.

“It only made sense that they scheduled me the same hours as him,” she said.

She started hostessing off and on at the restaurant, and she still fills in occasionally when it’s busy. It was during her work at McGuirk’s where she met and became best friends with ‘Lady’ Eleanor McGuirk, the matriarch of the McGuirk clan that owned the restaurant. Ann, Eleanor and family have made several trips to Ireland together to explore and celebrate their Irish heritage.

Ann had never visited Hampton Beach before 1992.

“When I was a kid we had Dewey beach in Charlestown,” she says with a smirk. “That was our beach. At times it turned into an oil slick because of what was being dumped into the water.” Getting to Dewey Beach was sometimes challenging, too, because she had to climb under a railroad bridge to get there.

“I’d hold my breath and pray the train wouldn’t start moving as I crawled underneath the bridge.” Growing up in Charlestown had its merits too.

“I got to meet Ted Kennedy during Bunker Hill Day in June 1969,” she shares. “He was a very nice man.”

In order to be able to relocate to America, Irish immigrants had to have a job lined up, along with a place to

CONTINUED ON PG 6▶



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▲ ALDRICH FROM PG 5

live. It wasn't unusual for family members to sail separately once employment and housing were set up. Ann's mother, Kitty O'Shea, made the heinous trip across the Atlantic with a teenage sister.

"The voyage was long and rough," Ann says. "No luxury cruise ships in 1929."

For reasons unknown, the ship her mother was on passed right by Ellis Island and landed in Boston. "No one really knows why," she said.

Soon after settling here, Kitty met Denis Sullivan at an Irish dance in Cambridge. Denis had immigrated to America in 1925 via Ellis Island. They were married in 1932.

Ann's visits to Ireland include exploring the very villages and stomping grounds her mother rambled as a young girl. She possesses a photograph of a group of students in a one-room schoolhouse and shares a poignant story of how she searched for, and found, the building where her mother and siblings attended lessons. She consulted the Irish Heritage Center, where a historian named Margaret was able to identify the building in the photograph as Rockwood School in Ballydehob.

"We headed for the site of the school



Ann Aldrich at the Exeter Hospital 5K in June 2019. Courtesy photo.

el, but hey, we were poor," she said. "There was one man behind the counter making change, and he couldn't run after me."

She smiles as she shares the fond memory.

"Bleacher seats at Fenway cost 50 cents back then. I saw them all: Ted

*"I was 10 years old, and we'd take the subway from Charlestown. ... I'd run under the turnstyle so I didn't have to pay the subway fare."*

— Ann Aldrich

and found it was owned by a man named John Daly," she shares. "He let us come into the former schoolhouse and showed us a desk that remained from the early days. I know that was my mother's desk," she said.

Growing up so close to Boston, Ann attended her first Red Sox game in 1948.

"I was 10 years old, and we'd take the subway from Charlestown," she shares.

With a devilish grin, she laughs.

"I was small, and I was fast. I'd run under the turnstyle so I didn't have to pay the subway fare. It was only a nick-

Williams, Jackie Jensen, Jimmy Pier-sall, Sammy White."

Ann still goes to Fenway, though the tickets she buys now cost over \$260.

"I take the Downeaster to Boston and sit behind home plate. Some of the regular game-goers noticed me and asked if I was a season ticket holder. I told them no."

Those people now share unused seats with Ann, and she's developed friendships with them. When in Boston, Ann likes to visit the Warren Tavern.

"It's where Paul Revere sat at the bar,

and it's one of my favorite places to eat," she said.

She's looking forward to going there soon when her cousins visit from Ireland.

A fan of races, for 17 years Ann had a tradition of going to Boston on Patriots Day to attend the 11 a.m. Red Sox game, then heading to the last mile before the finish line of the Boston Marathon.

"I didn't know anyone there; I just wanted to cheer on the runners," she said.

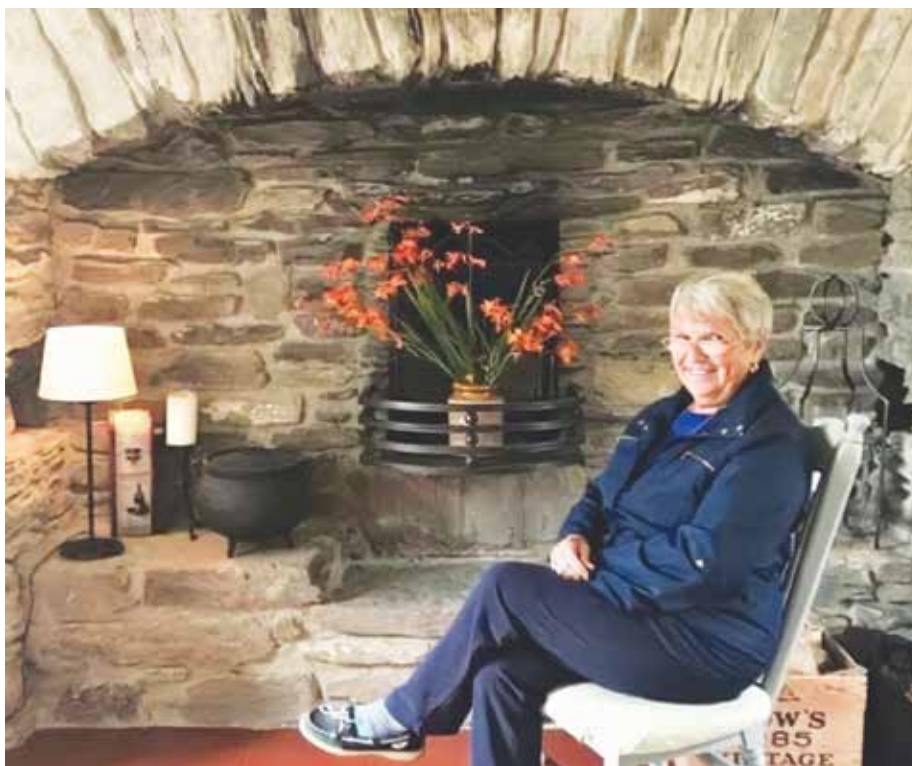
She proudly displays her own collection of 5K awards and looks forward to completing another one in early October.

"I'll officially be 85 by then," she said. Her most recent 5K was in Hampton in April.

St. Patrick's Day is an important holiday for Ann, as is the Halfway to St. Patrick's Day Party, which is held each September at McGuirk's.

"I've attended every Halfway at McGuirk's, and I sing along in every Irish pub," she said. "They just have to put up with it!"

Dancing, however, is off the list.



Ann Aldrich visits her mother's family homestead in 2017. Courtesy photo.

"Don't ask why," she said, laughing.

Her favorite Irish song is "Spancil Hill," a legendary ballad about a real town in County Clare that's been passed down through the years. The haunting lyrics tell of a man who

dreams he goes back home to Spencil Hill in Ireland, visits family members, recalls village workers and sees his first love. At the end of the tale, the man is awakened to find he's actually still in California. The song has

been recorded by many artists over the years; Ann's favorite version is by the Wolfe Tones.

"It was my mother's favorite song also," she said.

Ann is very excited for her next trip to Ireland, which is coming up soon. Part of this trip will be spent celebrating Meaghan McGuirk's 50th birthday, and the rest will involve visiting Irish pubs and historic sites, celebrating family and friends, singing Irish songs with new friends and Ireland natives, and enjoying Irish customs and food.

"I'm arriving a day before everyone else," she says, "just to make sure the rooms are ready and everything is falling into place."

She will also be visiting one of her favorite stops, Dirty Nelly's, a gathering place established in 1620 in Bunnratty, named after a real woman, and it has a very colorful past.

This summer, you might see Ann at the end of a 5K finish line, pouring coffee or bartending at McGuirk's Ocean View, or cheering behind home plate at Fenway Park. She'll be the one with the shirt that says "I'm Here for the Irish Coffee."



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## Physical inactivity can spell trouble

Today I rarely see children outdoors playing together unless surrounded by coaches and parents urging them on in a team sport played on a groomed field. Leaving statistics and authorities' studies aside for now, it's obvious and true that the rise of computer technology and adult-managed sports coincides with the decline of kids' daily physical activity.

In fact, widespread health problems associated with physical inactivity are most concerning for two groups: children and seniors.

For seniors, a long list of health problems resulting from inactivity is well-established. According to the Centers for Disease Control and Prevention, about half of all seniors don't get enough aerobic physical activity. You probably already know about or experience some of the results of inactivity the CDC points out — heart problems, diabetes, bone loss, anxiety, insomnia. And the list goes on, regrettably.

For kids, obesity is prominent among health problems, but that's just the tip of the iceberg. Authorities cite emotional disorders, isolation, social insecurity, a



*Kite flying is one childhood activity that adapts easily for seniors. It's a great way to clear your mind, have fun, and has several health benefits. You'll stimulate your vision, stretch and exercise your upper body, relieve stress, and energize yourself with fresh air. Photo courtesy of Wikimedia.org.*

host of family dysfunctions and increased risk of serious health disorders later in life that may result from inactivity in children.

"A child who has regular physical activity will have better cardiorespiratory fitness, stronger bones and muscles, higher energy levels, an enhanced sense of emotional well-being, and better weight control. Their risk for a variety of diseases is much lower," says Dr. Daniel Peltzer, M.D., an American Board of Pediatrics certified physician with The Iowa Clinic.

## High tech, low exercise

When I was a kid, we were free of high-tech time-wasters and sedentary attractions like the internet. A black-and-white television receiving four channels at best, a portable radio and a record player comprised the full gamut of our home electronic entertainment.

I think it was a better time to grow up in many ways. Although health care and public education were arguably not as sophisticated as today, computers did not beckon us to sit and stare at a screen. No cell phones, voice mail, email, text, web portals, video games or social media occupied our interest. Compared to today, we lived on Gilligan's Island.

Were those simpler times better for children from the perspective of physical and mental health? I look at it this way: What's more fun and beneficial for a kid? Constructing an imaginary city with a computer or building a real tree house, a snow fort, or a sandbox metropolis with roads and toy trucks? Playing computer games that simulate physical activity or actually going outside for hours of tag, hopscotch, stickball, hide and seek, sledding, tree-climbing and all the rest? The answer is obvious in my view.

## The games we played

We boys favored sports and competitive games played in the two-lane streets. Motorists frequently had to wait to pass through until a base hit was run out or a fly ball retrieved and thrown home. The horn-honking motorists were often unhappy about that, but we had our own priorities.

We stored our stuff in the garage or basement. My garage was home to pogo sticks, hula hoops, a small fleet of single-speed bicycles including the ubiquitous Sting-Rays with banana seats and butterfly handlebars, and even a unicycle. My kid brother actually delivered newspapers door-to-door on the unicycle, tossing



*Cruising the neighborhood on bikes kept kids busy and built fitness. Virtually every girl and boy had a bicycle. The boys liked practicing "wheelies" and some could ride great lengths balanced on the rear wheel of their Sting-Rays. Photo courtesy of Wikimedia.org.*

the rolled Lawrence Eagle Tribunes on the fly somewhere near the customer's front door.

We warehoused balls of all kinds, baseball bats, sawed off broomsticks for stickball, and those primitive strap-on steel roller skates with metal wheels that pitched you on your head when unexpectedly encountering a rock in the road. There were Flexible Flyer sleds, jump ropes, pedal cars, red wagons, fishing rods, chalk for marking out a four-square court or hopscotch grid, and junk lumber for building a secret hideout in the woods or a downhill "race car."

Kickball, stickball, backyard tackle football in cheap pads and helmets from Sears, and street tennis played without a net were endlessly fun. Basketball games included pickup sides, horse, around the world, and "21." Baseball-style games usually employed a beat-up tennis ball or wiffle ball. If someone showed up with an actual baseball, usually patched up with black electrical tape, we'd sometimes use it. Probably goes without saying that when a baseball was in play we ended up in trouble — broken windows and fly balls coming off neighbors' roofs being the major offenses.

We didn't need much equipment and usually not even a particular number of players. Some of the best games needed no equipment at all, were equally enjoyed by boys and girls, and most gave a kid a

good physical workout.

Tag came in many forms. Freeze tag, statue tag, jail tag and team tag are some I remember well. We also played red rover, monkey-in-the-middle, mother may I, hide-and-seek in myriad variations, red light-green light, kick the can, handball, and baseball run down.

We even played badminton, tetherball and croquet for a change of pace. And don't forget marble shooting in a ring sketched out on the ground. Knock the other shooter's marble out of the ring and you owned it. I had bags of them separated by purpose, value and looks.

## Play like nobody's watching

"Physical inactivity and related health problems are not limited to children. A high proportion of parents and grandparents are also physically inactive," reported Jonathan Mitchell, Ph.D., in his study published by Philadelphia's Roberts Center for Pediatric Research.

There remain endless ways to get more exercise for seniors. I think walking is the best. But whatever you do to get the blood flowing, I have some advice: It has to be *fun*, just like when we were kids. If it's not fun, it's work. And who wants more work? So rekindle your childhood playfulness. Think like a kid again. Play like nobody's watching.



# Supporting our veterans, military and their families

By Pamela Dube,  
AARP NH Associate State Director of  
Communications, and Anh Che,  
AARP NH Intern

Our service members, veterans and their families frequently encounter pressing hardships associated with military duties, such as work-life balances, health care issues, financial problems, employment concerns and more. Considering the wide scope of these impacts, AARP has developed a comprehensive toolkit of resources to support those who have served our country and ensure they get the help they need.

To this end, AARP focuses on four key resource areas: caregiving, employment security, fraud and earned service benefits. The resources below are all free, and you don't have to be an AARP member to use them, although you may need to set up an account for access.

### Health Benefits Navigator

Find and access service-related health care benefits. Visit [bit.ly/health-benefit-navigator](http://bit.ly/health-benefit-navigator).



### Military Caregiving Guide

This comprehensive guide provides essential information and resources related to military and veteran caregiving. Visit [bit.ly/military-caregivingguide](http://bit.ly/military-caregivingguide).

### Veterans Fraud Center

This hub aims to protect service members and their families from common scams. Visit [aarp.org/vetsfraudcenter](http://aarp.org/vetsfraudcenter).

### Resources for Veterans' Mental Health

Check out this list of resources and programs that address

mental health challenges. Visit [bit.ly/veterans-mentalhealth](http://bit.ly/veterans-mentalhealth).

### Veteran Financial Workbook

Browse helpful information about financial management, from caregiving costs to real estate planning. Visit [bit.ly/veterans-financialbook](http://bit.ly/veterans-financialbook).

### Resources for Veterans Beyond the VA

In addition to the Department of Veterans Affairs, these organizations provide support in various areas, including employment security, health access,

community connection and more. Visit [bit.ly/veterans-resources](http://bit.ly/veterans-resources).

### Veterans' Survivors' Benefits

Get important information on benefits for eligible military families, such as survivors' compensation, health care coverage, financial assistance for education, home loans, pension, life insurance and more. Visit [bit.ly/survivors-benefits](http://bit.ly/survivors-benefits).

### Veterans Job Center

This AARP-developed job center provides free courses, tools and resources needed for successful career advancement. Visit [aarp.org/VetsJobCenter](http://aarp.org/VetsJobCenter).

Given the unique challenges of military service, it's essential for veterans and their families to understand and get the support they need. AARP's road map of resources related to health care benefits, financial assistance and retirement planning can help ease the burden. All of these resources and more can be found at [aarp.org/veterans](http://aarp.org/veterans).



**Over 5 Million Military Veterans Are AARP Members. Explore AARP to Find Your Reason.**

When you're a military veteran, more than 40,000 organizations are available to serve you. But it can be hard to know which ones are right for your needs. That's why AARP brings together free, valuable resources to help you navigate your options. Check out our veteran employment and fraud prevention resources, caregiving tools, and access to discounts. AARP is on a mission to support veterans.



Learn more online at [aarp.org/veterans](http://aarp.org/veterans)

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## In Your Community



# 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 hearing, 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!**

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# Can I afford to truly retire?

## Critical Social Security and Medicare milestones for those age 60 and over.



By Bill Jolly, MBA, Steadfast Benefits

You've probably read (and may share concerns) about fears related to having sufficient funds to retire, changes in Social Security and the affordability of health care and long-term care as we get older. In this four-part series, we are going to cover Social Security and Medicare as they apply to people approaching retirement or already retired. This first article will list the "big milestones" most middle-class retirees face. In later articles, we will focus on the details of each.

Retired clients and those approaching retirement often ask questions about what to watch out for or whether to change course when it comes to government benefits we pay into during our working years. The answer to that question depends on your age, personal situation and choices you have made so far, but there are a few critical decision points that must be approached carefully in order to ensure that you maximize benefits and minimize your financial risk. If you pass a particular milestone, it is sometimes possible to improve your situation with a good plan and a little ingenuity.

### The milestones are:

• **Age 62:** You may receive Social Security retirement benefits at a reduced amount. Benefits will remain the same for the rest of your life.

• **Age 65:** You will be eligible for original Medicare (Parts A & B). The cost of original Medicare will vary depending on your income and work history.

• **Age 66:** Social Security full retirement age (FRA) for the majority of baby boomers.

• **Age 67:** The anticipated Social Security full retirement age (FRA) for Gen X and younger generations.

• **Age 70:** The latest age at which eligible beneficiaries should begin to collect Social Security. Waiting until 70 can boost your monthly benefit, but waiting any longer serves no purpose.

Those are the critical ages. If you're over 60, it's a good idea to spend some time with a qualified advisor, complete a Social Security Maximization Analysis and get your questions answered. If you've passed a particular milestone, don't worry. You can still likely build a customized program that will get you closer to your objectives. Be sure to check out the upcoming articles for more helpful information about your government benefits.

*Bill Jolly is the principal of Steadfast Benefits, a registered insurance brokerage specializing in health and retirement benefits for individuals, employees and military veterans. He is a veteran and a dad and holds a master's degree in business administration. Bill can be reached at 417-4840 or bill@steadfastbenefits.com.*

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# Understanding the signs, symptoms and prevention of stroke

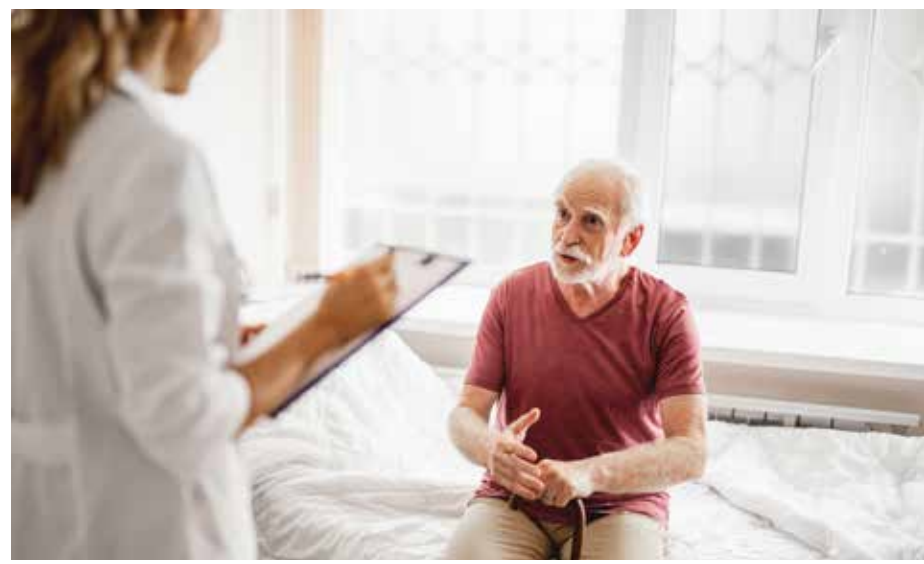
By Tim McMahon,  
St. Joseph Hospital

May is National Stroke Awareness Month, an annual observance aimed at raising awareness about the risk factors, symptoms and treatments of stroke. Strokes are the third leading cause of death for women and the fifth leading cause of death for men in the United States and the leading cause of adult disability. Every year, nearly 800,000 people suffer a stroke, and approximately one-third of those people will die as a result. According to Dr. Deepak Vatti, Chief of Emergency Medicine at St. Joseph Hospital, “the signs and symptoms of stroke can be subtle. Sometimes even mild dizziness could be a sign of a stroke. It’s very important to see your primary care provider on a regular basis so you are managing your risk factors ... and if you feel you are having symptoms related to a stroke, call 911 immediately.” The good news is that the earlier you seek treatment for stroke, the higher likelihood there is of better outcomes.

## Signs and symptoms of a stroke

The signs and symptoms of a stroke can vary depending on the severity and location of the stroke, but there are some common warning signs to look out for. Remember the acronym B.E.F.A.S.T:

- **Balance:** Watch for sudden loss of balance
- **Eyes:** Check for vision loss
- **Face drooping:** Does one side of the face droop or feel numb?
- **Arm weakness:** Is one arm weak or numb?
- **Speech difficulty:** Is the person’s speech slurred or difficult to understand?
- **Time to call 911:** If you or someone you know is experiencing any of these symptoms, call 911 immediately. Time is critical in treating a stroke.



## Risk factors for stroke

There are several risk factors that increase the likelihood of having a stroke. Some risk factors are controllable while others are not. The more risk factors a person has, the higher their risk of having a stroke. Some common risk factors include:

- High blood pressure
- Smoking

- Diabetes
- High cholesterol
- Obesity
- Physical inactivity
- Age (people over age 55 are at higher risk)
- Family history of stroke or heart disease
- Prior stroke or transient ischemic attack (TIA)



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### St. Joseph Hospital's stroke program

St. Joseph Hospital is a DNV Certified Primary Stroke Center and has been awarded Gold Plus status for 2023, which means they have met or exceeded nationally recognized standards for stroke care.

"We have worked hard for many years to build our stroke program into what it is today. We're proud to service our community and provide excellent stroke care" shared Dr. Vatti.

The program includes a team of experts who specialize in the treatment and management of stroke, including neurologists, neurosurgeons and rehabilitation specialists. They also offer a full range of services for stroke patients, from emergency care to ongoing rehabilitation and support.

When a patient arrives at St. Joseph Hospital with symptoms of a stroke, their team works quickly to determine the type of stroke and develop a treatment plan. They use state-of-the-art imaging technology and diagnostic tests to accurately diagnose the stroke and determine the best course of action. Treatment may include medications to break up blood clots, surgery to remove a blockage or repair a ruptured blood vessel, or rehabilitation to help the patient regain function and mobility.

In addition to providing excellent care to stroke patients, St. Joseph Hospital is committed to educating the community about stroke prevention and awareness by offering a variety of resources and educational materials to help people understand their risk for stroke and learn how to reduce that risk.

### Five tips for stroke prevention

There are several steps you can take to reduce the risk of stroke:

- **Know your risk factors:** Talk to your doctor about your risk for stroke and what you can do to reduce that risk.
- **Eat a healthy diet:** A diet low in salt, fat, and cholesterol can help reduce the risk of stroke. Focus on eating fruits, vegetables, whole grains, lean proteins, and healthy fats.
- **Exercise regularly:** Regular exercise can help reduce the risk of stroke by improving overall health and reducing the risk of other medical conditions.
- **Quit smoking:** Smoking is a major risk factor for stroke, so quitting smoking is one of the most important steps you can take to reduce your risk.
- **Limit alcohol consumption:** Drinking too much alcohol can increase blood pressure and raise the risk of stroke.

Stroke is a serious condition that can have devastating consequences, but it can be prevented and treated if caught early.

"We see patients experiencing a stroke almost every day. Patients who are able to manage their risk factors through regular primary care follow-up have better outcomes" said Dr. Vatti.

By knowing the signs and symptoms of stroke and understanding your risk factors, you can help protect yourself and your loved ones from this life-threatening condition. And remember, St. Joseph Hospital is there to help.

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<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.

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

# Stop pain safely with Curamin®\*†

By Terry Lemerond,  
Founder and President of  
Terry Naturally

There are many choices available to address pain. Curamin from Terry Naturally® is different. It puts safe, effective pain relief within reach.\*†

Curamin delivers pain-relieving power in a trusted formula that helps you feel your best. For over 15 years, people around the world have considered Curamin to be the answer for pain.\*†

## Time-tested botanicals with roots in Ayurveda

Curamin features two botanicals with deep roots in Ayurvedic medicine: curcumin from turmeric and boswellia.

Curcumin is an extremely popular supplement for people looking for safe and effective support.\* The tough thing is getting curcumin to absorb well into the body without having to take massive doses of it. Our curcumin has a secret that makes it absorb better and stay in the bloodstream longer than unstandardized turmeric or even other standardized curcumin extracts: turmeric essential oil.

Turmeric essential oil mirrors, in a way, the long-term benefits enjoyed by those who have consumed cur-



cumin in curries their entire lives. For those of us who have indulged in a standard Western diet, simply eating more curry isn't enough; the only way to make a difference is to concentrate the way that curcumin is absorbed into the bloodstream so it can get to work helping you feel your best. The curcumin in Curamin is backed by scientific and clinical research. In fact, it has over 85 published studies to back it up — more than any other enhanced absorption curcumin in the world. You can have confidence in its ability to relieve pain.\*†

The second herb in this combo is a specialized extract of boswellia serrata. Like the curcumin in Curamin, this boswellia extract is well above the ordinary. It has been standardized to deliver a more concentrated level of a compound called acetyl-11-keto-beta-boswellic acid, or "AKBA." Unstandardized boswellia supplements might only contain one percent of the compound, but ours contains at least 10 percent AKBA and 70 percent beneficial boswellic acids overall.

The AKBA in this clinically studied boswellia assists with relieving occasional pain, but along different pathways than curcumin.\*† This makes it the perfect complementary botanical.

As a combination, the enhanced

absorption curcumin and specialized boswellia featured in Curamin have been clinically tested and show remarkable results, supporting a healthy range of motion and overall comfort.\*

## Additional key ingredients

Our original Curamin also includes synergistic ingredients, DLPA and nattokinase. DLPA is a combination of two amino acids, d- and l-phenylalanine. It supports the healthy activity of endorphins and enkephalins — natural "feel good" compounds in your mind and body. Nattokinase is an enzyme that helps support healthy circulation, ensuring that the nutrients in Curamin are delivered to where they can be most effective.\*

We all have times when we experience pain, and finding a way to deal with it can be a challenge. After all, you want relief, but you don't want to compromise your health. Fortunately, there is Curamin.\*†

Curamin is one of the most powerful products available. It is an award-winning combination with ingredients that have been proven time and time again to be highly effective and safe for when you need it most.

When pain is the problem, Curamin is the answer.\*†

†Occasional muscle pain due to exercise or overuse.

\*These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure or prevent any disease.



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.



# Plan well, live well

By Kelley Kennedy, Executive Director, At Home By Hunt, and Kristin Mattheson, Director of Sales and Marketing, Silverstone Living

We spend our lives planning for our education, buying a home, raising a family, growing our careers and funding our retirement. However, we often forget to plan for the care and assistance we may need during our golden years. It is important to know your options and secure your future with a Life Plan designed to fit your lifestyle.

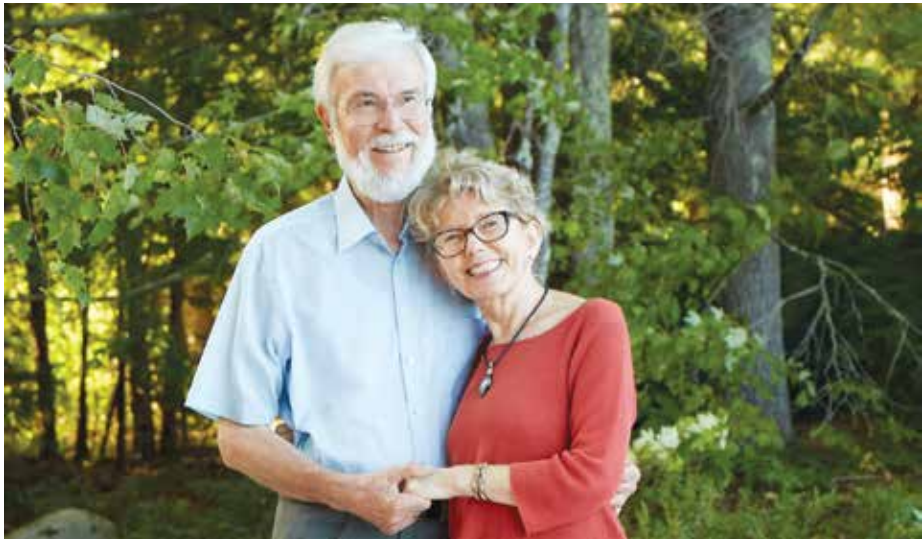
## What is Continuing Care at Home?

Life Plan Communities are becoming a popular retirement choice as people plan for their long-term care needs. These Life Plan Communities offer independent living options focusing on active healthy living with the security of onsite health care services should they be needed in the future. This means you will receive the care you need if and when your health changes. However, what if you had the option to receive this same concept of care without having to

move from the home you love? Meet Continuing Care at Home. These programs offer a Continuing Care Life Plan without having to move. Enjoy the security of knowing you will receive services in your home when you need them, without the struggle of finding reputable and dependable care on your own. With the growing expense of health care, you will have the assurance of predictable costs for your future long-term care needs, and guidance navigating the complex health care system. 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 with two Life Plan Communities in Nashua (Hunt Community and The Huntington at Nashua). As a Member of At Home By Hunt, you can participate in the social and wellness groups offered at both of our communities, as well



as care coordination and preventative care you may need within your own home. A one-time membership fee and predictable monthly service fees protect your assets for when you require more support and assistance. You will never be alone in your journey; a Life Plan Coordinator is with you every step of the way!

## Peace of mind with a personal touch

A Life Plan Coordinator is a health professional and advocate who will develop

a trusting rapport with you now and support your choices as you age. Finding the right services and care can be challenging, often adding stress for you and your family while you are coping with a change in health condition. 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.*

I am healthy, active, and love living in my current home and community. I want to stay in my home for as long as I can, and I don't want to be a burden to my wife or children.

Two years ago I enrolled in the **At Home By Hunt** program and feel it is a great fit for me, both for the present and for the future when and if I can no longer stay at home. The program is a great value financially, and the staff are marvelous – very friendly and helpful.

I am pleased with my choice to join!

*~John,  
Member since 2020*

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# CASA volunteer describes her work as “a little effort for a big purpose”

By Katie Pelzar,  
Community Outreach Coordinator,  
CASA of NH

The key to our well-being is multifaceted. Our physical, mental and spiritual health all contribute to our overall wellness. Claire Holston — a personal trainer, spiritual practitioner, social justice activist and Court Appointed Special Advocate of New Hampshire volunteer — is certainly a proponent of this. Claire’s life could serve as a template for how to incorporate and nurture each of these components that, together, bring us fulfillment.

Claire became a CASA in 2013 while working full-time at BAE Systems in southern New Hampshire.

“I had a lot of flexibility with the supervisors that I worked with,” she said. “In my job, I could manage my own time, and so I was able to fit in CASA training, or if I had to go to court. They were really receptive of that.”

Claire sees the value in giving back to her community.

“I’m a social justice activist,” she said. “I do a lot of church activities; I’m very involved in the church, both locally and at the conference level. I’m also involved in the community providing as much diversity, equity and inclusion training as I can.”

Included in all of these powerful acts of service is the transformational work she does as a volunteer child advocate. In her nine and a half years as a CASA, Claire has been a steadfast support for 10 children, ranging from infants to teenagers. One of the things that Claire enjoys most as a CASA is all the people she interacts with.

“You get to meet different people in all different settings,” she said. “I don’t know if there’s a stereotype where people assume that only low-income families become involved with CASA, but it runs the gamut. There have been middle-class people that I’ve interacted with who have also run into issues with neglect and that type of stuff. I always enjoy meeting new people, regardless of who they are.”

“When you step inside different homes,

you really get to understand the struggles that people are living with on a day-to-day basis,” she continued. “You can say that it’s a humbling experience. It certainly keeps you grounded in that you may think you’re having a bad day or a bad situation, but there are others who are less fortunate, and they’re just needing somebody to show that they care.”

In addition to the families, CASAs work with numerous case professionals.

“You get in front of the judge, and you get to interact with DCYF,” Claire said. “With the majority of DCYF folks I’ve worked with, we’ve had a great connection.”

When asked what has surprised her the

most about her work as a CASA, Claire said, “That I’m still doing it, because I didn’t know what I was walking into.”

“I did take a year or so off because I had a lot of things that were going on, and I just needed to prioritize them, and when I make a commitment I like to follow through,” she said. “I didn’t know if I was going to come back when I took that break. But, you know, this work is really important. The people I interact with at CASA are all really nice. They’re all really good to me and are available when I need to talk to them.”

Claire has worked on cases involving a wide variety of challenges, ranging from

“... You really get to understand the struggles that people are living with ...”

— Claire Holston



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domestic violence to mental health. “To see positive results, really for most of my cases so far, has been really rewarding for me,” she said.

One case that stands out for Claire involved an infant whose parents both struggled with mental illness. The child was living temporarily with the grandparents.

“We were able to find an adoptive family who was willing to let the grandparents stay involved in the baby’s life,” she said. “So I was able to walk step-in-step with them. It was a joy to go and visit. They were doing all the things they needed to do as adoptive parents. I was able to be in court with them on the day the child was turned over to them.”

For Claire and so many advocates, the CASA role is both challenging and enriching to their lives.

“You know, I shouldn’t say it’s not all that taxing; it all depends on the case that you get, because each case is different,” she said. “But it’s not a lot of time, really, to go and get to know a little one or a youth. It’s a little effort for a big purpose. It’s a small piece of the many things that I do in my life — one of the many things that, together, contribute to a rich and fulfilling life.”

# YMCA volunteers are critical to our mission

By Elizabeth A. Covino,  
Chief Community Relations Officer,  
YMCA of Greater Nashua

Without volunteers, the Y wouldn’t be the same; they’re the heart and soul of our organization, and without their hard work, dedication and selflessness we couldn’t do the work we do every day to help kids, families and communities thrive. By bringing people together from all walks of life around a shared purpose to do good, the Y is creating a stronger, more cohesive community.

These opportunities also help volunteers enhance their personal well-being and develop meaningful relationships, all while making an impact in communities they care about.

At our Y, program volunteers help with special events, like family nights, and serve as Kids Stop helpers, tutors, sports assistants, group exercise instructors, coaches and assistant coaches and Welcome Center ambassadors. Many more opportunities exist for others to

help make a difference. Current volunteer opportunities are listed at [nmymca.org/volunteer](http://nmymca.org/volunteer).

The YMCA also has the support of policy volunteers who provide governance, policy direction and fundraising support for our Association. The visionary leadership of these volunteers helps our entire YMCA Association provide extraordinary experiences for individuals and families throughout our Southern New Hampshire region.

This spring, the Y is re-launching Togetherhood, our member-led volunteer service program. Togetherhood is run by a committee, made up of YMCA members and community leaders working as volunteers, with the support and guidance of a YMCA staff advisor. Our Togetherhood committee will plan and execute service projects that strengthen our community while enabling volunteers to form meaningful connections with people from diverse backgrounds. Projects are done outside of our YMCA



walls. Our volunteers have done projects such as Mine Falls clean-up days, helping the Merrimack Public Library landscape their grounds, packing food bags with End 48 Hours of Hunger, diaper drives supporting the United Way and organizing the large food pantry at Nashua Soup Kitchen and Shelter.

To learn more about volunteer opportunities at the YMCA of Greater Nashua, contact Volunteer Coordinator Leila Saremi at [lsaremi@nmymca.org](mailto:lsaremi@nmymca.org).

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138858

# Family-owned fuel company has served local communities for over 90 years

By Sandy Dowers,  
Marketing Communications Specialist,  
Palmer Gas & Oil

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# Currier Museum of Art offers free creative opportunities for veterans, active service members

By Courtney Starrett,  
Digital Marketing Manager, Currier  
Museum of Art



Art for Vets is an art-focused program that offers unique and free opportunities for veterans and active service members and their families to come together and experience the benefits of the creative experience at the Currier Museum of Art.

In collaboration with the Manchester Veteran Administration Medical Center (MVAMC), Art for Vets is able to provide access to art and wellness experiences in our 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; and inspiring overall camaraderie and shared support among all involved. Mean-

ingful and respectful dialogue, the pursuit of whole health and the benefits of the creative process are the keystones of Art for Vets.

Programs and opportunities for veterans, active military and their immediate family members at the Currier include:

• **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 Studio Classes.** These are studio classes specifically offered for Art for Vets students. There is no limit, and classes are free of charge.

• **Studio Art Tutorials.** The Currier provides virtual, small group art tutorials for veterans with teaching artists. Fields of study include drawing, painting, collage, and mixed media, sculpture and ceramics. There is a limit of two or three spaces for each camp, so families should register early. A scholarship application submission is required.

• **Art for Vets Family Day.** The Currier 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.

• **Free museum admission.** The Currier 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.

Email [artforvets@currier.org](mailto:artforvets@currier.org) to learn more.

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# Can I kneel after total knee replacement?

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

There is a common misconception amongst many patients that they will be unable to kneel or that they should not kneel after a knee replacement. Is there any truth behind this urban myth?

In reality many people who need a knee replacement are unable to kneel before surgery. Many people have arthritis under their kneecap which can make kneeling painful. Up to 80 percent of people report difficulty kneeling before knee replacement. Being overweight also substantially increases the forces placed across the knee joint. Like any activity, once you stop, resuming it becomes difficult, even after the arthritis is gone. However kneeling is important for many daily activities, including house work, gardening and participating in prayer. Inability to kneel can therefore contribute to dissatisfaction after knee replacement.

Physical therapy following knee replacement typically focuses on regaining range of motion, improving gait and

maximizing strength and balance. Less emphasis is placed on kneeling and squatting motions, which may be one reason that many patients feel they cannot kneel. When 122 patients were asked if they could kneel, only 37 percent of patients thought that they could. However, when asked to do so, 81 percent were able to kneel. Patients who avoid kneeling often do so because of uncertainty if they should, fear of injuring the knee, or confusing recommendations from friends, nurses, therapists and physicians. A very small percentage of patients actually report pain while kneeling. Numbness in the front of the knee, which is very common after surgery, does not affect the ability to kneel. The location of the incision, either on the side or directly centered over the knee, has not been shown to affect kneeling ability.

What if you want to kneel after a joint replacement but are having difficulty doing so? The key is to practice. One recent study created a protocol for patients having difficulty kneeling after surgery after the incision had healed. It was recommended that patients kneel for

10 minutes each day and over five weeks gradually decrease the amount of padding underneath the knee. Start by kneeling on the couch. The next week, kneel on the floor on a couch cushion. The following week, use a thin pillow. Next, just kneel on the rug. Finally, kneel on the floor. This very simple protocol resulted in 81 percent of patients being able to kneel without any difficulty at all, and the remainder having only mild discomfort while doing so. If you try this technique, make sure you wait until the scar is completely healed before kneeling on it.

Another hint is to use a kneeling pad to increase comfort, especially when kneeling on hard ground. These are sold in gardening shops for this very purpose. Knee pads actually do work, as biomechanics studies have shown that use of knee pads decreases joint reactive forces in the knee.

Can you kneel after total knee replacement? Yes. But it may take practice and time. It may be uncomfortable at first, but you will not damage the implant. Remember that the goal of knee replacement is to restore motion and mobility



while decreasing pain and improving function. Removing the arthritis with joint replacement is the first step, but building up strength in the surrounding muscles and regaining knee motion with physical therapy and daily exercise after surgery is the key to a successful outcome. If you have questions about activity after joint replacement, talk to your surgeon and pay no attention to the urban myths about knee replacement.

*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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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.

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# Battling stress

*Listen to the important signals we get from our bodies*



Stress is essentially a natural alarm system meant to alert you when your body senses danger. Your adrenaline rises, muscles tense up and our heart rates increase. But these shocks to the system, in particular if they become chronic, can have a long-term impact.

It's a particularly dangerous situation for seniors, putting you at greater risk of disease and infections.

### Stress effects

Older adults are naturally more susceptible to illness because of aging immune systems. The situation becomes far worse, far more quickly when you combine this natural weakening process with chronic stress. One of the most common negative health outcomes is heart problems and high blood pressure. Some may worsen matters by seeking temporary stress relief through overeating, smoking or drinking. Changes in your overall health may happen on a much shorter timeline.

### How to cope

Dealing with stress is so important for those who want to get the most of their senior years. Otherwise, we risk losing our health, our independence and precious time spent with loved ones. Healthy ways to cope include regular exercise, which bolsters your

health while helping to relieve symptoms of stress. Is there a hobby you've been thinking of trying out, like painting or knitting? Now's the time. Join a club or take part in some worthy local cause.

Volunteering is a great stress buster, since you're staying active while strengthening your community. Consider getting a dog, since they offer companionship while also providing a ready-made excuse to exercise more often on regular walks. Focus on the parts of your life that you control, and what you can manageably do in order to live a happier, healthier life.

### Managing your mind

Sometimes, it really is all in your head. Focus on quieting your busy mind by becoming more aware of the beauty and purpose in the world around you. Be present. Get less involved with the past, and let go of worry about the future. For some, yoga or meditation does the trick. Others find relief through discussions with a professional counselor. You may choose a unique blending of the two, creating a mixture that's more tailored to your particular situation. The end results should be both an acknowledgment of the way stress impacts us every day and an increased ability to remain in "the now."

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# Paul LeBlanc

## CITIZEN OF THE YEAR

The Greater Manchester Chamber has named Dr. Paul LeBlanc, president and CEO of Southern New Hampshire University, its Citizen of the Year.

**Q:** *Tell us about you and your background.*

I was born in Canada in New Brunswick in a small farming village. I actually spoke French before I spoke English. There was really no work there for anyone, so my parents and my four older siblings and I immigrated to the Boston area when I was 3, and I grew up in Waltham, Mass. I went on to be the first member of my extended family to go to college. I think being a first-generation college graduate and an immigrant informs my sense of work and my sense of Manchester so much, because Manchester itself is a city of immigrants and of people who had to work hard and didn't have anything handed to them. I came to Manchester almost 20 years ago as president of SNHU. Before that, I had spent seven years as the president of Marlboro College in Vermont, and before that, I was heading up a technology startup for Houghton Mifflin Publishing Company in Boston.

*What do you consider some of your biggest accomplishments?*

I always think of universities as playing an important role as an economic engine. When I came in, we had 2,500 students and were just a small, somewhat dated campus in the north end of Manchester. Today, we're a national and international university with 185,000 active students, making us the largest university in the country. But we've still always been very focused on Manchester as our hometown. ... I had this idea for a Center for New Americans, which we've created in conjunction with the

YWCA, recognizing that Manchester's history is built on New Americans. It has programs for youth, language programs — a wide array of programming. ... During the pandemic, we, with partners, stepped up and took the lead with a number of things, like providing more than 210,000 meals during the first two years to kids who were on school lunch programs who might not have enough food at home; and working with the National Guard, converting the whole of our athletic complex into a spill-over health facility for local hospitals. I think these are the things that I'm probably being recognized for as Citizen of the Year, but in reality, I'm accepting this [award] in the spirit of everything that SNHU and all of our people do.

*What is your vision for the future of education?*

We are often cited as being one of the most innovative universities in the country. That includes not only using online education to extend the reach of SNHU and to reach people who really need a degree to unlock an economic opportunity, but also being pioneers in competency-based education, which untethers people from time and allows them to move much faster. Innovating around delivery models that work better in people's lives is a really important part of what we do. ... We have a national network of community partners that are deeply embedded in underserved communities, and we have something called the GEM program, which stands for "global education movement," and that brings degree programs to refugees. We've worked in refugee camps in



Paul LeBlanc. Courtesy photo.

Kenya, Malawi and Rwanda, and with refugee communities in South Africa and Lebanon, so we really do have a global reach. Our vision is to continue to try to make higher education more affordable and to put it in the financial reach of learners who are often left out and feel unable to access a system that's increasingly too expensive for them.

*What do you like about Manchester?*

Manchester is a working city; it's got some grit, and, like every city, it's got real issues, like homelessness. But I love that it has such a strong sense of community and rootedness. ... It has an amazing diversity of people in a state that can often feel pretty homogenous, and there's energy and vibrancy that comes from that heterogeneous population. ... Its food scene is burgeoning. ... The Millyard is a hotbed of tech-

nology and innovation. ... People are doing things in the arts community. ... Yet it stays very modest. There's a great self-deprecating humor about New Hampshire and Manchester. No one gets too full of themselves.

*What do you like to do in your free time?*

I'm lucky enough to be able to do some really interesting travel. I just came back from Antarctica, which was the most amazing travel experience ever. I've been to all seven continents and 60-something countries. That's my passion. Closer to home, it's things like cooking, reading, writing. I've been going back to my writing more lately, which I very much enjoy. I've written two books in the last two years.

— Angie Sykeny



# Are supplements right for you?

*Sometimes regular checkups and a healthy diet aren't enough*

Dietary supplements are no cure all. They won't treat or prevent many illnesses and diseases. But when combined with other healthy life choices, they can bolster our health as seniors in very important ways. These supplements offer sometimes-needed boosts of vitamins, fiber, minerals, herbs, amino acids and various enzymes. They don't require prescriptions, however, so you should talk to your doctor before adding any of them to your daily regimen.

## Understanding the risks

Older consumers are especially at risk for unforeseen side effects from over-the-counter supplements. Megadosing on vitamins, for instance, may seem like a good idea for the untrained, but can actually produce some health-threatening problems. In fact, some supplements may actually cause more harm than good — in particular if you're taking other prescriptions, since there can be issues with interaction that you are unaware of. Those planning surgery are also typically advised not to start taking supplements, or to stop taking them a few weeks beforehand.

## Most recommended

Certain dietary supplements are more recommended than others, simply because of the way our bodies change as we age. People over age 50 may need more calcium, which works to keep bones strong. Vitamin D is also part of that strengthening process, and most people get far less



than is recommended from their regular diet. Vitamin B6 helps us form critical red blood cells, while vitamin B12 helps keep them healthy. B12 deficiency is a particular problem for strict vegans and vegetarians.

## Finding out more

The Federal Drug Administration has more information on these risks, but

you should always consult your personal physician first since they know more about the specifics of your situation. Local health-care professionals have been with you every step of the way, and now share the common goal of your good health. Develop a personalized plan.

Doctors will also help you monitor your health to ensure that you remain

on the right track. That may include tweaking your dosages, or removing a supplement all together. Don't be afraid to ask questions if you don't completely understand what's being recommended — and stop taking any supplement if you begin to experience negative side effects. If your every-day doctor doesn't have an answer, they'll recommend a specialist who does.

## 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](http://redcross.org/nne), 225-6697) report that their most needed volunteer positions are the shelter support teams (volunteers who help residents during large-scale disasters), disaster health services teams (for volunteers who are licensed health care providers) and disaster action teams (for smaller disasters, such as home fires), accord-

ing to a press release. The Red Cross is also seeking blood donor ambassadors who check blood donors into appointments, answer questions and give out snacks, the press release said. The Red Cross also needs transportation specialists who deliver blood to hospitals from Red Cross facilities, the release said. The Red Cross provides training for volunteers, the release said. See [redcross.org/volunteertoday](http://redcross.org/volunteertoday).

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

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



*Black Heritage Trail Site: Harriet E. Wilson Memorial in Milford. Courtesy photo.*

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

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

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

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

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

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

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

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

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

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

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

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

- **Local Food Plymouth** ([localfoodsplymouth.org](http://localfoodsplymouth.org)), “an online farmers market with weekly curbside pickup located in Plymouth New Hampshire,” is looking for volunteers, specifically delivery drivers, according to a recent press release. Other

areas they have volunteers for include parking lot attendant on pick up day, weeding and garden work, committee membership and website tutorials, according to the website, where you can sign up for volunteering.

- **Lowell Summer Music Series** ([lowellsummermusic.org](http://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](http://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](mailto:history@manchesterhistoric.org) with questions.

- **McAuliffe-Shepard Discovery Center** (2 Institute Drive in Concord; [starhop.com](http://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](mailto:kthompson@starhop.com) for information.

- **Mt. Kearsarge Indian Museum** (18 Highlawn Road in Warner; [indianmuseum.org](http://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](mailto:volunteer@indianmuseum.org).

- **NAMI NH** ([naminh.org](http://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.



Birds at NH Audubon Massebesic Center. Photo by Jennifer Gingras.

- **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);

org); wildlife volunteer field surveys; the grant program research assistant and a publication assistant, according to the website.

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

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

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

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

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

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

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

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

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

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

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

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



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## Orthopedics



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