



P.11 Internet benefits

P.19 Staying safe in the sun

Granite Senior Journal

August / September 2023

A Bi-Monthly Dedicated to Senior Issues and Living



A NEW CHAPTER



Ann Sprague in Florence, 2022. Courtesy photo.

Retirement reinvented

Embracing adventure in your golden years

By Robert Levey

For Ann Sprague, who recently celebrated her 68th birthday, the key to her retirement years is not exactly a secret.

“You need to get up and get moving,” said Ann, who noted she walks 3 miles daily. “One thing I always say to others is to keep moving.... Get outside and get fresh air and get sun in your face.”

The intent to keep moving or walking, however, tells just part of her story, which began (and continues) in Meredith.

“I was born and raised a local yokel who went away and came back,” said Ann, who said hard work characterized her childhood. “My family had a bus business, and I cleaned the buses, among other things.”

In addition to business chores, she

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Retirement relished

Enjoying the journey

By Betty Gagne

If you had asked George Bald what he’d be doing during retirement, he’d have given you a one-word answer: fishing. True to his word, George has been fishing pretty much everywhere, and the New Hampshire native likes to fish for brook, brown and rainbow trout.

“I do a lot of fishing,” he tells us. “Both freshwater and saltwater.”

He even shares some of his favorite fishing spots. If you happen to visit the Wentworth-Coolidge Mansion in Portsmouth, you may see George

sporting his waders and hauling in some striped bass. Look for him up in Pittsburg during spring, at Merry-meeting Lake and the Cocheco River during the summer, and when he’s down south between South Carolina and Florida, George likes to hook barracuda and tarpon. Even Alaska has been part of his travels to fish, as George went there in 2017 with his son Casey.

“What’s nice about retirement and fishing is that I can go whenever I want to,” he says.

If you know George at all, you

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Retirement retired

Challenging the traditional approach

By Curt Mackail

I was talking to an older woman running the cash register at the drive-up window of a burger chain. “Yeah, I’m back at it again,” she said. “This is the third time since I retired.”

I wondered. Does the idea of retirement mean much anymore?

At home, after clicking the search button, I quickly discovered I am not the first nor only to wonder whether retirement itself is an outdated concept.

Some experts say retire retirement

“On the basis of our research, we’ve concluded that the concept of retirement is outdated and should be put out to pasture in favor of a more flexible approach to ongoing work, one that serves both employer and employee,” said the Harvard Business Review almost 15 years ago in its report “It’s Time to Retire Retirement.”

Today’s workers find traditional retirement pensions, once the mainstay of our generation’s retire-at-65

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had house chores and school work.

“When I turned 14, we had to get a job,” she laughed.

When not working, she said, she played with friends who collectively referred to themselves as “the Ladd Hill gang.” She lived — and her family’s business was located — on Ladd Hill Road.

“We played outdoors all day,” said Ann, though she stays away from the woods now due to an aversion to ticks.

In describing Meredith in the ’50s and ’60s, she noted it was much smaller than it is today, although it was still a tourist destination — a fact she put to good use.

“I worked two jobs in the summer, and I put myself through college from that income,” she said.

Meredith was different, however, in some respects.

“The mills were down in the town, and people never thought about asbestos,” she said.

Upon graduating from University of New Hampshire, Ann acknowledges, she “could not wait to get out of town.”

“I went to Texas for several months,” she recounted. “I then went to Washington, D.C., on my way home, and I ended up staying there for 10 years.”

In 1988 her mother died, which led to her decision to come home and help



Sprague with Miss Lee. Courtesy photo.

For many years her work fell into the categories of marketing and management in a variety of industries, which included stints at Annalee Dolls and Mill Falls Marketplace, both in Meredith.

She then secured a job as marketing manager at what is now Tanger Outlets in Tilton, where she stayed for 4 years.

“It was the best job in the state,” she said. “I learned so much, and I was

center, and the fire department was calling me,” she recounted.

At the same time, her father’s Lifeline device was “going off.”

“I was feeling pressured,” she said.

Noting she resigned from her job, she said she was then able to better care for her father.

“The most rewarding thing I ever did was ensure his peace and security in his old age,” said Ann, who noted her father died at nearly 91 years of age.

After her employment at Tanger Outlets Tilton, she went into the non-profit industry, where she especially enjoyed launching programs as well as new projects. Noting she initially worked at the Lake Winnepesaukee Historical Society, Ann said she then went to work at New Hampshire Boat Museum between 2009 and 2011.

In 2012, Ann had the opportunity to lead Interlakes Community Caregivers in Moultonborough as executive director.

“I wanted to do something worthwhile,” she said.

The job also enabled her to utilize all the skills she acquired over the years.

“You need to use budgeting and PR skills as well as organizational and HR skills,” she explained. “You also have to know how to manage your time.”

She described the mission of Interlakes Community Caregivers as related

to helping seniors age independently.

“Not only was I becoming an aging senior, I understood the need from a personal point of view given my experience with my dad,” she said. “At Interlakes Community Caregivers, I was in a position to help people navigate the challenges that come with parents aging. I appreciated the needs that were there.”

Noting the organization referred to seniors as ‘neighbors,’ Ann said she had always possessed “a great respect” for older people.

“They are vulnerable, and they need a little bit of help to stay independent and live in their own homes,” she said.

The ability for many older adults to remain in their own homes is exacerbated by various circumstances, according to Ann.

“The family is working or not living close by them,” she said. “These needs run across all different economic levels. It’s very rewarding to know through your efforts that you make a difference in someone’s life.”

For Ann, making a difference in people’s lives may represent one of life’s seminal meanings.

“One of the reasons we are on this earth is to help each other and to be kind and caring,” she said. “These big issues happen, and you feel like you don’t have control over them — this is where you can make a difference in someone’s life.”

This difference, however, does not come about through the singular efforts of just one person.

“I was not the one doing the work,” she said. “I knew that through the efforts of a community of people that we made it happen,” she said. “The things we accomplished would not have happened without the efforts of all of us.”

Regarding the scope of their impact at Interlakes Community Caregivers, Ann estimated their corps of volunteers — approximately 80 — served a few hundred neighbors annually.

“It got challenging during Covid times,” said Ann, who noted the initial days of the pandemic coincidentally served as her final months of employment.

This plan had been proverbially

“ One of the reasons we are on this earth is to help each other and to be kind and caring. ”

— Ann Sprague

her father transition to widowerhood. Her plan was to temporarily stay in Meredith.

“I never left,” said Ann, who, in addition to looking after her father, poured herself into her career.

“My career has always been very important to me,” she said.

very involved in the travel and tourism industry in New Hampshire.”

She was then promoted to general manager, a position she described as “24/7.” 9/11, however, changed her outlook on not just life but her job as general manager.

“The alarm went off at the outlet

hatched during the holiday season in 2019 when, Ann said, she realized she was tired.

“I talked to my board and gave them my formal notice in January,” she said. “Then, of course, Covid hit us. Those last few months were challenging.”

Noting that every day presented “a new thing,” Ann said they found creative ways to meet emerging needs.

“Many of our neighbors needed help getting food, and we also needed to figure out which volunteers felt comfortable dealing with other people,” she said. “We were all isolating at the time.”

Their solution consisted in direct engagement with local grocery stores.

“We came up with plans to coordinate ordering groceries or made arrangements,” she said. “We made it work.”

On June 25, 2020, Ann formally handed the reins over to a new director, at which time she began her retirement, which initially began with an electric drill and various projects around the home.

“I painted my kitchen cabinets, and I finished some furniture, too,” she said. “I have a small home in Meredith and a little yard. Just getting out in nature was my saving grace during the pandemic.”

Once the pandemic began to ease, Ann said, she again tapped into her love of travel.

“We were encouraged as kids to



Sprague in Granada, March 2023. Courtesy photo.

educate ourselves and travel — my father had the bus business, so he was driving all over New England and New York,” she said.

Last year Ann spent a month in Tuscany with her sister. This year, she and her sister went to Spain.

“Once a year, I like to take a trip like that,” said Ann, who noted she used to travel once a year to Europe and Florida. “I think travel is a great education. You can see how other people live and how others deal with different situations.”

There is no place, however, quite like home.

“Even though we have our problems, I think America is the best country in the world,” she said. “I’m grateful to be an American and a New Hampshire ‘live free or die’ person.”

As for life advice for other seniors, Ann said she starts each day by thinking about three things for which she is grateful in life, a practice she said gets her “in the right mindset.” Some days, she feels grateful for more than three things.

“I am grateful I have reached 68 years of age,” she said. “I’m grateful I had so many people in my life wish me a happy birthday, grateful I have a roof over my head, food on the table, and that people care about me. I have a rich life.”

She said it is also important for seniors to stay proactive.

“I reach out to my friends,” she said. “If you want a friend, you have to be a friend. If Jane or Joe are not calling you, then call them. Meet for coffee or go to a play. ... As we get older, you

need to be proactive in addressing any isolation that may be taking place.”

This philosophy has led to an unexpectedly active social life for Ann.

“I’m finding that people are at the points in their lives where friendships are more important now,” she said. “People have the time.”

In addition to social engagements, Ann said she recently led the effort to organize her 50th high school reunion. She is also a trustee for the NH Electric Coop Foundation.

“I was very honored to be asked,” she said. “It’s so wonderful to see what is happening in the nonprofit world.”

For Ann, inspiration comes from others.

“There is a lot of good in our world,” she said. “Don’t be discouraged by what you hear in the news.”

◀ RELISHED FROM PG 1

won’t be surprised to find that he doesn’t keep his catches; he releases them right back into the waters they came from.

The former Commissioner of the New Hampshire Department of Resources and Economic Development, who’s often been described by others as “a gentle giant” and “a truly nice guy,” officially retired at the end of October 2012, leaving a group of dedicated workers missing their leader. As an employee of the Division of Travel and Tourism myself, I’d never worked for anyone like George before. Who ever heard of a commissioner who puts on elaborate breakfasts for the employees every



Bald surrounded by smoke as he grills at the annual DRED picnic. Courtesy photo.

few months? Or planned a yearly outdoor summer picnic for the staff, insisting on doing all the grilling of hamburgers and hot dogs? As busy

as he was, George always found time to make the workday pleasant and enjoyable for the employees. He left a huge void in the department when he retired.

“I’m glad I worked for the state and I still have an interest in what goes on in the state,” he says. “Just because a person is retired, it doesn’t mean you have to stay away from everything.”

As much as he planned for his retirement, George found he wasn’t really ready for it.

“I started planning for it about two or three years ahead of time, as I met the requirements. I enjoyed my work, and I was in good health. I’d heard stories about others who weren’t able to enjoy retirement, and I felt it was important to retire while I was still

healthy.”

George was looking forward to it and thought it would be fun. But he ended up going back to work after three months and spent another 1½ years working.

“We have our home family and we have our work family. I never anticipated how much I’d miss my work family.”

His good friend former Governor John Lynch told him during lunch one day that the hardest part of retirement was not being around people, and George admits he had to mentally prepare to accept the loss of his work family.

“It takes time to get used to it,” he says.

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Bald meeting Jimmy Carter. Courtesy photo.

◀ CONTINUED FROM PG 5

Since then, George has continued to stay in touch with others by serving on a few commissions and boards, including joining InDepthNH's board of directors.

"Now that I'm fully retired I look for ways to stay occupied. I work at the polls, and I stay involved in some

nonprofit institutions. Staying busy keeps you healthy, and it keeps your mind moving," he says. He loves working in his garden, and traveling has become important in his life also. "I've been on a European river cruise, and I've gone to Alaska to fish."

Leisure time is valuable to George, and this is why he's more of a vol-

“Now that I'm fully retired I look for ways to stay occupied. ... Staying busy keeps you healthy, and it keeps your mind moving.”

— George Bald

unteer now than a paid worker. He values his freedom and feels that the best part of retirement is doing whatever he wants whenever he wants.

George reflects on his working life with memories of serving different communities, and his years in state service. He was elected mayor of Somersworth in 1978 when he was just 27 years old, and remains the youngest mayor ever elected in the city's history. He shares a fond memory of it.

"I'm forever grateful to those who elected me," he says, adding "I

remember when I ran for the position, and my opponent was an older man. There was a judge in Somersworth named Clovis Desmarais, and he was very influential in the city. My dad ran into him at a gas station and heard someone ask the judge who he was going to vote for in the mayoral election. 'I'm going for the kid,' the judge said. My dad told me that story and I never forgot it."

Planning for retirement isn't just about no longer working or missing those we consider our work family. George shares some tactics he used

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A bear sighting in Alaska. Courtesy photo.

to prepare for the financial part of it. “Start saving early,” he advises.

“Each time I got a pay raise, I’d put the extra money away,” he said.

Reminding yourself to make good decisions is key.

“Keep yourself healthy,” he adds. “Some people work longer because they love the work they’re doing. Go with your instincts — if you feel it’s time to go, just follow your gut feelings.” He also stresses how important it is to financially plan ahead from an early age. “I think the younger you

can start, the better.”

George has left his footprints forever here in the Granite State. His working life was spent improving people’s lives, serving communities to make them better and boosting the economy. He’s found a healthy way of balancing retirement with continuing to refine the goals of different united groups, further enhancing the quality of life here in New Hampshire.

And all the fishing he’s doing? That was definitely part of his retirement planning.



A fine catch. Courtesy photo.



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thinking, are mostly gone. That's especially true in small companies (100 employees or fewer), where only about 10 percent of employees are offered a pension plan, according to U.S. News and World Report. Between 1998 and 2015, the percentage of all employers offering traditional pension plans fell from 50 percent to 5 percent, reports investopedia.com.

"Defined-benefit plans (pensions) in the private sector were once common but are rare and have been replaced by defined-contribution plans such as a 401(k). Companies choose defined-contribution plans because they are less expensive and easier to manage than pension plans," Investopedia says. Unless you work for the government, for the military, in education or in a union job, a company pension isn't often available for new hires, says Fortune magazine.

Defined-contribution plans place the responsibility of saving for retirement on employees. "With a 401(k), you assume all the risk associated with their investments," says the U.S. Government Accountability Office. Today more than 80 percent of all adult employees contribute to such accounts, the most recent U.S. Census Bureau survey revealed.

Retirement is a historically new idea

"For many Americans, building the financial assets to transition from daily work to retirement later in life stands apart as a top goal. The concept of retirement is deeply ingrained in today's culture, but it's actually a relatively new idea," wrote Sarah Ovaska Few in the Journal of Accountancy.

"For most of human history people had short lifespans and were expected to work until death. There was simply no driving societal need for retirement as we know it. Modern-day retirement was necessitated and made possible through lengthening life spans, expanding prosperity, and population shifts tied to the Industrial Revolution," Ovas-



Parents are extremely influential when it comes to children's concept of financial matters. All the advice I got came from my father. His mantra was, "Pay yourself first." Photo used with permission of hippopx.com.

ka-Few said.

"Our vision of retirement is changing," wrote Rob Morrison of The Street, an online publication providing news on financial topics. In its survey of 750 high net-worth individuals, nearly 70 percent said they wouldn't stop working entirely in older age. Instead, they said they'd transition to a different kind of work or work on their own terms, Morrison reported.

Who can retire

Today many approaching retirement age aren't financially prepared to stop working. Of all wage-earners, some half of adults ages 55 to 66 had no personal retirement savings in 2017, the U.S. Census Bureau found.

"Despite hundreds of billions of dollars of increased retirement-savings subsidies by the federal government over the past quarter century, the retirement security of middle income earners has increased only modestly or remained flat, and the retirement security of lower-income earners has decreased," wrote Michael Doran in "The Great American Retirement Fraud," published in Elder Law Journal.

What little financial advice I received came from my father

A child of the Great Depression, my old man grew up dirt poor in a famously rich town, Greenwich, Connecticut. He managed a college education in the late 1940s from a little state college in West Virginia only because of an athletic scholarship and dozens of what we now call side hustles. He walked dogs, cleaned restaurant kitchens after hours, climbed and pruned trees with handsaws, walked sign boards for cigarette company promotions, and found dozens of other little gigs. His Scottish immigrant parents, working as domestic help on an old-money estate, hadn't any money to spare. My grandmother took an extra night job scrubbing floors and sent my father a few dollars each month.

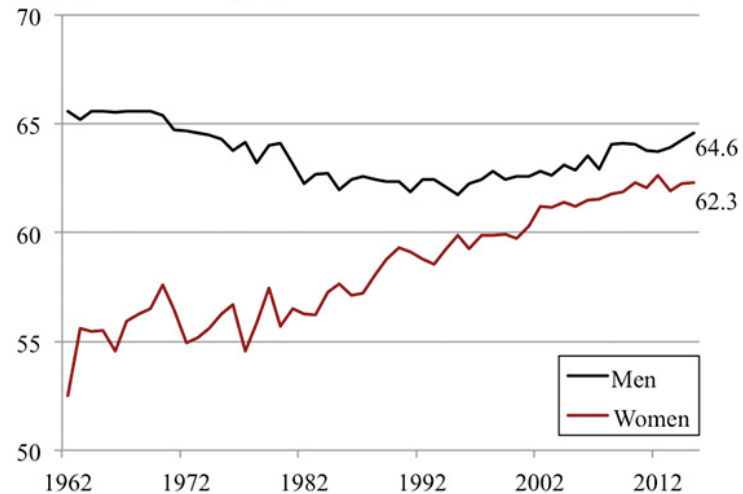
My father once proudly told me, when he was well into his senior years, that even though he came from nothing, just five years after graduating from college with a business degree, married with a kid (me), he owned a home (a little ranch in burgeoning Salem), bought his first new car and could pay all the bills without much worry.

The old man's financial mantra from the start, as he frequently told me, was, "Pay yourself first, son." By which he meant, put part of your paycheck in savings before you settle the debts.

Unless you're quite affluent, the idea that wage-paying work will be unnecessary someday is likely unreasonable. It's all quite complex and peculiar to each person, of course, but I think we're living in a time when the old concept of work (the stick) leading to a life of retirement ease (the carrot) is long gone. I plan on working for as long as I'm able, cobbling together several part-time occupations that I enjoy.

On the job longer

Average retirement age, 1962-2015



The US Census Bureau collates national retirement data among its many charges. This bureau chart shows retirement ages were already trending up on average as far back as 2012. Graphic courtesy of US Census Bureau.



Retirees with pensions from more than one employer may get added protection of their interests through the Rehabilitation for Multiemployer Pensions Act, if it is enacted. Here, a joint news conference drew ample coverage when the bill was introduced. Photo courtesy of Congresswoman Marcy Kaptur.

Through stringent household budgeting, the pay-yourself-first philosophy and the magic of compound interest, the family's worth grew enough to afford a larger home in a nicer neighborhood, send me and my two brothers to college, get a second car for Mom and even install an in-ground swimming pool (at the time an uncommon luxury.) We were the first to reach middle class in our modern family tree. My mother worked part-time, and my father gained a couple of promotions. Life was good.

When stock mutual funds captured the attention of American investors in the 1980s and '90s with favorable returns, Dad converted savings to mutual fund shares, as did millions of others. Before long he sat on a rapidly growing retirement cache, and with pension payouts also coming his way in the future, Pop looked forward to a comfortable retirement at age 65, or so he thought.

They came during the so-called 2007 Great Recession. The Dow Jones Industrial Average shed half its value in two years. The country lost some nine million jobs (doubling the unemployment rate) and households saw \$20 trillion in net worth evaporate, according to investopedia.com.

Dad's mutual funds tanked. My then-retired parents lost 40 percent of their net worth. Suddenly, the

retirement picture was out of focus. What seemed an unshakeable plan for a comfortable retirement turned into an un-plotted course from which they never fully recovered. My father, close to 70, went back to work full-time.

What I took away from this was mostly fear of putting what little savings I had in the stock market or anything like it. Instead I put savings in no-lose, low-interest cubbyholes like certificates of deposit. I just didn't trust the government and the financial industry to not flunk out again. (I also didn't reap much profit from investments.)

Instead, my wife and I put money into our home, paying off the mortgage and steadily expanding and updating the little ranch built in the 1920s. We both remained employed full-time, saving as much as possible.

Now, in hindsight, it looks like a good strategy. The real estate market has increased our property value well more than tenfold since we bought it 25 years ago. At some point we'll likely sell and use the proceeds to support our remaining years. (I just hope the real estate bubble doesn't burst before then!)

So I guess my financial mantra is "Live in your nest egg and sell it if you have to." The old man would never have gone for that.



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Stay ahead of the competition with AARP work and job resources

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

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- **Careers:** Whether switching or building your career, find the job advice you need at AARP's Careers site to help you make better-informed decisions. We offer resources, tools and tips on a variety of topics, such as how to handle challenges at work or ask for the pay raise you deserve.

- **Small Business:** If you are planning to open a small business, or already running one, check out AARP's Small Business section for expert advice and insights on how to achieve your next milestones. From offering a quarterly newsletter to providing unique resources, AARP is here to help you expand your entrepreneurial journey.



AARP offers resources to help you in your career journey.

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to digital marketing. It's never too late to make yourself more marketable with a new skill set.

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Your work experience can open doors once you get the help you need. With AARP's professional tools and resources, you can kickstart your career and get the benefits you deserve. It's never too early to start planning for what's next.



Find insights on opening or expanding a small business.

Internet benefits for seniors

We tend to hear only negative stories, but it's not all bad

The web has brought with it an increased danger of scams for older users. Worries about losing their life savings through new technologies like online banking, tax preparation and payment methods can leave seniors feeling fraught about the whole process.

Important social bonds can be strengthened elsewhere on the internet, however, as email, texting, social media and locally based message boards offer an opportunity to forge deeper bonds with family, old friends and our community.

Remaining connected

Friends and family tend to become more disconnected from seniors over time. Children graduate and move away, and neighbors may choose to retire elsewhere. The result is a feeling of disconnect with the relationships you value the most. But the internet can act as a critical catalyst for keeping these peo-

ple close, even while they continue their faraway lives.

Web-based communication is particularly useful for those with decreased mobility. In this case, friends might live just down the street or only across town, but remain distant because the user is homebound. Among the things that can strengthen connections are sending pictures (both old and new), and sharing stories and recipes.

Making new friends

The internet also fills a huge need in helping seniors make new friends, something that becomes increasingly difficult over the years. Seek out group-oriented pages where people share your passion for a particular hobby, traveling or cooking. Follow publications that discuss topics of interest, and engage in conversation with others in the comments section. Some widows and widowers have even found love on the internet lat-



er in life. There are also helpful calendar features to create opportunities to meet in real life.

Increased involvement

Engaging in learning how these technologies work is itself a form of exercise, as we challenge our minds to grasp new concepts. And of course, you'll find common ground with friends, relatives and new web-based friends who have

their own struggles on the information superhighway. The internet also helps fill in local informational gaps that have been created as traditional news media sources diminish.

Learn more and raise your own awareness about current events in your town and state, then use the web to get involved with likeminded individuals to make a difference. The next crusade might find you in a lead role.

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Tinnitus and Covid-19

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



Dr. Jessica Woods.

Can you imagine hearing a constant ringing in one or both ears? It might go to the background for parts of the day and then when all is quiet it comes roaring back. It might even interfere with your ability to sleep, concentrate or enjoy quiet activities. For more than 50 million Americans this condition, called tinnitus, is a maddening daily struggle. At Dr. Woods Hearing Center we have noticed an uptick of tinnitus patients seemingly as a result of either Covid-19 infection or due to the Covid vaccine. According to an article published by the Cleveland Clinic on May 24, 2021 in the International Journal of Audiology, scientists estimated that 7.6 percent of people infected with Covid-19 experienced hearing loss, 14.8 percent suffered from tinnitus and 7.2 percent reported vertigo.

Many people have struggled to find a resolution to the ringing in their ears since there are no medical cures for the disorder, meaning there is no medication or surgery that has proven to treat tinnitus. This does not mean that patients cannot find relief from their symptoms, as

there are non-medical solutions that have a high success rate for tinnitus relief. Dr. Woods is one of 46 tinnitus specialists in the country who completed a postdoctoral study under the renowned neuroscientist Dr. Pawel Jastreboff at Emory University. She is uniquely positioned to offer a multi-pronged approach to tinnitus relief which currently has an 85 percent success rate with tinnitus patients.

If you notice that you are having trouble with tinnitus, hearing or balance, don't ignore what is going on. The sooner you reach out for help, the better. Dr. Woods says that sudden changes in your hearing should be considered a medical emergency and need to be addressed immediately.

In most cases, tinnitus is the result of damage to the inner ear. When the inner ear is not working properly and sending messages up to the brain as it should, the brain compensates and creates sound which is perceived as tinnitus. For patients, this can be ringing, buzzing, humming or even hearing music that is not present in the environment. In rare cases, tinnitus can occur as a rhythmic pulsing or whooshing sound, often in time with your heartbeat. This is called pulsatile tinnitus and can be an indication of a medical condition with the jugular vein or carotid artery and needs to be further evaluated.

In many people, tinnitus is caused by one of the following:

- **Hearing loss.** Decreased hearing causes the brain to compensate and create tinnitus.
- **Ear infection or ear canal blockage.** Any time that the ear is blocked, it causes a decrease in hearing and can cause tinnitus.
- **Head or neck injuries.** Head or neck trauma (concussion, whiplash, etc.) can

affect the auditory nerve (hearing nerve), causing tinnitus.

• **Medications.** A number of medications are ototoxic (toxic to the inner ear) which can cause hearing loss, tinnitus and balance disturbances.

• **Other causes of tinnitus,** such as Meniere's disease, allergies that cause eustachian tube dysfunction, temporomandibular joint disorders (TMJ), head and neck tumors, blood vessel disorders, diabetes, high blood pressure, anemia, migraine and arthritis have all been associated with tinnitus.

Tinnitus is not something that you just have to live with. If you are experiencing aggravation, annoyance, anxiety or depression as a result of your tinnitus, it is important to reach out to us to make sure you explore the potential cause and treatment available so that it can be managed. There is help and there is hope.

Please reach out to our office at 889-7434 to schedule an appointment. We look forward to helping you make life sound better.



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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Innovations in joint replacement

The last 23 years

By KA Hogan, MD
Total Joint Specialist at NH
Orthopedic Center

In the year 2000, the iPod had yet to be released, cell phones were clunky and used just for phone calls. Music was bought on CDs or illegally shared on Napster. 9/11 was still in the future and one could bring unlimited liquids through airport security. Tiger Woods had just become the youngest player to win a grand slam in golf.

If you had your knee or hip replaced in 2000, the experience would have been very different than it is today. In 2000, you would have spent three to four days in the hospital and then likely gone to a rehab facility for another two weeks for physical therapy. Drains were placed in the joint for one to two days after surgery. Blood transfusions were given to about 25 percent of patients. You were told to use a walker

or a cane for at least six weeks afterward. Patients having knee replacement spent hours in bed using a continuous motion machine (CPM), which gradually moved the knee. Scars were long and most surgeons did not allow their patients to shower for one to two weeks after surgery!

Today, the rehabilitation after joint replacement is much more rapid and much less painful. It is common to be up and walking a few hours after surgery is completed. The use of nerve blocks and spinal anesthesia decreases the pain immediately after surgery. Procedures are more minimally invasive and less damaging to the soft tissues. Scars are much smaller. Medications are given which help to decrease blood loss during surgery so drains are no longer needed. Aspirin is commonly used to prevent blood clots, which causes less bleeding than stronger medications that used to be prescribed. It is very unusual

to require a blood transfusion after surgery. Other changes include waterproof dressings that allow showering. CPM machines are no longer used as studies have shown them to be ineffective

The biggest change, however, has been in the duration of the hospital stay. Today, many people are able to go home the same day, just a few hours after surgery. Those who stay overnight in the hospital rarely need to go to rehab.

Joint replacement has become more commonplace in the last 20 years. In 2004 there were 448,000 total knee replacements performed in the U.S. In 2017 there were 754,000 and these numbers have continued to increase rapidly (AHRQ - Agency for Healthcare Reporting and Quality). Furthermore, joint replacement is no longer a surgery just for the elderly. Improvements in implant design have resulted in implants that should last



much longer than those that were used in 2000. As a result, surgeons are more likely to offer the procedure to younger, more active patients and encourage them to return to activities such as hiking, skiing and biking.

Joint replacement improves mobility and quality of life. If you have arthritis that is keeping you from doing activities you enjoy, consult with an orthopedic surgeon specializing in joint replacement to discuss your options.

For additional information on orthopedic 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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We Keep Bodies *In Motion*.™

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



Hintonia latiflora. Courtesy photo.

— abnormally high blood sugar but not yet the level of type 2 diabetes. 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.

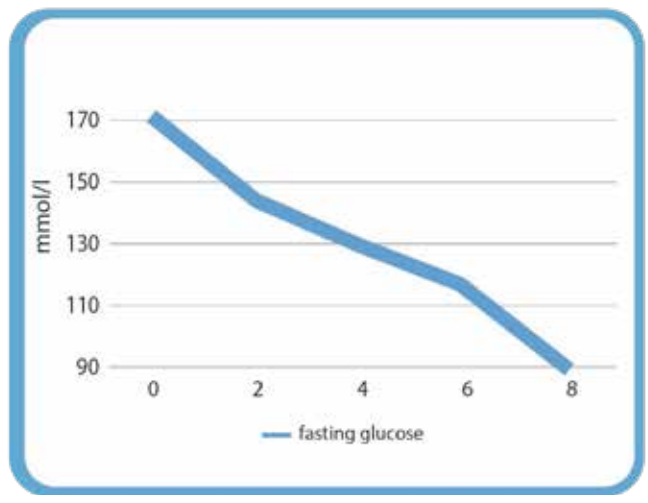
Hintonia has been clinically studied in Europe for over 60 years to help people with both pre- and type 2 diabetes. This particular study tested a number of parameters: fasting glucose levels, physical consequences of diabetes (sweating, itching, excessive thirst, frequent urination, nerve sensations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

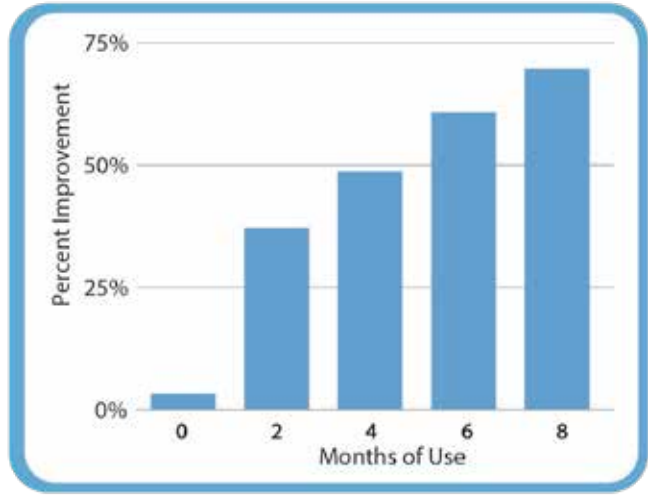
Throughout the duration of the study, individuals taking anti-diabetic prescription drugs added the *hintonia* and nutrient combination to their existing regimen. By the end of the study, of the 114 patients using antidiabetic drugs at the beginning of the study, 45 reduced their medication and 10 participants 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.

Fasting Blood Sugar Levels Greatly Improved During the Study



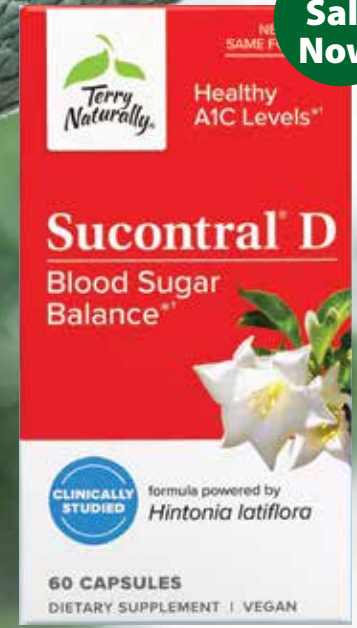
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Active adult programming at the YMCA of Greater Nashua

Seniors thrive physically, mentally and socially at the Y

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

Our YMCA active older adults are pleased our pre-pandemic programming is back in full swing. In July we had a great turnout for a rock painting session in the poolside room at the Nashua Branch.

“I am so thrilled to be able to offer these activities to our active older adult members. The feedback we’ve gotten is overwhelmingly positive and we plan to ramp up the offerings in the fall. It’s been so awesome to see people making new friends, socializing, laughing and just having a great time together,” said Wellbeing Director Kim Adie.

YMCA member (and past Volunteer of the Year!) Bryna Kamin helps

to spread the word among members and suggests many of the programs, including bingo games, ice cream socials, painting and knitting projects. She also chairs the bi-annual book sale, which just raised \$840, in support of the Y’s annual campaign.

Isolation during the pandemic was at an all-time high. We know Y programs that bring people together in an engaging and welcoming environment help to address the needs of the growing aging population to help them thrive physically, mentally and socially.

The University of Michigan’s Institute for Healthcare Policy and Innovation recently conducted a poll on healthy aging. Here are some of their findings:

In 2023, one in three adults aged 50 to 80 (34 percent) reported feel-



Above and opposite: Rock painting session at the YMCA of Greater Nashua. Courtesy photos.

ing isolated from others (29 percent some of the time, 5 percent often) in the past year. This represents a marked decline compared with the 56 percent (43 percent some of the time, 13 percent often) who felt isolated in 2020, but a greater proportion than the 27

percent (22 percent some of the time, 5 percent often) who reported feeling isolated in 2018.

Their report concludes: Chronic loneliness (persistent feelings of isolation and/or a lack of companionship) can adversely affect mental, cognitive

IT'S NEVER TOO LATE TO FEEL GREAT!

At the YMCA of Greater Nashua, we place great emphasis on the health and wellness of our older adults. Our wide range of programs, such as group exercise classes, walking clubs, and health and nutrition classes, are designed to improve your mobility, flexibility, and overall health.

In addition, we offer social events, excursions, and volunteer activities to foster a sense of belonging and boost self-confidence.

Join us at the Y today and discover a greater purpose, connection, and well-being for yourself!

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and physical health, general well-being and even longevity. NPHA polls from 2018 to 2023 have consistently found that feeling isolated from others, feeling a lack of companionship, and having infrequent social contact were strongly associated with poorer physical and mental health among older adults.

YMCA members share their thoughts while enjoying the art project.

During the rock-painting sessions, 20-year YMCA member Dawn Beau-lieu said, "I love it here. I meet a lot of people. I started coming to the Y when I was a kid when I lived in Massa-

case you need a warm wrap!" New Y member Jill Hughes said this was her first activity at the Y. She's eager for more classes and a chance to meet more members. Her next activity will be joining the water aerobics classes.

"I was in the Y's Livestrong (cancer survivor program) about a year ago. Through that I learned about what other programs are available at the Y. It's so nice to meet other people and chat. Eirikur (Eirikur Holt, trainer in the Livestrong program) encouraged me to get back to exercise again. I met a supportive group of people through that program." She

"It's so nice to meet other people and chat. ... I met a supportive group of people through that program."

— Jill Hughes

achusetts and visited my grandparents on the weekend. They lived close to the Y and we would walk over. It's so healthy coming to the Y!"

Gloria Levesque said she has enjoyed making jewelry projects and other craft projects: "We made fleece blankets that were donated to the local hospitals and shelters. We would come on Sundays and work on these projects together. We called them 'just in case' blankets — just in

also enjoyed bingo at the Y. "It's an excuse to socialize!," she said.

Julie Taylor said, "I had fun today. I like to do arts and crafts. I usually do them by myself at home. I'm in pool classes every single day at the Y!"

Learn more about these programs by following us on Facebook or by checking out the newly revamped Calendar of Events at nymca.org/the-latest/event-calendar.



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Local woman named National 2023 Caregiver of the Year by Visiting Angels

The leading home care company awards Lynda Prunier the top honor

Visiting Angels, the nation's leading provider of senior home care, is thrilled to have Lynda Prunier of Manchester as its 2023 National Caregiver of the Year.

Prunier was selected for this prestigious honor from nominations collected from over 600 Visiting Angels franchise locations nationwide. The award recognizes her overall contribution and commitment to delivering quality, compassionate care to the clients and families she serves.

Since joining Visiting Angels of Auburn, New Hampshire, almost three years ago, Lynda has set herself apart in the way she cares for her clients. Currently, she works with two very special clients who have complicated and unique needs. Lynda's dedication and devotion know no bounds, as she takes the time to educate herself about their conditions, providing exceptional care

that ensures their safety and comfort.

"I've needed care for 40 years, and Lynda is by far the best caregiver I've ever had come into my home," says Ray, one of Lynda's clients. "If no one comes to my house in the morning, I can't get out of bed. However, Lynda is unfailingly reliable. In the two years we've worked together, I've never had to worry if she was going to show up."

Lynda's clients and their families also appreciate her cheerful demeanor and the way she adds a sense of brightness to their days.

"Lynda is an angel on earth, a true gem among caregivers," says Debra Desrosiers, the owner/director of Visiting Angels of Auburn. "It's clear that Lynda treats her clients with the utmost love and compassion; as if they were her own family. Her selflessness and whole-hearted approach to caregiv-

ing are what set her apart and make her deserving of the highest accolades. Lynda is a shining example of the kind of care and empathy that we should all strive to embody."

In addition to providing outstanding care for her clients, Lynda also takes care of a family member who has special needs. Caregiving is part of her DNA.

"We can't help but marvel at Lynda's unwavering dedication and tireless efforts to go above and beyond in everything she does," says Larry Meigs, CEO of Visiting Angels. "As the embodiment of what it means to be a caregiver, Lynda sets the gold standard for excellence in this noble profession. To receive the prestigious



Lynda Prunier.

title of Caregiver of the Year is no small feat, and Lynda has certainly earned it through her compassion, boundless patience, and unyielding dedication to her profession."

As Caregiver of the Year, Lynda will receive a \$5,000 check and an award at an upcoming ceremony.

Visiting Angels began franchising in 1998 in the Philadelphia, Pennsylvania, area. Today, Visiting Angels has over 600 private-duty agencies throughout the United States. Visiting Angels is America's Choice in Home Care®. For more information on Visiting Angels or to find a location near you, please visit visitingangels.com.

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Each Visiting Angels agency is independently owned and operated.

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Seniors and the sun

Older adults can sometimes be more likely to develop skin cancer

As seniors live longer than ever, their exposure to the sun has only lengthened. So has the incidents of melanoma or skin cancer. But protecting yourself from this everyday danger often comes down to a little preparation before heading out to that backyard barbecue or beach day.

Inside the numbers

The Centers for Disease Control found that only 15% of seniors regularly used recommended forms of skin protection. Men were more apt to wear long pants, while women stayed in the shade. Sunburn rates have soared among the senior population, coming in at nearly double the national average. Sunburn, in fact, was reported across all ethnic and racial groups in the CDC's study.

Helpful products

Sunscreen is always recommended, but these products are not all alike. Look for lotions with a sun-protection factor (or SPF) of 30 or more. They should also protect you from both UVA and UVB rays. Apply sunscreen roughly half an hour before you expect to be out in the sun, and then reapply throughout the day as pool water, sweat or ocean currents wash it away.

Dressing for it

Dermatologists don't simply recommend sunscreen. They also stress covering up as much as is possible — in particular for those who are exposed to sun light all day. Seniors should choose lightweight, light-colored fabrics that are both comfortable and cool. Purchase a wide-brimmed hat as well, since it will provide shade for your face and scalp. As many as 20% of cataracts are caused by



extended exposure to UV rays, according to the National Institutes of Health. So, don't forget some properly rated sunglasses.

Other important tips

Try to schedule your time in the sun for mornings and afternoons. The sun is at its most intense between 10 a.m. and 4 p.m., when it's extraordinarily easy to overheat or get a sunburn. Seek out shade, either

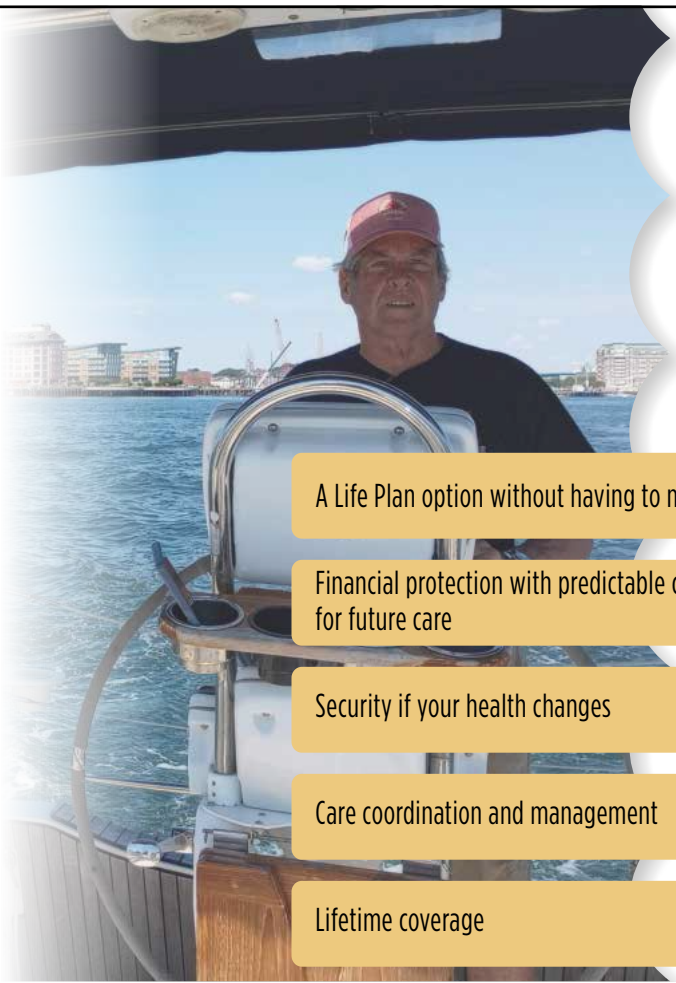
under a tree or tent, in order to lower the risks. Take breaks while doing yard work or golfing and find a covered area to rest. Immediately find a cool place if you begin to experience heat stress symptoms like dizziness, extreme fatigue, nausea, headaches and cramps. Seek immediate attention from a health-care professional if someone around you begins to show signs of mental confusion, high heart rate and flushed skin.

"Plan Well to Live Well"

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

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SENIOR IN THE SPOTLIGHT

Carol Ellis

METALSMITH

Carol Ellis is an artist, specializing in metalsmithing, and owns Laborata Studio in Penacook, where she teaches a variety of art classes and workshops.

Q: *Explain your job and what it entails.*

I'm a metalsmith, art instructor and artist creating and instructing workshops and classes in metalsmithing and art. ... I spend time in my studio, sketching new designs, creating prototypes, exploring ideas and, when I feel the design is ready, I begin to fabricate ... I offer classes and workshops in silversmithing, stone setting, creating spoon rings and silverware bracelets, creating a set of bangles, making a set of stackable rings and making a spinner ring. I also offer a variety of art classes and workshops for stress reduction...

How long have you had this job?

I've been metalsmithing and teaching for more than 22 years, and I've been an artist all my life.

What led you to this career field and your current job?

After retiring from teaching fine arts ... at Kearsarge Regional High School for 21 years, I began to explore this world of opportunities in front of me. I found myself back in the studio painting, drawing and metalsmithing. I began sharing my love of metalsmithing at Exeter Fine Crafts, teaching weekly metalsmithing classes and workshops. I still teach there today. ... I longed for a studio of my own ... I opened Laborata Studio in February 2023.

What kind of education or training did you need?

I earned a bachelor of arts degree in design, master of arts in integrated arts, and certifications as a registered yoga teacher (RYT) 800 for yoga and meditation instruction, as well as a 300-hour qigong instructor. ... My business background knowledge came from being raised in a family with multiple businesses...

What is your typical at-work uniform or attire?

Casual — jeans, T-shirts and my trusty Opti-Visor.

What is the most challenging thing about your work, and how do you deal with it?

Scheduling and keeping up with social media are important aspects of my daily routine. I dedicate time each day to using a variety of apps and social media sites.

What do you wish you'd known at the beginning of your career?

Just how many possibilities there were for an artist to explore.

What do you wish other people knew about your job?

...That I am able to spend my time creating, exploring and sharing my passion for the arts, and just how fun that is.



Carol Ellis. Courtesy photo.

What's the best piece of work-related advice you've ever received?

Share what you love. Continue to explore. Check in with your students' level of understanding and support frequently.

What was the first job you ever had?

I ran a small produce stand out front of one of my father's grocery stores.

— Angie Sykeny

Five favorites

Favorite book: At this moment, *Braiding Sweetgrass* by Robin Wall Kimmerer

Favorite movie: *Avatar*

Favorite music: Rock 'n' roll, alternative and opera

Favorite food: Fine chocolate

Favorite thing about NH: All four seasons and the seasons in between

Volunteer opportunities

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

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

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

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

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

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

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



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

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

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

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

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

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

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

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

• **NH Audubon** (nhaudubon.org) has several volunteer positions posted on its website, including volunteer gardeners at the Pollinator Garden at the McLane Center in Concord

(contact ddeluca@nhaudubon.org); a New Hampshire Bird Records office assistant in the Concord office (contact rsuomala@nhaudubon.org); a Backyard Winter Bird Survey project assistant (contact rsuomala@nhaudubon.org); an eBird data assistant (contact rsuomala@nhaudubon.org); wildlife volunteer field surveys; the grant program research assistant and a publication assistant, according to the website.

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

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

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

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

Trail Riders who work on Bear Brook State Park or the Surf Rider Foundation, which works on Hampton Beach State Park). Or contact volunteer@dnr.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 Jeffrey; 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 min-

utes 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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