



P. 17 Group travel

P. 20 Art for vets

Granite Senior Journal

February/March 2024

A Bi-Monthly Dedicated to Senior Issues and Living



PULSE OF LIFE



Jack and Maryann in Cape Coral. Courtesy photo.

Unexpected love

One couple's serendipitous connection

By Betty Gagne

If you walk the Hampton Beach strip as often as I do, you get to know a lot of people by face. Year-round residents like Maryann Wilson and Jack McDonald often stroll the boardwalk, and I've seen them many times in the last few years. I'd spot them sitting at the bar at JB's, or say hello to them on the Ashworth deck. They are a familiar sight at the Seashell Stage in the summer and attend lots of beach events together. Yes, Maryann and Jack have been facial acquaintances of mine for some

time now. But it was just this week that I actually learned their names. Maryann is not a stranger to Hampton Beach. Readers may remember her as a hostess at Giovanni's as she worked there for 17 summers for the Cartarelli family.

You'd never know Maryann was flooded out of her Hampton Beach home a few weeks ago. As this petite, warm-hearted woman sits in her sunny living room near a roaring wood stove, her life partner Jack sits quietly in his recliner, patiently waiting for her to tell me their love story.

CONTINUED ON PG 4 ▶

Unlocking vitality

The key to cardiovascular health

By Rob Levy

I have been here almost 10 years, since May 2014.

Meet Dr. Masooma Athar, a New Hampshire medical professional specializing in senior health and heart issues. She discusses the intricacies of cardiovascular care for the elderly, sharing her insights on maintaining and improving heart health in senior populations.

Where do you work and how long have you been there?

Senior Health, Elliot Health System.

Where did you grow up? Tell us a little bit about your childhood, your interests and hobbies?

I grew up in Abu Dhabi, UAE. I have two brothers and one sister, and we were very close growing up and continue to be close. My father was an Aircraft Engineering Supervisor, and my mother was a homemaker. While growing up, my parents instilled a

CONTINUED ON PG 5 ▶

A change of heart

Mysteries of the body's vital organ

By Curt Mackail

For centuries humanity thought the heart was the center of emotions. The pre-scientific world believed your heart was the origin of passion (good and not-so), love, grieving, kindness, anger, fear and other deep feelings. "Across cultures it is seen as the site of emotions, as well as the origin of life," wrote Dr. Fay Alberti in her book *Matters of the Heart: History, Medicine, and Emotion*. Alberti, a cultural and medical historian, is a senior research fellow at London's Queen Mary University. "Before the 19th century, general medical practice and literary texts historically recognized emotions as physical and psychological events felt in and symbolized by the heart," she said.

Today the heart's physiology is known with precision that would confound our ancestors of the pre-scientific epoch. And the advance of medical science moved the concept of the center of human emotion from the heart to the brain. "The experience of emotion is accompanied by activation of two major areas of the nervous system: the brain and the autonomic nervous system. The area of the brain known as the limbic system is highly involved in emotion. One structure in the limbic system, called the amygdala, plays a particularly important role in regulating emotion," conclude the editors of SparkNotes in their 2005 publication "The Biological Bases of Emotion."

CONTINUED ON PG 6 ▶

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INSIDE THIS ISSUE

- 1 Unexpected love
- Unlocking vitality
- A change of heart
- 7 Tinnitus and Covid-19
- 8 Making a splash
- 9 New year, new you?
- 10 The benefits of planning ahead for your funeral
- 12 Check volunteering in 2024 off your list - become a CASA
- 13 The unique benefits of buying new construction
- 14 New research shows curcumin is as effective as prescription drug for osteoarthritis, but much safer
- 17 It's a new age - and time to take a fresh look at group travel
- 18 Plan well to live well
- 19 From vintage trailers to modern marvels
- 20 Art for vets at the Currier
- 22 Volunteer opportunities

ADVERTISER LIST

- 2 American Auto Transporters
- Chez Vachon
- 3 Solution Health
- 7 Dr. Woods Hearing Center
- 8 YMCA of Greater Nashua
- Viking House
- 9 New Hampshire Orthopaedic Center
- 11 Greater Manchester Chamber of Commerce
- Friends Program
- Banker's Life, Glenn Flessas
- 12 CASA of NH
- 13 The Gove Group
- 15 Granite State Naturals
- 16 Safe Step
- Rehabilitation Equipment Associates, Inc.
- Northeast Rehabilitation Hospital Network
- 17 Terrapin Tours
- 18 Silverstone Living
- 19 Freedom Homes NH
- 21 Cremation Society of New Hampshire
- 23 Longbridge Financial, Kathy Burns
- Colonial Poplin
- Palmer Gas & Oil
- 24 Currier Museum of Art

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“We’ve been busy with the plumber and the electrician,” she says.

Like so many others, they lost their new furnace and had to cope with submerged electrical outlets and ruined insulated pipes. But she’s smiling, counting her blessings and accepting the wrath of Mother Nature. After all, she purchased the place in 1975 and is used to severe beach weather.

Their story is not typical. It’s not about high school sweethearts who’ve been together forever. They didn’t meet online. They weren’t introduced on a blind date. It’s as if fate placed them in certain circles to set them up.

“Jack was a co-worker of my late husband, Beau,” Maryann explains. “They worked at the phone company together for 40 years. We had just become members of the Portsmouth Country Club and had golfed there one season when my husband passed away in November of 2009.”

Maryann and Jack hardly knew one another, but Jack shared his condolences for his fellow employee. Maryann and Jack were friends and nothing more.

Fast forward to 2011. Maryann had driven to Florida by herself to visit a friend, and got lost heading back home to New Hampshire.

“I had spent 18 hours on the road traveling from Sarasota to Trenton, New Jersey,” she said.

Clearly lost, she contacted her brother, who called AAA and got her directions home.

“I found my way back to New Hampshire but was not excited about making the trip alone again,” she said.

In 2012 Maryann headed back to her condo in Cape Coral, Florida, and this time she found an escort named Jack.

“I asked Jack to drive me,” she says.

It wasn’t just a cut and dried agreement, however. Jack was in the middle of a messy divorce and actually had to get permission from his attorney to make the trip to Florida.

“We weren’t even dating then,” she tells us. “I was supposed to go to Sebastian to play golf, and Jack was supposed to head home, but he decided he liked Cape Coral too much,” she smiles.

That was the beginning of their rela-



Maryann during her years working at Giovanni’s on Hampton Beach. Courtesy photo.

tionship, and Maryann assures us with a laugh that she renews his chauffeur-ing contract every year.

“He’s a great driver,” she said.

The couple has a morning ritual of waking up and saying “Good morning, I love you,” to each other.

But on the morning of June 10 last year, Jack’s response was just a mumble of incoherent words and Maryann thought he was joking around with her. “Are you kidding me?” she said, somewhat annoyed. Then they understood he’d had a stroke. As she’s telling me this, Jack speaks up.

“Go get the paper,” he says to Maryann, who’s already headed into the other room to get it.

Because he couldn’t speak, he’d printed her some messages. The words were readable but somewhat scrambled, and it was obvious something was wrong. Once he was diagnosed, the medical team discovered he’d also had a mild stroke previously. Jack is grateful there was no paralysis, and credits his many sessions of speech and occupational therapy for his recovery.

“I’m a lucky man,” he says.

Despite his limitations of strenuous activity, he assures us he’s been cleared to drive and he’s still capable of mowing the lawn, clipping the hedges and weed whacking, chores that Maryann puts on his to-do list.

The condo that Maryann purchased in Florida in 1997 was nearly destroyed



Jack during his Navy career at Guantanamo Bay. Courtesy photo.

by Hurricane Ian in September 2022, and the damage was so extensive that the couple was unable to spend their normal time in Florida last year.

“A pool cage had blown onto the roof of my unit, crushing three rafters. The weight of the cage dragged the balcony and the stairway down,” she explains. “It takes months just to get an insurance adjuster to look at the damage because there are thousands of claims.”

Maryann and Jack have plans to travel to Florida during March and April of this year to start repairs on the condo. They are looking forward to the trip, especially during their stop at a friendly bar/restaurant called The Toucan in Brunswick, Georgia.

“It’s our favorite place,” she says, and Jack agrees.

“It’s locally owned, and the atmosphere has a Wally’s sort of vibe,” Jack says.

“The people who go there are from all over, and the food is delicious,” Maryann adds “We love meeting new people. It doesn’t matter where they come from. We love to hear their stories.”

They love the people on Hampton Beach, too. Maryann and Jack walk the strip every day. They always stop along the way and chat with other folks who are walking. The clubs, restaurants and bars on the beach are their hangouts in the summer. Frequent

stops for them are what Maryann calls the “Bermuda Triangle.” That would be the loop of L Street Tavern, Wally’s and the Goat.

She thinks for a minute and says, “Hmmm. I guess we’d call it a quad. We can’t leave out the Pier, we just love their food, specifically the lamb lollipops.”

You’ll find them enjoying live music on the Ashworth deck, listening to Barry Young sing at JB’s, and attending the concerts on the Seashell Stage. They also love to go to all the beach events: “We love the Halfway to Saint Patrick’s Day celebration at McGuirk’s, and to watch the runners on the beach.”

Look for Maryann and Jack cheering on the winners during 5K races and the Reach the Beach relay. For years they’ve sponsored the Chilly Willies in the Penguin Plunge. And Maryann confesses she misses the Tow Parade.

“I wish they’d bring it back,” she says. “It was a nice family event and it brought out a lot of people.”

One event they never miss is the veterans ceremony at the Marine Memorial every Veterans Day.

The observance is a yearly reminder that makes Jack proud and glad he served.

“He wears his Navy hat with his ship, the USS Luiseno, on it,” Maryann says. Jack served at Guantanamo Bay when it was a U.S. naval base during the Cuban Missile Crisis, and has many interesting stories about his crew and skipper.

For an 81-year-old man and a 76-year-old woman, these two don’t stop. Besides their daily walks at the beach they play golf three or four times a week at the Portsmouth Country Club. Once a month the club has a fine dining experience called the White Linen Dinner, and Maryann and Jack like to attend that.

“Our special song is ‘Counting Cars’ by Snow Patrol,” Maryann says. “It says a lot about how we feel about our relationship.”

The lyrics: “If I lay here, If I just lay here, Would you lie with me and just forget the world?”

Jack and Maryann’s sweet love story continues.

love of learning. As a child, I was a voracious reader, having read most classics by the time I was in high school. I enjoy traveling and learning new things. When I moved to New Hampshire, I picked up hiking and golf.

What brought you specifically to New Hampshire?

I relocated to New Hampshire for professional reasons. After conducting interviews at various health systems nationwide, I ultimately chose Senior Health at Elliot as I was really impressed by the unique pro-geriatric setup and appreciated how every member of the staff was united in the goal to provide great patient care. I am grateful for the support the Elliot Health System provides us to continue to care for our patients in the way they deserve.

Can you explain more about this pro-geriatric setup you reference? What makes it unique?

The office is staffed by mostly geriatricians, who are physicians specializing in the care of patients above the age of 65. We have social workers, a pharmacist, and an anticoagulation clinic in the office. We share the building with the Rehab department, Radiology, and Gero-psychiatry. The time allotted with each patient is longer, which allows us to spend more time with our patients. They also get more time with the medical assistants who room them to go over their medications in detail. Our nurses are trained to provide telephone triage care to the geriatric population.

At Senior Health at Elliot, what is your specific area of expertise? Tell us a little bit about your role and day-to-day life at work.

I am the Medical Director and Section Chief of Geriatrics and Medical Director on the Ambulatory Operating Board at Elliot Health System. I am also the Medical Director at Hanover Hill Nursing and Rehabilitation Center. I am specialized in Geriatrics and also do consultation for cognitive disorders.



Dr. Athar. Courtesy photo.

What sort of cognitive disorders? Can you tell us a little bit about how you consult with seniors and/or their caregivers?

I get referrals for patients with memory issues that may be related to reversible or irreversible causes — for example, dementia. I also get referrals for geriatric patients with more complex medical conditions where the primary care doctor may want a specialized evaluation for them including but not limited to medication review. I have time to counsel patients and their caregivers regarding their medical issues and am able to use an interdisciplinary approach, for example, getting the social worker or pharmacist involved if needed.

What are your biggest challenges at work? What is your favorite part about your job/career?

As a health care professional, the loss of a patient is one of the biggest challenges I face at work. I am very attached to my patients, and it is always difficult when someone passes away. My work is incredibly rewarding, and I love the people I work with as they have the same work ethic as me. It is wonderful to work with such a dedicated crew.

Regarding your expertise, how would you advise seniors on how to eat healthily? Are there basic principles they can follow?

An important thing is to make sure you enjoy a variety of foods from each food group. A healthy meal should

include lean proteins, fruits, vegetables, whole grains, low-fat dairy products, and cereals fortified with vitamin B12. Avoid processed foods and try to eat foods with little to no added sugars, sodium and saturated fats. In particular, avoid alcohol, sodas and fried food.

Are there myths about healthy eating you can dispel?

Diet soda is better than regular soda — they both are not good for you. All fats are bad — only saturated and trans-fat should be limited. Eating unsaturated fats is better.

Can you describe the differences between these three fats and provide examples?

The fats are differentiated by their chemical structures and their effect on the body. Trans and saturated fats are considered unhealthy as they can cause plaque buildup in your arteries — they can be found in pre-packaged and processed foods, carbohydrate-rich foods high in refined starch, fried foods, stick margarine, lard and commercially baked goods.

Unsaturated fats are preferred — they are found in vegetable oils, nuts, fish and avocados. Increased consumption of foods like fruits, nuts, seeds, vegetables, legumes, whole-grain products, plant oils, yogurt and seafood are linked with lower risk for heart disease, diabetes, and obesity. Check with your doctor if there are foods that you need to avoid based on your medical conditions.

When it comes to heart health in seniors, what are the most important takeaways?

Eat healthy, exercise regularly, and do not wait to seek medical help. Take your medications regularly if you are on any, and make sure you have an updated medication list with you for all your doctor’s appointments. Stay well-hydrated unless your doctor has specifically asked you to limit your fluids for your heart.

Aside from eating healthy, what other factors should seniors keep in mind when it comes to keeping their hearts healthy?

Exercise is extremely important. Avoid smoking and cut down on alcohol intake.

Are there specific recommendations for frequency and intensity of exercise? Is a little bit of alcohol OK?

It is a commonly used saying in this office that “if you don’t use it, you lose it.” The recommendation per CDC is “at least 150 minutes per week — for example, 30 minutes a day/five days a week of moderate-intensity activity, such as brisk walking, or 75 minutes a week for vigorous-intensity activity, such as hiking, jogging, or running. At least two days a week of activities that strengthen muscles and also activities that help with improving balance. If chronic conditions affect your ability to meet these recommendations, be as physically active as your abilities and conditions allow.”

If you are not used to the exercise and wish to start, the recommendation is to start slow and gradually build up to your goal to avoid any injuries. I usually advise against alcohol use, especially if they are on medications and have certain medical conditions.

Anything else you can speak on about your role or where you work that people might find interesting?

Elliot Senior Health is the only practice in New Hampshire that is entirely focused on geriatric care. Our office prides itself on our interdisciplinary team with a social worker, pharmacist, and a Coumadin clinic all within the practice. We also have physical therapy, radiology and psychiatry in our building.

When you are not working, what do you do for fun? Tell us a little bit about your life outside of work.

I am currently pursuing an Executive MBA (EMBA) at MIT Sloan — and since I started the program, I have had to prioritize my work and studies over my hobbies. Nonetheless, in my free time, I enjoy hiking, playing golf, traveling, watching movies, and spending quality time with my family.

To learn more about Dr. Athar or Senior Health at Elliot, visit elliiohospital.org.

Organ transplant patients reveal surprising evidence of the heart as an emotion and memory center

Perhaps the ancients weren't all wrong about the heart's role as an emotion repository. Although much of today's neurological science maintains the experience of emotion is controlled by the brain, many legitimate case studies suggest it's not quite that simple. Some studies undeniably point to the heart as a major player in emotion and memory. The remarkable evidence comes from heart transplant patients.

A portion of people who receive whole heart transplants claim to acquire new memories, emotions not previously felt, and other changed personality phenomena after surgery. "Personality changes following heart transplantation, which have been reported for decades, include accounts of recipients acquiring the personality characteristics of their donor," says Mitchell B. Liester, a researcher in the psychiatry department of the University of Colorado School of Medicine. Liester documented the evidence in his paper "Personality Changes Following Heart Transplantation: The role of cellular memory," published in 2020 in the journal *Medical Hypotheses*.

Heart transplants may also transplant donor personalities

Three neuroscience researchers reported remarkable case studies in the *Journal of Near-Death Experiences*, a peer-reviewed multi-disciplinary publication serving medical practitioners, researchers and teachers. Some of the cases are mind-boggling, described by authors Paul Pearsall, Gary Schwartz and Linda Russek in their 2000 paper "Changes in Heart Transplant Recipients That Parallel the Personalities of Their Donors."

The authors conducted open-ended interviews with volunteer transplant recipients, recipient families or friends, and donor families or

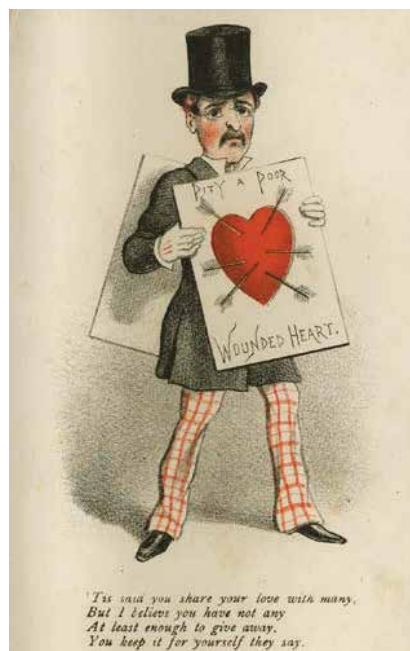


Claire Sylvia (pictured) was perhaps the most widely known of heart transplant patients who recounted personality changes linked to her surgery. Credit: thehelper.net

friends throughout the country. They reported that in the recipients they studied clear personality changes were verified by family and friends. (Information about the heart donors was taken from their close family members and friends too.) In each case, the recipients had no prior contact with the donor's family.

Some recipients acquired dramatic, fearsome memories of accidents suffered by their deceased heart donors. One lover of fast-food hamburgers got her new heart and became a vegetarian because she found she couldn't stand even the thought of eating meat. (Her donor owned a health-food shop and was vegetarian.) A middle-aged man described feeling like a teenager again. He giggled compulsively. And he unexpectedly experienced nausea after eating, losing a significant amount of weight after recovery. (His donor was an anorexic teenage girl who perished in a gymnastics accident.)

Perhaps the best-known account is that of Claire Sylvia, a professional dancer, said Thomas Verney, M.D., writing in a 2021 issue of *Psychology Today*. In Verney's article "Heart Transplants, Personality Transplants," Verney detailed the case. "Claire received a heart from an 18-year-old boy who died in a motorcycle accident. After the surgery, she started craving beer and KFC fried chicken, stuff she had never liked before. Her mother said she even walked like



Today the heart shape is a universal symbol of romantic love or affection for someone or something. This Victorian valentine card from 1870 and the distraught gentleman with a wounded heart signboard convey an obvious and instant message. Credit: thevintagenews.com

a man. Wanting to understand the changes she was experiencing, Claire sought out the family of her donor — a teenaged boy who died in a motorcycle accident — and learned that these foods and beer were his favorites."

Individual cells may have the capacity for memory

"Some researchers believe it may be possible for donor organs to hold and even pass on the characteristics and experiences of its original owner onto the new recipient, via a process known as cellular memory. While seemingly rare, it's not an unheard-of phenomenon," Dr. Michael McDonald, a medical director at the Toronto General Hospital's Ajmera Heart Transplant Centre, told CBC Radio, Canada's national public radio network. McDonald's transplant center performs more than 600 heart transplants yearly, the greatest number worldwide.

Cellular memory typically refers to how the body develops immunity to diseases, McDonald said. "We all have cellular memory as part of our adaptive immune responses that keeps us safe from disease, infection and cancer and anything foreign. In other words, it allows our body to remember

how to fight diseases we have encountered before."

Other researchers have taken the idea of what organs can store and pass on even further. In a 2019 journal article published in *Medical Hypotheses*, Dr. Mitchell Liester

presented the idea that "memories from the donor's life are stored in the cells of the donated heart and are then 'remembered' by the recipient following transplant surgery."

But the cellular memory theory of transplanted emotions remains controversial. Dr. John Wallwork, former director of transplant service for the U.K.'s National Health Service, says it's impossible for a physical organ to change your personality, your memories or how you feel.

Liester offers a possible explanation. "The acquisition of donor personality characteristics by recipients following heart transplantation is hypothesized to occur via the transfer of cellular memory. Four types of cellular memory are presented: epigenetic memory, DNA memory, RNA memory, and protein memory. Other possibilities include the transfer of memory via intracardiac neurological memory and energetic memory," Liester says. "This phenomenon has not been well researched and is not well understood. But neither the lack of an adequate explanatory model, nor doubts regarding the existence of such changes, disprove the occurrence of this experience. Further research is recommended," he said.

Dr. Thomas Verney put the issue in perspective in his *Psychology Today* article. "Heart transplant surgery is not simply a question of replacing a diseased organ with a healthy one. It is more than that, as reports in the literature of heart transplants recipients confirm experiencing changes in their own personality which dovetail with those of their donor. Such personality changes, at least in some people, would be expected in light of our finding that information or memory is stored in body cells and tissues. Cardiac cells would be no exception to that, and if anything, more likely to carry personal data."

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.

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.



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Making a splash

by Lynne Boyer, Executive Director of Community Impact

It was a bright morning at the Merrimack Y pool, hands were splashing, legs kicking, and lots of laughing and smiling, eyes were sparkling looking at their adoring instructor whom they admire, welcome to the Arthritis Aqua Solutions Class! Karen LaBonte has been instructing aquatics exercise classes for 18 years, she first began as a volunteer and then moved toward gaining her certification.

“I have witnessed so many positive outcomes of this class for our members including some who have never been in a pool, others who have a strong fear of water, and those with personal self-image issues related to wearing a bathing suit,” she said. Karen continued, “This class meets people wherever they are in their health journey to wellness; providing a safe, fun and effective medium to reclaim mobility, stability,

strength and overall sense of well-being, not just physically but emotionally as well. When people are challenged with injuries, pre/post-surgical therapy, age related physical changes, acute or chronic pain, it can be frustrating not being able to maintain daily activities, from self-care to hobbies as well as social interactions.”

The Arthritis Aqua Solutions class tackles all of these challenges for those faced with the condition.

Other benefits of the class include creating a sense of belonging and community among the participants, many of them shared they feel they are a family and they enjoy the camaraderie among each other.

“Many class members have made friends and participate in outside social activities with each other. They have also come together and explored other classes that are offered at the YMCA. This group of members are warm and welcoming to new members, having

compassion and understanding,” Karen explained.

Karen’s commitment to the Y and the programs she teaches is commendable. In return she sees benefits for herself.

“I not only enjoy teaching this class but also on a personal level, as a person with previous medical issues of chronic pain, immobility from post-surgical procedures and limited recovery from land-based physical therapy. I have used water exercise and swimming for my recovery, not only increasing my full physical recovery but my psychological recovery as well,” she said.

The Arthritis Aqua Solutions class is offered to members who have mobility issues due to arthritis, and all ages are welcome. Class is held at the Merrimack YMCA facility on Tuesday and Thursday from 9:30 to 10:15 a.m. Members are encouraged to bring water, wear some type of comfortable footwear to support them while exercising in the class, such as aqua shoes,



clean sneakers or water sandals. The pool includes an accessible lift for those who need it.

The Arthritis Aqua Solutions class is clearly so beneficial and impactful. Karen shared that she’s so grateful and wants to get the word out on this program.

“I welcome anyone who is seeking to find a solution for improved health and well-being to come join us in the Arthritis Aqua Solutions class and explore water as a means to a happier, healthier lifestyle,” she said.

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New year, new you?

By Kathleen A Hogan, MD

Have your New Year's resolutions already fallen by the wayside? It can be difficult to stay committed. A new year is a time of new beginnings. If you have arthritis, there are some simple goals that you can tackle this year which can help to improve the quality of your life.

Increase your activity level

As you age, many people become more sedentary. Joint pain and stiffness are excuses for no longer being active. In reality, joints need to move. Inactivity results in joints being inflexible and painful. Even if you have arthritis, movement will help keep your joints lubricated and your muscles strong.

Simply saying you will be more active is not enough. Plan on going for a walk every evening or learn a new

activity. Sign up for a weekly yoga or spin classes, join a pickleball or bowling team or convince a friend to go for a regular walk or hike with you. Limit your screen time (yes, phones count). Your goal in 2024 should be to sit less and move more!

Decrease inflammatory foods in your diet

Many foods contribute to inflammation and increase arthritis pain. The worst culprit? Sugar. Sugar hides in many foods, especially drinks, including juices which seem healthy. Sugar causes the release of inflammatory mediators from the liver. Other culprits include saturated fats, red meat, refined carbohydrates, processed foods and alcohol. Cutting these foods from your diet may make you feel better. Losing weight is also a benefit of this diet change! If you are overweight, you put a tremendous amount of stress on all of your joints, especial-

ly your knees and spine.

Foods that decrease inflammation include fruit, vegetables, whole grains, fatty fish (salmon), peppers, beans and some spices (turmeric, ginger). Setting a goal to cook at home more often gives you an awareness of exactly what you are eating and puts you in control of your diet.

Improve your mental health

Depression can also contribute to pain. Your mind is as important as your body. Consider taking up meditation or yoga. Make sure to get 8 hours of sleep per night. Learning new hobbies and increasing your social interactions can also improve your mental health, as can spending more time with loved ones. Consider volunteering your time for a cause you believe in. Spend more time outside — even during the winter. Sunlight can improve your sense of well-being!



New Year's resolutions frequently are abandoned before the end of January. These simple lifestyle changes can help you to improve your mobility and quality of life. If you have joint pain that continues to affect your day-to-day activities, consider being evaluated by an orthopedic surgeon, who may be able to suggest other options. If you start struggling with being committed to your New Year's resolutions, just remind yourself the reasons behind why you want to better yourself! Let 2024 be for better health!

Kathleen A. Hogan, MD is a Total Joint Specialist at New Hampshire Orthopaedic Center. For additional information 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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The benefits of planning ahead for your funeral

A final, gracious gift for your loved ones

By Buddy Phaneuf



We're a planning society. We plan weddings, birthdays, anniversaries, and we plan for retirement. So why don't more of us make funeral plans? There are four main reasons people usually cite for not planning ahead.

First, they think there's plenty of time, which may be true, but we have all heard stories from friends and family about people who pass unexpectedly. Chances are, that person's loved ones had to make important decisions under duress.

Second, they don't have the money right now. The first step of planning for your funeral doesn't cost a thing. You simply have to make your wishes known. Write them down or put them on file with your local funeral home.

Third, they're too busy. We get it. Funeral plans aren't at the top of your to-do list. You can get the basics down quickly, in case the unexpected occurs. But remember, there are typically three to five days between when someone passes and when final arrangements are completed. Whether this death is expected or not, your family is already dealing with loss. Wondering what you might have wanted only adds to their burden.

And fourth, the topic is morbid to think about. Death is part of life and something we all share. Avoiding it doesn't alter the inevitable. Talking about death means you are thoughtful and aware of the challenges your family will face once you're gone. Consider reframing "I'm going to die," to "This is how I want to say goodbye."

Planning ahead for the inevitable

There are several very good reasons for planning end-of-life arrangements. The most meaningful advantage is if your plans are thorough, your loved ones will have no questions about your wishes when you pass. That

insight can provide relief for families facing an emotional time because it means they don't have the added stress of making decisions about what you would want.

Your funeral doesn't need to be called "a funeral" and doesn't need to be a somber affair. It can be a celebration of life where you determine what is seen, heard and said. This is your chance to decide how you will be remembered and memorialized.

You can start by determining whether you want a burial or a cremation. Then, you can work through what you want your funeral or memorial service to look like. Finally, what kind of tributes you want to celebrate your life: whether those are speakers, particular music selections or mementos on display.

A recent study with participants from a variety of ages, genders, ethnicities, religions and financial backgrounds identified three main reasons why people are interested in planning a funeral.

1. Sharing their final wishes: Bringing awareness to your wishes ensures your loved ones have all the information they need to arrange the farewell you envision.

2. The cost of funerals: Funerals with burials, or even cremations, can be expensive. Making arrangements ahead of time allows you to control costs, which eliminates financial uncertainty.

3. Providing peace of mind for you and your loved ones: Knowing that everything is taken care of alleviates a great deal of stress for you, as you know your plans are taken care of, and relieves stress from your loved ones at the time of your passing.

Ease financial uncertainty for your loved ones

The expense of end-of-life services can be an added burden to families who are grieving a loss. Paying for your funeral in advance eliminates the burden that those costs might pose on your survivors. Once your arrangements have been made and paid for, that price is locked in and does not change, even if you thrive for several more decades. There are several considerations when deciding whether to pre-pay for your future funeral.

The first is cost savings. Not only

are you giving your family peace of mind, but the total price you pay now for the funeral arrangements you choose will be less than the future cost. We allow families to "lock in" today's price and guarantee they will pay nothing more later. You can pay for your funeral in one payment or through a payment plan.

Another advantage to a pre-paid funeral is your ability to select the many elements of your funeral arrangements, such as the type of casket or urn, or even small details like choosing a guestbook or prayer card. Making those decisions ahead of time — and being as extravagant or as frugal as you wish — will also ease the minds of your loved ones after you pass.

Many people consider planning for a funeral the final, gracious gift you can give your loved ones. You are granting them time and headspace to focus on their grief and celebrate your life. They are not left wondering — or arguing — about what they think you would want. Much can be said for knowing that everything has been "taken care of," allowing time to grieve and comfort one another.



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Check volunteering in 2024 off your list – become a CASA

By Amanda Desmarais, Communications Manager – CASA of NH

By the time February rolls around, most of us have left our New Year’s resolutions long behind. But if volunteering was on your list, it’s never too late to tackle that goal. If you’re interested in working with children, being a Court Appointed Special Advocate (CASA) could be just what you’re looking for.

CASA of New Hampshire is experiencing a critical need for volunteers. CASA of NH is a nonprofit that recruits, trains, and supports volunteers to serve as advocates in district and family courts for children who have experienced abuse or neglect.

What is a CASA?

CASA volunteer advocates get to know a child and the people in that child’s life to provide information to help a judge make decisions based on the best interests of the child. CASA

volunteers can expect to spend 10-15 hours a month over the life of a case, which currently averages two years. CASAs visit with the child, gather information from important people in the child’s life, write court reports, and attend court hearings. Last fiscal year, CASA advocates served over 1,500 children.

Who are CASA advocates?

Adults of all ages and from all walks of life can volunteer. Because CASA offers comprehensive training, people with a variety of skill sets can do this work.

“CASA offered a way that I could use my existing skill set (parenting, organizing, coaching) to give children the life they deserved and to help their parents and families who were struggling with addiction and mental illness,” said Pete King, a retired environmental engineer who has been a CASA for almost eight years.

What training and support do volunteers receive?

Each CASA must complete a 40-hour pre-service training. Curriculum includes being an effective advocate, how courtroom procedure works, and writing court reports. After training, CASA volunteers are assigned a program manager who answers questions, keeps volunteers on track and helps volunteers write court reports.

“The training provided by CASA taught me everything I needed to know in order to do this volunteer work,” said Annette K. Davies, a Certified Public Accountant and a CASA.

“There is a tremendous amount of support within the CASA organization in training, education and, most importantly, care,” described Robyn Pollock, a CASA who works in legal and real estate development. “Care for each other. Leaning on each other when you simply need an ear to listen, a different perspective or a quiet

moment. It will change your life and a child’s life in immeasurable ways.”

Making change one child at a time

The reality is that ordinary people can do extraordinary things for children. And not only do CASAs change children’s lives, in the process they also change their own.

“As a CASA, I have learned so much about our state, the many problems facing families and children, the Courts, ‘the system’ and so much more,” said Dorothy Piquado, a retired teacher. “But I’ve learned most about myself. About not being judgmental. About being patient. About finding the courage to stand up for my beliefs. I cannot imagine not being a CASA.”

If you are interested in learning more about becoming a CASA volunteer, sign up for one of our virtual info sessions at casanh.org/infosessions.

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The unique benefits of buying new construction

By Melanie Fonville

Whether you are purchasing your first home, your retirement home, or somewhere in between you may be wondering if you should be looking at new construction homes. New construction homes can offer you the option to customize your home from the location to the floor plan, all the way to the unique finishes that you want to incorporate. Below are some of the unique benefits of purchasing a new construction home.

You can help form a community

When moving into a new construction community you are helping to build the identity of that community from the very beginning. It is not often that you and many of your neighbors are all moving into a community at the same time. This provides a unique opportunity to form new friendships with your neighbors as you get to know this new neighborhood and location. Not to mention many new home communities have awesome amenities.

Energy efficiency and reduced maintenance costs

Newer homes across the board are built more energy-efficiently than older homes given updates to building codes encouraging energy efficiency. Many components to new construction help increase energy efficiency including insulations, heating, cooling, windows, appliances, and more. For example, energy-efficient windows can prevent 25-to-30-percent heat gain and loss than less efficient windows. You also have power over customizing and upgrading some options in your house leading to energy efficiency like smart thermostats or LED lighting. In addition to energy efficiency, having brand-new-ev-

erything means fewer maintenance costs up front. While new homes aren't exempt from needing occasional repairs; having big-ticket items be brand new means you likely won't have to replace a roof or update the plumbing in the first few years. This can give you time to save up for when those maintenance items will be needed in the future.

Builder warranty

Many builders offer a warranty on their new construction home, which in most cases is for one year from the closing date. Having a period of time when your new home is under warranty can reduce stress and costs if something needs to be addressed.

Customizability and guidance through design decisions

Everyone knows that one of the perks of building new construction is making design decisions for your future home. Picking house plans, flooring styles, and stains, and helping design your dream kitchen can be fun and exciting. Still, an additional perk of this customization with our agents and builders is that we can help walk you through those decisions offering advice and expertise in those areas. Some builders have their design centers where you can see your choices in real life, while others partner with suppliers that can show you examples and help to match the items available to meet the style you are hoping for. This expertise and guidance are invaluable to bringing your vision to life in your new home.

New construction homes can offer you the option to create your dream home and community. If you think a new construction home is right for you, make sure to work with a brokerage that has new construction expertise, and partnerships with the builders you want to work with.



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New research shows curcumin is as effective as prescription drug for osteoarthritis, but much safer

By Terry Lemerond
 Founder and President of
 Terry Naturally



Prescription and over-the-counter painkillers are dangerous; they damage the liver, kidneys and stomach lining and cause side effects that interfere with daily life. This latest research shows that the right curcumin is a valid choice for people suffering from osteoarthritis. It doesn't just stop pain — it stops the damage caused by inflammation that leads to pain in the first place. If you deal with arthritis yourself, or know someone who does, introduce them to the curcumin tested here. It could make a world of difference.

Safety and efficacy of curcumin versus diclofenac in knee osteoarthritis: a randomized open-label parallel-arm study

(NSAIDs) *Shep D, Khanwelkar C, Gade P, Karad S. Trials. 2019;20(1):214*

Background: The purpose of this study was to compare the efficacy and safety of curcumin with those of diclofenac in the treatment of knee osteoarthritis (OA).

Methods: In this randomized, open-label, parallel, active controlled clinical study, 139 patients with knee OA were randomly assigned to receive either a curcumin 500 mg (BCM-95®) capsule three times daily or a diclofenac 50 mg tablet two times daily for 28 days. Patients underwent assessment at baseline days 7, 14 and 28. The main outcome measure was severity of pain using visual analogue scale score at days 14 and 28. Knee Injury and Osteoarthritis Outcome Score (KOOS) (at days 14 and 28), anti-flatulent effect (at day 7), anti-ulcer effect, weight-lowering effect and patient's and physician's global assessment of therapy at day 28 were included as secondary outcome measures. Safety after treatment

was evaluated by recording adverse events and laboratory investigation.

Results: At days 14 and 28, patients receiving curcumin showed similar improvement in severity of pain and KOOS scale when compared with diclofenac, and the difference was not statistically significant. At day 7, the patients who received curcumin experienced a significantly greater reduction in the number of episodes of flatulence compared with diclofenac (P <0.01). At day 28, a weight-lowering effect (P <0.01) and anti-ulcer effect (P <0.01) of curcumin were observed. None of the patients required H2 blockers in the curcumin group, and 19 patients required H2 blockers in the diclofenac group (0 percent versus 28 percent, respectively; P <0.01). Adverse effects were significantly less in the curcumin group (13 percent versus 38 percent in the diclofenac group; P <0.01). Patient's and physician's global assessment of therapy was similar in the two treatment groups.

Conclusion: Curcumin has similar efficacy to diclofenac but demonstrated better tolerance among patients with knee OA. Curcumin can be an alternative treatment option in the patients with knee OA who are intolerant to the side effects of non-steroidal anti-inflammatory drugs.

What it means to you

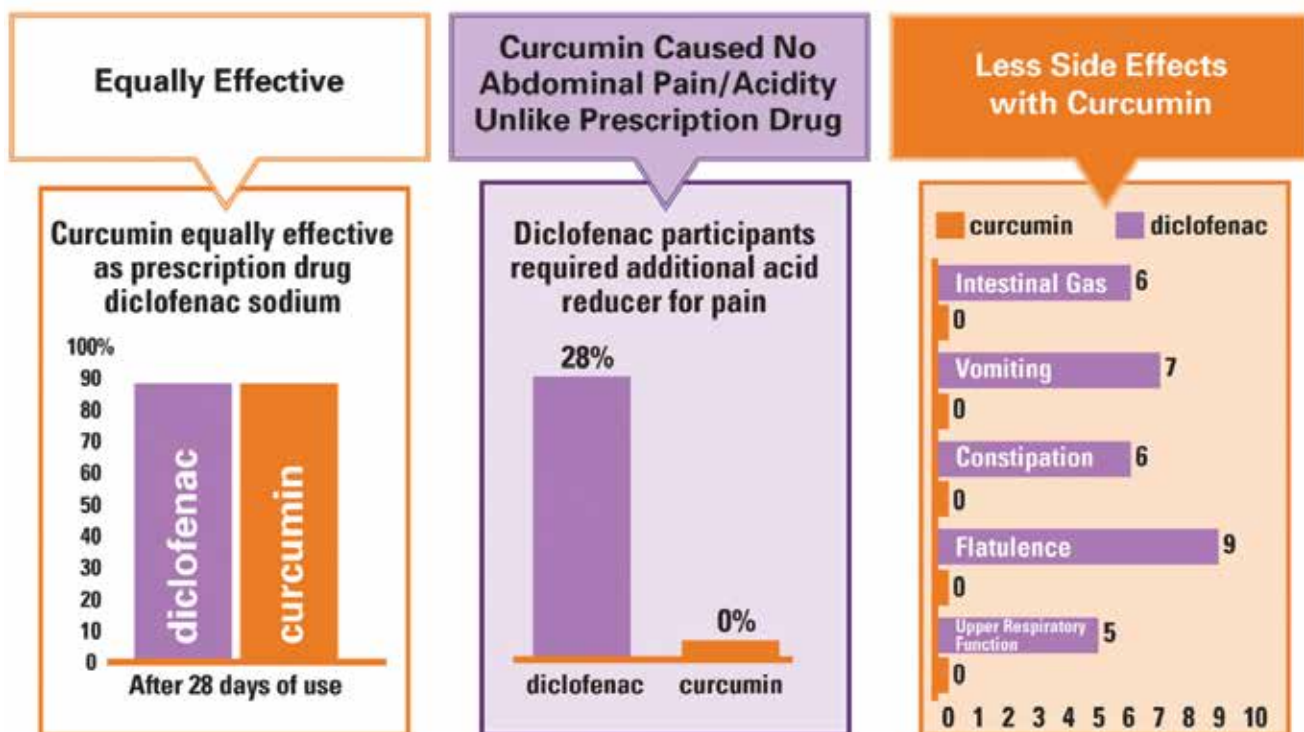
The most commonly used drugs for osteoarthritis are called non-steroidal anti-inflammatory drugs, or NSAIDs. The over-the-counter versions are products like ibuprofen and naproxen sodium, but there are prescription-strength NSAIDs as well. The problem with these drugs is their side effect profile, which includes stomach ulcers, gastrointestinal bleeding and an increased risk of heart attack and stroke. Despite these serious side effects, many people think they are the only option. This study proves that curcumin worked as well as the prescription NSAID drug, but without the risk. Curcumin relieves pain and also stops inflammatory damage to the joints through many pathways, helping your body heal and not just masking underlying problems. This clin-



ical study compared a curcumin blended with turmeric essential oil, a source of ar-turmerone (BCM-95®), which enhances its absorption and blood retention, to a commonly used prescription NSAID drug, diclofenac sodium (one brand name for this drug is Voltaren).

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^{††} SPINScan Other Herbal Formula Subcategory Brand Rank, based on 52 weeks of data.

[^] 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.

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It's a new age – and time to take a fresh look at group travel

By Kelly Cooke,
Owner of Terrapin Tours

Do you have a desire to travel but are overwhelmed by all the planning it requires? Maybe you have considered traveling with a group but you weren't sure if you were ready to be a "bus tour person." Fear not, because group travel has entered a new age, catering to today's active seniors with exciting new options and a refreshing focus on quality.

Here's a look at what Terrapin Tours is doing differently, and why you should consider hopping on the bus!

What are the benefits of group travel?

First, there is an ease of travel when joining a group – you don't need to worry about planning all the details - pack your bags and you are ready to go! Add to that the benefits of traveling to new places with a knowledgeable guide; the ability to travel as a single but not be traveling alone; and the inherent safety in traveling with a professional tour director that can assist if things don't go as planned or if there is a medical or other emergency.

All tours are not created equal.

There are a lot of differences between tour companies and it is important to choose the one that is right for you. When looking at the various companies, the old saying "you get what you pay for" applies. Looking at the price isn't always a clear picture of the cost of a trip – make sure you understand the difference between price, overall cost and value. Take a close look at what is included in the price of the tour - a lower price on the brochure may mean a lower upfront cost but more out of pocket while traveling.



Another thing to look at is the pace and quality of the tour. One of the downfalls with many group tours is that there is too much structured time and activities - leaving you exhausted with little time to catch your breath. Terrapin Tours takes a "Stop and Smell the Roses" approach to travel - we prefer to experience more, and stress less! In addition, we include higher-end accommodations and meals, along with special touches that add to the overall tour experience.

Where to start?

If you are still unsure about group travel, start small. Consider taking a day tour or a short tour to a nearby destination. This will give you a feel for the tour company and its regular travelers without making a big commitment.

Sit back, relax and enjoy the ride!

At the end of the day, it is important to choose the company that is right for you. At Terrapin Tours, we like to say that we "take the stress out of travel" and we are on a mission to have fun! If that sounds good to you – it is time to hop on the bus and experience a group tour.

Kelly Cooke is the owner of Terrapin Tours, with a passion for travel and over 25 years of experience in the travel industry. Visit terrapintours.com or call 348-7141 to learn more.

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From Longwood Gardens and Nemours Estate to the stunningly beautiful Bryn Athyn Historic District and its towering cathedral - be awed by the estates and gardens on this off-the-beaten-path journey. Plus, spend 3 nights in West Chester, PA, named one of the world's most perfect small towns.

Visit our website for complete details and inclusions! \$1229 pp, double occupancy



THREE PINES A Louise Penny Inspired Tour 2 DATES! AUG 20-21 & AUG 29-30

Visit charming, French-Canadian villages that inspired Louise Penny and her Inspector Gamache series of books.

Spend 1-night in Quebec's Eastern Townships and tour the region with a Three Pines tour guide. Visit Saint-Thomas Church, Mr. Beliveau's General Store, Abbey Saint-Gilbert-entre-les-Loups & more.

Visit our website for complete details and inclusions! \$699 pp, double occupancy

DON'T MISS YOUR CHANCE TO JOIN US!

Our tours book up quickly! GRAB A SEAT before they're gone, or add your name to a waitlist!

ADDITIONAL 2024 TOURS INCLUDE:

- CLUE at the Emerson Colonial Theatre - May 2
- Outer Banks Escape - May 28-June 3
- COME FROM AWAY in Boston - May 29
- Maine Lakes & Mountains - August 26-28
- Lancaster Quilt Show - September 10-13
- Best of Michigan Signature Tour - September 10-22
- Taste of the Townships & Foresta Lumina- Sept 26-28
- Montreal's Gardens of Light - October 2-4
- Cape Cod & Matha's Vineyard - October 6-9
- Fall in the Hudson Valley - October 14-17
- History & Mystery in Cape May, NJ - October 20-23
- **NEW!!** Scenic Iceland Signature Tour - October 28-Nov 4
- Gardens Aglow & Boothbay Harbor - November 24-25

...and more! Visit our website to see ALL of our 2024 Tours.

CONTACT US TO REQUEST A FREE TOUR CATALOG!

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Plan well to live well

More fun, less worry

You've reached retirement. You worked so hard to get to this point, but what about retiring from the worry of housekeeping, fixing the roof, or shoveling snow? What if you could spend time discovering new hobbies, making new friendships, and focusing on your overall wellness? Find fun in new fitness classes, swimming laps in the pool, scenic trail walks, or planting flowers in your own raised-bed garden. Imagine a life where chefs prepare and serve locally sourced, restaurant-style meals every night.

Choosing a Life Plan Community (Continuing Care Retirement Community) has many unique financial, health and social benefits and may be just what you have been searching for. By planning for your later years now, you can live life to the fullest without worry.

Silverstone Living allows you to continue your independent lifestyle but with more fun and less worry. As a Life Plan Community, Silverstone Living offers independent living options focusing on active, healthy living with the security of on-site health care services should you need them in the future. We provide comprehensive living options based on the individual preferences of adults aged 62 and better. Residents of our two Life Plan Communities are passionate about leading an active lifestyle. We help them to plan, ensuring they have all amenities, resources, and innovation to make their later years as enjoyable as those leading up to them.

Silverstone Living is a not-for-profit family of two Life Plan communities- Hunt Community and The Huntington at Nashua-as well as a revolutionary (CCAH) Continuing



The Huntington at Nashua residents Helen and John.

Care At Home program At Home By Hunt and now Webster At Rye where you will find Memory Care, Skilled Rehabilitation, Assisted Living and Nursing Care in the picturesque town of Rye.

Interested in attending one of Silverstone Living's upcoming virtual or in-person events? RSVP via the events page at silverstone-living.org or by calling 821-1200.

Southern New Hampshire's Premier Senior Living Communities

Silverstone Senior Living Communities have you covered!

Join Us For An Event

Visit our website today and register for an upcoming informational event.

Request A Visit

Book a consultation with us. We offer both Zoom and in-person meetings. We can't wait to meet you!

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16 New-Build Luxury Apartments Coming Soon
 Don't wait, reserve yours today!

The Huntington
 AT NASHUA
 A Silverstone Living Community

Exclusive apartment homes and private cottages for independent and active retirement living in Nashua.

Webster
 AT RYE
 A Silverstone Living Community

Skilled rehabilitation, memory care, assisted living, and nursing care in the picturesque seacoast town of Rye, NH.

Construction Complete
 Your new home awaits!

Hunt Community
 A Silverstone Living Community

Premium apartment homes in downtown Nashua for independent and active retirement living.

At Home
 BY HUNT
 A Silverstone Living Community

A long-term, continuing care program for those who choose to age in place in the home they love.

From vintage trailers to modern marvels

Embarking on a nostalgic journey, let's unravel the fascinating historical evolution of '50s and '60s trailers to the sophisticated marvels that define today's modern manufactured homes. This exploration spans decades, witnessing a remarkable transformation in quality and features, catering specifically to the needs and preferences of the senior demographic.

The 1950s and 1960s marked the heyday of trailers, often characterized by their iconic aluminum exteriors and compact, utilitarian designs. These dwellings, born out of post-war housing needs and a growing interest in mobile living, were a testament to innovation. However, the quality of materials and construction reflected the era's limitations, resulting in homes that were basic in amenities and sometimes lacking in durability.

Fast forward to the present, and the evolution is striking. Modern manufactured homes represent a

quantum leap in quality. The materials used today are technologically advanced, ensuring sturdiness and longevity. High-quality construction techniques have replaced the rudimentary methods of the past, creating homes that stand up to stringent quality standards. Seniors can now enjoy residences that not only capture the essence of contemporary living but also boast the structural integrity required for a secure and comfortable lifestyle.

Features have undergone a remarkable transformation, catering to the changing needs and desires of seniors. In the '50s and '60s, trailers were modest in their offerings, emphasizing portability over luxury. Today, modern manufactured homes prioritize comfort and convenience. Spacious layouts, energy-efficient appliances, and accessible designs are integral features tailored to the unique requirements of seniors. These homes go beyond mere dwell-

ings; they are thoughtfully crafted spaces that enhance the overall quality of life for their inhabitants.

Technological advancements have played a pivotal role in shaping the features of contemporary manufactured homes. Smart home systems, energy-efficient solutions, and state-of-the-art security features seamlessly integrate into the design, providing seniors with a living experience that aligns with the demands of the digital age. These homes are not just residences; they are hubs of innovation that foster a modern and connected lifestyle.

The evolution also extends to sustainability. Today's manufactured homes embrace eco-friendly practices, incorporating energy-efficient systems and environmentally conscious materials. Seniors can take pride in residing in homes that not only meet their current needs but also contribute to a greener and more sustainable future.



The historical evolution of trailers from the '50s and '60s to today's modern manufactured homes is a testament to progress and innovation. Quality has transcended limitations, and features have evolved to cater specifically to the discerning preferences of the 55+ demographic. As seniors embrace the comforts of contemporary living, they also connect with the rich history that paved the way for the sophisticated residences they call home today. Welcome to a new era of senior living, where the past meets the present in a harmonious blend of comfort and nostalgia.

Manufactured Homes Built to Suit!

The Process Made Simple

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Step 2: Hassle-Free Delivery

Step 3: Professional Installation

Expert Craftsmanship: We craft with care, ensuring durability and elegance

Customization Options: A range of design options and modern amenities

Seamless Integration: We specialize in in-fill installations in existing mobile home parks, preserving the charm of existing communities

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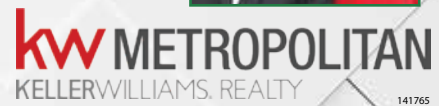


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Art for Vets at the Currier

By the Currier Art & Wellness Team

In collaboration with the Manchester Veteran Administration Medical Center (MVAMC), the Currier's Art for Vets program provides access to art, studio classes, 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 promote their individual wellness through:

- creativity
- building a sense of accomplishment
- uncovering new insights about themselves and each other
- sparking effective, fluid and transparent communication
- inspiring overall camaraderie and shared support among all involved

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

Benefits for veterans and military service members:

Veteran Creative Cohort

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



Offered virtually and in person.

Veteran studio classes

The Currier provides small group studio classes specifically for veterans and military service members. Art for Vets studio classes are tuition free, and all materials are provided. Fields of study include drawing, painting, printmaking, collage, fiber arts, mixed media and sculpture.

Benefits for family members of veterans and military service members:

The Art for Vets program provides several benefits for New Hampshire veterans, active military, and immediate* family members. A veteran or active service member must be enrolled in order to access most benefits. **Immediate family includes husband, wife, partner, children, and grandchildren.*

Museum admission The Currier offers veterans, active-duty military, and their families or one guest free gallery admission any time! Those enrolled in Art for Vets need to check in at guest services upon arrival. Those not enrolled must bring a form of Military ID upon checking in at Guest Services.

Art for Vets Family Day

The Currier welcomes New Hampshire's active military and veteran families on the third Saturday of every month for Art for Vets Family Day free drop-in art activities for the entire family are offered in our studio spaces from 11 a.m. to 2 p.m. on these dates, along with complimentary lunch (up to \$15 per person) for up to four immediate family members in the Winter Garden Café.

Veteran or active military service member must check in with Guest Services. Those enrolled in Art for Vets need only provide their name for check in. Those not



enrolled must bring a form of Military ID upon checking in at Guest Services. Free admission in the galleries is also valid for veterans, active military, and their families.

Studio art classes, workshops and camps

For family members and Art for Vets program members

The Currier is committed to connecting people with art by bringing artmaking to audiences of all ages and abilities. Once enrolled into the Art for Vets program, members and immediate family may each attend studio art classes or workshops each session (fall, winter, spring, summer). Children of Art for Vets program members are welcome to attend one camp session (offered in the summer).

Program enrollment

Enrolling in the Art for Vets program is free and allows members to efficiently access benefits, especially to bypass paying for admission when entering the museum. It simply requires the submission of an enrollment form and a one-time military status verification, either via email or in person.

The Currier Museum of Art honors the dedication and service of all military families in New Hampshire by cultivating a community through free art and wellness programs for active military and veterans of all ages and

abilities, and full-tuition scholarships for immediate family* members to art groups, art classes, and vacation art camps.

Military scholarship

To honor the dedication and service of all military families in New Hampshire, we are offering full tuition scholarships to families of military personnel and veterans. To apply, visit currier.org/art-for-vets/ or call 518-4946. *Art for Vets is generously supported by Swim with a Mission.*

Art and wellness at the Currier

In addition to Art for Vets, the Currier offers a suite of art and wellness programs for different audiences, including:

- **Expressions Through Art**, for adults affected by cancer and their caregivers
- **Memory Café**, for those experiencing the early stages of memory loss
- **Making Art Accessible**, for teens and adults with developmental disabilities
- **Art of Hope**, for those with family members suffering from substance-use disorder
- **Creative Connections**, for teens with anxiety

Reach out to Corie Lyford at CLyford@currier.org for more information on these programs.



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Membership is only \$30.

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Member Registration Form

To become a member of the Cremation Society of New Hampshire, complete both sides of this form and mail it to us at our main office at 243 Hanover St., Manchester, NH 03104, along with your one-time registration fee of \$30. **THIS INFORMATION IS LEGALLY REQUIRED TO COMPLETE A DEATH CERTIFICATE AND IS KEPT STRICTLY CONFIDENTIAL.** If you are filling this form out on behalf of someone else, please make sure all information below pertains to that person. The completed membership form and registration fee must be received by our office either by mail or through our website (faxes not accepted) prior to passing in order to be extended our discounted member rate.

First Name:	Middle Name:	Last Name:
Mailing Address:		City:
County:	State/ZIP:	Tel. #: E-mail:
Date of Birth:	City of Birth:	State/Country of Birth:
Soc. Sec. #:	Education [Yrs. Completed]	Veteran: <input type="checkbox"/> Yes <input type="checkbox"/> No [Enclose Copy of Discharge] Sex: <input type="checkbox"/> M <input type="checkbox"/> F
Marital Status: <input type="checkbox"/> Married <input type="checkbox"/> Never Married <input type="checkbox"/> Widowed <input type="checkbox"/> Divorced <input type="checkbox"/> Separated		Race:
Occupation [Present or Before Retirement]:		Employer:
Name of Spouse – First:	Spouse’s Maiden Name:	Check If Deceased <input type="checkbox"/>
Name of Father – First:	Father’s Last Name:	Check If Deceased <input type="checkbox"/>
Name of Mother – First:	Mother’s Maiden Name:	Check If Deceased <input type="checkbox"/>
Next of Kin:	Address:	Relationship: Tel. #:

Please Check Any That Are Present: Pacemaker Defibrillator Prostheses Silicon Implants Other Implants

Is the member currently or soon to be under hospice care or hospitalized Yes No Does the Member weigh over 350 pounds? Yes No

Were you referred to the Cremation Society by anyone? (If so please provide their name or company): _____



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). 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. See redcross.org/volunteertoday.

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

- **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. 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.

- **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.

- **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.

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

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

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

- **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. Contact admin@nhpreservation.org to indicate what you'd like to help with and whether you are comfortable in both indoor and outdoor settings.

- **NH State Parks** (nhstateparks.org) has volunteer groups that hold volunteer work days throughout the year. 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. Go online to fill out a volunteer form or contact program coordinator Laura Angers at info@nofanh.org.

- **Pope Memorial SPCA of Concord-Merrimack County** (94 Silk Farm Road in Concord; popememorialsPCA.org, 856-8756) holds regular volunteer orien-

tations (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 in Nashua. 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.

- **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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