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P. 21 - She's the cat's meows

Granite Senior Journal

April/May 2024

A Bi-Monthly Dedicated to Senior Issues and Living



ART OF WELL BEING



Medical research establishes that art can be very beneficial to your health and contribute to overall happiness and mental well-being. Visiting museums, taking art classes, attending arts events, or being involved with an arts organization are some examples of ways to improve your well-being. Image courtesy Scripps Affiliated Health Groups.

Arts offer numerous benefits

Just Create It

By Curt Mackail

Delving into art as you grow older is especially good for the mind, body and soul. I've experienced how beneficial and rewarding the creative experience is for elders firsthand. But you don't have to take it from me, although I'm into my 70s and have taught senior art classes for many years. A recent scientific study confirms the distinct benefits

of involvement with the arts for us as we grow older.

Frontiers in Public Health, a multidisciplinary medical journal, late last year published the results of a detailed study of people ages 50 to 77 that quantifies the effects of seniors' participating in arts-related activities. The study, conducted in Australia, involved nearly 3,000 people.

The research clearly showed that older adults who engaged in any recreational arts in the prior year had significantly higher scores on standardized mental well-being and physical assessments compared to those who did not engage in the arts. The researchers included active or recreational engagement in both performing arts and visual arts.

Short hikes for seniors

by Jill Lessard

Breathing fresh air, being surrounded by nature, and enjoying a short accessible hike — these are just a few easily achievable ingredients for nurturing a healthy body, mind and spirit. Seniors in the central Merrimack Valley who are eager to embark on a journey of well-being have numerous scenic trails from which to choose.

Ellen Kolb, an avid hiker and writer, blogs about “some of the Granite State's lesser-known gems including urban parks and rail trails” on her website, www.granitestatewalker.com. Senior Journal reached out to Kolb via email and asked her to share some information and insights about this positive pastime.

How can seniors benefit from taking short accessible hikes?

Fresh air and low-impact exercise are good for maintaining or improving physical health at any age. This is true even for a hiker who's living with a chronic health condition or impaired mobility. Just as important is how even a short walk outside can affect mood and attitude. I didn't take this seriously until I was in my mid-30s. Now that I'm 64, while my walks are just plain fun, I know that they're as important as nutrition and rest to my overall health.

Can any senior take a hike, or do you need to get in shape before embarking on one?

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The current major show at the Currier Museum in Manchester is *Stories of the Sea*, a collection of maritime related paintings. On view through October, the exhibition includes Vincent Van Gogh's first depiction of an outdoor scene, painted in 1882. Titled "Beach at Scheveningen in Calm Weather," the museum says it provides one of the first glimpses into the techniques of a visionary artist whose work would transform the art world forever. Image courtesy Wikimedia Commons, public domain.

◀ CONTINUED FROM PG 1

The fine art of aging

"Creative art pursuits provide older adults with multiple benefits, not the least of which is enhanced cognitive function. Throughout history, artists have known that art provides benefits for both the creator and viewer. Current studies in the fields of art therapy, music therapy, and other creative modalities confirm that art can affect individuals in positive ways by inducing both psychological and physiological healing. We know that, in general, exercising our creative selves enhances quality of life and nurtures overall well-being. We all are creative, not just a select few," said Dr. Barbara Bagan, a certified art therapist who holds advanced degrees in psychology and gerontology. Bagan, based in Phoenix, Arizona, is a consultant for geriatric centers, hospitals, rehabilitation facilities and schools.

Dr. Bruce Miller, a behavioral neurologist at the University of California San Francisco Medical Center, founded the Global Brain Health Institute at UCSF. He agrees that art benefits seniors' mental and physical well-being.

"While brains inevitably age, creative abilities do not necessarily deteriorate. Actually, the aging brain responds well to art by allowing the brain's two hemispheres to work more

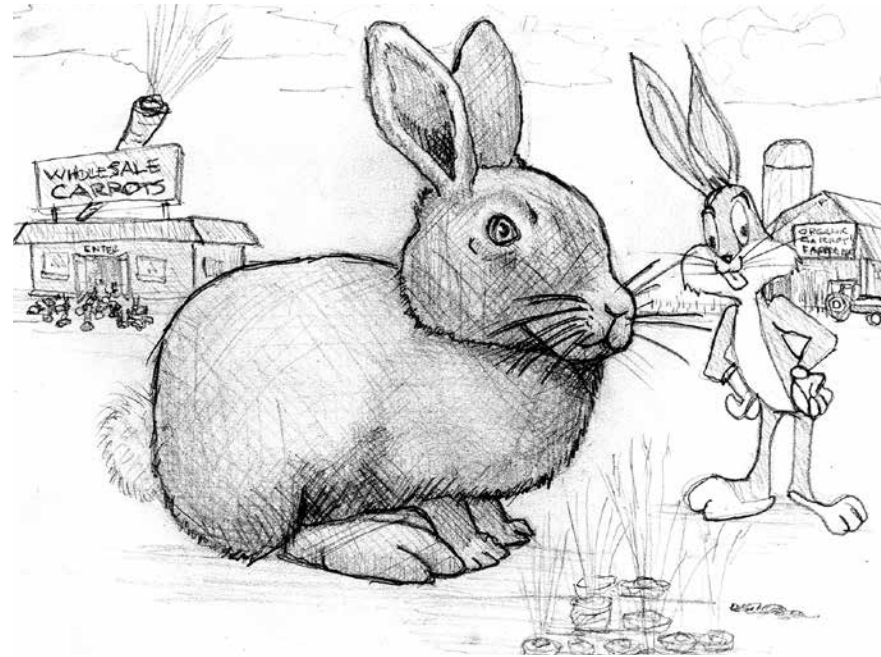
in tandem. This ability to use one's creativity throughout a lifetime and the impact of intelligence gained from the years of accumulated knowledge and life experiences, help to cultivate the aging, creative brain," Miller stated.

Ways to get involved with creative arts

Almost without exception, medical experts concur that creating art (or art activities as simple as visiting a museum or gallery) can help you relax, improve cognition, foster a stronger sense of identity, increase self-esteem and reduce boredom. So how can you get involved in art if you're not already? It's fairly easy. Attending local art events, actively making artworks, joining an arts club or organization, learning about the arts, or volunteering for an arts organization all have proven benefits, according to professionals in the field of gerontology.

Here are a few options if you'd like to get involved with an organized art program.

Municipal recreation departments can be a great source for affordable art instruction. They also may offer field trips to museums and other art destinations. I counted 24 municipalities statewide that offer art instruction of some type. You need only investigate your nearby recreation departments



Drawings like this — rendered with just pencil on paper — can be fun, unlock your creativity, and give lots of personal satisfaction. Credit: "Two Rabbits," original artwork by the author, Curt Mackail.

online or telephone them to discover what's available. (Note that local programs frequently change, and not all are necessarily specific for seniors.)

Perhaps the most comprehensive assortment of art classes in New Hampshire is found at the Currier Museum of Art, 150 Ash St., Manchester. You'll find instruction in a wide range of graphic media and techniques. Classes are grouped by age for adults, teens and children. In-depth classes offer five weekly sessions. One-day workshops and other short terms are also available. Five-week classes of 90 minutes each generally cost \$250 (with discounts for museum members.) Students supply their own materials from a list provided by the instructors. Military veterans may enroll in an art program especially for them free. Offerings and the schedule change often. Visit currier.org/classes or call 603-518-4992 for information.

I also recommend visiting the Currier to see its current major show, "Stories of the Sea," running through October. It features many extraordinary works on loan along with those from the museum's permanent collection concerning maritime themes. Most notable are Vincent van Gogh's first painting depicting the outdoors, along with works by Andrew Wyeth and Georgia O'Keeffe.

Art museums worth visiting

Many worthwhile museum visits are within a day's drive from central New Hampshire. Here are a few you may want to explore.

Peabody Essex Museum, in Salem, Massachusetts, dating to 1799, is one of the oldest continuously operating museums in the United States. It has terrific collections of maritime artifacts, one of the best collections of Asian art in the United States, and plenty of contemporary works too. The website is pem.org.

Portland Museum of Art, Portland, Maine, offers ample masterworks of European and American art, decorative art, modern art and photography. Check out portlandmuseum.org.

Hood Museum of Art, Dartmouth College, Hanover. Its collection includes important holdings of American, Native American, European, African and Melanesian art plus a major archive of photojournalism. Visit hood-museum.dartmouth.edu.

To find more New Hampshire museums go to www.visit-newhampshire.com/state/museums-and-galleries.

Curt Mackail teaches drawing, painting and music in Exeter. His artwork has been shown at a variety of Seacoast galleries and businesses over some 40 years.

I know that the standard disclaimer on questions like this is to check with your health care provider before beginning any fitness program. I have to confess I did not follow that advice when I got started.

It depends on the type of hike! I believe enjoying the outdoors is for everyone. Anyone who walks around their block has taken the first step to being a hiker. Those close-to-home walks all by themselves are a way of getting in shape. You don't have to climb Mt. Washington to be a hiker. Exploring the recreational trails in one's own town is definitely hiking, too.

What items should a hiker take on a trail?

One of the best things a hiker of any age can do for safety's sake is to hike with a friend. If hiking alone, it's important to leave word with a friend or family member about your destination. For an excellent list of what to pack for a hike, look at the American Hiking Society's "Ten Essentials" at americanhiking.org/resources/10essentials.

Every New Hampshire hiker should have a Hike Safe card from New Hampshire Fish & Game. It's actually an online registration rather than a paper card. People who obtain the "cards" at \$25 per year are not liable to repay rescue costs if they need to be rescued, under most circumstances. For more information on Hike Safe, visit www.wildlife.nh.gov/get-outside/hiking-safety.

Even on a close-to-home trail, I carry my phone, a whistle, a small flashlight, some water, and a snack. I carry a paper map and a little compass if I'm in unfamiliar territory. Batteries run down, so I can't expect my phone to be my sole navigation aid and means of communication. Comfortable and appropriate footwear is a must!

Can you recommend a few small hikes in the central Merrimack Valley region that are "do-able" for seniors?



Lake Massabesic by Rockingham Recreational Trail. Photo by Ellen Kolb



Mine Falls Park in Nashua. Photo by Ellen Kolb.

A small hike in Concord: I like the Merrimack River Outdoor Education and Conservation Area near the Forest Society's headquarters in Concord (close to Interstate 93 Exit 16). (www.forestsociety.org/property/merrimack-river-outdoor-education-conservation-area). It's an unpaved loop, flat but with some uneven surfaces, about 1.5 miles long. At one point it overlooks the Merrimack River, and it's a great area for birdwatchers.

I should add for your future reference that Concord has an excellent network of municipal trails (www.concordnh.gov/1033/Hiking-Trails), and there's a 1.5-mile-long eastern segment of the Concord-Sunapee Rail Trail beginning at 25 Fisherville Road.

A small hike in Nashua: Mine Falls Park has miles of trails, and multiple trailheads (map: www.nashuanh.gov/DocumentCenter/View/2328/



Piscataquog Trail Manchester. Photo by Ellen Kolb.

Mine-Falls-Park-Trail-Map-PDF).

The variety within this one park is amazing. You'll find everything from a smooth paved trail to rough single-track bike paths. The park is sandwiched between the Nashua River and the old Nashua Power Canal, stretching from the Mill Pond behind Conway Arena to the Cove behind the Millyard. Songbirds and waterfowl are very much at home here. While here, I've seen beavers, muskrats, deer, and even once a bald eagle! One easy place to park is on the park's west side near Stellos Stadium and the skate park.

A small hike in the Manchester area: Rail trails are among New Hampshire's greatest recreational assets, and the greater Manchester area has several to choose from. All are flat and have multiple trailheads for convenient parking. The paved Piscataquog Rail Trail extends from behind Delta Dental Stadium to the Goffstown town

line. It connects directly to the 5-mile-long Goffstown Rail Trail, unpaved but well-maintained, with views of Namaske Lake. The longest of the local rail trails is the unpaved Rockingham Recreational Trail, which extends about 25 miles from Mammoth Road in Manchester all the way to Newfields near the Seacoast. To sample this one, try a short segment beginning in Manchester at the Lake Massabesic parking area just south of the traffic circle. Look for the gates leading to the trail. You can walk within sight of the lake on a wide shaded path bordered with wildflowers. Midweek is the quietest time to enjoy this popular trail. Pack a lunch and enjoy it on one of the lakeside benches after your hike.

All of [these] hikes are pet-friendly at this time, but please carry out all pet waste and keep dogs under control. Conditions on unpaved surfaces may vary with weather conditions, affecting access for anyone using a wheelchair or other assistive mobility device.

What is the most challenging thing about hiking?

As an experienced hiker, my biggest challenge is knowing when to call it a day. I have to remind myself that the trail will still be there on another day when the weather's better or my knee isn't acting up. For new hikers my age, getting started can be the biggest challenge. Take small bites, so to speak: start on a trail that's short and local, maybe in one of your town's conservation areas. With experience, you'll gain confidence and you'll become eager to find new places to explore.

What is the most rewarding thing about hiking?

I never know when I'll find something new and interesting, even on familiar trails. We live in a state filled with astounding beauty, and some of it can only be seen by those of us who take the time to explore on foot, without hurrying.

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100 years young: a milestone worth celebrating

By Aaron Ruvinsky

In 1924 only 20% of Americans owned a car, Macy's held their first Thanksgiving Day parade and the average annual income was \$2,196 — my, how times have changed! 1924 was also the year that YMCA member Aaron Ruvinsky was born in New Jersey.

On Jan. 22, 2024, Aaron Ruvinsky celebrated his 100th birthday! The weekend prior to this amazing milestone his family threw a party to celebrate. Aaron is in many ways a person who evokes inspiration. He did not achieve this incredible accomplishment through luck, he achieved it through his admirable devotion to fitness, health, and life itself. Since Aaron's early days he has abided by a healthy lifestyle, never indulging in smoking or drinking and has always stayed active and watched what he eats. In regards to activity, Aaron has played tennis and has swum for essentially his entire life and he regularly eats salmon, tuna, and sardines which has also contributed to his longevity.

Aaron was born in New Jersey but raised in Brooklyn and Queens, New York, where he would spend most of his adolescence. After serving in the war, he studied at NYU and later moved to Washington, D.C., where he worked at the newspaper, the Washington Star. About seven and a half years ago, Aaron's wife passed away and Aaron moved to New Hampshire to live with his son and daughter-in-law, Marian. Marian shared that she and her husband had been Y members since 1992, and anytime Aaron came to visit them he would also visit the Merrimack Y, using the facility to get in his swimming. When he moved in with them permanently about five years ago he was thrilled to be able to continue to use the Y.

It's clear that Aaron has been surrounded by a wonderful family who continuously supports and spends time with him. Marian shared how Aaron entertains the family with sto-



ries of how he used to take the subway to Coney Island and go swimming. One such adventure resulted in Aaron coming to shore only to realize someone had taken all his belongings leaving him to call in reinforcements. In addition to the strong bond he has with his family, his relationship with Michael, his current caregiver, is something Aaron holds incredibly valuable as well. Every Thursday Michael picks up Aaron and brings him to visit Buckley's for a sandwich and soon after travel to the Y to swim. Marian noted that in many instances people mistake Aaron and Michael as father and son. Whenever this is brought up Aaron never outwardly denies it, highlighting how much he cares for the relationship. At the Merrimack Y Aaron swims on average about 8 to 10 laps when he visits, which has left his cardiologist baffled. Furthermore, Michael stated that he recently did 13 laps, an amazing feat for a centenarian!

Happy 100th birthday, Aaron!

To learn more about the Merrimack YMCA/YMCA of Greater Nashua or become a member visit nymymca.org.






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Hearing aids shown to reduce risk of cognitive decline

By Dr. Jessica L. Woods, Board Certified Audiologist

A common joke from people we see in our practice is that they (or their spouse) have “selective hearing.” Even though we all get a good laugh, selective listening is actually our ability to pick and choose what we want to hear in the presence of background noise. This becomes very difficult when a high-frequency hearing loss is present. In fact, difficulties hearing in background noise is the No. 1 complaint when someone has decreased hearing. The best way to understand high-frequency hearing loss is that certain speech sounds are missed, for example, “S,” “T,” “Th,” “F” and “K.” We don’t use our voice box to create them; they are incredibly soft because they are whispered. When someone talks louder, the high-frequency



speech sounds do not get louder. This holds true for turning up the volume on the TV. The volume turns up bass, not treble (high frequencies); now your whole house is shaking and you still cannot understand the dialogue. When the brain has to fill in these missing pieces, decoding speech becomes much more difficult. This creates more work for the brain, causing fatigue and leaving less time for the brain to file away the information into memory. Has a friend or family member said to you, “I told you that yesterday,” even though you have no recollection of the conversation? These types of communication breakdowns can lead to friction in relationships and can also lead to misunderstandings at work. When individuals have trouble hearing, they tend to withdraw from social situations and become more isolated.

Once withdrawn, depression and other related health issues set in, which have long been recognized as increased risk factors for dementia and Alzheimer’s disease. A growing body of research has suggested that improving your hearing is the No. 1 modifiable risk factor for preventing dementia later in life. Hearing loss is the most common chronic health condition affecting older adults. According to the National Institute on Deafness and Other Communication Disorders:

- One in eight Americans (13 percent/30 million) ages 12 and up has hearing loss in both ears.
- Among adults ages 70 and up with hearing loss who could benefit from hearing aids, fewer than one in three has ever used them.
- Even fewer adults (approximately 16 percent) ages 20 to 69 who could benefit from hearing aids have ever



used them.

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

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



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

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

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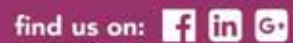


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nal organs.

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Swing into Spring with the newly expanded Pembroke Pines Country Club

By Taylor Bussiere
Marketing Manager and Wedding and Events Coordinator

Located in Pembroke, New Hampshire, Pembroke Pines Country Club is more than just a golf course and has something to offer everyone! Pembroke Pines is home of a prestigious 18 Hole Golf Course, the '1759 Grille', three PGA Golf Simulator Bays, and New Hampshire's fastest growing wedding and event venue. Sandwiched between the historic towns of Concord and Manchester New Hampshire, Pembroke Pines Country Club is a Semi-Private 18 Hole Championship Golf Course and is proudly partnered with sister location, Canterbury Woods Country Club located in Canterbury, New Hampshire.

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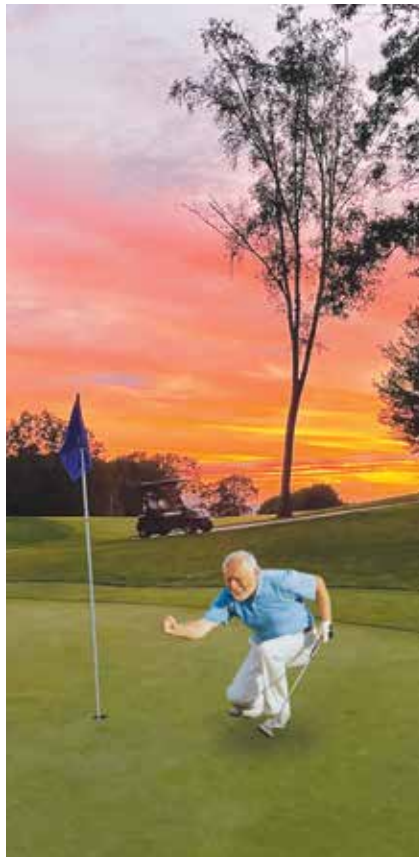
Whether you are wrapping up a round of golf, or looking for a new dinner location, the 1759 Grille is a public restaurant located inside Pembroke Pines Country Club. 1759 Grille offers weekly specials to include Half Price Appetizers every Tuesday, Prime Rib Dinner every Saturday evening,

and \$.75 Cent Wings every Sunday! The 1759 Grille is open daily, 11:00AM-9:00PM, and we hope to see you there soon! Canterbury Woods Country Club also offers a Tavern and is open to the public! In off-season, check the Canterbury Tavern out for dinner on Thursday and Friday nights, 4:30-9:00 PM, and keep an eye out for in-season hours coming soon!

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Tennis and golf after joint replacement

By Kathleen A. Hogan, MD

As the last of the snow melts away, our thoughts turn away from the ski slopes and towards the golf course and the tennis courts. Patients who have had their hips or knees replaced frequently ask if they can safely participate in these sports. Make sure you talk to your surgeon about this before resuming an exercise program after surgery as your doctor may have different recommendations for you.

Return to full activity depends on the type of joint replaced and on the patient. Recovery after a hip replacement is typically faster than after knee replacement. The direct anterior approach to hip replacement limits muscle damage and can be particularly beneficial in those looking for a quick return to activities. However, the bone needs to grow into the implant to stabilize it, and many surgeons recommend waiting at minimum 8 weeks before resuming golf or tennis after a

hip replacement. Recovery after knee replacement is slower. Time is needed to recover range of motion and gain strength. Most patients need 3 to 6 months before they can resume vigorous sporting activities.

Joint replacements can wear out, and high-impact activities such as running may cause the artificial joint to wear out faster, possibly leading to further surgery. Surveys of joint surgeons show a wide variation in recommendations. However, the majority do allow their patients to resume moderate activity, including golf and doubles tennis.

Golf and tennis do place considerable stresses on the knee. For example, driving a golf ball generates equivalent joint reactive forces in the knee as does running, just for a much shorter period of time. In golf, the leading knee absorbs the most stress, while in tennis the forehand generates higher joint contact forces in the knee than does the backhand.

How does having a joint replacement affect your athletic performance? It depends. Surveys of small numbers of patients playing golf after joint replacement show that most patients report a small increase in handicap and a decreased drive distance. Most golfers do not walk the course after joint replacement, and instead choose to use a golf cart. Some notice some mild discomfort during and after playing but a high percentage of patients resumed golfing and were playing the same or increased frequency compared to before their surgery. There is limited data on return to play of tennis players. Many patients feel their level of play improves because their joints no longer hurt.

One of the goals of hip and knee replacement is to restore mobility and enable patients to get back to activities they enjoy. However, it may take time to rehabilitate your muscles after surgery. Joint replacements are metal and plastic and are not the same as your



original parts. Even after joint replacement your new hip or knee may ache or feel stiff after athletic activity. However, most golfers and tennis players indicate that they are able to continue to enjoy their sports following joint replacement. Make sure you talk to your surgeon about your expectations of returning to sports after hip or knee replacement.

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



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

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Art and history at the Carrier



Kara Walker, Confederate Prisoners Being Conducted from Jonesborough to Atlanta. From Harper's Pictorial History of the Civil War (Annotated). ©Kara Walker, courtesy of Sikkema Jenkins & Co. and Sprüth Magers.

Organized by the New Britain Museum of American Art and The Museum Box, *Kara Walker: Harper's Pictorial History of the Civil War (Annotated)* features 15 works on paper by Kara Walker, presented alongside a selection of prints by Winslow Homer that inspired them.

As a young artist, Homer served as a war correspondent for *Harper's Magazine*. His compelling drawings of soldiers on the front lines of battle and civilians caught up in the war's horrors became a visual history of the Civil War, and they were published after the war in the magazine's 1866 two-volume anthology.

These historic prints represent a starting point for Walker, who revisits them utilizing her signature silhouettes to introduce new elements. She surfaces race and gender-based biases, highlights profound sociopolitical inequalities, and brings to the fore a silenced history of violence that complicates Homer's initial narrative.

The direct comparison between the original images by Homer and Walker's reinterpretation of the same material was first undertaken by the Smithsonian American Art Museum in 2017 and has traveled to several museums across the country.

This comparative exhibition constitutes an important opportunity to revisit the history of the antebellum South and

the ensuing Civil War through the contemporary lenses of race, slavery, gender, and politics.

About Kara Walker

Kara Walker (American, b. 1969) is one of the most prominent American artists working today, emerging in the mid-1990s with provocative works that critically revisited a history that until then had mostly been told from male and white points of view. She is best known for her black cut-paper silhouettes, which depict historical narratives of the antebellum South marked by subjugation, sexuality, and violence.

About Winslow Homer

Winslow Homer (American, 1836–1910) was an American landscape painter and illustrator best known for his coastal scenes. Largely self-taught, Homer began his career as an illustrator for magazines such as *Ballou's Pictorial* and *Harper's Weekly*, mainly contributing scenes of life in Boston as well as in rural New England. He is considered one of the foremost American artists of the 19th century.

This exhibition is generously supported by Emily Leff in memory of James L Davis, III. Additional support by Benjamin and Karina Kelley.

On view through May 27, 2024.

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Understanding the differences between mobile, manufactured, and modular homes

As the housing market continues to evolve, seniors are presented with a myriad of options when considering their next home. Among these options are mobile, manufactured, and modular homes, each offering unique features and characteristics. To make an informed decision, it's crucial to understand the distinctions between these housing types. In this comprehensive guide, we'll delve into the disparities between mobile, manufactured, and modular homes to assist you in navigating your housing options effectively.

Mobile Homes, also known as trailers or single-wides, have long been synonymous with affordable housing. Originating in the mid-20th century, these homes were initially designed for mobility, constructed with lightweight materials for easy transportation. However, the term "mobile home" has become somewhat outdated as these homes are seldom moved once placed

on a permanent foundation.

One defining aspect of mobile homes is their construction standards. Historically, mobile homes were built to less stringent regulations compared to traditional site-built homes, raising concerns regarding durability and safety. However, recent years have seen the implementation of regulations to enhance the quality and safety of mobile homes, ensuring compliance with higher construction and energy efficiency standards.

Manufactured Homes, also referred to as double-wides or triple-wides, represent a modern evolution of mobile homes. Unlike their predecessors, manufactured homes are constructed in factory settings and transported to the site in sections, where they are assembled on permanent foundations. This method of construction facilitates greater efficiency and quality control.

A key difference between mobile and

manufactured homes lies in their adherence to building codes. Manufactured homes are constructed in accordance with the HUD (U.S. Department of Housing and Urban Development) Code, which imposes strict standards for construction, safety, and energy efficiency. Rigorous inspections during the manufacturing process ensure compliance with HUD regulations.

Manufactured homes also offer extensive customization options. Buyers can select from a variety of floor plans, layouts, and finishes to tailor the home to their preferences and needs, rivaling the customization available in traditional site-built homes.

Modular Homes are another type of prefabricated housing, constructed in sections or modules in a factory and then transported to the site for assembly. Unlike manufactured homes, modular homes are typically built on permanent foundations, providing the

appearance and structural integrity of traditional site-built homes.

One of the primary advantages of modular homes is their construction quality. Built in a controlled factory environment, modular homes undergo rigorous quality control measures and inspections throughout the manufacturing process, resulting in homes built to higher standards of quality and durability compared to mobile and manufactured homes.

Furthermore, modular homes offer greater design flexibility. Buyers can collaborate with architects and designers to create custom floor plans and layouts that align with their specific preferences and needs, spanning from contemporary designs to traditional styles.

By understanding these differences, seniors can make informed decisions when selecting their next home.

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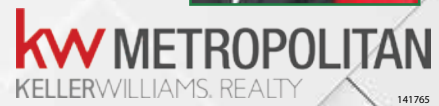


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Tuesday, April 16, 3:00-4:30 PM

Merrimack Public Library, 470 Daniel Webster Highway, Merrimack

Wednesday, April 17, 9:30-11:30 AM

Ingram Senior Center, 1 Sally Sweets Way, Salem

Thursday, April 18, 11:00 AM-12:30 PM

Londonderry Senior Center, 535 Mammoth Rd., Londonderry

***Tuesday, May 14, 1:00-2:30 PM**

Hooksett Public Library, 31 Mount St. Mary's Way, Hooksett

Wednesday, May 15, 1:00-3:00 PM

Grappone Conference Center, 70 Constitution Ave., Concord

***Wednesday, May 22, 6:00-7:30 PM**

Hooksett Public Library, 31 Mount St. Mary's Way, Hooksett

Thursday, May 23, 1:00-3:00 PM

Nashua Senior Center, 70 Temple St., Nashua

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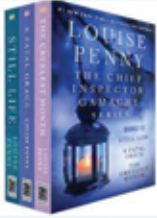
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- Taste of the Townships & Foresta Lumina- Sept 26-28
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- Cape Cod & Martha's Vineyard - October 6-9
- Fall in the Hudson Valley - October 14-17
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It's a new age!

If 40 is the new 30, 70 is the new 50! Today's seniors are more active, more adventurous, and are savvier when it comes to travel. There are a lot of differences between tour companies and it is important to choose the one that is right for you. Don't just look at the price and length of a tour – there are a lot of factors to consider when choosing the right fit for you - quality of the tour, pace of the tour, included meals and sightseeing, and the overall "feel" of the company.

Terrapin Tours is taking a "Stop and Smell the Roses" approach to travel. I have learned that people would prefer to see less, but experience more. Taking a little more time at each destination and also giving people some free time each day to do what they please has been the key to Terrapin's success.

Less ho-hum, more fun!

At Terrapin Tours, we like to have fun and we are on a mission to demolish the pre-conceived notion of the dreaded bus tour. From years of traveling on tours as a passenger and leading my own tours, I have learned that if everyone is on the same mission to have fun - nothing is going to stop them. Sometimes even the best plans don't pan out as expected – which means that things don't always go as planned. As the saying goes "If life hands you lemons, make lemonade"... well, we feel like having the right attitude equates to bringing a cup of sugar to sweeten up the lemonade! After all, life is an adventure!

What's the real cost?

Looking at the brochure 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. How many meals are included? Are all of the activities included or will you be digging into your pocket every time you hop off the bus? Take a close look at what is included in the price of the tour - a lower price on the brochure doesn't always mean lower cost to you.

I will be the first to admit that Terrapin Tours isn't always the "cheapest" and that is ok – we aren't on a mission to sell the least expensive product. We are on a mission to provide the best possible product at a fair price.

Final thoughts....

At the end of the day, traveling is a very personal experience. Traveling with a group has always been a great option for me – I love the camaraderie that comes with traveling with a group of strangers that become friends; I love sharing the experiences along the way with fellow travelers; and I love sitting down at the end of the day and sharing stories of our adventures. My passion for group travel has helped me create a new kind of travel - a group tour where after you take that "first step" and get on the bus, you are in for a fun-filled adventure, not some stuffy old bus tour. So hop on the bus with Terrapin Tours....you won't regret it!

Kelly Cooke is the Owner of Terrapin Tours, loves traveling and has 25+ years of experience in the travel industry. You can learn more about Terrapin Tours and the exciting places we will be visiting in 2024 on our website www.TerrapinTours.com or by calling 603-348-7141.

How to choose the right REALTOR® to sell your home

By Elizabeth Markey

Selling a home can be an exciting time, but as with any change, it can also be potentially stressful or emotional. Having the right REALTOR® guide you through the sale will make you feel more at ease and comfortable with the entire process, and a great agent will help you get the best price for your property. If you're looking for an experienced real estate agent to sell your home, keep these five tips in mind!

Pay attention to early communication

You want your first impression of your potential REALTOR® to be a good one. Pay attention to how they respond and engage from the first email, text, or phone call. Do they respond in a timely manner? Do they seem professional? Keep an eye out for red flags, like very slow response times or someone who seems generally unprofessional or inexperienced. A good REALTOR® will be personable, responsive, and knowledgeable right from the start.

Consider area knowledge

Even a great REALTOR® will have a harder time selling your home if they don't know anything about the area or local market. They'll have to spend more time doing research, which could take away from time they could be spending actively marketing your home. Look for an agent who lives and works in your area – it will make the process easier for both of you.

Don't overlook personality

You want to find an agent you can form a connection with. A great agent who comes highly recommended still might not work for you if you have

very different personalities. You'll be placing a lot of trust in your REALTOR®, so you want your personalities to work well together. Maybe you're looking for someone to be a source of calm who remains level-headed in stressful situations. Or maybe you'd prefer an agent who is more energetic and will be straightforward in tough situations. A great agent will be a bit of both, but their personality will impact how they communicate and handle different parts of the process. It's important you choose an agent you feel very comfortable with.

Find a REALTOR® who specializes in your type of property

If you're selling a particular type of property, whether it's a luxury property, a multi-family home, or something else, it can be useful to have an agent who is experienced in that area. You can find what an agent specializes in by doing some research into their past transactions, checking their social media, or looking to see if they have a biography on their agency's website.

Look for experience (to an extent)

It's important to have an experienced agent, but don't overlook all else and just choose the agent who's been doing real estate the longest. Experience brings a lot of knowledge and expertise, but an agent who has only been working for a few years can still be knowledgeable and may mesh better with your needs and personality. Take a holistic approach when choosing your REALTOR®, and trust your instincts about who feels like the best match for you.


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Donna stands up to back pain and realizes a better quality of life

When Donna Malone met Dr. Bennett Kramer, Medical Director of the Pain Management Clinic at Northeast Rehabilitation Hospital Network in Salem, NH, her life changed, significantly. “For a really long time I wasn’t able to do anything I enjoyed because my back pain was just awful. I have a big family, five adult children (three boys and two girls), 12 grandchildren and more than 20 great grandchildren. They were doing a lot for me. I couldn’t clean, get groceries, or even walk... and I was a walker. I used to walk from Haverhill, MA to Groveland, MA.”

Now, Donna is taking care of herself and enjoying time with her family and her friends.

When Donna and Dr. Kramer first met, she was exhausted from the chronic pain and feeling like she would never find any relief. Dr. Kramer met with Donna to review her health history, understand her symptoms, and explore

her goals so he could determine the most appropriate treatment options to help her realize a better quality of life. “At my first appointment, I shared my symptoms and how the chronic pain was affecting me. Dr. Kramer listened and we talked. He explained what we could do and was so informative and supportive from the first time I met him. Everyone was so nice and helpful.”

Together, they decided to move forward with an intrathecal pump. This small round device was implanted under Donna’s skin at the side of her abdomen and sends pain medication directly to the nerves in her spine.

There were times during her treatment when Donna had questions, “they always called me back. They are so good to me. I recommend them highly.”

Donna reflected on the experience, “I’m really proud of myself. I could have just given up but with



Dr. Kramer joined by members of Northeast Rehabilitation Hospital's Pain Management Clinic team.

the right support we were able to turn things around. I’m now about to enjoy special moments with my family and many of the things I love.”

What is chronic pain?

“The reality is that everyone experiences pain differently,” said Bennett Kramer, MD, Medical Director at Northeast Rehabilitation Hospital Network’s Pain Management Clinic in Salem, NH. “And everyone’s path to a

better quality of life is unique.”

Chronic pain can affect someone for months or even years. It can hinder one’s ability to participate in their daily routine and engage in physical rehabilitation to overcome the source of pain. Physical symptoms can often be described as a combination of the following:

- Mild to severe
- Constant or sporadic

CONTINUED ON PG 19 ▶



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Bill Lennox,
Quill Media, Hampton, NH

As part of its ongoing efforts to provide senior New Hampshire residents with timely, practical information about how to thrive in their own homes, Granite State Senior Journal recently interviewed CAPS certified engineer Cyndi Heggie. Mrs. Heggie is the founder of “Longevity Home,” a NH Seacoast-based home modification business devoted to helping homeowners remain at home as they age, avoiding the painful and expensive move to out-of-home options like assisted living or nursing home care. Longevity does this through personal, in-home consultation, taking the time to understand each homeowner’s goals and priorities as they consider home modification options. “Your home needs to enable your life: your evolving abilities, needs and wants. Each of us is different, with a personal vision for being happy, content and secure for the long term.” says Cyndi.

Of the many modifications that can improve seniors’ well-being at home,



one of the most cost-effective and easy-to-implement is adding grab bars in bathrooms and other challenging transition areas. “When considering grab bars, some people may initially be reluctant, thinking it implies a lack of agility. I believe the exact opposite. Choosing well-designed, professionally installed grab bars shows that you are smart, proactive, and safety conscious and your priority is to create an accessible home not just for yourself, but for visitors. Now that’s independence and control - wouldn’t you agree?”

◀ CONTINUED FROM PG 18

- Dull
- Throbbing
- Burning
- Aching
- Radiating?

- Inability to participate in your daily routine
- Some pain relief but then your progress stops
- Inability to sleep

Your medical history, current health, personal quality of life goals and more are important considerations when defining your care plan. You can self-refer to a pain management specialist for non-surgical treatment options and they will work with your PCP to secure the appropriate information for insurance.

For more information about Northeast Rehabilitation Hospital Network’s Pain Management Clinic, located in Salem, NH, visit NortheastRehab.com/PainManagement.

When is it time to seek medical advice?

If you are experiencing any of the following, speak with your PCP about your options:

- Limited to no relief from prescription opioids or over-the-counter medications
- Consistent, daily pain
- Sharp pain that has expanded to other areas

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Southern NH Life Plan Community Expansion

Silverstone Living to build 16 new luxury apartments.

The Huntington at Nashua, a Silverstone Living Community in Nashua, NH, will start construction of its 16 new-build luxury apartments in May.

Don't wait! Reserve your new home today! Visit our community, meet residents who call **The Huntington At Nashua** home, and explore what active retirement living has to offer.

The two-story expansion will feature 1-bedroom with den and 2-bedroom style apartment homes and will welcome residents in Spring of 2025. Design is being handled by EGA Architects and the general contractor is Harvey Construction.

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 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, NH.

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.

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. 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. For more information visit www.silverstoneliving.org or call 603-821-1200.

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LIVING

Southern New Hampshire's
Premier Senior Living Communities

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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!

603-821-1200
Silverstoneliving.org
info@silverstoneliving.org

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.

SENIOR IN THE SPOTLIGHT

Cathy Hilscher

OWNER OF CATS KINGDOM

Cathy Hilscher is the owner of Cats Kingdom, a cat dedicated pet supply store in Manchester. (679 Mast Road, Manchester, catskingdomonline.com).

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

I am the owner of Cat's Kingdom. I am all about the food and holistic care. I am passionate about what I bring into the store and what I sell to people. I help people on an individual basis when they have problems with their cats because a big portion of it has to do with the foods that they eat.

How long have you had this job?

Nine years.

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

Pierre, one of my cats, got sick from kidney disease and I realized there wasn't a lot of education out there for cats and supportive food measures, and here I am nine years later.

What kind of education or training did you need?

I come from a background of retail. I've owned a few small businesses and I kind of put them together and collectively came up with this.

What is your typical at-work uniform or attire?

You're looking at it. Tie-dyed, sweatshirt, casual.

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

Money coming in and money coming out and keeping things going is challenging. That's the biggest thing. And getting noticed. Whatever you say out there, get me out there. Getting noticed and getting recognized online.

What do you wish other people knew about your job?

How much goes into keeping a store in a state in a small environment with everything that is going on in the world. Keeping it afloat and getting the support locally to keep things afloat.

What was your first job?

A diet aide at a nursing home in New York, which is where I come from.

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

Don't take things so personally.
—Zachary Lewis

Five favorites

Favorite book: I don't do a whole lot of reading. I don't really have one.

Favorite movie: I am a sappy person, so anything Lifetime.

Favorite music: '70s genre all the way.

Favorite food: probably Italian

Favorite thing about NH: It is very similar to where I come from, a small town in central New York, outside of Albany. Small, quaint — I am not a big-bustling-type person, so it's perfect. Love the seasons. Everything.



Cathy Hilscher. Courtesy photo.



Cats Kingdom. Courtesy photo.

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, garden-

ing, 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. 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 dis-

abled people in the greater Manchester and Nashua areas, according to the website. Volunteers are needed to provide transportation and deliver food as well as to help with administrative work and in the warehouse, the website said. Go online to download the volunteer application and to see detailed frequently asked questions.

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

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

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

- **International Institute of New England** (iine.org, 647-1500), whose mission "is to create opportunities for refugees and immigrants to succeed through resettlement, education, career advancement and pathways to citizenship," according to the website, offers

volunteer opportunities including help with Afghan refugee and evacuee resettlement, English for speakers of other languages support, youth mentoring and career mentoring. Go online to fill out the volunteer form.

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

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

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

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

- **Lowell Summer Music Series** (lowellsummermusic.org) is seeking volunteers to work for the series

director doing ticketing, admissions, customer service and audience relations, usually from 5 to 10 p.m. (during shows). Go online to fill out a volunteer form.

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

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

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

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

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

application, where you can indicate your desired level of volunteering, or contact team@nhfilmfestival.com with questions.

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

• **NH Audubon** (nhaudubon.org) has several volunteer positions posted on its website, including volunteer gardeners at the Pollinator Garden at the McLane Center in Concord (contact ddeluca@nhaudubon.org); a New Hampshire Bird Records office assistant in the Concord office (contact rsuomala@nhaudubon.org); a Backyard Winter Bird Survey

project assistant (contact rsuomala@nhaudubon.org); an eBird data assistant (contact rsuomala@nhaudubon.org); wildlife volunteer field surveys; the grant program research assistant and a publication assistant, according to the website.

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

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



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