



*P. 12 Apple Recipes for Fall*

*P. 17 Is Group Travel for You?*

# Granite Senior Journal

October / November 2024



*A Bi-Monthly Dedicated to Senior Issues and Living*

## LIVING HER BEST LIFE



*Joy Testa-Cutting. Courtesy photo.*

## Turning Sea Treasures into Art

By Betty Gagne

When Joy Testa-Cutting began collecting sea glass around 10 years ago, she saw it as a hobby. As she sits in

her home studio overlooking the Atlantic Ocean now, she muses about how a simple pastime quickly became an obsession and has now become a vital part of her life. The retiree,

who worked 41 years in the education system, with the last six years as an elementary school counselor, now uses her time searching for sea glass to add to her vast collection, and spends

CONTINUED ON PG 4 ▶

## Exploring New Hampshire's Trails:

*8 Accessible Hikes for Older Adults with Limited Mobility*

Compiled from Staff Reports

Concord, N.H. — In New Hampshire, the call of the wild is ever-present, with the state's iconic granite peaks, dense forests, and pristine lakes beckoning to outdoor enthusiasts. But for older adults with limited mobility, the rugged terrain can sometimes be a barrier to enjoying the natural beauty the state has to offer. Fortunately, New Hampshire is home to several accessible trails that cater to those seeking the serenity of nature without the challenges of more strenuous hikes. Here are eight hikes that combine scenic beauty with ease of access, perfect for older adults looking to enjoy the outdoors.

### 1. The Lincoln Woods Trail, Lincoln

Located near the town of Lincoln, the Lincoln Woods Trail is a flat, wide path that follows the East Branch of the Pemigewasset River. Originally a logging railroad bed, this trail offers a smooth gravel surface ideal for those with limited mobility. The 2.9-mile out-and-back hike is shaded by towering trees and offers frequent views of the rushing river below. Benches along the way provide perfect spots for resting and soaking in the peaceful

CONTINUED ON PG 5 ▶

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195 McGregor St., Suite 325, Manchester, N.H. 03102  
P 603-625-1855 F 603-625-2422  
hippopress.com  
email: news@hippopress.com

## EDITORIAL

**Executive Editor**  
Amy Diaz, adiaz@hippopress.com  
**Managing Editor**  
graniteseniorjournal@gmail.com  
**Editorial Design**  
Jennifer Gingras  
hippolayout@gmail.com  
**Copy Editor**  
Lisa Parsons, lparsons@hippopress.com

## BUSINESS

**Publisher**  
Jody Reese, Ext. 121  
jreese@hippopress.com  
**Production**  
Jennifer Gingras, Corinne Robinson  
**Circulation**  
distro@hippopress.com  
**Advertising Manager**  
Charlene Nichols, Ext. 126  
cnichols@hippopress.com  
**Account Executives**  
Alyse Savage, 603-493-2026  
asavage@hippopress.com  
Roxanne Macaig, Ext. 127  
rmacaig@hippopress.com  
Tammie Boucher, support staff, Ext. 150  
  
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a good amount of her days making beautiful creations with her sea glass.

Sea glass is regarded as a symbol of renewal and healing, a metaphor for life. Part of the reason sea glass is so captivating is the length of time it takes to create. According to experts, it can take decades, even hundreds of years, to turn a piece of glassware into a beautiful crystal-like gem.

“It sounds simple but collecting sea glass is very time-consuming; I’d even say it’s a fair amount of work,” says Joy as she sits amidst a vast collection of see-through jars containing pieces of colorful sea glass. She also gathers interesting shells and assorted sea treasures in her travels. Yes, Joy actually travels to exotic destinations to find her prized possessions. She admits there’s not an abundance of sea glass along the New Hampshire coastline.

“There’s not a lot of sea glass here,” she tells us, “although North Beach has some.” Joy also knows of a private beach in a nearby community where she sea glass hunts.

“I’ve even found sea glass at yard sales,” she says. Her biggest hauls of sea glass and shells come from the west coast of Florida, where she spends the last two weeks every April. After foraging the beaches of Fort Myers, St. Pete’s, Sarasota and Venice, she collects so much she has to have it shipped home to Hampton. “I could barely carry it in to the post office,” she says, laughing. “I usually have to make several trips.” February brings her to Cancun, Mexico, where she finds beautiful shells. “No sea glass there,” she says, “and I actually have to go into the water to find the sea shells.”

Are there any secrets to finding sea glass? Joy nods. “Yes, the current is very important,” she says. The most common colors for sea glass are brown, honey, sea green, green, and frosty white. “When the glass is tumbled around in the salt water, it gets smooth and sometimes takes on a sugary look,” says Joy. The rarest pieces of sea glass are orange, red, yellow, turquoise and pink, so if you find one



Joy shows some of her sea glass art work. Courtesy Photos.



of those shades it’s a pretty big deal.

“If you find a piece of glass that isn’t cooked, just leave it,” she suggests. Cooked means the glass edges are not smooth enough. “I always look for a line of rocks,” she shares. “That’s usually where the sea glass is.”

Joy decided to start making crafts with her sea treasures to give presents for holidays, birthdays, etc.

“I figured if the ocean is going to give me gifts, I need to give back,” she smiles. Her first creation was a Christmas tree made with little green pieces of sea glass, and she admits putting it together was harder than it looks. “It’s not just a matter of taking a variety of pieces and gluing them together,” she tells us. “They have

to be similar in shape and shade color.” Soon she began experimenting with different designs and colors, and what started out as a pastime has now become a part-time retirement job where she works from home. Joy did her first craft fair last year and had no idea what to expect. She is surprised at how many people are interested in sea glass.

“There’s plenty of manufactured sea glass out there, but all my pieces are genuine, and all my shells are gathered by me,” she guarantees. “Everything I make is original so no two pieces are exactly alike.” This makes selling her wares on social media a little challenging. Her pieces cannot be mass-produced so she dis-

plays them individually on Facebook and Instagram. “It took me months to come up with a name that was available on those social media outlets and Gmail,” she says, but eventually Seacoast Sea Glass and Shells was born and Joy hasn’t looked back once. She recently did a craft fair at Exeter High School, and is excited to be part of the upcoming Holiday Fair at Winnacunnet High School on Nov. 24.

If you’d like more information or would like to follow Joy Testa-Cutting on Facebook or Instagram, visit Seacoast Sea Glass and Shells on either outlet, or email Joy directly at [seacoastglassandshells@gmail.com](mailto:seacoastglassandshells@gmail.com).



The Lincoln Woods Trail crosses Franconia Branch via a wooden footbridge.

◀ HIKES FROM PG 1 surroundings.

The gentle grade and scenic vistas make Lincoln Woods a popular choice for older adults. The trailhead is easily accessible, with ample parking and restroom facilities, ensuring a comfortable start to the hike. For those seeking a longer adventure, the trail continues deeper into the Pemigewasset Wilderness, but most will find the initial stretch to be both rewarding and manageable.

**2. The Pondicherry Wildlife Refuge, Jefferson**

Pondicherry Wildlife Refuge, nestled in the shadow of the White Mountains, is a hidden gem known for its stunning landscapes and abundant wildlife. The refuge's Presidential Rail Trail is a 2.5-mile out-and-back trail that offers a flat, hard-packed surface, making it accessible for individuals with mobility limitations. This trail winds through picturesque wetlands and offers breathtaking views of Cherry Pond with the Presidential Range as a backdrop. Bird-watchers will appreciate the variety of species that frequent the area, and benches along the trail provide ample opportunities to sit and take in the natural beauty. The trailhead is easily accessible, with parking available at the entrance to the refuge.

**3. The Cotton Valley Rail Trail, Wolfeboro**

Stretching between the towns of Wolfeboro and Wakefield, the Cotton Valley Rail Trail is a 12-mile multi-

use path that offers several accessible sections perfect for a leisurely stroll. The trail follows an old railroad line, ensuring a flat, even surface that is easy to navigate.

One of the most scenic segments runs along the shores of Lake Wentworth, offering stunning water views and the opportunity to spot local wildlife. The trail is well-maintained, with plenty of parking areas and rest stops along the way. For older adults looking to extend their walk, the trail's proximity to downtown Wolfeboro makes it easy to transition from a nature walk to exploring local shops and cafes.

**4. The Audubon McLane Center Trails, Concord**

The McLane Center, operated by New Hampshire Audubon, offers a network of short, accessible trails perfect for older adults looking for a gentle walk in nature. The 1.2-mile loop trail around the property features a hard-packed gravel surface and minimal elevation change, making it suitable for those with limited mobility.

The trail winds through mixed forests, meadows, and around a small pond, offering a peaceful setting just minutes from downtown Concord. The McLane Center itself is a hub for environmental education and features exhibits, birdwatching areas, and a gift shop. Benches along the trail and at the pond offer quiet spots to rest and observe the local wildlife, including songbirds, turtles, and frogs.

**5. The Weeks State Park Loop, Lancaster**

Weeks State Park, on the summit of Mount Prospect, offers a 1.4-mile loop trail that is both scenic and accessible. The paved road to the summit is open to vehicles, but for those who prefer to walk, the trail provides a gentle ascent through hardwood forests with occasional views of the White Mountains.

At the summit, visitors are rewarded with panoramic views of the surrounding mountains and valleys, and the historic Weeks Lodge offers a glimpse into New Hampshire's past. The park is well-equipped with picnic areas, restrooms, and plenty of parking, making it a convenient option for a day out. The paved loop is perfect for

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Narrow trail and coast at Odiorne Point State Park, in Rye.

those with limited mobility, offering both exercise and exceptional scenery without the challenge of a steep climb.

### 6. Odiorne Point State Park Trails, Rye

Odiorne Point State Park, located along New Hampshire's seacoast, offers a variety of accessible trails that wind through diverse habitats, including salt marshes, forests, and rocky shores. The 2.5-mile loop trail is mostly flat and features a mix of paved and hard-packed gravel surfaces, making it suitable for older adults with limited mobility.

The park is rich in history, with remnants of World War II-era fortifications and interpretive signs that tell the story of the area's past. Visitors can enjoy sweeping ocean views, explore tide pools, or visit the Seacoast Science Center, which offers educational exhibits on local marine life. The trail is well-maintained, with benches and picnic areas strategically placed for rest and relaxation.

### 7. West Rattlesnake Mountain Trail, Holderness

West Rattlesnake Mountain offers one of the most rewarding views in New Hampshire for minimal effort. The 1.8-mile round-trip trail is a gradual climb that leads to an open ledge with breathtaking views of Squam Lake and the surrounding mountains. While the trail does involve some elevation gain, the path is well-maintained with steps and switchbacks to ease the ascent.

For those with limited mobility, the key to enjoying this hike is to take it slow and make use of the bench-

es along the way. The view from the summit is well worth the effort, offering a panoramic vista that has inspired countless photographers and artists. The trailhead is easily accessible with parking available at the Old Bridle Path lot.

### 8. The Great Bay National Wildlife Refuge Trails, Newington

The Great Bay National Wildlife Refuge offers a tranquil escape with its 2-mile accessible loop trail. This trail meanders through forests and fields, offering views of the expansive Great Bay estuary. The path is wide, well-maintained, and mostly flat, making it ideal for those with limited mobility.

The refuge is a haven for bird-watchers, with opportunities to spot eagles, herons, and other waterfowl. Interpretive signs along the trail provide information about the local ecosystem and the history of the area. The trailhead is equipped with parking, restrooms, and picnic areas, making it easy to enjoy a leisurely day outdoors.

For older adults with limited mobility, New Hampshire's accessible trails offer the perfect opportunity to enjoy the state's natural beauty without the strain of more challenging hikes. These eight trails provide a variety of landscapes, from coastal views to mountain vistas, ensuring that there is something for everyone. Whether you're looking for a peaceful walk through the woods or a scenic view of the White Mountains, these trails offer a way to connect with nature at your own pace.

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# Family Caregivers are Front Line, Fraud Fighters for Loved Ones

*(7 tips and lots of resources to help you out!)*

By Pam Dube,  
AARP New Hampshire

It's a horrible fact of life: Criminals target older Americans for fraud.

Many older folks have nest eggs. Cybersecurity is not their second language. They came of age during more trusting times. And they may be coping with isolation, diminished eyesight, hearing loss or other health issues.

Crooks exploit these vulnerabilities, but make no mistake: All of us — of all ages — are susceptible to the bad actors who show up uninvited in calls, emails, mail, and texts. Some are so bold as to knock on our front doors.

New Hampshire's 168,000 family caregivers are not only fending off these criminals in their own inboxes, but also for their loved ones. Knowing

the red flags to watch for and being prepared can make all the difference. If you can spot a scam, you can stop a scam. AARP can help!

Here are preventative tips for caregivers from the AARP Fraud Watch Network ([www.aarp.fraudwatchnetwork.com](http://www.aarp.fraudwatchnetwork.com)) to get you started:

Phones are often a gateway to fraud. There are many steps you can take with settings and some basic ground rules to help protect loved ones including: don't answer calls from unknown numbers, avoid engaging, verify phone numbers, and explore blocking services. Learn more at the AARP Fraud Watch Network Helpline at 877-908-3360 or [click here](#).

Rather than tell loved ones that they can't do something, caregivers can get into their mindset by role-playing scenarios with them. Share an article

about scams or fraud, and ask your loved one, "What would you do if this happened?"

For family members with smartphones, you can set up contacts with names on them instead of numbers, for example "pharmacy," "neighbor," "doctor," etc. Suggest that they let every unknown number go to voicemail. Most fraudsters don't leave messages.

Call your phone company and ask what services they have for robocalls and unknown numbers. Check out the [Nomorobo.com](http://Nomorobo.com) website to see if your phone service subscribes.

Write a refusal script for your loved ones with phrases they can say like "No thanks," "Don't call again" or even "I don't accept offers over the phone" if a stranger is trying to engage them.

Medicare scams are everywhere. Alert your loved ones to beware of anyone they don't know asking for a Medicare or Social Security number.

If someone tells you they have been scammed, always lead with kindness and empathy. Getting mad or defensive usually stops the conversation or makes it worse. One great answer is: "I'm sorry. We will figure this out together." Just be ready to support your loved ones if/when they realize they were victims of fraud.

Bonus tip: Stay on top of emerging frauds by visiting [www.aarp.org/fraudwatchnetwork](http://www.aarp.org/fraudwatchnetwork) or the Federal Trade Commission at [www.ftc.gov](http://www.ftc.gov).

*For more resources, please visit the AARP Fraud Watch network at [www.aarp.org/fraudwatchnetwork](http://www.aarp.org/fraudwatchnetwork). You may also call the free helpline at 877-908-3360.*

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# Healing Hands at Home:

## Cynthia's Experience with VNA of Manchester & Southern New Hampshire

Cynthia Lavigne truly came to appreciate the importance of the Visiting Nurses Association of Manchester & Southern New Hampshire (VNA) following a major surgery. After being diagnosed with Crohn's disease, she required ongoing assessment and education to manage her post-surgical care. Complications arose that extended her recovery over several months, during which she relied heavily on the frequent nursing support provided by the VNA.

Cynthia found the help she needed and more with Liz MacWhinnie, a VNA nurse who is certified in wound and ostomy. Liz began caring for Cynthia in early September 2022. "Liz became a friend," says Cynthia. "She is adept at seeing a problem, getting in touch with the right person, and finding a solution. She was very

reassuring."

"Cindy had very complex issues which were a challenge for both of us. I am so happy I could apply my skills to help her remain at home with her husband," said Liz. "We developed a bond over the several months I was involved with her care. She is a lovely person, and I'm so happy that she now has a much-improved quality of life."

Cynthia, who has recovered and no longer requires care from the VNA, says, "I am so appreciative of the care that I received and would absolutely recommend it to anybody who needs home care. It makes you realize how nice it is when you feel good, and it's a comfort how helpful the VNA is when you're down and out."

When asked what she would say to others who need home care, Cynthia says, "If you don't have someone to



Liz MacWhinnie with Cynthia. Courtesy photo.

help you, don't be afraid, and don't hesitate to seek out the VNA. They were always there when I needed them."

The VNA has long been a beacon of support for individuals like

Cynthia and their families navigating the complexities of healthcare at home. Whether recovering from surgery, managing chronic conditions, or providing comfort during life's final stages, the VNA is there every step of the way. Their comprehensive services, including home health care, hospice, palliative care, and specialized maternal and child services, ensure that individuals of all ages receive the personalized care they need. The VNA's commitment to promoting healing and independence within the comfort of one's own home truly sets them apart, making them an invaluable resource for our community.

To learn more about the home services that the VNA of Manchester and Southern NH provides, visit ManchesterVNA.org.



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# Developing New Habits to Prevent Falling

Bill Lennox,  
Quill Media, Hampton, NH

Reaching for a grab bar to enter your bathtub or shower stall, in order to maintain your balance and remain safe and secure while bathing or showering, is a potentially life-saving habit that seniors must form in order to remain healthy and independent. It's one thing to decide you should add grab bars in your bathroom area, but what about developing the reflexive instinct of reaching out for the stabilizing bar when you are about to fall? How long will it take you to form that habit?

Modern “popular science” tells us it only takes 21 days to form a new habit. But does that apply to this process of spontaneously – unconsciously, so to speak – reaching out for your grab bar when you sense you are losing your balance or falling in the shower? Experts say the type of activity



you are trying to habitually adopt may take a lot longer to learn, depending on the complexity of the action. Scientific American suggests, in a January 24, 2024, article that “habit formation depends on the effort that a person

puts into practicing an activity and on the presence of environmental cues that would remind them to carry out the behavior.” For a complex physical action, it may take a few months, and up to a year or more, to develop

a fluid, reflexive reaction to a loss of balance. And as we age, the thoughtful and deliberate prevention of the kinds of falls that can injure us needs to become a priority.

The sooner seniors decide to incorporate grab bars into their environment, and thoughtfully practice using them, the better prepared they'll be to respond naturally and spontaneously to a slipping incident as it happens. And that natural, practiced response – reaching for, gripping, and leveraging the grab bar to regain balance and control – can prevent the fall, the potential injury, and all the subsequent physical and medical challenges that may follow.

Consider installing and getting accustomed to your grab bars before gravity and a slippery bathtub conspire to make you lose your balance and hurt yourself.

Because if you fail to plan – you're planning to fall.

## Understanding Strokes

*Around 70% of stroke victims are 65 and older, according to several studies.*

In some cases, this risk is beyond their control. But for others, a handful of key lifestyle changes can have a huge impact.

### Family history

The Centers for Disease Control and Prevention lists genetics and certain conditions like heart disease and sickle cell are predispositions for stroke. These issues tend to run in families, so it's important to know their history and any specific issues they dealt with. This information will help medical professionals develop a more individualized health maintenance plan.

Genetics may predispose you to a stroke, along with certain health conditions like heart disease and sickle-cell disease, according to the Centers for Disease Control and Prevention. Knowing this information

will play a vital role in how your doctor approaches any plan to <sup>[SEP]</sup>maintain your health.

### Take charge

High blood pressure is another principal risk factor for stroke, which is why the U.S. Department of Health and Human Services describes keeping it in normal range as a preventive measure. Monitor cholesterol and blood sugar levels, quit smoking (or never start), and stay on a regular checkup schedule. These routine tests can help determine your immediate stroke risks. Doctors <sup>[SEP]</sup>may also order specific tests, including a carotid ultrasound that identifies cholesterol-related plaque buildups in the neck area. This is a key issue leading to strokes.

### Dietary issues

Depending on your level of daily activity and body mass index, nutritional experts recommend no more than 1,500 to 2,000 calories a day. Reduce salt intake to a half teaspoon or less per day. Stay away from saturated fats, while instead consuming 4 to 5 cups of fruit and vegetables each day. Limit daily alcohol intake to one glass or less.

### Know the signs

There are specific signals that indicate stroke, so be on the lookout with friends, family and yourself. The National Institutes on Aging notes that these signs include numbness or weakness in the arm, leg or head — particularly on just one side — as well as a sudden inability to speak coherently, the fast onset of vision problems



in one or both eyes, and a severe headache that happens for unknown reasons. Familiarize yourself with these symptoms and be prepared to call 9-1-1 immediately. Acting fast is critically important.

# The Road to Recovery: A Story of Resilience, Impact and Friendship

Before 2021 Bryant Lewis was enjoying his life, having retired recently, he was a member of the Merrimack Y even before it was a YMCA, his membership going back to 1991. His company generously reimbursed his membership so he headed over every afternoon, seven day days a week, participating in a diverse workout including weight lifting, strength training and cardio. Bryant enjoyed riding his motorcycle often, an activity that he had done for 50 years. But then the unimaginable happened, Bryant was involved in a very serious accident while riding his motorcycle in June of 2021.

The accident left Bryant with both legs broken, his left arm and back broken, his ribcage seriously damaged and a rotator cuff completely annihilated. He was extremely lucky to have survived. His medical team shared that the only reason he survived was because he was in such good physical shape.

Bryant's severe injuries kept him at Elliot hospital for four months, while he began rehabilitation and his wife visiting daily. When he was able to be released from the hospital, Bryant was transferred to Fairview for the next three months where he continued to rehabilitate and heal. Since the accident Bryant has had a total of ten surgeries and has many metal components in his body. "It's an adventure going to the airport" Lewis joked.

When Bryant was released from Fairview he remained homebound due to his surgeries and recovery, and had daily PT and OT appointments. He shared that this was a very lonely and isolating time for him, especially since he had visited the Y on a daily basis prior to his accident. Other members of the Y who he had become friends with, visited him at home consistently, one of them being fellow member Anil, whom he had met through their kids shared activities.



Anil Porbunderwala (Left) Bryant Lewis (Right).  
Courtesy photo.

Anil encouraged Bryant to return the Y as soon as his doctor gave him the okay, sharing that it would be beneficial for him physically, mentally and socially. That encouragement gave Bryant hope and something to look forward to and he began asking his doctor for permission. Finally, sixteen months after his accident, Bryant's medical provider gave him the okay to return to the Y. At first he continued his PT exercises and eventually began to add a few strength training work outs here and there. Now, Bryant is back to regular exercises at the Y, almost on a daily basis, but often has to remind himself to restrain. He still has to visit his provider every three months but is well on the mend, and has given up on ever riding a motorcycle again.

Bryant shared his gratitude to the Y and his workout routine, for saving his life in the first place, but also for getting it back a second time. "The Y gives me a reason. It's just a great organization, the staff is terrific. You can't beat it."

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# Apple Recipes for Fall

## Apple Whiskey Cocktail

This cocktail is a great balance of sweet, tart, and warm flavors, making it a perfect drink for crisp autumn evenings. Cheers!

**Ingredients:**  
2 ounces Swear Jar Candied Apple 6 Year Canadian Whiskey  
1 ounce apple cider  
1/2 ounce freshly squeezed lemon juice  
1/2 ounce maple syrup (or simple syrup)  
2 dashes of bitters (optional)  
apple slices and a cinnamon stick for garnish  
ice

**Instructions:**  
**Prepare the glass:** Fill a rocks glass or an old-fashioned glass with ice and set aside.  
**Mix the cocktail:** In a cocktail shaker,

combine the whiskey, apple cider, lemon juice, maple syrup and bitters (if using). Add ice to the shaker.

**Shake well:** Shake vigorously for about 15 to 20 seconds until the mixture is well-chilled.

**Strain and serve:** Strain the cocktail into the prepared glass over the ice.

**Garnish:** Garnish with a thin apple slice and a cinnamon stick for a festive touch.

**Enjoy:** Serve immediately and enjoy your Apple Whiskey Cocktail!

**Tips**  
If you prefer a sweeter drink, increase the amount of maple syrup to 3/4 ounce. For a smoky flavor, consider using a peated whiskey or adding a drop of liquid smoke.

You can make a batch of this cocktail ahead of time and store it in the fridge, but be sure to shake it with ice just before serving to chill and dilute it properly.

## Autumn Apple Cider Spritzer

Our Autumn Apple Cider Spritzer combines the warmth of spiced apple cider with the effervescence of sparkling water, creating a delightful drink that's perfect for gatherings or a cozy night in.

**Ingredients**  
2 cups apple cider (preferably unfiltered for a richer flavor)  
1 cup sparkling water (or club soda)  
1 tablespoon fresh lemon juice  
1 teaspoon cinnamon syrup (see recipe below)  
apple slices (for garnish)  
cinnamon sticks (for garnish)  
whole cloves (optional, for garnish)

**Cinnamon Syrup**  
1 cup water  
1 cup sugar  
1 tablespoon ground cinnamon

In a small saucepan, combine water and sugar over medium heat. Stir until sugar dissolves. Add cinnamon and simmer for 5 minutes. Let cool before using. Store any leftover syrup in the fridge for up to two weeks.

**Instructions**  
Mix the base: In a large pitcher, combine the apple cider, fresh lemon juice, and cinnamon syrup. Stir well to blend the flavors.

**Add sparkle:** Just before serving, gently stir in the sparkling water. This will keep the fizz intact, giving your drink a refreshing lift.

**Serve:** Fill glasses with ice cubes and pour the apple cider mixture over the ice. Garnish each glass with a slice of apple and a cinnamon stick. For a touch of elegance, you can also add a few whole cloves.

**Enjoy:** Sip slowly and savor the comforting flavors of autumn, whether you're hosting friends or enjoying a quiet evening at home.

## Apple Spiced Cookies

These cookies are perfect for fall, with their warm spices and sweet apple flavor.

**Ingredients**  
**For the cookies**  
1 1/2 cups all-purpose flour  
1/2 teaspoon baking soda  
1/4 teaspoon baking powder  
1/2 teaspoon salt  
1 teaspoon ground cinnamon  
1/2 teaspoon ground nutmeg  
1/4 teaspoon ground cloves  
1/4 teaspoon ground ginger  
1/2 cup unsalted butter, softened  
1/2 cup granulated sugar  
1/2 cup brown sugar, packed  
1 large egg  
1 teaspoon vanilla extract  
1 cup peeled, finely chopped apple (about

1 medium apple, preferably a tart variety like Granny Smith)  
1/2 cup chopped walnuts or pecans (optional)  
1/2 cup raisins (optional)  
**For the glaze**  
1 cup powdered sugar  
2 tablespoons apple cider or milk  
1/2 teaspoon ground cinnamon

**Preheat** your oven to 350°F (175°C). Line a baking sheet with parchment paper or lightly grease it.

**Prepare the dry ingredients:** In a medium bowl, whisk together the flour, baking soda, baking powder, salt, cinnamon, nutmeg, cloves and ginger. Set aside.

**Mix the wet ingredients:** In a large bowl, cream together the softened butter, granulated sugar and brown sugar until light and fluffy. Add the egg and vanilla extract, beating until well combined.

**Combine the dry and wet ingredients:** Gradually add the flour mixture to the butter mixture, mixing just until combined.

**Fold** in the chopped apples, and if desired add the nuts and raisins.

**Scoop and bake:** Drop rounded tablespoons of dough onto the prepared baking sheet, spacing them about 2 inches apart. Bake in the preheated oven for 10 to 12 minutes, or until the edges are lightly golden and the centers are set.

Allow the cookies to **cool** on the baking sheet for 5 minutes before transferring them to a wire rack to cool completely.

**Prepare the glaze:** In a small bowl,

whisk together the powdered sugar, apple cider (or milk), and cinnamon until smooth.

Drizzle the glaze over the cooled cookies.

**Serve and enjoy:** Let the glaze set for a few minutes before serving. Enjoy your Apple Spiced Cookies with a warm cup of tea or coffee!



**Tips**  
Store the cookies in an airtight container at room temperature for up to four days.

You can replace the chopped apple with shredded apple if you prefer a smoother texture.

If you like a stronger apple flavor, consider adding a tablespoon of apple cider to the cookie dough.

# Finding the Right Gym for You

Once you've got the all-clear from your doctor, it's time to find the perfect place to get moving.

Here's how to pick the best gym for your lifestyle and your fitness goals.

## Location, Location, Location

You want a gym to be convenient for you. This doesn't necessarily mean close to home, even though it could. You want a location that either has several options for you no matter where you are or a location along a route you regularly travel, such as to church or to the grocery store.

## Options

You want a gym that has equipment, trainers and classes that align with your goals. If you're a beginner, maybe don't choose a facility that caters to body-builders. Visit in person before you join to scope out the facility, the equipment and the staff. Consider making a list of



your must-haves for a gym. Next, write down the like-to-haves and, finally, the avoids. Use your list to evaluate each gym you visit.

## Check Out Social Media

Your in-person visit provides some

insight into how the gym works. Their social media channels can give you a broader look at how it runs day-to-day.

Consider checking reviews for the facility on sites such as Google or Yelp. If you're still unsure, ask the staff about signing up for a trial. It may even be free!

## Cleanliness

Look for signs that the gym is cleaned regularly. With all the noise and music, it can be easy to get distracted. Check out the bathrooms and the locker rooms to make sure they're spic-and-span. Also make sure the gym provides a way to disinfect equipment after use. Usually, this is via a wipe or a spray bottle. If you don't see it, ask the staff how it's done.

## Discounts

Once you've picked a gym, ask whether there are any discounts that may apply. This could include a discount for coming during off-peak hours or if you plan to take only group classes. Also make sure you completely understand how you will be billed, including for extras such as towels or classes.

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# Weight Training for Seniors

Strength training — or good, old-fashioned lifting weights — can help defend your body against age-related muscle loss, keep your bones strong, help you stay mobile and balanced, and even fight depression and cognitive decline.

## Staying Safe

First, talk to your doctor. Once you're cleared for strength training, learn the proper form to keep yourself injury-free. Consider hiring a trainer to help you until you can get it right. Start with just using your body weight, no additional weights. Perform three sets of 10 to 15 reps and, when it starts feeling easy, progress to weighted workouts.

## How Much Weight to Use

Start with the smallest amount of weight available. Try to perform three sets of 8 to 12 reps, keeping your form as best as you can. When those reps start to feel easy, consider increasing the load as you feel comfortable.

## When to Strength Train

Add weight training to your routine three or four days per week on nonconsecutive days to give your muscles time to recover. Alternate weight training or resistance training with cardio days. Remember that it may take you longer to recover from exercise nowadays. Give yourself plenty of time to recover between training sessions.

## Some Exercises to Try

Becoming stronger can help you live more freely. Try some of these exercises to get you started.

**Incline pushup.** Stand facing a table, dresser or wall. The more upright you are, the easier the move. Place your hands on the surface or the edge of the object, slightly wider than shoulder width apart. Move your feet back until you're at a comfortable angle, keeping your arms straight and perpendicular to your body. Bend your elbows and slowly lower your chest toward the wall or object, pause,



then press back to straighten up. Make sure you engage your abs and squeeze your buttocks. Try to do 10 to 15 reps.

**Stationary lunge.** Stand tall with your arms by your side. Step back with your right foot, placing your toes on the ground and keeping your heel lifted. Then, bend your front (left) knee to slowly lower your body as far as you can

comfortably. Allow your back knee to bend until it hovers just above the floor, but keep your weight in your front heel. Draw your lower belly in and lift your chest. Pause, then press through the front foot to raise your body back to standing. Aim for 10 to 15 reps per side.



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# Partial Knee Replacements – Is Recovery Easier?

Kathleen A. Hogan, MD

A knee replacement can be an excellent option for people with painful knee arthritis. However, many worry about recovery after surgery and wonder if a partial knee replacement might be an easier and less painful recovery. How does a partial knee replacement differ from a total knee?

A total knee replacement replaces all of the cartilage of the knee with a metal implant. The metal articulates with a plastic (polyethylene) insert. This surgery is performed to treat arthritis where the cartilage of the knee has been damaged. It is indicated for arthritis when pain is not relieved with injections, therapy or medications and the pain interferes with activities of daily life. If the knee is very crooked (knock-kneed or bow-legged) this surgery will straighten out the leg. It will not necessarily improve range of motion or muscle strength. After surgery, most people use a walker for 2 -3 weeks

and then transition to a cane. The surgery is painful, although there are nerve blocks that can be done before surgery to reduce discomfort. Physical therapy for 4-6 weeks after surgery helps to improve your range of motion and strength. The downsides of a total knee replacement is that many people say that it feels different than a “normal” knee, although better than their arthritic one. This is likely because the ACL is removed at the time of surgery and the biomechanics of an artificial knee are different from a native knee.

A partial knee replacement only replaces one side of the knee. This can be the inside (medial) outside (lateral) or the kneecap (patellofemoral). Not everyone is a candidate for this surgery. In fact, only a small percentage of people with knee arthritis qualify for a partial replacement. Your leg cannot be significantly crooked. The ACL has to be intact. The arthritis has to be isolated to only one part of the knee. And, if only one part of the knee is replaced,

the other part of the knee can wear out with time and it may need to be converted to a full knee replacement.

So why do a partial knee instead of a total knee? A partial replacement feels more like a normal knee, possibly because the ACL is preserved. Total knees also do not last forever, so for a younger patient they may require additional surgeries even if they have a total knee, so a partial may be a better choice. Recovery is often much easier with a partial knee replacement. The surgery is usually less painful, as only part of the knee is replaced and there is less damage to the surrounding soft tissues. Patients often transition to a cane before 2 weeks and have an easier time regaining their motion. Satisfaction after surgery is often higher with more patients reporting that a partial knee replacement feels like a normal knee.

A partial knee replacement is not the right choice for everyone with knee arthritis. Older patients, those who are significantly overweight, ligamentous

instability, and inflammatory arthritis are contra-indications for a partial knee. A partial knee may only last on average 10 years compared to 25 or longer with a total knee. However, using a robotic system to implant the partial knee may improve these outcomes. For many people, a partial knee replacement will result in a faster return to activity. Studies have shown patients with partial knee replacements are more likely to return to sports and higher levels of activity. If you are considering knee replacement surgery, you may want to discuss with your surgeon if you would be a candidate for a partial knee replacement. Check out New Hampshire Orthopaedic Center’s website(nhoc.com) for upcoming seminars about joint replacements.

*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 603-883-0091.*



## Transforming Orthopedic Care in New Hampshire

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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# Community is Important, Build Yours with Silverstone Living

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



are not surrounded by family, a spouse/partner, or friends nearby, who will help map your journey? Whether you are living within a “traditional” support system, or you are going it alone, *planning well* means *living well*.

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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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# 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

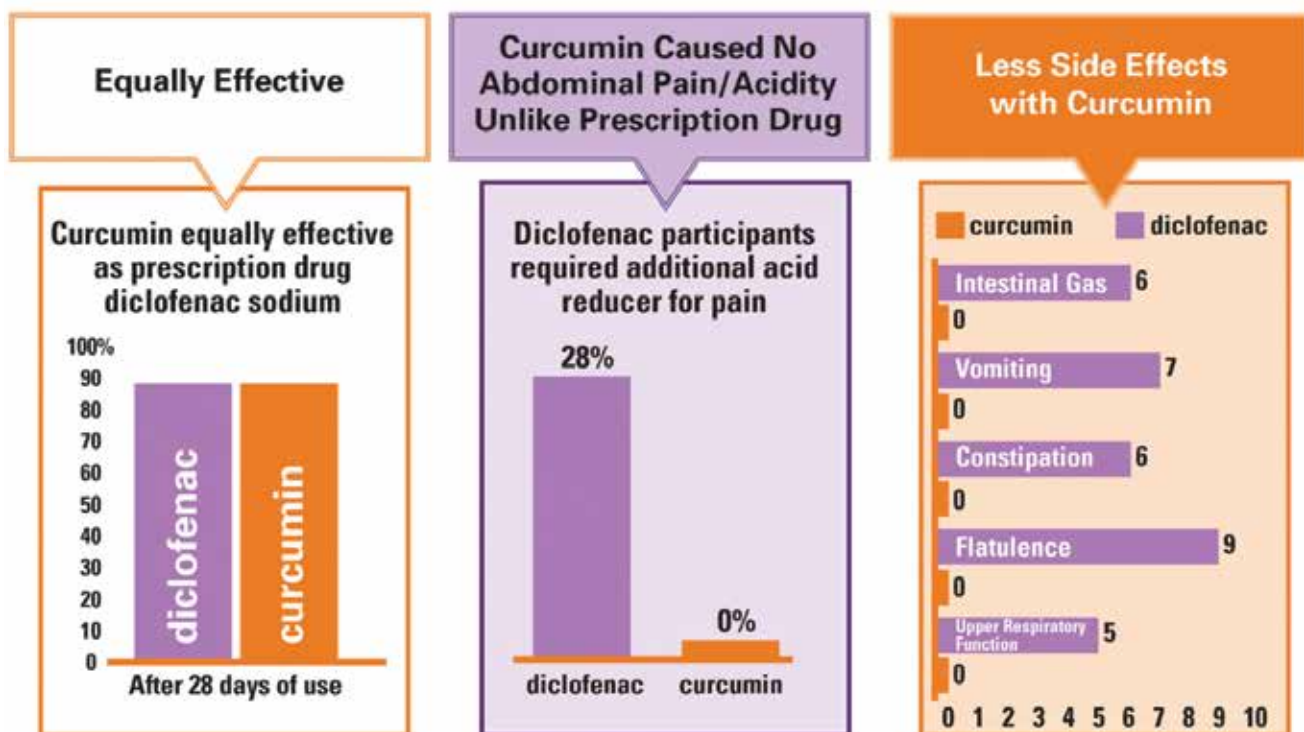
The most commonly used drugs for osteoarthritis are called non-steroidal anti-inflammatory drugs, or NSAIDs. The over-the-counter versions are products like ibuprofen and naproxen sodium, but there are prescription-strength NSAIDs as well. The problem with these drugs is their side effect profile, which 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).

Sign up for Terry's free weekly newsletter or listen to the radio show at [terrytalksnutrition.com](http://terrytalksnutrition.com). CuraMed and other Terry Naturally Europharma products are available at Granite State Naturals (170 N. State St., Concord). Call 224-9341. The staff is happy to help you navigate the options.

## Curcumin provides Safer Pain Relief Than a Prescription NSAID Drug



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# Understanding the Differences Between Assisted Living and Nursing Homes

By Staff

As people age, they often face the difficult decision of choosing the right type of long-term care facility. The choice between assisted living and nursing homes depends largely on the individual's health, level of independence, and personal preferences. Understanding the key differences between these two types of care can help families make informed decisions that best suit their loved ones' needs.

The primary distinction between assisted living and nursing homes lies in the level of care provided. Nursing homes, also known as skilled nursing facilities, offer a high level of medical care and assistance. These facilities are designed for individuals who require 24-hour supervision and have significant health issues or disabilities. Staffed by registered nurses, licensed practical nurses, and certified nursing assistants, nursing homes provide comprehensive medical services, including medication management, wound care, and physical therapy.

In contrast, assisted living facilities provide a lower level of medical care. These facilities are suitable for individuals who need some assistance with activities of daily living (ADLs) but do not require constant medical supervision. The staff in assisted living facilities typically includes caregivers who assist with daily tasks and may have some medical personnel for minor health issues. Services

such as medication management, meal preparation, and housekeeping are commonly offered, allowing residents to maintain a level of independence while receiving the necessary support.

Another significant difference between assisted living and nursing homes is the level of independence afforded to residents. In nursing homes, residents often have limited independence due to their medical conditions. They may need help with most ADLs, such as bathing, dressing, eating, and mobility. The environment in nursing homes is more clinical, similar to a hospital, with shared rooms and common areas for social activities and dining. While nursing homes do provide opportunities for socialization and activities, the focus is primarily on medical care and support.

On the other hand, assisted living facilities emphasize promoting a higher level of independence. Residents in assisted living facilities typically have their own apartments or rooms, allowing them to maintain a sense of privacy and autonomy. These facilities are designed to create a homelike environment, with amenities such as dining rooms, recreational areas, and gardens. Residents are encouraged to personalize their living spaces and participate in various activities and social events. This approach fosters a sense of community and belonging, enhancing the overall quality of life for residents.

The physical environment and atmosphere also differ significantly between nursing homes and assisted living facilities. Nursing homes often have a more clinical setting, which can feel institutional. The primary focus is on providing medical care, so the environment may resemble a hospital, with medical equipment, shared rooms, and a more structured routine. This clinical atmosphere is necessary for residents who require intensive medical supervision and care.

In contrast, assisted living facilities are designed to feel more like a



home. The environment is warm and inviting, with private or semi-private living spaces that residents can decorate and personalize. Common areas are designed to encourage social interaction and community engagement, with comfortable seating, communal dining areas, and spaces for activities and entertainment. This homelike atmosphere is conducive to a higher quality of life, as residents can enjoy a more relaxed and enjoyable living experience.

Cost is another important factor to consider when choosing between assisted living and nursing homes. Generally, nursing homes are more expensive due to the higher level of medical care provided. The cost can vary significantly depending on the location, the specific services offered, and whether the facility is private or government-funded. Many nursing homes accept Medicaid, which can help offset the costs for eligible individuals.

Assisted living facilities tend to be less expensive than nursing homes, but costs can still vary widely based on location, amenities, and services provided. Some assisted living facilities offer tiered pricing, where residents pay for the level of care and services they need. Long-term care insurance and other financial assistance programs may be available to help cover

the costs of assisted living.

Choosing between assisted living and nursing homes ultimately depends on the individual's specific needs, preferences, and health conditions. For those who require extensive medical care and constant supervision, a nursing home is likely the best option. These facilities provide the necessary medical support and care for individuals with significant health issues, ensuring their safety and well-being.

For individuals who can maintain a level of independence but need some assistance with daily activities, assisted living may be more appropriate. These facilities offer a supportive environment that promotes independence and social engagement, enhancing the overall quality of life for residents.

Understanding the differences between assisted living and nursing homes is crucial for making informed decisions about long-term care. By considering the level of care required, the desired level of independence, the environment, and the associated costs, families can choose the option that best meets their loved ones' needs and preferences. Whether it's the comprehensive medical care of a nursing home or the supportive, homelike atmosphere of assisted living, the right choice can provide peace of mind and a higher quality of life for seniors.



# Preserving History:

## *The Oldest Building in Concord, New Hampshire, Stands as a Testament to Time*

Staff Feature

Concord, N.H.— In the heart of New Hampshire’s capital, nestled between the bustling streets of modern-day Concord, stands an unassuming yet remarkable piece of history. The oldest building in the city, known as the Walker-Woodman House, has quietly witnessed the evolution of Concord from its early colonial days to the vibrant community it is today. At more than two and a half centuries old, this historic structure embodies the rich legacy of the city and serves as a tangible connection to its storied past.

Constructed in 1733, the Walker-Woodman House is a quintessential example of colonial New England architecture. The two-story wooden-frame building, with its simple yet elegant design, reflects the practical needs and modest means of the early settlers. Its weathered clapboards, small-paned windows, and steeply pitched gabled roof are characteristic of the period, evoking images of a time when Concord was a fledgling settlement, known then as Rumford, struggling to establish itself in the harsh New England wilderness.

The house was originally built by Timothy Walker, one of Concord’s first settlers and a prominent figure in the town’s early development. Walker was a clergyman and an influential community leader, playing a crucial role in shaping the religious and civic life of the town. His home, strategically located on the main road leading into the settlement, quickly became a focal point for community gatherings, religious meetings, and town discussions.

As Concord grew and developed, so too did the Walker-Woodman House. It was passed down through generations of the Walker family, each adding their own touches and modifications while carefully preserving the original structure. In the 19th century the house came into the possession of the Woodman family, who continued the tradition of stewardship, ensuring that the building remained intact as the city around it transformed.

The story of the Walker-Woodman House is intrinsically tied to the broader history of Concord. In the early 18th century the town was little more than a collection of log cabins and farms scattered along the Merrimack River. Its residents faced numerous challenges, from harsh winters to conflicts with native tribes, yet they persisted, driven by a vision of creating a thriving community in the heart of New England.

As the American colonies moved toward independence, Concord found itself at the center of revolutionary fervor. The town’s strategic location along major trade routes made it a hub for military activity during the Revolutionary War. Local militia men, many of whom had gathered in the Walker-Woodman House to discuss strategies, marched off to join the Continental Army, contributing to the war effort.

In the decades that followed, Concord continued to grow, emerging as a key political and economic center in New Hampshire. By the early 19th century, the town had become the state capital, a status it holds to this day. The construction of the Statehouse in 1819, just a short distance from the Walker-Woodman House, marked the beginning of Concord’s transformation into a bustling urban center.

Through it all, the Walker-Woodman House remained a constant presence, its weathered walls bearing silent witness to the changes unfolding around it. As new buildings sprang up and the city expanded, the house became increasingly surrounded by commercial developments, yet it never lost its significance as a historical landmark.

In the mid-20th century, as Concord underwent rapid modernization, the Walker-Woodman House faced an uncertain future. The pressures of urban development threatened the survival of many historic structures, and there were growing concerns that the city’s architectural heritage could be lost. Recognizing the importance of preserving Concord’s history, local historians, preservationists, and concerned citizens rallied to protect



*The Walker-Woodman House, Concord, NH; from a c. 1908 postcard. Source Wikipedia*

the house.

In 1959 the Walker-Woodman House was designated a historic landmark by the New Hampshire Division of Historical Resources, a move that provided legal protections against demolition and unsympathetic alterations. This designation was a turning point in the preservation of the building, sparking a renewed interest in its history and significance.

Over the following decades, extensive restoration work was undertaken to return the house to its former glory. Preservationists meticulously researched historical records, including old photographs, letters, and architectural drawings, to ensure that every detail of the restoration was accurate and faithful to the original design. The goal was not only to preserve the building but to create a living museum that could educate future generations about Concord’s colonial past.

Today the Walker-Woodman House stands as a testament to the dedication of those who recognized its value and worked tirelessly to ensure its survival. The house has been carefully restored to reflect its appearance in the late 18th century, with period-appropriate furnishings and artifacts that offer a glimpse into the lives of Concord’s early settlers.

The Walker-Woodman House is now operated by the Concord Historical Society, which has transformed it into a living museum open to the public. Visitors can step back in time as they explore the carefully preserved rooms, each one telling a story of the people who lived there and the events that shaped their lives. The museum offers guided tours, educational programs, and special events that highlight different aspects of Concord’s history, from its colonial beginnings to its role in the American Revolution.

One of the most popular features of the museum is the reenactment of a colonial-era town meeting, held in the same room where Timothy Walker and his neighbors once gathered to discuss the pressing issues of the day. Visitors can participate in the reenactment, debating the topics of the time and gaining a deeper understanding of the challenges and triumphs of Concord’s early residents.

The museum also hosts workshops and lectures on traditional crafts, such as blacksmithing, weaving, and candle-making, offering visitors a hands-on experience of the skills that were essential to daily life in colonial New Hampshire. These programs are designed to engage visitors of all ages, fostering a deeper appreciation for the history and heritage of Concord.

# Volunteer opportunities

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

• **American Red Cross New Hampshire Chapter** (the Northern New England Regional Headquarters is at 2 Maitland St. in Concord; redcross.org/nne, 225-6697) report that their most needed volunteer positions are the shelter volunteers (volunteers who help residents during large-scale disasters), disaster action teams (for smaller disasters, such as home fires), and blood donor ambassadors who check blood donors into appointments, answer questions and give out snacks and blood transportation specialists, according to redcross.org/volunteertoday, where you can find out more about those positions and apply.

• **Beaver Brook Association** (117 Ridge Road in Hollis; beaverbrook.org, 465-7787) has a variety of volunteer opportunities including seasonal trail maintainer and Maple Hill Gardener, according to the website. Email info@bbanature.org or call the office to learn more about becoming a volunteer.

• **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-March time frame). See the website to fill out the volunteer application to help with work in merchandise, sales, player check-in, shoveling, ice maintenance, scoring, set-up and more.

• **Canterbury Shaker Village** (288 Shaker Road in Canterbury; shakers.org, 783-9511) seeks volunteers to 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 or info@shakers.org, the website said.

• **Capitol Center for the Arts** (Chubb Theatre at 44 S. Main St. in Concord, BNH Stage at 16 S. Main St. in Concord; ccanh.com) uses volunteers at events as ushers. "Being an usher at the Capitol Center for the Arts (Chubb Theatre and BNH Stage) involves attending exciting live performances, while helping to elevate our patrons' experience and being the 'face of the CCA' before, during, and after the show," according to the website. Sign up online, where you can specify your volunteering interests and times of availability.

• **The CareGivers NH** (700 E. Industrial Park Drive in Manchester;

caregiversnh.org, 622-4948), a program of Catholic Charities, offers transportation, help with grocery shopping and getting food, visits and reassurance calls to elderly and disabled people in Alton, Amherst, Auburn, Bedford, Candia, Goffstown, Hooksett, Hollis, Hudson, Litchfield, Manchester, Merrimack, Milford, Nashua and Wolfeboro, 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 volunteer opportunities, including positions related to gardening and farm maintenance ("Marvelous Mucker" and "Farm Stand Volunteer"); 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 as Culture of France Event Coordinator, Culture of Quebec Event Coordinator, Immigrant Outreach Coordinator, French Conversation Group Facilitator and more, according to the website. Some French language skills are helpful but not required, the website said.

• **Hillsborough County Gleaners** (603-732-9194, nhgleans.com) is

a program of the Hillsborough County Conservation District (HCCD) and NH Gleans. They work with local farms to collect excess produce and deliver it to food pantries, children's organizations and seniors who can use it, according to the website, where you can fill out an application and specify regions of the state to volunteer in.

• **International Institute of New England** (iine.org, 647-1500), has as its mission "to create opportunities for refugees and immigrants to succeed through resettlement, education, career advancement and pathways to citizenship," according to the website. Manchester office volunteer opportunities include ESOL classroom support mentors, volunteer drivers, welcome teams and event teams, the website said. Watch a video about volunteering with IINE and apply to volunteer on the website.

• **Intown Concord** (intownconcord.org, 226-2150) has volunteer opportunities including working within the Intown organization and helping with special events. Go online, where you can apply to join a committee or task force, including ones related to specific events such as Midnight Merriment or the Halloween Howl, or contact info@IntownConcord.org.

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

• **Local Food Plymouth** (localfoodsplymouth.org), "an online farmers market with weekly curbside pickup located in Plymouth New Hampshire," has volunteers for parking lot attendant on pickup day, weeding and garden work, committee membership and website tutorials, according to the website, where you can sign up for volunteering.

• **Manchester Historic Association**

## Aviation Museum of NH

The Aviation Museum of New Hampshire (27 Navigator Road in Londonderry; aviationmuseumofnh.org, 669-4820) will hold a volunteer open house on Tuesday, Oct. 8, from 7 to 8:30 p.m. "The Aviation Museum is specifically seeking volunteers to help carry out its educational programming to young people from preschool



through high school ages," according to a museum press release. "The museum hosts field trips, school visits, and operates a popular 'Flights of Discovery' summer camp. In addition, the museum welcomes families with young children to participate in hands-on activities in its classroom. Volunteers can help all these programs." Volunteers also help with special events such as the annual car show, fundraising gala and more, the release said.

(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](mailto: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. Go online to fill out a volunteer form.

• **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](mailto:volunteer@indianmuseum.org) or fill out an application on the website, where you can see a video about volunteering.

• **NAMI NH** ([naminh.org](http://naminh.org), 800-242-6264) has volunteer opportunities related to advocacy, support groups and family-to-family programs as well as work on events, according to the website, where you can find applications and more details for specific programs.

• **New Hampshire Audubon** ([nhaudubon.org](http://nhaudubon.org)) has centers in Concord, Auburn and Hebron as well as wildlife sanctuaries throughout the state. "Volunteers at NH Audubon work alongside staff to help fulfill our mission by furthering conservation efforts and engaging the community. Volunteers serve important functions in our statewide offices in Concord, three program centers, our 40 sanctuaries, and locations across the state: monitoring wildlife populations, creating viable natural habitat, educating constituents, advocating for sound environmental policies, maintaining natural lands, and community outreach inspiring future stewards. NH Audubon also has dedicated chapters throughout the state run completely by volunteers," according to the website, where you can find details

about specific volunteer projects and fill out applications.

• **New Hampshire Boat Museum** (399 Center St. in Wolfeboro Falls; [nhbm.org](http://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](mailto:programs@nhbm.org).

• **New Hampshire Film Festival** ([nhfilmfestival.com](http://nhfilmfestival.com)) takes volunteer applications to work its annual festival, held in October. "Throughout the weekend, volunteers do a bit of everything. Specifically, they take tickets, greet guests, register filmmakers, sell merchandise, monitor screenings, set up after-parties, distribute promotional materials, work as drivers, runners, and much more! The festival couldn't exist without them. A volunteer shift will be four hours long, during which time you will be able to view a movie at the festival," 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](mailto:team@nhfilmfestival.com) with questions.

• **New Hampshire Food Bank** (700 E. Industrial Drive in Manchester; [nhfoodbank.org](http://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 [amoulton@nhfoodbank.org](mailto:amoulton@nhfoodbank.org).

• **New Hampshire Telephone Museum** (1 Depot St. in Warner;

NH Film Festival at the Portsmouth Music Hall. Courtesy photo.

[phonemuseum.org](http://phonemuseum.org), 456-2234) "houses a tangible history of telecommunications which can be viewed via guided or self-guided tours," according to the website. "We welcome everyone from high school students looking to fulfill their volunteer requirement to retired folks and everyone in between. Volunteer opportunities include spring/fall cleanup, clerical work, outreach, tour guides, and other jobs as needed," the website said. Call or fill out an online application.

• **NH PBS** ([nhpbs.org](http://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](http://nhpreservation.org), 224-2281) needs volunteers on an occasional basis to help produce educational events and to help with public programs such as tours, barn heritage celebrations or on-site preservation trades demonstrations, according to an email from the group's executive director. Contact [admin@nhpreservation.org](mailto:admin@nhpreservation.org) to indicate what you'd like to help with and whether you are comfortable in both indoor and outdoor settings, the email said.

• **The Northeast Organic Farming Association of New Hampshire** ([nofanh.org](http://nofanh.org)) seeks volunteers with planning its annual winter conference, assisting with spring bulk order pickup, and committee and board membership, according to the website. Go online to fill out a volunteer form or contact [info@nofanh.org](mailto:info@nofanh.org).

• **Park Theatre** (19 Main St. in Jaffrey; [theparktheatre.org](http://theparktheatre.org), 532-9300) has volunteer opportunities, according to the website, where you can fill out an online application where you can indicate your interests and availability.

• **Pope Memorial SPCA of Concord-Merrimack County** (94 Silk Farm Road in Concord; [popememorialsPCA.org](http://popememorialsPCA.org), 856-8756) holds regular volunteer orientations (pre-registration is required) with volunteer opportunities including small animal care and socialization, dog enrichment, dog park assistance and

workroom assistance, according to the website. Go online to submit a volunteer application or to ask questions of the volunteer coordinator.

• **Special Olympics New Hampshire** ([sonh.org](http://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](mailto:specialolympics@sonh.org) or call 624-1250.

• **United Way of Greater Nashua** ([unitedwaynashua.org](http://unitedwaynashua.org), 882-4011) 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](http://volunteergreaternashua.org), featuring volunteer opportunities from other area nonprofits.

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

• **Young Inventors' Program** ([unh.edu/leitzel-center/young-inventors-program](http://unh.edu/leitzel-center/young-inventors-program)) uses volunteers to support its annual Northern New England Invention Convention event. See extension. [unh.edu/educators/4-h-stem-docents](http://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, according to the program's organizer.

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