



P.5 Five reasons to rediscover world-class art

P.6 Aging mindfully

Granite Senior Journal

February/March 2025



A Bi-Monthly Dedicated to Senior Issues and Living

PLEASE DON'T LET THIS END



Richard Reniere and his 1953 MG-TD replica. Courtesy photo.

A Hampton Beach love affair

By Betty Gagne

Richard Reniere's love affair with Hampton Beach began when he was 10 or 12 years old.

"My folks would bring us here during the summer," he says. "They'd usually rent a place on M Street." As he sits in his favorite chair with his rescue dog companion Tiger, Richard reminisces about those long ago days. "Dad would bring fresh clams back to the cottage and my mom would make clam chowder. Sometimes in the evening we'd walk to the strip for pizza,"

he shares with a smile. Traveling to Hampton Beach from West Brookfield, Mass., became a regular thing for the Renieres, and Richard continued the tradition with his own family: his wife, Marilyn, and his three children, David, Rachel and Paula.

Richard and Marilyn met when he was a 19-year-old Navy reservist and she was a 16-year-old candy striper. "I met her at a dance at Saint Vincent's Hospital," he recalls. "I got her number and took her to the Wachusett Country Club for our first date." He laughs. "I was driving around in a '55 Special

convertible. She must have thought I had money or something." By the look in his eye, their first evening together is obviously an indelible memory. "She was wearing a lovely gown, and while we were dancing she pulled me close and whispered, 'Rich ... please don't let this end.'" The couple was married on Sept. 10, 1960. He lost his beloved Marilyn in 2023 but her spirit is alive and well in their home. As Richard fondly remembers her, he says, "She wasn't extravagant; she was elegant." He proudly points out the décor where her personal touch is everywhere. "She

DIY pre-plan/pay for funeral

By Jill Lessard

Legendary boxing champion Joe Louis once said, "Everybody wants to go to heaven, but nobody wants to die." Peter Morin, Executive Director, New Hampshire Funeral Directors and Embalmers Association, would seem to agree. "It is the most difficult time, I think, that anyone can experience," he recently said in a phone interview.

"When my father died, nothing was planned," shared the 30-year veteran of the funeral service field, who is a staunch advocate for consumer protection and a proponent for pre-planning and pre-funding one's own funeral.

"My mother made her pre-arrangements on her own," he explained. "It gave me, both professionally and personally, a great sense of relief because she made it very clear what she wanted. As opposed to where nothing [is] planned and ... Talk about disarray. There's the two extremes."

According to Morin, who took the helm of NHFDA in 2008, pre-funding funerals is a rising trend. "I've noticed that because our state association has a master trust, which we've had for nearly 40 years. It's independently managed, very secure, and it's growing."

After his mother passed away, the only thing Morin and his family needed to decide was which prayer was going to be on the prayer card. That was it. She had even selected the photo she wanted on the card.

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◀ HAMPTON FROM PG 1

called her style ‘eclectic,’” he says, adding, “we bought the house in 1983 and rented it out during the summers until we moved up there full time. It was strictly a beach cottage, didn’t even have heat.” Richard did most of the renovations himself starting in 1993, enclosing porches and building wall shelves and corner hutches. Together the couple turned the dwelling into a year-round home, where Richard continues to live.

Throughout his career, Richard has worn many hats. He began working at the Worcester Post Office in 1956 and retired from management in 1992. During those years he’d also been serving in the Naval Reserve, retiring as Petty Officer in 1981. He’s proud to tell us that his son David followed in his footsteps by joining the Army. “When David was commissioned a captain, I gave him his first salute and he gave me a silver dollar,” he tells us. The unforgettable moment is captured forever in a framed photo on Richard’s living room wall.



Above: September 10, 1960 Wedding photo. Right above: With Marilyn. Right below: Richard and Marilyn a few years ago. Courtesy photos.



Richard admits that 2023 was his worst year ever. He lost Marilyn in March of that year after a brief illness. Heartbroken, he never expected August would bring the unexpected death of his oldest and dearest friend, Paul Malatesta. “Paul and I grew up next

door to each other,” he says pensively. “Our families lived in three-deckers in Worcester, and we were probably 4 or 5 years old when we met. We both joined the Naval Reserve at age 17.” He pauses, recalling his very best long-time friend and the vacations they took

at Hilton Head and Myrtle Beach. “We did have our last hurrah about two weeks before he passed,” he says with a weak smile. The two men played golf and spent quality time together, a memory Richard treasures.

CONTINUED ON PG 4 ▶



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Today, Richard continues to stay busy. He swears by the adage “If you rest, you rust.” Throughout his lifetime Richard has been a busy man and he continues to stay active. Bus trips to New York City with Marilyn are fond memories. “She loved the Broadway shows,” he tells us. The couple took a cruise to Bermuda from Boston for their 55th wedding anniversary. And the two-and-a-half-week trip they took on Amtrak a few years ago is still very fresh on his mind. “We started in Worcester, traveled to Albany, New York, got on the dining car to Chicago, then down to New Orleans. We spent two or three days there before heading to Atlanta. From there we went to New York City.”

Richard loves to travel but he also appreciates all the attractions in his back yard at Hampton Beach. He recalls when the L Street Tavern was owned by Dick Sawyer and how much he loved the place. “The food was delicious, and the prices were reasonable. It really was the place to go on the beach.” These days you’ll likely find Richard hanging out at the Boardwalk Restaurant or JB’s on the Boardwalk, two dining establishments on the strip. He says JB’s French fries are the best anywhere. “Oh, and the Old Salt,” he adds. “I love their buck a shuck oyster special. Oysters, chowder and a Pabst Blue Ribbon,” he laughs.

Want to know a secret about Richard Reniere? He’s an actor. In addition to dinner theaters at Jonathan’s in Ogun-



Family photo. Courtesy photo.



Richard and Tiger. Courtesy photo.

“So many memories here on the beach, but spending time with my family is the best of all.”

— Richard Reniere

quit, he performed in local community theaters like the Amesbury Playhouse and the Leddy Center years back.

“I was in *The Odd Couple* at the Leddy,” he shares. “I was a guy named Roy playing cards at Oscar Madison’s house.” Richard loved the comical lines he delivered in the play. Another acting opportunity was when a movie was being filmed on Hampton Beach

and he showed up as an extra, dressed like the Gorton fisherman. Although the movie never came to fruition, Richard enjoyed his participation. The most exciting part he played, however, was in the 1994 movie *Quiz Show*. “I was an extra in the movie,” he says. He claims the smoke you see during the senate hearings was from his cigarette. “The movie was produced and direct-

ed by Robert Redford, and it was pretty exciting to meet him.”

A few years ago Richard served on the USS Hampton committee, and he is hoping to do it again, as the sub is being renovated at the Portsmouth Naval Shipyard right now. “We arranged social activities for the crew,” he shares. Other ways he’s served the community include being on the Budget Committee, the Mosquito Control committee and his position as Moderator for the Beach Village District and their annual meeting.

“My son keeps me busy,” he laughs. “We do a pub crawl on my birthday every year in August. We start at the Ashworth and work our way down the strip, usually ending up at Wally’s.” Attending the free nightly concerts is also on his agenda during the summer. “I live right around the corner, I might as well go up there,” he says. But possibly his favorite pastime is cruising around in his red kit car: a replica of a 1953 MG-TD, a British vehicle from the 1950s. Richard has used his toy to chauffeur Miss Hampton Beach in the holiday parades but right now the car is in storage and he’s looking forward to taking it out in late May.

“I feel too young to be this old,” the 88-year-old says with a huge smile. “So many memories here on the beach, but spending time with my family is the best of all.” No matter what his future brings, Richard Reniere is a happy man on Hampton Beach.



Richard chauffeuring Miss Hampton Beach. Courtesy photo.



Auditioning for a movie on Hampton Beach. Courtesy photo.

5 reasons to rediscover the world-class art museum in your backyard



Visitors enjoy great works of art on display at the Currier. Photo credit: Morgan Karanasios

The Currier Museum of Art is New Hampshire's only public art museum, with an incredible collection, exciting new exhibitions, high-quality classes, and signature events that bring people together around the arts. It's all here in Manchester, with free parking and convenient weekend hours.

Whether you recall fond memories of a high school field trip to the Currier or have been meaning to check out a free "Second Saturday" event with your grandkids, it's time to rediscover the world-class art museum in your backyard.

Reason #1: **Our collection is legendary.**

You can see it here. That's what locals proudly say about the masterpieces on display at the Currier. Our jewel-like collection offers pivotal works by famous visionaries like Monet, Picasso, and O'Keeffe alongside lesser-known artists as part of a

compelling journey through art history. Plus, the Currier is the only museum to steward two Frank Lloyd Wright houses, which are open to visitors via guided tours.

Reason #2: **There is always something new to see.**

Alongside our top-notch collection, the Currier regularly organizes exciting new exhibitions. This spring, we are pleased to host:

The first solo museum exhibition of renowned American visual artist Ann Agee, whose Madonna series immerses viewers in life-size representations of one of the most iconic symbols of women in art

A multi-gallery installation by Nicolas Party, a charismatic Swiss artist who will be painting pastel murals on the Currier walls inspired by the legacy of Surrealism

These two exhibitions celebrate the intersection of vision and process

– how artists nurture a new way of looking at the world through hands-on experimentation.

Reason #3: **We offer classes for the artist in all of you.**

From textiles to digital storytelling. In person or online. For a day, a season, or a lifetime.

There are so many great classes and workshops at the Currier, where supportive instructors help individuals of all ages and abilities fall in love with the messy and magical process of making something new.

Reason #4: **Signature events take art off the walls.**

With live play readings, artist talks, and more, Currier events bring people together around the arts. Stop by the next installment of our new "Art off the Walls" evening event series from

5 to 8 pm on Thursday, March 20 to experience the arts (and your community) in new ways. It's just one of many free-admission opportunities the Currier offers throughout the month, including our family-friendly "Second Saturday" program.

Reason #5: **It starts with art.**

With its airy Winter Garden Café and delightful Museum Shop, the Currier provides a beautiful experience designed for all. Spend the day connecting with friends, family, or yourself – and then come back soon.

Find yourself at the Currier this spring. Visit Currier.org for the latest information on our events, exhibitions, classes, and free admission days.

Aging mindfully:

Opening the door to happiness

The human brain has a **negativity bias**. We tend to focus more on negative experiences, emotions or perceptions than positive ones. It's an evolutionary trait that early humans needed to prioritize threats and increase their prospects for survival. Today, while woolly mammoths no longer stalk our neighborhoods, our brain still focuses on negative thoughts and feelings about ourselves and the world around us.

This tenacity for spotting threats can also lead to strong feelings of fear, anxiety and anger about risks that simply don't exist, except as ideas in the mind. Many people live seriously impaired lives because of the brain's persistence in finding danger — whether real or imaginary — before it finds us.

For seniors, aging brings on a whole new set of challenges: declines in health and memory, regrets and worries about relationships, the loss of loved ones. For many older adults,



these challenges supercharge their negativity bias, making them feel overwhelmed, hopeless and defeated. To cope, many seniors require medications; others turn to impulsive routines or unhealthy habits to distract their

attention or numb their feelings. **What if there were a healthier, more uplifting way to handle these negative biases, one that also brought more happiness into life?** Mindfulness is all about empow-

ering us to let go of the fears, regrets and ruminations that cause so much pain. It consists of simple but effective practices to focus attention fully on the present moment, moving past anxious thoughts and feelings into the calm, peaceful waters of pure awareness that rest directly behind our negativity bias. Ultimately, mindfulness doesn't erase these difficulties, but it helps us acknowledge their presence, let them go, and significantly reduce their impact on our lives.

Mindfulness means something else — it means redirecting our attention away from the negativity and toward the preciousness that life has to offer, right here and now. It means savoring the flavors of every meal, taking in the beauty of the natural world, and fully enjoying the time spent with family and friends. By staying present, we don't focus on the fearful dragons, we focus on the little joys

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that come our way every day, the ones that warm our hearts and make life so special. You might say that our negativity bias is like a door that stops us from connecting with the peace, joy and contentment waiting for us inside every moment.

Mindfulness practices

Mindfulness practices help us open the door to our happiness. These practices are very easy to learn, require no special equipment, and are adaptable to a person's circumstances. These features make it ideal for older adults with varying levels of mobility and experience. Here are a few examples:

1. Gentle Mindful Breathing: Spend a few minutes focusing on your breath. Notice the rhythm and sensations as you inhale and exhale. This can be done sitting or lying down, making it suitable for all physical abilities.

2. Body Scan Meditation: Mentally scan your body from head to toe, noticing areas of tension or discomfort. It's a great way to reconnect with your body and promote relaxation.

3. Mindful Movement: Practices like chair yoga or tai chi incorporate mindfulness into gentle, guided movements. These are particularly beneficial for improving balance, flexibility, and mental focus in seniors.

4. Mindful Reflection: Journaling or quiet reflection on positive experiences can enhance gratitude and emotional well-being.

5. Engaging the Senses: Everyday activities like cooking, eating, gardening, or listening to music can become mindful experiences by focusing on sensory details.

Benefits of mindfulness

Being mindful offers many benefits, especially for older adults interested in taking a more proactive role in their aging. Research underscores the importance of these benefits for living a longer, healthier and happier life. Recent studies show a range of benefits, including these:

- Improved cognitive function: Mindfulness practices may slow

cognitive decline. A study in *Neurobiology of Aging* (2020) found that mindfulness meditation improved memory, attention, and brain connectivity in older adults at risk for Alzheimer's disease.

- Reduced stress and anxiety: Chronic stress can exacerbate health issues in seniors. Mindfulness-based stress reduction (MBSR) programs have been shown to lower cortisol levels and reduce symptoms of anxiety, as reported in *Aging & Mental Health* (2019).

- Better physical health: Regular mindfulness practice is linked to reduced inflammation, improved immune response, and better management of chronic conditions like arthritis and hypertension. A study in *Health Psychology* (2022) noted significant physical health improvements among older adults practicing mindfulness.

Aging mindfully

Mindfulness means giving your full attention to right now, moving beyond

everyday thoughts, feelings and worries, beyond judging or trying to change things. It means simply noticing what's going on in the moment, and appreciating it, just as it is. Stay attentive and a door starts to open, giving you access to a host of special benefits. It's a simple yet powerful way to embrace the present and help navigate the golden years with greater joy, contentment, and well-being.

Paul Nelson, M.Ed. is a Mindfulness Coach who works with older adults. He earned a master's degree in counseling psychology at Harvard University. He has over 20 years of experience serving as a mental health practitioner in community mental health settings. He is also a graduate of the Wellcoaches Training Program and served for four years as a senior Wellness Coach for HeartCoaches. Paul has been a lifelong student of mindfulness meditation. He can be reached at paul@mindfulelders.com.

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Clinical OPC®:

The grape seed extract you can count on

By Terry Lemerond
Founder and President
of Terry Naturally



When it comes to health-promoting botanicals, few have proven to be as powerful and versatile as grape seed extract. In fact, researchers have found that grape seed extract is one of the most impressive botanical extracts in the world for a diverse array of health applications.

The best grape seed extracts support a healthy heart, cellular protection against oxidative stress, immune health, cholesterol balance, and much more.*† But the problem with grape seed extracts is that many products on the market today are adulterated with cheap ingredients, like peanut skins. Peanut skins contain compounds that can pass as grape seed extract if not carefully scrutinized. Sadly, these products make it to market due to inadequate testing by supplement companies, which means consumers may be paying a steep price for something being touted as 100% grape seed extract that may contain little or no grape seed compounds.

Choose clinical OPC®

At Terry Naturally®, we take the guesswork out of choosing a grape seed extract with Clinical OPC, which features French grape seed extract VX1®. This impressive grape seed extract is tested, verified, and never adulterated. We ensure the proper identity and authenticity of our grape seed extract through independent testing by qualified laboratories so you can be confident you're getting the real deal.

Additionally, Clinical OPC is standardized for only small sized oligomeric proanthocyanidins (OPCs), which is also extremely important in a grape seed extract. OPCs are considered one of the most potent antioxidant compounds found in nature. They protect cells from oxidative stress and free radicals, making them a powerful

tool in maintaining overall health and wellness.*

To be beneficial, OPCs must be small. Clinical OPC is standardized for only small sized, low molecular weight OPCs to better ensure absorption. Many other grape seed extracts include high levels of tannins with a high molecular weight, which have limited absorption and deliver few health benefits.

What clinical OPC can do for you

This award-winning product is a customer favorite that many people count on for their health. Why? Because it delivers results. Clinical OPC can do everything from maintaining heart health to supporting cellular protection.^ It's also available in a variety of dosage options, including 150 mg, 300 mg, and 400 mg, to support your individual health needs.*

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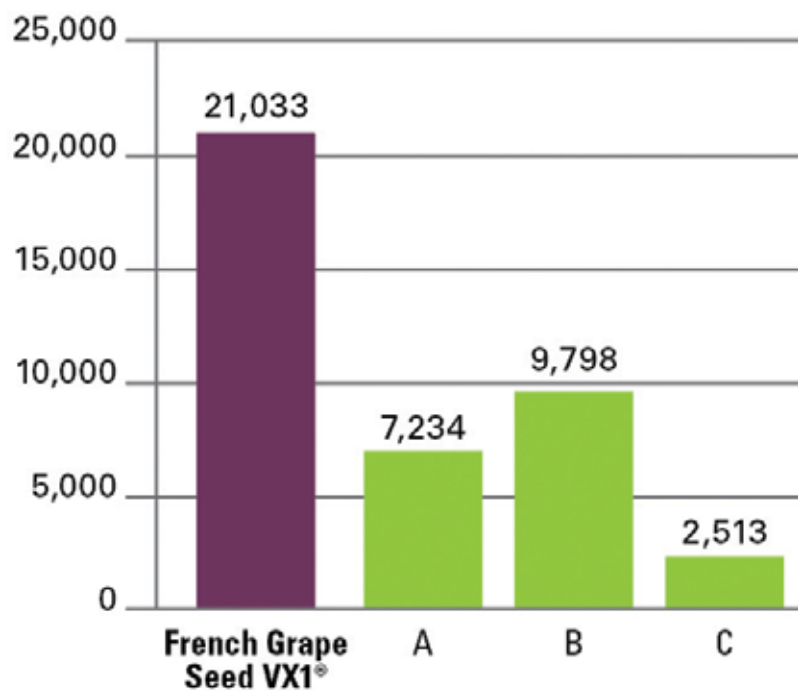
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One child, one life at a time –

The impact of a CASA volunteer

Katie Pelczar,
Community Outreach Coordinator –
CASA of NH

After retiring early, Kathleen Bernstein knew she still had more to give the world. Having “spent enough time making rich companies richer,” as she puts it, Kathleen decided to become a Court Appointed Special Advocate, speaking in court for children who are in the protection system due to abuse or neglect.

Kathleen’s role as a CASA is to gather information to help a judge decide on the best permanent home (usually either reunification with the family or adoption) for these children. She and her husband adopted their own two children, who are now grown, when they were six-and-a-half and almost five years old. Over the course of her nearly six years as a CASA, Kathleen has advocated for

13 children. The need for more CASA volunteers is immense.

“It’s worth the effort,” Kathleen says. “If you can only take one case, one case is still good. One case is one child or a few siblings that you can help show that somebody else cares.” She continues, “They’re hard cases, they’re really hard cases, but then it’s all worthwhile when you get a child reunited with their parents or adopted, especially if they are in their teens.”

While the cases may be hard, CASAs are never alone in this meaningful work. In addition to being assigned to a staff member, new CASAs can be paired with a peer coordinator. Kathleen described her peer coordinator’s support as “invaluable,” and she decided to become a peer coordinator herself. To date she has mentored three CASAs.

Kathleen has advocated for chil-

dren of all ages (like the four-year-old with whom, she says, “we play tag until my feet can’t take anymore”), but it’s working with teens that she finds most rewarding.

“It’s challenging to build that relationship, so that they trust you and they know that you’re going to be there. But it’s the most rewarding when they finally say, ‘OK, this is what I want...’”

Kathleen builds these relationships by pointing out to her teens that CASAs are volunteers. When a teen asks why she would volunteer to do this, her answer is simple: “I tell them it’s because I like young adults, and being able to be the one person who comes and talks to them. Sometimes we’re the one person in their lives who isn’t paid to be there.”

Kathleen admits that it’s not always easy being a CASA. She explains, “There are nights where I lose sleep

over what I’m going to say, or what I’m going to do...But I believe I’m making a difference, even if it’s only one child, one year, one life at a time.”

One child, one year, one life at a time. Kathleen’s words are humble, but in her case, this can be multiplied by 13. In the history of CASA of NH, it’s almost 12,000 children. 12,000 lives. But Kathleen’s message is clear: even if it was only one, all her effort, even the difficult moments, would still be worth it.

If you would like to become a CASA and make a life-changing difference for a child, join us for a virtual information session. Visit casanh.org/infosessions for a list of upcoming dates and to sign up.



The complex block features the CASA logo on the left, which includes a stylized figure with arms raised inside a heart shape, followed by the text "CASA Court Appointed Special Advocates FOR CHILDREN NEW HAMPSHIRE". To the right is a close-up photograph of a young child with curly hair, looking slightly to the side. Below the logo and photo is the main text: "Make a life-changing difference for a child. A child's road to safety and stability starts with you. Join an info session to learn more." At the bottom of the text is the website casanh.org/infosessions. A small number "144635" is visible in the bottom left corner of the block.

The value of physical therapy

Kathleen A. Hogan, MD

“Physical therapy just doesn’t work for me.” Patients say this quite often. But just because it did not work for one problem does not mean that therapy will never work for you!

The first question is why was physical therapy (PT) recommended. What is the goal? Is it to improve your balance or strength? Is it to teach you exercises to do at home? Does it involve manual hands on treatments such as deep tissue massage, dry needling, or ultrasound? The treatments recommended for tendonitis or an overuse injury may be very different than what is recommended for knee arthritis. Also every therapist is different. If you do not benefit from your physical therapists style or technique you many do better working with someone else instead of giving up on therapy completely.

Next, are you engaged in the process? If you are convinced that PT will

not work from the very start, it has a very poor chance of success! You need to be committed to attending sessions. But 3 hours per week of an exercise program is not enough most of the time to see benefits. It is important to learn things that you can do at home and actually do them on a daily basis.

“Can’t you just give me a paper with the exercises/stretches that I am supposed to do?” Yes, we could. But the physical therapists can observe you doing those exercises and make recommendations or changes to your form. They can help you modify exercises if you have injuries to avoid aggravating other joints. A physical therapist may have access to equipment such as a bike, weights, and Pilates equipment that you do not have at home.

“But physical therapy is expensive.” Many people do have high deductible plans or expensive co-pays. But your physician is recommending PT for a reason. Be open with your concerns about cost and talk with the

therapist about how to minimize cost. Many insurance companies insist on 6 weeks of PT before approving MRIs or surgery.

What are the benefits of PT? Is there any evidence that it actually works? In the treatment of knee arthritis, most studies have shown significant benefits in pain relief with strengthening exercises, low impact aerobic exercise, and a structured PT program. In fact, the American Academy of Orthopedic Surgeons (AAOS) gives a higher strength of recommendation for exercise and PT for treatment of knee arthritis than it does for steroid or other types of injections based on the available evidence. Physical therapy has also been shown to benefit many patients with rotator cuff injuries, frozen shoulder, meniscal tears, back pain, hip bursitis, and many other conditions. Sometimes just improving balance and core strength can have beneficial effects on multiple joints.

It is true that PT does not always

help. A stiff arthritic hip or a badly torn rotator cuff may require surgery, for example. However, even if surgery is ultimately required, strengthening the muscles and improving joint mobility prior to the procedure is often helpful in speeding recovery. If therapy has not worked for you in the past, do not give up on it completely. Every problem is different and every physical therapist has a different approach. Have a discussion about the goals and expectations of therapy and make sure you are engaged and doing the exercises at home as well as while at PT. And if PT does not seem to be accomplishing any goals after a few weeks, go back to your physician and discuss your concerns.

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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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Staying safe on winter roads:

A comprehensive guide to driving in snow and ice

Winter driving presents unique challenges that require preparation, caution, and adaptability. From icy roads to reduced visibility, navigating through winter weather demands a different approach than driving in other seasons. Whether you're commuting to work, heading to the mountains, or running errands around town, here's an in-depth guide to staying safe on winter roads.

Preparations for safe winter driving

The first step to safe winter driving starts before you even hit the road. Proper preparation can make a significant difference in your safety and confidence during inclement weather.

1. Inspect Your Vehicle

Tires: Ensure your tires are winter-ready. Consider investing in winter tires, which provide better traction on snow and ice compared to all-season tires. Check tire pressure regularly, as cold weather can cause it to drop.

Battery: Cold temperatures can weaken your car's battery. Have it tested to ensure it's fully charged and replace it if necessary.

Windshield Wipers and Fluid: Replace worn wiper blades and fill your washer reservoir with a winter-specific fluid to prevent freezing.

Lights: Clean and test your headlights, taillights, and turn signals to ensure maximum visibility.

2. Pack an Emergency Kit: A basic winter emergency kit should include items like a flashlight, batteries, blankets, extra clothing, gloves, a first-aid kit, non-perishable snacks, water, a shovel, and an ice scraper.

Add traction aids such as sand, kitty litter, or traction mats in case you get stuck.

3. Plan Your Route: Check the weather forecast and road conditions before setting out. Apps and websites can provide real-time updates on closures, delays, and hazards.

Plan alternate routes to avoid

areas prone to accidents or poor maintenance.

Driving techniques

Once you're on the road, adjusting your driving habits to account for snow, ice, and limited visibility is essential.

1. Slow Down: Reduce your speed to allow for more reaction time on slippery roads. Even four-wheel-drive vehicles require extra stopping distance on ice and snow.

2. Increase Following Distance: Maintain a following distance of at least six seconds between your vehicle and the one in front of you. This gives you more time to react to sudden stops or slides.

3. Accelerate and Decelerate Slowly: Apply the gas and brakes gently to avoid skidding. Rapid acceleration or sudden braking can cause loss of traction.

4. Know How to Handle Skids: If your car begins to skid, stay calm and avoid slamming on the brakes. Steer in the direction you want the front wheels to go and ease off the accelerator until you regain control.

5. Use Your Lights Wisely: Turn on your headlights in low-visibility conditions, even during the day. Avoid using high beams in heavy snow or fog, as they can reduce visibility by reflecting light back at you.

6. Avoid Cruise Control: Cruise control can be dangerous on slippery surfaces, as it may cause your wheels to spin if traction is lost.

Navigating hazards

Winter weather brings a range of hazards that require specific strategies to manage.

1. Black Ice: Black ice is a thin, transparent layer of ice that's nearly invisible on the road. It commonly forms on bridges, overpasses, and shaded areas. Approach these areas with extra caution and avoid sudden



movements.

2. Snow Drifts: Snow drifts can obscure road markings and create uneven surfaces. Stay centered in your lane and reduce speed when encountering drifts.

3. Limited Visibility: Heavy snow or fog can significantly reduce visibility. Drive with extreme caution, use low-beam headlights, and follow road markers to stay oriented.

4. Steep Hills: When driving uphill, maintain a steady speed and avoid stopping if possible. On the descent, shift to a lower gear to use engine braking and reduce reliance on the brakes.

What to do if you're stranded

Even with preparation, winter weather can be unpredictable, and getting stuck or stranded is always a possibility. Here's what to do:

1. Stay With Your Vehicle: Your car provides shelter and is easier for rescuers to spot. Only leave if help is visible and close by.

2. Signal for Help: Use hazard lights, flares, or a brightly colored cloth tied to your antenna or door handle to alert passersby.

3. Conserve Energy: Run your engine for 10 minutes every hour to stay warm, but ensure the exhaust pipe is clear of snow to prevent carbon monoxide buildup.

4. Stay Warm: Layer up with clothing from your emergency kit, and use blankets to retain body heat. Move your arms and legs periodically to maintain circulation.

Defensive driving

In winter conditions, defensive driving becomes even more critical. Anticipate the actions of other drivers and stay alert for sudden stops or unpredictable behavior. Be patient and avoid aggressive maneuvers, especially in heavy traffic or poor weather.

When to stay off roads

Sometimes, the safest choice is not to drive at all. If the weather forecast predicts severe storms, blizzard conditions, or extreme cold, consider delaying your trip. Employers, schools, and events often accommodate delays during hazardous weather.

Final thoughts

Driving in winter weather requires a mix of preparation, caution, and adaptability. By equipping your vehicle with the right tools, adjusting your driving habits, and staying aware of potential hazards, you can reduce risks and make your winter journeys safer. Remember: no destination is worth compromising your safety. Take it slow, plan ahead, and enjoy the beauty of winter's landscapes from the comfort of a secure and prepared vehicle.

Why now is the perfect time to sell your home:

A vibrant life begins here

If you've been considering selling your home, now is the time to act. With home values soaring across much of the United States, homeowners have an incredible opportunity to maximize their sale price. Whether you're looking to downsize, relocate, or simply capitalize on the market, selling in today's climate can be a savvy financial decision.

In the current market, home prices are at all-time highs, driven by a combination of low inventory and strong demand. Buyers are eager to purchase homes, often willing to pay top dollar to secure their dream property. In many regions, home values have appreciated significantly over the past few years, making this an opportune moment to cash in on your investment. Sellers are enjoying favorable conditions, with quick sales and competitive offers becoming the norm.

If you're ready to sell, you might

be wondering, "Where do I go next?" If you're looking to simplify your lifestyle while maintaining a high standard of living, Hunt Community in Nashua, NH, could be the perfect next step. This active retirement community is an ideal destination for homeowners seeking a new chapter in life while enjoying top-tier amenities, a welcoming atmosphere, and a vibrant social scene.

Hunt Community provides a supportive environment for those looking for independent living options, with a range of accommodations that cater to different lifestyles. The community features a diverse selection of stunning homes, ranging from bright, meticulously designed 1-bedroom apartments to expansive, luxurious 2-bedroom units with a den, all set within the vibrant heart of downtown.

Residents can enjoy the benefits of maintenance-free living, includ-



ing lawn care, snow removal, multiple dining options and housekeeping services, allowing them to focus on the things they love.

One of the key advantages of Hunt Community is the extensive range of activities and amenities that encourage residents to stay active, socially engaged, and fulfilled. From fitness classes and arts programs to book clubs and outings, there is always something to do at Hunt Community. The sense of camaraderie and connection with like-minded individuals is a highlight of life here, making it a won-

derful place for those looking to foster new friendships and experiences.

Additionally, Hunt Community's location in Nashua is highly desirable. Known for its vibrant downtown, excellent healthcare, and proximity to Boston, residents can enjoy all the advantages of city living while residing in a peaceful, secure community. Whether you're interested in cultural events, shopping, or simply enjoying nature, everything is within reach.

Now is the perfect time to sell your home and transition to a lifestyle that offers peace of mind, convenience, and a wealth of opportunities. Join us for Welcome Wednesdays: Drop In and explore every Wednesday in February! Our friendly residents and staff are ready to give you the grand tour and share all the insider details. For more information call 603-821-1200 or visit www.silverstoneliving.org



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Why travel with Terrapin Tours?

by Kelly Cooke

Hello from the team at Terrapin Tours! For those of you that haven't had a chance to travel with us yet – there's a few things that we are VERY proud of – including our Give Back Initiatives and the fact that we have won TWO different awards based on the votes from our travelers (4 years in a row!).

If you are wondering WHAT MAKES US DIFFERENT it's our approach to group travel! Mostly, we like to HAVE FUN, we take a "Stop and Smell the Roses" approach to travel, and we believe that smaller group sizes = a better experience! Traveling in a group is really all about the journey – taking the time to enjoy beautiful destinations AND the company of your fellow travelers.

Give back initiatives

We give back to our community: Our "Give Back" initiatives include a Travel Scholarship for NH high school students (we have donated over \$6,000 to local students to support their travel endeavors – visit our website to learn more!), toiletry donation programs, supporting community events, and more!

Our commitment to our customers: All client payments are held in a separate holding account, and are not used for operating expenses. Full cash refunds are provided if we cancel or reschedule a tour.

We appreciate our clients! Our Turtle Trax Program is our customer appreciation program, and is a way to thank our top travelers. We like to show our appreciation for the continued support of our loyal customers.

Travel without stress!

Let us worry about the details, while you enjoy your tour. We know that you have choices when it comes to traveling, but we also think that we have the best tours departing from New Hampshire, and it's why we have a tremendous repeat client base.

Quality & Value: We may not be the least expensive, because that isn't our

goal. Our goal is to create the best tour experience we can at a fair price. Quality meals; hotels in central locations; the right mix of free time and planned activities; a friendly, professional Tour Director; luxury motorcoaches, and friendly, professional drivers.

Comfort & Fun!: Our itineraries focus on an equal share of planned activities and free time, allowing travelers to meet new friends while having the flexibility to explore on their own. Plus, we think that it is better to have a little extra room – all of our multi-night tours have a maximum of 36 passengers on board.

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; and 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!

Don't miss your chance to join us!

All multi-night tours operate with a maximum of 36 passengers (or less!).

We offer over 40 tours a year – from day trips to bucket-list adventures, we have a tour for everyone!

Our tours tend to fill up quickly – grab a seat while you can or add your name to a waitlist if the tour is sold out!

Thanks for reading and we hope to see you on the bus!

Kelly Cooke is the Owner of Terrapin Tours, loves traveling and has nearly 30 years of experience in the travel industry. You can learn more about Terrapin Tours, our travel philosophy, and the exciting places we will be visiting in 2025 on our website www.TerrapinTours.com or by calling 603-348-7141.

Staying fit as we age

Embracing movement and wellness in our later years

Compiled from Staff Reports

As we grow older, the simple act of staying fit can become more daunting. Joints ache, muscles weaken, and we may find ourselves moving more cautiously through our daily routines. But contrary to the idea that aging means inevitable decline, staying physically active as we get older can be a powerful tool for maintaining health, independence and even joy. The key is understanding how our bodies change over time and embracing fitness practices that work with those changes, rather than against them.

In a world where youth is often equated with vitality, it's easy to overlook the fitness needs and potentials of older adults. However, a growing body of research shows that staying active well into our senior years not only helps prevent chronic conditions but also improves mental well-being, balance and longevity. For many, the golden years can indeed be golden, especially when approached with intention, balance and a willingness to adapt.

The benefits of staying fit throughout our lives are well-documented, but for older adults the stakes can feel higher. With age, muscle mass declines naturally — a process known as sarcopenia — which can lead to weakness, reduced mobility and an increased risk of falls. Joint flexibility decreases, and bone density can diminish, raising the risk of fractures. Regular physical activity, however, can help mitigate these effects, allowing us to maintain strength, flexibility and balance.

Dr. Caroline Thomas, a geriatrician at the Mayo Clinic, notes that “physical activity is one of the most effective interventions we have to slow down the aging process. It's not just about living longer but about improving the quality of those extra years.”

According to the Centers for Disease Control and Prevention (CDC), adults over the age of 65 should aim for at least 150 minutes of moderate-intensity aerobic activity each week, along with



muscle-strengthening exercises on two or more days. These numbers might sound daunting to someone just starting out, but the goal isn't to sprint to the finish line — it's about finding sustainable movement that works for you.

One of the great lessons in fitness as we age is that we don't need high-intensity, sweat-drenched workouts to reap the benefits. Low-impact exercises can offer just as much in the way of health benefits while being gentler on the joints and reducing the risk of injury. Activities such as walking, swimming and cycling provide cardiovascular benefits without placing excessive strain on aging knees and hips.

“Walking is the most underrated form of exercise,” says personal trainer Alison White, who specializes in working with older clients. “It's simple, it's accessible, and it can be easily tailored to any fitness level.”

Swimming, in particular, is a favorite among older adults. The buoyancy of water supports the body, reducing the pressure on joints while providing resistance that strengthens muscles. Water aerobics classes have become increasingly popular for this reason, offering a fun, social way to get in a workout.

For those who prefer to stay on land, yoga and tai chi have emerged as top recommendations for older adults. Both practices focus on gentle stretching, improving flexibility, and increasing balance, which becomes crucial in preventing falls. Tai chi, with its slow, deliberate movements, is partic-

ularly known for its ability to enhance proprioception — the body's sense of position in space — which declines with age.

When we think about fitness for older adults, cardiovascular exercise often takes center stage. But strength training is just as critical, if not more so, for maintaining health and independence. Resistance exercises, whether through bodyweight movements, dumbbells, or resistance bands, help maintain muscle mass and support bone density, reducing the risk of osteoporosis.

“Strength training can be intimidating for older adults who've never lifted weights before,” says fitness coach Michael Givens. “But you don't need to be hoisting heavy dumbbells. Simple exercises like chair squats, wall push-ups, and using light resistance bands can make a world of difference.”

According to Givens, the key is to focus on functional movements — exercises that mimic everyday activities like bending, lifting, and pushing. This type of strength training not only makes everyday tasks easier but also boosts confidence, allowing older adults to continue living independently.

The benefits of staying fit as we age aren't just physical. Physical activity has been shown to improve mental health, reduce the risk of cognitive decline, and combat depression, which can be a common issue in older adults.

For many, the social aspect of exercise can be just as important as the physical gains. Joining group classes, walking clubs, or fitness programs designed for older adults can provide a

sense of community and purpose. This social interaction can stave off feelings of isolation, which is a significant concern for many aging adults.

“Exercise is one of the best ways to keep the mind sharp,” says Dr. Thomas. “It boosts blood flow to the brain and has been shown to reduce the risk of dementia. Plus, the sense of accomplishment that comes with meeting fitness goals is a great mood booster.”

For older adults who have been inactive for years, the thought of jumping into a fitness routine can feel overwhelming. But the most important thing to remember is that it's never too late to start, and even small changes can lead to big improvements over time.

“Start small,” advises Alison White. “If you haven't exercised in years, start with just 10 minutes of walking a day, and gradually increase that time as you feel more comfortable. The key is consistency, not perfection.”

Incorporating movement into daily life doesn't have to be complicated. Gardening, playing with grandchildren, or even dancing around the house can all contribute to a more active lifestyle.

Staying fit as we age isn't about striving for unattainable goals or pushing ourselves beyond our limits. It's about finding joy in movement, maintaining independence, and embracing the idea that our later years can still be full of vitality. By focusing on low-impact exercises, strength training and social interaction, older adults can experience the profound benefits of physical activity — both physically and mentally.



Cold and flu:

Home remedies, natural treatments, & when to seek help from Elliot VirtualER

By Dr. Kevin Rankins,
Elliot Health System



Cold and flu season can be challenging, but you don't always have to rely on medications. Simple, natural remedies can help relieve symptoms and support recovery. Knowing when to seek medical help is also crucial, especially for more severe cases. Here's a guide to effective home remedies, natural treatments, and the signs that indicate it's time to schedule a visit with Elliot VirtualER.

Home remedies for cold and flu relief

1. Stay hydrated

- Drinking plenty of fluids, such as water, herbal teas, and clear broths, helps keep the throat moist and loosens mucus.

- Avoid caffeine and alcohol as they can dehydrate you.

2. Rest

- Giving your body the time it needs to recover is important. Rest allows your immune system to fight off the infection more effectively.

3. Steam inhalation

- Inhaling steam can help ease congestion. You can do this by filling a bowl with hot water, covering your head with a towel, and breathing in the steam. Using a vaporizer is another effective way to inhale steam safely.

- Adding eucalyptus oil in the water may provide additional relief.

4. Saltwater gargle

- Gargling with warm salt water can reduce throat discomfort and swelling. Mix half a teaspoon of salt in a cup of warm water and gargle several times a day.

5. Honey and lemon

- Honey has natural antibacterial properties and can soothe a sore

throat. Mixing it with lemon provides extra vitamin C. Add a spoonful of honey and a squeeze of fresh lemon juice to warm water for a comforting drink.

- Note: Avoid giving honey to children under one year old due to the risk of botulism.

6. Ginger tea

- Ginger has anti-inflammatory properties that may help relieve a sore throat and reduce inflammation. Boil fresh ginger slices in water for a few minutes and add honey for sweetness.

7. Chicken soup

- Chicken soup can help ease cold and flu symptoms by providing warmth and hydration, which soothes the throat and loosens congestion. The nutrients from the broth, vegetables, and protein also support the immune system and promote recovery.

Natural treatments to boost immunity

1. Vitamin C

- Citrus fruits, berries, and leafy greens are rich in vitamin C, which can support your immune system. Consider vitamin C supplements if you cannot get enough through your diet.

2. Zinc supplements

- Zinc is probably your best bet for fighting off a cold. It can reduce the severity and duration of cold symptoms. You can find it in lozenges or natural sources like nuts, seeds, and meat.

- Remember that zinc can cause nausea, which may be alleviated by taking it with food and cutting the dose. More is not better—try to stay under 20 mg daily.

3. Elderberry syrup

- Elderberry is known for its antiviral properties and may reduce cold and flu symptoms. It's available as



a syrup or supplement but consult a healthcare provider before using it.

4. Garlic

- Garlic contains compounds that boost the immune system. Adding it to your meals or taking garlic supplements can be beneficial.

When to seek medical help

Home remedies can be effective for mild cold and flu symptoms, but sometimes medical care is necessary. Here's when to seek help:

1. High fever: If your fever reaches 103°F (39.4°C) or higher, contact a healthcare provider. Persistent fever is a possible sign of a severe infection.

2. Shortness of breath: Difficulty breathing, wheezing, or chest pain requires immediate medical attention.

3. Dehydration: If you cannot keep fluids down or are experiencing signs of dehydration (dizziness, dry mouth, reduced urination), seek care right away.

4. Symptoms persist beyond 10 days: If you're not improving or

symptoms worsen, a doctor's evaluation may be necessary.

5. Underlying health conditions: Individuals with chronic conditions like asthma, diabetes, or heart disease should seek help if they experience severe symptoms.

How Elliot VirtualER can help with cold and flu

Elliot VirtualER provides convenient access to healthcare professionals without leaving your home. If you're unsure about your symptoms, a virtual visit can help determine whether you need in-person care or if home remedies are enough. Visit ElliotHospital.org to get more information on Elliot VirtualER.

Stay informed, stay healthy, and know when to seek help.

Dr. Kevin Rankins is board-certified in emergency medicine and practices at Elliot Hospital, Elliot VirtualER, and Elliot Urgent Care.

YMCA Voices of Impact: Anthony “Tony” Mandravelis

A Lifetime at the Y

“I’ll never forget the first time I walked into the Nashua YMCA. I had never seen a gym before,” shares Anthony “Tony” Mandravelis, reflecting on his first visit to the Y at just seven years old. Little did Tony know that the Y would become such a significant part of his life.

Today, Tony is the YMCA of Greater Nashua’s longest-standing member. At nearly 88 years old, he has been a part of the Y for an incredible 80 years. He joined in 1944, when the Y was located on Temple Street. As a young boy, Tony would walk there with his mother, who worked at a nearby shoe store. She would drop him off before her shift and pick him up at the end of the day.

Back then, the Y was divided by age groups: younger kids gathered downstairs, while older, high school-aged

youth used the upstairs area, which housed pool tables. Tony recalls how the Y served as a melting pot, bringing together children from diverse backgrounds. His own family, of Greek heritage, lived in Nashua’s Greek neighborhood, but at the Y, he made friends from all over the city. “All the kids would say, ‘I’ll meet you at the Y.’ It was the greatest babysitter in the world,” Tony says.

After high school, Tony served in the Army for two years, then attended school for hair design. He met his wife, Patricia, and the couple shared many happy years together until her passing 14 years ago. They raised two children, Michael and Tracy, who were also active at the Y. Through it all, Tony remained committed to fitness and attributes his longevity to staying active. “As long as you’re moving, that’s the key to life,” he says.

Fifteen years ago, Tony retired but

remained a fixture at the Y, even volunteering with the organization’s board initiatives. When he decided to downsize his home and leave the Nashua area, his biggest concern was leaving the Y. Thanks to the YMCA’s Nationwide Membership Reciprocity program, Tony was able to continue his membership and stay connected, even while splitting his time between York, Maine, and Stratham, New Hampshire.

Tony’s reflections on his decades at the Y are heartfelt. “All the fellas I started with at the Y are gone, but we had some really great times,” he shares. He credits the Y with helping him stay physically, mentally, and socially active throughout his life. “It’s the greatest thing that’s ever happened to me. The Y has been a part of my life; it always has been, and it always will be.”

The YMCA of Greater Nashua is



undoubtedly better for having Tony as part of its community, and his story is a testament to the lasting impact of a lifelong connection to a place that feels like home.

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Cross-country skiing in New Hampshire:

A journey through winter's quiet beauty

By Staff

Nestled in the northeastern corner of the United States, New Hampshire transforms into a winter wonderland each year, its dense forests and rolling hills cloaked in a pristine layer of snow. For cross-country skiers, this quiet, snowy landscape offers an unparalleled opportunity to glide through nature, immersing oneself in the rhythm of the season. In a state famed for its rugged mountains and quintessential New England charm, the sport of Nordic skiing takes on a special allure.

Cross-country skiing, unlike its downhill cousin, is about embracing the journey rather than the thrill of the descent. It's an ancient sport, rooted in practicality, that has evolved into a cherished winter pastime. In New Hampshire, the sport takes on added

son **Ski Touring Foundation**, in the heart of the White Mountains. This nonprofit organization manages more than 150 kilometers of groomed trails weaving through picturesque villages and along serene rivers.

"Jackson is the gold standard for cross-country skiing in the region," said Michael Foster, a guide who has skied the area for decades. "The trails are impeccably maintained, and the scenery is unbeatable."

For families and those new to the sport, **Great Glen Trails Outdoor Center** near Gorham offers 45 kilometers of groomed terrain with breathtaking views of Mt. Washington. The center's gentle loops and family-friendly amenities make it an excellent choice for beginners.

Meanwhile, seasoned skiers seeking solitude and a more rustic experience might venture to **Bear Notch**



lation, and top it off with a windproof and waterproof jacket. Don't forget gloves, a hat, and sunglasses to shield against the bright winter sun.

Many Nordic centers, including Jackson and Great Glen, offer rental equipment and lessons. For beginners, learning the basics — such as the diagonal stride and snowplow stop — can make a world of difference.

"A short lesson can transform your experience," said Emma Clarke, an instructor at Bretton Woods Nordic Center. "You'll feel more confident and enjoy the trails so much more."

While groomed trails are a highlight, New Hampshire also caters to those drawn to the adventure of backcountry skiing. The **Presidential Range, Franconia Notch, and Mount Cardigan** offer challenging routes for experienced skiers. Backcountry skiing demands specialized equipment — such as metal-edged skis and climbing skins — and an understanding of avalanche safety.

"There's nothing like skiing in the backcountry," said James Miller, a frequent visitor to Franconia Notch. "The silence, the untouched snow, the feeling of being completely immersed in nature — it's magical."

After a day on the trails, skiers can relax and recharge in one of the state's

charming towns. Jackson, a hub for cross-country skiing, offers cozy inns and inviting eateries. Visitors can enjoy hearty meals at local favorites like the Red Fox Bar & Grille or sip on craft brews at Moat Mountain Brewing Co. in North Conway.

For those skiing at Bretton Woods, the Omni Mount Washington Resort provides an elegant setting for après-ski. Its grand lobby and crackling fireplaces offer a warm welcome after a day in the snow.

In a world increasingly dominated by screens and schedules, cross-country skiing in New Hampshire provides a rare chance to slow down and reconnect — with nature, with loved ones, and with oneself. The sport's steady rhythm, combined with the state's breathtaking scenery, makes for an unforgettable experience.

"Every time I'm out on the trails, I'm reminded of how lucky we are to have this," said Thompson. "It's the perfect way to embrace winter."

So whether you're a seasoned skier or strapping on skis for the first time, New Hampshire's snowy trails await. Glide through its forests, climb its hills, and discover the quiet joy of cross-country skiing in one of the most beautiful corners of the country.

“Every time I’m out on the trails, I’m reminded of how lucky we are to have this.”

— Sarah Thompson

significance as a gateway to explore the state's wild beauty and a respite from the frenetic pace of daily life.

For skiers, the appeal lies in its simplicity and accessibility.

"It's just you, the snow, and the sound of your skis," said Sarah Thompson, a seasoned skier from Concord. "There's nothing quite like it."

New Hampshire's trails are as varied as its landscapes, ranging from beginner-friendly loops in wide-open meadows to challenging climbs through thick forests. Among the most celebrated destinations is the **Jack-**

Ski Touring Center in Bartlett. The family-run operation features 65 kilometers of trails, winding through snow-laden forests and alongside the Saco River.

In all, New Hampshire boasts hundreds of kilometers of cross-country ski trails, ensuring something for everyone.

Preparation is key for a successful day on the trails. Layering is essential in New Hampshire's winter climate, where temperatures can swing dramatically. Start with a moisture-wicking base layer, add a mid-layer for insu-

“It was such a sense of relief to think ... I don't have to make [logistical] decisions. I don't have to make financial decisions. Even though I'm a funeral director, I can simply be her son and I can mourn my mother's death. I can grieve. I didn't have any other role to play. I didn't have to be bombarded with all these questions, and a timeline, and 'what are we going to do?'"

Over the span of his long career, Morin has experienced “absolute chaos – where people argue, where there are old resentments. It's gotten ugly. And so stressful. And it brings up all this old stuff that's been dormant for years. Deep seeded [issues] that have been festering for a long time.”

Morin admits that considering one's own mortality and the nuts-and-bolts aspect of end-of-life decisions isn't necessarily what we want to do but one of those “don't want to do” things.

“We are a death aversion society,” he believes. “We don't want to believe it happens. We have a death in the family and we get three bereavement days.

Well, it's not over and done in three days. It doesn't happen that way. But we're like that. It's considered more of an inconvenience. It's something we don't want to talk about. We don't want to acknowledge. Which is too bad because it's a part of life.”

Morin recommends Have the Talk of a Lifetime (nfda.org/resources/remembering-a-life/have-the-talk-of-a-lifetime) “to help with getting families to basically talk to their loved ones and get an idea of, not just what they want, but their life, their background, what do they like, what they don't like — things we don't normally talk about.”

Basic questions to consider include: Do I want a service? If so, what readings from scripture do I want? Do I want to be buried in a casket — or cremated? Do I want a prayer card and, if so, what prayer would I like on it? What photo should be used for the obituary and/or prayer card? What would I like my obituary to say? Who will write it?

Morin thinks that the Baby Boomer generation will make pre-arranging and pre-funding funeral arrangements more common. “As a generation, Boom-



ers were brought up to work, to be responsible ... I think these things were impressed upon us each in its own way and I think we're a generation, too, that may still have some financial reserves. But what I think has been impressed upon us is to plan to do things in a methodical way and to be prepared.”

According to Morin, a major consideration is not wanting surviving family members to feel overwhelmed by logistics. By pre-planning one's own funeral, those considerations have already been addressed. And if the arrangements have been pre-funded, any financial concerns have been taken care of.

Morin encourages people to share their wishes with their families, or simply write them down themselves. “People can often be very cavalier,” he explained. ““Oh, just bury me in the backyard somewhere; it's not important to me.’ Well, that's kind of a deflection, I think. Because it is important to us. It makes things clearer and so much easier for everyone.”

As challenging as it might be to broach the subject, Morin believes that “If we talk about it, then it's real. If we don't talk about it, then we can ignore it and pretend it doesn't exist, it's not going to happen.” It's a matter of denial, based on fear.

Morin encourages people to reach out to NHFDA or their local funeral home and start having that difficult conversation. And they may want to “shop” — to talk to someone beforehand before they make a financial] commitment.

“The only way to face our fears is to go through them,” Morin advised. “If you do this, if you pre-plan, if you just write out your wishes, you're going to feel a lot better about it. Don't be afraid of this. There's nothing to fear.”

Morin encourages people to share



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Cookies for the Cold

As the temperatures dip below freezing, it feels good to warm up with some delightful hearty winter-approved cookies. This issue we're featuring two recipes that are worth the calories.

Peppermint Chocolate Chunk Cookies

These cookies combine the rich flavor of chocolate with refreshing peppermint.

Ingredients

- 1 ½ cups all-purpose flour
- ½ tsp baking soda
- ¼ tsp salt
- ½ cup unsalted butter, softened
- 1 cup brown sugar
- 1 large egg
- 1 tsp vanilla extract
- ½ tsp peppermint extract
- 1 cup semisweet chocolate chunks
- ½ cup crushed peppermint candies (or candy canes)

Instructions

1. Preheat the oven to 350°F (175°C) and line a baking sheet with parchment paper.
2. In a bowl, whisk together flour, baking soda, and salt.
3. In a separate bowl, beat together the butter and brown sugar until creamy. Add the egg, vanilla extract, and peppermint extract, and mix well.
4. Gradually add the dry ingredients to the wet ingredients and mix until combined.
5. Stir in the chocolate chunks and crushed peppermint candies.
6. Scoop tablespoon-sized portions of dough and place them on the prepared baking sheet.
7. Bake for 9-11 minutes, or until the edges are set and the centers are slight-



ly soft.

8. Allow the cookies to cool on the baking sheet for a few minutes before transferring to a wire rack.

Cranberry Orange Cookies

Bright and tangy cranberries paired with zesty orange make for a refreshing winter cookie.

Ingredients

- 2 cups all-purpose flour
- ½ tsp baking soda
- ½ tsp salt
- ½ cup unsalted butter, softened
- 1 cup granulated sugar
- 1 large egg
- 1 Tbsp orange zest
- ¼ cup fresh orange juice
- 1 ½ cups dried cranberries

Instructions

1. Preheat the oven to 350°F (175°C) and line a baking sheet with parchment paper.
2. In a bowl, whisk together flour, baking soda, and salt.
3. In another bowl, cream together the butter and sugar until light and fluffy. Add the egg, orange zest, and orange juice, and mix until combined.
4. Gradually add the dry ingredients to the wet ingredients and mix until a dough forms.
5. Stir in the dried cranberries.
6. Scoop tablespoon-sized portions of dough and place on the prepared baking sheet.
7. Bake for 10-12 minutes, or until the edges are golden brown. Let cool on a wire rack.

Enjoy these delightful cookies this winter season!



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The perfect Old-Fashioned

Ah, the Old-Fashioned! A cocktail so imbued with dignity, so cloaked in history, that one might almost imagine it being served from a crystal decanter by a butler with a monocle and impeccable taste in neckties. It is, in short, the drink of a man who knows what he wants — and has absolutely no interest in being distracted by faddish concoctions or those newfangled gin-and-something-or-others that crop up now and then. No, the Old-Fashioned is pure, unadulterated class.

So gird your loins and prepare to indulge in the finest of liquors — because the best way to spend an evening is, naturally, with an Old-Fashioned in hand and your feet firmly planted on the plush rug of society's most tasteful establishments. Here's how to prepare it.

Ingredients

2 ounces Cask and Crew Double Oak Rye Whiskey

1 sugar cube (none of that granulated nonsense; just the cube, thank you)

2 dashes Angostura Bitters (only the finest will do; anything less is a slap in the face of tradition)

A twist of Orange Peel (for that touch of citrus elegance)

A maraschino cherry (optional, but do it



right, like a gentleman)

Instructions

1. The Foundation of the Thing: Begin, as all great recipes do, by placing the sugar cube at the bottom of a sturdy old-fashioned glass. Some say you must muddle it with bitters, but in our humble estimation, a gentle nudge from the back of a spoon does the trick. The idea is not to create a ruckus but to let the sugar and bitters commune together in a polite fashion — no need to ruffle any feathers.

2. Add the Liquor: Pour in your whiskey, the kind that might inspire poets or at least draw a satisfied sigh from a man with a well-tailored waistcoat. Stir gently. This is not a cocktail to be treated with haste or recklessness. We

are making a drink, not an emergency procedure.

3. The Twist of Orange: Now comes the moment to demonstrate your flair for the dramatic. Take a sharp knife and cut a small piece of orange peel, just enough to release the oils. Then, holding it over the glass, give it a twist, letting the oils dance across the surface. Drop the peel into the glass. If you're feeling particularly adventurous (and after a few Old-Fashioneds, who wouldn't be?), you might also opt to garnish with a maraschino cherry. The choice is yours, but remember, a cherry should never outshine the cocktail.

4. The Gentle Stirring: With a proper bar spoon — none of those silly implements you might find in a novelty shop — stir your concoction a few times. A nice, slow swirl, enough to marry the ingredients without disturbing their gentlemanly repose.

5. The Final Touch: Add one or two large crystal-clear ice cubes. The ice should be of such impeccable quality that it refrains from muttering anything untoward about the drink. Too much ice will dilute the essence of the cocktail; too little, and the drink might be a touch too aggressive for its own good. Aim for a perfect balance.

6. Admire Your Work: Take a step back, my friend, and admire your handiwork. The Old Fashioned is a drink of subtlety and grace, and this one — prepared with the utmost care and precision — should be worthy of any gentleman's evening.

Final Words of Wisdom:

Now, sip with restraint. One does not rush an Old-Fashioned. One enjoys it, as one enjoys the finer things in life. Like a good cigar, a faithful dog, or a well-turned-out evening at the Drones Club, it is best savored, never gulped. If it is done correctly, it should feel as though the drink were made not just for you, but by you, such is the harmony between glass and spirit.

Remember, the Old-Fashioned is more than just a cocktail; it is a declaration. A declaration that you, my good fellow, know exactly what you're about, and have no intention of pretending otherwise.

There you have it: an Old Fashioned, in the true spirit of Wodehouse's world. Enjoy it with the perfect mixture of aplomb and irreverence, and, if you're feeling particularly daring, with a good-natured quip or two. Cheers!

Volunteer Listings

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.

• **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.

• **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 disabled people in the greater Manchester and Nashua areas, according to the website. Volunteers are needed to provide transportation and deliver food

as well as to help with administrative work and in the warehouse, the website said. Go online to download the volunteer application and to see detailed frequently asked questions.

• **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.

• **Hillsborough County Gleaners** (hillsboroughccd.com) is a program of the Hillsborough Country Conservation District (HCCD) and NH Gleans. Working with local farms they collect excess produce and deliver it to community organizations. According to the website volunteer opportunities throughout the years include helping with “fundraisers, field work, education outreach, events, gleaning, office support and more.” Call (603)732-9194 or email hillsborough-countygleaners@gmail.com.

• **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.

• **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 mem-

ber services.

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

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

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

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

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

• **Park Theatre** (19 Main St. in Jaf-

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

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

• **United Way of Greater Nashua** (unitedwaynashua.org, 882-4011) is seeking volunteers for its Pop Up Pantries; specifically it is looking for someone to help distribute food on Tuesdays from 11 a.m. to 12:30 p.m. at River Pines Mobile Home Park in Nashua, according to an April press release. The United Way also has volunteer opportunities related to one-day events or fundraisers, work on committees within the organization (such as on finance or marketing) and in groups such as the Stay United group, a 50+ volunteerism group, according to the organization’s website. The organization also helped to put together a website, volunteergreaternashua.org, featuring volunteer opportunities from other area nonprofits.

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



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