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Granite Senior Journal

April/May 2025

A Bi-Monthly Dedicated to Senior Issues and Living



GARDENING FOR LIFE



Courtesy photo.

Meet the flower lady

By Betty Gagne

It's really not that uncommon to fall in love on Hampton Beach. It happened to Linda Gebhart when she met her husband, John, there during the time he was in the Air Force and stationed at Pease AFB.

"I was from Connecticut and my family spent our summers at Hampton Beach," she shares with us. "I worked as a chambermaid at the Tides Motel." Linda didn't put a lot of stock in the

romance, even when John promised to come for her after his tour of duty was completed. "But lo and behold, he was true to his word," she laughs. "He got a job at Pratt & Whitney and just showed up at the door one day." You might say their romance budded like a daffodil in the springtime. Linda and John were married in June 1964 and began discovering and sharing their love for gardening.

Picture this couple in their Connecti-

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Concord train station

By Jill Lessard

Like the sound of a train whistle, the old Concord Railroad Station holds a certain sentimentality in the hearts of senior Granite Staters.

In 1885, where the Capitol Shopping Center now stands on Storrs Street there stood an impressive edifice designed by Bradford L. Gilbert, the same architect responsible for New York's famed Grand Central Station. In its heyday, as many as 32 trains passed through Concord en route to cities and towns throughout the state, including popular vacation sites like the White Mountains, the Seacoast, and the Lakes Region.

As Archives Committee Chair for the Boston & Maine Railroad Historical Society (B&MRRHS), Earl Tuson is well-versed in Concord's railroad past.

"The history of the railroad in Concord begins in 1842, when the Concord Railroad completed its track into the capitol city from Nashua," Tuson wrote in an email. "Four additional lines would be built by a variety of interests, radiating out of the city towards the north, west, and even to Portsmouth. The Concord RR occupied a critical position in Granite State transportation, as the primary north-south connector between these lines and of several others towards the south. Through careful machinations, the Concord used that dominance much to its stockholders' benefit.

"However ... railroads in Massachusetts sought to eliminate that pivotal position. As surrounding railroads were bought up or leased by Massachusetts interests, the Concord Railroad eventually merged with one of its northern



The Concord Train Station as it looked in the late 19th century, with passengers arriving and departing in horse drawn carriages. (Photo courtesy of NH Historical Society)

linkages, the Boston Concord & Montreal, which operated from Concord to Laconia, Plymouth and Woodsville, in 1889 to become the Concord & Montreal. This was short-lived, as the Boston & Maine RR acquired the C&M in 1895 and achieved a virtual monopoly of rail transportation within the state very soon after."

Tuson, whose personal rail history interests center in Merrimack County, continued, "It may be a bit of conjecture on my part, but I believe those early events are the basis for the lack of rail transportation support that continues in this state to this day. Our 'local boy' got gobbled up by the big city forces, and that never went down well with our local elites or with our state legislature."

According to Tuson, a Loudon resident who grew up in Hooksett, "Railroads in New Hampshire served two primary traffic patterns: that of local consumption (coal, petroleum products, food stuffs, manufactured goods, etc.), production (textiles, paper, lumber, milk, etc.), and, secondly, as a last leg of an alternative, and international,

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April/May 2025

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(1st copy free; 2nd \$1)
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cut home among a rose garden with sprawling herbs abound. Linda loved to gather with her girlfriends on sunny afternoons for tea parties; the ladies would don white gloves and wear big picture hats. The couple also had a grape arbor where John would make wine from the crushed fruit. Now Linda and John spend their winters in Florida creating gardens and co-chairing landscaping committees, and summers here working with the Hampton Beach Beautification Committee, but we'll talk about that a little later.

Linda was introduced to growing plants at a very young age. Her earliest memory of gardening was helping her grandmother weed her vegetable plot at probably 4 years old.

"My mother and I would start flower seeds in my father's wooden cigar boxes every spring," she reminisces. "I remember how exciting it was to see the seeds sprout and grow into beautiful flowers in our garden." She's raised her children to love gardening, and she and John planted a small veg-

etable patch with their first grandson.

"I wanted him to experience the wonder of planting seed and to know where his food comes from," she smiles.

"Gardening is very rewarding and a great way to escape stress and connect with the miracle of nature," Linda says. She shares a poignant story that demonstrates how deep her connections with gardening go: "We lost our



Courtesy photo.

Florida home in 2017 in Hurricane Irma," she says sadly, sharing the couple's sorrow over the loss. Irma was a Category 5 storm with winds over 180 miles per hour and tore up everything in its path. "Part of our healing process was re-planting our lot and building a butterfly garden. It gave us hope to see the flowers blooming and the beautiful butterflies in our yard after so much devastation." She also

recalls the flooding that destroyed Bicentennial Park in Hampton during the winter of 2023 and how the committee had doubts about the gardens surviving.

"With a lot of TLC the flowers did bloom again; we were astonished at how resilient the plants were, and it filled us with hope once again," she tells us.

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Tagged butterfly. Courtesy photo.



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Now Linda splits her time between Florida and New Hampshire and maintains beautiful gardens in each place. She loves all flowers and is always trying new varieties to plant. “Gaura blooms all summer and is wonderful for a windy spot; I love vibrant blanket flower, cosmos, and daylilies; roses and lilacs are old-time favorites; and in Florida we grow tropical flowers like orchids and lady of the night.” Linda loves lady of the night because of its scent, very similar to lily of the valley. The delicate star-shaped pale yellow flowers glow in the moonlight as their most powerful aroma is given off after dark.

She strategically plants certain types to attract bees, hummingbirds and butterflies, and stresses how important location is when you’re deciding what to plant.

“Milkweed and asters attract butterflies, and we’ve created ‘monarch pathways’ in HB State Park and Bicentennial Park, and one in Florida where we raise these butterflies.” The couple tags the butterflies in the fall when they migrate through New Hampshire.

Linda is known as the Flower Lady in her Florida neighborhood, as she shares her flowers and plants with the nearby folks. “I love to give flowers away during the holidays, and I send an email out to the neighbors to come over and get their plants,” she says.

During the summer, Linda and John both belong to the Hampton Beach Beautification Committee. As the chairperson for the committee for



Courtesy photo.



Courtesy photo.

“...we were astonished at how resilient the plants were, and it filled us with hope once again”

— Linda Gebhart

19 years, Linda explains the function of the club: “We’re a group of volunteers dedicated to planting flowers and plants to beautify the public beach areas.” If you visit Hampton Beach you can see their handiwork in many spots, including at HB State Park; across the street from the park entrance at the ‘Y’; adjacent to the

playground; and at the Memorial Statue overlooking the ocean. In all, the volunteers maintain 12 gardens around the beach area. The group was acknowledged in 2005 by Gov. John Lynch for their beautification efforts at the beach and received the Community Award from New Hampshire Arborists in 2008. The committee works from May through November and is always looking for volunteers.

“Linda and her husband, John, began beautifying the beach about 20 years ago,” says fellow gardener Ann Radwan. “They established gardens where none existed and have worked tirelessly recruiting residents to help them. Keeping the plants looking beautiful all summer is a big job, and Linda should be commended for her dedication. As a member of the HB Garden Club, she also works to maintain the gardens at the entrance to the Hampton Town Hall. Her creative touch is everywhere.”

If you’ve ever walked Ocean Boulevard during the summer, you know what she’s talking about.

It’s easy to picture Linda as a beautiful ’60s hippie, wearing flowers in her hair and huarache sandals on her feet, but she claims she never even went to Woodstock. At nearly 80 years old, the planting and gardening might have taken their toll on her body; however, she shrugs it off. “I walk, line dance, bike, kayak and do yoga,” she tells us. She’s not on any prescription drugs either, just a calcium supplement. When she’s not burying her hands in soil, she’s painting and drawing and teaching watercolor classes both in Florida and at the Hampton Rec Department here during the summer, something she’s done for the last 30 years. “I’ve always been artistic,” she confesses. “I enjoy painting landscapes and flowers.” Don’t look for her until August, though; in May, June and July she’ll be busy planting.

With all her flora and fauna success, it’s only natural to wonder if she has any special secrets she’d like to share.

“We typically use black acid rich soil or coffee grounds for fertilizer. We just pat them into the soil, and the hydrangeas and rhododendrons love it.” After a pause, she adds, “And I always talk to my plants. I tell them how beautiful they are and how wonderful they smell.” She also encourages them to grow when she’s planting new ones. It looks like she wants everyone to just get along.

Wait, what? You talk to your plants? Are you sure you didn’t go to Woodstock, Linda?



Courtesy photo.

routing for western products to the Boston metro.”

As one might expect, the B&M was focused on its massive Boston terminal with most of its freight and passengers traveling into or out of the city. Despite those patterns, “Concord’s historical role as a hub within our state continued to impact its role in this larger system. Until well after WWII, the railroad’s second largest car and locomotive shops for maintenance, repair, and rebuilding of all nature of rolling stock, remained the Concord Shops (sadly, most were only torn down in the last few years to make room for more condos.)”

Tuson elaborated, “Freight and passenger trains stopped at nearly every town’s depot. In Concord, not only were products loaded and unloaded for the city’s needs, the freight yard (now largely buried under Interstate 93,) allowed the railroad to sort the freight cars and assemble the trains so that the freight could be delivered to outlying communities via the numerous branch lines. As the capital city and as an important New Hampshire junction point, all trains that operated through Concord stopped in Concord.”

As to what led to the eventual demolition of the Concord Railroad Station in 1959, Tuson surmised, “The impact of the automobile, with improved roads, and eventually, federally subsidized interstate highway system, served to become the competition that the railroad could not easily survive.

Passenger service was reduced system wide as the operating losses mounted. ... Historical, social, and architectural considerations simply could not overcome the financial necessities of an unprofitable corporation; stockholders don’t want to pay for romanticization.”

In addition, the rise of technology certainly took its toll. According to Tuson. “Technological change between the late 19th century and the first decades of the 20th ... had a huge impact on such aspects of operations. While passenger service began to decline even in the early 1920’s, freight traffic continued to grow until the Depression years.”

Bringing readers up to the present, Tuson concluded, “Today, a large eastern U.S. carrier, CSX Transportation, has now acquired the former Concord RR/B&M line from Nashua to Concord and continues to operate a limited freight service on the line. The old BC&M is now owned by the State of New Hampshire, and a couple small outfits lease portions of that track, mostly for tourist railroad operation. The most important northern freight line, the once aptly named Northern RR, from Concord to White River Junction, Vermont, was torn up and only carries snowmobile and bicycle traffic today.”

Just as the sound of a train whistles grows faint, so has the glory of Concord’s Railroad Station, once a grand symbol of New Hampshire’s impressive transportation and industrial might.



Built in 1885, the Concord Train Station was designed by Bradford L. Gilbert, the architect responsible for New York’s Grand Central Station. (Photo courtesy of NH Historical Society)



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Find yourself at the Currier this spring

5 reasons to plan a visit

Spring is officially in the air. In this season of beauty and growth, discover new experiences at the Currier Museum of Art.

#1: Attend an exciting exhibition opening.

On April 9, join us for the opening of our latest exhibition, *Nicolas Party and Surrealism: An Artist's Take on the Movement*.

Enjoy hearty refreshments with a Surreal twist

Be there for the first look at this remarkable exhibition, which features giant pastel murals by prominent Swiss contemporary artist Nicolas Party in conversation with iconic Surrealist works

Hear from the artist himself on his inspiration, influences, and process

This is a ticketed event. Members pay just \$15 to attend. Call the museum at (603) 669-6144 to purchase your ticket or visit Currier.org/events.

#2: Check out the new Tidewater Café at the Currier.

Coming soon: fresh flavors in a space you love. Picture your favorite neighborhood café at the heart of *your* world-class art museum. That's Tidewater Café at the Currier, opening this spring in the Winter Garden. It's the latest dining experience created by Keri Laman, owner of the award-winning Tidewater Catering and several popular cafes throughout Manchester. Stay tuned for the official opening date or call the museum before your next visit.

#3: Bring your family to an upcoming free "Second Saturday."

On the second Saturday of every month, the Currier opens its doors to the community with free admis-



Families enjoy making new memories at the Currier. Photo credit: Coco McCracken

sion and family-friendly activities. It's a great introduction to everything the Currier has to offer that also happens to be kind to the budget. Better yet, your grandkids will love artmaking in the Creative Studio, with free educator-designed activities inspired by our latest exhibitions.

Our next "Second Saturday" events are 4/12 and 5/10.

No pre-registration is required. Just bring your family or yourself!

#4: Sign up your grandkids for April Vacation Week ARTventures.

The Currier is proud to offer April Vacation Week "ARTventures" for students ages 6 through 12 in a

half-day format. Inspired by *Nicolas Party and Surrealism: An Artist's Take on the Movement*, young artists will have the opportunity to play with a range of materials as they unleash their creativity and cultivate confidence.

April Vacation Week ARTventures take place April 30 through May 2.

Learn more and register at Currier.org/Classes.

#5: Become a member.

Our membership levels offer something for everyone. Visit the museum for free as often as you'd like. Take your membership card with you for free museum admission when you travel through our reciprocal membership partnerships with hundreds of institutions nationwide. Attend exclusive events.

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Visit <https://eastersealsnh.org/homecare-jobs> to get started.



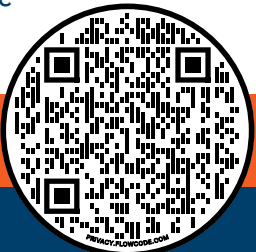
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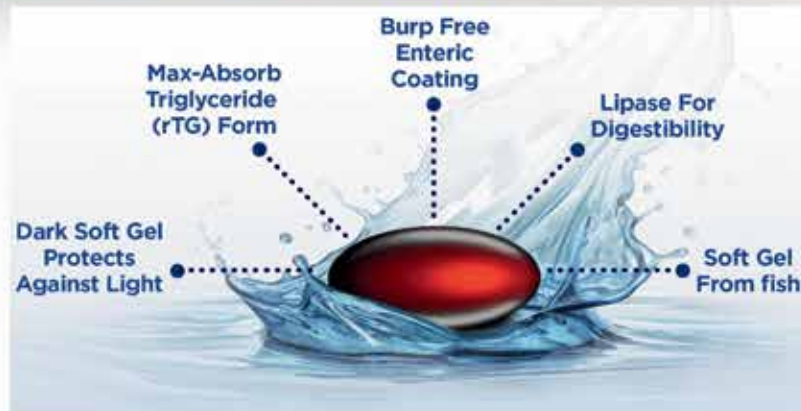
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The omega-3 advantage:

Why you shouldn't skip this daily essential nutrient

By Brenda Watson,
C.N.C.

Let me ask you something—how often do you think about your omega-3s? If you're like most people I

talk to, it's probably not often enough. And yet, when I say that omega-3 fatty acids are *essential* to our health—especially after 55—I mean it in the truest sense of the word. Your body literally can't make them on its own. That means we *must* get them through food or supplements. And believe me, most of us aren't getting nearly enough through the food eat.

Now, I've been in the natural health world for over three decades, and if there's one thing I've seen repeatedly, it's that high-quality omega-3s can make a profound difference—especially when they come in a **high-potency, high-purity fish oil supplement**. So today, I want to share with you why this simple daily habit could be one of the most powerful things you do for your health.

The brain-boosting, heart-happy power of omega-3s

Let's start with your brain. As we age, many people notice little changes—like forgetting where you left your keys or struggling to find a word mid-sentence. Sound familiar? Well, your brain is made up of nearly 60% fat, and DHA, one of the key omega-3s found in fish oil, is a major building block of the brain. When you get enough DHA, it helps support cognitive function, memory, and mental clarity. And research suggests it may even help lower the risk of cognitive decline as we age.

Now, let's talk about the heart. Heart disease is still the number one cause of death in this country, our risk goes up significantly as we age. The good news? Omega-3s, especial-

ly EPA, another key fatty acid, are known for their heart-protective benefits. They help reduce triglycerides, support healthy blood pressure, and keep inflammation in check. That's huge.

Inflammation, joints, and comfort

Speaking of inflammation... if you wake up with stiff joints or nagging aches and pains, omega-3s may help. These fats are natural inflammation fighters. And unlike medications that can come with side effects, omega-3s work gently to support joint comfort and mobility over time. Many people I work with tell me they feel a difference in just a few weeks.

Mood, skin, and more

Let's not forget mood. Many adults over 55 experience mood swings, low energy, or even the blues. Omega-3s, particularly DHA, have been shown to support emotional well-being and help balance mood. They also nourish the skin from the inside out, helping to keep it supple, hydrated, and more resilient against the signs of aging.

Why high potency and high purity matter

Now, not all fish oil supplements are created equal, and this is important. I always recommend choosing one that's **high potency** and **high purity**. Why? Because if you're going to take something every day, you want to know it's both effective and safe.

A high-potency formula means you're getting a *therapeutic* dose, meaning enough EPA and DHA to truly make a difference. Look for at least 1,000 mg of combined EPA and DHA per serving. Many products only give you 300 mg or less, and that's just not enough.

High purity is just as crucial. The ocean isn't as clean as it used to be, and fish can contain heavy metals, PCBs, and other contaminants. That's why



I always choose fish oil that's been **molecularly distilled** and **IFOS-certified** (that stands for International Fish Oil Standards). This independent certification guarantees the oil is tested for purity, potency, and freshness, and that gives me peace of mind.

Also, I love fish oils that come from **wild-caught, small fish like anchovies and sardines**, and are bottled in **glass containers** to prevent oxidation. It's all about protecting the integrity of the oil.

One small change, big benefits

Here's the truth, taking a high-quality omega-3 fish oil is one of the easiest, most impactful changes you can make for your health. Whether you're looking to stay sharp, support your heart, keep your joints flexible, or just feel more vibrant, omega-3s are your best friend.

And here's my personal tip: Take your fish oil with a meal that con-

tains fat. It helps with absorption and reduces the chance of that dreaded "fishy burp." (Although, the good fish oil won't do that anyway!). You can also look for a fish oil that is enteric coated. The enteric coating helps the capsule survive stomach acid and release in the small intestine where you need it.

You're worth it

At this stage in life, our health should be a priority, not an afterthought. We've spent decades taking care of everyone else, now it's time to take care of *you*. Find yourself a 5-star IFOS certified omega-3 supplement. Commit to taking it daily. And give your body the nourishment it deserves.

Here's to your health, your heart, and the vibrant life you were meant to live. You've earned it.



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Downtown delights

New shop Nordic Notes & Notions expands on the quirky joy of Viking House

by Liza Poinier Clendenning
and Emily Galvin

Greeting card devotees, you've got a new place to feed your imagination, as downtown Concord's Viking House opens a second storefront dedicated to cards, paper goods, and other delights. The new shop, **Nordic Notes & Notions**, brings the quirky joy of Viking House into a charming stand-alone space with a focus on creativity, communication, and fun!

Just a few doors down from Viking House, Nordic Notes & Notions at 3 North Main Street in Concord will specialize in greeting cards, while also carrying an array of carefully curated craft kits, paper goods, puzzles, gift wrap and bags, and a modest selection of writing implements and art supplies.

For Emily Galvin, manager and buyer for Viking House since 2013, Nordic Notes & Notions is the culmination of a 12 year dream. "I adore greeting

cards and toys, and I've been expanding our card and paper department for years, working toward the day when we could launch a separate space dedicated to all things

paper," she said. "When the opportunity arose to open a smaller sister store right down the block, we decided to make the leap! Our downtown neighbors have been very supportive, and our customers are thrilled to have another independent store to enjoy!"

If you've been to the Viking House in the last decade, you've surely noticed that the 41-year-old store, an anchor of downtown Concord, isn't "your Grandma's Viking House"! From its roots as a Scandinavian import store, Viking House now features gifts, toys, food,



Courtesy Photo.

outerwear, and home goods from more than a dozen countries across Europe and the US. "Obviously I'm biased," said Galvin, "but I love everything we carry, and I couldn't be more excited to have the space to expand our offerings, both at Viking House and

*...our customers
are thrilled to have
another independent
store to enjoy!*

— Emily Gavin

Nordic Notes!" In addition to its retail goods, Nordic Notes & Notions will host occasional workshops where folks can work on a kit or skill with instruction from staff or local guest artists – and Galvin has been working to partner with fellow shopkeepers on events for spring and summer.

Curious? Visit Viking House on Facebook or Instagram to follow along as the space transforms, and swing by 3 North Main for Nordic Notes & Notions' "soft opening" on Friday, April 4, to coincide with the First Friday Bicentennial Block Party in celebration of Penumbra's 5th birthday. We can't wait to welcome you!

Longevity and well-being:

The benefits of living at Hunt Community in Nashua, NH

As people age, the pursuit of longevity and well-being becomes increasingly important. A growing body of research indicates that a strong sense of community, social connections, and an active lifestyle are essential factors in living a longer and healthier life. Hunt Community, an independent living, active retirement community in Nashua, NH, provides a vibrant, socially enriching environment that fosters both longevity and well-being.

Studies have shown that individuals who maintain strong social relationships are more likely to live longer and healthier lives. According to the National Institute on Aging, older adults who are socially engaged experience better mental health, have a lower risk of chronic diseases, and tend to recover more quickly from illnesses or surgeries. The sense of belonging, coupled with daily interac-

tions, plays a critical role in enhancing overall well-being, as it combats loneliness and isolation, which are often linked to negative health outcomes.

Hunt Community in Nashua, NH, offers a variety of services and amenities designed to support an active, socially connected lifestyle. As an independent living, active retirement community, Hunt Community focuses on empowering residents to live independently while providing opportunities to stay socially engaged. The community is built around the idea that social interaction is a key element of health. Residents are encouraged to participate in a range of activities, from fitness classes to arts and culture programs, ensuring that there's something for everyone.

Moreover, Hunt Community offers a wide variety of communal spaces where residents can meet, chat, and enjoy time together, fostering a true sense



of camaraderie. Whether it's dining together in the fine dining restaurant, attending social events, or engaging in volunteer work, the opportunities to stay socially active are endless.

The benefits of social living are well-supported by statistics. A study published in PLOS Medicine found that people with strong social networks have a 50% higher likelihood

of survival over a period of years than those who are isolated. In addition, social engagement has been linked to improved cognitive function and better mental health, which are key contributors to overall well-being as we age.

At Hunt Community, the focus on creating a social, engaging environment helps residents enjoy both a longer and more fulfilling life. By combining excellent healthcare services with a strong emphasis on community and connection, Hunt Community supports its residents in aging gracefully and healthily. Living in such an environment can truly be the key to unlocking the secrets of longevity and well-being.

To explore the wide range of events and activities that foster this sense of connection and well-being, visit us at www.huntcommunity.org and check out the Events page for more details on upcoming events at Hunt Community.



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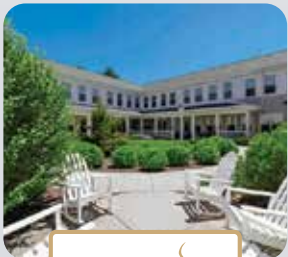


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Cheap(er) art

by Curt Mackail

The National Institutes of Health say art activities especially benefit our aging brains. But some opportunities to engage art can strain the budget — museum-going, in particular.

General admission to major museums ranges from around \$20 to more than \$30. Boston's Museum of Fine Art, for example, gets \$27 for general admission, plus \$7 extra for premium shows like the current Van Gogh exhibition. (And the MFA doesn't offer senior discounts.) Add in parking, lunch in the cafe, and a few postcards from the museum shop and you can easily rack up more than \$100.

Fortunately, there are a few easy ways to help keep costs in check while visiting museums and other cultural institutions.

Free and discount museum tickets

Becoming a museum member with free admission for a year can be a bargain compared to buying individual tickets for each visit. For example, a senior membership at the Currier Museum of Art in Manchester is \$15. A yearlong membership is \$60. Become a member and it takes just four visits to break even. Plus you get 10 percent off food, purchases, and art classes, and one free pass for a friend. If you think you'll go at least four times in the following 12 months, buying a membership makes financial sense.

In addition, check out reciprocal museum passes. They can save you lots of money because they're good for unlimited free visits to multiple museums if

you're a member of just one. For example, when you become a member of the Currier, you can use that membership for free admission at any of 1,500 other sites that are part of the North American Reciprocal Museum (NARM) Association.

Not all museums are NARM associates like the Currier. But among the reciprocal institutions are art, crafts, and specialty museums; botanical gardens and arboreta; aquariums, zoos and tourist attractions. The majority are in the United States. Other locations include Canada and Mexico. Visit narmassociation.org for details.

Most city and large town libraries loan museum passes to their library card holders. You'll typically get at least 50 percent off at the door of your destination. Contact your library for exact program details and cooperating institutions. Libraries have limited numbers of passes available. Borrowers are usually required to register in advance.

Collecting art on a dime

Historians tell us that during the Northern Renaissance in Europe, beginning around 1500, a variety of social and economic factors combined to nourish art, architecture, music and literature like never before. Some art historians estimate that between 5 and 10 million paintings were produced during this historic era.

"Original prints from artists' studios and genre oil paintings hung in virtually all Dutch homes," writes Michael North in *Art and Commerce in the Dutch Golden Age*. "Dutch artists could not expect



For works in all price ranges from around the world, visit Artsy.net, Artfinder.com, or Etsy.com. Pictured is an original oil painting signed by a contemporary French artist, found through Artfinder.com, for under \$140. Courtesy of artfinder.com.

significant patronage from the church or the aristocracy. Instead, they relied on town councils and wealthy individuals, with the latter group primarily commissioning portraits. In the free market, artists frequently sold still lifes, landscapes, seascapes, and genre pieces at annual markets and fairs, on the street, sometimes at locations designated by the guild, as well as through art dealers and in their own studios," North says.

The values of the Renaissance were long ago eclipsed by modernism. Collecting fine art today is mostly reserved for the wealthy, but we can still enjoy collecting on a dime. Like centuries ago, plenty of affordable work from local artists and craftspeople can easily be found. Today, places to start include artist websites, community art fairs, exhibitions in public buildings and galleries, and local artist clubs and organizations.

If you're an amateur collector on a budget, it's reassuring to realize collectible art objects don't have to be extravagant. My wife and I like collecting bird stuff — carvings, paintings, sculpture, photos, old advertising, whatever. We've found great pieces from local artists and wherever we traveled. Craft and county fairs, second-hand shops, flea markets and yard sales sometimes produced exceptionally good finds. We do it just for the fun of it, and only buy what we can afford.

If you're not sure where to start, an internet search works well. Just type in "artists" with your home area. I just searched for artists in Manchester. As you'd guess, there are hundreds of listings with individuals, organizations, events and galleries.

For a wider look at the art that's available out there, try Artsy.net. This hub for sellers and buyers includes creators, galleries and other resellers. Depending on the seller, you may submit an auction bid, buy outright, or make an offer. To search you may pick a price range and may also specify the type of art you're looking for. My recent search for open edition prints under \$150 returned almost 1,000 pieces.

Take a free museum tour

Museums of all sorts offer an astounding range of free virtual tours that let you browse galleries online and learn about art. It's as simple as checking the museum website that you're interested in. If you're not sure where to start, try one of the world's top museums we recommend.

- *The British Museum, London*. More than 60 galleries online. Especially good for antiquities, but the collections are wide-ranging and thoroughly absorbing. Go to britishmuseum.org.

- *Vatican Museums*. More than 25 individual museums comprise the Vatican's portfolio you can visit online. Our recommendations include the Sistine Chapel, the lesser-known Nicolene Chapel, Raphael's Rooms, and the Collection of Modern and Contemporary Art. Go to artsmuseivaticani.va.

- *National Museum of Modern Art, Tokyo*. Artworks dating from roughly 1900 to today. Holdings are extensive, with more than 13,000 objects centered on contemporary Japanese art. Online you can take a tour, be part of the Let's Talk Art program, and get links to help you learn more. Go to momat.go.jp.

- *Musée d'Orsay, Paris*. French art from the 19th and early 20th centuries. Famous works from Monet, Cézanne, Gauguin, and Rodin. Go to musee-orsay.fr.

- *Wits Origins Centre, Johannesburg*. Explore the beginning of humanity through exhibits of artifacts, fossils, and ancient art. Contemporary art installations at Wits take their cue from early civilization too. A division of the University of Witwatersrand. Go to wits.ac.za.



The New Hampshire Historical Society, 32 Park St., Concord, adjacent to the Statehouse, is the pre-eminent repository of records, objects, ephemera and art directly related to the state's past. Admission is \$10 or free with a reciprocal museum association card. Courtesy photo.

Replacing knees in Africa

Kathleen A Hogan, MD

When I told people I was traveling to Tanzania, most assumed I was going on a safari expedition or climbing Kilimanjaro. But that was not the purpose of my journey. Eleven years ago, I traveled to Arusha, Tanzania with WOGO – Women’s Orthopaedic Global Outreach – a group of female orthopaedic surgeons whom perform free knee replacements in medically underserved countries. And now I was going back there, with the same team of surgeons, to the same hospital, to perform knee replacements.

In the United States, joint replacements are some of the most commonly performed surgeries. If you have arthritis, there are many available treatments, including surgery. Most people with arthritis are over the age of 65 and have Medicare. In Tanzania, a country of 67 million people, 68% live in poverty. The majority live in rural areas, far from major hospitals. There are very few

orthopaedic surgeons: 1 per 500,000 people compared to 9 per 100,000 in the US. Most people do not have insurance and pay the full cost of any procedure. Health care challenges include inadequate funding and infrastructure, poor quality of care, and unequal distribution of resources favoring wealthier communities.

Our organization works with in-country orthopaedic surgeons to provide free knee replacements to patients who could not otherwise afford them. We bring with us implants which are donated by Zimmer, and supplies donated by our hospitals. Our team consists of surgeons (all of whom are women), anesthesiologists, nurses, scrub techs, physical therapists, and other volunteers. The hospital we worked at, Arusha Lutheran Medical Center (ALMC) has one orthopaedic surgeon plus residents. They identified patients with severe knee arthritis, and we evaluated those patient. In 3 days, we performed 48 knee replacements. Many of these

patients had extremely crooked legs and were barely able to walk. We taught the residents and worked closely with the hospital orthopaedic surgeon. After surgery, our physical therapists worked with the patients, teaching them exercises. We provided our patients with new shoes, and also distributed shoes to local school children.

All of the patients were extremely grateful. Without our team, they would have not been able to afford the cost of surgery. Many gave us small gifts, wrapping us in Maasai blankets, the shuka, which is a very traditional gift symbolizing good fortune and protection.

What happens after our group leaves the country? The patients will follow up with the local orthopaedic surgeon and continue to get therapy at the hospital. We have remained in communication with the local doctors and all our patients continue to do well.

These trips are incredibly challenging. We must negotiate customs rules

to transport all of our supplies into the country. We rely on the generosity of donors for funding. We worry about the physical safety of our team as well as health risks such as malaria and outbreaks of Marburg virus. Yet it is so rewarding to help someone who was crippled with arthritis be able to walk again without pain, especially in a country where nothing is handicapped accessible and so many people cannot afford the surgery which will help them so much.

In the last 11 years I have been on 6 humanitarian trips with WOGO- to Tanzania, Congo, Cuba, Guatemala, and Guyana. I have learned the difficulties the local orthopaedic surgeons face trying to provide quality care with limited resources. I have learned to operate in difficult conditions and I have learned a lot about my own resilience. It is the gratitude of the people we help which makes me continue to participate in these trips, trying to make a difference in the world even in a small way.



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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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- Quebec City Getaway - July 29-August 1
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- Lake Placid & the Adirondacks - September 7-9
- The Shenandoah Valley of VA - Sept 26-October 2
- Maryland's Eastern Shore - October 19-24
- Veterans Day in Washington, DC - November 8-13
- A Magical Christmas feat. Longwood Gardens - Nov 20-24
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Why travel with Terrapin Tours?



Courtesy Photo.

by Kelly Cooke,
Owner of Terrapin Tours

Hello from the team at Terrapin Tours! 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! I like to stress that traveling in a group is really all about the journey – taking the time to enjoy beautiful destinations AND the company of your fellow travelers. We offer over 40 tours a year – from day trips to bucket-list adventures, we have a tour for everyone!

Traveling with Terrapin Tours takes the stress out of travel!

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 been voted NH's #1 Travel Company – 4 years in a row! Sit back, enjoy beautiful destinations and the company of your fellow travelers, and let us handle the rest!

There are a lot of differences between tour companies and it is

important to choose the one that is right for you. Don't just look at the price and length of a tour – there are a lot of factors to consider when choosing the right fit for you - including the overall "feel" of the company.

Less ho-hum, more fun!

At Terrapin Tours, we like to have fun and we are on a mission to demolish the pre-conceived notion of the dreaded bus tour. From years of traveling on tours as a passenger and leading my own tours, I have learned that if everyone is on the same mission to have fun - nothing is going to stop them.

Quality, comfort & value

We may not be the least expensive, because that isn't our goal. As the saying goes, we believe that "you get what you pay for." 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 on all tours; luxury motorcoaches, and friendly, professional drivers. Plus, we



Courtesy Photo.

believe smaller group sizes are better - so 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 with fellow travelers; and I love sitting down at the end of the day and sharing stories of our adventures. My passion for group travel has helped me create a new kind of travel - a group tour where after you take that “first step” and get on the bus, you are in for a fun-filled adventure, not some stuffy old bus tour. So hop on the bus with Terrapin Tours....you won’t regret it!

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!

Need more reasons?

Contact us! We’re here to answer

your questions and make sure that you have all the information you need to feel confident in your decision to Hop on the Bus with Terrapin Tours!

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

Kelly Cooke is the Owner of Ter-

rapin 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.



Courtesy Photo.

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 10-15 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 8-12 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 non-consecutive 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 nowa-

days. 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 shoul-

der 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 10-15 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 10-15 reps per side.

Enhanced recovery knee replacement:

Get back on your feet faster

by Dr. Anand Padmanabha



Knee pain can make even the simplest tasks—like climbing stairs, taking a walk, or standing for long periods—feel

like a challenge. For many people, knee replacement surgery can offer a path back to an active, pain-free life. But concerns about recovery time, safety, and effectiveness often hold patients back from taking the next step.

Rapid Recovery Knee Replacement uses smaller incisions and precise tools to reduce the impact on surrounding tissues and muscles, which may enhance recovery after surgery. These advanced techniques are designed to reduce pain and speed up recovery, making it easier to return to the activities you enjoy with confidence.

Is knee replacement right for you?

Knee replacement may be a good option if:

- You're experiencing chronic pain or stiffness caused by moderate to severe osteoarthritis.
- Everyday activities have become difficult due to knee pain.
- Non-surgical treatments, such as physical therapy or injections, haven't provided relief. If knee pain interferes with your quality of life, it might be time to explore your options.

How does minimally invasive knee replacement speed up recovery?

- Here's how minimally invasive knee replacement makes recovery faster and easier:
- Smaller incisions mean less scarring.

- Reduced tissue damage results in less pain and swelling.
- Faster recovery helps you return to daily activities sooner.

Many patients are able to go home the same day as their procedure, thanks to our outpatient joint replacement program.

Advanced technology

At Foundation Orthopedics, we use modern implant technology that takes knee replacement surgery to the next level with state-of-the-art precision. Here's how it works:

Pre-surgery planning:

- A CT scan of your knee may be performed.
- The scan is uploaded into the software to create a 3D model of your knee.

During surgery:

- The robotic arm assists the surgeon, providing real-time feedback to ensure precise implant positioning.
- The system uses haptic feedback to prevent the surgeon from exceeding pre-set boundaries, adding an extra layer of safety.
- Real-time adjustments allow for maximum comfort and function.

This level of precision helps ensure that each patient achieves the best possible result.

How the knee replacement process works

Here's what you can expect from start to finish:

Pre-surgery planning

- We'll discuss your symptoms and goals to determine if surgery is right for you.
- A personalized surgical plan will be developed to ensure the best possible outcome.

Surgery day

- The procedure typically takes about one to two hours.
- Our enhanced recovery protocols and surgical technique allow you to start walking with assistance shortly after surgery.



Post-surgery recovery

- Most patients go home the same day.
- A cane or walker will help you during the first couple of weeks.
- Physical therapy starts right away to rebuild strength and mobility.

Why choose minimally invasive knee replacement?

Patients who undergo minimally invasive knee replacement often enjoy years of improved mobility, reduced pain, and a more active lifestyle. It has many advantages over traditional knee replacement, including:

- Faster recovery: Many patients resume driving within 2–3 weeks.
- Less pain: Advanced pain management techniques ensure greater comfort.
- Long-term relief: Modern implants are designed to last for decades.
- Personalized care: Every surgery is tailored to your unique needs.

Why choose foundation Orthopedics for minimally invasive knee replacement?

At Foundation Orthopedics, our outpatient joint replacement program focuses on patient-centered care:

- Same-day discharge: Recover in the comfort of your own home.
- Expert care: Our team includes fellowship-trained joint replacement surgeons who perform hundreds of knee replacements annually.
- Comprehensive support: From pre-surgery planning to recovery, we're with you every step of the way.

Let's get you moving again

Knee pain shouldn't keep you from living your life. Whether you're ready to move forward with surgery or simply want to explore your options, our team is here to help.

For more information or to schedule a consultation, visit snhhealth.org/ortho. Together, we'll help you get back on your feet and back to doing what you love.

Dr. Anand Padmanabha is a Harvard fellowship-trained orthopedic surgeon specializing in knee and hip replacement surgery. He leads the outpatient joint replacement program at Southern New Hampshire Medical Center, offering advanced techniques like minimally invasive and same-day discharge knee replacements. To schedule a consultation, visit snhhealth.org/ortho.

Faith, family, and resilience:

Bishop Choate's journey with the Y



Bishop Stanley Choate. Courtesy photo.

Bishop Stanley Choate has been a valued YMCA member for nearly 20 years, but his experiences over the past five years have been the most impactful. Along with many of his family members, Bishop Choate has utilized the Y in various ways, making a powerful impact on the community in the process.

His journey with the Y began at the former Prospect Street location, where he sought a place to exercise and play basketball. Now 80, he uses the Y for physical rehabilitation after surviving a life-changing incident when he was shot while officiating a wedding. The road to recovery has been long and painful. Choate woke up in a hospital bed unable to move or remember what had happened. He lost the use of his legs and arms and had to relearn how to walk. During his rehabilitation, his medical provider recommended an exercise coach to help loosen his joints and rebuild strength. Choate returned to the Y, where staff supported him in this journey.

In recent years, Bishop Choate has made significant progress, though he acknowledges he will never be quite the same. He credits the Y with playing

a crucial role in his recovery, sharing that exercise helps him both physically and mentally. He also appreciates the social aspect of the Y, noting that the community has been incredibly welcoming.

As part of his continued recovery, Choate aims to visit the Y three times per week. His wife, Ruth, typically joins him, though they engage in different activities—she walks on the track while he focuses on upper body exercises or uses a stationary bike. He emphasizes the importance of staying active, saying, “If I keep busy, my body doesn’t stiffen up. I can stay on top of my mobility.”

For the Choates, being part of the Y is a family affair. Ruth and Stanley have been active members for years, their son Stanley Jr. ran the Church Basketball League at the Y, and many of their grandchildren participated as well. Their son John has also been a longtime member, and his wife, Carlisa, now proudly serves as the Y’s Executive Director of Education.

Reflecting on his journey, Bishop Choate shared, “I have found being a part of the Y to be very rewarding.”

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- Wellness Workshops
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We are at war with criminal scammers! If you or a loved one has been targeted by a scam or fraud, you are not alone. AARP has the resources you need to fight back because if you spot a scam, you can stop a scam.

In 2023 New Hampshire's top scam categories were Imposter Scams, Identity Theft, and Online Shopping. There were 12,576 cases of fraud reported (this does not include the countless numbers that are not reported!) with a total loss of \$27.5 million, according to the Federal Trade Commission.

The AARP Fraud Watch NetworkTM is a free resource for all. With AARP as your partner, you'll learn how to proactively spot scams, get guidance from our fraud specialists if you've been targeted, and feel more secure knowing that we advocate at the federal, state, and local levels to protect consumers and enforce the law.

Research shows that if you know about a specific scam, you are 80% less likely to engage with it, and if you do engage, you are 40% less likely to lose money or

sensitive information. The AARP Fraud Watch NetworkTM keeps you updated on the latest scams so you can spot and avoid them. Your one-stop fraud resource is aarp.org/fraudwatchnetwork.

What we help you do

Stay Informed: Knowledge gives you power over scams. The AARP Fraud Watch NetworkTM equips you with reliable, up-to-date insights, alerts and fraud prevention resources to help you spot and avoid scams and protect your loved ones. We even cover the latest scams in the news.

Find Support: If you've been targeted by scams or fraud, you are not alone. Our trained fraud specialists provide support and guidance on what to do next and how to avoid scams in the future. The AARP Fraud Helpline, 877-908-3360, is free and available to anyone. We also offer online support sessions for further emotional support.

Have a Voice: AARP fights for consumers by advocating for laws and

regulations to stop scams and shut down fraud attempts. We also provide a voice to consumer concerns and help shape the public discussion on fraud.


Fraud prevention resources

- The AARP Fraud Watch NetworkTM Helpline 1-877-908-3360
- Look up a scam in AARP's Fraud Resource Center, with dozens of tip sheets on how to recognize and avoid common scams, including videos that break down how scams work. Go to aarp.org/frc.
- See or report scams in your area with our Scam-Tracking Map. Go to aarp.org/scammap.
- Sign up for free, biweekly Watchdog Alerts to have information on the latest scams delivered right to your email and phone. Text FWN to 50757 to receive text alerts.
- Hear stories of real scams on our award-winning podcast, The Perfect Scam. Explore fraud from the view-

point of victims, law enforcement and criminals.



- Hear directly from fraud experts at one of our webinars, tele-town halls or live events in communities around the country. Visit aarp.org/nh or aarp.org/vcc.
- Get social with the AARP Fraud Watch NetworkTM on Facebook and X, where you'll also have access to online events. You can also connect with others on the Scams & Fraud channel in AARP's online community.
- Check out online resources to help protect veterans, service members and their families against scams at the AARP Veterans Fraud Center.
- Join an AARP Fraud Victim Support Group.
- Looking for resources in Spanish? Go to aarp.org/fraude.


The AARP Fraud Watch NetworkTM helps you recognize many different types of scams so your money, health and happiness live longer. Learn more at aarp.org/fraudwatchnetwork.



I was hunting for deals. What I found was fraud.

AARP Fraud Watch Network® helps you recognize online shopping scams, so your money, health and happiness live longer. The younger you are, the more you need AARP. Learn more at aarp.org/fraudwatchnetwork

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Fraud Prevention

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We are proud that the Visiting Nurses Association of Manchester and Southern New Hampshire has received a “Best of the 603” Award for Best Hospice/Home Care.

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Keep moving to help prevent and manage Parkinson's Disease

Laurie Lavoie, MS, OTRL,
Clinic Manager for Northeast Rehab's
Outpatient Therapy Center in Ports-
mouth, located at Pease Tradeport

Exercise plays a crucial role in prevent-
ing Parkinson's Disease and in the event of
a diagnosis, it can help manage symptoms
and slow disease progression. Understand-
ing the connection between Parkinson's
Disease, dopamine and exercise can help
you navigate important health decisions.

What is Parkinson's Disease

Parkinson's Disease is a progressive neu-
rodegenerative disease that predominantly
effects the dopamine-producing neurons
in the brain. Dopamine is a neurotransmit-
ter, or chemical messenger, which plays an
important role in various functions. Symp-
toms of the disease, including motor and
non-motor symptoms, generally develop
slowly over the years and can vary from
person to person.

Dopamine's role in Parkinson's Dis- ease and your overall health

Dopamine is produced in a part of the
brain called the substantia nigra. When

dopamine is depleted, it affects motor
functions and can cause tremors, rigidity,
slowness of movement, and loss of bal-
ance. It can also lead to various non-motor
symptoms such as mood disorders, sleep
disturbances, and cognitive decline. Main-
taining optimal levels of dopamine is im-
portant for everyone and especially for
individuals with Parkinson's who are navi-
gating ways to manage their symptoms.

The relationship between exercise and dopamine

Exercise is a beneficial intervention for
individuals with Parkinson's and it's an
important part of a healthy lifestyle even
before a diagnosis. Regular physical activi-
ty has been shown to have a positive impact
on dopamine levels and overall brain health.

Exercise influences your overall health
and helps individuals living with Parkin-
son's manage their symptoms by:

Boosting brain health

Engaging in physical activity stimulates
the release of dopamine in the brain. Exer-
cise enhances neuroplasticity and promotes
the formation of new dopamine receptors,
which may help improve motor control and

function.

Enhancing physical health

Regular exercise improves overall phys-
ical health by promoting cardiovascular
fitness, strength, balance, and coordina-
tion. Studies indicate that exercise can help
reduce the severity of Parkinson's symp-
toms affecting mobility and motor skills.

Improving mood and cognitive function

Exercise releases endorphins, which can
elevate mood and alleviate feelings of anx-
iety and depression. Since mood disorders
are common in individuals at risk for or
living with Parkinson's, regular physical
activity can be a valuable tool for emotion-
al well-being. These mental health benefits
are also linked to increased dopamine lev-
els and improved brain function.

Slowing disease progression

Although exercise cannot cure Parkin-
son's, it may slow down the worsening of
symptoms. By maintaining an active life-
style, individuals can enhance their quality
of life and retain greater independence for
longer.

Promoting social interaction

Participating
in group exer-
cises or classes
can help build
a supportive
community,
provide social
interaction and
lead to lasting
friendships.



Whether you are looking to prevent
Parkinson's or manage its symptoms,
incorporating regular exercise and ther-
apeutic interventions into your routine
can have profound benefits. Remember
to consult with healthcare professionals
to define a plan specific to your unique
situation. Exercise programs incor-
porating PT, OT and Speech Therapy
specifically designed for individuals with
Parkinson's are offered at healthcare
organizations like Northeast Rehab. With
the right strategies, you can improve your
balance, strength, flexibility, and coordi-
nation. Stay informed and be proactive
to navigate your personal health with
confidence!

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Volunteer Opportunities

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

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

- **American Red Cross New Hampshire Chapter** (the Northern New England Regional Headquarters is at 2 Maitland St. in Concord; redcross.org/nne, 225-6697) report that their most needed volunteer positions are the shelter support teams (volunteers who help residents during large-scale disasters), disaster health services teams (for volunteers who are licensed health care providers) and disaster action teams (for smaller disasters, such as home fires), according to a press release. The Red Cross is also seek-

ing blood donor ambassadors who check blood donors into appointments, answer questions and give out snacks, the press release said. The Red Cross also needs transportation specialists who deliver blood to hospitals from Red Cross facilities, the release said. The Red Cross provides training for volunteers, the release said. See redcross.org/volunteertoday.

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

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

- **Canterbury Shaker Village** (288 Shaker Road in Canterbury; shakers.org, 783-9511) seeks volunteers

to help out in the garden, give tours, offer administrative assistance, help with special events and more, according to the website. Go online to fill out an application or reach out to 783-9511, ext. 202, or jlessard@shakers.org, the website said.

- **Capitol Center for the Arts** (Chubb Theatre at 44 S. Main St. in Concord, Bank of NH Stage at 16 S. Main St. in Concord; ccanh.com) uses volunteers at events for "patron comfort and safety, before, after and during a performance" according to the website. Sign up online, where you can specify your volunteering interests and times of availability.

- **The CareGivers NH** (700 E. Industrial Park Drive in Manchester; caregiversnh.org, 622-4948), a program of Catholic Charities, offers transportation, help with grocery shopping and getting food, visits and reassurance calls to elderly and 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 "fund-raisers, field work, education outreach,

events, gleanings, office support and more." Contact Kerry Rickrode at kerry.rickrode@nh.nacdnet.net for more information.

- **International Institute of New England** (iine.org, 647-1500), whose mission "is to create opportunities for refugees and immigrants to succeed through resettlement, education, career advancement and pathways to citizenship," according to the website, offers volunteer opportunities including help with Afghan refugee and evacuee resettlement, English for speakers of other languages support, youth mentoring and career mentoring. Go online to fill out the volunteer form.

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

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

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

- **Local Food Plymouth** (local-



CASA of New Hampshire

CASA of New Hampshire, "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, (casanh.org), where you can apply and find information on CASA fundraising events.

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

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

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

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

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

• **NAMI NH** (naminh.org, 800-242-6264) has volunteer opportunities related to advocacy, support

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

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

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

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

• **NH PBS** (nhpbs.org) has several volunteer opportunities including auction volunteer, creative services

volunteer, membership department, and NHPBS Kids Writers Contest and Our Hometown Program Development manager, according to the website. Go online to fill out a volunteer form that includes designating your availability and special skills and interests.

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

• **Park Theatre** (19 Main St. in Jaffrey; theparktheatre.org, 532-9300) has volunteer opportunities for ushers as well as work in concessions, parking, office work, fundraising, marketing, stage production and more, according to the website, where you can fill out an online application where you can indicate your interests and availability. Call or email info@theparktheatre.org with questions.

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

• **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.

• **Young Inventors’ Program** (unh.edu/leitzel-center/young-inventors-program) uses volunteers to support its annual Northern New England Invention Convention event (held this year in March), according to program director Tina White, whom you can contact at Tina.White@unh.edu (or see unh.edu/leitzel-center/young-inventors-program/connect/volunteer). The program is a partner of the University of New Hampshire and UNH Extension, where there are more opportunities for volunteers interested in STEM youth programming, she said. See extension.unh.edu/educators/4-h-stem-docents for information on the 4-H STEM Docent program, which builds and trains volunteers to help with educating New Hampshire K-12 youth in science, technology, engineering and mathematics projects, White said in an email. Contact Megan.Glenn@unh.edu for more information on that program.



NH State Parks

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@dnrc.nh.gov.



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