



P. 14 A Moving Past: Drive-In Theaters

P. 20 Yes, It's Still Cookie Season

Granite Senior Journal

June/July 2025

A Bi-Monthly Dedicated to Senior Issues and Living



A CARING HOME



Gordon McCormack. Courtesy photo.

A Welcome Home

By Augustine Janairo Antenoracruz

Gordon McCormack has finally found a home. The former Petty Officer 3rd-Class in the U.S. Navy now resides among others in the military residential community at the New Hampshire Veterans Home, an institution first dedicated in the Granite State on Dec. 3, 1890.

Critical of the several homes he's resided in the past, he now sits in the recliner in his room, apt to share stories from his life or play a little music with his guitar from his heart. "I love it here!"

Gordon states with simple enthusiasm.

With the motto "For those who served," the New Hampshire Veterans Home was first established as the New Hampshire Soldiers' Home, after the end of the Civil War. Now it's a state-of-the-art long-term care facility where a staff of roughly 300 serves 113 men and 11 women residents.

NH Veterans Home is run by the state, with state employees, and is part of the National Association of State Veterans Homes (nasvh.org).

And while the home collaborates on capital projects with the VA, the Home is

Historic New Hampshire Opera Houses Remain Centers of Culture and Community

By Curt Mackail

Rochester was fast outgrowing its infrastructure during the last quarter of the 1800s. The transition from an agricultural and lumbering economy to a water-powered mill city brought a historic population boom. In a city that grew barely 15 percent from 1800 to 1870, the population doubled before 1900. Adding to the surge in residents, travelers from Portland, Boston, New York, Montreal, Nashua and Worcester converged daily via five rail lines at Union Station. The city's commerce burgeoned to heights the city had never seen.

In 1893, Rochester Mayor Orrin A. Hoyt said in his annual report: "We need a new city hall large enough for all city offices, a police and fire station, and a public library. And when I say a city hall, I do not mean an opera house."

Nearby, the smaller and less prosperous town of Farmington already boasted an opera house and library atop its new town hall. Other New Hampshire communities also enjoyed dual-purpose municipal offices with an opera house by the time of Hoyt's pronouncement — Franklin, Lebanon, Littleton, Claremont and Newport among them.

Hoyt wouldn't see a new city hall during his tenure, with or without

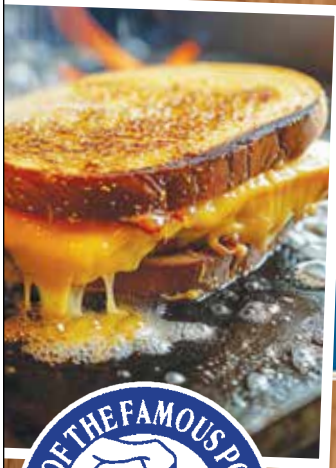


The Derry Opera House, also known as the Adams Memorial Building (top), remains an active venue, operated by the Greater Derry Arts Council. Professional trumpeter Jay Daly (center) performs on the opera house stage, backed by the Bedford Big Band for a sold-out show. During federal election primary season (bottom) the 350-seat theater also hosts political events in its restored theater. Opened in 1904 with town offices and a library on the ground floor, it seats 350. Courtesy Greater Derry Arts Council.

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INSIDE THIS ISSUE

- 1 A Welcome Home
Historic New Hampshire Opera Houses
Remain Centers of Culture and Community
- 6 Membership adds more to your big
picture
- 7 Summer Drinks
- 9 A New Era for Eye Health
- 10 Concord Old Post Office
- 11 Rewarding Retirement
- 12 Nordic Notes & Notions
- 13 Why Is It So Difficult to Sleep After
Surgery?
- 14 Drive-In Theaters
- 15 Tips to Stay Hydrated and Avoid
Dehydration
- 16 Forecasting Fitness
- 17 The Hidden Challenges of Long-Term
Caregiving
- 19 She Taught Children Across the
World; Now She Helps NH Children as
a CASA
- 20 Summer Cookie Recipe
Volunteer Listings



McCormack with his wife and one son. Courtesy photo.

◀ MCCORMACK FROM PG 1

state-run and independently controlled. With his daughter's help, the 92-year-old former sailor submitted an application and was admitted as a resident in February of this year. Because admission for residency at the NH Veterans Home is thorough, it would be smart for anyone to have assistance via a member of the admission team through the application process.

The New Hampshire Veterans Home sits on 27 acres of land and is next to "Buffalo Park," a 55 -acre conservation site. On the property there is a gazebo, a fishing pond and water fountain display. The NH Veterans Home has been an expansive campus facility containing: a bank, a store, a library, a chapel, and several recreation areas for residents.

The Staff is supported by the following departments: Resident Care Services, Admissions, Staff Development, Rehabilitation, Human Resources, Building & Grounds, Housekeeping, Laundry, Food Service, Information Technology, Payroll, Spiritual Care, Public Affairs, Volunteers, Scheduling, Safety & Security, and Business.

These services are holistic and part of what is called the "I" Care Team. This Team focuses on providing an integrated approach to Quality of Care and Quality of Life services that focuses on the resident as a whole.

The disciplines of nursing, physical therapy, dietary, social work, therapeutic recreation and spiritual care are commit-



The New Hampshire Veterans Home.

ted to resident-centered care.

These are state-of-the-art neighborhoods designed to meet the unique needs of those with dementia (such as Alzheimer's disease and other forms of cognitive loss or memory impairment).

The Medical Staff includes a Medical Director, Psychiatric Nurse Practitioner, Registered Nurses, LPNs, LMNAs, LNAs, pharmacists, dietitians, therapeutic recreation, and social work staff. A dentist makes scheduled visits to the Home, and services for mental health, as well as occupational and speech therapy, are contracted out.

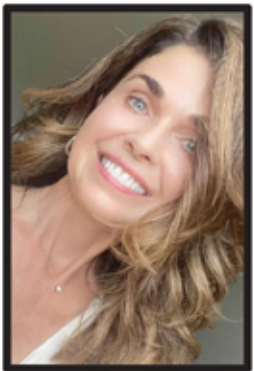
Additionally, in a groundbreaking program, the NH Veterans Home has Instituted its own Licensed Nursing Assistant Program, first approved by then Gov. Chris Sununu and continuing on to this day by Gov. Kelly Ayotte, which is to teach and train those interested in being LNA as a way to staff the home's internal needs and provide a stepping stone to those wishing to start a new career.

Of the eight classes to have been enrolled, all students have passed and graduated to receive their license. And while they are assembling their ninth class, they are also starting to assemble a new program for Licensed Medication Nursing Administration.

The admission process to be a resident used to be a total amount of one year; Now it has been streamlined down to three months. However, if a certain applicant requires housing based on the

CONTINUED ON PG 4▶

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immediate degree of physical or behavioral health challenge, an urgency of a completed application, a resident might find himself or herself admitted earlier.

Prior to being admitted into the NHVH, Gordon was in two previous homes, neither of which were to his liking. Gordon McCormack briefly shares his history as a student, then his time in the military, then how he came to the New Hampshire Veterans Home.

A bit mischievous while in high school at Pymouth Regional High School, he quit in his junior year, which he says he now regrets. Gordon eventually finished high school in the Navy. Two years ago, his high school had a multi-class reunion, which he decided to attend.

The ceremony included graduates from each class being called up to the stage. Gordon's class was the first one to be called and once he took the stage he realized he was the only one represent-

ing his class.

After he quit high school, his older brother, one of eight brothers and four sisters in his family, advised Gordon to straighten out his life, and urged that he enlist in the military. Gordon ended up serving a total of four years in the service and then another four years in in-active duty.

Shortly after joining he graduated from boot camp and got married to his wife Thelma, seven days after. He then deployed out to his duty station. After a visit in Paris, Gordon gifted his wife a signed portrait of himself for her. Gordon's wife would end up joining him in Kingsville, Texas, where he was stationed before going out to sea.

Gordon and Thelma's marriage, sometime in the early '50s, was 66 years long and she passed seven years ago. From that marriage came three boys and one girl, Cynthia, who assisted in the admission process.

He achieved the rank of Petty Officer 3rd Class, in charge of the stock room



McCormack playing his mandolin. Courtesy photo.

as a supply officer. His occupation was to bring and replenish supplies wherever they deployed.

During his service, the USS Worcester was deployed to two tours in the Mediterranean sea and then repeated tours to Guantanamo Base during the Kore-

an war. The ship did deploy to Korea, but not during Gordon's time in the service. It had been commissioned and then scrapped from 1948 to 1958, offering 10 years of service to the naval fleet.

Now after years of civilian life and his wife passing away seven years ago, several frustrations in finding residence for himself, Gordon is back with military comrades at arms at the New Hampshire Veterans Home.

In February, Gordon was finally admitted as a resident at the New Hampshire Veterans Home, the only senior home institution working in conjunction with the state in New Hampshire.

Like many of us, Gordon loves music, especially big band and classical. But his favorite song is Julie Covington's rendition of "Don't Cry For Me Argentina." And with a musician's heart, among his keyboard, guitar, ukulele and harmonica he reaches for his mandolin. And as he plays the simple statement he made resonates again.

"I love it here."

◀ OPERA HOUSES FROM PG 3

an opera house. Funding later came available during Mayor Charles W. Bickford's 1906 term, and the tide had turned. When it opened on Memorial Day 1908, the new Rochester City Hall included an opulent opera house upstairs.

"Management of the opera house will be vested in the mayor and he is to have full authority," reported the Rochester Courier. "The stage settings and scenery are first-class in all respects and worthy of a fine theatre.... There are 600 electric lights and 51 switches with some three miles of wire. Strict rules will be in force from the beginning. Peanuts are entirely barred, and expectorating, commonly referred to as spitting, will likewise be prohibited," the public was advised.

For the next 30 years the Rochester Opera House was a center of community life. The public flocked to enjoy plays, concerts and touring vaudeville shows staged by professionals. Sports, lectures, political rallies, patriotic celebrations and high school events were the other major draws. And the new venue produced a steadfast annual



The Rochester Opera House, billed as worthy of a major city upon its opening in 1908, later suffered years of neglect before restoration to its former splendor. Here it stands ready during January for a national tour appearance by the comedian Tyrus. Courtesy photo.

profit for the city.

Distinguished architecture from distinguished architects

Architect George Gilman Adams, a Rollinsford native who established a practice in Lawrence, Mass., designed Rochester's city hall in Romanesque Revival style. Adams would create plans for more than 50 municipal buildings that were erected through-

out New England during his 60-year career, making him a preeminent period architect of public structures.

Adams' Rochester Opera House sported a stage and custom scenery worthy of a metropolitan theater. A grand proscenium, beautiful hand-painted murals, intricate stenciling, and excellent acoustics also graced the theater. Floor seating plus an inclined horse-shoe balcony accommodated 700 patrons.

Adams also supervised installation of a remarkable tilting floor of his own patented design. An electric motor powered a system of gears and belts. They tilted up the entire lower level of the house for stage shows or leveled it for dancing. The floor remains operating today, believed to be the last of its kind.

The new Rochester city hall with opera house furnishings cost taxpayers more than \$86,000. That's roughly equal to \$3.25 million today, gauged by modern economic indexes.

About 80 miles west, fire had destroyed Newport's town hall in 1885. A citizen advisory committee chose an impressive brick structure designed by the celebrated New York firm, John McElpatrick and Sons. McElpatrick's plans called for an opera house with features worthy of a large city, newspapers reported.

John McElPatrick was internationally known. "The greatest individual strides in American theatre construction have been effected through the personal endeavors of a single architect, Mr. J.B. McElpatrick of New York City, who should be revered as the

CONTINUED ON PG 5 ▶



The Franklin Opera House was constructed as a place for Civil War veterans to meet in 1892. First called Soldiers' Memorial Hall, with city offices on the ground floor, the theater today seats 325 and is mostly used for community performances and events. Image courtesy Franklin Opera House.

◀ OPERA HOUSES FROM PG 4

Father of American theatres," wrote Edward B. Kinsila in the 1917 book *Modern Theatre Construction*.

The Newport Opera House, remaining in operation today in the center of town, boasted a stage considered the largest north of Boston, unfettered sight lines, excellent acoustics, ornate decoration, a fire sprinkler system, and thoroughly modern sanitary facilities. It's one of more than 100 in the McElfatrick portfolio that includes the Metropolitan Opera House in Philadelphia; the Harlem Opera House in Manhattan; the National Theatre in Washington, D.C., and those in virtually all of the country's most prosperous cities of his era.

New Hampshire municipal opera houses were integral to government and community affairs

The golden age of municipal opera house construction in New Hampshire spanned roughly 50 years beginning after the Civil War.

"New city halls sprung up across the state, and many included adjacent or interior theaters called opera houses in the fashion of the time. Concord already had an opera house in 1904, the privately owned White's Opera House at Main and Park Streets, so our city's new theater was named the Concord

City Auditorium. Today it is popularly called The Audi," says the Friends of the Concord City Audi, an all-volunteer nonprofit organization that today helps maintain and operate the landmark venue downtown.

Historic opera houses live on in New Hampshire

Claremont Opera House, 58 Opera House Square. Opened 1897. Seats 780 for performing arts year-round. Operated by the nonprofit Claremont Opera House, Inc. Website: conh.org.

Concord City Auditorium (The Audi) 41 Green St. Established 1904. Seats 830 for community-based arts and entertainment. Owned by the city. Website: concordnh.gov.

Derry Opera House, also known as the Adams Memorial Building, 29 West Broadway. Opened 1904 along with town offices. Seats 350 for local arts and entertainment productions. Operated by the Greater Derry Arts Council. Website: derryoperahouse.org.

Franklin Opera House, 316 Central St. Built in 1892 as Soldiers' Memorial Hall and town offices. Seats 325. Provides mostly community arts performances. Operated by the nonprofit Franklin Opera House, Inc. Website: franklinoperahouse.org.



Claremont's city hall, built in 1897 overlooking the city square, had a beautiful opera house seating 780 on its upper two floors. Although the exterior remains architecturally unchanged, its interior has been several times renovated. Today the grand venue hosts performing arts year-round. Photo courtesy City of Claremont (left). Postcard (right) is public domain.



Lebanon Opera House, 51 N. Park St. Opened 1924 as a city hall and theater. Today seats 740 for popular theater, concerts and other performing arts. Owned by the city, managed by the nonprofit Lebanon Opera House Improvement Corporation. Website: lebanonoperahouse.org.

Littleton Opera House, 2 Union St. Opened 1895 with town offices and a public library. Seats 430 for performances, concerts and community events. Owned and managed by the town. Website: littletonoperahouse.com.

Newport Opera House, 20 Main St. Opened 1886. Seats 675 for performances, lectures, and civic events. Owned by the town and operated by

the nonprofit Newport Opera House Association, Inc. Website: newportoperahouse.com.

Rochester Opera House, 31 Wakefield St. Opened 1908. Seats 700. Managed by the nonprofit Rochester Opera House, Inc. Produces professional shows and performances, educational and civic events, and community presentations. Website: rochesteroperahouse.com.

Although not previously or today owned by municipalities, the **Lakeport Opera House** (née Moore's Opera House, 1882), **Portsmouth Music Hall** (1878), and Keene's **Colonial Theatre** (1924) are restored opera-house style theaters presenting professional entertainment today.



Among the largest of New Hampshire's historic city venues, the Lebanon Opera House became the center of cultural activities in the Upper Valley when it opened in 1924. Public domain photo.

Membership adds more to your big picture

Membership at the Currier Museum of Art adds more to your big picture. Unlimited free admission is just the beginning.

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Plus, as a Currier member, you always have a creative home away from home – right here at your museum. Find your reason to become a Currier member and see why you belong here.

#1: Members visit other museums for free.

Did you know museums throughout our continent support and connect with each other every day? Thanks to reciprocal programs such as North American Reciprocal Museums (NARM), Museum Alliance Reciprocal Program (MARP), and Reciprocal Organization of Associated Museums (ROAM), Currier members can visit 2,500+ museums, gardens, and historic sights for free. Plus, this summer, all Currier members enjoy free reciprocal access to the NH Children's Museum and the John Hay Estate at the Fells. Enjoy a day trip with the grandkids or find more sights for free on your next vacation!

#2: The Downtown Discount helps members save.

While members have always enjoyed their discounts in the museum shop and now at the Tidewater Café at the Currier, beginning June 11, select businesses around Manchester will also provide a 10% discount to Currier members when they show their card. Enjoy a Frank Lloyd Wright tour (also discounted!) in the morning and then enjoy after-

noon tea at the Honey Cup. Or spend the evening discussing favorite artists over a local brew at the Great North Aleworks Tasting Room. Inspired to bring more color and creativity into your wardrobe? Enjoy a discount at both Peridot and Fishtoes.

#3: Free tours and gifts abound during Member Appreciation Week.

Join by June 25 and visit the Currier to take part in Member Appreciation Week 2025. This is the perfect time to join as you'll get a sense of membership offerings with extra tours, extra discounts, and raffle prizes donated by our Downtown Discount partners. Plus, all members who visit between June 25-29 will receive their annu-

al, collectible membership pin (while supplies last). This year's surprise design will feature a fan-favorite portrait that reached its centennial this year.

#4: Meet world-class artists at member-only events.

In the last year, members had the chance to get make a personal connection with half a dozen world-famous artists, whose origins range from France to New York to Switzerland to the Granite State. Visitors from around the world flock to the Currier for their exhibition openings, and members get exclusive access. Monthly member tours, supported by the Tracey D. Carrier Membership Legacy Fund, also frequently feature

artists in conversation with Currier curators about their exhibitions.

#5: Currier Members are a community of compassion.

This year, over 350 members celebrate 25 years of membership with the Currier. The museum's longest-standing member has been visiting the Currier for over sixty-five years. That loyalty is not just for the incredible art on the walls; Currier members are proud supporters of the arts, education, and their community. By becoming a Currier Member, you join 2,431 (and counting!) advocates for keeping the arts in the Granite State.



Members tap into creativity and community at the Currier Museum of Art. Credit: Coco McCracken

Summer Drinks

Blood Orange Strawberry Basil Smash

Sweet and herbaceous

Ingredients

- 2 ounces Ice Pik Blood Orange Vodka
- 3-4 fresh strawberries, sliced
- 3 fresh basil leaves
- 0.5 ounce lemon juice
- 0.5 ounce simple syrup
- Club soda to top



Instructions

Muddle strawberries and basil in a shaker. Add vodka, lemon juice and simple syrup with ice. Shake and strain into a glass with fresh ice. Top with club soda and garnish with a basil leaf.

Blueberry Lemonade Spritz

Light, floral, and refreshing

Ingredients

- 1.5 ounces Ice Pik Blueberry Vodka
- 0.5 ounce blueberry liqueur or syrup
- 2 ounce lemonade
- 2 ounce club soda
- Lemon slices & mint for garnish

Instructions

Shake vodka, elderflower liqueur and lemonade with ice. Strain into a glass with ice, top with club soda, and garnish with lemon slices and mint.

Raspberry Lemonade Spritz

Light and floral

Ingredients

- 2 ounces Snowdrop Gin
- 1 ounce fresh lemon juice
- ¾ ounce simple syrup (or honey syrup)
- 6-8 fresh raspberries
- 3 ounces club soda (or sparkling lemonade for extra citrus)
- Ice
- Fresh mint and lemon slices for garnish



Instructions

Muddle raspberries in a shaker with the lemon juice and simple syrup. Add gin and fill the shaker with ice. Shake vigorously for 10-15 seconds. Strain into a glass filled with ice (a stemless wine glass or tall glass works great). Top with club soda or lemonade and gently stir. Garnish with fresh mint, lemon slice and a few whole raspberries.



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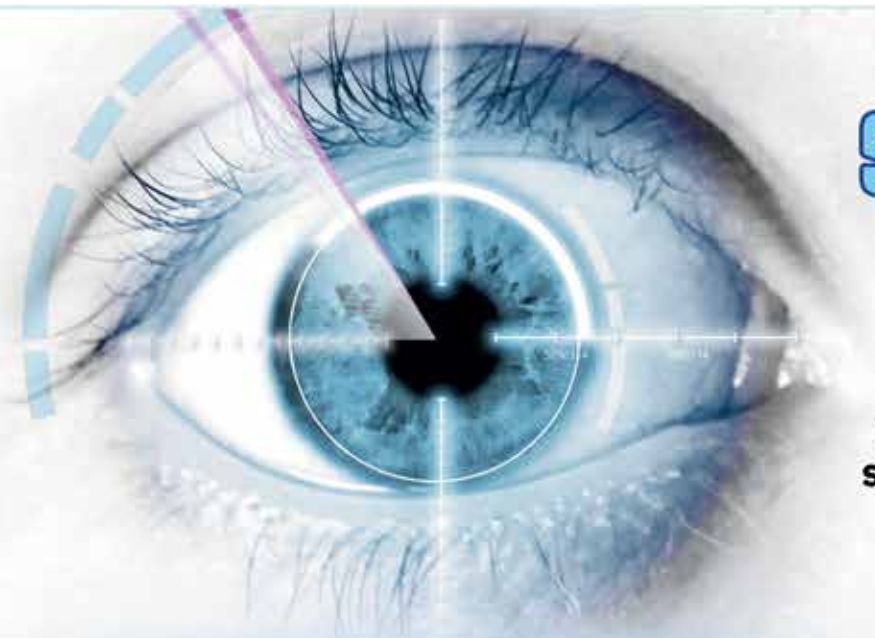
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A New Era for Eye Health

By Kaysie Boyls, MS, RD, LD
Sr. Research and Development
Specialist for Bluebonnet Nutrition

Healthy Aging Eyes

The human eye is a significant human sense organ, its ability is truly phenomenal. Our eyes allow conscious light perception, vision-which includes color differentiation- and the perception of depth. As we age, it is normal for our eyes to undergo several natural changes including decreased tear production, increased difficulty focusing on nearby objects, reduced pupil size, and potentially other vision related conditions. Not only do our eyes go through natural changes as we age, but the constant exposure to oxidative damage from external forces, like blue light, can affect our vision significantly. The growing aging population, increasing prevalence of eye diseases, increased exposure to blue light with more screen usage, and the growing awareness of eye health have shifted the global eye market into a new era. An era where people are turning to Eye Health Supplements for vision support because of the constant exposure to digital blue light and other external eye antagonists. This is why the nutritional scientists at Bluebonnet specially developed EyeCare Vegetable Capsules. ¹

Blue Light Exposure

Light is made up of electromagnetic particles that travel in waves. These waves emit energy and range in length and strength. The shorter the wavelength, the higher the energy. Every wavelength is represented by a different color and is grouped into the following categories: gamma rays, x-rays, ultraviolet (UV) rays, visible light, infrared light and radio waves. Together, these wavelengths make up the electromagnetic spectrum. However, the human eye is particularly sensitive to one part of this spectrum: visible light. Visible light is that part of the electromagnetic spectrum that is seen as colors,

like blue light- which has a very short wavelength. Because of its short wavelength, it produces a higher amount of energy. Studies suggest that long term exposure to blue light can cause serious damage to our eyes because it penetrates all the way to the retina. As mentioned earlier, the rise in exposure to blue light coming from tablets, computers, cell phones, tv's, etc., makes protecting our eyes from blue light that much more critical.

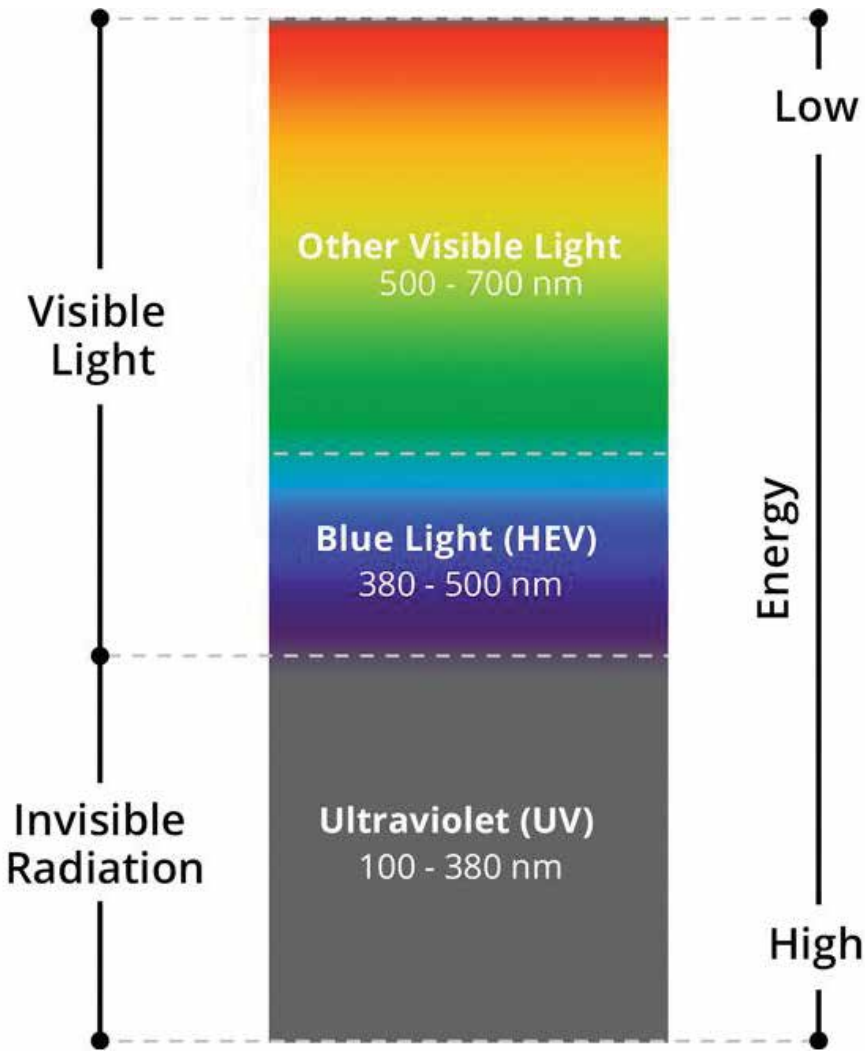
Eye Health Nutrients

The National Eye Institute sponsored AREDS2, a major clinical trial designed to learn more about age-related macular degeneration (AMD) and the effects certain nutrients had on its progression. The study showed that supplements containing Vitamin C (500 mg), Vitamin E (400 IU), Copper (2mg), Lutein (10mg), Zeaxanthin (2 mg) and Zinc (80 mg) had a positive effect on reducing the risk of the progression of AMD. All of those nutrients are vital to eye health:

- Vitamin C and Vitamin E act as potent antioxidants counteracting the damage caused by free radicals. ¹
- Zinc and Copper play important roles in the structure of proteins and cell membranes that influence vision, as well as protecting against oxidative injury. Copper also helps prevent zinc-related copper deficiency. ¹
- Zeaxanthin and Lutein are also important eye antioxidants that improve the concentration of carotenoids of the macula and filter and attenuate high-energy blue light for optimal macular protection. ¹

Bluebonnet's EyeCare Vegetable Capsules

Bluebonnet's EyeCare Vegetable Capsules were scientifically formulated to contain all of the important nutrients included in the AREDS 2 study, at the researched doses. Within



its formula, EyeCare utilizes Omni-Active's Lutemax®2020- a patented extract from marigold flowers containing all three nutritionally relevant macular carotenoids (lutein, RR-zeaxanthin, and RS [meso]-zeaxanthin) in the same 5:1 ratio found in the diet. Lutemax®2020 has been shown to rapidly increase serum levels of lutein and zeaxanthin and improve outcomes associated with prolonged blue light exposure. In addition, this formula includes DHA, hyaluronic acid, bilberry fruit extract and blueberry fruit extract for additional eye health support. Our eyes gather information about the external world and play a vital role communicating with our brain for decision making. As we age and are thrown into a fast pace moving world, inundated with blue-light exposure and digital eye strain, it is important to give our eyes proper

support. With Bluebonnet's EyeCare Vegetable Capsules, you can count on quality eye health ingredients for quality support. ¹

Bluebonnet products are available at Granite State Naturals (170 N. State St., Concord). Cal (603)224-9341. The staff is happy to help you navigate the options.

When in doubt always consult your physician or healthcare practitioner. This article is intended to provide with information to maintain your health.

¹ These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure or prevent any disease

Concord Old Post Office

When historical buildings are razed to accommodate a community's modern needs, those same locales lose an invaluable link to their rich histories. Fifty years ago, citizens with an appreciation for the past launched an adaptive reuse movement that continues to this day. For environmental and economical reasons, some of New Hampshire's historical mills, schools and even churches were converted into shops, offices and condominiums. Concord's Old Post Office was no exception, repurposed in 1973-74 to house the New Hampshire legislature.

According to the Library of Congress, the original "old" and "grand" building, designed by James Riggs Hill, was constructed between 1884 and 1889. At the time, Hill was the United States Treasury Department's supervising architect, also credited with the United States Government Publishing Office and (then-called) Bureau of Engraving and Printing, both in Washington, D.C.

As described in the National Register of Historic Places Inventory – Nomination Form, "the Old Post Office stands at the heart of a cluster of attractive State and City buildings," including the Statehouse (built 1816-1819), the New Hampshire State Library (1895), and the New Hampshire Historical Society (1909). The original building, which also housed the District Court Pension Office and Marshall's Office, was extended in 1913 and again in 1938.

The impressive edifice made use of Concord's famed granite.

"To the people of Concord, and only to a lesser degree to many residents of New Hampshire, the Old Post Office has a peculiar significance, somewhat akin to that of the Concord Coach, for next to Lewis Downing's world-famous vehicle, Concord granite has brought more renown to this city than any other product," continued the Nomination Form. "The granite industry at its height, in the middle to late nineteenth century, employed over one thousand Concord men, and furnished the stone for such well-known



Built between 1884 and 1889 in the Richardsonian Romanesque style, the Old Concord Post Office made use of the city's famed granite. (Photo courtesy of NH Historical Society).

buildings as the Library of Congress, the Boston City Hall, and the U.S. Customs House in New Orleans."

In terms of design, the Old Post Office was built in the Richardsonian Romanesque style, named after the American architect Henry Hobson Richardson (1838-1886). According to Wikipedia, "the Trinity Church in Boston is [Richardson's] most well-known example of this medieval revival style ... [which] incorporates 11th- and 12th-century southern French, Spanish, and Italian ... 'Romanesque' arches."

The National Register of Historic Places Inventory – Nomination Form described the Old Post Office as "The most monumental expression of [its] period remaining in New Hampshire," adding that it is "a valuable expression of the official taste of the age in which it was constructed ... a statement of permanence as meaningful today as nearly a century ago."

Benjamin Wilson, Director of the Division of Historical Resources (DHR), State Historic Preservation Officer, offered some interesting insights into the cre-

ation of the Old Post Office. In an email, he shared, "The State had no real control over the location and design of the building ... the site was mostly barren to the west with the exception of a row or block of Federal Style brick houses located directly behind the state house on the west side of North State Street. ... The Federal Government purchased the land for \$35,000, which then allowed the city to construct Park Street to the north and Capital Street to the south enlarging the block to its present size. The idea was the Federal Building would use the entire block for the building and parking."

Addressing the adaptive reuse of the Old Post Office to house the State Legislature, Wilson, who has worked in the field of historic preservation for 35 years, continued, "The state purchased and redeveloped the old Federal Building in 1973-74 for two reasons. First, the Federal Government had constructed a new facility to house the post office, court and Marshall's office on Pleasant Street in 1967 and secondly, the NH legislature needed more space and individual committee

rooms to conduct the state's legislative business. The redevelopment cost the state \$4 million and the appropriation bill, House Bill 810 was signed into law June 27, 1973. The project was put out to bid and the local Concord architectural firm Dudley, Walsh & Moyer A.I.A. was the winning proposal. Richard Dudley was the supervising architect for the project."

Dudley, a graduate of Dartmouth College who earned his master's degree in architecture from Harvard University, passed away in 2012. According to his obituary, he designed more than 200 buildings in New Hampshire, Maine and Massachusetts, including the Visitor's Center on top of Mount Washington. For his design of the New Hampshire State Legislative Office Building, he received an award from the New Hampshire Chapter of the American Institute of Architects.

As proud Concord residents can attest, the Old Post Office's adaptive reuse into the State Legislature building is gratifying proof that what once was old can, indeed, be new again.

Rewarding Retirement

A Volunteer's Journey with the American Red Cross

By Lauren Strong

Most days, Pete Basiliere is your typical friendly New Hampshire neighbor. But when disaster strikes, he's there to offer support, supplies and compassion to those in crisis. Whether an emergency unfolds down the road or hundreds of miles away, Pete has responded to dozens of situations as a volunteer for the American Red Cross.

"I was looking for a volunteer opportunity that was hands-on," said Basiliere, who is five years retired. He found exactly that in the Red Cross, where he has served on both local response teams and national disaster deployments to places like California, North Carolina and Mississippi.

Before joining the Red Cross, Basiliere was no stranger to community involvement. He served on the Milford school board and planning board and was active in the local Rotary Club. His professional background includes a long career in the printing industry, later transitioning into 3D printing consulting before retirement. But even with a full civic resume, he wasn't done giving back.

Two years ago, in May, he went on his first Red Cross deployment to Mississippi, where tornadoes had devastated a rural part of the state. Since then, he's traveled to Florida, North Carolina, California and Oregon, and responded to both of Vermont's recent



Peter Basiliere. Courtesy photos.

major flood events.

"It's extremely rewarding work," Basiliere said. "You're directly working with people affected by these traumatic events, helping to meet their immediate needs — whether that's food, shelter, or just someone to talk to."

Depending on the nature of the deployment, Red Cross volunteers might fly to the scene or drive specially outfitted Sprinter vans loaded with supplies. Once there, volunteers like Basiliere provide both material and emotional support — gowns and gloves for first responders, meals for displaced families, or even a warm blanket and a listening ear.

Some moments stick with him more than others. After the catastrophic wildfires in Los Angeles, Basiliere



drove through neighborhoods reduced to ashes.

"The smell was noxious — nothing like a campfire," he recalled. "Only iron and brick were left standing. It opened my eyes to the incredible network of volunteer organizations that show up to help. The generosity of strangers is incredible."

That same spirit of care extends to less visible emergencies. After the mass shooting in Lewiston, Maine, in October 2023, Red Cross volunteers provided support — not only to victims' families but also to FBI agents on the scene, offering emotional care and stress-relief supplies.

Locally, Basiliere is an active member of the Red Cross disaster and house fire response teams.

His work also includes proactive safety efforts, like installing smoke and carbon monoxide detectors in local homes.

"There's a wide range of opportunities to help others through the Red Cross," he said.

Dan Dowling, the regional communications manager for the American Red Cross of Northern New England, emphasizes just how vital volunteers like Basiliere are.

"Ninety percent of the Red Cross workforce is made up of volunteers," Dowling said. "We couldn't do this without them — especially our disaster

response teams."

The Red Cross is known for its disaster relief, but its mission is much broader. The organization also runs CPR and babysitting classes, blood drives, and programs that support military families.

"Weather really does impact people's lives," Dowling added. "But so do community connections."

Those connections are exactly what make volunteering possible, Basiliere believes. The Red Cross works with local fire departments, schools, and civic groups like the Rotary Club to stay woven into the fabric of every community it serves.

And while the work can be intense, the Red Cross makes sure volunteers know they're in control of their time. "They're really good about accepting the word 'no' and respecting your schedule," Basiliere said. "You can still attend family events or medical appointments and come back when you're ready."

For Basiliere, that flexibility means he can continue showing up — both across the country and in his own neighborhood.

"I've seen how one person can make a difference," he said. "Whether it's a meal, a blanket, or just a reassuring word, it matters. And I'm proud to be a part of that."



Courtesy photos.



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Nordic Notes & Notions

New Card Store for Downtown Concord



by Lexi Palmer

We are thrilled to officially welcome everyone into Nordic Notes & Notions by Viking House, our brand new stationery store located at 3 North Main Street in downtown Concord. Just four doors away from Viking House, Nordic Notes & Notions is a bright, cozy space filled with a lovingly curated selection of greeting cards, paper goods, and unique gifts. We hope to fulfill downtown's need for a proper card store, an absence felt by residents for nearly two decades since the departure of beloved Caardvark.

Though opening a new storefront during such unpredictable times may seem ambitious, this endeavor has been a long time coming! Viking House's card section has expanded steadily over the years, eventually taking over the back of the store and requiring us to knock down a wall to accommodate our growing inventory. More shelves were added, more bins filled, more walls of cards hung; still, we needed further space to satisfy the wide-range of greeting cards we wanted to offer. In early 2025, the opportunity to dedicate an entire storefront to paper was a natural next step!

Why is paper so important to us? Connecting with others with a real paper card or letter shows the care and attention that everyone appreciates. The time and thoughtfulness that go into selecting and sending the perfect card can make all the difference in

a friend or loved one's life.

Nordic Notes & Notions has greeting cards celebrating every milestone in life: weddings and engagements, anniversaries and graduations, promotions and retirements, new homes and new additions to families, and, of course, birthdays for any age and attitude! Our get well, sympathy, and encouragement cards offer comfort to loved ones in times of need, making it easy to express your support.

One special thing about cards is that you don't need a designated event to reach out and let someone know you're thinking of them. Remind a friend of your appreciation, thank the staff at your favorite coffee spot, or send a note via snail mail "just because." Our fantastic variety of art styles and sentiments means you'll have an abundance of options to express yourself. But don't get overwhelmed! Our staff is happy to help you look at choices without stress.

In addition to greeting cards and stationery, Nordic Notes has an array of gift bags and wrapping paper, as well as stickers, puzzles, craft kits, and small games and gifts. If you don't see what you're looking for, just let us know — we're keeping a list of our customers' favorite brands and items, and we'll do our best to adapt to changing needs. We hope that Nordic Notes & Notions will become a regular part of your "rounds" — please stop by next time you're downtown!

3 North Main St., Concord, NH | 603-228-1198 | vikinghouse.com

Why Is It So Difficult to Sleep After Surgery?

by K Hogan, MD

One of the most common complaints after knee or hip replacement is difficulty sleeping. After months of being unable to sleep well due to the pain of knee arthritis and the anxiety of upcoming surgery, many people are distraught to find that sleeping after surgery is more challenging than they expected.

Why and how does one fall asleep at night and wake up in the morning? It is a complex cycle involving circadian rhythms - your body's internal clock that regulates sleep/wake cycles, body temperature, metabolism, and hormones. Darkness triggers specialized cells in the hypothalamus to produce melatonin. Melatonin lowers alertness, lowers body temperature, and prepares your body for sleep. Another chemical, adenosine, builds up naturally in the brain throughout the day. As it increases, you feel sleepier. Caffeine

blocks this response to adenosine. In the morning, cortisol production increases as melatonin decreases.

There are many factors that influence sleep. Aging results in lighter sleep patterns with less REM sleep. Sleep apnea (when you stop breathing briefly during sleep) may cause premature wake ups during the night. Alcohol can help you fall asleep faster but disrupts sleep cycles, increases need to urinate at night, and worsens sleep apnea. Likewise, opioid pain medications disrupt sleep by reducing REM and deep sleep, causing more frequent awakenings and difficulty staying asleep. The use of pain meds before bedtime can also result in severe insomnia and restless sleep when they are stopped.

Difficulty sleeping following surgery can be related to pain, inflammation, medications, and anxiety. Spinal anesthesia and nerve blocks cause less severe sleep disturbances than does general anesthesia. It can

be difficult to find a comfortable position or to relax enough to fall asleep.

How can you improve your sleep after surgery? Consistency is important. Keep to the same schedule. Control your light exposure, minimizing bright lights and electronic screens before bed and getting natural light during the day. Limit naps to 30 minutes. Avoid caffeine, alcohol, and pain medications within 3 hours of bedtime. Create a quiet, peaceful atmosphere in your bedroom. Try not to dwell on the discomfort you are having from your surgery. Consider using an eye mask, ear plugs, or a white noise machine. Meditation techniques can be helpful. If you are unable to sleep after 30 minutes, do not lay in bed thinking about how you can not sleep. Get up, go to another room, and read quietly listen to relaxing music, or sit in a chair in a darkened room. Do not watch TV or check email! Using electronic devices will stimulate the brain.

What about medications?

Medications which help with sleep are often habit forming and do not result in restful sleep. Some people find Benadryl or melatonin to be helpful, but you should discuss this with your doctor.

If you are having problems sleeping after surgery, make sure you talk to your surgeon about it. Be aware that it can take several months for your body to fully recover from the effects of surgery and normal sleep cycles to resume. Although the lack of sleep can be a very frustrating aspect of the post operative course after joint replacement surgery, sometimes it helps to realize you are not alone in this and your sleep will get better with time!

Kathleen A Hogan, MD is a Total Joint Specialist at New Hampshire Orthopaedic Center. For additional information on orthopaedic care, go to nhoc.com or call (603)883-0091.



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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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Drive-In Theaters

A Summertime Tradition With A Glimpse into the Past

By Lauren Strong

When summer nights are long and the air is warm, there's something irresistible about trading the glow of your TV for the open air and the soft hum of a car radio. In an age where streaming platforms put thousands of titles at your fingertips, it's easy to stay in — but drive-in theaters offer something screens at home never can: a nostalgic, communal escape.

As the sun dips below the trees and the first stars appear, these open-air cinemas invite you to slow down, share a blanket or a box of popcorn, and enjoy an American pastime. The first drive-in theater popped up in New Jersey in 1933, when Richard Hollingshead wanted to create a movie experience that was more accommodating for families than a traditional theater.

By the 1960s there were more than 4,000 drive-in theaters across the United States. Now there are fewer than 300. New Hampshire, once dotted with these open-air cinemas, now only has three drive-ins remaining, in Milford, Hinsdale and Weirs Beach.

In 1958 the Milford Drive-In opened to the public. It remains



The Milford Drive-in Theater, 2021. Photo credit: Milford Drive-In Theater.

one of three operating open-air theaters in New Hampshire. The theater operates on weekends, offering two screens, each with a double showing per night. Purchasing tickets online in advance is recommended, but you can also buy tickets at the box office. A \$35 ticket covers a car with up to six passengers.

The Northfield Drive-In Theater, located in Hinsdale, near the Massa-

chusetts border, has been entertaining audiences since 1948. It offers a single movie screen and a nightly double feature. Movie lovers, be prepared with cash: tickets are \$13 per adult, \$7 per child age 7-16, and free for children 6 and under.

Both the Northfield and Milford Drive-Ins serve concession stand classics and allow well-behaved dogs on leashes.

The Weirs Drive-In announced last year that it would not be showing movies during the summer of 2024. However, a recent social media post confirmed it will screen a classic film on July 3 this summer. A now-removed post from last summer suggested that the team couldn't keep up with regular movie operations but would continue to host events like the NH Tow Show and Laconia Bike Week. Patricia Baldi, the cinema's 86-year-old owner, has operated the property since 1974.

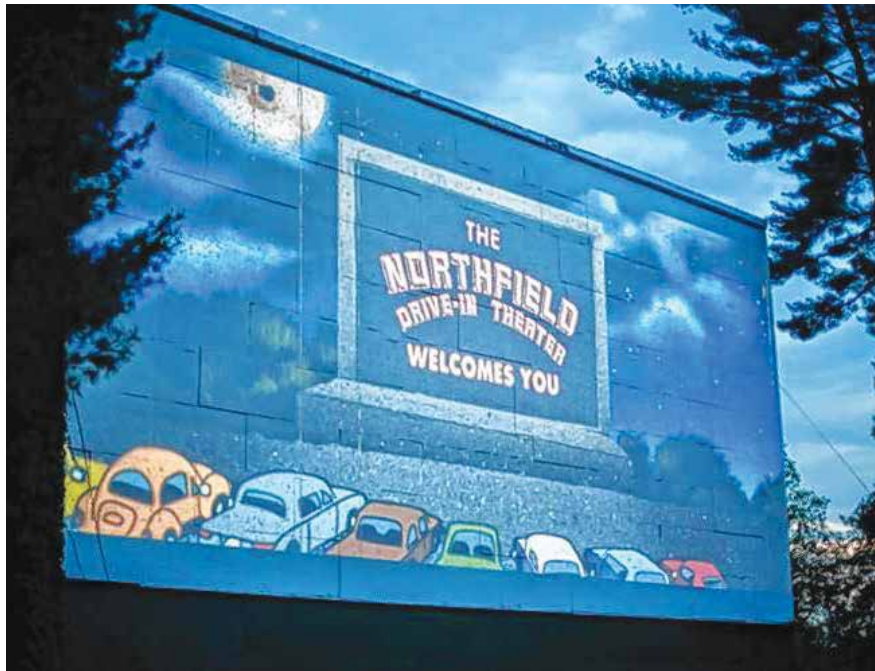
After the height of popularity in the 1960s and '70s, drive-ins saw a drastic drop between the '80s and 2000s due to several factors including ongoing maintenance and land costs, gasoline costs for patrons, and the changing landscape of at-home

entertainment.

Additionally in the early 2010s, Hollywood movie studios began phasing out 35-millimeter film reels in favor of digital projection to reduce costs and eliminate physical, bulky film reels. Drive-in movie theaters were faced with switching to digital projection (a huge cost for a seasonal business) or closing down. Some drive-in theaters across the country remain open but have a limited selection of films available on reel to screen.

The remaining drive-in theaters in New Hampshire serve as keepers of a cultural legacy, reminding us of a bygone era when community and cinema intertwined. Their continued operation depends on the support of patrons like you who value the unique experience they offer.

As the sun sets and the screen flickers to life, these theaters invite us to partake in a tradition that has brought joy to generations. In doing so, they ensure that the magic of the drive-in lives on.



The Northfield Drive-in Theater. Courtesy photo.

Tips to Stay Hydrated and Avoid Dehydration

by Wendy Jeffco,
Registered Dietitian, Northeast
Rehabilitation Hospital Network

Staying hydrated is important for your. Did you know that up to 60% of the body is water? Fluids play an important role in maintaining body temperature, carrying nutrients through the body, increasing mental awareness and lubricating joints and cushions.

Older adults, as well as individuals who have medical and functional challenges, often do not consume enough fluid, which can lead to dehydration. This may occur because they are not feeling well, have a decreased thirst sensation or are not able to consume liquids as easily.

Dehydration can cause increased fatigue, decreased blood pressure, decreased concentration, headaches, or muscle aches. It can also put you at risk for urinary tract infections, constipation, dizziness, and falls.

How much water should I drink?

We often hear the recommendation for eight, 8 oz glasses a day, but needs vary from person to person depending on weight, activity, and medical history. You can consult with your doctor for more information.

What liquids or foods will help with hydration?

Some fluids, such as juice and soda, contain a lot of empty calories from sugar. Others, such as soda/coffee/tea, contain caffeine that can act as a mild diuretic. Water is one of the best choices, but if you don't care for water try these tips:

- Add an ice cube of juice for flavor, or fresh fruit/cucumber/ginger/mint, etc.
- Consider soda water.
- Include fluid rich foods in your meals and snacks. Watermelon, strawberries, cantaloupe, peaches, oranges, cucumbers, celery, tomatoes, and peppers are all great options. These fruits and vegetables each provide about 1/2 cup of



fluid for each cup consumed. Plus, they are rich in fiber and antioxidants!

- Foods such as ice cream, milkshakes, popsicles, and soups also count as fluid.

What habits can help increase hydration?

- Keep fluids within reach.
- Set a timer to drink.
- Keep a fluid log or journal (use an app or notebook).
- Measure the volume of the cups you are using to determine how much you

may already be drinking.

- Consider adding 4 oz of fluid when taking your medications.

How do you know if you are dehydrated?

Early warning signs and symptoms of poor fluid intake include dry mouth, thick saliva, increased thirst, nausea, inelastic skin, dry skin, sunken eyes, confusion, headache, or muscle aches. You may also feel weak or more fatigued. Sometimes, you may feel dizzy, especially when going from sitting to standing. If you are urinating less or your urine is dark, you may be dehydrated. You could also see a weight change of three pounds or more in one to two days.

More tips and a healthy hydration information flyer can be found on our Website at North-eastRehab.com.

You can also access it using this QR Code:



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Al Kaprielian Y Impact Story



If you've been in the area for a long time, you would likely recognize Al Kaprielian from his television days. A longtime meteorologist on WNDS Channel 50, Al became a local icon, not just for his weather forecasts but also for his signature voice and charismatic personality.


Al, a Y member since November, grew up in Natick, MA, spending his summers at camp before earning his degree in meteorology from Lyndon State College in 1983. Shortly after, he moved to Derry, NH, and launched his decades-long career on TV. While the station he worked at for over 25 years is no longer in syndication, Al continues to share his meteorological expertise on the radio and hasn't fully embraced retirement just yet.

A Merrimack resident since 2000, Al joined the Y to stay active and

break up his routine. Before semi-retiring, he felt too busy to commit, but now he prioritizes his health. Every day, he walks at least three miles on the indoor track, a habit that helps strengthen his hips after undergoing two hip replacements—the most recent just two years ago. Walking has become essential to his well-being, keeping him fit and mobile. While he looks forward to trying the pool someday, he appreciates the year-round convenience and safety of indoor walking.

Now that he's semi-retired, Al values the Y not only as a place to exercise but also as a refreshing change of scenery. "This is my work now. I think the Y is very important. I feel different when I leave here, like a weight has been lifted."

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The Hidden Challenges of Long-Term Caregiving— *and Why At Home By Hunt Offers a Better Future*

Caring for a loved one over the long term can be deeply rewarding, but it also comes with significant emotional, physical, and financial challenges. As the population ages and lifespans increase, more people are finding themselves responsible with providing long-term caregiving for their family, friend, or loved one, often without adequate preparation or support. What many don't realize is that the journey of caregiving can last years, not months, and without proper planning, the toll can be overwhelming.

One of the most common misconceptions is that insurance, including Medicare or Medicare Advantage Plans, will cover the costs of long-term care needs. Medicare or alternative advantage plans only cover short-term, medically necessary care, typically following hospitalization. These plans do not fund ongoing assistance with activities of daily living such as

bathing, dressing, or meal preparation, which are few of the tasks seniors may eventually need support with. Private health insurance is similarly limited in its long-term care benefits leaving many caregivers and their loved ones financially exposed when they need help the most.

As a result, caregivers often scramble to provide the support that is needed, which can lead to burnout, strained relationships, and financial hardship. It is not uncommon for caregivers to reduce their work hours or leave jobs entirely to care for their loved one. Savings can quickly be depleted by in-home care services, assisted living facilities, or nursing home fees. The emotional burden can be equally heavy, as caregivers often struggle with isolation, stress, and guilt.

This is where At Home By Hunt stands out as a transformative solution. Unlike traditional insurance,

At Home By Hunt is a comprehensive long-term care membership program that empowers individuals to age confidently in their own homes. Members receive personalized care coordination, recommendations for home modifications, wellness support, and financial protection—all designed to prevent crises and preserve independence.

At Home By Hunt isn't just about care, it's about proactive planning. This program eliminates the guesswork and burden by providing expert guidance and guaranteed services when care is needed. Members can live with peace of mind, knowing they have a support system in place for the future.

In an era where long-term care is becoming a certainty for many, preparation is critical. At Home By Hunt offers a smarter, more compassionate approach—one that puts control, dig-



nity, and security back into the hands of those who need it most. It's not just a plan for care—it's a plan for life.

To attend an educational event, or learn more about At Home By Hunt, please visit www.silverstoneliving.org or call 603-821-1200



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Be a **CASA.**

She Taught Children Across the World; Now She Helps NH Children as a CASA

Katie Pelczar,
Community Outreach Coordinator
– CASA of NH

It's trivia time. What connection do Sierra Leone, Lebanon, Iran, Brazil, Indonesia, Egypt, Ecuador, and China all have with Court Appointed Special Advocates (CASA) of New Hampshire? Amazingly, these are all places CASA volunteer Dorothy Piquado and her husband John taught during their 37-year careers as educators.

After decades of working across the globe and raising her own children, Dorothy craved something meaningful to do in retirement. Thirteen years in, it's safe to say she's found the perfect fit at CASA of NH.

Dorothy is the first to reassure a CASA peer during a rough time, or encourage a neighbor (or complete stranger) to think about volunteering.

Having advocated for dozens of children and counting, she's aware of the pain, fear, and uncertainty the children have experienced. She knows the struggles parents face on the road to overcoming their missteps. But her enthusiasm never falters because she's seen how her contributions have helped bring about happy endings for children and families.

A case of Dorothy's that illustrates this involved a child who was born while his parents were in prison. The grandmother was taking care of the infant, but ended up being charged with a legal infraction herself. "Over the course of the next two years," Dorothy says, "this grandmother was not giving up. She stayed in that child's life, she wanted that child. Accusations were made against her, but she handled them, she was determined."

During this time, the child also had

contact with his father. As the child's advocate, Dorothy would sometimes attend the visits. "One day when the child was 18 months old," she recalls, "I went to the prison to see him visit his dad. They made them visit with glass between them and only the telephone to communicate through. I watched this young father, all he had was a piece of paper, and with that baby sitting there on the counter, he entertained his child for a solid hour with nothing but that piece of paper. I couldn't believe it. That child was happy. That showed me that you can be in jail and be a good dad."

The abundant love and steadfast resolve shown by both the child's father and grandmother were the proof Dorothy needed that she should advocate for the child to be permanently reunited with his grandmother. Today, Dorothy is still in the child's life and is invited to birthday and

Christmas parties.

"It's something I get so much out of," continues Dorothy, "Even though it's hard sometimes. My joke to myself is, if I didn't do CASA I'd have to stay home and clean my house – and that's not a joy. I don't want my tombstone to say 'She kept a clean house.'"

For Dorothy, joy has never been about having a perfectly clean home – joy is about the love within that home. As a CASA, that's something she experiences when a child is made whole by placement with their loving forever family.

To learn more about volunteering with CASA of NH, sign up for a virtual information session at www.casanh.org/infosessions.

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Summer Cookie Recipe

Here's a refreshing Lemon Blueberry Sugar Cookie recipe – perfect for summer! These cookies are soft, tangy and bursting with juicy blueberries.

Lemon Blueberry Sugar Cookies

Prep Time: 15 minutes

Cook Time: 10–12 minutes

Yield: About 24 cookies

Ingredients

1 cup (2 sticks) unsalted butter, softened

1 cup granulated sugar

1 large egg

1 teaspoon vanilla extract

Zest of 1 lemon

1 Tablespoon fresh lemon juice

2½ cups all-purpose flour

½ teaspoon baking soda

½ teaspoon salt

1 cup fresh blueberries (or frozen, not thawed)

Extra sugar for rolling (optional)

Instructions

Preheat oven to 350°F (175°C). Line baking sheets with parchment paper.

Cream the butter and sugar in a large bowl until light and fluffy (about 2–3 minutes).

Add egg, vanilla, lemon zest and juice. Mix until well combined.

In a separate bowl, whisk together the flour, baking soda and salt.

Gradually mix dry ingredients into the wet ingredients until just combined.

Gently fold in blueberries with a spatula. Try not to crush them.

Scoop dough (about 1½ Tablespoons per cookie) and roll into balls. Optionally, roll in sugar.

Place on baking sheet, spaced about 2 inches apart. Flatten slightly with your fingers or the bottom of a glass.

Bake for 10–12 minutes, until the edges are lightly golden. Centers should be soft.

Cool on baking sheet for 5 minutes, then transfer to a wire rack to cool completely.

Tips for Summer Vibes

Replace blueberries with raspberries or blackberries for variation.

Add a lemon glaze: mix 1 cup pow-



dered sugar + 2 Tablespoons lemon juice and drizzle over cooled cookies.

Serve chilled from the fridge for a cool summer treat!

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.

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

- **Aviation Museum of NH** The Aviation Museum of New Hampshire (27 Navigator Road in Londonderry; aviationmuseumofnh.org, 669-4820) regularly holds volunteer open houses. According to a press release about a previous open house: “The Aviation Museum is specifically seeking volun-

teers to help carry out its educational programming to young people from pre-school through high school ages. ... The museum hosts field trips, school visits, and operates a popular ‘Flights of Discovery’ summer camp. In addition, the museum welcomes families with young children to participate in hands-on activities in its classroom. Volunteers can help all these programs.” Volunteers also help with special events such as the annual car show, fundraising gala and more, the release said.

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

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

- **Canterbury Shaker Village** (288 Shaker Road in Canterbury; shakers.org, 783-9511) seeks volunteers to give tours, offer administrative assistance, help with special events and more, according to the website. Go online to fill out an applica-

tion or reach out to 783-9511 or info@shakers.org, the website said.

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

- **The CareGivers NH** (700 E. Industrial Park Drive in Manchester; caregiversnh.org, 622-4948), a program of Catholic Charities, offers transportation, help with grocery shopping and getting food, visits and reassurance calls to elderly and disabled people in Alton, Amherst, Auburn, Bedford, Candia, Goffstown, Hooksett, Hollis, Hudson, Litchfield, Manchester, Merrimack, Milford, Nashua and Wolfeboro, according to the website. Volunteers are needed to provide transportation and deliver food as well as to help with administrative work and in the warehouse, the website said. Go online to download the volunteer application and to see detailed frequently asked questions.

- **CASA of New Hampshire** (casanh.org), “a nonprofit that trains volunteers

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

- **The Franco-American Centre** (100 Saint Anselm Drive, Sullivan Arena, in Manchester; 641-7114, facnh.com), which promotes French language, culture and heritage, seeks volunteers for work as Culture of France Event Coordinator, Culture of Quebec Event Coordinator, Immigrant Outreach Coordinator, French Conversation Group Facilitator and more, according to the website. Some French language skills are helpful but not required, the website said.

- **Hillsborough County Gleaners** (603-732-9194, nhglean.com) is a program of the Hillsborough County Conservation District (HCCD) and NH Gleans. They work with local farms to collect excess produce and deliver it to food pantries, children’s organizations and seniors who can use it, according to the website, where you can fill out an application and specify regions of the state to volunteer in.

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

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

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

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

• **Lowell Summer Music Series** (lowellsummermusic.org) seeks 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. Go online to fill out a volunteer form.

• **Mt. Kearsarge Indian Museum** (18 Highlawn Road in Warner; indianmuseum.org, 456-2600) has volunteer opportunities including giving tours, organizing events, and doing office work and grounds work, according to the website. Contact volunteer@indianmuseum.org or fill out an application on the website, where you can see a video about volunteering.

• **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, according to the website, where you can find applications and more details for specific programs.

• **New Hampshire 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.

• **New Hampshire Food Bank** (700 E. 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 amoulton@nhfoodbank.org.

• **New Hampshire Telephone Museum** (1 Depot St. in Warner; nhphonemuseum.org, 456-2234) “houses a tangible history of telecommunications which can be viewed via guided or self-guided tours,” according to the website. “We welcome everyone from high school students looking to fulfill their volunteer requirement to retired folks and everyone in between. Volunteer opportunities include spring/fall cleanup, clerical work, outreach, tour guides, and other jobs as needed,” the website said. Call or fill out an online application.

• **NH PBS** (nhpbs.org) 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.

• **The Northeast Organic Farming Association of New Hampshire**

(nofanh.org) seeks volunteers with planning its annual winter conference, assisting with spring bulk order pickup, and committee and board membership, according to the website. Go online to fill out a volunteer form or contact info@nofanh.org.

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

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

• **Special Olympics New Hampshire** (sonh.org) volunteers can serve as coaches, trainers, event organizers, fundraisers, managers and unified partners who play alongside some athletes, according to the website. Volunteers can work at an event or with a team, the website said. For more information contact specialolympics@sonh.org or call 624-1250.

• **United Way of Greater Nashua** (unitedwaynashua.org, 882-4011) 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) has mounted and unmounted volunteer opportunities and has volunteer training sessions scheduled for June. Contact Patti Sexton at patti@upreachtec.org or by phone.

• **Young Inventors’ Program** (unh.edu/leitzel-center/young-inventors-program) uses volunteers to support its annual Northern New England Invention Convention event. See unh.edu/leitzel-center/young-inventors-program/connect/volunteer or call 862-3401.



New Hampshire Audubon

(nhaudubon.org) has centers in Concord, Auburn and Hebron as well as wildlife sanctuaries throughout the state. “Volunteers at NH Audubon work alongside staff to help fulfill our mission by furthering conservation efforts and engaging the community. Volunteers serve

important functions in our statewide offices in Concord, three program centers, our 40 sanctuaries, and locations across the state: monitoring wildlife populations, creating viable natural habitat, educating constituents, advocating for sound environmental policies, maintaining natural lands, and community outreach inspiring future stewards. NH Audubon also has dedicated chapters throughout the state run completely by volunteers,” according to the website, where you can find details about specific volunteer projects and fill out applications.

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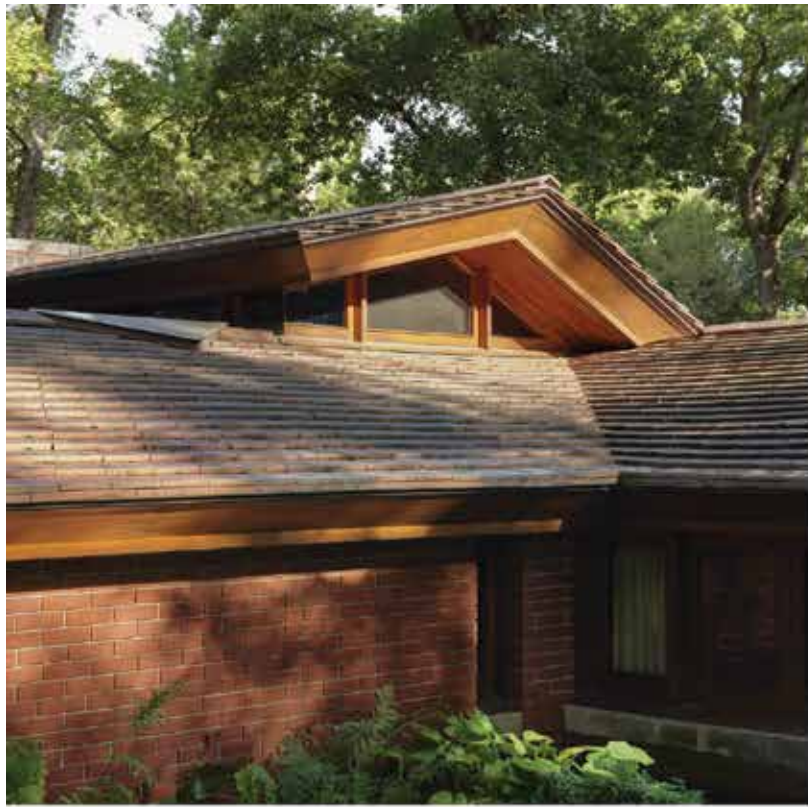
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