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Lifestyles!

*A Guide for Active
New Hampshire Seniors*

Senior Games

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Senior Lifestyles, formerly Golden Granite, is your guide for active New Hampshire Seniors!

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Publisher's Perspective by Leigh Bosse

■ To Our Readers

With Senior Lifestyles entering its second year, we know that the whole concept and definition of a "Senior Citizen" has evolved over the years. Today's seniors are more health conscious and active than prior generations. They are living longer and are generally more affluent than their parents, and are savvy consumers of goods and services. Thus we make the following

promise to our readers. Senior Lifestyles sole purpose is to provide you with the knowledge you need and the information you want to maximize the potential of your retirement years. If we can both inform and entertain our readers, we will have succeeded. Please let us know how we are doing and what we can do to improve our product.

■ To Our Advertisers

In keeping with our understanding of senior citizens today, we urge our advertisers to join us in adopting the following philosophy, first expressed by nationally syndicated author Frank Kaiser.

1. Never think that the elderly market is "old." They don't consider themselves old, so don't you.
2. Never attempt to scare our readers into buying. Fright tactics turn them off. Let's tell them about independence.
3. Always treat our readers as equals. They value connectedness, independence, personal growth and revitalization, and so should you.

4. Never pander or talk down to our readers. They're not dumb, in fact, they're probably smarter than us both.
5. Never try to bamboozle. All seniors are from Missouri and skeptical.
6. Don't broad stroke. All seniors are not alike. Above age 50 there are dozens of mature and independent minds.
7. Give them a guarantee. Seniors fear being taken. A simple "no ifs, ands, or buts guarantee" pleases them immensely.
8. Don't razzle-dazzle. Seniors are conservative about consuming, and many grew up during the Great Depression.
9. Don't rely on glitz. Ads should look like ads.
10. Always treat our readers with respect.

Granite State Senior Games

Register now for upcoming events. Registration is open for the 24th annual Granite State Senior Games, Aug. 5-28, at venues in the Greater Manchester area and elsewhere. Athletes of all skill levels, age 50 or more, are the traditional attendees. New this year: those of age 45 and up may enter track events. All skill levels are welcomed. Last summer, people from 17 states attended. Gold medals, silver, bronze and fourth-place ribbons await. Online registration is encouraged. There now are 18 sports on the roster. Play as many as desired for one fee. This year, pickleball and power walking are included.

- Friday, Aug. 5: Pickleball and 10-pin Bowling
- Saturday, Aug. 6: Horseshoes,

Racquetball and Men's 3-on-3 Basketball

- Sunday, Aug. 7: Archery and 5K/10K Road Race and 5K Race Walk and 5K Power Walk
- Friday, Aug. 12: Candle Pin Bowling in Concord and Manchester.
- Saturday, Aug. 13: Bull's Eye Pistol and Swimming
- Sunday, Aug. 14: Badminton and Cycling
- Tuesday, Aug. 16: Golf
- Friday, Aug. 19: Shuffleboard
- Saturday, Aug. 20: Tennis Singles
- Sunday, Aug. 21: Tennis Doubles & Mixed Doubles and 1500m Power Walk and 1500m Race Walk and Track & Field events and Closing Ceremony
- Sunday, Aug. 28: Table Tennis

For more info, call 603-504-8425.

Maintain an active, safe and healthy lifestyle

Today's baby boomers are growing older gracefully. And although more than 10,000 boomers each day will turn 65, most are not letting their age stop them from maintaining active and healthy lifestyles. Here are a few ways to ensure that you stay healthy and safe:

■ **Maintain regular health screenings and immunizations.** While it is important to have regular check-ups with your family doctor, it's equally important to monitor vitals more frequently. Luckily, most local pharmacies offer free blood pressure and cholesterol checks, as well as seasonal flu shots.

■ **Fight against falls.** Falls are the most common cause of hospital visits for those older than 65, according to the Home Safety Council. To help prevent falls in the bathroom - while maintaining stylish decor in your home - add new Grab Bars with Integrated Accessories from Moen Home Care. These unique products combine functional accessories, such as a shelf, towel bar and toilet paper holder, with the safety of a grab bar.



■ **Travel safety.** Once you've updated your own bathroom with safety features, be sure that you are surrounded with these safety devices when you're visiting others or on vacation. Products such as the Suction Balance Assist Bar from Moen Home Care offer a suction design that easily attaches directly to smooth, flat surfaces for a firm, secure grip in danger zones - and easily unlocks from the wall for convenient transport when traveling.

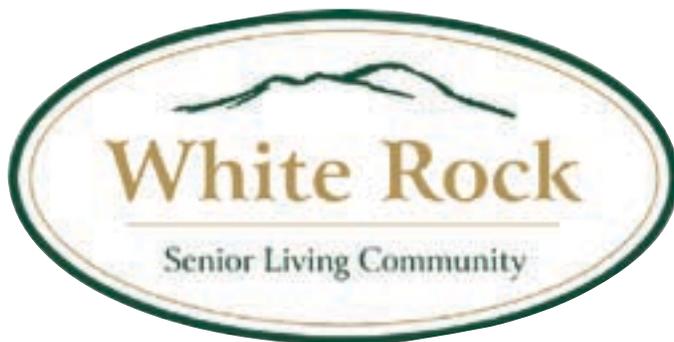
■ **Ensure help is a call away.** Cell phones are not just for social uses, they are a valuable emergency response

tool - and they don't have to come with a pricey monthly bill. In fact, plans are available for as low as \$10 per month without a contract to AARP members .

■ **Instill healthy habits.** Being healthy doesn't have to involve major lifestyle changes. For example, swap high-fat or high-calorie versions of your favorite foods with lower-fat, lower-calorie versions.

■ **Boost your activity levels.** This doesn't mean running a marathon - but it does mean getting your body moving. Walking, playing golf or any other enjoyable activity that boosts your heart rate is a step in the right direction.

■ **Keep your mind moving.** Cognitive performance levels drop earlier in countries that have younger retirement age, according to a study published by the RAND Center for the Study of Aging and the University of Michigan. But if you're no longer in the workforce - don't fear. Just be sure to keep your brain busy by engaging in activities that combine social, physical and intellectual stimulation. (ARA)



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NH American Legion supports Camp Allen

Text and Photo by Richard Dahlgren

On Tuesday evening, July 12, 2011, I was privileged to accompany Department of New Hampshire American Legion Commander Bob Blais to Camp Allen in Bedford to witness the presentation of a check for \$810 to Camp Allen's Executive Director Mary Constance.

This check represented the profits from a dinner held at the Post on June 9, 2011, cooked and served by the Legion family including the Legion, Auxiliary and Sons of the American Legion. Camp Allen is one of the recipients of funds distributed by Jutras Post each year.

Mary Constance says that "Our goal is to make sure our campers have the best time ever while their families and caregivers have a break in providing care." Camp Allen is very unique as they welcome approximately 600 campers with special needs annually each summer. These campers are "of all



(Back row L to R) Bob Blais, Mary Constance, Jean Lemire, Don Parents (Front row L to R) Adam Villeneuve, Justin Moy.

ages with special needs and extraordinary challenges including cerebral palsy, autism, muscular dystrophy,

Down syndrome, and other developmental disabilities."

There are many instances where the individual camper will spend one or two weeks at Camp Allen and that might be the only time of the year that they can take advantage of being in the great outdoors.

I was able to spend some time at the Camp and was fascinated by the intense level of attention that the counselors pay to their "charges." It was obvious to me that the campers were made to feel welcome and received a lot of support and encouragement from the staff.

Participating in the brief ceremony besides Commander Blais and Mary Constance were: Jean Lemire, President, Board of Directors, of Camp Allen, Don Parents, both members of Jutras Post and campers Adam Villeneuve and Justin Moy, both age 10.

I was really glad I came and proud to be a Legionnaire.

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 **Southwestern Community Services, Inc.** 

Tournament raises \$16,474 for New London Hospital

On Tuesday, June 28, 2011, 112 golfers gathered at Lake Sunapee Country Club to tee off at 8:30 a.m. in support of the Sixth Annual LSCC Breast Cancer Awareness Golf Tournament. This annual event is hosted by the Lake Sunapee Country Club Women's Golf Association, and benefits the New London Hospital Mammography Program. The Mammography Program provides financial support to area women who otherwise cannot afford annual diagnostic testing and treatment.

This year's fundraising surpassed all goals and expectations! The first annual tournament raised \$1,500. The 2011 goal was \$15,000 and the tournament actually presented a check for \$16,474 to Bruce King, New London Hospital President & CEO. "This gift represents a strong commitment to women's health from the Women's Golf Association," said Bruce King. "New London Hospital is very grateful to be the recipient of the proceeds from this tournament."



The Lake Sunapee Country Club Women's Golf Association present Bruce King, President & CEO of New London Hospital with the proceeds from their annual Tournament on June 28 in support of the hospital's Mammography Program. From left to right: Sandee Morrow, Sarah McCann, Sharon Lavigne, Helen Quinlan, Marcella Starkey, Mag Francis, Susan Chumas, Tracy Haines, NLH Special Events Coordinator, Deb McGrath, Hilda Lyon and Bruce King.

The Committee members, led by Mag Francis of New London, also initiated a number of creative methods for raising monies in addition to the participants' player donations. Raffle tickets and Mulligans were sold by the doz-

ens. During luncheon in the Clubhouse and following play, a live auction was conducted, and together with the silent auction, raised several thousand dollars for the NLH Mammography Program. (ARA)

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10 ways to help you prevent hearing loss

Hearing loss affects more than 34 million Americans. If detected early, it may be a preventable chronic disease. Here are 10 ways to help prevent, delay or reduce the extent of hearing loss.

1. Reduce exposure to loud noises.
2. Take care when using cotton swabs. Don't use them to clean inside your ear canal. It can push the earwax in further and you could puncture your eardrum.
3. Quit smoking.
4. Eating a healthy diet, maintaining proper weight and daily exercise can help you avoid type 2 diabetes.
5. Avoid excessive use of alcohol.
6. Avoid organic solvents.
7. Avoid medications that may cause hearing loss.
8. Consume enough antioxidants.
9. Maintain a healthy cardiovascular system.
10. See an audiologist. To find an audiologist in your area go to www.audiologyawareness.com or call (888)



833-EARS (3277).

The Audiology Awareness Campaign is sponsoring the 4th Annual "Listen Up America Week" May 9 to 13, 2011, where audiologists will offer free hearing screenings nationwide.

"By offering free hearing screenings throughout the United States, we have the ability to reach many Americans

who might otherwise not have access to licensed audiologists, says Dr. Kathy Landau Goodman, chairperson of the Audiology Awareness Campaign. "If you think you're experiencing hearing loss, an audiologist will help you receive a diagnosis, and then make appropriate recommendations for treating any hearing problems." (ARA)



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Coliseum Senior Residence Announces Expansion

One of the city's most sought-after senior housing complexes is expanding: Coliseum Senior Residence Phase II will add 40 senior apartments to its impressive 100-unit building. Construction has already begun on Phase II, which is slated to open in the fall.

Coliseum, conveniently located off Exit 6 on the F.E. Everett Turnpike, is a 55-and-older complex that's in walking distance of grocery stores, pharmacies, shopping, restaurants and more. This desirable location – at 7 Coliseum Ave. – is also only a few minutes' drive to downtown Nashua and just 10 minutes from the Massachusetts border.

The wide range of amenities includes air conditioning, plenty of on-site parking, on-site laundry, exercise and activity rooms, an on-site supportive service coordinator, library and sitting areas, and a community dining and kitchen area.

The property is managed by Stewart Property Management, which special-

izes in managing affordable housing throughout Northern New England. Rents begin at \$925, and heat and hot water are included in the rent. One- and 2-bedroom apartments are available. A number of units are handicap-

accessible.

Coliseum Senior Residence Phase II has been developed by Housing Initiatives of New England. For more information or to receive an application call (603) 641-2163.



The 300 guests who attended New London Hospitals' Grand Gala dined and danced in William Ruger Jr's elegantly decorated mill building among his collection of vintage automobiles. Courtesy Photo.



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Bald Is Beautiful at Dartmouth-Hitchcock

Eighty-two individuals collected more than \$41,227 in charitable gifts from 1067 donors. Seventy-six individuals shaved their heads in tribute to and memory of loved ones touched by cancer. The Third Annual Bald is Beautiful event at Dartmouth-Hitchcock Norris Cotton Cancer Center at Kingsbury Pavilion in Keene in support of those living with cancer.

Many parted with their tresses as tributes to family members or friends who had lost their hair and maybe even their battle with the illness. Others, cancer survivors themselves, participated as a means of celebrating a victory.

One participant held a cardboard sign with the handwritten name of his younger brother and a simple message, "I miss you." As his hair fell to the floor with the buzz of a trimmer, family members waited to be shaved themselves, each holding back tears as they banded together to remember their lost relative.

"We want to thank all those who



participated and pledged," says Frank Hoffman, Annual Giving Manager who chaired the event committee. "This event is truly inspiring. It deeply touches all who participated."

The proceeds will help patients at the Dartmouth-Hitchcock Norris Cotton Can-

cer Center at Kingsbury Pavilion who are experiencing financial crises. In addition, tax-deductible donations will allow the purchase of vital equipment for this local cancer treatment center, such as television monitors for chemotherapy infusion chairs and blanket warmers.

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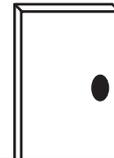
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What are you doing right now to protect the nest egg that's essential to your future financial well-being?

"Retirees are a favorite target for identity thieves," says Jennifer Leuer, general manager of Experian's ProtectMyID. "Seniors usually have more investments and cash reserves, and are less likely to check their credit regularly. Identity thieves target seniors in a number of ways, from phone scams in which they pose as a relative in need, to raiding 401(k) accounts."

Be aware of the ways in which thieves can make use of your personal information, check your credit report regularly, and take these steps to thwart identity theft:

■ **Monitor your credit**

Your credit will be an important part of your financial health even after you retire. Just because you stop working doesn't mean it's safe to stop checking your credit report. Review your report regularly and consider enrolling in a



protection product like ProtectMyID, which is designed to detect ID theft, protect against it and help resolve the situation if you're a victim while enrolled. It works by monitoring your credit daily, performing daily Internet scans for your personal information, and alerting you when key changes occur.

■ **Watch over your 401(k)**

Employer-administered retirement accounts are becoming increasingly popular targets for thieves, who can defraud these funds of millions of dollars. Always thoroughly read your 401(k) statements. If you only get a quarterly

statement, ask for more frequent account summaries and review them with a financial professional. Review your account online regularly so that you can quickly detect any activity that doesn't look right.

■ **Take care of your Social Security**

Protective measures in retirement, including not carrying your Social Security card in your wallet, and being cautious about whom you give your SSN to. As a retiree, your SSN is particularly valuable to identity thieves, who can use it to pilfer your monthly Social Security payment, access your medical records or even falsify your tax return so that your refund goes to them instead of into your bank account.

■ **Stay alert and educated**

Identity thieves come up with new ways to scam people all the time. With seniors being a favorite target, it pays to keep abreast of the latest scams. Check online resources like IRS.gov, FTC.gov and IDtheftcenter.org. (ARA)

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Christopher Elliot, ombudsman,
National Geographic Traveler magazine

THE WALL STREET JOURNAL

"It's clear agents can likely save travelers big money and help set a realistic itinerary. Even where they weren't cheaper, the agents competed with what we could find on our own. And we were impressed where they did save us money, in particular with hotels."

Jane Hodges, Wall Street Journal



"Having a travel agent advise you is now more important than ever," as fees, surcharges, and other travel restrictions have become more confusing for consumers. "Travel is one of the most complicated purchases."

Henry Harteveltdt, Travel Industry Analyst,
Forrester Research

Veggies aplenty? Ways to share your harvest

What an exciting sight to have watched that seedling grow with sunshine, water and good soil in the backyard garden or patio container garden to produce such a plethora of fresh vegetables. By harvest time, tomatoes, peppers, zucchini and cucumbers weigh down the vines and stems of the formerly tiny seedlings, and many gardeners are running out of storage space and recipe ideas for all the incredible vegetables picked at the height of freshness.

So what can be done with the garden leftovers? Donating and gifting are two great ways to help friends and the community with fresh produce. Miracle-Gro and America's Test Kitchen teamed up to provide recipes that are perfect for parties, providing a delicious meal for a shut-in and sharing with co-workers.

Tomatoes from the garden can be canned and easily transformed into chili, spaghetti or pizza sauce even into the winter months. From salsa and pico



de gallo, to zucchini bread and cucumber salad, these popular foods will have family and friends enthusiastically eating garden vegetables all summer long. Expand the menu options by growing some different vegetables or herbs each year, and investigate new recipes that may become family favorites.

Create gift baskets for friends and neighbors with excess fresh produce. Whether celebrating the summer holidays, birthdays, anniversaries, or for no

reason at all, summer crops can inspire a variety of gifts. Ask your friends for their favorite recipes featuring delicious vegetables and herbs. Then, print out the best recipes on colorful cardstock and bundle up the ingredients, including fresh produce from the garden, giving the whole package as a gift.

Donate any extra harvest to a local food shelter where it will benefit members of the community. Contact local food pantries prior to harvesting the vegetables to find out what restrictions they might have on garden vegetables. If the local food pantry does not accept fresh produce, contact area churches to see if any have a food donation program established.

While the first harvest is exciting, do not forget to continue nurturing remaining plants in the garden. Some plants will produce vegetables until the weather gets considerably cooler, allowing for the enjoyment of fresh produce well into the fall. (ARA)

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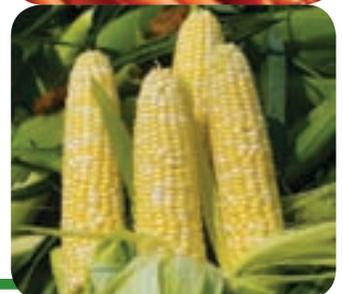
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The Thunderbirds are coming to Portsmouth

Service Credit Union Boston–Portsmouth Air Show officials held a news conference today where they announced their final performer lineup for the 2011 show. The show, which will feature the United States Air Force Thunderbirds in their first New Hampshire appearance in 25 years, will be held August 13th and 14th at the Portsmouth International Airport at Pease.

In addition to the Thunderbirds, the show will feature a blockbuster lineup including military demonstrations from the United States Army Parachute Team Golden Knights, the United States Navy F-18 Super Hornet and the New Hampshire Air National Guard KC-135. The Super Hornet will also be featured in the United States Navy Legacy Flight with the F4U Corsair.

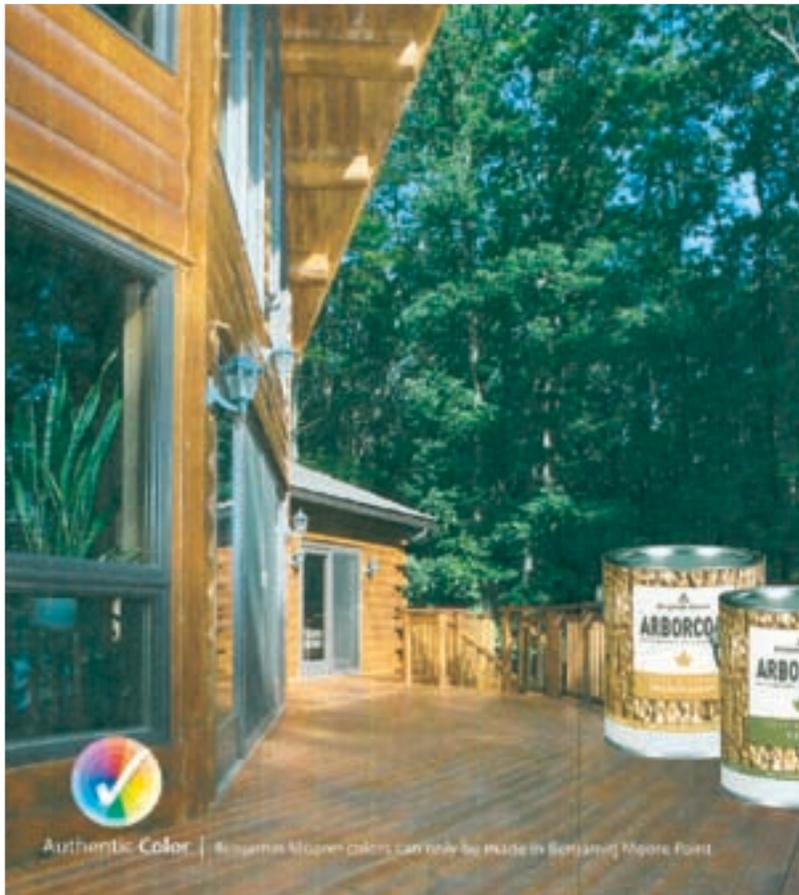
The show will also have a phenomenal lineup of civilian aerobatic stars including National Aviation Hall of Famer Sean D. Tucker, New England native Michael Goulian, and Jason Newburg.



Aerobatic teams performing include Team AeroShell with their four AT-6 “Texans”, The Northeast Raiders flying Yakovlev 52’s and Nanchang CJ6’s, and Team Heavy Metal; a new jet demonstration team flying four L-39’s and one T-33. The show will also have a MIG-17 demonstration and a P-51 Mustang demonstration as well as a solo demo by the F4U Corsair.

The show also announced that they will have a full complement of on-ground aircraft displays and will once again have the popular Kidz’ Zone Play Area on-site. Air show officials also announced enhancements designed to improve the fan experience at this year’s show.

Tickets for the show are available at www.BostonPortsmouthAirShow.com. The Service Credit Union Boston–Portsmouth Air Show, which attracted a record crowd of 70,000 spectators in 2010, is once again being jointly produced by the Daniel Webster Council, Boy Scouts of America and the Brain Injury Association of New Hampshire.



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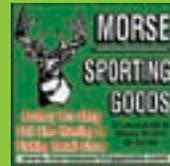
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