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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 it's 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 fol-

lowing 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 connect- edness, independence, per- sonal 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 doz- ens of mature and independent minds.

7 Give them a guarantee. Seniors fear being taken. A simple "no ifs, ands, or buts guarantee" pleases them im- mensely.

8. Don't razzle-dazzle. Seniors are conservative about consuming, and many grew up during the Great Depres- sion.

9. Don't rely on glitz. Ads should look like ads.

10. Always treat our readers with respect.

25,000 copies available at all American Legion, VFW Posts, New Hampshire Senior Centers and at the following locations:

Antrim: Antrim Market Place, T-Bird, Rick & Diane's

Bennington: Harris Convenience Store, The Country Store

Bradford: Post Office, Cobble Pond Farms, Lake Sunapee Bank, Laundromat

Claremont: Market Basket, Hannaford's

Concord: Shaw's (2), Hannaford's

Contoocook: Colonial Villager, Dimitris

Goffstown: Shaw's (2), Market Basket

Greenfield: Harvester

Hanover: Co-Op Marketplace

Hillsborough: Shaw's, Circle K, Diner, Sweet Expressions, Najib's

Henniker: Harvester Market, Pharmacy, Pop Schultz, St. George Cafe

Hopkinton: Cracker Barrel, Fireside Tavern
Hooksett: Shaw's, Market Basket

Keene: Price Chopper, Shaw's, Hannaford's

Lebanon: Price Chopper (2), Shaw's (2)

Manchester: Shaw's, Stop & Shop, Hannaford's

Newbury: Marzelle's, Quick Stop, General Store

New London: Hannaford's, McKennas, Colonial Marketplace, The Gallery

Newport: Shaw's, Circle K, Diner, T-Bird Country Kitchen

Peterborough: Shaw's, Belletetes

Sunapee: Digbee's Best Western, Exxon, One Mile West

Sutton: Vernondale Store

Walpole: Shaw's

Warner: Market Basket, Evan's Expressmart, Circle K, Foothills

Washington: General Store

Weare: Lancott's, Corburn's, Weare Center Store, Dimitri's

Courville at Nashua named one of best nursing homes

The Courville Communities is proud to announce that Courville at Nashua has been named one of the Best Nursing Homes in New Hampshire in the latest U.S. News ranking of "Best Nursing Homes". The 100-bed Nashua facility is the home to long-term care residents as well as many short-term stay residents who utilize the skilled rehabilitation services provided in-house.

According to the U.S. News website, www.usnews.com, the U.S. News rankings are built on data from Nursing Home Compare, a consumer web site run by the federal Centers for Medicare and Medicaid Services (CMS). CMS sets and enforces standards for all nursing homes enrolled in Medicare or Medicaid. A facility's overall rating is geared to its performance in health inspections, nurse staffing, and medical care. The top ranking facilities were listed first by overall ratings and then in alphabetical order.

"This is exciting news for The Courville Communities, Courville at Nashua, and the entire Nashua-area community," said Henri LeBlanc, President of The Courville Communities. "Knowing you have a facility in the area that is meeting

quality standards and ranking among the best nursing homes in the state can put your mind at ease should the need for the services we offer—be it long-term or short-term care—arise."

Courville at Nashua provides health-care options to meet a wide range of needs; long-term care, short-term rehabilitative care, and respite care. "The Courville at Nashua team works together on a daily basis to ensure the core values

of our company are being adhered to in addition to CMS standards," says Jason Smith, Executive Director of Courville at Nashua. "Keeping Courville values in mind, we work to enhance the lives of our residents with caring, compassionate and dedicated team members who focus on the individual needs of each of our residents." The full list of rankings by state can be found at <http://health.usnews.com/senior-housing>.

Prescription Discount Card: easy, valuable and free

Evelyn Webster of was devastated when she learned that her sister had been diagnosed with cancer. As a result of the radiation and chemotherapy treatments, her sister was unable to work and lost her health insurance. "So therein lies the problem: no insurance, no medication, no money to buy the medication," Webster told CBS affiliate KBTX-TV in Bryan/College Station, Texas. The family learned of a free prescription discount card available through Brazos County, where Webster works in the District Clerk's office. "Without the NACo card, unfortunately, we would not have

been able to buy all of [my sister's] medicines," she said. The National Association of Counties (NACo) Prescription Discount Card Program, administered by CVS Caremark, is a free national program available for all residents of NACo-member counties. The cards save an average of 24 percent off the full retail cost of prescription medications. They can be used by consumers who do not have health insurance or those whose prescription is not covered by their insurance.

A national network of major chain drug stores and community-based pharmacies, honor the card. (NewsUSA)

Courville- A Family of Four

The Courville Communities offers four facilities throughout Bedford, Manchester and Nashua, each providing unparalleled care in a home-like environment. We are pleased to provide a continuum of care including assisted living and skilled nursing options, as well as rehabilitation services to support short- and long-term residents.



Our family approach to care fosters trust among Courville, the individual and the family members involved. We truly believe that our custom care approach is enhanced by open communication and shared decision-making.

Courville residents are more than cared for; they are enriched by friendships and experiences, every day. They enjoy all the comforts of home; and you rest easy, knowing you've made a great choice in The Courville Communities family.

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Maple Syrup

New Hampshire Maple Experience Returns to The Rocks

Program features Sugar-on-Snow, Facebook photo contest, and maple cooking demos

BETHLEHEM, N.H. - The New Hampshire Maple Experience returns to The Rocks Estate this spring, showcasing the sweet tradition of sugar making with hands-on learning and tasty treats.

Owned by the Society for the Protection of New Hampshire Forests, The Rocks partners each year with area inns and other businesses to celebrate maple sugaring season. The Maple Tour includes an interactive step-by-step demonstration of crafting maple syrup, complete with a visit to the onsite sugar house. New to the program this year is the option to enjoy sugar-on-snow, where syrup is heated and drizzled over snow to create a toffee-like concoction that's sure to satisfy your sweet tooth.

"With the Maple Experience, we strive to provide a fun, educational program for visitors of all ages, while collaborating with other area businesses to showcase the beauty and creativity of our area," said Nigel Manley, longtime Rocks Estate manager. "We keep the Maple Experience fresh by adding new features each season."

A horse-drawn wagon ride through the historic 1,400-acre estate, and a syrup tasting – complete with the requisite sour pickle – make the Maple Tour a delight of the senses. In honor of the traditional pairing of sweet syrup and sour pickle – and the requisite "sour pickle face" – this year The Rocks will hold a Facebook competition featuring photos of Maple Experience visitors enjoying the delicious sweet-and-sour combination.

Also new this season is the "Taste of New Hampshire Maple," featuring a variety of local chefs who will give cooking demonstrations at The Rocks during the Maple Experience. Each chef will prepare a recipe that incorporates maple syrup. Onlookers will be invited to sample the finished product, and each recipe will be printed and available for visitors to take home.

The New Hampshire Maple Experience is scheduled for March 17, 24, 25, and 31, April 1 and 7, with tours taking place throughout the day. Reservations are highly recommended, but walk-ins are welcome on a space available basis.

During the tour, visitors will learn how to identify the sugar maple trees that produce the sweet sap for making syrup, discover the history of maple sugaring, and see part of the process demonstrated by fourth-generation sugar maker Brad Presby.

The Maple Experience also includes a visit to the interactive maple museum and education center featuring maple sugaring artifacts from the extensive collection of legendary Sugar Hill sugar maker Charlie Stewart. The museum and sugar house are in one of the many historic Rocks Estate buildings restored for modern use.

The Rocks staff will be serving up piping hot pancakes for hungry visitors, as well as selling mixes from the famous Polly's Pancake Parlor in Sugar Hill. Maple Experience visitors will receive coupons to Polly's, which will open early this year, on March 17. Polly's will be open weekends through May 12, when it begins daily operation through the fall.

Kingdom Kettle Korn will be popping and selling its delicious maple kettle corn at The Rocks during Maple Tours. Local businesses Lahout's and Chutters help sponsor the Maple Experience.

For those looking to turn the Maple Experience into a weekend-long North Country stay, The Rocks is again partnering with local inns to offer weekend vacation packages.



Maple Syrup

Visit www.therocks.org/vacations.php to find participating lodging establishments.

For more information, please visit www.therocks.org. For reservations and other inquiries e-mail info@therocks.org or call 603-444-6228.

The Rocks is the North Country Conservation and Education Center of the Society for the Protection of New Hampshire Forests (www.forestssociety.org). The Forest Society is non-profit membership organization founded in 1901 to protect the state's most important landscapes and promote wise use of its natural resources.

Maple Sugaring by the Numbers

Maple sugaring is a centuries-old craft that legend has started when an Indian struck his hatchet into a tree thus starting the sap to flow from the wound. His wife collected the sap, not realizing its sugar content, and presented her husband with a sweet treat for dinner. Once the European explorers and settlers learned the craft of maple sugaring, it became an industry of its own, now offering

hi tech solutions for what began as a very laborious process.

Did you know?

The earliest documented information on maple trees was written by French explorer Jacques Cartier in 1540. Other explorers as early as 1606 noted the observance of "distillation" of maple sap by the Micmac Indians.

Primitive spiles, the spouts tapped into the tree, were created in the 1790's as they proved to be beneficial to the health of the tree opposed to slashing the bark, where a patent for a metal spile was granted to Eli Mosher in 1860.

A patent for an evaporator pan was granted in 1850 to D.M. Cook of Ohio.

It requires 45 gallons of raw sap to produce 1 gallon of finished maple syrup.

Raw sap is about 2% sucrose, or sugar, and 98% water.

The process of reverse osmosis increases the concentration of sugar by removing approximately 75% of the water before boiling, which allows shorter boiling times and conserves fuel.

The sap must be boiled to around 7 degrees above the boiling point of water (212 degrees F at sea level) to become syrup. The syrup is now approximately 65% sugar content.

New Hampshire recommends syrup to be at a 66.9% sugar content, or density on the Brix scale, the measure-

ment used by sugar makers to verify density.

Maple candies and confections are made at temperatures between 232-280 degrees F and about 90% sugar.

The sugaring season lasts approximately 6 weeks, from late February to early April.

Maple syrup production was up 43 percent nationwide in 2011 over the previous year.

New Hampshire maple producers had a record breaking season in 2011 with a reported production of 125,000 gallons of syrup.

The New Hampshire maple industry contributes about \$5 million dollars to the state's economy annually.

Maple syrup is only made in the northeastern United States and eastern Canada, with Quebec Province producing 90% of the Canadian syrup and 80% of the world's supply.

If you want to know more about maple sugaring, visit a sugar house. On March 24-25th, the maple producers of New Hampshire will be hosting the 17th annual NH Maple Weekend. Over 85 sugar houses will be open state-wide for you to witness the process of turning sap into syrup. Free samples of fresh syrup will be offered as well as maple candies and confections, coffee and doughnuts in many locations. Some will be offering petting farms, tours and breakfast. Go to www.nhmapleproducers.com for a complete list of participants with their hours and offerings, or call 603-225-3757 for more information.

The New Hampshire Maple Experience

is a hands-on learning adventure. Visitors not only see how syrup is made, but also learn about the history, basic tree identification techniques, and the economic importance of natural maple products. Visitors help tap our maple trees so that they can enjoy and understand this rural aspect of New England.

March 17, 24, 25, 31 and April 1 & 7

- Chef Demo's
- Sugar-On-Snow
- Demonstrating techniques used by Native Americans & early settlers and the modern day sugar maker.
- Continual Tours & Horse Drawn Rides throughout each day. Enjoy Maple Syrup and Donuts!
- Learn how to drill and tap a Maple tree.
- Visit the Maple Museum that houses artifacts from 200-300 years ago.
- Everyone welcome! Or Maple Vacation packages available! Call for special weekend vacation package deals with area hotels and inns.

Reservations advised, program space limited. Contact The Rocks or info@therocks.org. Motor coach tours, school groups & private tours welcome!



The Rocks Estate

4 Christmas Lane, Bethlehem, NH
Please call 603-444-6228
www.therocks.org



Scan for Special Offer!!



Everyone welcome!

Understanding the role of gold in your financial future

Throughout these past several turbulent years, you have likely heard about investing in gold. Even with the increased exposure gold investments have received – as well as its place as one of the oldest ways people have accumulated and protected wealth – many Americans are still in the dark about the basic reasons why investing in this precious metal is important to their future.

A substantial number of Americans own gold in some form, but few are aware of the benefits of investing in it. In fact, almost half of Americans surveyed say they would like to own gold but don't know enough to make an investment, according to a recent survey by the World Gold Council. For centuries, particularly during times of financial stress, investors have sought to protect their capital in assets that offer alternative stores of value. As one of the few financial assets that do not rely on an issuer's promise to pay, gold provides protection from widespread default risk. It also offers investors insurance against extreme movements in the value of other asset classes.

Here are a few reasons you might consider making gold part of your investment portfolio, courtesy of the World Gold Council:

► **Diversifying your portfolio.**

Having a healthy mix of assets in your portfolio can help protect you from market fluctuations that affect one type of investment more than others. Including an allocation to gold can enhance the overall diversification of your portfolio since it tends to move in the opposite direction of most other asset classes.

► **Potential for price appreciation.**

Gold is often thought of as a stabilizing force in your portfolio, but there's also plenty of potential for gold to help your portfolio appreciate in value. In the past decade, rising demand for gold in emerging markets like India and China has led to an increase in gold's value.

► **Hedging against inflation and currency fluctuations.** Throughout his-



tory, gold has remained relatively stable in terms of its ability to buy goods and services while the purchasing power of other currencies has fluctuated. Gold is particularly effective in insuring against a possible decline in the value of the U.S. dollar versus other currencies.

► **Managing risk.** Gold's unique characteristics can help protect against sudden and unexpected risk. Looking at past events typically considered major and unexpected risks to a portfolio, the World Gold Council found that in 18 out of 24 cases, analyzed portfolios which included gold outperformed those which did not.

► **Constrained supply and growth in demand.** There have been three traditional sources of gold supply: mine production, recycled gold and central banks. Mine production has remained flat despite billions spent on discovery and development of new mines and recycled gold remains a small but important source of supply.

The third traditional source of supply – central banks – has become a source of demand, as they've become net purchasers of gold after two decades of sales. During this same period demand has risen rapidly, primarily driven by India and China which represent more than half of total global demand. By comparison, North America pales at just 13 percent of demand.

More information about how the gold market works and investing in gold can be found at www.gold.org. (ARA)



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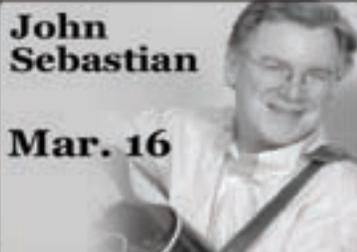
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Loretta LaRoche

March 10
8:00pm



John Sebastian

Mar. 16



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What you don't know about eyeglasses could affect your vision

For most people, selecting eyeglass frames is the highlight of the eye appointment and the lenses are seen as pieces of plastic or glass that don't involve a lot of buyer choice. But on the contrary, the best eyeglass lenses today are as hi-tech as any smartphone, and the visual difference between adequate lenses and great lenses can be as pronounced as the difference between a standard TV and your new HDTV. Once you've experienced the latter, you'll never want to watch TV the old way again.

The first step toward getting the best possible vision is, of course, a visit to your eye doctor. Even if you don't see any vision problems, it is still important to have your eyes checked often. Children should be checked at ages 6 months, 3 years and when beginning school. Adults and children who are school-age should get an eye exam once every two years, even if they aren't having any vision issues. People age 40 or older should get an eye exam annually.

At the doctor's office, keep in mind



that selecting the right lenses is the key to the best vision, just as the right frames are the key to the best look. Carl Zeiss Vision has cre-

ated some tools to help you get the most from your eye exam, including some useful questions to ask:

1. Are all eyeglass lenses the same?
2. Is there a difference in quality of lenses?
3. What are the best lenses for my vision needs?
4. Why are these lenses best for my vision needs?
5. Can customized eyeglasses improve my vision quality and comfort?
6. Will one pair of glasses meet all of my vision needs?
7. Are there different methods to perform an eye exam? What method do you use and why?

8. What do you check for during an eye exam besides my prescription?

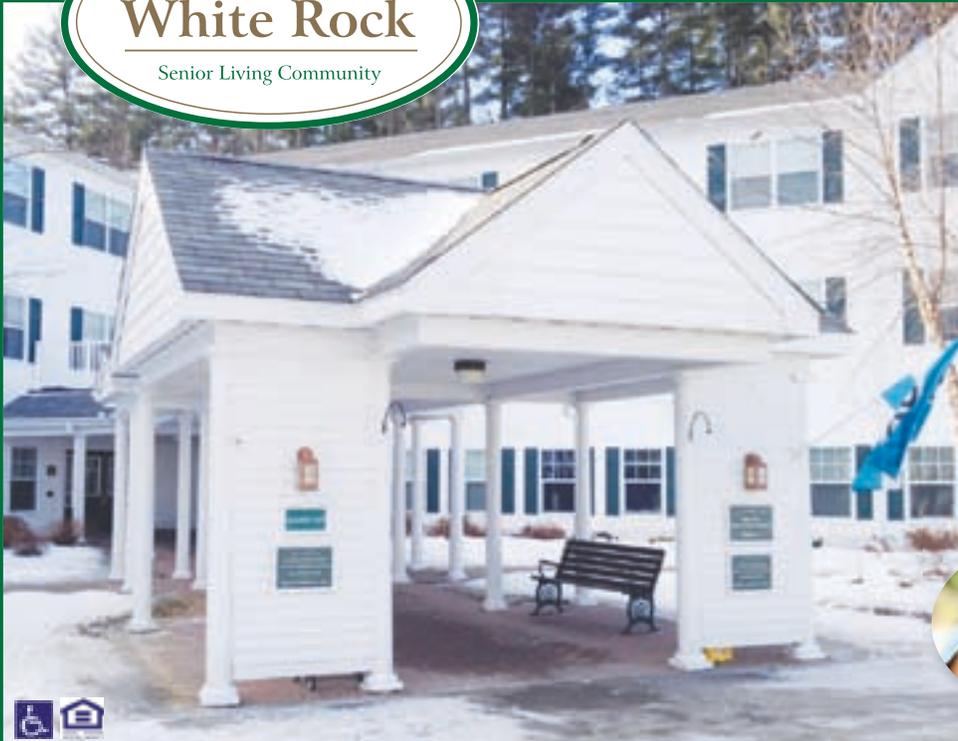
Customized lenses like Zeiss Individual can enhance your visual experience because the optics of the lens are designed based on your personal parameters. This includes your prescription, of course, but also factors like the size and shape of your frame and the way it positions the lenses in front of your face. Surprisingly, these factors also affect the optical performance of your eyewear. By incorporating them into the lens design, Zeiss Individual lenses can offer sharper vision and greater viewing comfort.

According to a study conducted by University of California at Berkeley's School of Optometry, patients preferred Zeiss Individual customized progressive lenses over conventional progressive lenses, and had a wider field of view when looking at close-up objects (for example, the page of a book).

To find an eye doctor who creates custom eyeglass lenses, visit www.better-vision.zeiss.com. (ARA)



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- Heated parking
- Spacious covered balconies
- Exit 6 — Convenient to shopping, essential services and the bus line

Call 603-557-7186 for an appointment!



Looking for value without sacrificing quality

If there is one thing that the recent health care debate made clear, it is that Americans are unwilling to trade quality for economy when it comes to their health. But with the growing shortage of primary care physicians in the United States and an aging population, one trend born in under-served areas of the country may have the ability to cut costs without sacrificing quality: the use of non-physician professionals, such as physician assistants and nurse practitioners, in primary care facilities.

Physician assistants and nurse practitioners can provide clear benefits for the financial side of the health care industry. When patients see a physician assistant or nurse practitioner instead of a physician, medical practices are able to serve more patients for a lower cost while receiving the same amount in reimbursement for many procedures. This is because the non-physician professionals are paid less than physicians, yet many services are reimbursed the same, regardless of which practitioner provides the care.

"Using non-physician professionals can increase the effectiveness of the clinic's providers by allowing the physician assistant or nurse practitioner to take care of less complicated patient issues and leaving the physician to treat the more complex cases," Marta E. Urdaneta, Ph.D., chair of the healthcare management program at the Savannah, Ga., campus of South University. Urdaneta says that in rural and other under-served areas, non-physician professionals have been providing care for years, but the pattern is increasing even in more dense and affluent areas.

But are patients comfortable with being treated by medical professionals without "MD" behind their names? Doris Parrish, RN, Ph.D., nursing program director at South University's Savannah campus, says that Americans have a growing acceptance of care provided by non-physicians. "Patients are not only becoming more used to receiving care from nurse practitioners and other non-physician providers, but they aren't seeing any reduction in the

quality of care," says Parrish. "And, in fact, patient satisfaction scores are very good for both physician assistants and nurse practitioners." Recent studies, including ones published in the journals of the American Academy of Physician Assistants (2006) and the American Academy of Nurse Practitioners (2007), have found that in routine situations, patients trust the technical competence of physicians and non-physician providers alike.

But patient satisfaction is about communication as well as competence. And since physicians usually have responsibility for more patients than non-physician providers do, a nurse practitioner or physician assistant may have more time to talk to patients - and to listen to them.

As physician assistants and nurse practitioners become more common throughout the country, patients are beginning to embrace the idea of the team approach to health care and the notion that costs can be cut without a decrease in quality. (ARA)

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How to protect your heart and increase your energy

In addition to following a good diet and exercise program, taking an antioxidant supplement like coenzyme Q10 (CoQ10) is also a good practice to help maintain a healthy heart, according to Dr. Hemmi N. Bhagavan, director of the Department of Nutrition Science at Tishcon Corporation. CoQ10 is a vital vitamin-like nutrient and an antioxidant found naturally in the body. Unfortunately, our bodies start producing less CoQ10 as we age. The main job of CoQ10 is to facilitate conversion of food into energy. CoQ10 is recognized for the following:

▶ Supporting heart and vascular health - The heart is one of the most important organs in the body, and therefore it's a good idea to provide your heart with all the tools it needs, like CoQ10, to keep beating.

▶ CoQ10 can help maintain blood pressure levels already in the normal range - High blood pressure affects many Americans due to diet, genetics and/or lack of exercise, and can lead to heart



disease or stroke. About one in three American's suffer from high blood pressure, according to the Centers for Disease Control and Prevention. Keeping your blood pressure at a lower level helps to keep your heartbeat strong.

▶ Helps produce energy - CoQ10 helps your cells burn food, producing energy. Having more of this nutrient in your body can help boost your energy.

▶ Increasing antioxidants - Antioxidants fight off free radicals that can cause damage in your body

▶ Benefitting statin drug users - Sta-

tins can interfere with the production of CoQ10, because CoQ10 is synthesized in the same way the body produces cholesterol. Twenty-two percent of Americans over the age of 45 take a statin drug, according to the National Health and Nutrition Examination Survey in 2010.

"A heart-healthy supplement is highly-recommended for patients, especially patients who are taking statin drugs to help lower their cholesterol levels," says Bhagavan. "A CoQ10 supplement like Qunol Ultra CoQ10 can help promote better heart health, and boost a patient's energy levels at the same time. Qunol Ultra CoQ10 is both water and fat soluble, meaning its absorption is much higher (300 percent better) than traditional CoQ10 supplements that are solely fat soluble, providing the user with health benefits faster."

Visit www.qunol.com to learn more about how a daily CoQ10 supplement can give you an energy boost while also protecting your heart health. (ARA)

The Enfield Shaker Museum

March 24th 5pm
Sugaring-Off Dinner

Followed by a lecture on the Northern Railroad
by historian Ken Cushing

Join us for a Maple-themed dinner, provided by caterer Mary Adams. The dinner includes wine, hor d'oeuvres, prime-rib au jus, sides, and dessert. Dinner to be followed by a lecture on the history of the Northern Railroad from Ken Cushing – head of the Grafton Historical Society. Tickets are \$45/members \$50/non-members.



Overnight specials are \$110 per person or \$160 per couple: includes dinner, lecture and one night's stay.

447 NH Route 4A, Enfield, NH 03748
603-632-4346
info@shakermuseum.org



The Grant Family Maple Sugarhouse

Invites you and your family
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Understanding the risks of type 2 diabetes

One person who knows the importance of understanding the risks for type 2 diabetes is Gary Deckman. Deckman was the runner-up on the first season of NBC's "The Biggest Loser," a reality weight-loss show. Before the show started, Deckman was undergoing the required health screenings when he was diagnosed with prediabetes. As many as 79 million American adults currently have prediabetes - which puts them at high risk for developing type 2 diabetes.

For many people, a diagnosis of type 2 diabetes may come seven to 10 years after the onset of the disease, giving time for deadly complications to develop. These complications include heart disease, blindness, kidney disease, stroke, amputation and death.

Deckman's prediabetes diagnosis was a wake-up call. The show jump-started his weight loss and healthy eating and he has remained diabetes-free since, although it's not always easy. Deckman, who has spoken at the Ameri-



can Diabetes Association's Diabetes EXPOs and Tour de Cure cycling events, says eating right and staying active is still a day-to-day challenge.

"It's truly a lifestyle change. There is no magic pill to keep weight off and I have to choose to be healthy every day. But, if you commit to yourself, make a plan and act on that plan, you can succeed."

Studies have shown that type 2 diabetes can be prevented, or delayed, by losing 7 percent (such as 15 pounds if you

weigh 200) of body weight through regular physical activity (30 minutes a day, five days a week) and healthy eating.

March 27, 2012, is American Diabetes Association Alert Day which is a one-day "wake-up call" asking the American public to "Take It. Share It." by taking the Diabetes Risk Test to find out if they are at risk for developing type 2 diabetes and share it with their loved ones. This year there is a new Diabetes Risk Test that asks users to answer simple questions about weight, age, family history and other potential risks for prediabetes or type 2 diabetes. Preventative tips are provided for everyone who takes the test, including encouraging those at high risk to talk with their health care provider.

Everyone should be aware of the risks for type 2 diabetes. People who are overweight, not active and over the age of 45 should consider themselves at risk for the disease. Call 1-800-DIABETES (1-800-342-2383). (ARA)

Maple Sugaring Event 2012

Saturday, March 24th, 11am-3pm

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Concession Stand Menu

- Maple Baked Beans with Ham
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(gluten-free option available)
- Maple Pork Sausage
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- Vanilla Ice Cream w/Maple Sauce
- Hot Chocolate, Coffee,
Tea, Bottled Water
- ☞ Mac'n'Cheese & hot dogs
for children ☞

Main Museum:

- Hearth Room: Live music and entertainment
- Agriculture Room: Working woods exhibit
- Victorian Kitchen: Maple food sampling
- *Blue Ribbon Maple Dessert Contest*—
Prizes include a gift basket and a spot in our new cookbook!

Outside:

- Backyard: Sap-boiling demonstrations (Native American, Colonial & Dr. Remick's modern)
Sap-lugging contest and scavenger hunt for children
Drilling, tapping and spile making
- Sugar House: Evaporator demonstration, syrup sampling, sugar-on-snow
- Sugar Bush: Demonstrations and information on maple trees and tapping
- Binsack Field: Maple Sugar Encampment
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More Americans looking to food as a source for everyday wellness

Many Americans are more particular about the foods they choose for themselves and their families. In fact, people are seeking out the added health benefits that can be provided by functional or "super" foods. According to the 2011 IFIC Functional Foods Survey, as many as 90 percent of Americans can match at least one food with its associated health benefit. Popular functional foods like fruits and vegetables, fish and fish oil, whole grains, tea and green tea were among the foods Americans look to the most to maintain or improve their health.

This apparent increase in the awareness of good nutrition bodes well for the future, and may partly explain the recent uptick in discussions about health-related concerns. However, while knowledge of functional foods is increasing, health care costs and astronomical obesity rates seem to demonstrate that knowledge doesn't always reflect action.

Easy-to-follow tips for improving wellness through dietary habits include:

▶ **Minimize the added sugar** -



Many products that you may not expect like tomato sauce and breads have added sugars, so make sure to check the label before you make a purchase.

▶ **Start your day off right** - Eat a complete, well-balanced breakfast and try adding a cup of tea - white, green, black, oolong or herbal - for antioxidants (nature's clean-up crew) and other health benefits. Celestial Seasonings offers a variety of green teas and wellness teas that are delicious, natural and

healthful.

▶ **Focus on a balanced diet** - The best bet for optimal energy is a nutrition plan comprised of four pillars: quantity, quality, frequency and balance.

▶ **Think evolution, not revolution** - It will seem less stressful to think about making exchanges rather than omissions to your diet (and stress reduction puts another check on your health report). You get the biggest health benefits by improving the quality of the items you consume most frequently, so focus on upgrading your daily staples.

For instance, select items that do not use potentially harmful pesticides, choose to eat raw, whole (versus processed) vegetables, drink water with lemon or eat a piece of fruit instead and limit fruit juices.

▶ **Incorporate color** - Count the colors you consume and challenge yourself to see how many colors you can include in a single meal. Of course, it's important to remember that the good colors are those found naturally in fruits and vegetables.



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The Centennial National Cherry Blossom Festival in Washington, D.C.

There's nothing more beautiful than the coming of spring after a long winter. As grass grows green and the air warms, nature puts on a spectacular show that manages to impress year after year. Nowhere is spring's beauty more vibrantly on display than at the National Cherry Blossom Festival Celebration in Washington, D.C. This year marks a storied and once-in-a-lifetime event, the 100 year anniversary of the arrival of Japanese flowering cherry trees in D.C.'s West Potomac Park.



The thousands of cherry trees that line the tidal basin in the park aren't a natural phenomenon, they represent a cross-cultural partnership between the United States and Japan that was forged 100 years ago. In 1912, a gift of 3,000 cherry trees was sent from Tokyo to Washington, D.C., and ever since, their annual blooming has been symbolic of the continuing friendship between the two countries.

The gift was orchestrated by world-famous chemist, Dr. Jokichi Takamine, who was also the first president of global pharmaceutical company, Daiichi Sankyo. Japanese-born Dr. Takamine, a longtime resident of the United States, had a vision to create a cultural association between the two countries' capitals: Tokyo and Washington, D.C. At a time when relations between the United States and Japan were less than strong, the gesture was considered very forward-thinking, and even Dr. Takamine could not have imagined how his simple token would transform into a nationally-celebrated event.

Daiichi Sankyo has a century-long tradition of discovering, developing and delivering innovative, life-changing methods. Driven by the example that Dr. Takamine set, the company continues to form partnerships that make a difference, including collaboration with other pharmaceutical and biotech companies to bring medical solutions to the patients who need them. This thinking and ongoing teamwork has fostered a robust pipeline of innovative medicines that will help millions of people all over the world for years to come.

The flowering cherry tree, which has long been a treasured species in Japan, has now become a cultural icon for Washington, D.C., and draws millions of international visitors to the city each year.

The beauty of nature is undeniably on display during the festival, but so too is the goodwill between two nations. One hundred years after the Japanese flowering cherry trees made the trip from Japan to the United States, there's no better time to join the centennial celebration. To learn more about Daiichi Sankyo, please visit www.dsi.com. (ARA)

Choose the right homeowner's insurance for your lifestyle

Homeowner policies can be customized to fit to your lifestyle, so you're not automatically paying for coverage on home upgrades you don't have, such as security systems, expensive jewelry or antique collections, says Charles Valinotti, senior vice president with insurer QBE. He says regardless of lifestyle stage, there's one type of coverage everyone should have - insurance to replace possessions in their homes. "If the home is destroyed, contents will be replaced at today's value."



Here's a summary of other essential insurance coverage to fit your lifestyle:

► **When you're new to home-buying**

You've closed the deal on your biggest purchase yet and you need sufficient protection, even though you don't have many belongings. You'll need insurance for the structure of your home, as well as against common disasters, such as fire, severe storms, vandalism and theft. Extra liability insurance is a good idea in the event someone is hurt in your home.

"Remember to add coverage as you make improvements costing more than \$5,000 or add TVs, computers, stereos and furniture to your home's inventory," says Valinotti.

► **When you're an established homeowner**

You've moved into a home that fits your family's needs and is filled with belongings you've acquired - such as family heirlooms, artwork and expensive jewelry or rugs - that typically aren't covered by a basic homeowner's policy. Make a home inventory video to document your personal property and keep the video in a safe place away from your home, like in a bank safety deposit box. "Established homeowners should consider buying an insurance policy 'floater' or 'rider' to cover these special items," Valinotti says.

► **When you're an empty nester**

Not only have your children moved out to work or attend school, you've scaled down your lifestyle. Valinotti suggests that now is the time to reassess the value of your home and your possessions. "If your children have taken their things with them, such as furniture, laptops or televisions, you may need less coverage than you did before," he says. Thinking about starting a home business now that the kids are gone? If you work at home, you may need a supplemental liability policy that covers your work-related activities. If you decide that you're finished with your homeowner responsibilities and want to rent an apartment or condominium, remember: You still need insurance coverage. Valinotti recommends talking with your insurance agent about what protection is essential for your specific stage of life. "That way, you'll be sure to have enough coverage to return to your current lifestyle should you experience a major loss," he says. (ARA)



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