

SENIOR

*A Guide for Active
New Hampshire Seniors*

Lifestyles!

*Eating
Revolution*

*Winter
Renovations*

ECRWISS
PRRST STD
US Postage
PAID
Hillsboro, NH
Permit # 25
Postal Customer

FEBRUARY 2014 • FREE See us online at
www.granitequill.com

Tips for aging in your home

Most people prefer to stay in their home or apartment for as long as possible. The best way to make this a reality is to plan ahead of time to make the amenities in your home as safe and accessible as possible.

Home Modifications

Living at home longer may mean renovating a home to make it more accessible.

This can include such things as installing ramps to bypass stairs, building a bedroom on the main floor, placing grab bars in the shower, changing the height of kitchen countertops or making a bathroom safer and more accessible. The National Resource Center on Supportive Housing and Home Modifications is a good resource for those looking to make such modifications.

Go to the center's website at <http://www.homemods.org> and click on the link to the "Safety Checklist and Assessment Instrument."

Getting Help

Keeping a house running smoothly requires a lot of hard work. If you are no longer able to keep up with the demands, you may need to hire someone to do laundry, buy



groceries, run errands, clean the house or perform any necessary repairs. There are a number of services that can be brought in to assist. You can hire someone, such as a personal care aide or home health aide, to help you out a few hours a day or around the clock.

Transportation

Declining health often causes a decline in independence and mobility. Many seniors lose the ability to drive or simply feel uncomfortable behind the wheel at night. Investigate transportation options in your area so you can maintain an active social life, get medical care and shop for necessities. Finding new ways to get around, even after you are no longer driving, may allow you to stay engaged and active. (Family Features)

Citizens Bank PERFORMING ARTS SERIES

FEB 14 - MAR 1, 2014

MARCH 7, 2014

MARCH 14, 2014

603.668.5588
 PALACETHEATRE.ORG
 TEXT "PALACE" TO 42828
 TO JOIN OUR EMAIL CLUB

SENIOR

Lifestyles!

Leigh Bosse: Publisher
Joyce Bosse: Editor

Christi Macomber: Advertising Design

Gail Stratos: Publications Design & Layout,
Advertising Design, Production, Website

Mary Yuryan: Sales Representative

Deborah Belanger: Sales Representative

Granite Quill Publishers
 246 West Main St., Hillsborough, NH 03244
 Phone: **603-464-3388**

American Legion supports NH Food Bank

Text by Rich Dahlgren

The American Legion was founded in 1919 on four pillars of service, one of which was "Taking Care of Veterans." In New Hampshire there are over 143,000 veterans and their families who rely on local Food Banks for their daily supply of food and necessities. The New Hampshire Food Bank in Manchester, NH, is one of the main sources of supply to these outlying locations.

Over the years the American Legion Family in New Hampshire has conducted various fund raisers to contribute monies to the Food Bank.

The American Legion Riders, Chapter 51, Post 51 in Epping raised \$800 for the NH Food Bank. A check was recently presented to Bruce Wilson, Director of Operations at the New Hampshire Food Bank, (L), by Kevin Murnane, (R), Department of New Hampshire Community Service Chairman and a member of Chapter 51, Post 51 in Epping. This is not the first time that the Riders of Chapter

51 has been involved in fund raising; they have also conducted fund raisers to help out with medical expenses of needy families. The various American Legion Riders Chapters in

New Hampshire, individually or as a combined group, have been very active in activities throughout the state for fund raising for needy causes as this particular one exemplifies.



(L) Bruce Wilson, Director Of Operations at the NH Foodbank in Manchester receiving a donation from Kevin Murnane, American Legion Dept. of NH Community Service Chairman.

Lilac View Assisted Care Facility

*Serving New Hampshire's Elderly Community
for a safe and healthy quality of life*

*18 Healthcare Drive
Rochester, NH 03867
603-332-7004*

*In house transition from private pay
to medicaid.
Comparable Rates*

*Call Desiree Hafford
508-845-2215*

Make 2014 a delicious, well-balanced eating revolution

The following tips include new ways to prepare meals for every season, allowing you to make better choices without sacrificing taste.

Warm up for winter

Vegetable dishes are becoming the new normal and moving to the center of the plate according to USA Today. Sixty-nine percent of Americans are now making vegetables their main meal. Often times, vegetable based meals can be quick and easy, making weekday meals a cinch. One way to make a warm, toasty weeknight dish is to incorporate roasted veggies. Roasting can bring out robust flavors in favorites like asparagus, broccoli and cauliflower. Add a little zest to your vegetable medley with Marzetti Otria Greek Yogurt Veggie Dips.

Prepare for a spring in your step

With the arrival of spring, comes the anticipation of delicious seasonal veggies. After the winter months of eating hearty meals, try incorporating the delicious flavors of light spring vegetables in a fresh seasonal salad. Turn classic salad favorites into a new flavor exploration; rather than using blue cheese dressing on a wedge salad, opt for creamy Caesar dressing. Making small changes to your staple dishes may just give you a whole new outlook on the season.

Smart summer snacking

Between backyard barbecues and frequent summertime get-togethers, summer can make well-balanced eating



a struggle. But summer is also grilling season, which brings endless new options for mealtime and snacking in between. In fact, 55 percent of Americans are more likely to eat fresh vegetables if they can be dipped. So take grilled summer veggies like peppers, tomatoes, eggplant and zucchini from good to delicious with Marzetti Otria Cucumber Dill Feta Greek Yogurt Veggie Dip.

Power up for fall

Now that summer vacation is over, you may find you need more fuel to jumpstart a busy season ahead of juggling

work, school, fall sports and activities for the kids. Adding lean proteins to your diet will help you increase energy, feel full and avoid indulging in foods with empty calories. Start your day off right with a veggie omelet. Try a spinach and mushroom omelet with Marzetti Otria Spinach Artichoke Greek Yogurt Veggie Dip as the perfect complement.

Striving to reach your goals for a better you can be as simple as ditching the idea of New Year's resolutions, committing to better eating, and incorporating creativity along the way. (BPT)



Craftmatic®

Adjustable Beds

#1 Selling Adjustable Brand!
Trusted For Nearly 40 Years!



Available In All Mattress Types
Including Our New Cool Gel Memory Foam

Discover Craftmatic® For Less!

Shop By Phone & SAVE

Up to

50% Less

Than The Leading Memory Foam Brand



CONSUMERAFFAIRS.com

RATED #1

For Prices & Free Information:

1-800-504-4176

Safety never felt so good™

SAFE STEP WALK-IN TUB CO.





Safe Step Tubs have received the Ease-of-Use Recommendation from the Arthritis Foundation.



Financing available with approved credit

A Safe Step Walk-In Tub offers independence to those seeking a safe and easy way to bathe right in the convenience and comfort of their own home.

- ✓ Made in America, with more standard features than any other tub
- ✓ Dual hydro-massage therapy system- 10 water and 16 air bubble jets, offering life-changing benefits
- ✓ Built-in support bar and the industry's leading low step-in
- ✓ The highest quality tub complete with a lifetime warranty
- ✓ Top-of-the-line installation and service included

You won't find a better walk-in tub, with all these features and more, included with a lifetime warranty at a low affordable price. **Call now!**

\$750 OFF

when you mention this ad for a limited time only

Call Toll-Free 1-888-309-2815

For your FREE information kit and DVD, and our Senior Discounts,

Call Today Toll-Free 1-888-309-2815

Citizens Helping Citizens striving to enhance quality of life

Grounded in the belief that a good bank gives back to its community and to the people who live there, Citizens Helping Citizens is a program embracing the community goals of RBS Citizens Financial Group, Inc. – the commercial bank holding company serving consumer and small business customers as Citizens Bank and Charter One and commercial banking customers as RBS Citizens.

The Citizens Helping Citizens program is composed of five key initiatives supported directly by RBSCFG and its nonprofit charitable foundations, the Citizens Charitable Foundation, the Citizens Bank Foundation and the Charter One Foundation: Citizens Helping Citizens Fight Hunger, Citizens Helping Citizens Provide Shelter, Citizens Helping Citizens Strengthen Communities (economic development), Citizens Helping Citizens Teach Money Management (financial education) and Citizens Helping Citizens Give (volunteerism and colleague charitable donations). Across all of these initiatives, Citizens Helping Citizens strives to enhance quality of life and economic vitality in local communities.



Pathway to Work Gov. Hasson Citizens.

Did you know?

- Untreated hearing loss has been medically linked to diabetes, Alzheimer's, heart disease and depression
- If you suffer from tinnitus (ringing in the ears) there are new breakthroughs in providing relief
- Most NH Health Insurance Plans now offer a minimum of \$3,000 on a set of hearing aids. Most Federal BC/BS supplemental plans offer a \$2,500 benefit to retirees

Come in today to have us check your benefits!

Hearing Enhancement Centers

"YOU'RE GOING TO LOVE THE WAY YOU HEAR"
www.HearClearNow.com



THANK YOU for voting us

Voted BEST HEARING CENTER by The Citizen's Reader's Choice awards 2013, 2012 & 2011



FREE
Hearing Aid
Home Trial



FREE
Hearing
Screening

(Custom Fit To Your Lifestyle)

A \$275 Value!

Schedule an Appointment Today!

No purchase necessary. Third party providers excluded. Expires 3/31/14.

→ You're Invited **OPEN HOUSE**
 Now Thru March 31!

5 Great Locations Serving You

ROCHESTER

1 Wakefield St.

GILFORD

36 Country Club Rd.

BEDFORD

173 S. River Rd.

GORHAM

20 Glen Rd., Rt. 16

CONCORD

6 Loudon Rd.

603-262-3645

We Accept
 CareCredit



Boomers embrace technology to facilitate graceful aging

Generation X and Millennials get credit for being the most tech-savvy generations, but a growing group of baby boomers are demonstrating that the generation gap has nothing to do with digital know-how. Folks 50 and older are embracing technology to help them age more gracefully than ever.

Whether they're using devices to hear better in challenging situations, or social media to reconnect with friends they've not seen since high school, baby boomers are demonstrating they're not afraid to use technology to make life easier. Here are a handful of ways boomers are using technology:

*** Coping with auditory challenges**

- In our noisy, fast-paced society we commonly encounter many situations - such as a business meeting, family gathering or phone call - in which hearing may be difficult, even for people who don't need a specialized hearing aid. Savvy boomers are using a Bluetooth-enabled amplification device to discretely improve volume and clarity in a variety of challenging environments. Personal Sound Amplifiers from Sound World Solutions look like any other sleek, high-tech mobile phone headset, but also provide amplification boomers can easily adjust and control themselves. Users can choose between three preset amplification settings or use a smartphone app to personalize the device. Visit www.soundworldsolutions.com to learn more.

*** Relationship management** - Four in five people age 50 to 75 are active on social media, and of them 75 percent are on Facebook, according to a survey by technology security company McAfee. Boomers use social media - including professional sites like LinkedIn - to reconnect with friends from high school or college, maintain contact with family and friends, date, build professional connections and develop personal interests.

*** Managing investments**

Approaching retirement can make boomers feel driven to maximize their investment returns. Yet not everyone has access to or can afford working with a financial planner. Many boomers use online investing tools to fill knowledge gaps and build their nest eggs. From in-depth information on tax-deferred or tax-free investment products to online brokerage accounts, technology has made it easier than ever for the 50-plus set to save toward retirement.

*** Catching up on their reading**

Changes in vision are a natural part of aging, and it's not uncommon for people to need some help reading their favorite novels. Yet traditional compensation tactics, like wearing reading glasses or choosing large-print books and periodicals, shout "fokey." E-readers, however, are cool - and allow boomers to enjoy their favorite reading material at the type size that's easiest for them to read.

*** Staying healthier for longer**

Boomers have rewritten history in many ways, and not the least among them is their determination to stay as active and healthy as possible into their old age. An array of fitness technology - from pedometers to in-home gym equipment that tracks BMI and heart rate - is helping boomers achieve their fitness and wellness goals.

From devices that improve hearing clarity to online tools that help them better manage their finances, baby boomers are using technology to ensure they enjoy life and remain active and healthy well into their golden years. (BPT)



Discover the AFFORDABLE solution for your stairs.
Over 300,000 already have!

"Our Acorn Stairlift has made such an amazing difference in our lives. I wish we had called sooner!"
- Cheryl W.

LIMITED TIME OFFER!
\$250 OFF*
PURCHASE OF A NEW STAIRLIFT!
EXPIRES May 31, 2014

- The WORLD LEADER in stairlifts
- The MOST TRUSTED name in the industry
- BUY DIRECT from the manufacturer
- Works on ALL TYPES of staircases

CALL THE STAIRLIFT EXPERTS TOLL-FREE NOW FOR YOUR FREE INFORMATION KIT AND DVD!
1-800-947-9184

ACORN
STAIRLIFTS
Helping people stay safe in their homes for over 20 years

*Not valid on previous purchases. Not valid with any other offers or discounts. Not valid on refurbished models. Only valid towards purchase of a NEW Acorn Stairlift directly from the manufacturer. \$250 discount will be applied to new orders placed before May 31, 2014. Please mention this ad when calling.

Call toll-free: 1-800-354-7340

Are You Still Paying Too Much For Your Medications?
You can **save up to 75%** when you fill your prescriptions at our Canadian and International prescription service.

<p>Their Price</p> <p>Bottle A Manufactured By Pfizer™ Typical US brand price for 200mg x 100 \$568.87</p>	<p>Our Price</p> <p>Bottle B Manufactured By Generics Manufacturers Generic equivalent of Celebrex™ Generic price for 200mg x 100 \$61.00</p>
---------------------------------------------------------------------------------------------------------------------------------------------	------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------

Compare Our Prices! Call us toll-free at 1-800-354-7340.

Get An Extra **\$10 OFF** And FREE SHIPPING

Get an extra \$10 off your first order today!
Call the number below and **save an additional \$10 plus get free shipping** on your first prescription order with Canada Drug Center. Expires September 30, 2013. Offer is valid for prescription orders only and can not be used in conjunction with any other offers.

Order Now! Toll-free: 1-800-354-7340
Use code **10FREE** to receive this special offer.

Please note that we do not carry controlled substances and a valid prescription is required for all prescription medication orders.

Prescription price comparison above is valid as of May 31, 2013. All trade-mark (TM) rights associated with the brand name products in this ad belong to their respective owners. *Generic drugs are carefully regulated medications that have the same active ingredients as the original brand name drug, but are generally cheaper in price. Generic equivalents are equal to their "brand" counterparts in Active Ingredients, Dosage, Safety, Strength, Quality, Performance and Intended use. It may vary in colour, shape, size, cost and appearance.



NHSODAR Regents and Registrars Jan 15, 2014

Daughters of the American Revolution tour state archives

The New Hampshire State Organization Daughters of the American Revolution's chapter regents and registrars recently toured the NH State Archives, The NH Historical Society and the NH State Library. The NH state Archives Director, Brian Buford and our own DAR member Deborah Moore gave an extensive tour and talked about the many items in the collection. The oldest original document from 1631, that had been preserved with rice paper and silk was fascinating to see and well as the many old maps and other items.

At the NH Historical Society the members enjoyed Library Director Sarah Hays, talk about the Tuck family and the many donations by prominent NH citizens and the tour of the library.

The NH State Library graciously provided a room for the DAR members to meet and enjoy lunch. State Librarian Michael York spoke about NH's first library beginning in 1717 as the oldest in the nation. This library building was built in 1895 and the renovations and changes that have taken place to keep the building up to date have been extremely costly. The Genealogy Room with family and town histories as well as micro-film of NH town records and NH newspapers were of particular interest to members.

The DAR is the oldest women's volunteer service organization in America established in 1891. Education, Patriotism, and Historic Preservation are the main goals of the NH members who volunteer their time and resources to make NH the state it is today. This past year 2013, NHSODAR's 20 chapters have contributed, over 25,000 hours of volunteer service to worthy causes and programs here in NH.

2 For 1 Fridays

3/7/2014 (8:30AM) Event Fee: 1/2 off w/ coupon

All season long buy one and get the second free*: Trail passes, SnowCoach, snow tubing, rentals...even the Trails Total Ticket! In order to take advantage of 2 for 1 Fridays, you must present the coupon on our website. Download it, print it out, or show on electronic device and we'll see you on Friday. Not valid on December 27, 2013 and February 21, 2014. 1 Mount Washington Auto Rd., Gorham, NH. Phone: 603-466-2333 Email: kim@greatlentrails.com Website: <http://greatlentrails.com/winter/rates-and-rentals/2-for-1-fridays/>

Facial Plastics

LRGHealthcare, Lakes
Cosmetic Institute & ENT
Associates of NH are
pleased to welcome
Bethany King,
MD



Dr. Bethany King
is a board-certified
Otolaryngologist (ENT)
& fellowship-trained Facial
Plastic Surgeon.

She attended Louisiana State University
School of Medicine, and completed her
residency at the University of Iowa Hospitals
and Clinics.

Dr. King did her internship at the well-respected
Mayo Clinic College of Graduate Medical
Education, and fellowship trained at the
prestigious Glasgold Group Plastic Surgery.

Dr. King is now accepting new patients.
Please call (603) 527-8127 to schedule
an appointment.

LAKES COSMETIC INSTITUTE

www.lakescosmetic.com



Four Score Insurance Services

William J. Bull

15 Shady Hill Rd. Weare, NH 03281
Tel: (603) 529-3300 Fax: (603) 529-3303
email: bulz@outlook.com Cell: (603) 860-9020

*Find Medicare confusing?
New to Medicare?
See what options are available.*

**HAPPY
2014
Resolve
to save
\$\$\$**



You can change your medicare supplement at anytime.

Not every question requires a lengthy face to face appointment.

Just pick up the phone or shoot me an e-mail to compare your Medicare supplement rates.

I think you will be pleased at what you find.

Ask me about the new plan N

**Four Score Insurance Services and its agents are not affiliated with Medicare.



The purpose of this communication is the solicitation of insurance. Contact will be made by an insurance agent or insurance company.

Need one good reason to have a plan for long term care?

I'll share not only one, but dozens more.

Whatever your goals — protecting income and savings from escalating care costs, receiving care in the comfort of home, or more — a plan can help you get care on your own terms.

To keep all your choices open, please contact me and we'll get the conversation started.



Steve Hamel
Long Term Care Insurance Agent
9 Westbourne Road
Concord, NH 03301
603 674.2563
shamel@genworthlhc.com

Long term care insurance underwritten by Genworth Life Insurance Company, Richmond, VA. Details about the costs, limitations and exclusions of these long term care policies will be provided to you by a licensed insurance agent.

143164NH 10/24/12

COA Chapman Ser

37 Pleasant Street, New London, NH
603-526-6368
www.kearsargecoa.com

March 2014 Programs and Activities

Tom & Tom's Men's Discussion Group

Mondays 8:45am. We want to hear your stories and we'll share a few of our own.

Come visit over an endless cup of coffee!

In-Stitches Craft Group

Mondays 10:00am. Join fellow crafters to knit, crochet, sew or whatever craft you favor.

A great opportunity to socialize and pick up tips while you work on your latest project.

French Discussion Group

First and Third Mondays at 4:00pm

Join this casual, friendly group to practice your language skills and have fun.

Participants at all skill levels are welcome!

Chair Exercises

Mondays and Fridays 10:15am - COA
This low impact exercise program is perfect for those looking for an easy, effective exercise routine.

Walking at Proctor Academy Gym

Monday – Friday 8:30-10:00am
Please call COA at 526-6368 for more information.

Walk-In Painting

Tuesdays 1:00pm. Bring your current painting project to work on while discussing art, artists and exhibits. This is an informal group and we'd love to have you join us.

Tai Chi

Wednesdays 2:30pm. Kearsarge Community Presbyterian Church.

Women's Discussion Group

Fridays 9:00am. Get to know your

neighbors over a casual cup of coffee. Join friends to visit, chat and share!

Bridge

Duplicate Bridge – Mondays at 12:45pm and Wednesdays at 9:15am.
Contract Bridge – Thursdays at 9:30am.

GAMES!

Poker – Tuesdays at 2:00pm

Hand and Foot – Wednesdays at 1:00pm

Chess – 2nd and 4th Thursdays at 6:00pm

Computer Questions with Laura Thompson

Saturday, March 1 9:00am – 11:00am (1/2 hour appointments beginning at 9:00am). Are you looking for answers to questions about basic PC computer skills? Sign up for a one-on-one half hour session by calling 526-6368.

Computer Tutoring with Nick Ourusoff

Mondays, March 3, March 10, March 24 and March 31 9am-11:00am.
Wednesdays, March 5, March 12 and March 26 2pm-4pm

Nick will be available for 1/2 hour one-on-one tutoring sessions for the beginning computer user to the knowledgeable user who needs collaboration or advice. Learn to use your laptop, tablet or android device for a variety of tasks. Receive help with spreadsheets, email or designing a website.

Nick has an extensive background in comp-uters from teaching to programming.

Please bring your laptop, tablet or android device with you. Please call COA at 526-6368 for an appointment.

Parkinsons Support Group

Tuesday, March 4 1pm

Blood Pressure/Glucose Screening Clinic & Ask a Nurse

Friday, March 7 10:30 – 11:30am

VNA Foot Care Clinic at COA

Friday, March 7 12:30-3:30pm

Senior Center Events

Friday, March 14 1:00-3:00pm
\$20 (doctor's order required for diabetics)
Please call COA at 526-6368 to schedule an appointment.

Sunday at the Movies

Sunday, March 9 2pm
Please call COA at 526-6368 for movie information.

Breakfast Club Book Discussion

Tuesday, March 11 9:30am
The Known World by Edgar P. Jones

Questions About Medicare?

Tues., March 11 1:30-3:30pm
Anita Oelfke, Medicare Coordinator for Merrimack County Service Link, will be available to answer your Medicare questions. Please call COA at 526-6368 to sign up for this program.

Health South

Staying Safe Behind the Wheel
Thursday, March 13 12:45pm
Maintaining your driver's license can be a source of independence for older adults. This presentation includes safety tips for staying alert on the road; strategies to use to increase your safety behind the wheel and a discussion about additional resources available to help you keep your keys longer. Please call COA at 526-6368 to sign up for this program.

Long-Term Care Planning

Friday, March 14 10:30am
Learn more about your options for long-term care with Wayne Blanchard from ServiceLink.
Please call COA at 526-6368 to sign up for this program.

Movie & Pizza Night

Friday, March 21 5pm
"My House in Umbria" with Maggie Smith
Please call 526-6368 to sign up.

REGULARLY SCHEDULED KCOA PROGRAMS

Monday - Walking at Proctor Academy Gym - 8:30am - 10:00am

Tom & Tom's Men's Group - 8:45am
In-Stitches Crafts Group - 10am
Chair Exercises @ COA - 10:15am
Duplicate Bridge (Bidding Boxes) - 12:45pm
French Group (1st & 3rd Monday) - 4pm
Tuesday - Walking at Proctor Academy Gym - 8:30am - 10:00am
Breakfast Club Book Discussion -(2nd Tues.) - 9:30am
Outdoor Recreation for Seniors - 10:00am
Walk-In Painting - 1:00pm
Questions About Medicare (2nd Tues.) - 1:30-3:30pm
Parkinsons Support Group (1st Tuesday) - 1:00pm
Poker - 2:00pm
Wednesday - Walking at Proctor Academy Gym - 8:30am - 10:00am
Duplicate Bridge - 9:15am
Hand & Foot Card Game - 1:00pm
Tai Chi - 2:30pm Kearsarge Community Presbyterian Church, New London, NH
Thursday - Walking at Proctor Academy Gym - 8:30am - 10:00am
Contract Bridge - 9:30am Chess - (2nd & 4th Thursday) 6-8pm
Friday - Walking at Proctor Academy Gym - 8:30am - 10:00am
Women's Discussion Group - 9:00am
Chair Exercises @ COA - 10:15am
Long-Term Care Planning (2nd Friday) - 10:30am
Blood Pressure/Glucose Screening Clinic (1st Friday) - 10:30-11:30am
Foot Care Clinic- 1st Friday - 12:30-3:30pm by appt.
2nd Friday - 1:00-3:00pm by appt.
Movie & Pizza Night (3rd Friday) - 5pm
Saturday - Computer Class (1st Saturday) - ½ hour appointments from 9am-11am
Sunday - Sunday at the Movies (2nd Sunday) - 2pm
Unless noted, all programs are held at the COA building at 37 Pleasant Street, New London, NH.

got teeth?

DENTURE CRAFTERS LLC

"We Will Give You A Reason To Smile"

Same Day Repairs & Relines While You Wait
Full Dentures & Partial Dentures

Philip R. Sanguedolce L.D.
647 US Rt 1 • Meadowbrook Plaza, Ste 107
York, ME 03909 • Office: 1.207.361.4485

Now Accepting MaineCare

15% Discount

**On Any
Denture
Service**

one coupon per person



UltraComfort™
Positioning you for life.

LIFT CHAIRS

We've been assisting those with medical needs for nearly 20 years. All chairs are American made and are rated for weight limits of 300 lbs. petite to 500 lb. wide.

We carry a medium and large size on the floor with 14 styles, and offering 4-6 fabrics per chair. All chairs have battery back-ups and can add optional heat and massage.



Don't struggle every time you need to stand. Consider a Lift Chair from Eatons. Check with your insurance company as some are lift chair friendly.

We also carry adjustable beds.

Eaton Furniture 603.464.3250 - P
Flooring & Appliances 603.464-3675 - F

52 West Main Street, Hillsborough

Delivering the American Dream



Red Coat Homes

246 W. Main St., Hillsboro 464-3880

Proudly Offering:

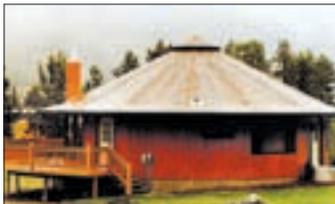


Double Wide Mobile

Land, water, sewer and clearing are extra.

Modular Colonial

Land, water, sewer and clearing are extra.



Eagle's Nest

Land, water, sewer and clearing are extra.

Log Home

Land, water, sewer and clearing are extra.



Modular Ranch

Land, water, sewer and clearing are extra.

Single Wide Mobile

Land, water, sewer and clearing are extra.



Let us build one for you!

Six hot home design trends for spring 2014

*** Wood is the new neutral.** This season's strong trend toward wood textures pairs the warmth, richness and texture of real wood with limitless design flexibility. Think wood-textured textiles, tree-printed wallpapers and embossed soaps that look like wood.

Ode to the elements. Homeowners are finding unique ways to incorporate rocks, minerals and other natural elements into their home's design. Bring this look to the kitchen with a stainless steel backsplash, or swap out run-of-the-mill hardware with mineral-inspired drawer pulls and knobs.

Shore thing. Beach-inspired design elements are popping up throughout the home. Weathered and white-washed wood ceilings are a subtle but stunning on-trend addition - especially when finished with interior accents like decorative shells, drift wood furniture and marine-themed prints.

Contrast in texture. Homeowners are putting down their paintbrushes and adding interest with texture through high-gloss finishes, metallics, sequins and mirrors. A textured tile wall brings visual and tactile interest.

Visual punch. Multi-dimensional surface treatments in pearl, metallic and gold/silver combinations add panache as a coating used for hardwood, or can be applied to wallpaper, furniture or decorative accessories. And don't forget to look up - coffered ceilings bring a striking je ne sais quoi to any room. -

Manipulated metals. The versatility of manipulated metal makes it a great addition to any style home - from hand-crafted artisan to contemporary high gloss. Copper, pewter and nickel are getting in on the action and can be styled in a variety of ways, including hammered metal sink basins, tin-look ceiling tiles, antiqued copper light fixtures and brushed stainless steel cabinet hardware. (BPT)



Winter renovations to boost home energy efficiency, add value

It's that time of year again, when the cold wind blows outdoors and your home works as hard as it can to keep you warm and comfortable indoors.

Yet your home may be working harder than necessary, while inflating your energy bills in the process. By making a few home renovations

this winter, you can boost energy efficiency, save money and add value to your home in the long run.

Now is a good time to make energy-efficient renovations. More than 90 percent of the 116 million homes in the United States are expected to have higher heating expenditures this winter compared with last winter, mainly due to changes in energy prices, according to the U.S. Energy Information Administration (EIA). As the home's biggest expense, heating and cooling account for about 54 percent of utility bills, according to energy.gov. Consider upgrading to a more efficient and reliable heating system, like the Trane XC95m gas furnace, which features a fully modulating gas valve and a variable



speed fan for efficient, consistent warmth throughout your home.

During the heavy-use winter months, you should schedule an HVAC system checkup.

A qualified dealer can perform preventive maintenance to ensure your heating system is operating properly and safely and advise you on ways to improve energy efficiency. To find a dealer near you, visit trane.com.

ATTENTION Home Sellers!

In this market it takes an extra effort to sell your house!

Red Coat Realty will:

- 1. Charge only a 4% commission***
This saves you \$\$\$
- 2. Provide Home Warranty Coverage on your house and reimburse the cost.**
** This makes your house stand out and gives buyers extra confidence.*
- 3. Reimburse your buyer up to a total of \$500 toward the appraisal and/or home inspection.**
** An added incentive to buy your house not a competitor.*
- 4. Encourage other Agencies to bring buyers to your home. Using our State-wide Multiple Listing System. (MLS)**
- 5. Aggressively market your home in local and regional publications and on the internet. Attracting potential buyers both near and far.**
** Applies only to "in house sales"*



Where you are #1!

Red Coat Realty

246 W. Main St., Hillsboro - 464-3053



Joyce Bosse, Broker
491-0559



Don Duefield, Assoc. Broker
478-3687

redcoat@mcttelecom.com

OUT & ABOUT

Friday Gliders at Jackson Ski Touring Foundation

2/21/2014 (1:00PM)
 Event Fee: \$10 pp per day
 Friday Gliders - A two hour ski tour at Jackson Ski Touring Foundation led by Ski School instructors and friends. Technique tips offered. After skiing the group gathers in the Touring Center for refreshments and socializing. \$10 pp for the day plus pass or annual members can join for the season for \$45. For more information and to register email info@jacksonxc.org or call 383-9355 or visit www.jacksonxc.org *Recurring Fridays through 3/14. 153 Main Street Jackson, NH 03846
 Phone: 603-383-9355
 Email: info@jacksonxc.org
 Website: www.jacksonxc.org

Hot Stuff: Feel the Heat -- Fine Craft Exhibition

2/21/2014 (8:30AM)
 Event Fee: Free
 Opening Reception, with a Wine Tasting by LaBelle Winery: Friday, January 10, 5:00 pm to 7:00 pm
 The winter chill is in the air, and the League of NH Craftsmen is warming things up with its fine craft exhibition, Hot Stuff: Feel the Heat. This multi-media exhibition sparks inspiration and lights up the senses through a display of fine craft made by 37 juried members of the League. Some of the pieces include a wood-fired double devil jug with crown of fire; warm wearables, such as knitted hats and silk and merino wool scarves in warm colors; a frying pan embellished with beaded words, phrases, and

flames; an intricate quilt; candle holders; and much more.

49 South Main Street
 Suite 100, Concord, NH 03301
 Phone: 603-224-3375
 Email: nhleague@nhcrafts.org

Milford Antiques Shows

2/23/2014 (8:30AM)
 Event Fee: Admission \$5 from 8:30am to 9:30am, Free Admission from 9:30am to 11am.
 Special events during the spring and summer. Over 80 dealers present a large variety of quality antiques and collectibles at reasonable prices.
 Hampshire Hills Sports and Fitness Club
 50 Emerson Road
 Milford, NH 03055
 Phone: 781-329-1192
 Email: milfordantiqueshow@gmail.com. Website:

Wright Museum Educational Program - Cabin Fever Series

3/9/2014 (2:00PM)
 Event Fee: \$7.00 per person, Wright Museum Members are free. Dick O'Kane, A New Hampshire Hero Presented by: Gerry Sedor, Retired U.S. Navy Captain From a historical point of view, New Hampshire was very important in the nation's defense efforts during World War II. Many of the nation's submarines critical to our winning the war in the Pacific were designed and built at the Portsmouth Naval Shipyard. New Hampshire also provided some exceptional military leaders. One of the most decorated military leaders who served our nation during this ▶

SPECIAL ADVERTORIAL

U.S. residents set to get new infrared heaters to save up to 50% on heating bills for only \$159 and free shipping

Compared to the Suggested Retail Price of \$399.95 this is a great opportunity for our residents to own one of the highest quality, energy saving, cool-to-the-touch, portable infrared heaters available today, and stop spending a fortune on heating bills. The first 785 callers who beat the 48-hour deadline are getting these money saving portable infrared heaters.



■ **Simply Plug it in:** Saving money on heating bills is very easy with an iHeater infrared heater. Today's distribution is intended to help those in need of keeping warm this winter without spending too much on heating bills.

If you or a loved one has difficulty paying for heating bills, then this distribution of brand new portable infrared heaters is your chance to make life a little easier. These infrared heaters warm the room evenly and efficiently without drying out the air. They never get hot to the touch, like other heaters, so they are safe for pets and children.

These revolutionary infrared heaters are changing the lives for many that find it difficult to pay for the high cost of heating a home. Infrared heat warms in a way similar to the warmth we feel from the sun, it's been described by many as "bone warming" heat. It is

completely safe and does not deplete oxygen from the air, which would make you tired, nor dry out the air, which irritates your skin. The iHeater brand is said to be the most sought after brand of infrared heaters. iHeaters have been selling strong for many years, they have in-house customer service located in Indianapolis, Indiana. The iHeater infrared heating elements are backed by a lifetime warranty and don't burn out, like other low-end brands of infrared

heaters that use bulbs.

Similar infrared heaters of this quality are expensive, the suggested retail on this unit is \$399.95, but state residents are being urged to call the Toll Free hotline listed below because the first 785 callers who beat the 48-hour deadline will be able to claim one of these infrared iHeaters and have it delivered directly to their door for only \$159 and the shipping is free. This is an extraordinary opportunity for those in need of help on winter heating bills. "We're preparing ourselves for all the calls because a program like this, for a new infrared heater of this quality, has never been released before. So if the lines are busy, keep trying. We'll answer every call in the order they are received" Brinkman said.

**Call toll free:
1-800-981-4589**



The Toll Free Distribution Hotlines open at 9:00 am this morning for US residents only. You must be one of the first 785 callers who beat the 48-hour deadline to have your infrared heater delivered to your door for only \$159 and free shipping. (suggested retail: \$399.95)

OUT & ABOUT

period was Durham native and Medal of Honor winner Dick O’Kane, considered to be the most successful submarine commanding officer in the U.S. Navy during World War II. This presentation will provide background information on our submarine fleet’s performance in the Pacific during the war and focus on Dick O’Kane’s contributions both during and after the war. The presentation will incorporate some official U.S. Navy photographs taken on submarines during the war, including some taken through a submarine periscope showing Japanese ships being sunk. Admission is \$7.00 per person and free for Wright Museum members. R.S.V.P’s are strongly encouraged to ensure sufficient seating for all lecture attendees. Call 603-569-1212 to reserve your seat. Doors open at 1:00 p.m. Please check our website; www.wrightmuseum.org for cancellations due to inclement weather or for other reasons.

77 Center Street
 Wolfeboro, NH 03894
 Phone: 603-569-1212
 Email: donna.hamill@wrightmuseum.org
www.wrightmuseum.org

The Power of Community in the work of Sarah Orne Jewett

3/14/2014 (2:00PM)
 Event Fee: \$18 purchase online - www.pontine.org
 March 13-16 FAMILIAR FIELDS:
 The Power of Community in the Work of Sarah Orne Jewett
 Thu & Fri @7:30 / Sat @4 / Sun @2
 Informal program featuring food & conversation along with scenes from Pontine Theatre’s repertoire of plays based on New England literature. Exploring the life and work of the 19th century New England author Sarah Orne Jewett, this presentation explores issues of community as reflected in Jewett’s stories. Pontine Theatre examines the ways in which her regional portraits speak about the essential New

England character and universal experiences of geographic isolation, cultural insulation, and how community shapes individual identity.
 West End Studio Theatre
 959 Islington Street
 Portsmouth, NH 03801
 Phone: 603-436-6660
 Email: info@pontine.org
 Website: www.pontine.org

The American Rogues

3/15/2014 (7:30PM)
 Event Fee: \$30 (Children 12 & Under FREE)
 "One of the top Celtic music acts today!" – Celtic Music Magazine.
 Voted #1 out of bands from around the world, the American Rogues have performed for millions. Album & group of the year; millions of views on YouTube; shows in Asia, Europe, Las Vegas, New York, Chicago, Atlantic City; a Hollywood film; Washington with the US air force symphony... The American rogues are taking on the worlds

of Celtic, rock, folk, world and classical music. Tickets are \$30 (children 12 & under free)
 41 Observatory Way
 Intervale, NH 03845
 Phone: 603-356-9980
 Email: info@believeinbooks.org
www.theaterinthewood.org

March Maple Madness Dinner

3/2/2014 (5:00PM)
 Event Fee: \$23.95 age 16-adult; \$12.95 per child age 5-15; \$7.50 age 2-4 plus tax & gratuities
 Winter may be here right now, but soon the sap will be running for the maple season. Join us as we celebrate this timely tradition with a delicious maple feast and live music at our Maple Madness dinner. Hors d’oeuvres begin at 5:00 p.m. and the sit down meal will begin at 6:00. The evening will also feature a silent auction to benefit the Monadnock Travel Council. Please call for reservations. This is a BYOB event.
 460 Monadnock St. Troy, NH
 Phone: 603-242-6495 ▶

HELP AT THE PUSH OF A BUTTON
 America's "Top Rated" Medical Alert System

BEST OFFER YET



- 24/7 Medical Alert Monitoring
- FREE Equipment
- FREE 2nd Water Proof Alert Button
- NO Activation Fees
- NO Long Term Contracts

Medical Guardian
 Call Now! 1-800-681-8573

REDUCE YOUR MORTGAGE AND SAVE MONEY!

Struggling with your mortgage? Worried about foreclosure?

- ✓ Save money.
- ✓ Save your home.
- ✓ Reduce your mortgage.

Call Preferred Law at 800-912-4850 for legal advice about your options.



PREFERRED LAW
 CALL NOW for a free evaluation!
800.912.4850

Preferred Law has attorneys that can get you the results you need and inform you of your legal rights.

OUT & ABOUT

Email: info@east-hill-farm.com
 Website: www.east-hill-farm.com

Moonlit Snowshoe Tours

2/22/2014 (7:00PM)

Event Fee: \$12 per person over 12, or \$35 per family of four \$10 snowshoe rentals

Experience the wonder of a winter walk on the moonlit snow. Join an AMC Naturalist Guide (Tin Mountain Naturalist on Feb 22) on a guided full moon snowshoe walk. We will use our senses (and no flashlights) to navigate the trails. We will listen for owls calling and explore our senses as we explore the winter landscape by light of the full moon.

Reservations required Note the last tour in March is from 7:30-9:00. 1 Mount Washington Auto Road, Gorham, NH. 603-466-3988
 Email: kim@mt-washington.com

Website: <http://greatglentrails.com/winter/family-programs/moonlit-snowshoe-tours/>

Wine and Cheese Tasting Social

Thursdays 5:00pm - 8:00pm Free.

Looking to taste some beautiful wines and cheese in a casual, friendly atmosphere? If so, The Wine Steward in Hampstead is the place to be on Thursday nights from 5-7pm. Our free weekly wine and cheese socials generally attract from 30-50 wine lovers from the local area and northern Massachusetts.

At each event, a wine vendor is invited who will sample from 6-8 different wines that are paired with artisan cheeses. Our events are casual and friendly and attract a wide range of people from wine novices to wine connoisseurs. Many clients

form friendships here and look forward to their weekly get-togethers. Best of all, there is no charge for this event. To find out what wines will be served at each tasting, please sign up for our newsletter which can be done on the website or sign up for our blog on the website.

The Wine Steward
 201 NH Route 111 Hampstead, NH. Svetlana Yanushkevich, 603-329-4634

Email: thewinesteward@comcast.net. Website: The Wine Steward

Tuesday Trekkers

Until Mar 4, 2014

This event occurs weekly, on Tuesday. For snowshoers. A social trek to explore the forest with our expert guide Peter Minnich. Experience many wondrous winter things along the way. \$18 per person includes a day pass or \$10 for annual members. Annual

members may sign up for the season for only \$45. Skill Level - beginner to expert. \$18 or \$10 for members. View map Jackson Ski Touring Foundation, 153 Main St. Jackson, NH. (603) 383-9355
<http://www.jacksonxc.org>

The Magickal Marketplace & Psychic Faire

03/29/2014 12:00am - 7:00pm

The third annual Magickal Marketplace & Psychic Faire returns to the Radisson Hotel in Nashua with over 60 booths of the finest psychics and merchants, plus lots more fun for the whole family. Our psychics offer not only tarot and palm reading, but also runes, bone casting, angel and shamanic guides, aura photography, and loads of other techniques. Enjoy live music ranging from ▶

Are you a Diabetic or do you have Macular Degeneration?



RETINA VISION CENTER

Nancy E. Bonachea, M.D.



Board Certified, American Board of Ophthalmology

*Tufts University Medical School
 Residency/Fellowship: Georgetown University Medical Center*

At Retina Vision Center every patient receives personalized and state-of-the-art medical and surgical services. With more than 17 years of experience, Dr. Bonachea specializes in Diseases & Surgery of the Retina including:

- Macular Degeneration and Diabetic Eye Disease
- Macular, Retinal Tear and Detachment Surgery

Chief of Ophthalmology at Elliot Hospital; Retina Specialist for CMC Special Care Nursery; Voted 2011 Best in NH Female Eye Surgeon by Applaud Women Magazine

Derry — 43A Birch Street
 Bedford — 107 Riverway Place, Building 1, Bedford Commons
 Portsmouth — 155 Griffin Road
www.nhretinavisioncenter.com (603) 836-5541
 New Patients, Referrals, Second Opinions Welcome.

HOUSING FOR THE ELDERLY

APPLICATIONS ARE NOW BEING ACCEPTED FOR HOUSING AT

<u>PROPERTY</u>	<u>LOCATION</u>
APPLEWOOD	WALPOLE
AUTUMN LEAF	KEENE
BEECHBROOK	MILFORD
BITTERSWEET	NEW LONDON
BUTTERCUP	HUDSON
CLEVELAND	KEENE
HOLLYBERRY	HOOKSETT
MAPLELEAF	HILLSBORO
MONADNOCK	COLEBROOK
ROLLING HILLS	HINSDALE
SUNRISE	WINCHESTER
WATERVIEW	N. SWANZEY

Elderly - 62 or older, handicapped or disabled - Qualify under income set by HUD. All units are one bedroom and include utilities.

FOR MORE INFORMATION, PLEASE WRITE OR CALL:

EJL MANAGEMENT CO.



603-352-9105
 P.O. Box 565 • Keene, NH 03431



OUT & ABOUT

classical harp to Celtic rock, and a series of informative classes and panels on our two stages. Browse dozens of vendors and craftspeople offering everything from kitchenware to chainmail. Including clothing, jewelry, bath & body products, and much more, most handmade in New England. A portion of the door charge will benefit local food banks- bring a nonperishable food item to receive \$2 off admission! \$6, or \$4 with the donation of a nonperishable food item. Radisson Nashua Hotel 11 Tara Blvd Nashua, NH Website: The Magickal Marketplace.

Chilly Chili Cookoff Stroll

3/1/2014 (11:00AM)
Event Fee: VIP Tickets: \$35
(Tickets are Limited) Adult

\$10, Kids under 12 \$7. Mt. Washington Valley Chamber of Commerce's 11th Annual Chilly Chili Stroll through the Village of North Conway. Come join us for mouth-watering samplings of homemade chili ranging from mild and delightful to wild and adventurous. Professional Chefs will be competing for cash prizes at the Gibson Center for Senior Citizens. Non-profits will compete in an amateur-friendly, fun competition at the North Conway Community Center and many other locations throughout the Village. There will be "Crazy Hat" creating, best booth competition, sales on fashionable clothing, art, and specialty items for you and your home in our Village shops, plus lots more! Village of North Conway North Conway, NH 03860 Phone: 603-356-5701

Email: mary@mtwashingtonvalley.org
Website: www.chilistroll.com/

Ski to the Clouds

3/9/2014 (10:00AM)
Event Fee: \$25. North America's Toughest 10K. Skiers and snowshoers race on the trails at Great Glen Trails and then up to the finish at treeline on the Mt. Washington Auto Road, Ski to the Clouds includes a climb of more than 2200 vertical feet over the final 6 kilometers. The race is a true freestyle event: skiers can use either skating or classic technique. Limited to 150 competitors. 1 Mount Washington Auto Rd. Gorham, NH. Phone: 603-466-2333. Email: kim@mt-washington.com. www.skitotheclouds.com

On Snow Picnic Party at Jackson

Ski Touring

3/8/2014 (11:00AM)
Event Fee: Free to Season Pass holders and only \$5 for day skiers /showshoers
On Snow Picnic Party at Jackson Ski Touring Foundation – Celebrate a great season of Cross-Country skiing and snowshoeing with Jackson XC at our spring on-snow picnic party. Come share your stories and get your last kicks in with good company, good food and good cheer. Music and food starting at 11 a.m. at the Warming Cabin on the Ellis River Trail. For more information email raetha@jackson.org or call 383-9355 or visit www.jacksonxc.org. 153 Main Street, Jackson, NH. 603-383-9355
Email: info@jacksonxc.org
Website: www.jacksonxc.org



MARSHA CARR

Tai Chi for Every Body

Tai Chi & Qigong for Health and Balance

603-498-9550

Classes in Lee, Newmarket, N. Hampton, Portsmouth
First class is FREE!

marsha@tc4eb.com
www.taichi4everybody.com
facebook.com/taichi4everybody



INTERVENTIONAL SPINE MEDICINE

Leaders in Innovative Pain Management

ISM doctors are highly trained and Board Certified in pain management.



BOARD CERTIFIED PAIN PHYSICIANS
NHPAIN.COM (603) 664-0100

Get back to a better life.

- LOCATIONS IN:
- BARRINGTON
 - GILFORD
 - RYE
 - PLAISTOW

To advertise in
SENIOR
Lifestyles!

Call Mary Yuryan at
603-464-3388 today!

Modern Apartments
in the heart of Antrim, off Main Street (Rt. 202). Near stores, banks, & restaurants.
Lovely Village atmosphere.
Rent based on income.
One person may have an income of \$27,950 or less, two people \$31,950.

Antrim Village

Now Accepting Applications!
Call (603) 588-6368
TDD# 1-800-735-2964

*Conveniently located in
Downtown Concord.....*



*... a quintessential
New England town!*

- On-Site Restaurant, Lounge & Room Service
- All room have a refrigerator, microwave & a 42" Flat Screen TV
- Largest Indoor Hotel Pool in Concord / Hot Tub, Fitness Center & Sauna
- Pool Memberships and Pool Parties
- IHG Rewards Club
- Walking Distance to Downtown Concord: <http://www.intownconcord.org/>



Short Ribs

Seafood

Steak Tips



Brick Oven Pizza

Juicy Burgers

Meatloaf



Located inside the Holiday Inn

*Serving Breakfast
&
Dinner Daily*



172 North Main Street • Concord, NH • (603) 224-9534
www.ihg.com/holidayinn/concordnh/ / www.ejsonmain.com