

# Senior Lifestyles

A guide for active New Hampshire Seniors Oct. 2015 • Free

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Pictured left to right: Faro Italian Grille Office Manager Bri Farley; Brenda's Ride Co-chair MaryEllen Prescott; LRGHealthcare Special Events Manager Becky Doherty; Brenda's Ride Volunteer Byron Lohmes; Brenda Ganong; Volunteer Ellen Davis; Volunteer Paul Baldwin; LRGHealthcare Vice President of Clinical Support Services Marge Kerns; Volunteer Cheryl Tester; John Ganong; and Volunteer Tom Tester.

## 13th Annual Brenda's Ride with Friends raises over \$10,000

Seventeen-year breast cancer survivor Brenda Ganong recently hosted the 13th Annual Brenda's Ride with Friends: Fighting Cancer One Mile at a Time. The day was a great success, raising \$10,000 for the Oncology Department at LRGHealthcare.

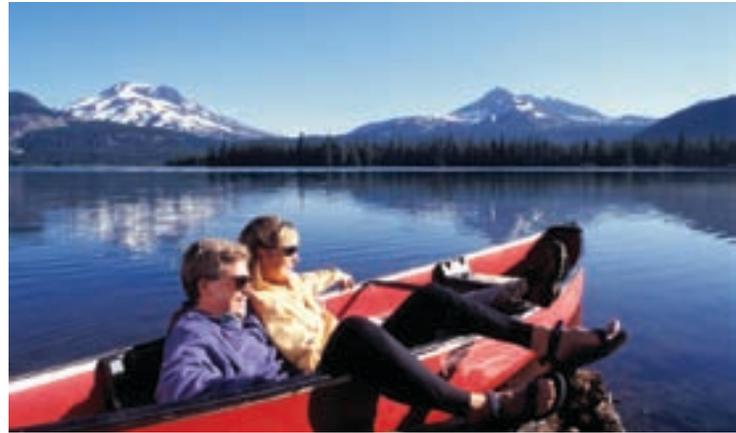
On the morning of August 15th, 151 motorcyclists left Faro Italian Grille together, setting off for a beautiful ride to Waterville Valley, returning mid-day for a cookout, raffles, and live music courtesy of Matt Langley and band AXIS. Funds raised from Brenda's Ride are designated to the Oncology Department at LRGH, to assist local patients battling cancer by offering a helping hand with things that may cause a financial burden – ranging from a gas card to a reclining chair to assistance with a utility bill.

“Brenda and John Ganong and their friends and family have had a remarkable impact on countless patients over the years,” states

LRGHealthcare Vice President of Clinical Support Services Marge Kerns. “They have touched so many and it shows on this one special day each year.”

LRGHealthcare Annual Fund & Special Events Manager Becky Doherty adds “Brenda has also inspired others in our community...a month or so ago we received a stack of checks from a local couple, Scott and Julie Hayward, who recently celebrated their 25th Wedding Anniversary. Instead of traditional gifts the Hayward's family and friends made donations to the Brenda's Ride fund in their honor -- totaling more than \$1,300! The staff, nurses, and doctors in the Oncology Department are near and dear to Scott and Julie and her mom Alice, as Julie's late father Donald Smith received his care here at LRGH. So this was such a thoughtful way to honor the happy couple and Mr. Smith, support other patients, and pay tribute to our Oncology staff.”

# Five ways people with diabetes can prepare to travel anywhere



For people all across the country, this is peak travel season. The weather is beautiful and there's still room to squeeze one or two more trips in before cooler weather. Don't let managing diabetes stop you from making a plan and taking a trip!

Diabetes shouldn't be a barrier to travel. The key is preparation. Just a little extra planning on your part beforehand can make for an once-in-a-lifetime trip.

To help you plan smart and get ready for any situation, follow these suggestions from the American Diabetes Association. Don't miss out, start your preparations today.

**Visit your doctor.** Start your preparations by scheduling an appointment with your doctor about a month before your trip. Think of it as a check-up just for your diabetes. While you're there, get any immunization shots you need and ask your doctor for a letter and any prescriptions you may need. This letter will be the answer key to your diabetes. It should include what you do for your diabetes and the tools you use. It should also list your allergies. The prescription is for your insulin or pills. Yes, you probably packed enough supplies already, but the prescription is handy in case of an emergency.

**Pack smart, pack thorough.** If you're traveling for one week, pack enough diabetes supplies for two - that's a good rule of thumb. Keep all of your supplies in one bag and keep it with you at all times. If you're flying, that's your carry-on bag. If you're driving, or a passenger on a bus or train, the bag sits on your lap or on the seat next to you. No matter how you travel, the bag should be within easy reach.

**Prepare for emergencies.** When it comes to vacations, picture the best and plan for the worst. Having an emergency plan is essential, especially if you're traveling abroad. Air travel may be the form of travel requiring the most preparation with increased carryon and baggage restrictions and time allotment needs for both domestic and international flights. Know what you can and can't bring on a plane and how to handle screening

procedures; the American Diabetes Association provides several resources around air travel. Once you arrive at your destination, The International Association for Medical Assistance for Travelers is a great resource to help you find English-speaking doctors in any country - make a list of them. If you don't have this list or you lose it, call the American Consulate, American Express or local medical schools to find a doctor that can help you.

**Take your medical ID everywhere.** As someone with diabetes, your medical ID is part of your everyday attire. And it's even more important when you're traveling. If you have a hypoglycemic episode or an accident, medical personnel will look to your ID to see how to help you. Place your medical ID with other items you can't afford to leave behind like your keys, wallet, passport or phone. That way you'll be sure it tags along.

**Plan an arrival kit.** Regardless of how you plan to travel, you'll probably be excited to get out and stretch your legs at your journey's end and explore. Once you've arrived at your destination, the last thing you want to do is immediately head out for supplies. You can cut this trip on your first day if you plan ahead and pack smart. Bring the food or attire you need for the first leg of your stay and you can relax in the comfort of a trip well planned.

There are many reasons to travel year round, don't let a great trip pass you by. So start your travel planning today and as long as you include your diabetes management in your preparations, there's nothing you can't do. For more helpful tips on traveling with diabetes, visit [Diabetes.org](http://Diabetes.org). (BPT)

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# The Active Retirement Association welcomes new members

The Active Retirement Association offers programs reflecting the many interests of people 50+ years old, retired or not. Please join us to meet new friends and learn more about the ARA and its upcoming activities at our October General Meeting on Tuesday, October 13, 2015, 1:30 pm, Durham Evangelical Church (lower level), 114 Dover Road (Route 108), Durham, NH. The program will feature "Songs of World War II: Wartime Songs and the Stories You Didn't Know," presented by "Ramblin' Richard" Kruppa.

This foot-tapping trip down Memory Lane recalls the music and brings to light fascinating and unfamiliar stories about some of our most beloved American songs from 1939-1945. Dr. Richard Kruppa, a member of the New England Foundation for the Arts, is a retired professor of education who studied Gospel and American folk music and currently performs more than 200 shows each year. A musician of broad

experience, he tells the stories and sings the songs while accompanying himself on guitar, banjo, and ukulele.

Currently the ARA has approximately 350 members from 35 communities in southern Maine and New Hampshire, who support the organization by annual dues. We offer lectures, discussion groups, films, cultural tours, walks/hikes, classes, special-interest groups, and much more.

For more information, visit our website at [www.unh.edu/ara](http://www.unh.edu/ara) or contact Membership Director Carol Caldwell at 603-312-1536 or [info@ara-nh.org](mailto:info@ara-nh.org).



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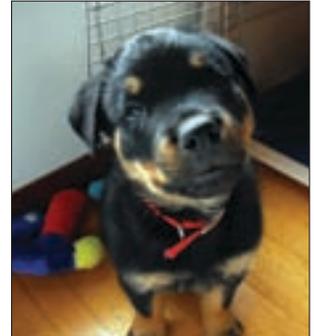
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## Moving with a pet? Tips to make the transition easier

While pets add an element to any move, it doesn't have to be a stressful one, for you or your pet. Penske Truck Rental offers some pet-friendly moving tips to make the transition go as smoothly as possible for everyone in the family, including the four-legged members.

### ID your animals

A door gets left open during the actual move, a pet escapes from a carrier or hotel room during a stopover - moving can be chaotic, and even the most well-behaved, homebody pet can get lost and confused during a move. Take steps to help increase the chance that a lost pet can be returned to you. Microchip your cat or dog before you move. One Ohio State University study found that lost pets with microchips are more likely to be reunited with their families than pets who aren't chipped. While animal shelters and veterinarians are most often equipped to detect and read microchips, the average Good Samaritan is not. So be sure to also have your pet wear a collar with an ID tag that includes his or her name and your mobile phone number.



### Prepare for health needs

If your pet is on medication, don't pack it away until you are ready to get in the car for the move. Likewise, keep his or her food for the last minute and keep enough of it with you so you don't have to feed your pet an unfamiliar diet during the move. Strange food can upset his tummy during an already stressful time. Additionally, keep at least an extra week's supply of food and medications in your travel kit, in case your belongings get delayed in transit.

### While you're packing and loading

Dogs and cats may both be tempted to chew on boxes and packing material, and they could choke on materials or get sick if they swallow something they shouldn't. While you're filling boxes, try to keep pets away from your packing area. If you're packing in stages over several days, be sure to clean up and store any packing material from day to day so pets don't have access to it.

### On the road

Before moving day, take your pet for short rides - especially if you have a pet that's not used to being in the car. You may discover that your cat suffers from motion sickness, or that your dog prefers the security of riding in a crate rather than just a travel harness. Knowing how your pet reacts to travel can help you and your vet plan a course of action for minimizing travel stress, such as sedation or more frequent breaks in the trip.

The day of your move, transport your pet in your own car or in the cab of the rented moving truck you'll be driving. Never put a pet in the back of any moving truck where they could get hurt, become sick or be exposed to uncomfortable temperatures. Keep plenty of food and water available, and consider starting your pet's ride with an empty stomach so he or she will be less likely to experience an upset tummy on the drive.

Take rest stops every two hours and keep your pet leashed or in a crate when you stop. For more moving advice and to find a rental truck, visit [www.pensketruckrental.com](http://www.pensketruckrental.com). (BPT)

# Create your own personal pension? It's possible

Retirement planning has certainly changed a lot over the years, hasn't it? First came pensions, or defined benefit plans, with their guaranteed income for life. After that it was 401(k)s. These plans focused on growing wealth from the stock and bond markets. Your pension and 401(k) were meant to work together but now pensions are disappearing and many people are left with just their 401(k) plan.



Your 401(k) is an important piece of your retirement savings but it was never intended to be your sole retirement solution.

Instead, your 401(k) was meant to provide additional retirement savings that worked with your pension, savings and other income sources to paint a full retirement picture. But now for many people the pensions are gone and while you have other savings avenues – what can you do to replace this lost retirement income?

One option could be a deferred income annuity (DIA). A DIA allows you to set up a guaranteed income stream beginning later in your life. With a DIA it's important to remember that the guaranteed income is based on the strength and claims paying ability of your financial institution so it's important to choose the right partner. DIA's are traditionally funded with a lump sum payment up front and the contract promises to pay you a lifetime income stream starting with a date of your choice.

For example, let's say you purchased a DIA with a \$50,000 lump sum. That money will then be held by your financial institution for a defined period, according to the contract, where it will grow with interest. After a specified amount of time has passed, you can start receiving payments. This guaranteed stream of income can then be used to supplement additional retirement savings and help you fill a void in your retirement portfolio.

A DIA is one example of the many options that are available when it comes to retirement strategies and that's good news for any investor seeking retirement income. With traditional pensions disappearing from the landscape, there are still plenty of options that let you design personal solutions for your own retirement. The key is knowing your options and working with a financial professional who can help guide you toward a stable retirement, that way you'll be ready for any changes that happen in your retirement planning until it's finally time for you to enjoy the fruits of all that hard work and smart saving.

## About Thrivent Financial

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For additional important information, visit [Thrivent.com/disclosures](http://Thrivent.com/disclosures). If requested, a Thrivent Financial representative may contact you and financial solutions, including insurance, may be solicited. (BPT)



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# Fall: The best season for home improvement

The rituals of fall include sending kids back to school, raking leaves and cheering on the hometown football team. In addition, a new fall tradition has emerged for America's nearly 74 million homeowners - home improvement.

This fall promises to be particularly popular for home projects. Lower gas prices are boosting people's discretionary income and Metrostudy's latest Residential Remodeling Index points to a continued rise in activity.

Like many trends, there isn't one particular reason fall has emerged as a popular time for home improvement, several factors play a role.

**Energy efficiency is top of mind**

With colder weather on the horizon, homeowners shudder at the thought of higher heating costs. They upgrade windows, layer in more insulation, service or replace old furnaces and, in some cases, do all of the above.



**The weather is nice**

Home improvement projects can be hard and even grueling work, particularly for DIYers. Lower temperatures and humidity create a much more comfortable environment for getting things done (and rhetorically keeping your cool when obstacles inevitably arrive).

**The holiday entertaining wow factor**

Everyone wants their home to sparkle when they welcome family and friends during the holidays. Completing a home

improvement project during the fall sets up a big reveal when the holidays roll around.

**Falling prices**

Fall is an excellent time to save money by finding great deals on home improvement supplies and service. Year-end sales begin and discounts can be steep. Retailers like Lumber Liquidators, with their annual Yard Sale in October, often have discounts to clear inventory before the New Year. Also, contractors are busiest during the warmer months - their business cools as the weather does.

Facing tight timelines and tighter budgets, homeowners often need to prioritize their projects. Installing hardwood floors often provides a high return on investment, both from a quantitative (home value) and qualitative (pride in ownership) standpoint.

No matter what a homeowner chooses to do during the fall home improvement season, it will help reduce cabin fever during the winter months. (BPT)

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# 7 effective habits to prevent hearing loss

(BPT) – Hearing loss is common, but the perception that hearing loss is only caused by aging is incorrect. More than 36 million Americans have hearing loss. It is considered the third most chronic condition among the elderly, according to the Hearing Loss Association of America. Changing lifestyle habits and treating a variety of health conditions can help prevent hearing loss. Here are seven healthy habits that may help prevent or delay hearing loss.

## 1. Noise

Noise-induced hearing loss is the most common yet preventable cause of hearing loss. Exposure to dangerous levels of noise can occur at work, home and in many recreational activities. Wear ear plugs or muffs when operating loud equipment (i.e. lawn mowers, power saws, leaf blower, etc.) or when using firearms.

## 2. iPod/MP3 players

Listening to MP3 players at dangerous levels can cause permanent hearing loss. You can download apps to ensure noise exposure through your iPod does not exceed dangerous decibel levels. "Volume Limit" is a switch in the "settings" section of your iPhone or iPod to make sure that your

hearing is protected.

## 3. Diabetes

The National Institute of Health (NIH) found hearing loss is twice as common in people with diabetes. Furthermore, of the 79 million adults with pre-diabetes, the rate of hearing loss is 30 percent higher than in those with normal blood sugar levels. Moderate weight loss, eating healthy and exercise can delay or prevent Type 2 diabetes among adults at-risk for diabetes.

## 4. Smoking

Smoking is a risk factor for hearing loss. Smokers are nearly 70 percent more likely than nonsmokers to suffer hearing loss. Exposure to second-hand tobacco smoke almost doubles the risk of hearing loss among adolescents. Studies show that smoking, age and noise exposure together increase the risk for hearing loss more than each of these factors alone.

## 5. Cardiovascular disease

Not only does exercise help to prevent Type 2 diabetes, but cardiovascular health and hearing health appear to be connected. Growing evidence suggests a link between hearing loss and poor cardiovascular health.

## 6. Earwax (cerumen)

Don't swab your ear canals. Cerumen cleans and lubricates the skin of the ear canal and provides protection from bacteria, fungi, insects and water. Attempting to remove cerumen or cleaning the ear canal with a cotton swab tends to push earwax deeper into the ear canal. Excess or impacted cerumen can press against the eardrum and/or occlude the external auditory canal resulting in hearing loss.

## 7. See an audiologist for a base line hearing test

Susceptibility to hearing loss is often undiagnosed and unrecognized. If hearing devices are recommended, wear them. "There is no reason to miss out on what could be the most important conversation in your life. Stay connected with your friends and family," says Dr. Kathy Landau Goodman, chair of the Audiology Awareness Campaign. Goodman says to remember every ear is unique, every brain deciphers sound differently, so there is no one size that fits all. What works for a friend may not work for you. It is important to work with a doctor of audiology to help you find the right solution for your individual hearing needs. Visit [www.audiologyawareness.com](http://www.audiologyawareness.com)

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# When it comes to retirement, practice makes perfect

Retirees become increasingly adept at managing their expenses and income as they age, according to new research. Retirees report becoming better at controlling spending, feeling more financially secure and finding creative ways to cut expenses without giving up activities they enjoy, according to the study sponsored by MassMutual.

"Satisfaction with life in retirement actually increases, indicating a high degree of adaptability by most retirees," says Elaine Sarsynski, executive vice president of MassMutual Retirement Services. "Retirees typically adjust their spending as well as their sources of income, relying more on Social Security and qualified savings such as IRAs and pensions as they spend more time retired."

The study is part of a larger research project conducted on behalf of MassMutual by Greenwald & Associates. The research culled information from 905 responses from retirees within 15 years of retirement. Respondents had a minimum of \$50,000 in retirement savings.

Of the study respondents who retired 11-15 years ago, 83 percent say they feel financially secure and 62 percent report being "very satisfied" with their lifestyle, the study found. Comparatively, 77 percent of respondents who retired fewer than five years ago say feel financially secure and 56 percent report being "very satisfied" with their lifestyle.

In most instances, retirees' expenses are about what they expected or lower than expected before they retired, according to the study. In general, 40



percent of retirees say their expenses are lower than expected, with 30 percent reporting "much lower" expenses. One in five (22 percent) retirees report higher than-expected expenses, reinforcing the importance of sound financial planning. Sarsynski encouraged pre-retirees to work with a financial advisor to project their expenses and income in retirement to ensure they are not left with a gap.

Retirees say their ability to manage expenses improves the longer they are retired. Of those retired 11-15 years, nearly four in 10 (38 percent) report doing an "excellent" job of managing expenses compared to 23 percent for those retired for fewer than five years. Seventy-seven percent of longer-term retirees say they are doing an "excellent" or "very good" job handling expenses compared to 58 percent of more recent retirees.

"Retirees adapt to living on a fixed income by finding creative ways to cut expenses without forgoing activities they enjoy," says Mathew Greenwald, president of Greenwald & Associates, which

conducted the research. "During our focus groups, for example, retirees mentioned taking part-time jobs at theaters or with orchestra groups in order to get free tickets. Many also seek out cheaper alternatives of activities, such as events at senior centers or community theaters."

Sources of income shift for retirees the longer they are retired, the study shows, and few retirees report actually working, especially in later years. Only 36 percent of survey respondents who retired within

five years report working as compared to 21 percent of respondents who retired 11-15 years ago.

Many retirees say they deferred taking Social Security retirement income until 10-15 years into retirement, according to the study. Deferring Social Security benefits increases payments by 8 percent a year until age 70.

Sarsynski recommended that pre-retirees take steps to realistically project their expenses before retirement:

- Connect with retirees to better understand their lifestyles and how they fill their days.
- Track all purchases, especially when on vacation, to better understand the cost and feasibility of activities you enjoy.
- Look for alternative ways to participate in activities you enjoy at lower costs, such as taking in local community theater in lieu of professionally produced shows.
- Reconnect with your spouse, children and friends to help bolster your social networks. (BPT)

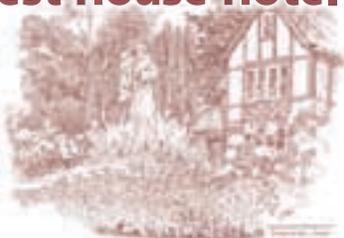
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# Five simple time-tested tips for helping you age well

A health renaissance is taking place in America as more people are embracing aging well and being proactive rather than reactive about their well-being. Prevention has become the focus, and many aging Americans are turning to time-tested methods for keeping their bodies and minds healthy so they can live longer, higher-quality lives. Kristen Johnson, certified personal trainer, registered dietician and nutrition expert at [www.ontargetliving.com](http://www.ontargetliving.com) points out five time-tested strategies for aging well:

## Daily exercise

"Daily movement is the real fountain of youth. It keeps us healthy from the inside out," says Johnson. She notes that quality over quantity is what really matters. "When it comes to improving overall fitness, high-intensity exercise for a short amount of time may be much more beneficial than low intensity for a long amount of time," Johnson says. "Research suggests that fat-burning hormones like human growth hormones and testosterone are stimulated by high-intensity exercise, while fat-storing hormones like cortisol may be lowered. Try increasing the intensity and frequency of your exercise, while decreasing the time spent."

## Superfoods

The foods you eat influence how you look and feel, from glowing and confident to lethargic and sick. Selecting foods that people have eaten historically as nutritional powerhouses can help boost overall wellness. "Superfoods are nutrient-rich foods, such as fruits, vegetables, ancient grains, healthy fats and lean proteins," says Johnson. "These foods naturally contain high amounts of antioxidants, vitamins and minerals, which all contribute to healthy aging."



## A few to focus on:

- Carrots, squash and sweet potatoes are extremely beneficial for eye and skin health, thanks to high levels of beta-carotene, a type of vitamin A.
- Any brightly colored fruits and vegetables will have an abundant amount of antioxidants, and these help prevent oxidation and cell damage. Examples: raspberries, kale and cabbage.
- Carbohydrates like healthy grains, beans and potatoes help you produce serotonin, a calming and satiety hormone that helps fight stress and anxiety's negative effects.

## Nutrients

Supplements help fill nutritional gaps, especially as the aging body requires greater amounts of certain vitamins and minerals. Johnson points out the importance of omega-3s for aging well. "Omega-3 fats are essential for getting you healthy from the inside out, all while helping improve hormonal balance, brain health, weight loss and metabolism," she says. "Omega-3 fats are also extremely helpful for healthy skin, hair and nails." Her favorite? Nordic Naturals Cod Liver Oil. "This contains EPA and DHA, both of which contribute to a healthy heart and brain," she says. "Cod liver oil also helps improve cellular function, energy and mood. Did you know cod liver oil can actually taste

good? Try their delicious orange flavor."

## Sleep

"Chronic lack of sleep is one of the fastest ways to age the human body," Johnson says. "Lack of sleep can have a huge impact on the appearance of skin, causing fine lines, wrinkles and dark under-eye circles. Not getting enough sleep can also cause your body to release a stress hormone called cortisol."

She notes that adequate sleep can positively influence cognitive ability, mood, weight loss and skin rejuvenation, so it should be a top priority for an aging-well routine. While the right amount of sleep will vary between individuals, the goal for most adults is around 7 to 8 hours a night.

## Social activity

Human interaction can decrease as people age, but it's more important than ever to form and maintain bonds with others. Participating in social activity is a fun way to enjoy life and reap real health benefits. "The American Medical Association has noted that stress is the basic cause for more than 60 percent of all human illnesses and diseases," says Johnson. "When you are socially active and surround yourself with people you enjoy, you may be less likely to feel lonely, unhappy, or unfulfilled, all of which can cause unwanted stress."

Finally, there's no need to become overwhelmed; start an aging-well routine by taking one small step and building healthy habits over time. This is what will lead to long-term success. "Remember that it's never too late to start living a healthy and happy life," Johnson says. "Give yourself more reasons to smile and laugh! Did you know research suggests that happy people live longer, healthier and more fulfilling lives?" (BPT)

## SeniorLifestyles

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# Heart health yourself with Omega-3s

Across the globe, heart health is becoming a growing concern. In order to combat a rising epidemic of heart disease and other heart-related illnesses, more and more Americans are placing a greater emphasis on the critical role of nutrition and a balanced diet.

More than likely you've heard about the importance of a diet rich in Omega-3 fatty acids and its associated health benefits. However, despite this knowledge, it can be difficult to consume enough Omega-3s through diet alone. Knowing where to find the best sources of Omega-3s can be key to a heart-healthy lifestyle.

### What are Omega-3s?

Omega-3 fatty acids are a form of polyunsaturated fat that helps support heart and joint health while maintaining healthy blood pressure levels. Considered "essential" because the body needs them to function but can't create them, Omega-3s must come from dietary sources like fatty fish, nuts or supplements such as krill oil. Unlike "bad" fats that can clog arteries and raise cholesterol, these "good" fats

play a crucial role in reducing the risk of heart disease.

### THE BENEFITS

In addition to supporting a healthy heart, here are just some of the great Omega-3 benefits:

- \*Supports healthy triglyceride levels
- \*Supports eye health and vision
- \*Supports healthy arteries
- \*Important for cognitive (or brain) health
- \*May support joint and bone health
- \*Important for healthy skin

### OMEGA-3 DEFICIENCY SYMPTOMS

It's also important to remember that the following symptoms may be caused by a lack of Omega-3s:

- \*Rough or dry, bumpy skin
- \*Dry, dull, brittle hair and dandruff
- \*Soft, peeling or brittle nails
- \*Excessive thirst
- \*Difficulty sleeping
- \*Difficulty paying attention
- \*Excessive mood swings, depression or unwarranted anxiety

### GOOD SOURCES OF OMEGA-3S

On average, Americans do not get enough Omega-3 fatty acids in their diet. Since Omega-3s are not produced naturally within the body, you can increase your daily intake with the following omega-rich foods and supplements:

- \*Fatty fish (i.e., mackerel, herring, lake trout, salmon, anchovies and tuna)
- \*Walnuts
- \*Flaxseeds
- \*Dairy and Eggs
- \*Supplements

For those who can't or would rather not eat fish or the other food sources high in Omega-3s, supplements can be a great way to bridge nutrient gaps. Not all supplements are the same, so it's important to do your research and choose a product that has been clinically tested and proven to be beneficial. One supplement that has been proven to increase Omega-3 index within just 30 days is MegaRed Krill Oil because it's an easily absorbed Omega-3. Consuming a balanced diet of healthy foods and supplementing that diet is the key to overall health. (BPT)



## You're as young as you feel.

Don't let the fear of falling limit your activities—the results can include physical weakness, making the future risk of falling even greater. "A Matter of Balance" classes provide the tools needed to gain confidence and learn simple fall prevention strategies.

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- That by being physically active you can increase your strength and balance.

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# Farm, Forest & Field

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## Different types of apples:

### SHAMROCK

**Description:** Shamrock is a crisp and juicy, tart, green apple. At its peak, Shamrock develops a red blush. Its flesh is a creamy light green, and it has a coarse texture with a flavor similar to McIntosh, only more tart. Good for both fresh eating and cooking, but enjoy them close to harvest, because they have a short storage life. Shamrock is an excellent choice to include with other apples in pies and sauce.



**History:** Shamrock is the result of a Spur McIntosh crossed with a Spur Golden Delicious. It is an East Coast alternative to the wonderful heirloom, Rhode Island Greening, and to the slower-growing Granny Smith. It originated in Summerland, British Columbia, in 1992. It typically ripens at the end of September.

### WEALTHY

**Description:** Wealthy is a fragrant red heirloom variety with wide red striping. Its white flesh, sometimes stained with red, is sweet, crisp, and juicy, and tart with a hint of strawberry. Its skin tends to be tough. Wealthy is a good pie, sauce, and cider apple. Harvest is early August to mid-September.



**History:** Minnesota farmer Peter Gideon grew the first Wealthy from seed of Siberian Crab in 1861 and named it after his wife, Wealthy (Hull) Gideon. Although it has decreased in popularity, a century ago, Wealthy was one of the nation's five most popular apples, as well as a prized New England variety.

### FALLAWATER

**Description:** Fallawater is a large, round apple,

with dull green color and red highlights. Its mild flavor is unremarkable and, while its flesh is crisp, Fallawater has a tough, chewy skin.

**History:** Fallawater is a Pennsylvania native from the early 1800s. It was once grown in New England. Its parentage is not known.

### HAMPSHIRE

**Description:** Hampshire is a firm, crisp, and juicy Mac-like apple. This nearly solid red apple has a thin, sturdy skin and bears a mild sweet, sub-acid flavor that becomes more aromatic as it ripens. The cream-colored flesh is firm and crisp making it an excellent fresh-eating ▶



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and cooking apple. Hampshires are harvested from late September to mid-October, and they have good keeping quality.

**History:** Hampshire is a 1990 chance seedling that was discovered among a row of McIntosh trees at Gould Hill Apple Orchards in Hopkinton, New Hampshire.

## HONEYCRISP

**Description:** Exceptionally juicy with a crunch beyond compare, Honeycrisp has a variable bright red skin (40 - 95 percent) with pale green highlights. Its crispy flesh is cream colored and very juicy. The Honeycrisp has a sweet, sub-acid (slightly tart) flavor. It is excellent for salads or for fresh-eating. Some warn its high water content makes it better suited for eating than for baking. Honeycrisp can be picked as early as late August. It is a good storing apple.



**History:** Honeycrisp was developed from a 1960 cross of Keepsake (MN447 x Northern Spy) x unknown,

as part of the University of Minnesota apple breeding program to develop winter hardy cultivars with high fruit quality. The original seedling was planted in 1962, and it was introduced commercially in 1991.

## HUBBARDSTON NONESUCH

**Description:** Hubbardston Nonesuch is a very large apple with an unusually small core. Its uneven colored and textured peel displays russetting. Its hard flesh is crisp and extremely sweet, making it a good choice for cider-making. Ripening is usually in October.



**History:** This heirloom variety dates back to 1700s Hubbardston, Massachusetts.

## MOTHER

**Description:** Mother is a beautifully large, red apple with some yellow patches. Its flavor has been compared to the better-known Esopus Spitzenburg, although it may fall short in flavor and storage quality.

**History:** Also known as Queen Anne, Mother was discovered in Bolton, Massachusetts, before 1845. It used to be a standard in many old orchards, valued for its beauty and crisp, rich, sweet-tart flesh.



## HIGHTOP SWEET

**Description:** Hightop Sweet, also known as High Top Sweeting, Summer Sweet, and Sweet June, is a medium-sized apple with smooth greenish-yellow skin and an occasional red blush. Its yellow flesh is dry, and its flavor sweet. It is used mostly for baking and drying. Among the earliest ripening of apples, it is harvested in late June to July in most areas.



**History:** Hightop Sweet originated in the 1600s, in Plymouth, Massachusetts.

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## CIDER-N-PIES

Fresh apple cider is the sweet, unfermented juice of the apple available year-round. Fresh cider requires no added sugars or other ingredients, just apples, pressed for their translucent, coppery brown juice.

Cider is as varied and versatile as the apple itself. Try it over ice in the summer, or spiced and heated in the dead of winter. Freeze it, ferment it, cook with it! Whatever the apple variety, whatever the condition (dings and dents welcome), pasteurized or not, fresh cider delivers.

Substitute fresh cider for water in any apple recipe from applesauce to some soup recipes. Freeze cider for later use, just drain half a cup from the jug first, to allow for expansion.

Hard cider, which is about as strong as beer, was America's drink from Colonial days until well into mid-19th century. For the early European settlers, hard cider was the main reason for growing apples, and nearly everyone had a small orchard. Hard cider was cheap, sweet (cane sugar was not available yet),

intoxicating, and it stored well. Everyone drank it, even children. In some cases, it was a safer choice than water! By the end of the 19th century, hard cider had fallen on hard times, a victim to the rise in popularity of beer, to the migration of people to cities, and to

the temperance movement. But both fresh and hard cider are experiencing a revival, from large commercial producers, to small orchards and cider mills that make unique blends, to people experimenting with small batches in their homes.



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## OUT & ABOUT

### Return of the Pumpkin People

October 3, 2015 7:00 AM FREE  
Rt 16, Jackson Area, NH 03846  
Phone: 603-383-9356

This self guided tour of more than 70 properties is down right hilarious. Although this event runs through the entire month of October properties can not guarantee that their displays will show well throughout the entire 31 days. Everything will be done to assure the best showing as possible but it is recommended that you visit before the last of the month. Get your cameras loaded and your Official Return of the Pumpkin People maps ready... This is a self-guided tour enjoyed at any time you decide to go. You will be visiting some of New Hampshire's best restaurants, lodging properties, services, stores and more...

Plan a weekend around your visit... When ever you decide to see it please be sure to stop in to participating businesses, thank them for their hard work and share with them just how much you enjoyed their display.

This event is guaranteed to surprise and entertain even the toughest of critics. Only in the Jackson Area and Conway Areas of New Hampshire will you see live Pumpkin Faced People doing things you never thought possible: cooking, frightening you, taking photos of you, just staring from a tree, rocking, talking, driving, being tall, short, chunky, skinny, eating, skiing, running, diving, singing and so much more. Mark your calendars because this year is the YEAR you will want to come and see our Return of the Pumpkin People displays. For detailed information please visit us on the web at JacksonNH.com or facebook. You can print a map off our website or call the office at 603-383-9356 and we'll mail one out to you today!

### Helicopter Fall Foliage Tours

October 3, 2015 7:00 AM  
Tours start at \$59/PP, 2 person minimum. Weight restrictions may apply. 44 Durham St Portsmouth, NH 03801  
Phone: 603-373-8743

Enjoy the beauty of fall in NH from the comfort of one of our new helicopters! Seacoast Helicopters can provide you with breathtaking views of NH's fall colors without the traffic! Come fly with us and see the glory that is NH! Flights available from 7AM till 10PM daily.

### Oktoberfest with Live Oompah Music

October 4, 2015 5:00 PM  
\$25.95 per adult, \$13.50 per child age 5-15, \$7.50 per child age 2-4, plus tax and tip.  
460 Monadnock Street Troy, NH 03465  
Phone: 800-242-6495

Enjoy an evening of food and fun and live oompah music! Hors d'oeuvres begin at 5:00p.m. and the sit down dinner begins at 6:00. Both will feature great German fare. Reservations required. This is a BYOB event.

### Fall Foliage Celebration

October 10, 2015 8:00 AM Free  
Village Road, Waterville Valley, NH. Phone: 603-236-8175

To complement the brilliant fall foliage, join us for a weekend of family fun, including free outdoor concerts, merchant tent sales, ski swap, 5K road race and 1.6 K fun run, and more activities such as kids games, pumpkin painting, pony rides, and more!

### White Mountain Oktoberfest

October 10, 2015 9:00 AM Free  
60 Loon Mountain Road Lincoln, NH 03251  
Phone: 603-745-8111

Get a taste of the Bavarian Alps at Loon Mountain during White Mountain Oktoberfest, presented by Harpoon Brewery! It's our annual celebration of German food, drink, and culture. Timed to coincide with fall foliage season, you'll enjoy beer, brats, and sauerkraut as you reconnect with old friends and make new ones. With an Oompah-band providing the soundtrack to a stein-holding contest, keg toss, and kids' activities, you'll have an awesome time. Prost!

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# OUT & ABOUT

## Art of The Fells Exhibit

October 12, 2015 10:00 AM  
Members Free, nonmembers pay site admission  
456 Route 103A  
Newbury, NH 03255  
Phone: 603-763-4789  
Lakes, Ponds and Streams.

This invitational show features 9 artist's works. Each work highlights the bodies of water in the Lake Sunapee Region and their role in the important watershed.

## 20th Annual ChocolateFest Challenge 2015

October 18, 2015 12:00 PM  
1398 Route 103, Newbury, NH  
Phone: 603-526-6575  
Some of the area's most celebrated chocolatiers and pastry chefs will come together to display their creations all made from chocolate! Participants can see the magnificent chocolate displays and sample chocolate during the event. Additionally,

those attending will be asked to cast their vote for the categories of "Best Chocolate" and "Best Display." A panel of distinguished judges from the New Hampshire region will be on hand to cast their votes as well.

## Pet Adoption Event at VCA Animal Medical Center

October 18, 2015 10:00 AM Free  
1550 Woodbury Ave  
Portsmouth, NH 03801  
Phone: 603-436-4922

The whole team at VCA Animal Medical Center is excited to invite you to our OPEN HOUSE & ADOPTION EVENT! Some of the activities we have planned:  
• On-Site Adoptions with the NH SPCA & Cocheco Valley Humane Society • "Scary" Selfie Photo Contest with prizes!  
• Exotic animals including snakes, tortoises, big lizards, a Lemur, and more!  
• Behind the scenes tours of our medical facilities!  
• Plus, we'll have raffles, giveaways, prizes and more! If you have any questions, call us

at 603-436-4922 or visit [www.VCAanimalmedicalnh.com](http://www.VCAanimalmedicalnh.com). You can also find us on Facebook. Hope to see you there! The Health Care Team at VCA Animal Medical Center Pets of all types welcome!

## Murder Mystery Dinner Train at the Conway Scenic Railroad

October 24, 2015 5:30 PM  
\$125pp, includes tax & gratuities.  
38 Norcross Circle  
North Conway, NH 03860  
Phone: 603-356-5251  
Here she comes....Miss Murderer. Hold onto your sashes. It's going to be a crazy night! It's a grand night for the annual decades' reunion of former New England state beauty queens. These gorgeous gals are in town to watch the crowning of this year's Miss America, and tonight they are meeting important financial backers of the pageant. Rumor has it that one of the former beauty queens will be selected as the very first World

Pageant Ambassador and embark on an all-expense-paid global tour to promote world peace and to be the recipient of a \$1 million dollar giveaway! They are all dying to win, and all hell breaks loose as tempers flare and the beauties resort to bribery, blackmail and murder to win the coveted crown. Ticket price includes First Class seating, 4-course dinner, live theatrical performance, and taxes & gratuities (beverage service is additional). Adults only. Lodging packages available.

## Ghosts On the Banke

October 30, 2015 6:00 PM  
\$8 per person (under age 1, free). Strawberry Banke Museum  
14 Hancock Street  
Portsmouth, NH 03801  
Phone: 603-433-1114  
Come in costume to this family-friendly, not-too-scary, safe trick or treating from house to historic house on the grounds of Strawberry Banke outdoor history museum. Lanes lined with lighted jack o'lanterns, costumed story-tellers and warming bonfire.

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