

Senior Lifestyles

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

INSIDE



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Call Margaret at 768 3805 for reservations if you would like to join other seniors at the next luncheon at 11:30 a.m. on Wednesday, Dec. 16th at the WCA in Wilmot.

Holiday social planned at Wilmot Senior Luncheon

The December Senior Luncheon at the Wilmot Community Association in Wilmot Flat will feature special holiday keyboard and vocal music by Susan Cancio-Bello, music director of SKIT's recent "Best of Burt (Bacharach, that is)" musical and member of the group, Folk Fusion.

Don't miss the chance to schmooz with

friends while enjoying a midday hot meal at the lovely WCA Red Barn at 11:30 a.m. on Wednesday, Dec. 16.

Call Margaret at 768 3805 for reservations. Luncheons will continue to be offered at 11:30 a.m. on the 3rd Wednesday of the month through April 2016.

LRGHealthcare & Taylor Community Wellness Program a success

The Runaway Pumpkin 5K Run/Walk October 24 marked the end of a successful employee wellness program for approximately 25 LRGHealthcare and Taylor Community employees and their family members.

The nine week program began mid-August with the goal of getting participants to change their inactive lifestyle, get moving, and more specifically, have the ability to run a 5K come October. The participants were given the choice of registering for the Tanger Outlet 5K Run/Walk and/or the Runaway Pumpkin 5K run/Walk. Over the course of nine weeks, the group met once a week at Taylor Community to receive their weekly workout and coaching, and to run/walk together. The weekly workouts essentially provided "baby steps" to slowly build the individuals up to their ultimate 5K goal.

There were three coaches who put the

program together and supported the group including Tammy Levesque, Resident and Employee Director for Taylor Community, Tim Kerns of LRGHealthcare Occupational Health, and Mick Palmiter, Physical Therapist at Laconia Clinic. Participant, Michele Guyer commented, "I loved every aspect of this activity...the support system, the encouragement, and the fact our coaches jogged right beside each of us and coached us with pace, breathing, and how to conquer going uphill as well as downhill. Having the mentors do the activity with us made me feel like I could really do it."

"There isn't anything more rewarding than helping guide people toward their end result and watching the transformation in progress," reflected Couch to 5K coach, Mick Palmiter. "I couldn't be more proud of the group and their achievements."

Senior Lifestyles

The Granite Quill's Guide for Active New Hampshire Seniors!

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Publisher's Prospective:

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

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

To our advertisers:

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

1. Never think that the elderly market is "old," They don't consider themselves old, so don't you.

2. Never attempt to scare our readers into buying. Fright tactics turn them off. Let's tell them about independence.

3: Always treat our readers as equals. They value connectedness, independence, personal growth and revitalization, and so should you.

4. Never pander or talk down to our

readers, they're not dumb. In fact, they're probably smarter than us both.

5. Never try to bamboozle. All seniors are from Missouri and skeptical.

6. Don't broad stroke. All seniors are not alike. Above age 50 there are dozens of mature and independent minds.

7. Give them a guarantee. Seniors fear being taken. A simple "no ifs, ands, or but, guarantee" pleases them immensely.

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

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

10. Always treat our readers with respect.



New London Inn recently hosted a juried arts show

The Center for the Arts~Lake Sunapee Region hosted a juried art at the New London Inn in New London. Out of 110 entries 25 were selected by this year's juror, Pamela R. Tarbell, owner of the Millbrook Gallery & Sculpture Garden in Concord, NH. At the opening earlier this month four artists received Honorable Mentions. They are: Pat Corlin for "Here We Go Again", Sheri Dowsett for "Blowing in the Wind", Christine Hawkins for "Formal View", and Rick Stockwell for "Quechee Barn". Yvonne Shukovsky was

honored with Third Place with "Wu Wei Series #3. Ellen Griffin Ryder was honored with Second Place for "Crab Bed". And, Louise Dichard was honored with Best in Show with "Hawk Eye". Congratulations to all! This juried art exhibit will be open to the public at the New London Inn through the end of January. Also plan to visit Center for the Arts micro galleries in New London which include Zero Celsius Wealth Studio, Whipple Hall, and Lake Sunapee Bank, Main Street Branch. Photo by Rette Solomon.

Attention needed: the lung disease you may not know you have

Lung disease is the third leading cause of death and impacts more than 24 million people in the United States, yet many people with the disease are unaware they may have it. Chronic Obstructive Pulmonary Disease, or COPD, is a serious lung disease that over time makes it hard to breathe and can cause serious, long-term disability. More than 12 million people are diagnosed with COPD in the United States and experts estimate that just as many are undiagnosed. COPD goes by other names including chronic bronchitis and emphysema.



to do our part to ensure more people become familiar with COPD. Early diagnosis and treatment can help people with COPD improve their symptoms, cut down the flare-ups of the disease and get back to the things they love doing."

A first step to getting better is to discuss COPD symptoms with those at risk, loved ones and health care providers. Learn more about the signs and symptoms of COPD to recognize the disease early. If you or

someone you know shows signs of COPD, encourage them to have a conversation with their health care provider and request a non-invasive breathing test called spirometry. The earlier COPD is diagnosed, the better the options for treatment and improved quality of life.

For more information and resources about COPD, visit COPD.nhlbi.nih.gov, NHLBI's COPD Learn More Breathe Better program. (BPT)

Common COPD symptoms include:

- Constant coughing (smoker's cough)
 - Wheezing
 - Excess sputum
 - Shortness of breath during typical daily activities
 - An inability to take deep breaths
 - Feeling like you can't breathe
- Often, warning signs are brushed off

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Receive a FREE copy of our book! Co-Author Gregory Gagne will present financial tips.

UPCOMING SEMINARS

Thursday, Dec. 3rd

Richards Free Library
58 North Main St., Newport
1:00 - 3:00 p.m.

**Special guest Chuck Stephen presents financial tips*

Wednesday, Dec. 9th

Tracy Memorial Library
304 Main St., New London
1:00 - 3:00 p.m.

**Not a library sponsored event*

See www.beasleyferber.com for more details.

TO REGISTER:

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**This FREE seminar has drawn capacity crowds. Prompt registration recommended.*

Customized knee implants offer advantages to patients

By 2030, the number of people turning to knee replacement surgery to end pain and regain mobility will likely increase to 3.5 million annually, according to the American Academy of Orthopaedic Surgeons.

For many patients, recovery from knee replacement surgery is painful and slow, and the results are often not what people expect. Multiple clinical studies have found that on average one in five patients who have a knee replacement are dissatisfied with the result because of pain after surgery or because their new knee feels unnatural.

Seventy-two-year-old Ohio resident Tedd Boomershine went from running daily to having trouble walking and completing day to day tasks. When the pain became so severe it was debilitating, he decided to look into replacement surgery for both of his knees.

His doctor told him about his options, including a customized implant from ConforMIS, Inc. called iTotal(R) that is now available for total knee replacements. He liked the idea that the

implant would be specifically designed to fit his anatomy based on a CT scan of his knees.

"I had no second thoughts about surgery at all. I wanted to get back to my active lifestyle and enjoy my evening walks with my dog, Stella, again," says Boomershine. "Two weeks after my bilateral surgery with the ConforMIS customized knees, I was walking without the assistance of a cane or a walker and I was able to drive. Now after eight months, my knees are pain free and have total flexibility, my legs are straighter, my stride is better and I no longer have lower back pain. The best part is that I have been able to resume my evening walks with Stella."

Seven weeks after surgery Boomershine was able to walk to his fitness center, ride the bike and do weight machines and then walk back home, a total of three miles daily. Dr. Dan Dunaway, of Far Oaks Orthopedists in Dayton, Ohio reports that Boomershine's recovery is similar to other iTotal recoveries he has seen.

"Tedd has had an outstanding recovery, which is something we are now regularly seeing for patients who have both total and partial knee replacements with ConforMIS customized implants. Patients are able to get back to their normal routines much faster and with less pain. With an implant that is designed to fit that patient, the surgery often involves less blood loss and we can retain more of the patient's natural knee. This is a major advance in knee replacement surgery," says Dunaway.

Dunaway suggests that all patients ask their surgeon some important questions before making a decision about knee surgery:

- Is a customized knee implant that is designed based on my own anatomy an option for me?
- Could a customized knee mean less pain and a faster recovery?
- Will I be able to enjoy an active lifestyle again?

For more information about ConforMIS customized implants please visit: www.conformis.com. (BPT)

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When should I take Social Security to maximize my benefits?

This can be one of the most important decisions to make about retirement.

With more than 70,000 ways to claim benefits it is important to look at all of the possible variables and options.

The Bipartisan Budget Act of 2015 included significant changes to Social Security rules. These changes may impact the benefit amount you will qualify for in retirement.

Contact me today so I can assist you in weighing out your options and take the guessing out of when to take Social Security benefits.

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Pictured L to R: Recently receiving their certifications in LEAN Healthcare Training are Cathy O'Mara, Concord Hospital; Lee Kershaw, Upper Connecticut Valley Hospital; Erika Carano, Huggins Hospital; Dan Fleming, GBMP; Gretchen Andrews, Concord Hospital; Melissa Hall, Upper Connecticut Valley Hospital; Suzanne Landry, Androscoggin Valley Hospital; Jeanne McLaughlin, Visiting Nurse & Hospice for VT & NH; Nicole Martin, Concord Hospital; Lisa Green, Concord Hospital; Sarah Washburn, Norris Cotton Cancer Center at Dartmouth-Hitchcock Medical Center; Andrew Courser, Littleton Regional Healthcare; Trish Sweezey, Concord Hospital; John Havrda, Cottage Hospital; Carmen Deyarmond, LRGHealthcare, Laconia; Christine Fenn, Speare Memorial Hospital; Nancy Russell, Cottage Hospital; Ashley Gadapee, Littleton Regional Healthcare; Jacqueline Dawe, LRGHealthcare, Laconia; Shannan Metzger, Valley Regional Healthcare; Christopher Healy, New London Hospital; Sara Gardner, Concord Hospital; and Jessica Rider, Valley Regional Healthcare.

NH Hospital staff earn the LEAN Healthcare Certificate

The New Hampshire Hospital Association (NHHA) congratulates the recent graduates of the LEAN Healthcare Certificate program a comprehensive continuous improvement course for healthcare professionals, hosted by the NHHA in partnership with Concord Hospital and conducted by GBMP, a leading resource for Continuous Improvement education and facilitation. The LEAN Training in Healthcare Certificate graduated 22 recipients from hospitals across the state of New Hampshire, who completed the comprehensive 8-day course where they learned best practices to address the challenges facing healthcare professionals. The LEAN Healthcare Certificate Training was held over 8 weeks, and is structured where the content is delivered in a combination of classroom and tacit learning (learn-by-doing), so that participants learn the critical steps they can take to assure dramatic, continuing improvements.

Completing the certificate program were Cathy O'Mara, Concord Hospital; Lee Kershaw, Upper Connecticut Valley Hospital; Erika Carano, Huggins Hospital; Gretchen Andrews, Concord Hospital; Melissa Hall, Upper Connecticut Valley Hospital; Suzanne Landry, Androscoggin Valley Hospital; Jeanne McLaughlin, Visiting Nurse & Hospice for VT & NH; Nicole Martin, Concord Hospital; Lisa Green, Concord Hospital; Sarah Washburn, Norris Cotton Cancer Center at Dartmouth-Hitchcock Medical Center; Andrew Courser, Littleton Regional Healthcare; Trish Sweezey, Concord Hospital; John Havrda, Cottage Hospital; Carmen Deyarmond, LRGHealthcare, Laconia; Christine Fenn, Speare Memorial Hospital; Nancy Russell, Cottage Hospital; Ashley Gadapee, Littleton Regional Healthcare; Jacqueline Dawe, LRGHealthcare, Laconia; Shannan Metzger, Valley Regional Healthcare; Christopher Healy, New London Hospital; Sara Gardner, Concord Hospital; and Jessica Rider, Valley Regional Healthcare.

The learn-by-doing method prepares students to return to their own workplace with the confidence to implement continuous improvement methodologies. The program provides participants from hospitals across the state with the opportunity to learn the fundamentals of continuous improvement in a classroom setting, and then as teams, apply the principles and tools in an actual healthcare process to create positive change within their own healthcare organizations.

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5 ways to make sure your pet has a safe holiday

To ensure a safe, enjoyable season for your four-legged friends, keep these five pet safety tips in mind from the experts at DogVacay.

1. Be smart about stocking stuffers.

Filling up your pet's stocking can be fun, but it's important not to get carried away. When buying special treats for the occasion, remember to check for any recalls. When shopping for toys, avoid items that have stuffing or fuzz that pups can get into and eat. If you live in a city or have neighbors, you should also be careful when buying anything that makes a lot of noise in case your pet gets carried away with the holiday spirit. Finally, remember your pet can overeat, too – keep treats in moderation to avoid an upset tummy.

2. Don't celebrate with a bang.

New Year's Eve is a popular time for fireworks, and as pretty as they are, many animals are frightened by the loud noises. Shield your pet from these outside distractions by closing the curtains and playing some familiar background noises – like the stereo or television – to dampen the fireworks outside and soothe your pet's anxiety.

3. Research your boarding options.



When it comes time to travel, many pet owners have no choice but to leave their pets at home. Kennels can be expensive and a poor fit for your pet, while family and friends may not be dog-and-cat people. DogVacay is a convenient and inexpensive alternative that helps pet owners find local, qualified and insured caretakers near them so their pet can get the love and attention it deserves. No matter what option you choose, be sure to read online reviews and talk to other pet owners that have used the service.

4. Decorate without the dangerous decor.

Decorations in homes with pets must be planned with care. Poinsettias, for example, are a holiday staple, but unfortunately they are highly toxic for cats and dogs alike. Tinsel can also be

harmful if swallowed, and causes digestion problems in both dogs and cats. Before hanging any decoration, make sure other pet owners haven't experienced complications. If you do find poinsettias and other holiday ephemera irresistible, make sure it's placed high and out-of-reach. Same goes for holiday sweets and things like chocolate. No one wants to spend Christmas dinner at the vet.

5. Keep an eye on doggie-doors.

When guests arrive at your home, doors will be opening and closing constantly. If you're worried about a potential jail break, it may be helpful to download a pet tracking app like Tagg, which attaches to your pet's collar and lets you track them. That way you can find your pet at any point in the festivities, even if they do manage to get loose outdoors.

The holidays are an exciting time for families everywhere and with just a little extra planning on your part, you can make this season enjoyable for all the people and pets in your family. To learn more about how DogVacay can help make your holiday planning easier, visit DogVacay.com/how-it-works. (BPT)



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4 ways to spread cheer and save your wallet this holiday season

The holiday season is often dubbed "the most wonderful time of the year," but for many Americans, it can be an incredibly stressful time financially. The National Retail Federation predicts a 4.1 percent increase in sales this year, with the average American set to spend an estimated \$786 in the following categories:

- * \$459.87 on gifts for family
- * \$80.00 on gifts for friends
- * \$26.03 on colleagues
- * \$30.43 on the other people in their lives

Whether shopping online or in-store, there's often a temptation to spend too much on gifts, leading to a case of buyer's remorse come January. Regions Bank, one of the largest U.S. banks with 1,630 branches across 16 states, has advice for consumers on how to prepare financially for the holiday shopping season.

1. Begin with the golden rule.

Spending on gifts shouldn't exceed more



than 1.5 percent of your annual income. Use this rule as a guide to determine how much you should set aside to spend on gifts for your friends and family - and stick to it.

2. Separate and delegate. Consider creating a separate account to fund gift purchases and make regular contributions from your primary checking account in a weekly, bi-weekly or monthly basis.

3. Only buy what you can

truly afford. To prevent overspending, never leave home without a list of what you intend to buy, and be sure you have the money needed to cover your purchases once you arrive in-store.

4. Use timing to your advantage. While things like airline tickets should be booked far in advance, other items - toys in particular - often drop in price during the first two weeks in December. Sometimes it pays to wait, other times it does not, so be sure to check for deals before you head out shopping.

As December nears, now is the time to start mapping out your shopping strategy. Establish a benchmark based on your income; create a holiday savings account, and fund it regularly; be sure you're purchasing within the parameters of what you can truly afford; and know when to buy and when to wait. And remember, the holidays are meant to warm the heart - not burn the wallet. (BPT)

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4 ways to focus on what's important this holiday season

In the midst of the busyness and bustle of the holiday season, it's easy to lose sight of the important things in life, like spending time with those you love and making a difference in the lives of others. This year, take a step back and consider these four suggestions from Thrivent Financial to help you celebrate and appreciate what really matters:

1. Be grateful

The holiday season begins with Thanksgiving, so remember to carry your feelings of gratitude throughout the following weeks. It may not always be easy to practice being grateful in the midst of holiday stress, but doing so has seemingly endless benefits - from raising self-awareness to allowing people to truly feel fulfilled in their lives. Additionally, gratitude can help you balance gift demands by taking inventory on what you're thankful for - making you less likely to give in to the temptation to overspend. Carry that attitude of Thanksgiving through the rest of the holidays.

2. Be generous

As you shop for gifts for your loved ones, consider other ways you can be

generous this holiday season. That doesn't necessarily mean just giving financial gifts; volunteering your time, either on your own or together with family and friends, is a great way to help your faith community, local nonprofits, or families in need. Believe it or not, you may walk away from the event feeling like you received more than you gave! Generosity is a simple way to maintain focus on what's important.

3. Practice healthy money habits

During the holidays, you're bombarded by messages telling you that the latest and greatest consumer goods will bring you immense happiness. And while you might find enjoyment in the latest gadget, it may be overshadowed by disappointment if you make poor money choices to buy it. Spending money you don't have can create unnecessary stresses during a time of year that should be joyful. Thrivent suggests making gift purchases you can afford and avoiding unhealthy debt to buy things you don't need.

4. Give the gift of time

This holiday season, take notice of how you spend your time and then reflect on it to help find out what truly makes you

happy. If you find yourself only showing your affection through material gifts, consider giving the gift of quality time. You could even spend time making a difference in the lives of others by volunteering your time or talent. Living intentionally can repay in dividends in terms of fulfillment and contentment with life.

Making wise decisions with money this holiday season will help you minimize stress and keep what's important - people - at the top of your list. Take the time to reflect on your values, carry your gratitude through the season, be generous and spend time with those you love this holiday season.

Thrivent Financial is a financial services organization that helps Christians be wise with money and live generously. The organization offers a broad range of products and services along with guidance from financial representatives nationwide. For more than a century it has helped its nearly 2.4 million member-owners make wise money choices that reflect their values. Thrivent also provides opportunities for members to be even more generous where they live, work and worship. (BPT)

HOLIDAY GIFTS

FOR THE WHOLE FAMILY!

<p style="color: green; text-align: center; font-weight: bold;">Gifts for Dad!</p> 	<p style="color: green; text-align: center; font-weight: bold;">Gifts for Mom!</p> 	<table style="width: 100%; border: none;"> <tr> <td style="width: 50%; vertical-align: top;"> <p>JAFFREY 51 Peterborough St. 532-7716</p> <p>ANDOVER 10 Mill Road 735-5193</p> <p>NASHUA 80 Northeastern Blvd. 880-7778</p> </td> <td style="width: 50%; vertical-align: top;"> <p>PETERBOROUGH 188 Concord St. 924-9436</p> <p>SUNAPEE 21 Sargent Rd. 763-9070</p> <p>WINCHENDON 245 Central St. 978-297-1162</p> </td> </tr> </table> <div style="text-align: center; margin-top: 10px;">  <small>Division of BELLETETES</small> 968-7626 </div>	<p>JAFFREY 51 Peterborough St. 532-7716</p> <p>ANDOVER 10 Mill Road 735-5193</p> <p>NASHUA 80 Northeastern Blvd. 880-7778</p>	<p>PETERBOROUGH 188 Concord St. 924-9436</p> <p>SUNAPEE 21 Sargent Rd. 763-9070</p> <p>WINCHENDON 245 Central St. 978-297-1162</p>
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'Tis the Season to receive some Retirement Education

Independence Financial Advisors, a wholly-owned subsidiary of Franklin Savings Bank, offering investment, insurance and financial planning services, is hosting a number of workshops throughout the month of December, covering estate planning, Medicare and Medicare Supplements, as well as retirement income planning and Social Security.

Learn everything you need to know about securing your legacy by attending an estate planning seminar on Wednesday, December 9th from 6:00 p.m. to 7:15 p.m. Attendees will receive valuable advice on how to properly plan their estate; identify and understand the role of certain legal documents, such as Medical Power of Attorney, Will and Trusts; as well as how to title, protect, and preserve their assets.

IFA will host a Medicare presentation on Thursday, December 10th from 6:00 p.m. – 7:00 p.m. Individuals preparing for retirement will want to attend this seminar to learn all the facts surrounding Medicare, including how early you can qualify; when and how to enroll; the different parts of Medicare A, B, and D as well as Medicare



Dr. Eberly shares a moment with Betsy Soaper as Eberly gave thanks to his patients, friends and colleagues as he reflected on his 35 years of surgical practice in New London on November 21. The open house was held at the New London Historical Society. Paul Howe photo.

supplemental plans.

The group will also present an important seminar on retirement income planning and Social Security on Tuesday, December 15th from 6:00 p.m. to 8:00 p.m. Participants will learn how they can create a financially secure retirement by receiving valuable tips to assist them with developing a sound plan with other sources of retirement income. A

free comprehensive retirement income planning workbook will be handed out at the workshop.

The presentations are complimentary and will be held at the Community Learning Center (located behind Tilt 'N Diner) at 61 Laconia Road in Tilton, NH. To register or receive more information, please visit www.ifa-nh.com or contact Ginny Drzewiecki at 1.800.821.1776.

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Recognizing the first steps to ward off a second seizure

Seizure. You've heard the word before, but do you know what it means or why a seizure occurs? Seizures are caused when there is abnormal activity in the brain. Brain cells called neurons use electrical energy to convey messages to one another, and when this electricity goes awry, a seizure can occur. For some people, a seizure is a one-time event but the risk of a second seizure often exists, and experiencing one is more common than you may think.

Millions of Americans experience a first seizure every year, and one in 10 people worldwide will experience a first seizure in their lifetime. Experiencing a seizure can be frightening, and the victim may feel confused or lose the ability to communicate. There is also the potential for physical damage and injury due to muscle spasms or falls, and in rare cases death can occur. To avoid experiencing a second seizure, proper treatment of the first seizure remains essential. To this end, the American Academy of Neurology and the American Epilepsy Society have released a new guideline based on the best available

evidence for identifying risk factors for and determining whether to treat a first, unprovoked seizure in order to ward off a second.

Identifying risk factors

According to the guideline, a person's risk of experiencing a second seizure in his or her lifetime depends on several factors, including his or her background and health history. Research shows that the risk of experiencing a second seizure is greatest within two years of experiencing the first and, depending on health history and other considerations, this risk can be anywhere from 21 to 45 percent.

Risk factors that increase the probability of a second seizure include pre-existing brain problems caused by a head injury, stroke or brain tumor, or having EEG test results that show signs of epilepsy. Some research also shows that people who experience their first seizure during sleep or who show significant abnormalities on brain imaging tests are also at higher risk.

Preventing the second seizure by treating the first

The research finds that epilepsy drugs

remain one of the most effective ways to manage seizures. The prescription use of these drugs immediately after a person has experienced his or her first seizure is effective in reducing the risk of another seizure within two years. For neurologists, doctors who diagnose and treat diseases of the brain, spine and nerves, the decision to treat immediately may become more complex due to a person's applicable risks and benefits. The new guideline offers clarification for doctors, helping them identify which risk factors put a person at greater risk so they can make the best treatment decision together with their patient.

For people who have experienced a first seizure or who care for a loved one who has, speaking with a physician such as a neurologist about treatment options is an important first step. Neurologists can help you understand and learn more about epilepsy drugs and your risk factors so you can work together to identify the best treatment plan and minimize your risks.

To learn more visit AAN.com/guidelines. (BPT)



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Double check your medicine labels; don't double up on acetaminophen

You know when cold and flu season has arrived. The temperature drops, and you can hear sniffles and sneezes everywhere you go. You see over-the-counter (OTC) medicine aisles at neighborhood pharmacies and grocery stores quickly fill with people buying cough syrup, throat lozenges, and nasal sprays to get relief from their fevers, coughs, congestion, and more.

Many of the medicines used to treat these cold and flu symptoms can contain common drug ingredients such as acetaminophen. Recent research shows that consumers don't always know the potential risks of doubling dosing on medicine or that taking two medicines with the same ingredient could be harmful. That's why it's important to read and follow the label every time you take a medicine. Double Check; Don't Double Up!

Acetaminophen is found in more than 600 OTC and prescription medicines, including many that treat cough, cold, and flu symptoms. It's safe and effective when used as directed, but there is a limit to how much you can take in one day. Taking more than directed is an overdose and can lead



to liver damage. The U.S. Food and Drug Administration has set a maximum daily dose of 4,000 milligrams of acetaminophen in a 24-hour period.

To help you ensure you are taking acetaminophen safely, the Acetaminophen Awareness Coalition - a group of healthcare provider and consumer organizations dedicated to ensuring the safe use of acetaminophen - advises cold and flu sufferers to follow four safe use steps.

1. Always read and follow the label. Never take more medicine than the label says. Taking more acetaminophen than

directed is an overdose and can lead to liver damage.

2. Know if your medicines contain acetaminophen. It is important to check the active ingredients listed on the labels of all your medicines to see if they contain acetaminophen.

- On over-the-counter medicine labels, the word "acetaminophen" is written on the front of the package or bottle, and is highlighted or in bold type in the active ingredient section of the Drug Facts label.

- On prescription medicine labels, acetaminophen is sometimes listed as "APAP," "acetam," or other shortened versions of the word.

3. Take only one medicine at a time that contains acetaminophen. You can take too much acetaminophen if you use more than one medicine that contains acetaminophen at the same time.

4. Ask your healthcare provider if you have questions about dosing instructions or medicines that contain acetaminophen.

For additional information and a list of some common medicines that contain acetaminophen, visit KnowYourDose.org or follow @KnowYourDose on Twitter. (BPT)

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Keep the heat in and the cold out this winter: Tips for a cozy home

Winter this year promises to be harsh across much of the U.S. The Farmers' Almanac predicts conditions will be "bitter cold," "unseasonably cold," "very chilly" and "frigid" for states east of the Mississippi River. In a word, brrrrr!

Autumn is the perfect time to make sure your home stays warm and cozy, in preparation for when the bitter blasts of January and February come pounding. With some simple DIY insulation projects, you can keep the heat in and the cold out this winter, while also saving on your heating bill.

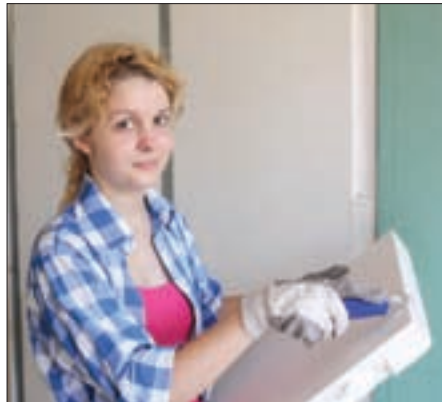
Check the basement

One of the first places to check for proper insulation is the basement.

"Up to 25 percent of a home's heat loss is through the basement," says Tom Savoy, technical director for Insulfoam.

Many homes in the U.S. were built with fiberglass batts between wood wall studs, which is notoriously leaky, providing a bridge for heat to pass through the wall, says Savoy. Such insulation can also trap moisture in the walls, causing a musty basement smell.

"Even if you don't spend time in the



basement, it's crucial to insulate it right to help manage the heating throughout the rest of your home," says Savoy.

A simple solution is adding a layer of continuous insulation to the home's basement walls using rigid foam boards, such as expanded polystyrene (EPS).

Available in home improvement stores, EPS insulation is easy to cut and install using standard tools around the house. Unlike many other insulations, rigid foam boards are thin and easy to handle, without messy fibers to clean-up.

"EPS is a professional grade insulation

that even DIYers can install," says Savoy.

To get started insulating your basement, you will first need to figure out how much insulation you will need, based on its "R-value." R-value is the measure of an insulation's ability to resist heat flow, with higher numbers meaning better performance. A quick call to your city or county building department will let you know what R-value is appropriate, and if you'll need to take anything else into account with your insulation project.

Take a look in the attic

In addition to insulating the basement, another leaky area to check is attic hatches. As heat rises, these hatches often have gaps around them, allowing the warm air to escape. Properly sealing them with weather stripping and adding a layer of rigid foam to the hatch will help keep heat in your living area.

To get ready for the coming shivery weather, the Farmers' Almanac suggests stocking up on "sweaters, long johns, and plenty of firewood." Part of your preparation should also include an easy weekend or two of adding insulation to your home. (BPT)



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7 properties added to NH State Register of Historic Places

The New Hampshire Division of Historical Resources is pleased to announce that the State Historical Resources Council has added seven properties to the New Hampshire State Register of Historic Places.

Greenland's Weeks Public Library, an example of the Colonial Revival movement in architecture, was built in 1897 and designed by Portsmouth architect Charles Hazlett using funds donated by Caroline A. Weeks.

Originally a Baptist church, the Hampton Falls Library was renovated in 1901 by John T. Brown and donated to the town for use as a public library. A majority of the building's finishes and decorative detailing date to the 1901 conversion, including a frescoed wall and ceiling paintings.

The Classical Revival Rye Public Library was donated by local resident Mary Tuck Rand in 1911 when Rye was one of only a few towns in the region without a library. Unlike the wealthy philanthropists who funded many town libraries, Rand was a single woman of modest means who wanted to share educational opportunities with her community.

Other recent additions to the New Hampshire State Register of Historic Places are important both for their architecture and the roles they played – and continue to play – in their communities.

Built in the 1830s and a central economic fixture in Belmont well into the 20th century, the Belmont Mill is the only surviving building associated with the Gilmanton Village Manufacturing Company; it serves as a reminder of manufacturing's importance in the town's economic development. After a 1992 fire, community efforts to save the building resulted in a 1996-98 renovation.

Conway's Bolduc Block, widely known as the Majestic Theatre, was built in 1931 on Main Street, continuing a 19th-century tradition of including a theater with shops and retail under one roof. A fire in 2005 damaged the theater's interior, but the building's exterior still has many of its Art Deco details and the theater's recessed entrance, making its past easily identifiable.

The Little Red Schoolhouse is Danville's last intact one-room schoolhouse. Built in 1834 when New Hampshire communities

began to develop more formal plans for public education, it served the community as a school until 1901.

Hampton Falls Town Hall is an example of Italianate architecture that was popular in New Hampshire after the Civil War, easily identified by paired scrolled brackets under the eaves and arched window sashes. The fourth building to serve as the center of town government, it has also been a major site for social and cultural events in town since it was built in 1877.



The Wilmot Garden Club elves recently hung the greens around town. They are Judy Hauck, Lindy Heim, John Monto, Deb Beerman, Mary Ellen Price, Margaret Monto, Bonnie Betters-Reed, Mary Fanelli and Helen Wickham who all helped. Lindy Heim photo.

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Tips for stress-free holiday travel from the U.S. Office of Travel & Tourism Industries

Americans took more than 11 million flights in November and December 2014, according to the U.S. Office of Travel & Tourism Industries, and many experts believe that number is on track to grow this year. If you're worried about long lines and potential flight delays, these five tips should help make your experience as stress-free as possible.

1. Pack wisely. Even the most seasoned travelers have an opportunity to optimize their packing process. For example, shipping gifts ahead of time will save precious bag space and help you avoid fees. If you do pack gifts, keep them unwrapped as the Transportation Security Administration (TSA) may need to access them during screening. Developing two packing lists – one for your carry-on luggage (be sure electronics and liquids are easily accessible) and one for your checked bag – may minimize the need for last-minute reshuffling at the airport. Finally, a small padlock may help prevent theft, but make sure it's TSA-approved or it may not make it to your destination in one piece.

2. Skip the line. Many people know printing their boarding pass or

downloading a digital copy to their phone may help expedite flight check-in. However, fewer people take advantage of opportunities to reduce time spent at security and customs checkpoints. If you're traveling domestically, sign up for TSA PreCheck at www.tsa.gov for expedited security screening. If you're traveling internationally, sign up for Global Entry at www.cbp.gov for expedited U.S. customs and border protections clearance.

3. Stay connected. As the number of travelers with smartphones continues to rise, mobile applications are becoming more popular as travel tools. Take a few minutes before your trip to research and download the apps most relevant to you. Also, remember that while convenient, mobile charging stations may threaten the security of your phone's private data. Instead, consider purchasing a power bank to help ensure you have enough juice to wait out potential flight delays.

4. Stay healthy. Nothing ruins a trip like getting sick, so take preventive measures in the weeks before your trip – such as getting enough sleep, drinking plenty of water and exercising

appropriately – to help boost your immune system. Consider a seasonal flu vaccine, as according to the Centers for Disease Control and Prevention, flu activity peaks between December and February. Additionally, ask your doctor about safe sitting exercises that may reduce the risk of blood clots or other flight-related conditions.

5. Protect yourself. Finally, if you didn't purchase travel insurance when you booked your flight, it may not be too late to do so. Insurance may usually be purchased up to 24 hours before your departure date and a variety of options are available. "Travelers are smarter than ever when it comes to finding great travel deals, but some are still forgetting to protect themselves financially with travel insurance," said Jeff Rutledge, CEO, AIG Travel. "It's important travelers prepare for unexpected events, especially during the holidays, such as trip cancellation, interruption, lost or stolen luggage, and emergency medical issues." For more travel tips and information about travel insurance options that might be right for you this holiday season or in the new year, visit www.travelguard.com. (BPT)



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Top five tips to maintain your car for the winter months

To keep your family safe on the slippery roads this winter, it's important to take a few simple winterization steps.

1. Switch engine oil: Oil lubricates the engine so it can function properly, but not all automobile oil is the same. If you live in a cold climate, consider switching to a thinner, less viscous oil. For example, a 10W-30 might be ideal for hot summer weather, but a thicker 5W-30 is better for when temperatures dip below freezing. Ask your auto mechanic what is recommended and refer to the manufacturer's manual for more insight.

2. Maintain a car wash routine: Due to the presence of ice, salt and sand on the roads, washing your vehicle in the winter is even more important than the summer. Getting a car wash and a fresh coat of wax before the temperature begins to drop can be your first line of defense against winter elements. Vehicular corrosion occurs most quickly when the temperature rises and falls below freezing. The International Carwash Association recommends finding a car wash that is part of the WaterSavers program. There are more than 1,500 environmentally friendly car washes



worldwide enrolled in the program that meet water quality and usage standards. These car washes use 40 gallons (151.5 liters) or less of fresh water per car. Find a participating car wash near you by visiting www.washwithwatersavers.com.

3. Check the battery: Cold weather can take a toll on your car's battery. Before you get stranded, give your battery a once-over to make sure it's in tip-top shape. Check the cables, terminals and fluid and look for anything abnormal. Some battery retailers will conduct a complementary car battery assessment if you'd prefer an expert analysis.

4. Update engine coolant: Just because it's chilly doesn't mean your engine can't overheat. To protect your

engine against corrosion and to help ensure it doesn't overheat, ask your car technician to change to a coolant with ethylene glycol which has antifreeze properties. While replacing coolants, ask the technician to make sure all fluids are topped off, including window washer solution.

5. Get a grip on tire safety: If you live in an area where winter means driving in snow and ice, it's critical to check your tires to keep you and your passengers safe. Each tire should have an adequate amount of tread to properly grip the road. You can easily see if new tires are needed with the penny test - hold a penny head down in the center tread. If you see the top of Lincoln's head, you have less than 2/32-inch tread and it's time for new tires. Also be sure to your tires are properly inflated to ensure optimum handling, safety, and fuel efficiency. Taking the time to properly winterize your car not only ensures the comfort and safety of you and your family but also helps you maintain the value of your car for many winters to come.

For more information visit www.washwithwatersavers.com. (BPT)

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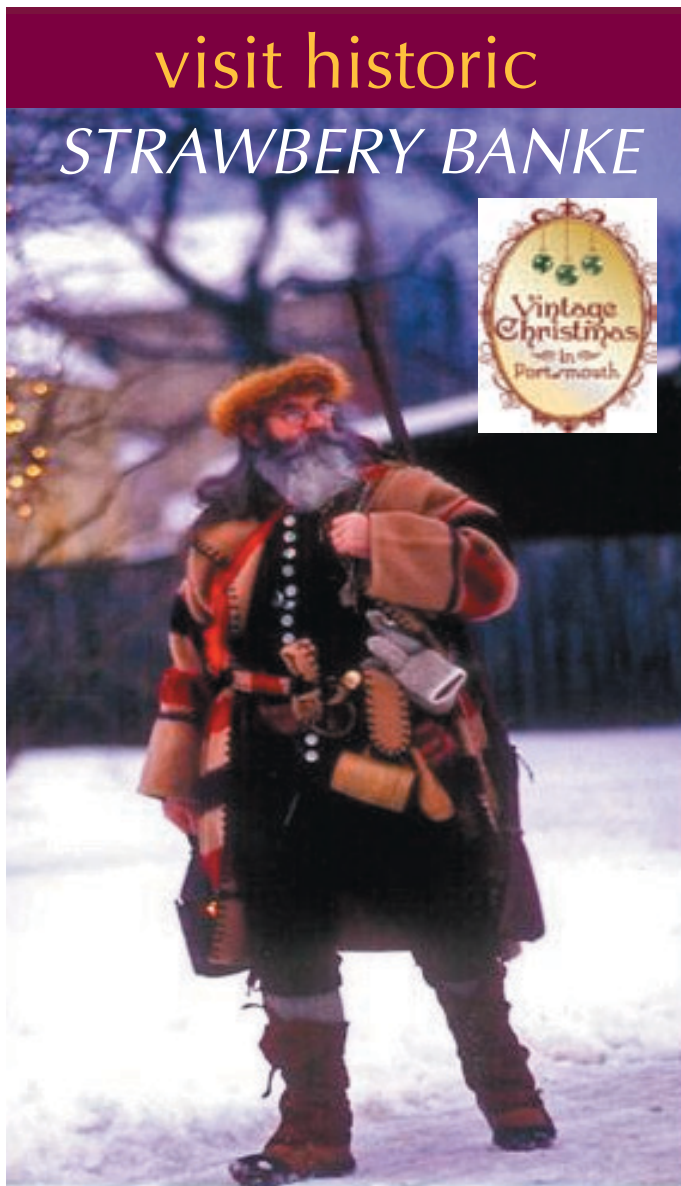
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Best holiday gift for how to use tech t

If you're thinking of buying Grandma her first ever smartphone or tablet for the holidays, but aren't sure she'll be able to handle the technology ... make that purchase! Studies show technology can lead to the deeper levels of social engagement associated with improved mental and physical wellbeing in older adults. But there's a catch - you need to help Grandma learn how to use that mobile device in order for her to reap the full benefits of social technology.

"Simply having technology isn't what leads to greater life satisfaction for older people," notes Dr. Kevin O'Neil, chief medical officer of Brookdale Senior Living, and a clinical professor of aging studies at the University of South Florida. "Using technology for meaningful social engagement is what counts, and the rewards can be life-altering for many seniors."

Ample research shows social interactions are good for older people, yet more than a third of Americans older than 80 don't use technology for social networking, a study by Brookdale and the Stanford Center on Longevity found. Sixty-three percent of seniors do use technology to stay connected to loved ones. Seventy percent who use technology, such as cell phones and computers to stay connected, say it improves their communications with loved ones. And those who do use technology say they feel happier, more satisfied and their health is better, the study found; 85 percent said they were satisfied with life, and 72 percent said they were in good or excellent health.

"Feeling overwhelmed by the complexities of new technology was the top reason older people said they didn't try new technologies," O'Neil says. "Fortunately, that's a fairly easy fix. All that's really required is some assistance from more tech-savvy younger loved ones to help seniors learn how to use new technologies to enrich their social and intellectual lives."

Brookdale, America's largest provider of senior living communities, has developed programs to help residents learn to use new technology so they can stay socially connected to their loved ones as part of the company's efforts to use technology to enrich the lives of seniors known as "Rewiring Aging." O'Neil and the aging experts at Brookdale offer some tips to help seniors overcome barriers to technology use:

- * If you're buying technology for an older loved one, remember simple is better and less is more. Forty-one percent of older people polled in the Brookdale study said new technology is too complicated. If you want Grandma to be able to make calls, text and access her Facebook account, she probably doesn't need a smartphone with all the other bells and whistles. Look for a device that does only what she needs and not much more.

- * Look for devices that are larger, with screens that will be easier to see, such as a tablet versus a smartphone, or a laptop with a larger screen.

- * Assist with setup of the device. Increase the on-screen font size and use bold to help older eyes more easily see text on small device screens.

- * Screen colors can affect readability, so pay attention to the color of the font and background. Avoid pastels and light colors that are difficult to see. Adjust the device's background theme to be minimally distracting.

- * Help your older loved one create user names and passwords, and write them all down to be stored in a secure location. Be sure to address security settings on social media accounts. Limit who can