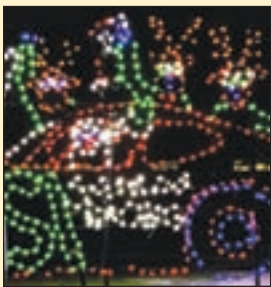


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Free

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AgelessLiving

VOL. 1 • NO. 1 • DECEMBER, 2019

How to find a bucket list worthy sailing adventure

What's on your bucket list? A ride on the Orient Express? Rafting through the Grand Canyon? Following Marco Polo's Silk Road? How about a voyage on a legendary four-masted windjammer that is still sailed by hand, with a rich history and heritage that spans almost 90 years? If your fondest dreams are more about the journey than the destination, a trip on a historic sailing ship in the Caribbean may be just the adventure you're looking for.

Finding an authentic sailing ship for your nautical adventure is not out of reach. Sea Cloud Cruises sail the traditional way - by hand. The Sea Cloud is designed for up to 64 passengers, with a crew of about 60.

You can watch the ship's sailing crew climb the rigging and work the sails as you journey to smaller ports and unique destinations in a luxurious, intimate setting - and you can even volunteer to help work the ropes, if you like.



A 360-foot windjammer with 29 sails and a main mast towering to 184 feet, the tall ship was built in 1931 as a private yacht for heiress and founder of General Foods Marjorie Merriweather Post and husband Edward F. Hutton. Shipboard guests included the rich and famous, such as author James

Michener. The ship was restored in 2011 by a group of German businessmen seeking to retain the original opulence and beauty of the ship. Every journey provides an "Open House" cocktail hour where guests can view all the staterooms, including the luxurious cabins

► **SAILING** - continued on page 2

Peabody Home and Franklin VNA & Hospice honor Veterans

Communities and organizations around the country honored their Veterans on Monday and thanked them for their service. Two such recognitions occurred in Franklin, as Veterans at Peabody Home and Mountain Ridge Center received certificates of appreciation for their service, and hand-made purple poppy flowers, crafted by the residents of Peabody Home. Poppies are symbolic of the sacrifices made in war and the purple color resonates with both Peabody Home and Franklin VNA & Hospice.

Franklin VNA & Hospice visited both long-term care centers for intimate ceremonies to present the staff and resident Veterans the certificates and flowers, thanking and honoring them for their service.

"We felt that joining together with Peabody Home to create these memorial items was just a natural step in the strong relationship that



Franklin VNA & Hospice has with them already. So often recognition and thanks can seem hollow and canned, we really wanted all of our Nations Veterans to feel the gratitude we owe them. To thank them for sacrificing time, family, friends, and health in order to serve. Our

Honored Veterans were called to this profession, much like a pastor, a teacher, or a nurse. The significances of putting on the uniform reflects the true character of the American spirit. We are grateful for their sacrifice and commitment that they made for all

► **VETERANS** - continued on page 2

DEPUY ATTUNE KNEE REPLACEMENT ALERT!

Are you or a loved one experiencing any of the following symptoms after undergoing knee replacement surgery:

The knee moving backwards or sideways

Instability of the knee, especially when weight is applied

Pain in the knee

Loss of range of motion

Swelling or inflammation of the knee

A warm feeling that occurs months after surgery

These are all signs that the implant may have failed. As a result of DePuy's negligence, you may be entitled to substantial compensation.

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255 Washington St. Dover, NH 03820

► SAILING - continued from page 1

created for the heiress and her husband. Other cabins have more modern furnishings, most with picture windows, and some with doors opening to Caribbean breezes on the Promenade Deck.

While the settings may be the ultimate in luxury, the on-board experience is informal, with no assigned seating at meals, a casual dress code and an intimate atmosphere. American and European guests mingle and relax while enjoying Michelin-star quality meals out on the deck or inside the gorgeous dining room, featuring fresh seafood and produce obtained during the voyage at Caribbean ports like St. Barts, the British Virgin Islands or Bequia Island in St. Vincent and the Grenadines. The smaller size of the ship allows her to visit lesser-known ports of call, far from typical tourist destinations. Often small Zodiac boats are used to let passengers visit quiet island beaches or indulge in a little snorkeling.

On most of the 7- to 14-day Caribbean itineraries, half the day is spent sailing. For those who love to sail, it's a dream come true.

Travelers seeking a longer voyage can travel the crossing from Europe to the Caribbean, which is a two-and-a-half-week trip, and the adventure of a lifetime for the true sailor.

The Sea Cloud spends summers sailing the Mediterranean, but winters are prime for some of the best sailing in the world - following in the wake of buccaneers throughout the islands of Lesser Antilles and other unique Caribbean destinations. The best way to truly appreciate the Caribbean is on an authentic sailing ship. To learn more, visit SeaCloud.com for more information. (BPT)

► VETERANS - continued from page 1

of us," says Tabitha Dowd, Executive Director for Franklin VNA & Hospice.

It was also important to both groups to honor the Veterans who are residents of each center as well as those who work in them. "Veterans are whole people, they can be young or old, they may be retired or working in another field. We wanted to highlight that with our ceremony, to ensure that their recognition was not overlooked or assumed to only honor some and not all Veterans," notes Meg Miller, Director at Peabody Home.

"Engaging the residents to create the poppies was also so significant to them," she reports. "It was a beautiful reminder of the ways we can engage with those around us in a truly meaningful way, we were so glad to work with the Franklin VNA & Hospice to honor these Veterans in our communities." Peabody Home is a unique senior living community nestled in the heart of Franklin on the banks of the Winnepesaukee River offering Assisted living, nursing care, respite and elder day care. To learn more check out www.peabodyhome.org or call 934-3718 to schedule a tour.



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Bald Eagle and Loon Interactions: NH Audubon and LPC Collaboration publishes results in Wilson Journal of Ornithology

A dynamic partnership between NH Audubon and the Loon Preservation Committee tells us more about the interactions between two of New Hampshire's most iconic birds sharing the state's lakes and rivers. The two wildlife conservation groups collaborated on an innovative study examining 16 years of breeding data for both Bald Eagles and Common Loons to evaluate what influence nesting eagles had on loon territory occupancy and productivity. A major article describing their findings appeared recently in the well-respected Wilson Journal of Ornithology.



Bald Eagles are known to steal fish from loons, sometimes harass incubating adult loons, and occasionally prey on loon eggs or chicks. Managing interactions between these species of conservation concern is challenging, particularly since so much evidence is anecdotal.

For nearly 40 years, NH Audubon has partnered with NH Fish and Game to monitor and manage Bald Eagle population recovery. The Loon Preservation Committee has a 45-year history of fostering Common Loon population recovery in the state. Loons remain on New Hampshire's threatened list, while eagles were taken off the state's threatened list in Spring 2017 because of significant progress toward full recovery. NH Audubon President Doug Bechtel noted, "It's interesting how loon and eagle populations have recovered to the point where we're seeing more interactions between these two highly visible fish-eating species, something that probably used to happen regularly before they declined."

When data collection for this study concluded in 2013, there were 284 territorial pairs of Common Loons (pairs that defend a breeding territory for a minimum of 4 weeks and have the potential to produce offspring) and 40 territorial pairs of Bald Eagles. Biologists now estimate that there are some 313 territorial pairs of loons and 72 territorial pairs of eagles in the state. In other words, in the last six years the state's loon population has risen by 10% but the state's eagle

population is up 80%.

Collaborating on the study were Loon Preservation Committee Senior Biologist John Cooley, NH Audubon Conservation Biologists Chris Martin and Vanessa Johnson, as well as volunteer statistician David Harris. The team looked for evidence of predation attempts by an increasing eagle population, and whether this was limiting how successful loons are at raising young or if eagles provoked changes in where loons nest. The scientists found that eagle nest proximity may be contributing to about 3% of observed loon nest failures, but that this pressure does not account for local declines in loon abundance. Loons face a wide range of other simultaneous threats, including mortality from lead tackle poisoning, avian malaria, and entanglement in monofilament fishing line. "We confirmed that eagles have joined a wide range of stressors currently impacting loons in New Hampshire," explained Cooley.

"For me, the single biggest take-home point is the incredible value of these long-term data sets," said Martin. "Both LPC and Audubon gathered data on our respective species of concern for years. Then we realized that combining our data allowed us to ask and answer new and important research questions."

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EVENTS

NOVEMBER 30, 2019

Gift of Lights presented by Eastern Propane & Oil (PICTURE)

\$25.00. 1122 Route 106 North, Loudon, NH. Phone: 8337336272. The holidays are here, and that means



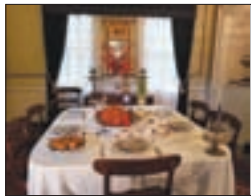
it's time for New Hampshire Motor Speedway to trade in the checkered flags for more than 2.5 million twinkly LED lights for the ninth annual

Gift of Lights presented by Eastern Propane & Oil, open Thursday, November 28, 2019 (Thanksgiving) through Sunday, January 5, 2020. The 2.5-mile drive-thru light show will feature the Tunnel of Lights (the 130-foot-long infield entrance and exit tunnels will be brightly lit, giving a truly memorable experience that kids of all ages will need to see to believe), 520 displays, 80 different scenes and a s'mores pit, which will be hosted by the Loudon Firefighters Association on Friday and Saturday nights (through December 21). Admission is \$25 per car or bus (up to 15 people).

300 Years of Thanksgiving Traditions

Guided Tours at Strawberry Banke

\$0 - \$15. 14 Hancock Street, Portsmouth, NH 03801 Phone: 6037662496. Follow the evolution of



Thanksgiving through time from the Puritans' holy day to today's family feast and homecoming with a multi-sensory, 90-minute guided tour

of Strawberry Banke Museum. Learn how Thanksgiving transcended time, place, and culture to become the uniquely American holiday celebrated today. Ticket

price & information: Strawberry Banke Museum Member tickets are free. Guided tours are offered on the hour, last 90-min tour starts at 2:00 pm. Tour is recommended for ages 5+. Adults \$15, Children (5-17): \$10, Children (under 5): Free. Active duty military, military families, and veterans: Free.

7th Annual Cold Turkey Plunge

Plungers are asked to raise \$50. PO Box 505, Waterville Valley, NH 03215. Phone: 5087891804. On Saturday



November 30th the Waterville Adaptive Sports Program will kick off the Holiday Season with the 7th annual "Cold Turkey

Plunge" into the icy mountain waters of Corcoran Pond in the heart of Waterville Valley. The Plunge is a fund raiser to support the programs efforts to provide athletic activities for persons with cognitive and physical disabilities. Participants are asked to raise a minimum of \$50 in donations. Join us at the beach for the Plunge, linger in the Town Square to greet Santa at 3pm, shop and help light the Town Tree. Then enjoy fabulous holiday fireworks later in the evening! Go to firstgiving.com to set up your Personal Plunge Page at <http://www.firstgiving.com/wvas/7th-Annual-Cold-Turkey-Plunge-to-benefit-Waterville-Valley-Adaptive-Sports> For more information visit www.watervilleadaptive.com.

DECEMBER 1, 2019

Spirit of the Holidays

Free. 2628 White Mountain Hwy, North Conway, NH Phone: 6033565701. The feeling of an "Old Fashioned Christmas" begins with festivities starting at 4:30 pm including tree lighting, Christmas carols, a reading by Santa and more!

DECEMBER 5, 2019

Judy's Scary Little Christmas (Photo)

\$20 / \$15. 880 Page Street, Manchester, NH 03109



Phone: 6036697469. The Majestic Theatre presents Judy's Scary Little Christmas! "Judy's Scary Little Christmas" is an outrageous spoof of holiday TV specials

from yesteryear and a look behind the scenes at the stars

they featured. Join us for "Judy's Scary Little Christmas" on Thursday December 5 at 7pm, Friday December 6 at 7pm, Saturday December 7 at 2pm & 7pm and Sunday, December 8 at 2pm. Performances will be held at The Majestic Theatre Studios located at 880 Page Street, Manchester, NH. Tickets are \$20 for adults, \$15 for seniors 65 and above.

DECEMBER 6, 2019

Pine Hill Holiday Fair: Adults-Only Evening Free!

77 Pine Hill Drive, Wilton, NH. Phone: 6036546003. Meet with friends and enjoy an adult-only, relaxed evening



of live music and delicious desserts while shopping for unique, handcrafted, holiday gifts from artisans in NH. The

centerpiece of the fair is the wares of talented, local vendors -- everything from handmade jewelry, woolens, paintings, blown glass, and pottery.

Soapmaking for the Holidays [ADULTS] (Photo)

\$45 (Members pay \$20 materials fee). 928 White Oaks Rd Laconia, NH. Phone: 6033665695. Soapmaking for the



Holidays [ADULTS] Saturday, Nov. 9; 10am - 12pm Saturday, Dec. 6; 6 - 8pm \$45 (Members pay \$20 materials fee) Join us to make your own homemade

soap to give as holiday gifts! Choose from gingerbread, pine or peppermint scents. You'll go home with about 10 bars for yourself or to give as impressive holiday gifts to your family and friends.

Marshall Tucker Band

Tickets start at \$54. The Flying Monkey, 39 Main Street Plymouth, NH. Phone:



6035362551. Doors: 6:00PM, SHOW: 7:30 AGES: 13+-. The band's mighty music catalog, consisting of more than 20 studio albums and a score of live releases, has racked up multi-

DECEMBER 7 AND BEYOND.....

40th Annual Candlelight Stroll

Anchoring "Vintage Christmas In Portsmouth"

December 7, 8, 14, 15, 21 & 22, 2019. Saturdays, 5:00-9:00 pm. Sundays, 4:00-8:00 pm. Save \$5 per ticket by purchasing before Dec 1 (ticket purchase price reflects the discount). Candlelight Stroll, an annual holiday tradition at Strawberry Banke since 1979, showcases 350 years of seasonal and holiday traditions against the backdrop of the Museum's furnished historic houses. Strawberry Banke Members: 50% off or free depending on membership level Adults: \$25.00, Children (ages 5 - 17): \$12.50, Children (under 5): free* Family (2 adults + 2 children 5 - 17): \$60.00. Military, Military families, & Veterans: free* *Tickets available at the door. To purchase tickets in advance, please click here. Save \$5 per ticket by purchasing before Dec 1 (ticket purchase price reflects the discount).

DECEMBER 7, 2019



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The Trial of Ebenezer Scrooge

\$15-\$20. 38c Ladd's Lane, Epping, NH 03042
 Phone: 6036089487. The Epping Community Theater celebrates the spirit of the holidays with the trial of the century! Throughout New Hampshire, there are plenty of chances to see the classic tale A Christmas Carol by Charles Dickens. However, ECT offers you the chance to see what happens a year later in the life of Scrooge. Tickets are on sale now! Dec 6th-15th, Fri and Sat 7:30pm and Sun 2 pm matinee. Showing at the Epping Playhouse, 38c Ladd's Lane, Epping, Go to www.eppingtheater.org for more information and tickets.



DECEMBER 7 & 8

Clearlakes Chorale: Gloria!

\$10 students, \$20 adults. St. Katharine Drexel Church, Hidden Springs Rd., Alton, NH. Phone: 6035442267
 Clearlakes Chorale presents Gloria! The program features Rutter's Gloria, Pinkham's Christmas Cantata, Gabrieli motets, and an audience sing-along, all with brass accompaniment. Tickets can be purchased at Black's Paper Store in Wolfeboro, online at www.clearlakeschorale.org, or at the door: \$20 adult, \$10 student. St. Katharine Drexel Church, Hidden Springs Rd., Alton, NH 03809 Sat. Dec. 7, 2019, 7:30 PM and Sun. Dec. 8, 2019, 2:00 PM

Sea Glass Art Creations

\$40.00 - \$50.00. 25 South River Rd., Bedford, NH. Phone: 6039139217. Come create colorful sea glass art simply by



using an assortment of shells, colorful pebbles, sand, and of course sea glass! We have all the materials you will need to make these wonderful pieces of art but of course you are more than welcome to bring your beach finds to add them into your

masterpiece! We have a small bar where we will sell soft drink, wine and beer. Celebrating something special? Let us know we would love to celebrate with you.

DECEMBER 10, 2019

Talking in the Whites

Free. 34 Highland Street, Plymouth, NH. Phone: 6035353210. Artist, Kathryn Field and poet, Timothy Muskat discuss their work in the Museum's current exhibition "Walking in the Whites: A Poet/Painter Dialogue." This talk is free and open to all. About the exhibition – Featuring works by visual artist Kathryn Field and poet Timothy Muskat, this interactive and dynamic experience engages visitors in a sense of place through words and images focused on the experience of the White Mountains. On view November 5 - December 13, 2019. This exhibit is funded in part by a grant from The Waterman Fund.

DECEMBER 13, 2019

John Denver Tribute Christmas Concert with Chris Collins & Boulder Canyon

Tickets Start at \$29. The Flying Monkey, 39 Main Street Plymouth, NH. Phone: 6035362551. DOORS: 6:00PM, SHOW: 7:30, AGES: 13+. Chris Collins and Boulder

Canyon have toured internationally together delighting audiences with their talent, warmth and humor. Through the show's stunning visuals of nature and captivating performance, Chris Collins and Boulder Canyon will take you back to the days reminiscent of the concerts of one of the greatest artists and humanitarians of our time.

The Nutcracker, Act II

Free. 325 Pleasant Street, Concord, NH. Phone: 6032295626. In the spirit of the holiday season, the St.



Paul's School Ballet Company (SPSBC) will present The Nutcracker, Act II. This performance is free of charge and

open to the public. Seating is available on a first-come, first-served basis. Each show will last approximately one hour and all ages are welcome. Although not required for admission, the SPSBC invites guests to bring toy donations for holiday distribution to local children through Concord charitable organizations.

Craft Beer Storm Weekend

From \$455 + tax for two. 859 Kearsarge Road North Conway, NH. Phone: 6033562044. Are you a Craft Beer Lover? Would you like to try some tasty crafties in the White Mountains NH, having fun while staying safe (no driving required!)? We are so excited to announce our first CRAFT BEER STORM WEEKEND coming up December 13 & 14.

DECEMBER 14, 2019

15th Annual Currier and Ives Cookie Tour

\$15.00 per person (cash only). 460 Monadnock Street, Troy, NH. Phone: 6032426495. Join the B&Bs and inns, restaurants, unique boutiques and gift shops, and historical societies of the Monadnock Region, as we open our doors



to the public to share homemade holiday cookies! Visit over a dozen stops on the tour and receive a cookie, refreshment, and recipe at each stop.

The Tubes

Tickets Start at \$44. The Flying Monkey, 39 Main Street, Plymouth, NH. Phone: 6035362551. DOORS: 6:00PM,



SHOW: 7:30, AGES: 13+. THE TUBES were catapulted into Rock and Roll's limelight in the mid 1970's and made there

most memorable mark on Rock history throughout the '70's and '80's with such classic rock staples as White Punks On Dope, What Do You Want From Life, Mondo Bondage, Don't Touch Me There, Sushi Girl, Talk To Ya Later and their Number 1 Billboard hit She's A Beauty.

DECEMBER 16, 2019

Hammer & Stain: Pick Your Project

\$35 - \$65. 25 South River Rd., Bedford, NH. Phone: 6039139217. Join us for a super fun way to create a beautiful piece for your home (or a great gift). Our wood workshops are lead step by step by our artists, helping



you select and blend colors, teaching techniques and encouraging you the whole way through this three hour class.

We close out registration 2 days prior to event to allow time to design and build the projects or when we sell out of seats as space is limited for each event. Please email us (info@thecanvasroadshow.com) to cancel.

DECEMBER 19, 2019

Christmas with The Celts (photo)

Tickets Start at \$39. The Flying Monkey, 39 Main Street Plymouth, NH. Phone: 6035362551. DOORS: 6:00PM, SHOW: 7:30 .AGES: All Ages. The high-stepping spirited musical selections will have audiences clapping along from the first lively renditions of popular contemporary Christmas classics: 'God Rest Ye Merry Gentlemen', 'Little Drummer Boy', 'Santa Claus is Coming to Town'; also 'Count Your Blessings', 'White Christmas' and John Lennon's perennial 'Happy Christmas'.

DECEMBER 21, 2019

Christmas on the Farm (Photo)

\$35 age 15-adult; \$25 age 2-15. 460 Monadnock Street Troy, NH. Phone: 6032426495. Join us for a Christmas celebration on the farm! Activities will include cow or goat milking, visiting with the farm animals, pony rides, holiday crafts, s'mores at the campfire and photos with Santa! Bring your swimsuit and towels and use the indoor pool, whirlpool, and sauna too! Reservations are required and include lunch and all activities.

DECEMBER 25, 2019

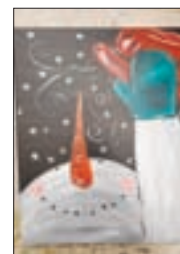
Spirit of the Holidays

Free. 2628 White Mountain Hwy, North Conway, NH. Phone: 6033565701. The feeling of an "Old Fashioned Christmas" begins with festivities starting at 4:30 pm including tree lighting, Christmas carols, a reading by Santa and more!

DECEMBER 27, 2019

Frosty the Snowman Painting

\$22 - \$30. 25 South River Rd., Bedford, NH. Phone:



6039139217. A fun night painting at The Canvas Roadshow is in store! Come and let our artist lead you step by step to create your own painting in our studio. Everything needed is included. We provide all materials needed and apron are provided. We look forward to seeing you in our

studio to paint & create.

Public Ice Skating - Everett Arena - Concord

Public ice skating returns on Sunday, September 15, 2019 a through March 13, 2020. Skating hours will be Monday through Friday, 11:30 a.m. to 1:00 p.m., Saturday 11:30 a.m. to 1:00 p.m. Admission is \$5.00 (kids ages 3 and under are free) and skate rentals are available in the pro shop for \$5.00. Only cash or check is accepted at the arena at this time. The arena will be closed Thanksgiving and Christmas.

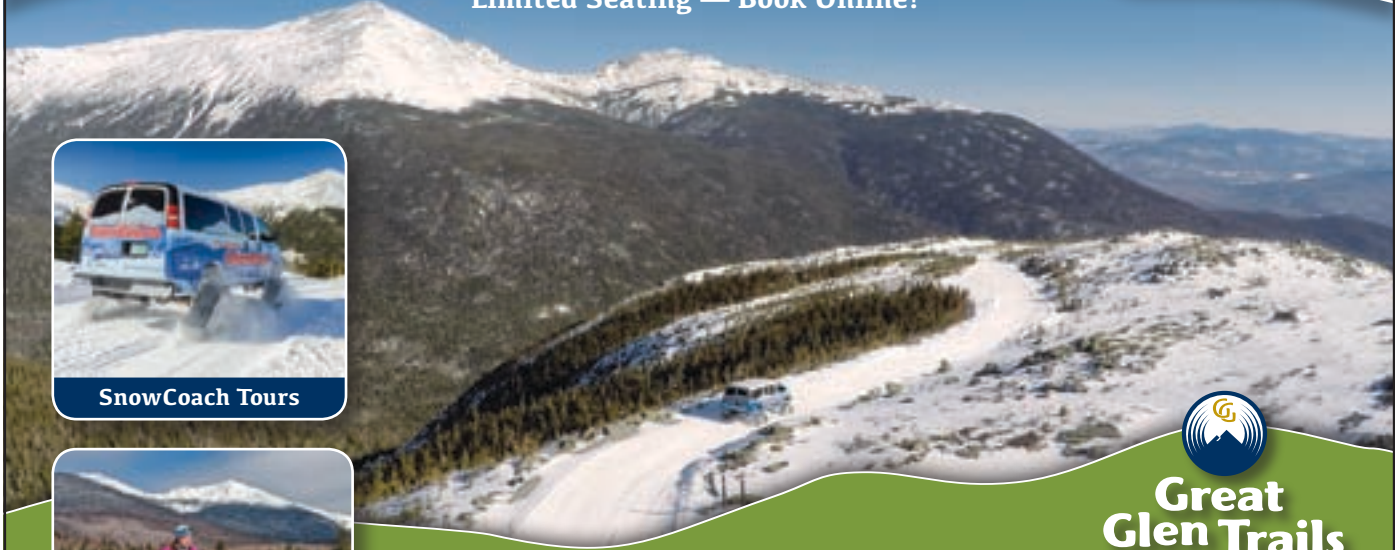
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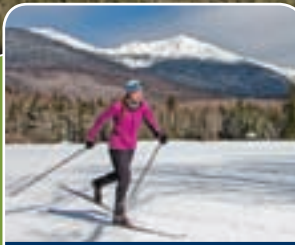
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Alpine skiers rejoice — we're just two miles north of Wildcat Ski Area!

Holiday hacks: How to spend less time cooking and more time with family

The holidays are a time to celebrate and make priceless memories with friends and family. However, when you are the person tasked with preparing and cooking for everyone else, you may often have to miss out on all the family fun and those moments that matter most. Here are several tips to get you motivated to get out of the kitchen and give you more time to enjoy the company of loved ones - without sacrificing any of your delicious holiday traditions.

Plan ahead

To begin, make a to-do list of the necessary tasks (i.e., purchasing ingredients) that can be completed ahead of time. For example, set the table the day before to save time on the day of your gathering. Also, be sure you are well stocked on things you may run out of or could dirty easily - from cloth napkins to beverage options.

Ask for help

When time is not on your side, there's nothing better than a little helping hand - especially when that help could be delivered right to your doorstep. Boston Market, known this time of year as the Holiday Experts, has fully prepared, precooked holiday meal spreads, as well as a la carte sides and desserts that can be preordered and picked up at any Boston Market location nationwide. You can even get a complete holiday dinner and have it shipped directly to your door!



In addition, Boston Market restaurants are open on Thanksgiving and Christmas for any last-minute needs. Skip the prep work and time in the kitchen by ordering online at bostonmarket.com.

Divide the responsibilities

Who says you have to do all the work? Ask friends and family to pitch in - a little help goes a long way. A few weeks before your gathering, send a message to your guests inviting them to help with beverages, picking up ice, or bringing a side dish or dessert. And when the meal is over, have a designated clean-up crew with multiple people to get the job done faster.

Leftovers for house guests

Even if you have several guests staying in your home, don't feel obligated to cook brand new meals each day. Turn holiday leftovers into

tomorrow's breakfast or lunch by adding leftover meat to omelets or putting together a sandwich bar. There are so many delicious ways to plus up Thanksgiving leftovers, like a turkey and Swiss bread pudding or even a turkey shepherd's pie!

Use the right tools

Save time by getting creative in the kitchen. If you run out of oven space, the slow cooker is a convenient alternative for baking desserts like hot fudge brownies, apple crisp and even pecan pie. You can also find easy no-bake recipes or dishes that can be made quickly in the microwave.

Skip extra grocery trips

When cooking for a crowd, you're bound to forget an item or two from your grocery list. Avoid unnecessary extra trips to the store by knowing your substitutes. If you run out of butter, you can substitute for olive oil or vegetable oil. Happen to forget the buttermilk? No worries - use watered-down yogurt or sour cream.

Create a schedule

If you're still worried about spending too much time standing over the stove, create a schedule to guide your celebration. Block time for socializing, cooking and preparing for guests, but don't forget to be flexible. Set out board games, crafts or photo albums - anything to encourage bonding and conversation so you're not tempted to keep working in the kitchen. (BPT)

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Concord VNA celebrated milestone with reception highlighting service

Nearly 200 staff members, volunteers, partners, community members and local officials gathered recently at Concord Regional Visiting Nurse Association (Concord Regional VNA) to celebrate the agency's 120th anniversary and to recognize one employee with the inaugural "Living Our Values" award. Concord Regional VNA was incorporated in 1899 as the not-for-profit "Concord District Nursing Association" to establish and maintain a system of district nursing in Concord, NH. Today, Concord Regional VNA is the state's largest home health and hospice provider, serving the residents of 44 communities in New Hampshire.

Concord Regional VNA employs more than 400 highly-skilled clinicians and staff members who provide care through a broad array of services, including home care, hospice care,



Left to right, Beth Slepian, President and CEO, Concord Regional VNA, and Geraldine Holmes, CFO, Concord Regional VNA, presented the inaugural "Living Our Values" award to Cindy Bergeron, Director of Paraprofessional Services, Concord Regional VNA, during the reception.

palliative care, pediatric and maternal child health and personal home services, to more than 6,500 NH residents each year. The agency also offers community clinics and wellness programs

to help people maintain their health, wellbeing and independence.

"Over the past 120 years, our mission remains true to the goal upon which our agency was founded – our business is everybody's health," said Beth Slepian, President and CEO, Concord Regional VNA. "It is truly a privilege for all of us to be able to help enhance the lives of people in our community." To commemorate the agency's 120th Anniversary and to honor the respect, compassion, excellence, leadership and stewardship embodied by its many dedicated employees, past and present, Concord Regional VNA introduced the "Living Our Values" award. The inaugural, peer-nominated award was presented by CEO Beth Slepian and CFO Geraldine Holmes to Cindy Bergeron, Director of Paraprofessional Services, during the celebration.

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Four tips for boosting exercise programs and motivation in seniors

You're never too old to develop or refine an exercise program. And there has never been more opportunity to find an array of programs that suit your interests, your fitness ability and your lifestyle. As an older adult, the reasons for exercise change: benefits include helping to control chronic conditions such as hypertension and diabetes, strengthening muscles to prevent falls, and improving flexibility to maintain activities of daily living.

Regular exercise can help boost your mood and improve your overall sense of well-being. And, you'll make new friends! (Of course, always talk to your doctor before starting any type of exercise program.) Where to look for a new exercise program? Start with your local fitness or community center. The key is finding activities that you enjoy. Some tips to get started:

Follow your interests. Like to dance? Swim? Maybe yoga or Tai-Chi sounds appealing. There are fitness classes for every taste and ability level.

Follow your friends. Going to a fitness class with a friend improves your motivation and if you're going it alone - here's your chance to make new friends!

Listen to your body. Exercise doesn't need to be painful to be beneficial. Start slow and progress over time.

Set goals. How often do you want to exercise? How hard? Develop a three- to six-month plan so you can measure your success.

But wait, there's more: Older adults who participate in group exercise programs report improved quality of life from the social aspect



of group fitness. The group creates a sense of community that helps keep you motivated. Social isolation, which often leads to loneliness, is common among seniors, but taking a fitness class can forge a bond that keeps people coming back for exercise and extends to socializing outside of class.

In a recent study of adults aged 65 years and older, researchers surveyed 46,564 participants in the SilverSneakers fitness program between 2010 and 2016 to determine how exercise improved their quality of life.

"Even though regular physical activity is important, well-being is about more than just exercise," according to

Julie Logue, Training Manager at Tivity Health. "Through SilverSneakers, you can explore all kinds of fitness programs, socialization and nutrition programs to help you live your best life. We empower members to live healthier, happier, longer." Older adults with more frequent visits to fitness centers who participate in SilverSneakers exercise programs report significantly fewer days when they felt physically or mentally unwell and rated their physical and mental health higher than those who participated less frequently.

Curious about more ways to stay motivated to get and stay fit? During open enrollment for health insurance between Oct. 15 and Dec. 7, enroll in a plan that offers SilverSneakers, which provides members with access to more than 16,000 fitness and community locations nationwide. Visit silversneakers.com. (NewsUSA)

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How to age with optimism: A "glass half full" approach

Having a "glass half full" approach to life has long been considered important for overall wellness. But evidence suggests that there may be truth in this folk wisdom. Humana recently surveyed 2,000 people aged 60 and over, and found that 87 percent of seniors who identify themselves as "most optimistic" reported their health as good to excellent. This is compared to 44 percent for those who said they're "least optimistic."

Also, the most optimistic people reported nine fewer physically unhealthy and seven fewer mentally unhealthy days per month than their least optimistic counterparts. Seniors who rated themselves as most optimistic also reported positively on other attributes linked to health, including sleep, confidence and overall happiness.

- 91 percent of the most optimistic respondents reported feeling confident in the past week, while only 52 percent of the least optimistic respondents did, a difference of 39 percentage points.

- 90 percent of the most optimistic respondents reported feeling happy in the past week, compared to 44 percent of the least optimistic respondents, a difference of 46 percentage points.

- And only 31 percent of the most optimistic respondents reported getting a restless night's sleep in the past week, while 62 percent of



the least optimistic respondents did, another difference of 31 percentage points.

Despite these impressive numbers, having an optimistic mindset is often easier said than done. The stresses of life, social stereotypes and one's natural temperament can all impede approaching aging with optimism. Dr. Yolangel Hernandez Suarez, Humana vice president and chief medical officer for care delivery, has the following advice for anyone struggling to stay on the sunny side of life:

1. Take ownership and recognize that your health is your own. To achieve your best health, you need to set personal goals - just for you.
2. Engage with your doctor or other health care professional and build a trusting relationship.
3. Find a higher purpose that makes you excited to get up in the morning. Humana's

survey found that the majority of respondents (86 percent) who identify as optimists also rank a sense of purpose as an important attribute for aging.

4. Remain socially engaged, not isolated, and nurture close relationships. The importance of social engagement is recognized by the 71 percent of Humana survey respondents who identify as optimists and get together with friends or relatives either monthly or weekly. Further, 80 percent of optimists say maintaining an active social life is an important motivator to stay healthy.

5. Stay active and remember that physical activity is important. Find something that's right for you and that you like to do. Almost all of the most optimistic survey respondents (97 percent) say remaining physically active is a major motivator for retaining good health.

6. Practice gratitude and make it a habit to look for and appreciate everything you're thankful for in life.

"As a boomer myself, I know that the majority of the decisions about my own health take place outside of a doctor's office," said Dr. Hernandez Suarez. "With the knowledge that optimism may be linked to health and well-being, I'm focused on making positive health decisions through all aspects of my life. Our goal at Humana is to empower everyone to approach health in the same way." (NewsUSA)

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The pet boost: Furry friends help seniors feel less lonely

Many older adults experience feelings of loneliness and isolation as they age, but pets can provide the companionship and love seniors desire. A new survey conducted by Home Instead, Inc., franchisor of the Home Instead Senior Care Network, found regular interaction with animals can help to reduce feelings of isolation and loneliness in older adults.

The most frequently cited benefits of pet ownership are company, comfort, unconditional love, entertainment and improved mood. In fact, 86 percent of pet owners agree they would be lonelier and less happy without their pet, and 58 percent agree that they would not be as physically healthy without their pet.

The companionship and love provided by a pet can be especially meaningful for those most at risk for isolation. Home Instead found that pet owners who live alone are significantly more likely to report increased benefits of pet ownership.

Owning a pet can also be an important factor for seniors deciding where they will live as they age. According to the survey, 82 percent of older adults say they will not consider moving to a senior living community without their pet.

While interaction with animals has been shown to improve mental and physical well-being in older adults, research from Home Instead



confirms that seniors don't need to own pets to experience the benefits. Those who regularly interact with, but don't own, pets report feeling better just spending time with animals owned by family, friends and neighbors.

There are many ways seniors can interact with animals without taking on the responsibility of pet ownership. Here are a few ideas:

Volunteer at a rescue organization or animal shelter. Many rescue organizations and animal shelters could use an extra hand. Seniors can help provide care for animals, including feeding, watering, restocking supplies, washing dishes, walking dogs, cleaning cages and enclosures or socializing with the animals. Volunteers experience the benefits of interacting with pets, and they can provide some care to an

animal in need.

Get to know your neighbors' pets. Seniors who regularly walk their neighborhoods will likely see pet owners walking their dogs. Asking to join them for a walk might lead to new friendships with neighbors and dogs.

Connect with a therapy animal. Pet Partners therapy teams, made up of a pet owner and his or her registered animal, go into many locations where seniors are living or being treated, such as hospitals, hospice centers and care communities.




Visit a pet store. Some pet stores sell small animals, such as guinea pigs, hamsters, chinchillas, gerbils, mice, rats, certain geckos, bearded dragons, snakes, and specific types of frogs, birds and fish. Visiting can provide a pet fix!

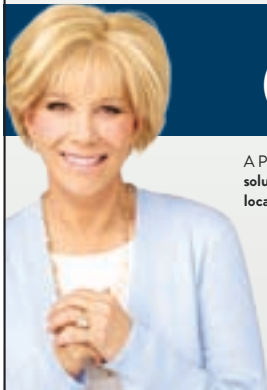
With so many options available, finding the right animal interaction for each individual should be as easy as a walk in the dog park.

To help older adults determine what type of pet interaction is right for them, the Home Instead Senior Care network is offering free information and tips to help seniors incorporate animals into their lives. To learn more about how older adults can bring animals into their lives, visit PetsandSeniors.com or contact your local Home Instead Senior Care office or www.homeinstead.com. (NewsUSA)

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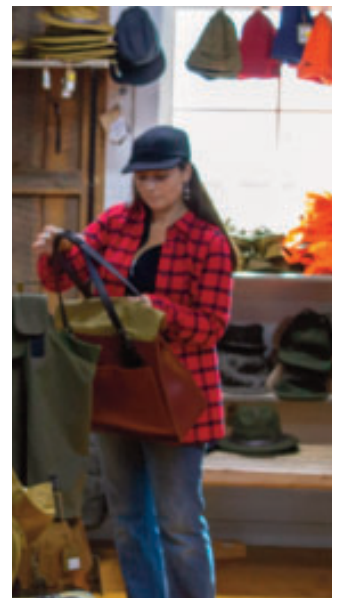
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Reverse Mortgages can be a valuable retirement tool

This article is a paid advertisement. The content was provided by One Reverse Mortgage. Today's reverse mortgage has more uses than you may realize. In fact, many financial advisors are now recommending this loan to their older clients. Why? A reverse mortgage allows you to access a portion of your home equity and use the funds to pay off your current mortgage.*

Any remaining money can be used for anything. The program has a variety of products to meet specific goals. The fixed rate loan allows you to receive a lump sum or monthly distributions. The purchase loan product allows you to purchase a home without a required monthly mortgage payment as long as you live there.*

However, according to One Reverse Mortgage, a leading lender in the reverse mortgage industry since 2007, the most popular and beneficial loan option is the line of credit, which has the potential to grow in value over time. It's a fact that people today are living longer, and studies show that many are not financially prepared for retirement. According to an article



from Time Magazine, one in three Americans does not have any money saved for retirement**

The reverse mortgage line of credit addresses these concerns. It isn't just for people who have an immediate need. It is even more beneficial as a retirement tool because the line of credit product can actually extend the life of your retirement savings and give you access to more money later. Another smart way to utilize it is to live off the proceeds to delay using other benefits to give them time to increase in value.

The greatest feature of the reverse mortgage line of credit is that the available funds increase in value over time when left untouched. It can be a perfect safety net for future expenses - both planned and unexpected.

The mission of One Reverse Mortgage is to educate people about this program and how it can be best used in retirement. The experts at One Reverse Mortgage are licensed professionals and the company operates nationwide. It also has an A+ rating with the Better Business Bureau. For more information, visit www.onereversemortgage.com

[onereversemortgage.com](http://www.onereversemortgage.com)

* Homeowner is still responsible for taxes, insurance and property maintenance.

**Kirkham, Elyssa. "1 in 3 Americans Has Saved \$0 for Retirement." Time Magazine. 14 March 2016. <http://time.com/money/4258451/retirement-savings-survey> Equal Housing Lender. Listed in all 50 states. One Reverse Mortgage NMLS #2052 These materials are not from HUD or FHA and were not approved by HUD or a government agency. (NewsUSA)



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