

# Ageless Living

VOL. 1 • NO. 3 • February 2020

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**Free**

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## 5 tips to help older adults be healthier in 2020

For many, the new year is about establishing goals for the year ahead. But where should you start? As we age, an increasing number of us link our emotional and physical well-being to our overall health. After all, you can't do the things you'd like if you aren't healthy.

With that in mind, Cigna and its Medicare Advantage (MA) fitness partner, the Silver&Fit Healthy Aging and Exercise Program, share these five tips to help older adults get fitter and stronger and be less stressed and happier in 2020:

**1. Hit the gym.** Exercise is a proven way to help you get fitter and stronger, improve balance, lose weight, reduce blood pressure, improve cardiovascular health, manage pain and even be more social. Many gyms offer such options as free weights, machines, pools, classes, private instructors and other amenities that can inspire you to try new things. Prefer working out with others? Group classes can help you discover a new exercise, stick to a schedule and find exercise buddies. If you're new to exercise, remember that slow and steady is the way to build good habits, avoid injury and achieve health goals. It's always a good idea to consult your doctor before starting any new exercise program.

Can't afford a gym membership? You may be surprised to learn that many MA plans offer exercise programs at top fitness centers and YMCAs for no extra cost. Check your plan for details.

**2. Nourish your body.** For optimal health, nourish



your body with healthy, energizing foods, including fruits, vegetables, grains, fish and healthy oils, such as olive oil and sesame oil. Limit pre-packaged, processed foods. Set an achievable goal. Try cutting out one unhealthy food each month, such as sugary soft drinks or chips. Your body will love you for it! Also, stay hydrated, especially when exercising.

At the same time, eliminate unhealthy habits, such as smoking or drinking alcohol in excess. With an MA plan, you may be able to get help with smoking cessation products or alcohol counseling at no extra cost.

**3. Stress less.** Stress can be toxic and debilitating. Develop a "PLAN" to deal with it. According to Cigna's

► **HEALTHIER - continued on page 2**

## Franklin VNA & Hospice reminds us to keep safe in the winter

Franklin VNA & Hospice's Health Corner – wellness tidbits to keep us all a little healthier

Icy walk ways, throw rugs, the smallest imbalance while walking, stairs, slopes, and health conditions can all cause falls. Sometimes a fall results in no injury, except maybe to our pride, but other times can result in a break, bruise, sprain or worse!

The statistics are dire: an older adult falls literally every second, one in five falls results in a serious injury. They cause more than 95% of hip fractures, and cost more than \$50 Billion in 2015 alone. Also scary, three older adult die every hour from a fall and those numbers are expected to rise to seven an hour by 2030 according to the CDC.

Even fear of falls is damaging as it causes people to reduce their activities and can increase isolation.

The good news is that falls can be reduced or prevented in a few easy ways.

Rachael Dargie, an Occupational Therapist at Franklin VNA & Hospice says, "Fall prevention screenings are a routine part of our assessment for any

patient receiving physical or occupational therapy. We check for things like strength and balance and then match people with fall prevention devices like grab bars, railings, shower seats or other devices that will benefit them."

A talk with your primary care provider about your fall risk can determine if those therapies will help. Others may have dizziness caused by medications, vision changes or even osteoporosis, which can all increase your fall risk.

Maintaining your strength and balance is also key. There are a variety of ways to do this, including many low impact forms of physical activity that even those with existing mobility issues can take part in.

So this year, sand the walk ways, de-clutter by getting rid of those pesky throw rugs, and talk with your healthcare provider about ways to further reduce your fall risk. Franklin VNA & Hospice is your choice for excellence in Homecare and Hospice. For more information, call Franklin VNA & Hospice at (603) 934-3454 or visit [www.FranklinVNA.org](http://www.FranklinVNA.org).

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The Hopkinton Lions Club hosted another Senior Lunch at the Slusher Center.

#### ► HEALTHIER - continued from page 1

Dr. Stuart L. Lustig, this includes identifying a Period of time to unwind, a Location to de-stress, an Activity to enjoy and the Name of someone with whom you can talk. Yoga, tai chi and meditation may help you cope with stress, as well as going for walks, listening to music, comedy or audio books -- or even coloring. If you're experiencing extreme stress, talk to your doctor. Remember, the mind and body are connected, and stress takes its toll on physical health.

**4. Get social.** According to a 2018 Cigna survey, loneliness in America has reached epidemic levels. Nearly half of Americans report sometimes or always feeling alone (46 percent) or left out (47 percent). Loneliness has been shown to negatively impact physical and mental health. Alleviate loneliness by taking one proactive step each week. For example, call or get coffee with friends or family, join a club or volunteer. You can also connect with other active adults on social media. Check out the inspirational health and fitness posts on the @SilverandFit Facebook page and join in the conversations.

**5. Practice gratitude.** Happiness comes with thankfulness. Think about people and things you feel grateful for, and start a gratitude journal.

By doing your best to incorporate these five tips into your life, you'll kick-start your journey toward a healthier 2020. (StatePoint)

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# Non-surgical heart valve gives patients new lease on life

When walking up the stairs and playing golf started to become difficult even on a good day, retired Navy Captain Allen Brady attributed the change to aging. Having spent six years as a prisoner of war, Brady was no stranger to living with a challenge. But, when he couldn't finish a round of golf without feeling fatigued and short of breath, he and his wife knew something was wrong and decided to visit a cardiologist. Brady was diagnosed with a severe form of aortic stenosis, the most common valvular heart disease affecting an estimated 1.5 million Americans.

Brady is among the 7 percent of people over the age of 65 affected by this condition. Aortic stenosis is characterized by significant narrowing of the aortic valve opening, which restricts blood flow and is often accompanied by symptoms such as shortness of breath, chest pain, pressure or tightness, fatigue, feeling lightheaded or dizzy, and difficulty when exercising or completing day-to-day activities. If left untreated, it can eventually lead to heart failure, severe infection and even sudden death.

While historically, the only treatment option available to patients involved valve replacement via open-heart surgery, a less invasive procedure called transcatheter aortic valve replacement (TAVR) has become a more mainstream solution for those who are too sick to undergo traditional surgery. Patients who have a TAVR procedure typically experience a faster recovery time and less discomfort.

"At 89 years old, I was very concerned about any kind of heart surgery," Brady explained "But my doctor reassured me that my age would not be a problem, and I knew I had to take action if I wanted to get back to my life."

Dr. Christopher Meduri of Piedmont Hospital in Atlanta recommended that Brady undergo TAVR with the Boston Scientific LOTUS



Allen Brady enjoys relaxing outside with his wife, Dianne.

Edge Aortic Valve System. This next-generation TAVR technology was recently approved by the U.S. Food and Drug Administration for patients with severe aortic stenosis who are at high risk for open heart surgery.

"Complete control over the procedure and confidence in the final result are incredibly important. We've had very good results with this new technology and it offers a minimally invasive, patient-centered treatment for those with aortic stenosis wanting to get back to their life as quickly as possible," says Dr. Meduri.

Thanks to the valve's design that makes it uniquely repositionable during TAVR, physicians can precisely place the new valve into an optimal position within the heart to restore proper valve function. And because

not everyone's aortic valve is the same size, the device is designed to conform to the patient, which minimizes any leakage of blood around the outside of the valve that could lead to future complications.

"I feel like I have a new lease on life," says Brady, now 90. "With my heart in good health, I have so much energy to do the things I've always loved, like golfing and spending time outdoors with my wife. I'm so grateful for the peace of mind this procedure has given me."

For more information about severe aortic stenosis, TAVR and the LOTUS Edge valve, visit [TreatTheHeart.com](http://TreatTheHeart.com).

If you think you may be experiencing symptoms of aortic valve disease, talk to your doctor right away. (StatePoint)

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# Chapin Senior Center Programs

**Tom & Tom's Men's Discussion Group** - Mondays at 8:45am. We want to hear your stories and we'll share a few of our own. Come visit over an endless cup of coffee! This is a walk-in program.

**French Discussion Group** - First and Third Mondays at 4:15pm. Join this casual, friendly group to practice your language skills and have fun. Participants at all skill levels are welcome! This is a walk-in program.

**Chair Exercises** - Mondays and Fridays at 10:15am This low impact exercise program is perfect for those looking for an easy, effective exercise routine. This is a walk-in program.

**Walking at Proctor Academy Gym** - Monday through Friday at 8:30-10:00am. New participants please call COA at 526-6368 for registration instructions.

**Outdoor Recreation for Seniors** - Tuesdays at 10:00am

Join this active group to bike, hike, kayak and more! Please call COA at 526-6368 to register prior to your first activity.

**Memoir Writing Group** - Tuesdays at 10:00am. This is a walk-in program.

**Walk-In Painting Group** - Tuesdays at 1:00pm

Bring your current painting project to work on. This is an informal group and we'd love to have you join us. This is a walk-in program.

**Friends Program Bone Builders Exercise Classes** Tuesdays and Fridays at 10:00-11:00am . This senior exercise program helps strengthen bone, build muscle and improve balance. Classes are held in the Newbury Heights Community Room, 52 Newbury Heights Road, Newbury. This is a walk-in program.

**Needlework Craft Group** - Wednesdays at 1:00-3:00pm  
Love to cross stitch, do needlework, quilt, knit or crochet? We do, too! We'd love to chat, laugh, and get to know the folks who enjoy the same hobbies we enjoy.

**Women's Discussion Group** - Fridays at 9:00am. Get to know your neighbors over a casual cup of coffee. Join friends, new and old, to visit, chat and share! This is a walk-in program.

**Bridge:**  
Duplicate Bridge – Mondays at 12:45pm and Wednesdays at 9:15am.

Contract Bridge – Thursdays at 9:30am

**Games:** Poker – Tuesdays at 2:00pm.

Hand and Foot Card Game – Wednesdays at 1:00pm.

Mahjong - Thursdays at 12:30pm.

Bingo! – Fridays at 2:00pm. Ten games for \$5. Ten bingo sheets with 6 cards on each sheet. Participants must be 55 years old and older.

**Gentle Yoga** – Second, Third and Fourth Tuesdays from 3:00-4:00pm. This wellness class will help you feel better and create a sense of inner calm as we focus on gaining flexibility, strength and balance. We will use yoga mats or chairs while we do yoga poses. At the end of each class there will be a time of relaxation. Gentle yoga is appropriate for all levels from beginner to experienced. Bring a yoga mat and wear comfortable clothing. Carol Filbin, Certified Yoga Teacher.

**Blood Pressure Clinic**  
Monday, February 3rd at

9:30am. This is a walk-in program.

**Parkinson's Support Group** – Tuesday, February 4th at 1:00pm. You are invited to join this lively, welcoming and supportive group! This is a walk-in program.

**VNA Foot Care Clinic at COA**  
Friday, February 7th & February 14th at 9:30am-1:00pm. \$25 Please call COA at 526-6368 to schedule an appt.

**Morning Book Group** - Tuesday, February 11th at 9:30am. The Day the World Came to Town : 9/11 in Gander, Newfoundland by Jim DeFede. Shares the experiences of the citizens of Gander, Newfoundland, who were hosts to the more than six thousand passengers of thirty-eight U.S.-bound jetliners forced to land there in the wake of the September 11th attacks. ~ NovelList This is a walk-in program. Please call COA at 526-6368 to obtain the book.

**CBD Oil** – It's Uses, Benefits & Risks. Tuesday, February 18th at 10:00am. Cannabidiol (CBD) oil has been touted for a number of health benefits. But it important to know it's uses, benefits and risks. Join New London Hospital pharmacist Christopher Lopez to learn more about CBD oil. Please call COA at 526-6368 to register.

**Movie & Pizza Matinee** - Tuesday, February 18th at 12noon "Downton Abbey" The beloved Crawleys and their intrepid staff prepare for the most important moment of their lives. A royal visit from the king and queen of England soon unleashes scandal, romance and intrigue -- leaving the future of Downton hanging in the balance. Please call COA at 526-6368 to sign up.

**Humanist, Agnostic, Atheist Discussion Group** – Thursday, February 20th at 1:30pm. Welcome to those who are interested in delving into a variety of humanist and non-theist topics. We share our knowledge and experiences related to the challenging questions of religion, spirituality, and how they influence our lives. Using reason, critical thinking, and honest examination, we do our best to approach personal truths. Bring your thoughts, your questions, and an open mind, and join our lively, respectful monthly discussions. This is a walk-in program.

**Caregiver Support and Discussion Group** – Thursday, February 27th at 1:00pm. There is no instruction manual for being a caregiver! Join this peer-led group to learn tips, strategies and advice from those experiencing the same challenges and rewards. This is a walk-in program.



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# Broaden your skills; 4 ideas for becoming a lifelong learner

Lifelong learners know that it's never too late to broaden one's personal and professional skills. Here are four cool ideas for doing so:

• **Learn to Dance:** Dance is a beautiful art form offering opportunities to immerse yourself in different cultures and musical genres.

There's also evidence that taking up dance can boost mental and physical health, reduce stress and improve memory. From ballet to ballroom to salsa to swing, there's a dance style for everyone. So, consider taking that first step of learning the steps.

• **Play Piano:** Playing the piano helps develop motor skills and improves cognitive learning. Now, thanks to new tools, you can develop your musical skills faster. Using the Casio Tone LK-S250 keyboard's Key Lighting System, which features a voice-guided step-up lesson system, you can quickly learn its 60 built-in songs and sound great in no time.

• **Take a Writing Course:** From email correspondence to meeting agendas to thank you notes, you are likely doing at least a little writing in your daily life. But is your message clear?

You don't need to have designs on writing the next great American novel to benefit from tightening your prose. A writing course can help anyone become more powerful, effective communicator.

• **Get Mathematical:** Whether you're



a student in school or a student of life, you can delve into math and improve your comprehension of related concepts using ClassPad.net, a web-based calculator which serves as a one-stop shop for enhancing analytical thinking, and making math come alive for people of all ages.

Usable on a desktop or tablet, the program also makes it easier for students and teachers to collaborate.

Whether your goal is to succeed professionally or boost your personal skills, you can pave the way by becoming a lifelong learner. (StatePoint).

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† Joan Lunden, journalist, best-selling author, former host of Good Morning America and senior living advocate.

# EVENTS

## FEBRUARY 1

**Snowshoe Yoga** - \$25 (\$17 for Members) - 928 White Oaks Rd., Laconia, NH 03246



Phone: 6033665695.  
10:00am - 12:00pm,  
\$25 (\$17 for Members).  
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the peacefulness of nature as you practice yoga in snowshoes, are guided through a walking meditation, and are introduced to shinrin-yoku, or "forest bathing."

**Adult Nature Craft: Candlemaking** - \$25 (\$10 for Members) 928 White Oaks Rd., Laconia, NH 03246.



Phone: 6033665695.  
Candlemaking 1:00 -  
3:00pm \$25, (\$10 for  
Members). Learn the  
process and make your own  
hand-dipped candles. Personalize candles with natural  
materials foraged from Prescott Farm.

**Mother of a Comedy Show** - Tickets Start at \$20 - The Flying Monkey, 39 Main St., Plymouth, NH. Phone: 6035362551. Show: 7:30pm, ages: 18+. The Mother

of a Comedy Show stars, Kelly MacFarland, Kerri Louise and Christine Hurley. Although, these ladies travel the country as true professional stand up comedians, each having their own long list of impressive credits, here in a Mother of a Comedy Show they come together as friends. Their first few shows have been sold out! You need to see these ladies, LIVE! Grab your girlfriends, sisters, husband, spouse, partner, hairdresser, neighbors and everyone in between. This show is must see!

**Discover Nature: Winter Tree ID** - \$15 (FREE for Members). 928 White Oaks Rd., Laconia, NH. Phone: 6033665695.



Discover Nature: Winter Tree ID [TEENS & ADULTS] 1:00 - 3:00pm, \$15 (FREE for Members). Uncover the mysteries of the natural world in these nature-walks led by our environmental educators. Challenge yourself to learn the species of trees found on our trails, and leave equipped with skills to identify trees any time of the year.

## FEBRUARY 2

**Pats Peak: Vertical Challenge Family Ski and Snowboard Tour** - 686 Flanders Rd., Henniker, NH. Phone: 6038753100.



The Vertical Challenge will hold ski and snowboard races in a fun festival atmosphere at Pats Peak. Skiers and riders of all ages and ability levels will enjoy themselves,

whether they're trying their first race or have competed in races for years. Points count not only toward NASTAR rankings, but toward qualification for the VC finals at the end of March. The races are free with a lift ticket, and the tour is about a lot more than making good time on your run, too. To find out more about how they do it, check

out this blog post: <https://ski-vc.com/warming-up-a-ski-tour/>.

## FEBRUARY 4

**"EXPRESSIVE HARMONIES" Exhibit Opening Reception** - Free. 114 Main St., Plymouth, NH 03264 Phone: 6035353210. Join us for the opening reception of our new exhibition, Expressive Harmonies: Art and Society. Living in rural New Hampshire can be isolating and arts experiences can be pathways for individual expression and for creating community. This exhibition includes work from Northern New Hampshire's high school, college, and community education students. This exhibition is on view February 4 - 29, 2020 in the Silver Center for the Arts lobby gallery. Free and open to all.

## FEBRUARY 8

**Moonlit Snowshoe** - \$15 (FREE for Members). 928 White Oaks Rd., Laconia, NH. Phone: 6033665695.



Moonlit Snowshoe 6:00 - 8:00pm, \$15 (FREE for Members). Use your senses to explore Prescott Farm in a different and special way.

Inspired by the weather and the dynamic calendar of the natural world, topics discussed on our moonlit walk will vary but may include: identifying constellations, discussing the habits of nocturnal animals, and practicing your own night vision abilities. Please wear boots and dress appropriately for the weather. Snowshoes will be provided as needed. Recommended Ages: Adults Physical Demand: [5] Experience: Interested

**Soapmaking 101** - \$45 (\$20 for Members). 928 White Oaks Rd., Laconia, NH. Phone: 6033665695.



Soapmaking 101, 1:00 - 3:00pm, \$45 (\$20 for Members) Learn how to safely make your very own soap! We will learn the basics ▶

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of soapmaking and each participant will take home about 10 bars of seasonally scented soap to enjoy.

**FEBRUARY 15**

**PAINT TILL THE MAGIC HAPPENS** - \$ 180.00. 88 Philbrick Neighborhood Rd., Tamworth, NH. Phone: 6033238333. This is a



beginner/intermediate introduction to watercolors with artist Byron Carr. Byron will demonstrate his "tricks"

as he almost gave up on his approach to watercolors and then the MAGIC happened. Join was for this two day FUN watercolor painting workshop, lunch and art materials for this class is provided in the fee. Lodging is being offered at an additional rate and is inclusive of dinner and breakfast. Join us for this fun interactive workshop! More details on the event and lodging offerings visit our site: <https://www.reservethepreserve.com/paint-till-the-magic-happens>.

**Beginner Snowshoeing** - \$15 (FREE for Members) 928 White Oaks Rd., Laconia, NH. Phone: 6033665695.



9:30 - 11:30am, \$15 (FREE for Members). Learn how to snowshoe at Prescott Farm this winter! Never been on snowshoes? No problem! We will show you the basics

of snowshoeing and take it slow. Discover how much fun it can be to get out and explore the world in the winter! Please wear boots and dress appropriately for the weather. Snowshoes will be available if you do not already have your own.

**Trail Tour: Blue** - \$12 (FREE for Members).

928 White Oaks Rd., Laconia, NH. Phone: 6033665695.



1:00 - 3:00pm, \$12 (FREE for Members). Our trails vary not only in length and intensity, but also in the flora, fauna, and historic

landmarks you will find on the way. Our educators will guide you along the trail and reveal some of these natural features. Program topics will vary depending on season and trail. Blue - Take about a mile walk in the woods and pass by rock wall remnants, vernal pools, forested wetland. Learn about these and more as you enjoy our longest trail.

**FEBRUARY 18**

**Tri Chamber Mixer** - \$5 members of any of the Chambers, \$10 non members. Lakehouse Tavern, 157 Main St., Hopkinton, NH.



Phone: 6034562041. Back by popular demand! Our first of the year mixer and networking event between Contoocook Chamber of Commerce, Kearsarge Area Chamber of Commerce, and Henniker Chamber of Commerce. Last year we filled the room with local business people mingling and talking. Great opportunity to meet like minded people and promote your business in a low key setting. Food, door prizes, and easy

networking. \$5 members of any of the Chambers, \$10 non members. Pay at the door or reserve your spot with one of the Chambers.

**FEBRUARY 20**

**Mardi Gras Boogaloo 2020** - Tickets Start at \$34 The Flying Monkey, 39 Main St., Plymouth, NH. Phone: 6035362551. Show: 7:30pm,



ages: 13+. Mardi Gras Boogaloo 2020 featuring the Dirty Dozen Brass Band and Nathan and the Zydeco Cha Chas. Celebrate Mardi Gras in Plymouth, NH! In 1977,

The Dirty Dozen Social and Pleasure Club in New Orleans began showcasing a traditional Crescent City brass band. It was a joining of two proud, but antiquated, traditions at the time: social and pleasure clubs dated back over a century to a time when black southerners could rarely afford life insurance, and the clubs would provide proper funeral arrangements.

**FEBRUARY 21**

**Explore Together: Owling** - \$12 (FREE for Members) 928 White Oaks Rd., Laconia, NH. Phone: 6033665695.



6:00 - 8:00pm, \$12 (FREE for Members). Build a new connection with the natural world as you ask questions, explore, and make discoveries in our Explore Together series. These programs are designed for those interested in learning a new topic

and are intended to be engaging and accessible for all ages. "Too-too-too!" "Who-cooks-for-you?" "Ho-hoo-hoo-hoododo-hoooo-ho!" This evening, we will review calls of owls commonly found in New Hampshire and learn behaviors and preferences of these raptors. Lead by our educators, head out with your new knowledge to try to look and listen for signs of owls in the night.

**FEBRUARY 22**

**Maple Sugaring Intensive** - \$25 (\$15 for Members) 928 White Oaks Rd., Laconia, NH. Phone: 6033665695.



9:00am - 1:00pm, \$25 (\$15 for Members). Have you always been interested in making maple syrup but don't know where to start or lack the trees or time for your own

sugaring operation? In this more in depth program you will learn the basics - everything from tree ID to the correct consistency of the finished maple syrup - starting in the classroom and then outside as we prepare our sugarhouse and trees for the upcoming sugaring season. Take the opportunity to put your knowledge into practice as a volunteer during one or more of our public education programs in

March. On this day (or days!) you'll keep the fire going and monitor sap boiling, carry sap to the sugar house, and assist our educators with other aspects of the public program.

**FEBRUARY 23**

**Family Mini Golf at the Museum** - 6 Washington St., Dover, NH. Phone: 6037422002. Family Mini Golf at



the Museum, Noon-5pm. It's a day of family Mini Golf at the Museum! You heard right! We are setting up a mini golf course

throughout the entire museum and families are invited to try to putt through all 18 holes! \$20 for a family of 4 or more (includes 2 adults and their dependent children), and free for kids under the age of 2. Get your tickets online at [www.childrens-museum.org](http://www.childrens-museum.org) or purchase them at the door.

**NH Astronomical Society: Sky Watch** - FREE - 928 White Oaks Rd., Laconia, NH. Phone: 6033665695



7:00 - 9:00pm, FREE. Join the NH Astronomical Society in a "beginner-friendly," enjoyable, and educational experience

using a telescope to observe the night sky. Join us at 6:00 for a presentation that will precede the skywatch, and then head outside. Society members will set up their equipment and choose their celestial targets for you. All are welcome to this free community program!

**FEBRUARY 29**

**Foxwoods Bus Trip** - \$40.00 each. Southwood Drive Nashua, NH. Phone: 6033708192. NEIBL Chiefs Baseball



is hosting a fundraising bus trip to Foxwood Casino. The bus

will leave the Nashua Park & Ride at exit 8 at 6:30am promptly and leave Foxwoods Casino at 5pm on the dot! All remaining proceeds after bus fees will go to fund the NEIBL Chiefs baseball team which consists of senior players (15-19) who play baseball in the Nashua N.H area. Tickets are \$40 and include round trip transportation, a \$10 meal ticket and a \$15 slot play voucher! Any questions contact AmyLCoy@Yahoo.Com.



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