

# AgelessLiving

VOL. 1 • NO. 4 • March 2020

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## 4 common fitness myths debunked

Weight-loss tips, fad diets and more - these days, they're everywhere you look. And most of it is false information. In fact, the average American wrongly assumes a daily workout must be 95 minutes or more to be impactful, according to a new study conducted by Planet Fitness.

Americans express growing frustration with fad fitness, social media "fitspiration" and the many myths believed to be true about health and wellness. Here are some commonly-held misconceptions about fitness and the real truth behind them:

### 1) Myth: You have to put in a lot of time to get results

On average, Americans believe they need to work out for 95 minutes for it to even be beneficial. And those who don't currently belong to a gym think a single, solid workout requires two full hours of exercise to be effective. However, recent guidelines from the U.S. Department of Health and Human Services note that just 10 minutes of exercise will help raise your heart rate and maintain fitness levels.

### 2) Myth: Working out is like a five-day work week

Nearly half of Americans believe you need to work out more than five times a week in order for it to be effective - and that's just not true. Every single episode of physical activity can provide temporary improvements in cognitive function and levels of



anxiety. "You don't have to work out seven days a week, two hours a day, to get healthy," says Chris Rondeau, chief executive officer of Planet Fitness. "The truth is that fitness can be fun, affordable, non-intimidating and not all consuming. The key is to just get started and know that every minute truly matters, and over time, can have a significant positive impact."

### 3) Myth: Fitness needs to be a competition

Studies show that head-to-head challenges are demotivating to the majority of Americans who don't currently belong to a gym. In fact, 68 percent find leaderboards specifically demotivating. When it comes to individual health, all activity counts, not just your position on a scoreboard. Find physical activity that is

► **FITNESS MYTHS - continued on page 2**

## Franklin VNA - Wellness tidbits to keep us all a little healthier

### Surprising ways Franklin VNA & Hospice Wants You to Keep Your Heart Healthy

February was Heart Month, a time to raise awareness about heart and vascular health. We all know exercise and a good diet are keys to heart health, but what else is out there to help keep our tickers in top condition?

- **Think happy thoughts! Really.** A September 2019 study in JAMA Network Open found a 35% lower risk for heart disease in those who tended to think positively about the future!

- **Celebrate National Cherry Month.** Those sanguine sour spheres are packed with polyphenols and vitamin C, plus anti-oxidant and anti-inflammatory compounds. All that adds up to decreased blood pressure, decreased inflammation and oxidative stress and improved cholesterol ratios. Those triglyceride/HDL ratios are an indicator of heart disease risk.

- **Get your flu shot.** A 2018 study found the risk of heart attack was 6 times higher within a week of confirmed flu infection!

- **The Big O.** A studies found that women who had two orgasms a week were 30% less likely to develop heart disease, and men who had sex at least twice a week were 50% less likely to have a heart attack. Scientists think it's all thanks to the DHEA, or dehydroepiandrosterone, that gets released when the moment arrives.

- **Treat yourself to a cup of joe.** A 10-year study found that drinking



► **WELLNESS - continued on page 2**

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*Spring 2020 Kearsarge Area Senior Luncheons at the Wilmot Community Association Red Barn to commence on February 20th. Area seniors Dolly Fowler, Rick Tower and Kay Denish attended the last season's Kearsarge Area Senior Luncheon at the Wilmot Community Association's Red Barn, 64 Village Road in Wilmot. Reservations are required to reserve your delicious hot meal. Books, flowers and door prizes are given away and live piano music will be performed by Wilmot's own Eric Deluca. Three spring season luncheons are scheduled to begin at 11:30 am on the third Thursday of the month on February 20th, March 21st and April 16th. New attendees, please call the COA at 526 6368 to reserve a seat at least 10 days ahead.*

### ► FITNESS MYTHS - continued from page 1

motivating and fun for you.

#### **4) Myth: Social media helps spread the message of health and wellness**

Quite the opposite. Common "fitspo" phrases such as, "no pain, no gain" or "nothing tastes as good as skinny feels" are ineffective, according to most Americans. On the flip side, 65 percent say that inspirational messaging like "investing in yourself" and "a year from now, you'll be glad you started today," is motivating. "People can work out on their own terms and live healthy, happy lives, versus perpetuating certain myths that you should be 'living to work out,'" says Rondeau. "It's this mentality that has kept the majority of Americans from believing that they, too, can take that first step toward better health." (BPT)

### ► WELLNESS - continued from page 1

a cup of coffee may lower your risk of early death by 8%, and drinking six to seven cups lowers your risk by 16%! Another study found links between coffee and lower risk of heart failure, stroke and coronary artery disease, with a greater benefits the more cups consumed, up to six per day! They think the caffeine, antioxidant and anti-inflammatory properties found in your morning brew are the helpful factors. So go ahead, make a date to take a friend out for coffee and cherry pie, maybe a heart-healthy walk afterwards, and best of luck on checking off the rest of our suggestions above! Franklin VNA & Hospice is your choice for excellence in Homecare and Hospice. Choose local. Choose Excellence. Choose Franklin VNA & 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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# A challenge to older Americans: Take the flu seriously

Alice Vaught skipped her flu shot one season. That was the year she got the flu.

"I felt like I was dying. Within a couple hours I was unable to move. It came on so quickly, and I wasn't aware of how severe it was." Unfortunately, the flu often strikes quickly and without warning, potentially leading to severe and sometimes life-threatening health problems. It's an infectious disease that must be taken seriously - especially by those who are most vulnerable.

## Flu can take a terrible toll

Anyone can get the flu. However, some people have an increased risk of flu and flu-related complications, including young children, pregnant women, adults 50 years of age and older, and people living with chronic health conditions, such as lung or heart disease, diabetes and cancer. This comprises a significant number of people. In fact, 70 percent of adults ages 50 to 64 have at least one chronic illness according to the U.S. Centers for Disease Control and Prevention (CDC). Brian Pelletier had type 2 diabetes, a severe lung disease and other chronic health conditions when the flu landed him in the hospital at the age of 52.

## Flu can disrupt everyday life

The CDC estimates that the flu virus causes between 9 million and 49 million flu-related illnesses each year. It can worsen symptoms of respiratory disorders, such as asthma and chronic obstructive pulmonary disease (COPD). Vaught is one of many who have caught the flu while living with asthma. "Everything was worse when I got the flu, especially my asthma. I remember losing 7 or 8 pounds and could barely lift my head," she said. JoJo O'Neal, a radio personality and fitness advocate who lives with asthma, had to stop everything when she was struck with the flu twice in one season. She took several days off work, rescheduled important meetings and missed out on personal commitments.

## It's not too late to vaccinate

Vaccination is the best way to help protect



against the flu. Health officials recommend all people ages 6 months and older, with rare exception, get vaccinated each year. This is particularly important for adults 50 years of age and older. That's why the American Lung Association launched the MyShot campaign in collaboration with Sanofi Pasteur. The initiative empowers older adults to ask their healthcare

providers about which flu shot options may help offer a greater level of protection against the flu based on their age and chronic health conditions.

## It's not too late to get your shot.

Vaccination throughout the fall and winter - and even into the spring - can help protect against the flu while the virus is circulating.

Help protect yourself and loved ones

Getting your flu shot doesn't just help keep you healthy. It also helps protect others around you, including your friends, family, co-workers and people in your community.

If you or someone you love is 50 years of age or older, go to [GetMyShot.org](http://GetMyShot.org) to learn more and speak with your healthcare provider about flu shot options that may be right for you. (BPT)

## Taking time to reflect on the needs of the family caregiver

When taking care of an older adult it is not selfish to take care of yourself first so you are well enough to take care of them. If you or someone you know is feeling the pressure of being a family caregiver, here are some tips from Lakelyn Hogan, Home Instead Senior Care gerontologist and caregiver advocate, to help overcome the feelings that can get in the way of enjoying time spent with family.

### Identify and accept feelings of guilt.

Recognize that feelings of guilt are common - so common, in fact, that 85 percent of caregivers have reported such feelings have taken a toll on their mental health.

**Find support.** Go to supportive family and friends to talk about your emotions. There are also many types of professional support groups available. Discussing your emotions is not a sign of weakness; it's a sign of self-care and awareness. According to a 2015 study by the National Alliance for Caregiving and AARP, approximately 34.2 million Americans had provided unpaid care to an adult 50 or older in the last year, making it likely that someone else you know is going through the same

things you are.

**Be kind to yourself.** Remember that you are doing the best you can and be proud of that. For humans, guilt is a natural emotion that can make it harder to see the bigger picture. Like clouds on a rainy day, the feelings you are experiencing will pass.

**Create an action plan.** Take a moment to reflect on why you might be having feelings of guilt. Is caregiving preventing you from doing something you want to do or coming between you and something you value? Create a plan and set a realistic goal for yourself to accomplish these things and relieve yourself of some of your guilt.

**Make time for yourself.** While caregiving can be time-consuming, you should never lose sight of what makes you, you. Carve out time to take a long walk, meet with a friend for coffee, or cross off steps in your action plan. In the long run, having just 30 minutes a day to yourself will benefit your physical and mental health.

Remember, you are not in this alone. Contact [www.homeinstead.com](http://www.homeinstead.com). (NewsUSA)

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# Tips to stay warm and safe from carbon monoxide

As we crank up the heat or turn to alternative power sources, the risk for carbon monoxide (CO) poisoning significantly increases. Often dubbed "the silent killer," CO is an invisible and odorless gas that is impossible to detect without a CO alarm.

Recent surveys revealed more than 40% of American homes do not have CO alarms, and nearly two-thirds of homes do not comply with established CO alarm recommendations. According to the National Fire Protection Association, CO alarms should be installed on each level of the home, including the basement, and near every sleeping area.

Everyone is at risk for CO poisoning, so it's vital to be prepared and aware! As one of America's favorite TV first responders, actor Taylor Kinney knows the importance of practicing and maintaining proper home safety precautions, which is why he is partnering with First Alert to share important messages about home safety. "You never think your home will be the one to catch fire, but then it happened to me," said Kinney. "It's the same with carbon monoxide, which is why educating the public about CO is so important. The danger CO can cause in your own home is real, and the only



way people can protect themselves is with an alarm." Here are tips on how to avoid this preventable risk:

## Hidden threat

Carbon monoxide can be produced from any fuel-burning device, such as furnaces, boilers, stoves and even cars. It is important to have appliances inspected annually and never use a generator indoors or anywhere CO can collect. Also, be mindful of the garage. Never leave a car running in a garage, even if the door is open, as fumes can leak into the home.

## Know the symptoms

CO poisoning is notoriously difficult to diagnose. Because you can't see or smell carbon monoxide, you might not recognize

the symptoms of CO poisoning, as they can be confused with those of the common cold or flu, such as nausea, headaches, dizziness and weakness.

## Take action

Equipping your home with working CO alarms is the only way to detect this poisonous gas. For premium protection against both fire and CO, install combination alarms for 2-in-1 protection, such as the First Alert 10-Year Battery Smoke & Carbon Monoxide Alarm, which eliminates battery replacements for a decade. Once installed, maintenance is key. Remember to test your alarms regularly and replace alarms at least every 10 years. If CO symptoms appear, or if an alarm sounds, move to fresh air immediately and then call 911.

## Establish a family emergency plan

Knowing - and practicing - what to do in the event of an emergency is crucial. Develop a plan in case of a fire or CO incident. This includes designating an outside meeting place a safe distance from the home and, once safely outside, calling 911. If CO symptoms appear, or if an alarm sounds, get everyone outside to fresh air immediately. Once out, stay out until the home is cleared and safe to re-enter. (BPT)

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# Addressing the health needs of the whole person

(NewsUSA) - Social, economic and environmental factors play a key role in people's health - where they live, learn work, and play. These circumstances are shaped by the distribution of wealth, power and resources at global, national and local levels.

Identifying these so-called "social determinants of health" helps doctors determine the root causes of their patients' medical conditions and is critical to improving whole-person health. The Physicians Foundation found that nearly 90 percent of doctors have patients whose health is affected by these key factors.<sup>1</sup>

Below are some examples to illustrate how social factors can affect you and your health:

**Loneliness and social isolation.** More than a quarter of the U.S. population live alone. Loneliness and social isolation are associated with increased mortality and poor health outcomes. Identifying individuals at risk for these factors allows doctors to recommend prevention and care strategies to improve their patients' health.

**Food insecurity.** The U.S. Department of Agriculture defines food insecurity as a lack of



consistent access to enough food for a healthy life. According to Feeding America, food insecurity exists in every state in the United States. Seniors face challenges that put them at risk of food insecurity, such as being on a fixed income and having to choose between buying food or medicine, or struggling to obtain food without reliable transportation.

**Transportation Barriers.** A lack of transportation affects an individual's health and well-being - from accessing health care services and healthy food options to maintaining social connections. Lack

of transportation is the leading cause of patient no-shows for medical appointments, and missed appointments are associated with increased medical care costs and increased emergency room visits.<sup>2</sup>

But many Medicare Advantage plans, provided by private health insurers such as

Humana, offer their members health and wellness benefits, programs and services to help address social determinants, with rides to medical appointments, meal benefits, social interaction and screening for food insecurity.

Humana is working to address social determinants of health through its Bold Goal, by working with Humana care teams, physicians, nonprofit organizations, and business and government leaders to identify, screen and refer members to community resources and long-term support.

The Bold Goal is a population health strategy to help improve the health of the communities we serve by 20 percent by 2020 and beyond.

For more information, visit [populationhealth.humana.com](http://populationhealth.humana.com).

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## AARP Community Challenge Grant Program now accepting 2020 Applications

The program funds quick-action projects that help make communities better for all ages; Application Deadline is April 1, 2020

Concord, NH - AARP has opened applications for the 2020 AARP Community Challenge grant program to fund "quick-action" projects that spark change across the country. Now in its fourth year, the program is part of AARP's nationwide work on Livable Communities. Grants can range from several hundred dollars for small, short-term activities to several thousand, or tens of thousands for larger projects.

"We are thrilled to bring this grant opportunity back to New Hampshire in 2020 and we encourage all eligible organizations to apply," said AARP New Hampshire State Director Todd Fahey. "We've seen tangible results from the AARP Community Challenge grant program supporting communities in the Granite State as they make quick changes and inspire long-term progress."

The AARP Community Challenge is open to 501(c)(3), 501(c)(4) and 501(c)(6) nonprofits and government entities. Other types of organizations will be considered on a case-by-case basis. AARP will prioritize projects with permanent or temporary solutions that aim to achieve one or more of the following outcomes:

- Increase civic engagement with innovative and tangible projects.
- New in 2020, this category is intended to bring residents and local leaders together to

address challenges and facilitate a greater sense of community inclusion and diversity;

- Create vibrant public places that improve open spaces, parks and access to other amenities;

- Deliver a range of transportation and mobility options that increase connectivity, walkability, bikeability, wayfinding, access to transportation options and roadway improvements;

- Support the availability of a range of housing that increases accessible and affordable housing options.

- Demonstrate the tangible value of "Smart Cities" with programs that engage residents in accessing, understanding and using data, and participating in decision-making to increase quality of life for all.

### Concord Reg. VNA offers "Powerful Tools for Caregivers" online

Concord Regional VNA is offering a six-week "Powerful Tools for Caregivers" online educational program that helps caregivers learn to take care of themselves. The online program can be completed in the comfort of your own home on Wednesdays beginning March 4 from 10 to 11:30 a.m.

Caregiving can add stress to our physical and emotional health. "Powerful Tools for Caregivers" is an educational program to help family caregivers learn to take care of themselves. This interactive online workshop helps caregivers learn to:

- Reduce stress and improve your confidence

- Other innovative projects to improve the community. Since 2017, AARP has awarded 376 grants through the AARP Community Challenge to nonprofit organizations and government entities representing 50 states, D.C., Puerto Rico and the U.S. Virgin Islands. Visit [www.AARP.org/CommunityChallenge](http://www.AARP.org/CommunityChallenge) to see some of the 2019 winners in action.

The 2020 application deadline is 11:59 p.m. ET, April 1, 2020, and all projects must be completed by November 9, 2020. To submit an application or learn more, visit [www.AARP.org/CommunityChallenge](http://www.AARP.org/CommunityChallenge). AARP New Hampshire works in collaboration with communities across the state, bringing people together, and providing resources and expertise to help make New Hampshire's counties, towns and cities great places to live for people of all ages.

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This offering is in connection with a research study (the Telehealth Powerful Tools for Caregivers Effectiveness Study) to examine the effectiveness of delivering the "Powerful Tools for Caregivers" program online as compared to in person. Participation is voluntary and you may stop at any time.

There is no fee to attend this program and space is limited. Pre-registration is required. To register, call (603) 224-4093 or (800) 924-8620, ext. 5815 or visit [www.crvna.org](http://www.crvna.org).

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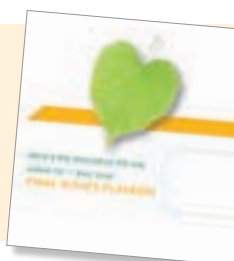
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# Smartphone upgrades don't have to cost a fortune

With the latest flagship smartphones like the iPhone 11 and Samsung Galaxy S10 carrying price tags near \$1,000, upgrading to a premium phone may seem out of reach to someone on a limited budget.

But it doesn't have to be. The pace of smartphone innovation has slowed from the breakneck speed of a few years back. In fact, the most recent tweaks to brand-new models have tended to be more about refining existing features than rolling out indispensable new technology.

What that means is that slightly older models - the flagships of two or even three years ago - can offer a great deal for users looking for an upgrade that won't break the bank.

Older versions priced to sell. Think of buying a smartphone the way you would buying a car. Dealers always put the latest models, with the biggest price tag, out front. But look around the lot and you'll find plenty of perfectly good choices from recent model years that have gone unsold - and that the dealer needs to move.

Smartphone manufacturers are no different than auto makers. Once they've released their latest flagship devices, usually in the fall, prices on previous flagships are slashed - some by hundreds of dollars - to clear out the backlog of inventory. These phones are in perfect condition, have near state-of-the-



art features, and manufacturers still support them with critical operating system upgrades. They're just not "the newest model" anymore.

Great features, great prices

Here are some recent examples. When Apple released the iPhone 11 series last September, the price of its 2017 flagship iPhone 8 fell to less than \$500 - and the iPhone 7 from just one year earlier dropped to nearly half that.

Both models still offer terrific performance, top-notch cameras, and all the perks of Apple's iOS ecosystem. Apple even supports these older models with as many as five or six operating system updates, meaning they will still be running with the latest performance and security upgrades for upwards of four years.

For Android users, the support window is slightly less, but there are still great deals

to be found. Samsung officially supports its releases for three years with monthly security updates, then a single year of quarterly updates. Currently, 2018's Samsung Galaxy S9, with features like an infinity-edge display, 12 MP camera, and wireless charging can be had for just over \$500 - several hundred dollars less than its marketplace successor, the Galaxy S10.

More ways to save

Those good deals can get even better depending on the cellular provider you choose. After all, if you're going to be upgrading your phone, why not shop for the best wireless bargain at the same time?

For example, Consumer Cellular earns consistently great reviews for its low prices and customer service. In addition, it offers a unique way to make phone upgrades even more affordable, with a program called EasyPay financing. On select devices, customers can make a small down payment - often as little as \$10 - then pay the remaining balance in installments added to their wireless bill. These monthly payments are as low as \$5, with 0% interest. The bottom line is, you don't have to spend a fortune to enjoy a premium smartphone. If you're willing to sacrifice just a few bells and whistles, you can save hundreds of dollars and still experience very nearly the best that the brilliant minds at Apple, Samsung, Google, and other modern manufacturers have to offer. (BPT)

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# Chapin Senior Center Programs

## MARCH 2020

**AARP Presents** "The best defense against being a victim of frauds and scams is education," Tuesday, March 3rd at 10:00am (Snow date March 31st at 10:00am). Presented by AARP trained "Fraud Fighter" Marc Boyd. Every day, millions of Americans lose their hard-earned money to identity theft, investment fraud and other types of scams. Last year alone, 12.6 million were victims of identity theft. AARP New Hampshire Fraud Fighters and the Chapin Senior Center are hosting a presentation to teach people the three Rs of fraud: recognize, resist and report. Marc will present and discuss an overview of local and national fraud trends, the Con Artist Playbook, prevention, available resources. Please call COA at 526-6368 to register.

**Savvy Social Security planning:** What Baby Boomers Need to Know to Maximize Retirement income. Tuesday, March 24th from 12:00pm – 1:00pm. Jon Bicknell, Certified Financial Planner, Cetera Advisors. Social Security is far more complicated than most people realize. The decisions baby boomers make now can have a tremendous impact on the total amount of benefits they stand to receive over their lifetime. To help baby boomers better understand the Social Security system, this workshop will cover 5 factors to consider when deciding when to apply for benefits. When it makes sense to delay benefits -- and when it does not. Why you should always check your earnings record for accuracy; How to estimate your benefits; How to coordinate benefits with your spouse; How to minimize taxes on Social Security benefits; How to coordinate Social Security with your other sources of retirement income. Seating is limited and reservations are recommended. Individuals may reserve

space by calling COA at 603-526-6368. Lunch will be served.

**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.

**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.

**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. You can exercise while seated or standing using small hand weights. 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'd love to chat, laugh, and get to know the folks who enjoy the same hobbies we enjoy. Please join us! This is a walk-in program.

**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.

**Blood Pressure Clinic:** Monday, March 2nd at 9:30am. This is a walk-in program.

**Parkinson's Support Group** -- Tuesday, March 3rd 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, March 6th & March 13th at 9:30am-1:00pm. \$25 Please call COA at 526-6368 to schedule an appointment.

**Morning Book Group** - Tuesday, March 10th at 9:30am The Atomic City Girls by Janet Beard. A novel inspired by the stories of everyday women who contributed to the Manhattan Project during World War II. This is a walk-in program. Please call COA at 526-6368 to obtain the book.

**Humanist, Agnostic, Atheist Discussion Group** -- Thursday, March 19th 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.

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\*\*\* The gift offer is good for first time respondents who provide a valid email address. Respondents will be sent an email to confirm the gift. All respondents in IL, IN, MI and RI who do not provide an email address are still eligible to receive the gift. The gift offer is not available in CA, MD, NJ or PA, but respondents may still request a quote. The gift is available only as a limited time offer. Please allow 4-7 weeks for delivery. Bikes not included.  
§ If you are age 50 or older, once you're insured through this Program for at least 60 days, you can be released from renewal as long as applicable premiums are paid when due. Also, you and other customary drivers of your vehicles must remain safe drivers, remain financially and morally capable of operating an automobile (not applicable in NJ), have no convictions for driving while intoxicated and must not have obtained your policy through material misrepresentation. Benefits currently not available in HI, IL, MI, NJ, NC and TX.  
§§ Considerable age.  
AARP and its affiliates are not insurers. Paid endorsement. The Hartford pays equity fees to AARP for the use of its intellectual property. These fees are used for the general purposes of AARP. AARP endorsement is required for Program eligibility in most states. The AARP Automobile Insurance Program from The Hartford is underwritten by Hartford Fire Insurance Company and its affiliates, One Hartford Plaza, Hartford, CT 06183. It is underwritten in CA by Hartford Underwriters Insurance Company in WA, by Hartford Casualty Insurance Company, in MN, by Sentinel Insurance Company, and in MA, MI and PA, by The Hartford Insurance Company. Specific features, coverages and discounts may vary and may not be available in all states in accordance with state laws and applicable law. Applicants are individually underwritten and some may not qualify. The program is currently available in Canada and U.S. Territories or possessions.  
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# Preserving your analog photos is easier than ever

When it comes to passing down family memories, there's nothing like the visual impact of a photograph.

Photo frames, custom ornaments and similar memorabilia make some of the most popular gifts. Family photos can remind us where we came from, preserve valuable information and bring up warm, fun and often comforting thoughts of times and people gone by. Sometimes, they just make us smile.

"Capturing a moment in time isn't just about securing a memory - it can help you appreciate your life more every day," advises Gretchen Rubin in *Good Housekeeping*. "Photos tilt your memories toward the good experiences you've had, simply because you're more likely to take photos of joyful times."

These days, Americans enjoy capturing photographic images more than ever; in fact, they took some 1.2 trillion digital photos in 2017 alone. While most of those are safely stored in digital files, we often aren't as efficient when it comes to preserving the analog photos and negatives taken before the advent of digital cameras and smartphones. For many, that can mean those irreplaceable memories are at risk of fading into obscurity as they're stored away in some damp basement or dusty attic.

Fortunately, preserving your old analog photos without professional assistance need not be difficult, especially with some of the user-friendly tools now on the



market. Consider these tips for making sure your personal history is saved for future generations.

Handle them with care. You may be used to carelessly flipping through your older photos, but the truth is the dirt and oil on your hands can easily accumulate and cause damage to old images. Experts recommend wearing non-scratching, microfiber or nitrile gloves as you sort and process them. Don't write on them at all (even the backs), and avoid grouping or attaching them with paper clips, rubber bands, tape, glue or other fasteners.

Store them protectively. Store loose analog photos and negatives separately from each other in acid-free boxes or in archival-quality photo albums (avoid albums with color pages and/or those labelled "magnetic" or "no stick"). Keep the boxes or albums in rooms that are stable, dry (with only 30% to 40% relative humidity) and clean. Minimal exposure to light,

radiators, vents and atmospheric pollutants is ideal, and color photos and film negatives are best stored at temps of 40 degrees F or below.

Convert analog to digital. Of course, the safest way of keeping your photos safe is to make them digital, so they can be safely stored in the cloud. For example, Kodak lists several scanners on Amazon that can help you make that switch efficiently and effectively, including the self-contained Kodak Scanza, which can almost instantly process shots taken on analog film (in sizes of 35mm, 126, 110, Super 8 and 8mm) and convert them to a digital JPG format without need of a flatbed scanner, processing lab or even a computer.

Make sure your new images last a lifetime. Photo printer docks allow you to print out special shots to place in a handmade or other decorative frame or give as gifts. When you wish to go from digital to analog, simply connect your smartphone, iPad, digital camera or USB Memory Stick to the Kodak Printer Dock to edit and print colorful, detailed 4x6 photos. The photos won't bleed or fade - and they will be waterproof - because photos printed from the Dock feature a special laminated protection layer.

Your analog photos are irreplaceable and well worth keeping safe, for your enjoyment and the enjoyment of future generations. Consider investing in the materials and tools that can make the preservation process easy and efficient for all. (BPT)

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

# EVENTS

## FEBRUARY 29 - 2020

**Snow Train** - Adults \$26 Children \$17.50. 38



Norcross Circle, www.conwayscenic.com North Conway, NH 03860 Phone: 6033565251. A 90 minute round trip train ride from North

Conway to Attitash; layover options available; room for skis/snow equipment.

## MARCH 2 - 2020

**Gibson's Book Club discusses Semicolon** - Free. 45 South Main St., Concord, NH 03301. Phone: 6032240562 Gibson's Book Club discusses Semicolon: The Past, Present, and Future of a Misunderstood Mark, by Cecelia Watson. Our book club is free and open to the public, newcomers are encouraged! Join us for every month, or deal yourself in as the spirit moves you.

## MARCH 3 - 2020

**The Learning Garden:** Starting Seeds [ADULTS] - \$12



(FREE for Members) - 928 White Oaks Rd., Laconia, NH 03246. Phone: 6033665695. Tuesday, March 3, 2020; 6:00 - 7:30pm \$12 (FREE

for Members). The Learning Garden at Prescott Farm is a space to explore organic gardening practices, ask questions, and even make mistakes. Gardeners with all levels of experience (including none at all) are welcome to learn together during our gardening series.

## MARCH 4 - 2020

**Spring Feather Wool Tree Class** - \$90.00 tuition



- 279 Daniel Webster Highway, Meredith, NH 03253 Phone: 6032797920. Spend a few creative hours with us at The League of NH Craftsmen - Meredith Fine Craft Gallery on Wednesday,

March 4th, 2020, from 10:00 AM to 4:00 PM to create beautiful feather wool trees for your home in this Spring Feather Wool Tree Class with instructor, Jean Reed. To register for this workshop, please call the League of NH Craftsmen - Fine Craft Gallery at (603) 279-7920

## MARCH 6 - 2020

**GoNorth Snofest** - Admission is free, \$10 to demo snowmobiles. 1166 Diamond Pond Road, Stewartstown, NH 03597. Phone: 6032378939. GoNorth Snofest is a new & exciting version of Snodeo. Bringing together the traditional Snowmobile Demo rides, featuring the newest sleds in the market with the best winter activities in the North country. Snowshoeing, E-Bikes, Ice Skating, Tubing, demos, a wine and beer tasting room, and more.

**Tap Into Maple** - \$10 (FREE for Members). 928



White Oaks Rd., Laconia, NH 03246. Phone: 6033665695. Saturdays in March (7, 14, 21, 28) Programs at: 10:00, 11:00, 12:00, 1:00 & 2:00 \$10 (FREE

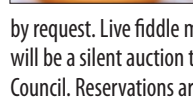
for Members) Experience an old-fashioned New England tradition - making maple syrup! From tapping a tree to tasting maple syrup, you will participate in every step of the process.

## MARCH 8 - 2020

**Maple Madness Dinner with live fiddle music** -

\$27.95 per adult; \$14.50 (age 2-15) plus tax & tip. 460 Monadnock Street, Troy, NH 03465. Phone: 603242-6495

Enjoy a five-course maple-inspired dinner starting with hors d'oeuvres at 5:00 and dinner at 6:00. Entrees include Maple Walnut Chicken, Corned Beef with a Mustard Maple Glaze, and a vegetarian option



by request. Live fiddle music will be played and there will be a silent auction to benefit the Monadnock Travel Council. Reservations are required. This is a BYOB event.

## MARCH 9 - 2020

**Moonlit Snowshoe** - \$15 (FREE for Members). 928

White Oaks Rd., Gilford, NH 03246. Phone: 6033665695 Monday, March 9, 2020; 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.

## MARCH 12 - 2020

**Blood, Sweat & Tears**

- Tickets Start at \$64 - The Flying Monkey, 39 Main Street., Plymouth, NH 03264. Phone: 6035362551. DOORS: 6:00PM SHOW: 7:30 AGES: 13+ No one can argue BS&T invented a new

style of music. Blood, Sweat & Tears is not the first band to ever use a horn section, but they are the first to fuse it with rock, jazz, and some blues thrown in for good measure.

## MARCH 13 - 2020

**King Pine: Vertical Challenge and Cynthia's Challenge** - \$0. 1251 Eaton Rd., Madison, NH 03849



Phone: 6038753100. The Vertical Challenge will hold ski and snowboard races in a fun festival atmosphere at King Pine Ski Area on Friday and

Saturday, March 13-14. In addition, the weekend will feature the Cynthia's Challenge 24-Hour Ski-A-Thon to raise money for to support children and their families faced with staggering expenses associated with special medical needs.

**2020 CHaD Battle of the Badges Hockey Championship** - \$10, Kids 5 and under are free -

SNHU Arena 555 Elm St., Manchester, NH 03101 Phone: 6291236. CHaD Hockey is moving to Friday night! On Friday, March 13, police officers and firefighters from across the region will face off in the annual CHaD Battle of the Badges Hockey Championship, presented by AutoFair. This rivalry pits community heroes against each other in a fun, highly-competitive affair to raise money for the Children's Hospital at Dartmouth-Hitchcock (CHaD). Tickets are just \$10, and kids 5 and under get in free on game day. Fans can purchase tickets, sponsor a player in their community, or make a donation to the game by visiting www.CHaDHockey.org. Want to get involved in the game? Volunteer opportunities are also available on the website. Ticket Link: http://www.chadhockey.org/ Cost: \$10, Kids 5 and under are free

## MARCH 14 - 2020

**WOW: Here Today - Gone Tomorrow?** NH Fish



& Game. \$6 (FREE for Members) 928 White Oaks Rd., Laconia, NH 03246. Phone: 6033665695. NH Fish & Game, Saturday, March 14; 1:00 - 2:30pm

\$6 (FREE for Members) The Wonders of Wildlife (WOW) Program is a series of active educational programs from highly trained NH Fish and Game volunteer docents that are designed to increase understanding and knowledge of New Hampshire's wildlife resources. This program provides a look at endangered animals in New Hampshire.

## MARCH 19 - 2020

**Anchored in Him: Finding Refuge in Your Storm**

- Free. 45 South Main St., Concord, NH 03301. Phone: 6032240562. Tami Bemis Cole visits Gibson's to share Anchored in Him: Finding Refuge in Your Storm, a Bible study guidebook consisting of twelve chapters reflecting on aspects of God's provision and love that create "anchors" for us to hold onto when the storms of life batter us relentlessly.

**At the Table - Spring Equinox** - 125.00

88 Philbrick Neighborhood Rd., Tamworth, NH 03886.

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Table Dinner" will be celebrating Spring Equinox with a dazzling celebration of seasonal local cuisine perfectly paired with a variety of wines. Seats are limited to 12 guests so be sure to reserve your spot. \*please inquire about lodging rates/lodging not required to attend.

### MARCH 20 - 2020

**Electric Earth Concerts presents "Love Songs from Around the World"**, with Merima Ključo and Jelena Milušić. \$30. Students may attend for free. 14 Laban Ainsworth Way, Jaffrey, NH 03452. Phone: 6034996216. Electric Earth Concerts presents composer and accordionist Merima Ključo and singer Jelena Milušić, on Friday, March 20 at 7:30 p.m. at the First Church in Jaffrey Center, New Hampshire. The Bosnian-born duo performs Lume, their project of love songs from around the world and Ključo's compositions based on Sephardic, Croatian, Romanian, and Kosovan melodies.

### MARCH 21 - 2020

**JUDY COLLINS** - Tickets Start at \$49. The Flying Monkey, 39 Main St., Plymouth, NH 03264. Phone: 6035362551  
DOORS: 6:00PM SHOW: 7:30  
AGES: 13+ Judy Collins has long inspired audiences with sublime vocals, boldly vulnerable songwriting, personal life triumphs, and a firm commitment to social activism. In the 1960s, she evoked both the idealism and steely determination of a generation united against social and environmental injustices. Five decades later, her luminescent presence shines brightly as new generations bask in the glow of her iconic 55-album body of work, and heed inspiration from her spiritual discipline to thrive in the music industry for half a century.

**Canterbury Maple Festival** - Free (Fee for pancake breakfast). 288 Shaker Rd., Canterbury, NH 03224  
Phone: 6037839511.  
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products and experience a variety of programs, food, and demonstrations around Canterbury! Visit sugar houses to taste local syrup and learn about the maple sugaring process, and visit Canterbury Shaker Village for a pancake breakfast and historic exhibits.

### MARCH 27 - 2020

**New Hampshire Old House & Barn Expo** - \$12 for adults; \$7 for seniors and students. Children 12 and under free. 700 Elm Street (Doubletree by Hilton Manchester Downtown).  
Manchester, NH 03101. Phone: 6032242281. Have fun and learn from the experts at this unusual expo that helps old house and barn owners and enthusiasts with appropriate and affordable solutions. Create your own show "itinerary" and explore preservation strategies, architecture, craft and history through hourly lectures, visits with high quality exhibitors, demonstrations and "Old House and Barn Doctor" sessions.



**Rug Hooking Workshop Weekend** - \$375.00. 118 Glen Rd., Pittsburg, NH 03592. Phone: 6035389995. If you've always wanted to learn this art form or are just looking for some great instruction on your current project, this is the perfect weekend for you! Sue Longchamps is an accomplished rug hooker with years of knowledge and will be here to help every step of the way! Private rooms or share a cabin with friends! Pricing includes instruction with all materials (pattern, wool, hook) to finish project, as well as 2 nights lodging, homestyle dinner and lunch as well as continental breakfast. Space is limited! Get your spot now!

**MARCH 28 - 2020**  
**Lakes Region Spring Craft Fair** - Free. Belknap Mall - 96 Daniel Webster Hwy. Belmont, NH 03220. Phone: 6035284014. Don't miss this Swing Into Spring - Lakes Region Craft Fair! Some of the exhibits will include Moose Man photography, spring floral decor, feather art, tole painting, American Girl doll clothing, jewelry, metal art, quilts, shawls/totes, fabric creations, art, baby accessories, scarves/hats, pet products, essential oils, hand-poured soaps, and lots more! See you there!



### New England Colonial Trade and Craft Fair

- \$5.00. 35 Corporate Dr., Portsmouth, NH 03801. Phone: 6035280675. New England Colonial Trade and Craft Fair 17th, 18th and Early 19th Century Historical Reproductions-Artisans and Traders Gunsmiths, Blacksmiths, Coppersmith, Woodworkers, Potters, Shoemaker, Leatherworkers, Clothing, Knifemakers, Printer, Tinsmith, Author. . . Etc MARCH 28TH AND 29TH, 2019 SAT 9AM-5PM & SUN 9AM-2PM  
\$5.00 Admission- Daily Door prize To be held at same place under new name CISCO BREWERS FORMALLY REDHOOK BREWERY 1 REDHOOK WAY, PORTSMOUTH, NH 03801 MORE INFORMATION CONTACT JEFF WARDWELL 603-528-0675 jsat@myfairpoint.net www.ellisriverknifeworks.com

**Farm to Table Cooking:** Maple Syrup at Every Meal \$25 (\$10 for Members). 928 White Oaks Rd., Laconia, NH 03246. Phone: 6033665695. Saturday, March 28, 2020; 2:00pm - 3:30pm \$25 (\$10 for Members) Celebrate the local harvest with cooking workshops focused on seasonally available produce. The taste of fresh-picked ingredients will be highlighted as you have the exclusive opportunity to prepare and preserve recipes in our historic farmhouse. Sap is flowing, the evaporator is running, and a new batch of maple syrup is ready. This sweet treat is for more than just pancakes! Get inspired and learn how to add this New Hampshire staple to a variety of recipes.

**Snowshoe Ridge Tour** - \$36. 719 Cherry Valley Rd. Gilford, NH 03249. Phone: 6032934341. Strap into your snowshoes, board the Tiger Lift with your guide and group and ride to the top, then enjoy a



leisurely trek across the mountain ridge and back down to the base area. Great for couples, groups of friends, and anyone interested in checking out Gunstock from a different point of view. Elite guides lead your traverse, and are with the group throughout the excursion. Snowshoes and headlamps are included. Dress in layers, water bottles are encouraged. Children are welcome. To see if this tour is right for your child, give the Outdoor Center a call to learn more at 603.293.4341 ext 504. Park in the main lot. Meet your guide just outside the Welcome Center 20 minutes prior to tour departure time.



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