

Senior Lifestyles

YOUR GUIDE FOR ACTIVE NH SENIORS

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FREE



Finding unity under the American flag during COVID-19

Some moments are etched in our national memory – and the American flag stands at the center of them.

Six U.S. Marines raising the flag over Iwo Jima during World War II. Buzz Aldrin saluting the flag on the moon's surface in 1969. Three New York firefighters hoisting the flag above the rubble of the World Trade Center after 9/11. The American flag is an icon that unites us all.

Every year, on June 14, Americans have the opportunity to honor this national symbol. Flag Day, which commemorates the day the U.S. flag was first adopted, June 14, 1777, serves as a timeless reminder of the



nation's shared freedom and solidarity, and all those who protect us. This year, like many times in history, the Stars and Stripes are proving their strength in fighting a new and invisible enemy – COVID-19.

As the pandemic has threatened the lives of America's most vulnerable populations, the flag has been a vital part of the nation's response – appearing in the windows of people's homes, marking miles of neighborhood and city streets, adorning the storefronts of businesses everywhere. One story tells of a man who began carrying it on his runs as a means to honor frontline workers and inspire those who saw him.

Across these examples, the sight of the flag brings the service and sacrifice of military service members into clear view. All those who work, fight and give of themselves tirelessly to the safety and security of this nation and every citizen. The flag's use as a sign of unity during this challenging time is the ultimate expression of this country's freedoms.

"When our troops are deployed, the image that unites them in their mission is our flag standing tall and waving free," says American Legion Auxiliary National Americanism Committee Chair Denise Conrad. "Our flag stands for justice, freedom and democracy – the

cornerstones of Americanism and patriotism."

The American Legion Auxiliary (ALA) seeks to advocate for veterans and their families and on military issues, and to provide opportunities for Americans to demonstrate their love of country and patriotism. This Flag Day, as you proudly display your American flag and show your appreciation for all it represents, remember these simple U.S. Flag Code rules:

- When hoisting or lowering the flag, salute or place a hand over your heart.
- The flag should not be displayed on rainy days unless it is an all-purpose flag.
- When lowered, the flag should never touch anything beneath it.
- When a flag is tattered or torn, it has served its useful purpose and "should be destroyed, preferably by burning."

Many American Legion posts conduct disposal of unserviceable flag ceremonies on June 14, Flag Day. Such ceremonies are particularly dignified and solemn occasions for the retirement of unserviceable flags.

The American flag is a symbol of solidarity and comfort – particularly for those who have risked their lives defending their country. No matter the nature of the challenges faced – from unseen threats to visible dangers – the flag stands in tribute to all those who are on the frontlines protecting freedoms and to the spirit and the resilience of the American people.

For more information on how you can volunteer, join or donate to the American Legion Auxiliary, visit www.ALForVeterans.org. (BPT)

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Expressing sympathy during this new normal

Experiencing the loss of a loved one is always difficult. In today's environment of "social distancing", we are even more challenged in finding ways to reach out and connect to those who need comfort at a time of loss.

While many of us may be adapting to new everyday routines, the etiquette of expressing sympathy by and large has not changed. Here are a few helpful tips from 1-800-Flowers.com:

- 1. Even if you don't know the person well, saying, "I'm sorry for your loss" is always appropriate and meaningful. It's acknowledging what has happened in an honest and direct way. And lets the person know they have permission to experience any uncomfortable emotions. Read more tips on how to comfort someone who is grieving here.

- 2. If they haven't said anything on Facebook, neither should you. But if they have posted about it, it is appropriate to comment. Read more about the do's and don'ts on expressing condolences on social media here.

- 3. Due to recent regulations on large gatherings in many states due to COVID-19, many funeral services are being postponed or livestreamed over the internet making it an extraordinarily stressful time for the immediate family. If you aren't able to express your condolences in person at this time, deliveries of a gourmet food basket, houseplant or sympathy flowers to their home are appropriate ways to let them know you are thinking of them. Find these sympathy gifts and more for home delivery here.

- 4. And remember to support those who have experienced the loss



of a loved one in recent months, and may be feeling a bit more aware right now; be it due to social distancing or an upcoming important date or anniversary. Rebecca Soffer, co-founder of Modern Loss provides some additional thoughts here. You can also explore complimentary sentiment ecards for Thinking of you and

Sympathy to let them know you are thinking about them.

For additional resources on sympathy and remembrance, click here. If you are in need of expressing your condolences and not sure what to send, 1-800-Flowers.com sympathy specialists can help by calling 1-866-538-2259. (BPT)

Mountain Yoga and Wellness Weekend

Close your eyes and focus on breathing, now imagine yourself on a mountain top or alongside a babbling brook. Now, stop imagining, you can actually join Effortless Adventure and our friends from Live A Little Fitness on a weekend yoga retreat in The White Mountains of New Hampshire. Yoga instruction will be provided in the mornings and evenings while the day will be spent soaking up the beauty of the area on memorable hikes throughout The White Mountain Region. Camping, gear, breakfast and dinner on Saturday, breakfast on Sunday and more is all included on this adventure.

\$350. 715 Tenney Mountain



Highway, Unit B, Plymouth, NH. Phone: 603-726-1702.

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In the fight against COVID-19, we all have a part to play

Workplaces are putting extra measures in place to keep people protected. Tyson Foods, for example, is providing facial coverings for all workers, conducting symptom screening (including temperature) daily and facilitating social distancing with physical barriers between workspaces. But have you ever thought about the role you play in keeping essential workers safe?

Tom Brower, senior vice president of health and safety at Tyson Foods, says, "Combining protective measures is the most effective way to keep our team members safe." We all factor into that equation. Here are a few ways to protect yourself, your loved ones and the essential workers you might encounter.

Choose actions that protect others.

Keeping a safe distance from others takes many forms. If you do decide to go out in public: Keep those trips to a minimum, make sure you stay at least six feet away from others, avoid large gatherings (10 or less is best), and of course, wear a mask. Let's be clear: Masks don't keep you safe, but they might keep the person next to you safe.

Wash those hands as often as possible.

Did you know, if you're like most people, that you touch your face 23 times ... an hour? While COVID-19 is believed to spread through respiratory droplets from coughing, sneezing or even breathing, it could also be transmitted through shared surfaces. Washing your hands for at least 20 seconds helps ensure you don't transfer the virus from a shopping cart to your face or vice versa. And don't forget




hand sanitizer.

When in doubt, stay home.

If you feel like you may be sick, or getting sick, just stay home. This reduces the potential spread of any illness you may knowingly, or unknowingly, be carrying. Even if you don't feel sick, it's a good general rule to stay home unless you really need to venture out for work or basic items. Essential workers in your area are depending on the safe habits of people like you. The next time you enjoy a meal, receive medical care or turn on your lights, think about the hardworking people who made that happen - and what you can do to keep them healthy. (BPT)



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EVENTS

JUNE 27

Guided Evening Lantern Tour at Lost River Gorge - \$35.00 per person. 1712 Lost River Road North Woodstock, NH. Phone: 6037458031. Explore Lost

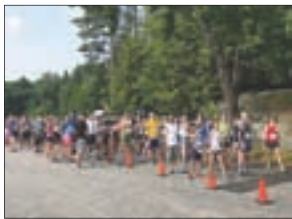


River Gorge and Boulder Caves at night by the light of lanterns and headlamps. Experience the same thrill and wonder

of those who discovered the gorge in 1852. The mystery of the boulder caves and the astonishing rock formations become even more dramatic under the flicker of lantern light. Lantern Tours are held on Wednesdays and weekends throughout the summer. These guided evening tours begin at dusk, take about 1.5 hours, and are followed by a special treat - s'mores around the campfire. All reservations must be made in advance by calling 603-745-8031; space is limited. Not recommended for children under 5 years old. Please visit our Lantern Tour page for more information.

JUNE 28

Running of the Bears 5K - \$30
110 Daniel Webster Highway, Lincoln, NH. Phone: 6037458913.



Clark's Bears in Lincoln, NH is teaming up with the Linwood Ambulance Service for the 3rd Annual Running

of the Bears 5K on Sunday, June 28, 2020 at 8am. Pre-registration includes a complimentary ticket to Clark's Bears (that can be used any time this year or next) and a 2020 Running of the Bears 5K T-shirt. This 5K, perfect for the whole family, is BYOB (Bring your own BEAR).

Each participant must run/walk with a teddy bear. There will be fun prizes for biggest bear, best bear costume, youngest and oldest participants, but the most coveted are the top awards. The fastest three male and female runners are given trophies. Awards are also given to the fastest in each age group. Millennium Running will be at the ready with chipped bibs and computer equipment to accurately keep time. As you can tell this is the perfect 5K for the competitive runner. Walkers also enjoy the 5K. Last year times varied from about 17 minutes to just under an hour. All are welcome. Well... unless you have an unusual fear of Wolfman. The infamous legend himself will be there for the shotgun start. This unique road race will benefit the communities Emergency Medical Services.

JULY 10

Mapping the Ice Age Geology of the White Mountains, New Hampshire - Free. 34 Highland Street, Plymouth, NH. Phone: 6035353210. Woody



Thompson will draw upon his 30 years of field work in the White Mountains to explain how geologic mapping has been used to unravel the Ice Age geology of northern New Hampshire. He will discuss the use of topographic maps,

aerial photographs, and recent laser imaging of the Earth's surface (LiDAR) to better understand the regional geology. The evidence of late-glacial climate changes in the White Mountains will be related to actual features that can be seen on the land surface. Presented as part of the Museum's summer exhibition: Wayfinding: Maps of the White Mountains. The Summer 2020 Speaker Series was made possible with support from New Hampshire Humanities, in partnership with the National Endowment for the Humanities. Learn more at www.nhhumanities.org Please visit our website for up to date information in the event that this program is cancelled or rescheduled: www.plymouth.edu/mwm

JULY 11

Artist Weekend and Wet Paint Sale



Members: free, nonmembers: included with regular admission fee. 456 Rt. 103A, Newbury, NH. Phone: 6034634789.

Discover the natural beauty and gardens of The Falls through the eyes of prominent New England artists as they create en plein air. Visitors are invited to observe artists interpret the landscape, watch as their paintings come to life, and discuss their individual techniques and learn what inspires them.

JULY 20

"Everyone Can Draw" 3-Day Workshop - \$150.00 - 132 Route 16 / White Mountain Hwy. Tamworth,



NH Phone: 6033238041. A three day immersion workshop, drawing in plein air and in studio, addressing line,

form, texture, composition, perspective and the human form. Learn to draw cityscapes populated with figures moving through, landscapes with buildings nestled in, and simple still life studies that sing. Students meet at ArtWorks to draw inside or around scenic Chocorua area. Details and minimal supply list upon registering. (4-8 students) Instructor JP Goodwin, www.house-portraits.com PLEASE NOTE: The safety of our students and staff remains a top priority and we will practice the recommended safety guidelines. Please preregister to secure your place. If a class is cancelled or rescheduled, we will refund your deposit in full.

JULY 21

Movies on the Green - Free. 2 Common Court, North Conway, NH. Phone: 6033567031. This four-week movie series is sure to bring the family together for an evening of yard games, face painting, and weekly special guests, topped off with a family-friendly movie at dusk. Activities begin at 6 p.m. "on the green" near Timberland. Tuesdays this summer: July 21 & 28 and August 4 & 11.

Now is a good time to prepare for the future!

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