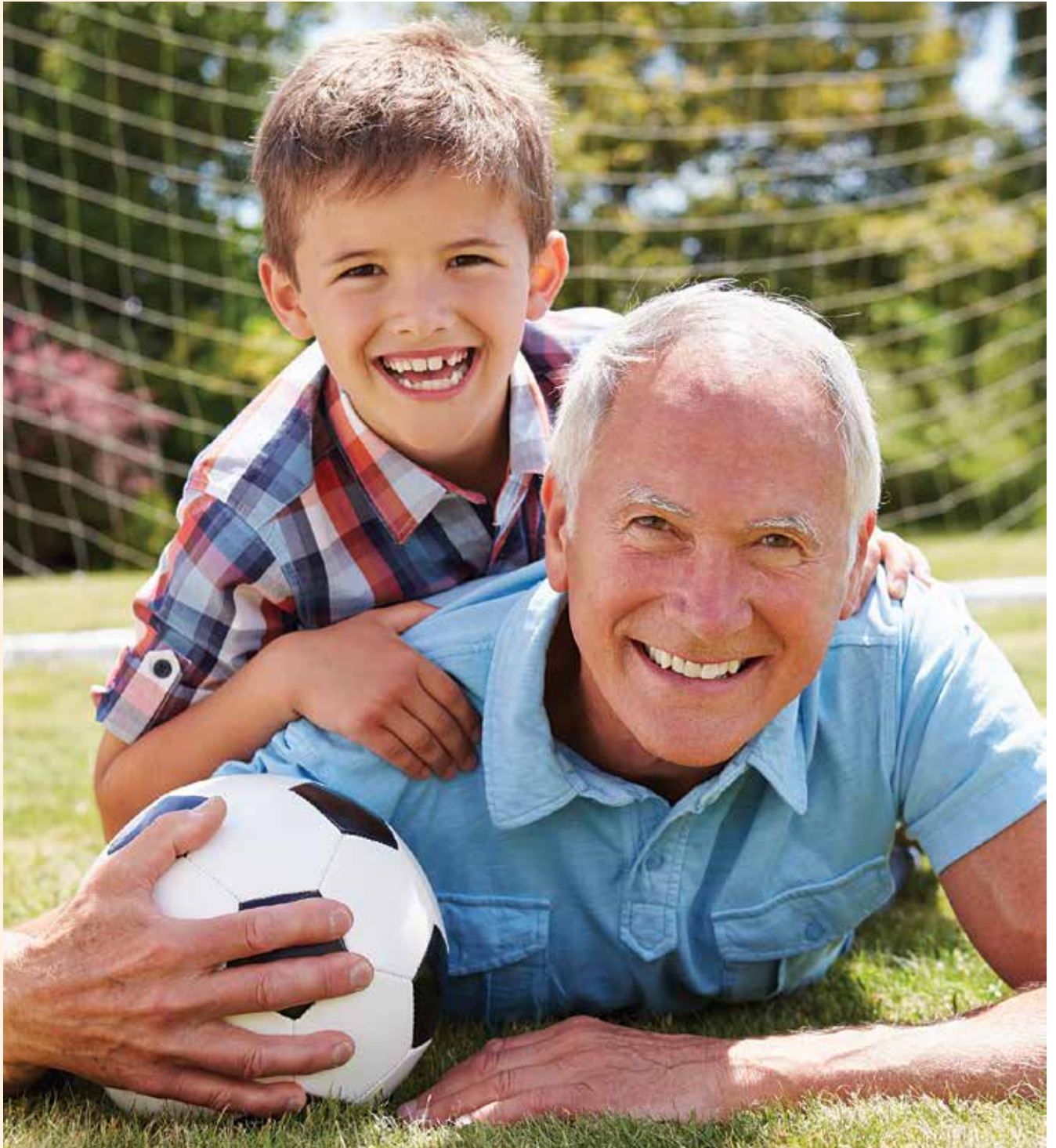


Senior Lifestyles

A guide for active New Hampshire Seniors Sept. 2020 • 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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Tom & Tom's Men's Discussion Group - Mondays at 9:00am via Zoom. We want to hear your stories and we'll share a few of our own. Please call COA at 526-6368 to join.

French Discussion Group - First and Third Mondays at 4:15pm via Zoom. Join this casual, friendly group to practice your language skills and have fun. Participants at all skill levels are welcome! Please call COA at 526-6368 to join.

VNA Foot Care Clinic at COA - Second and Third Mondays at 9:30am-2:00pm. \$25 Please call COA at 526-6368 to schedule an appointment.

Chair Exercises - Mondays, Wednesdays and Thursdays at 10:30am. This low impact exercise program is perfect for those looking for an easy, effective exercise routine.

Bingo! - Mondays at 1:00pm. Ten games for \$5. Ten bingo sheets with 6 cards on each sheet. Participants must be 55 years old and older. Please call COA to register. Limit of 10 participants.

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 and to be placed on the email contact list for schedule information. Please see our weekly schedule at www.coachapincenter.org.

Memoir Writing Group - Tuesdays at 10:00am via Zoom Please call COA at 526-6368 to join.

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. Please call COA to register. Limit of 10 participants.

Slower Spokes Bike Group - Wednesday morning departures. We welcome new members who want a relaxing, but challenging weekly ride, using either pedal or electric bikes. Please call COA at 526-6368 to register prior to your first activity and to be placed on the email contact list for schedule information.

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 call COA to register. Limit of 10 participants.

Bike Group - Thursday morning departures. The COA Bikers trek forth every Thursday morning from Spring through Fall for a 25-mile (more or less) bike ride from various locations in New Hampshire and occasionally, Vermont.

Please call COA at 526-6368 to register prior to your first activity and to be placed on the email contact list for schedule information.

Women's Discussion

Group - First and Second Thursdays at 1:00pm. Get to know your neighbors over a casual cup of coffee. Join friends, new and old, to visit, chat and share! Please call COA to register. Limit of 10 participants.

Humanist, Agnostic, Atheist Discussion Group - Third Thursday (Sept. 17) 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. Bring your thoughts, your questions, and an open mind, and join our lively, respectful monthly discussions. Please call COA to register. Limit of 10 participants.

Caregiver Support and Discussion Group - Fourth Thursday (Sept. 24) 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. Please call COA to register.

Computer Tutoring with Nick Oursouff. Nick will be available for ½ hour on-line tutoring sessions. Nick has an extensive background in computers from teaching to programming. Please call COA at 526-6368 for registration information.

■ VIRTUAL PROGRAMS

We've added some exciting on-line learning opportunities through our new partnership with Senior Learning Network. These LIVE programs will take you all around the country to museums and landmarks right from the comfort of your own home! Just call COA at 526-6368 to register for the programs and to receive the Zoom connection information.

Tuesday, September 1 at 2:00pm
"For You the War is Over." National Museum of the Mighty Eighth Air Force. These were often the first words a downed airman heard when captured. Live from the National Museum of the Mighty Eighth Air Force, join us to learn more about the 8th Air Force POW experience.

Tuesday, September 8 at 2:00pm
Sutter's Fort Historic State Park. Who was John Sutter? Why did he come to California? Learn this and more about the construction of Sutter's Fort, the key events the Fort is tied to (overland migration by wagon, the rescue of the Donner Party, the Bear Flag Revolt, the Mexican-American War), the discovery of gold at Sutter's Mill, and the destruction of Sutter's Fort during the Gold Rush.

Thursday, September 10 at 2:00pm

"The Outrageous Times of Molly Brown." From the Home of the "Unsinkable Margaret" Molly Brown." Trace Margaret "Molly" Brown's life from her early childhood in Hannibal, Missouri, to Leadville, Colorado, where she met and married J.J., and finally to her days of glory in Denver and New York. This program promises to be fun and entertaining, coming from the Molly Brown House and Museum in Denver, CO.

Tuesday, September 15 at 2:00pm

Dolphins- Live from the Lagoon! Join us lagoon-side at the Dolphin Research Center for an exciting and interactive session all about dolphins! One of our trainers will be chatting with you while conducting a training session with a member of our dolphin family. You will be inspired by these magnificent marine mammals during this presentation. Participants will be able to chat questions to the trainer during and after the session with the dolphin. We hope to "sea" you soon!

Tuesday, September 22 at 2:00pm

"Writing a Memory" - Toy and Miniature Museum. The National Museum of Toys and Miniatures educates, inspires, and delights adults and children through the museum's collection and preservation of toys and miniatures. The museum, located in Kansas City, Missouri, contains the world's largest collection of fine-scale miniatures and one of the nation's largest antique toy collections on public display. Toys can hold some of our most cherished memories. Join Kelly Burns, Museum Educator at The National Museum of Toys and Miniatures, as she shares the story of the Nettie Wells dollhouse and the special memories held by its items.

Thursday, September 24 at 2:00pm

Poetry 101. Longfellow House-Washington's Headquarters National Historic Site. Longfellow House-Washington's Headquarters National Historic Site preserves the home of Henry W. Longfellow, one of the world's foremost 19th century poets. The house also served as headquarters for General George Washington during the Siege of Boston, July 1775 - April 1776. Join Ranger Kate Potter for an exploration of one of Henry Wadsworth Longfellow's sonnets! In this 45-minute program, she will demonstrate the process of closely reading a piece of literature to understand it more deeply. You will hear one of Longfellow's lesser-known poems, and gain the skills needed to explore poetry.

Tues., September 29 at 2:00pm

The Salamander State. Did you know that North Carolina has more species of salamander than any other state? Join Megan Davis, Teacher Education Specialist at NCMNS, as we learn all about our slimy, secretive neighbors. We'll discuss their fascinating life cycles, where they live, their neat adaptations, and some of the most common species you might find near you.



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Peabody Home's Director of Nursing retires after 22 years of service

After twenty-two years of service to the elderly at Peabody Home in Franklin, and specifically those coping with the ravages of aging, Cheryl Barnes RN is hanging up her stethoscope and heading into retirement. In 1998 she was hired as the Director of Nursing Services and has become a leading expert in field of managing seniors suffering from the diseases that are broadly grouped as dementia but more importantly supporting them and their extended families through that process. It wasn't just mainstream medical care though, Cheryl sought out educational opportunities in complementary medicine centered around aromatherapy and reiki in addition to certification from the National Council of Certified Dementia Practitioners as a Certified Dementia Practitioner and a Certified Alzheimer's Disease & Dementia Care Trainer in June 2018. Her training and leadership brought the Quality of Life award to Peabody Home in 2008, bestowed by the New Hampshire Department of Health & Human Services.

Peabody Home Executive Director, Meg Miller illuminated the incredible length and breadth of Ms. Barnes influence in the



realm of elder care stating, "After twenty-two years at Peabody Home Cheryl has finally turned that magical retirement age of sixty-five. Her unwavering stewardship has driven the culture here, one of care, support and love, all delivered in a home like environment. She knew early on how important it is to support both residents, their families and our staff. She has been selfless in her support of the many issues that comes from leading a diverse group of over thirty nursing professionals".

Her initiatives ranged far beyond the memories shared by countless families of loved ones who lived out their last years at Peabody Home. She worked as Director of Nursing at Epsom Manor Nursing & Retirement, Presidential Oaks (formerly Odd Fellows Home) in Concord, and prior

to Peabody Home, Taylor Community in Laconia, racking up an impressive thirty-year career.

Cheryl Barnes has been and continues to provide mentorship to those newer to the field. She was a founding member of the New Hampshire chapter of the National Association of Directors of Nursing Administration in Long Term Care and is their sitting Board Treasurer. New Hampshire State President, Kirsten Lyons says "From my very first NADONA meeting in the Spring of 2017 I was warmly welcomed by Cheryl. She was tireless as an advocate and champion for our professional field, a respected and revered source for peer training, and certainly a voice to listen and learn from. We took back to our own facilities tools and techniques learned from her, to share with our own nursing staff. Cheryl lead with the mantra of caring for residents as if they were part of her own family. Her compassion, kindness and dedication is, and was completely genuine".

Peabody Home managed to hold a gathering, with remote access for many more who ZOOM'ed in to join in the congratulations for her decades of service.

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Volunteer drivers needed in rural New Hampshire

Volunteer drivers are needed in rural NH. Yes, that is correct, we are recruiting volunteers in New Hampshire. The Volunteer Transportation Center, Inc. (VTC) is a 501(c)(3) non-profit organization providing transportation to non-emergent medical appointments through a network of volunteer drivers. Transportation is provided specifically to those who have Medicaid through a partnership with Coordinated Transportation Solutions, the local Medicaid transportation broker.

"Becoming a volunteer driver is extremely rewarding," says Matt Rose, Program Director.

"What better way to give back to the community than to give a few hours of your time ensuring someone in need receives the medical care they deserve."

All volunteer drivers must complete an application process which includes a background check, drug test and extensive training. Volunteers are then issued a tablet on which trips are assigned to them to serve local residents. For each trip completed, there is mileage reimbursement up to \$0.58 per mile. However, there is no cost to the client for the transportation. "Our goal is to make a difference in people's lives by giving access to the health care they need," says Rose.

If you or someone you know is interested in becoming a volunteer driver, call the Volunteer Transportation Center-NH at (603) 931-9046 or visit www.NHVT.org to complete an application today.

The Volunteer Transportation Center, Inc. (VTC), was established in 1991 in Northern New York. Over the last 20



Luanne Vanbrooklin, Director of Program Expansion, congratulates Dick H. on becoming a volunteer driver.

years this essential non-profit organization has provided rides to medical destinations. In the Fall of 2017 the agency began serving residents in NH who have Medicaid and require trans-

portation to medical appointments. The staff and volunteer drivers look forward to a time when transportation to services is accessible to all regardless of economic or special needs.



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Town Hall to screen 'Zorro' and sequel 'Son of Zorro' over a single weekend

Two Zorros are better than one! Landmark adventure and sequel Aug. 29 & 30 at Wilton Town Hall Theatre.

Swashbuckling silent adventure films starring Douglas Fairbanks Sr. to be shown with live music for 100th anniversary of Zorro's release.

WILTON, NH - It's a rare chance to see the classic silent adventure 'The Mark of Zorro' and its popular sequel, 'Son of Zorro' all in one weekend. On Saturday, Aug. 29, the Town Hall Theatre will present 'The Mark of Zorro' (1920) starring Douglas Fairbanks Sr. to mark the 100th anniversary of the film's original release. Then, on Sunday, Aug. 30, the theatre will run 'Don Q, Son of Zorro' (1925), a continuation of the Zorro story and Hollywood's first-ever big budget sequel.

In 'Don Q, Son of Zorro,' Fairbanks plays dual roles: his original sword-brandishing 'Zorro' character and also his whip-wielding son. Both screenings start at 2 p.m. and will be accompanied by live music performed by Jeff Rapsis.

Admission is free; a donation of \$10 per person is suggested to defray expenses and support the Town Hall Theatre's silent



film series. "These two films were among the most popular of the 1920s, and there are many links between them," Rapsis said. "It's a rare chance to see them both together, although each is entertaining and enjoyable on its own."

Douglas Fairbanks Sr., an immensely popular star whose career peaked in the 1920s, served as the model for the George Valentin character in 'The Artist,' the recent silent film that recently won multiple

Academy Awards, including the Oscar for Best Picture.

The success of 'Zorro' launched Fairbanks on a series of historical adventure films that went on to rank among the most popular spectacles of the silent era, including 'The Three Musketeers' (1921) and 'Robin Hood' (1922).

Both screenings will be accompanied live by silent film musician Jeff Rapsis. Rapsis achieves a "movie score" sound for silent film screenings by using a digital synthesizer to reproduce the texture of the full orchestra.

"Each of the 'Zorro' films are terrific movies on their own, but the chance to see the original and then the sequel is a great way to present these two films as they were intended to be seen: on the big screen, with livemusic, and with an audience," said Rapsis, who provides live music accompaniment for silent film screenings across New England and beyond.

Both screenings take place at the Town Hall Theatre, 40 Main St., Wilton, N.H. For more info, visit www.wiltontownhalltheatre.com or call (603) 654-3456. For more about the music, visit www.jeffrapsis.com.

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Peabody Home promotes Gaudreault to Director of Nursing Services

Franklin: Peabody Home in Franklin, New Hampshire recently promoted Catie Gaudreault to Director of Nursing Services following the retirement of Cheryl Barnes after twenty-two years of service at this community based senior living home. Ms. Gaudreault brings strong nursing skills with a focus on palliative and hospice care, coupled with a penchant for staff training and educating in the elder care arena – she still finds time to teach at Lakes Region and Manchester Community Colleges as a clinical instructor for their nursing and LNA programs. Ms. Gaudreault holds an Associate in Science nursing degree from New Hampshire Technical Institute, a baccalaureate of Science in Nursing from Walden College and is currently working towards her Masters in Nursing Education. Prior professional service took place at Concord Hospital working on the medical/surgical unit and providing case management for Bayada Hospice also in Concord.

Meg Miller, Executive Director at Peabody Home state “Catie Gaudreault as Director of Nursing brings with her the values and culture important to the residents and families of Peabody Home. Dignity, respect,

understanding and above all a willingness to listen to what "Quality of Life" means to the elder and the family. Catie is enthusiastic, a strong leader knowing that a well-cared for staff will ensure the best care of the residents who depend on us for that care. I'm thrilled to welcome her to a consummate, professional team.”

Aside from her professional life as

a champion and advocate for thoughtful, compassionate eldercare, she is a sympathetic hospice and palliative care nurse, and an emerging leader in her field. When not at Peabody Home, Catie enjoys family time with her husband and three children, outdoor pursuits, running and when sitting still, which isn't often, crocheting.

Al DiMeola coming to The Flying Monkey Sept. 26

Tickets Start at \$45. The Flying Monkey is located at 39 Main Street in Plymouth, NH. Phone 603-536-2551. Doors open at 6:00pm, show at 7:30. Ages 13+. Al Di Meola's ongoing fascination with complex rhythmic syncopation combined with provocative lyrical melodies and sophisticated harmony has been at the heart of his music throughout a celebrated career that has spanned four decades and earned him critical accolades, three gold albums and more than six million in record sales worldwide.

A bona fide guitar hero, perennial poll-winner, and prolific composer, he has amassed over 20 albums as a leader while collaborating on a dozen or so others with the likes of the fusion supergroup Return to

Forever (with Chick Corea, Stanley Clarke and Lenny White), the celebrated acoustic Guitar Trio featuring fellow virtuosos John McLaughlin and Paco de Lucia, and the Rite of Strings trio with bassist Clarke and violinist Jean-Luc Ponty.

And while his dazzling technique on both acoustic and electric guitars has afforded him regal status among the hordes of fretboard fanatics who regularly flock to his concerts, the depth of Di Meola's writing along with the soulfulness and the inherent lyricism of his guitaristic expression have won him legions of fans worldwide beyond the guitar aficionado set.

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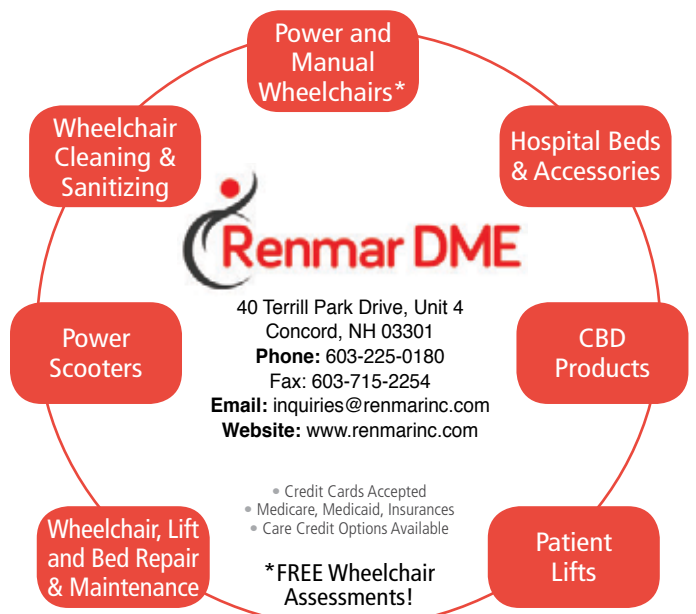
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Christopher Elliot, ombudsman,
National Geographic Traveler magazine

THE WALL STREET JOURNAL

"It's clear agents can likely save travelers big money and help set a realistic itinerary. Even where they weren't cheaper, the agents competed with what we could find on our own. And we were impressed where they did save us money, in particular with hotels."

Jane Hodges, Wall Street Journal

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"Having a travel agent advise you is now more important than ever," as fees, surcharges, and other travel restrictions have become more confusing for consumers. "Travel is one of the most complicated purchases."

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