

# Senior Lifestyles

A guide for active New Hampshire Seniors Nov. 2020 • Free

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# 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.ALAforVeterans.org](http://www.ALAforVeterans.org). (BPT)

## SeniorLifestyles

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# Franklin VNA & Hospice's Health Corner - wellness tidbits

## Three Tips to Improve Your Emotional Wellness Now

FRANKLIN – Emotional wellness is our ability to adapt to stress and change, and how we deal with things during difficult times. When we improve our emotional wellness, we can handle those situations better, and remain happier, so in recognition of the stressful, challenging and difficult year that 2020 has turned out to be, here are a few tips to improve your emotional wellness so we can truly all make it through this together!

### 1. Cultivate a positive mindset.

This is more than just thinking happy thoughts, but yeah, those can help. The National Institute of Health recommends that you give yourself credit for the good work that you do, and that you forgive yourself for the mistakes you do make. We should always try to learn from our

mistakes, but if we dwell on them then we can't move forward with those lessons that we've learned. Those lessons can be about your beliefs in life, healthy habits, and how to be a better friend.

### 2. Keep social connections strong.

Speaking of being a good friend, keeping social connections strong can also help us in times of stress. This can be with family, through a group with a shared hobby, like an online book club, or those video calls we have gotten so good at lately. A 2011 study in the Public Library of Science found that older people with good social relationships have a 50% greater likelihood of survival when compared with those who are isolated or have poor social relationships.

**3. Be mindful:** Mindfulness is an ancient practice of being aware of what is happening around, and inside, of you. Sometimes we get stuck on autopilot and find we drift through the day without

taking the time to appreciate our co-workers, family, the scenery, our dinner. Mindfulness is the purposeful recognition of the wonder and beauty that is around us. An easy way to do this is by taking a brief walk and paying special attention to the sounds, sights and smells around you. Birdsong, sunlight through leaves or on your face, the smell of grass when it's warm. If you find yourself thinking of worries, just note them, but then return your mind to the present. By starting with those three things you can make big strides towards improving your emotional wellness, and building more resilience towards the challenges we face.

Franklin VNA & Hospice is here for our community. We help keep you home, where you want to be, and help you recover in your home if you do get sick. For more information, call Franklin VNA & Hospice at (603) 934-3454 or visit [www.FranklinVNA.org](http://www.FranklinVNA.org).

# Three surprising foods that fuel your immune system

Here are three surprising, dietitian-recommended foods that can help ward off illness this cold and flu season.

### 1. Farmed salmon

Farmed salmon offers outstanding nutrition that can help protect against everything from heart disease to depression. Specifically, farmed salmon supports the immune system thanks to two key nutrients that are uncommon in many other foods: vitamin D and omega-3 fatty acids. While vitamin D is often connected to bone health, emerging research out of Boston University suggests that it may also be vital to proper immune function. Omega-3 fatty acids, abundantly found in farmed salmon, are highly anti-inflammatory and support

the immune system by reducing chronic inflammation.

### 2. Yogurt

Yogurt and other fermented foods contain healthy bacteria called probiotics. Probiotics are well-known for supporting digestive or "gut" health by preventing overgrowth of bad bacteria. But maintaining a healthy balance of good and bad bacteria in the gut is also believed to boost the immune system. In addition to containing probiotics, yogurt is also one of the few foods that is almost always fortified with vitamin D, which offers additional immune support. Look for yogurt labeled as containing "Live and Active Cultures" and steer clear of yogurt that contains a lot of added sugar.

### 3. Red bell peppers

Red bell peppers are rich in vitamins and antioxidants that support the immune system. One example is vitamin C, which encourages the production of the white blood cells that are responsible for defending the body against pathogens. Red bell peppers contain almost three times more vitamin C than oranges. They are also loaded with vitamin A and the antioxidant beta-carotene, which can be converted to vitamin A in the body, when needed. Vitamin A is important in maintaining the natural mucus barriers located in the eyes, gut and other parts of the body. These barriers are designed to trap bacteria and are essential to optimal immunity. (BPT)



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# 5 tips to celebrate friends and family virtually

Humans are resilient and their spirit for finding innovative ways to connect is alive and well. Even as the country reopens, many are still finding the ease of virtual connections to be appealing. In fact, there are many unique ways to connect with friends and family virtually. Here are some simple ways people are elevating every day and prioritizing relationships even from afar:

## 1) Recognize simple moments and celebrate little things

Shift your mindset to focus on the little things that brighten the day. You can elevate every day by taking time to recognize the simple moments and special events that make life so wonderful. There's no need to wait for a big occasion to celebrate! Send your friend a text with your favorite memory of you two together. Write ecards to family just because. Decorate the house with streamers to celebrate TGIF and then send digital pictures to friends to inspire them to do the same. Be creative and find ways to make yourself and others smile.

## 2) Think outside the box with video gatherings

Your bond with friends and family can grow even stronger when you set up video meetings to celebrate and connect. Fortunately, there are many high-quality video apps to choose from. Maybe you want to



set up a Skype date to play a board game together even in different locations?

Propose a movie night and set up a Zoom meeting to watch the same movie at the same time. Many people use WhatsApp for international connection, so you can set up a family conference call from different sides of the world. Take the first step and research the plethora of free video chat options.

## 3) Host a virtual wine tasting party

Cheers to any occasion or just everyday delights with a virtual wine tasting party with friends. This is a fun way to sample different varieties and connect in a meaningful way. Designed to enhance everyday occasions, Flat Top Hills offers approachable wines that satisfy the palate and inspire conversation.

For a tasting party, select a variety of options, such as a fresh, crisp Sauvignon Blanc and tropical Chardonnay for whites. For reds, consider a rich Red Blend, and a

Cabernet Sauvignon satisfies the craving for a full-bodied wine. Don't forget a ripe Rosé, a perfect wine for fall pairings.

## 4) Explore different video backgrounds

Get creative with your setting for virtual gatherings. Yes, there are times when your living room or deck will do, but other times you may want to jazz things up a bit. For example, set up tropical decorations and pretend you are taking a trip to the islands, or explore digital backgrounds that can be added to the technology of your choice. For example, visit <https://www.pinterest.com/flattopwines/flat-top-hills-virtual-zoom-backgrounds/> to download a virtual Zoom background that features the stunning setting of vineyards in California.

## 5) Utilize social media platforms

Social media has been a way to connect with friends and family for years now, but recently with quarantines and social distancing, even more people are using it to connect to others.

Share images and captions of whatever is meaningful to you and tag with related hashtags. Some popular options are #love, #family and #friends. You can even be more specific and use branded hashtags to connect with other brand fans, such as #FlatTopMoments when sipping your wines during your virtual wine tasting! (BPT)

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## COA CHAPIN SENIOR CENTER PROGRAMS & ACTIVITIES

37 Pleasant St., New London, NH 603-526-6368  
NOVEMBER 2020

### Mindfulness Meditation

Four Skills for a Resilient Life led by Francine Rainone Tuesdays, November 3rd – December 8th at 10:00am Participants can register to attend classes at the COA building or by Zoom. Please call COA at 526-6368 to register

Studies indicate that mindfulness meditation can improve health and increase emotional stability. Suitable for beginners and more advanced meditators, this course will introduce meditation methods for cultivating compassion, loving kindness, appreciative joy and equanimity. These skills result in a calm confidence in the face of life's challenges, and can be practiced by anyone, regardless of your personal religious beliefs or lack of religious beliefs.

Francine Rainone has been meditating for many years. She has training in the Zen, Vipassana and Vajrayana traditions, and is a Druon (practice Master) Lineage Holder in the Kagyu tradition of Tibetan Buddhism. After years as an academic philosopher and later as an acupuncturist and herbalist, she became a physician. Board Certified in Family Medicine and in Hospice and Palliative Medicine, her life's work has been to bring compassion and joy into daily life. Recently retired, she has turned her attention to teaching mindfulness in order to help people find inner strength, peace and resilience.

**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.

**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.

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

**Outdoor Recreation for Seniors** - Tuesdays at 10:00am. Join this active group to walk, hike, kayak and more! Please call COA at 526-6368 to register prior to your first activity.

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

**Book Discussion Group** - 10:00am via Zoom  
And Then There Were None by Agatha Christie. Ten houseguests, each with a dark secret, are trapped on an isolated island with a diabolical killer. Please contact Jo-Ann at jroy@tracylibrary.org for a link to

attend the meeting.

**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.

**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.

**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 (November 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. Please call COA to register. Limit of 10 participants.

**Computer Tutoring with Nick Oursouff**  
Nick will be available for 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 we'll give you the Zoom connection information.

Thursday, November 5th at 2:00pm

### Spanish Missions in Texas

Why did the Spanish attempt to build Missions in Texas? What effect did this have on the Native Americans living in Texas? Were these Missions a success or a failure? Explore these questions alongside a museum educator with maps, timelines, and historical information.

Tuesday, November 10th at 2:00pm

### "I Want My Mummy!" -Penn Museum

Mummies, intentionally or naturally preserved human (or animal) remains, hold a special fascination in popular culture. The very word, "mummy" typically brings to mind a mysterious ageless land, ancient Egypt, where mummification of the dead in preparation for a successful afterlife persisted for millennia. However, when we think of ancient Egypt's mummies, we commonly associate them with books and movies that portray them as reanimated, vengeful monsters returning from death to wreak havoc upon

the living. Where did such notions come from, and why? This workshop addresses that question by engaging participants in a close examination into the at least 500-year history that led to why ancient Egypt's mummies hold such a special fascination in our own culture. Unpublished images of actual ancient Egyptian mummies, including royal mummies such as Ramses II as well as human remains recovered as part of Dr. Phillips' own excavations in Egypt, are used to illustrate how and why the Egyptians mummified their dead (including their pets!). Please note: This program includes photography of human remains.

Thursday, November 12th at 2:00pm

### Wright Brothers National Memorial

How did small barrier islands off the coast of North Carolina become the site of the first successful flights of human history? In this presentation by the rangers at Wright Brothers National Memorial, you'll learn about what made two brothers from Dayton, Ohio, travel to Kitty Hawk, North Carolina and how they used the perfect conditions of the Outer Banks to conduct their flying experiments and make the impossible possible.

Tuesday, November 17th at 2:00pm

### Life and Legacy of George Washington Carver

Explore the incredible life of George Washington Carver- from his birth into slavery during the Civil War to his 47-year career at Tuskegee Institute in Alabama. Following the program, stick around! Just for fun, we will answer this question: Can you milk a peanut?!! George Washington Carver found this milk substitute in 1919 and shared it with impoverished people in the Belgian Congo, where most of the cattle and goats had died from disease.

Thursday, November 19th at 2:00pm

### Red Rock Canyon Park : "A Walk Through Time on the Desert View Trail"

Join us as we explore the climate change that has occurred at Red Rock Canyon over the millions of years including the beginning of the drying period approximately 12,000 years ago. We will then discuss the various animal fossils found and how mother nature goes through a system of change and adaptation. Learn about general flora and fauna and how the Native Americans used various plants for medicinal purposes. Discover the Three Hundred Year Flood the park experienced in 1997, including a story told by one of our past volunteers who was camping at the park with his grandson during the flood.

MONDAY November 23rd at 2:00pm

### ART ONLINE WITH SHERITA - "Harvest Pumpkin"

Sherita is back, and ready to paint again! No experience necessary! Join us as we create art from our hearts. We're designing a painting that celebrates the beauty of fall. This opportunity is open to anyone looking to decompress and unleash the inner artist. Just bring your creative self, acrylic or tempera paint (orange, yellow, red, blue, black, and white), paint-brushes, an 11 x 14 canvas or 8.5 x 11 white paper, art palette (Alternative: paper plate), cup of water, and a paper towel.

# New study on heart health: Get more omega-3s

If you're trying to improve your heart health, chances are you're doing things like moving more and eating better. Making sure your diet delivers heart-healthy nutrients, including healthy fats, is a smart strategy. A new study from Mayo Clinic Proceedings provides more evidence on why certain fats - namely EPA and DHA omega-3s - are so important, and why you probably need to be getting even more than you think.

What are EPA and DHA omega-3s?

Eicosapentaenoic acid (EPA) and docosahexaenoic acid (DHA) are the two most beneficial omega-3 fats. EPA and DHA are found in marine foods like fish (primarily fatty fish such as salmon, mussels, anchovies and sardines) and are important for overall health, including heart, brain and eye health throughout life; during pregnancy for both mom and her growing baby; and for brain and eye development in infants.

While most Americans know what omega-3s are, 95% are not getting enough EPA and DHA omega-3s in their diets. The body doesn't make enough EPA and DHA on its own, so they must be obtained from the foods you eat and supplements you take.

New study shows the impact of EPA and DHA on heart health

The omega-3 research published in

Mayo Clinic Proceedings is the most comprehensive analysis to date on EPA and DHA dosage and its role in cardiovascular prevention, with a review of 40 clinical trials. The authors conclude that EPA and DHA omega-3s are associated with reduced risk of coronary heart disease, the number one cause of death for Americans, and reduced risk of heart attack, including fatal heart attack.

"The evidence continues to support the notion that EPA and DHA intake contribute to cardioprotection, and that whatever you may be getting through the diet, you likely need even more," said Dr. Carl "Chip" Lavie, a cardiologist and one of the authors of the study.

One of the more striking findings in the study is that benefits appear to increase with dosage. For example, an extra 1,000 milligrams per day of EPA and DHA decreases the risk of cardiovascular disease and heart attack even more. (Note: Study results included dosages up to 5,500 milligrams.)

"People should consider the benefits of omega-3 supplements, at doses of 1,000 to 2,000 mg per day - far higher than what is typical, even among people who regularly eat fish," added Lavie.

"Taking omega-3 supplements is a relatively low-cost, high-impact way to improve heart health with few associated

risks."

How to boost your EPA and DHA intake

The average intake of EPA and DHA omega-3s in the U.S. is about 100 mg per day, far below the recommended amount of 1,000 mg per day supported by the Mayo Clinic Proceedings paper.

To get more EPA and DHA omega-3s:

- \* Increase the amount of fatty fish in your diet. Most Americans eat only half the recommended eight ounces per week.

- \* Consider an omega-3 supplement. In addition to eating healthy fish, a daily omega-3 supplement helps you maintain your EPA and DHA levels.

- \* Add some omega-3 fortified foods to the mix. While most foods fortified with EPA and/or DHA usually offer a small amount per serving, every little bit helps.

Look for a quality supplement

Omega-3 supplements are like an insurance policy for your heart, brain and eyes, especially if you're not eating enough fatty fish each week. When choosing a supplement, read the "Supplement Facts" panel on the packaging for the amount of EPA and DHA per serving, and how much you need to take to get a full serving. Also visit [AlwaysOmega3s.com/GOEDQuality](http://AlwaysOmega3s.com/GOEDQuality), which includes a list of companies that are members of the Global Organization for EPA and DHA Omega-3s (GOED) and adhere to strict quality standards for their products. (BPT)

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# Ways seniors can stay safe and active during COVID-19

By now, most seniors are aware that they're among the most vulnerable demographic groups when it comes to contracting COVID-19.

A recent nationwide poll by Tivity Health®, a national provider of senior fitness, nutrition and healthy lifestyle solutions, including SilverSneakers®, the nation's leading community fitness program designed for older adults, indicates many are probably not getting the exercise they need to maintain optimal health.

Maintaining regular exercise during COVID-19 need not be difficult. If you're a senior wanting to maintain effective workouts each day, here are some tips you can follow even if you're practicing social isolation.

Start slowly. If you haven't been exercising, you'll want to ease into your new routine gradually. Studies indicate just two weeks of inactivity (or a 75% reduction in daily steps) can decrease your muscle strength by 8%, while dropping 1,000 to 1,500 steps each day can both raise both inflammation and blood pressure. You should jump-start your new regimen with safe exercises like squats, wall push-ups, light weightlifting regimens and taking

walks (keeping distance from others for safety).

**Subscribe to a digital exercise program.** You do not need to leave your home to exercise each day. That's especially true if you sign up for a high-quality digital regimen that fits well with your exercise goals and preferences.

In fact, 56% of seniors responding to the Tivity Health poll said their future workout plans call for participating in online classes two to three times per week. You may find SilverSneakers' LIVE classes are your perfect option; the instructor-led online exercise sessions are being offered to all SilverSneakers members. In addition, free Facebook Live classes led by SilverSneakers national trainers are broadcast multiple times a week. The national fitness membership organization designed the virtual series to help seniors stay in shape while still following precautions during the pandemic.

**Avoid prolonged sitting.** Even if you must set a timer to remind yourself, take frequent breaks from sitting and engage in rejuvenating strolls - or simply take part in activities that involve standing. The point is

to avoid being sedentary for long intervals of time.

**Use others as motivation.** In the Tivity Health poll, 44% of responding seniors said they're motivated to return to their fitness centers to see and socialize with friends. If you feel more motivated when not exercising all by yourself, you might optimize FaceTime, Zoom or even a quick phone call to interact with fitness-minded others as you work out at home.

**Check out local fitness centers.** Before attending local gyms, learn what they're doing to keep their customers safe and to align with recommended CDC guidelines. If you feel safe enough to participate, exercise in open spaces where you can maintain six feet of distance from others. You might also check out low-intensity options such as water exercise classes, yoga or Tai Chi.

Whether you're staying at home or practicing safe social distancing while out, there's no need to give up the exercise that can help you maintain optimal health. Take steps now to ensure you're taking good care of yourself through age-appropriate workouts and movement. (BPT)

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# Senior Lifestyles

*A guide for active New Hampshire Seniors* Free

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## Multigenerational living: DIY improvements for the expanding family

The American household is evolving. Traditional family households with parents and children up to 18 have transformed into a mix of various generations. The coronavirus pandemic has accelerated the growth of multigenerational households, including adults with boomerang children living at home after college, or aging parents living with them rather than at assisted living facilities.

While each household has its personal reasons for opting for a multigenerational structure, it's a trend growing across cultures. One in five Americans live in a multigenerational household, according to the Pew Research Center, which defines multigenerational living as a home that includes two or more adult generations, or including grandparents and grandchildren younger than 25. As quarantine and social-distancing impacts continue, the number of families choosing multigenerational living is poised to grow.

As the pandemic has shifted the way a home functions in multiple ways, more people are putting time into home-improvement projects that help a home function well for everyone who lives there. This is particularly important for people transitioning to multigenerational households. Consider three steps to help improve multigenerational living:

### Step 1: Expand living space

When someone moves in, it's amazing how what used to feel like ample space can suddenly seem very cramped. Space becomes a premium and with lack of adequate space to read, watch TV or simply sit to rest, home stress levels can rise fast. That's why you may want to consider ways to add



common spaces, or transform the space you do have to accommodate more people.

Finishing a basement is a smart option if you have financial means. You might also finish attic spaces or add a shed with seating and electricity. Stylish room partitions or curtains can provide privacy and the feeling of a room if you don't have money to invest in a larger home-improvement project. Finally, consider refreshing outdoor spaces with seating spots grouped throughout the yard to expand the property's livable space and encourage people to enjoy the outdoors.

### Step 2: Add a bathroom without costly demo

When the number of people increases in a home, the bathroom becomes a hot commodity. Whether it's to put ▶

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a bathroom closer to an aging parent's bedroom or simply add a powder room in a nontraditional location to expand resources, consider affordable options such as macerating toilets and drain pumps from Saniflo. These above-floor plumbing options allow you to add a bathroom where no conventional, below-floor plumbing exists, so there's no need to bust through concrete floors and compromise a home's integrity.

This was the case for designer and home-décor blogger Kristine Abram who dreamed of adding a bathroom in the basement of her Ohio farmhouse-style home for her kids to use. Unfortunately, the slope of the land would not allow her to build a conventional bathroom with below-floor drainage. She researched alternatives and found the Saniaccess 2: a 1/2-horsepower macerator pump system used to install a half-bathroom (toilet and sink) up to 15 feet below the sewer line. Learn more at [www.saniflo.com](http://www.saniflo.com).

**Step 3: Add and enhance entryways**

With more people coming and going, entryways can become chaotic places in a home. If possible, consider refining the entry points to accommodate increased traffic and contain clutter. You may want to add benches and cubbies for each person's personal items to help contain messes and prevent tripping hazards. Proper lighting, stable hooks and grab bars are also useful additions to accommodate multi-generational living.

Although you have a main entryway, you might also have other points of entry such as from the garage, the side or

back of the home. Consider refreshing different entryways for different residents. For example, young adults just starting their careers may be coming and going a lot, so the door from the garage should be their main point of entrance. For aging parents with stability issues, the front entryway might be a good option, because it has railings and bright lighting. You can even change stairways into ramps if necessary.

Thinking strategically and making a few smart improvements, you can update your home so that it is comfortable for many people for many years to come. (BPT)

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# OUT & ABOUT

■ **NOVEMBER 1:**



## 30th Annual Greenland Women's Club Pie Sale

Curbside pickup at the Greenland Central School -70 Post Rd Greenland, NH 03840  
Phone: 6034936759. Greenland Women's Club 30th Annual Pie Sale Event will be held this year! Our craft fair had to be cancelled, but we can still provide pies with seven choices available from Mann Orchards. Pies will need to be pre-ordered with a credit card/paypal payment by midnight Friday, Nov.13,2020; the order form is available on the GWC website-[www.greenlandwomensclub.org](http://www.greenlandwomensclub.org) The pie curbside pickup time on Sunday November 22, 2020 will be from 12-3 pm at the Greenland Central School parking lot.

■ **NOVEMBER 5:**



## Fall Restaurant Week

\$16.95 | \$29.95. 500 Market St. Portsmouth, NH 03801  
Phone: 6036105510. Restaurant Week Portsmouth & the Seacoast Fall dates are November 5-14, 2020 Participating restaurants offer special three course prix fixe menus at two unbelievable prices: \$16.95 for lunch or \$29.95 for dinner per person. Note: Some restaurants extend the \$16.95 value price to dinner as well. Visit [RestaurantWeekPortsmouth.com](http://RestaurantWeekPortsmouth.com) for Specials & Menus!



## Holiday Boutique at John Hay Estate

## at The Fells

Free. 456 Rt. 103A, Newbury, NH  
Phone: 603-763-4789. For just 16 days this November, shop for unique gifts at the Holiday Boutique at The Fells Gatehouse. We have assembled a wonderful Boutique with products made by the finest regional artisans for you to browse and enjoy an unparalleled shopping experience. Find gifts, decorations, and holiday cheer like no other for your loved ones.

■ **NOVEMBER 7:**



## Adult Nature Craft: Birch Log Candle Holders

\$10 - \$20. 928 White Oaks Road Laconia, NH. Phone: 6033665695  
The simple elegance of birch bark adds a classic touch to winter décor. Learn how to make a birch log candle holder by watching

a demonstration of the process. Personalize your candle holders with twine, ribbons, and a variety of natural materials.

■ **NOVEMBER 11:**



## Fall Family Farm Day

\$35 age 16-adult; \$25 age 2-15  
460 Monadnock Street, Troy, NH  
Phone: 6032426495. Bring your kids to the Farm for a fall day of fun! Your day may include arts & crafts, pony grooming, tractor rides, campfire with s'mores, a hay baling demonstration, milking the cow or goat. Anytime throughout the day you may visit and feed the animals, swim in the indoor pool, help farmers collect eggs, play tennis, shuffleboard or ping pong. Your day includes a buffet lunch. Reservations are required.

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### Winter Tree ID

\$0 - \$12. 928 White Oaks Road Laconia, NH. Phone: 6033665695 Distinguishing features of bark, branches, and buds help to identify trees in winter. We will cover both deciduous (broadleaved) and coniferous (evergreen) trees. Challenge yourself to learn the species of trees found on our trails, and leave equipped with the skills to identify trees at any time of the year.

■ **NOVEMBER 21:**



### Lakes Region Holiday Craft Fair

Free. 96 Daniel Webster Hwy. Belmont, NH. Phone: 6035284014 Don't miss this wonderful holiday fair with beautiful arts and crafts for the special people on your holiday list. Some of the arts and crafts will include feather art, quilts, hat & scarf sets, fine jewelry, and lots of unique items. See you there!!!



### Screen Time: Acting and Presenting on Camera - Virtual Workshop

\$50. 959 Islington St., Portsmouth, NH. Phone: 6034316644. Whether for personal or professional reasons we are all finding ourselves "on camera" more these days. Explore techniques

and skills used by screen actors to help you present effectively in virtual and recorded settings. This workshop is designed for professionals in many of the fields that now deliver their services and programs on virtual platforms, including Zoom, Meet, Hopin, Skype, and social media platforms such as Facebook, LinkedIn, and Instagram. Medical professionals, public speakers, teachers, and those who want to connect with clients, customers and their communities through video will gain insight into effective communication. Participants should be prepared with one or two examples of information they want to powerfully present through digital media. Students will participate via Zoom. The best way to access this class is through a computer with appropriate video and audio connections. Writer and director Catherine Stewart has worked with clients to increase sales, and consumer loyalty through the power of effective presentation skills in live and recorded media for over a decade. Her clients in-

clude TedX fellows, non-profit and corporate executive teams, and grassroots organizers. To register: <https://www.nhtheatreproject.org/adultprograms>



### ■ NOVEMBER 28: Jingle Bell Craft Fair

Free. DoubleTree by Hilton Hotel Nashua, 2 Somerset Pky. Nashua, NH. Phone: 6035284014 Don't miss this awesome holiday craft fair with over 85 exhibitors with great holiday gifts!!! Some of the exhibits will include holiday gift baskets, wreaths/holiday decor, fine jewelry, quilts/table runners, gourmet foods, watercolors, metal art, feather art, and lots more!!! Buy American made!!!

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# Three ways to keep your senior pets happy and healthy

Purina has answers to these common questions about aging pets to help you be the best pet parent for your furry family member.

## 1. When are pets considered "senior"?

According to the American Veterinary Medical Association, our cats and dogs are generally considered senior when they reach the age of 7 years. No matter what age your pet is, make sure they get regular veterinary checkups and necessary preventive care, like required vaccinations. Watch for signs of aging that could need attention. You may notice changes in their skin and coat, their appetites may diminish, or their activity level may slow down.

"Changes in appetite and behavior may indicate underlying health concerns, so it's worth sharing your observations with your vet," said Dr. Kurt Venator, DVM, Ph.D. and chief veterinary officer at Purina. "Dogs may also experience hearing, vision or cognitive changes as they age that are hard to detect, so pay attention if your dog responds less promptly to voice commands, bumps into things as they walk or seems to have trouble doing activities he once enjoyed."

## 2. Do pets need special nutrition as they get older?

A 2020 Purina Pet Ownership Survey found that 93% of pet owners feel it is important to choose food specific to a pet's life stage. And while most people know



puppies and kittens have different nutritional needs than adult dogs and cats, few owners realize that senior animals also need food tailored to them.

An effective senior pet food formula can help control chronic health conditions, manage a pet's weight and improve their mental focus. For example, Purina Pro Plan Bright Mind Adult 7+ is formulated specifically for senior dogs. It includes ingredients like enhanced botanical oils that are Medium-Chain Triglycerides, which can help improve brain function in older dogs.

## 3. How can you keep an older pet active and alert?

Dr. Ragen McGowan, Ph.D., a Purina pet behavior scientist, notes that "just like people, older pets can become set in their ways and naturally slow down as they age. Keeping your senior pet active is a simple, fun and effective way to help them stay healthy and nimble. Remember, that it is

just as important to keep your pet's mind active as it is to keep their body active."

Try out a couple of these activities with your pet:

### ■ Play with new toys and games -


When was the last time you got your pet a new toy, or played a game of fetch or catch the mouse? Research your pet's breed (or breeds) to find out what kinds of activities they may like best at all stages of their life. Puzzle feeders and games can go a long way to keeping your pet mentally active.

### ■ Introduce variety to your pet's life

- Vary your walking route by visiting an unfamiliar park or drive to a walking trail to give your dog a new place to discover. Introduce your cat to the outdoors by taking her on a walk or letting her explore the backyard on a harness and leash.

■ **Train your pet** - Yes, even older pets can learn new tricks. Consider a training class or watch videos from trainers to learn how to teach your pet a new command.

■ **Spend time with your pet** - Petting, talking to and playing with your pets can help keep them happy and alert. Grooming them regularly will also give you a chance to bond as well as look for changes in their skin, toenails, ears and coat that your vet may need to know about. With regular care, proper nutrition and loving attention, pets can live a long, enriching life and enjoy every moment they have with you. (BPT)




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