

Sununu visits Mid-State Health Center to see GOFFER funding in action



Gov. Chris Sununu visited Mid-State Health Center last week to preview Mid-State's new program that provides vulnerable populations access to food resources in the case they are affected by COVID-19

COURTESY

PLYMOUTH — Gov. Chris Sununu visited Mid-State Health Center last week to preview Mid-State's new program that provides vulnerable populations access to food resources when they are affected by COVID-19.

Mid-State received just over \$15,000 in GOFFER Funding through the State's COVID-19 Relief Fund for the Community Support Program. "Many of those in our community rely on local food banks and community resources to obtain their food, and once affected by the COVID-19 virus and required to quarantine, the resources that they commonly seek become inaccessible," shared Samantha Hooper who is leading the program implementation.

As part of their COVID-19 Testing service, Mid-State will now be able to help ensure access to food resources for those who test positive, or who are required to quarantine, and do not have adequate access to food by providing "Quarantine Grocery Boxes." The goal is to ensure everyone has enough healthy food to complete their quarantine and ultimately reduce the exposure to COVID in the community. The quarantine grocery boxes contain food to feed a family for two weeks. The program is focused on people impacted by COVID and who are unable to access to their normal food security resources such as a food pantry or grocery store because. The goal is to help those in our community who are most vul-

SEE SUNUNU PAGE A6

Tri-County CAP seeks public's help with Point In Time count

PLYMOUTH — Tri-County Community Action Program's (TC-CAP) Homeless Intervention and Prevention Program are seeking volunteers from Plymouth and the surrounding Grafton County towns to participate in an important daylong project. The goal will benefit our most vulnerable community members and ultimately the community at large. We are requesting your support with completing the annual Point in Time (PIT) count for New Hampshire on Wednesday, Jan. 27.

The PIT count, is a federally mandated count of the homeless population within a geographic area, which informs the national government and service

providers alike on trends in homeless subpopulations, as well as overall homelessness. The idea is to gauge where more resources are needed and which programs are successful.

In order to accurately capture the number of people experiencing homelessness on this one day, we are asking for volunteers in each community. Volunteers will help complete a short and simple anonymous survey with those who are experiencing homelessness between 5 am and 8 pm on Wednesday, Jan. 27. This data will then be used to show there is a need for continued and increased homeless and housing services in the community.

We are grateful for your support with obtaining an accurate count of those in need of homeless services in our community. Program staff will provide volunteers with training and support.

For more information on this volunteer opportunity contact Mathieu Duclos at 444-0184, ext. 12 or email mduclos@tc-cap.org.

For help, contact 2-1-1 to be connected to a Homeless Intervention and Prevention Specialist and services.

More information on Homeless Intervention and Prevention Services can be found at www.tc-cap.org.

Science Center hosting Wild Winter Walks

HOLDERNESS — Squam Lakes Natural Science Center is hosting its popular Wild Winter Walks again this year, which showcase the natural beauty of New Hampshire animals in winter.

Wild Winter Walks are walking tours of the live animal exhibit trail guided by staff naturalists. As well as seeing the animal ambassadors dressed in their winter coats, participants will learn how these native animals are well adapted for winter in New Hampshire. Fur coats, hibernation, and migration are just some of the ways animals survive the cold. Many people are interested to learn that the animals at the Science Center stay in the same place during the winter, just as they would in the wild.

If needed, snowshoes are available at no extra cost or participants may bring their own. This program is entirely outdoors so participants are advised to dress appropriately for the weather with warm layers, snow boots, hats, and gloves.

Program size is limited to 10 participants and pre-registration is required. Program participants must answer standard health screening questions before arrival. Facemasks are required.

Wild Winter Walks are scheduled on several dates from January through March, including during February school vacation week. The full schedule is at <https://www.nhnature.org/programs/calendar.php>. More information and registration are at nhnature.org or by calling 968-7194, ext. 7.

Wild Winter Walk Dates:

- January 16 (Saturday), 10 to 11:30 a.m.
- January 31 (Sunday), 10 to 11:30 a.m.
- February 7 (Sunday), 10 to 11:30 a.m.
- February 15 (Monday), 10 to 11:30 a.m.
- February 20 (Saturday), 10 to 11:30 a.m.
- February 23 (Tuesday), 10 to 11:30 a.m.
- February 25 (Thursday), 10 to 11:30 a.m.
- February 27 (Saturday), 10 to 11:30 a.m.
- March 7 (Sunday), 10 to 11:30 a.m.
- March 13 (Saturday), 10 to 11:30 a.m.
- March 20 (Saturday), 10 to 11:30 a.m.

Virtual groundbreaking held for new senior living facility

FRANKLIN — The team at the Peabody Home in downtown Franklin put shovels in the ground at a recent virtual groundbreaking ceremony to formally kick of the construction process that will result in a significant expansion of facilities and services. The ceremony, captured on video, includes remarks from staff, board members and the mayor, all highlighting the long history of the Peabody Home and the strong interest in creating a "new Peabody." The larger, brand-new facility will provide more capacity for assisted living and memory

care and add in new high quality independent living options for a full continuum of care.

"Peabody Home has given back to this community for almost 100 years. This Board of Directors felt that we needed something to push the Peabody Home forward into the next century. The best option the board found is to put in a brand-new facility that will serve this community for another 100 years," said Chris Seufert, chair of the Peabody Home Board of Trustees, during the virtual groundbreaking.

Funding totaling \$26

million was approved through the United States Department of Agriculture's (USDA) Rural Development's Community Facilities Direct Loan & Grant Program in November. On Dec. 22, all loan paperwork was finalized, allowing construction to start.

"Three years ago, we (the board) thought about expanding and meeting the expectations of what we know is coming in this industry. We looked at our 80-year-old building and thought, 'it's time to think of something different.' What we have come up with is a set of

plans that will accommodate two times the census and three times the square footage," said John Benham, who

also serves on the board and chairs the Building Committee.

Construction of the new 63,632 square foot

facility will be done in two primary phases. The first phase will be the construction of the

SEE GROUNDBREAKING PAGE A6



COURTESY

Peabody Home Executive Director Meg Miller at the groundbreaking for the comprehensive new senior living facility.

NORTH COUNTRY NOTEBOOK

By JOHN HARRIGAN

It wasn't called "sledding," but down the hill we went



The information for this photograph said simply "toboggan ride," and left everything else to guess-work, which would indicate at its most basic, "Fell off." (Courtesy Pixabay)

Adults were always talking about four seasons, which to us sounded a lot like salad dressing. To a kid, the seasons seemed interchangeable. The only thing that changed was the substance you were dealing with. If we weren't trying to wear out the dirt, we were trying to wear out the snow, and not just by sliding on it. We swept it, pushed it, shoveled it, dug holes in it, rode on it, and for sure, played in it.

Exactly the same as slide down.

And maybe this is one of those cultural things, but we never used the term "sledding." We went sliding. There was a song, popular in its day, "Let's Go A-Sledding Tonight," which made me picture a couple, out on the town in a one-horse sleigh. This somehow did not fit in with the reality of a day's sliding on Hill Sixty, our favorite hill to trudge up and

Given the wind blowing a steady gale and the boot-pounding that Hill Sixty got, I was always amazed at how much snow still stuck there. This was in spite of our best efforts to wear it out and call for a fresh batch, which upon receipt we proceeded to pulverize and hurry on its way to Long Island Sound.

Hill Sixty, I learned the moment I could swing a



The passengers seem ready for a good ride, and judging from the slopes in the distance, they'll get one. (Courtesy shutterstock)

golf club, meant "Sixth Tee," which is precisely what our sliding hill was, and still is. "Colebrook Country Club" is the old name for the course and the current one too, but of course the course is open to all.

It is an amazing course, geologically and in other ways, all (to me) positive. The sixth tee is perched on a peninsula formed by the stupendous water thundering along under-the-ice outwash that formed Colebrook, at least the lower parts of town. Like many, if not most golf courses in northern New England, it once was a dairy farm.

I have mentioned several unusual things about the course before, but to me the most fascinating is the three connected glacial pot-holes dominating portions of the seventh and ninth fairways. One pot-hole is so deep that if your ball happens to land in the middle, your entire view is grass and sky, unless you are particularly tall.

This of course prompts the persnickety question, "Okay, mister smarty-pants amateur

geologist trying to ruin someone's golf game, if you duff your drive, a real stinkaroo, and your ball happens to land in the bottom of the deepest pot-hole, how do you know where to hit your next shot if you can't see anywhere?"

I have a ready answer to that one, from experience, which is, "You run up to the lip (or ask someone already up there to do it for you), and you place a small but discernable object--a piece of scaffolding, a pink lawn flamingo, a can of beer--on a line of sight between you (or your stand-in), the flag, and your ball, way down there in the hole. On second thought, if you go up there onto the lip for a good survey of the scene, you might want to bring binoculars, so you can see your ball. From back down there where your ball is, where you can't see anything, a 5-wood with plenty of loft is just about right, unless there's a lot of tail-wind or you've been hitting the ball right on the sweet-spot, in which case you might want to drop to, oh, a 5-iron."



When I was taught the rudiments of golf by some of the old-timers, like Trenholme Dickson and Hap Colby, particularly how to grasp the club, you could take a "preferred lie" anywhere on the course, which meant you could move your ball half a foot. I think that originally this rule was on account of cow-flaps, and areas previously ploughed for corn.

Also, your ball was always in play, which meant that if it went into the church parking lot or somebody's back yard, you could hit it. Of course, you would go and ask. In this vein, I remember hitting a drive off the heel of my club, which sent the ball into Steve and Thelma Daley's back yard. This was on the fifth hole, 612 yards, a par 6, one of only two or three in the state, I think. Steve was out there puttering around, and I asked him if I could hit my ball and he said "Sure," and came over to watch, and I caught that one pretty well, over the brook, even, which is a pretty good golf shot.

(Please address mail, with phone numbers in case of questions, to campguyhooligan@gmail.com or 386 South Hill Rd., Colebrook, NH 03576.)

SLA launches Winter Outdoor Recreation Speaker Series

HOLDERNESS — With just a mountain range separating us, the Squam Lakes Association and Waterville Valley Athletic & Improvement Association share a common vision of connecting folks to the outdoors by creating &

maintaining trails. Over the next few months we are excited to offer a virtual Winter Outdoor Recreation Speaker Series via Zoom. If you are new to winter hiking, looking for new places to explore, or want a refresher on tips to stay safe during winter adventures, then

this series is for you!

We're kicking off the series on Jan. 20 at 6 p.m. with Erick Amero, the Waterville Valley Recreation Department Adventure Program Manager, and Tyson Morrill, SLA Director of Conservation. Erick will share tips on how to stay safe while exploring the trails this winter and Tyson will discuss the basics of ice safety. This will be both a great introduction to winter safety and a refresher for more seasoned explorers!

The second presentation in the series, on Feb. 17 at 6 p.m., will explore the pages of the recently published Water-

ville Valley Guidebook. Join us to hear from Steve Smith, Brenda Conklin, Preston Conklin, Dan Newton, and others who contributed to making this book so informative. Learn about the nitty gritty of creating a guide book and explore how this book uniquely weaves natural and human history into trail descriptions.

During the final presentation of the series in March, you'll hear from trail experts from the Waterville Valley Athletic Improvement Association and Squam Lakes Association who are responsible for the trails that you enjoy hik-

ing, biking, snowshoeing, and skiing. Learn what goes into creating & maintaining trails, about new & future trails, and how you can become a trail steward.

Regardless of which side of the mountain you find yourself on, this Speaker Series is a great way to expand your knowledge of local trails and winter hiking! For more on the Winter Outdoor Speaker Series and to register for the Zoom link, visit www.squam-lakes.org. If you are in need of equipment for your next outdoor adventure, the SLA has a gear library with a limited number of snowshoes, micro-spikes, trekking poles, and backpacks available to borrow.

The Squam Lakes Association is dedicated

to conserving for public benefit the natural beauty, peaceful character and resources of the watershed. In collaboration with local and state partners the SLA promotes the protection, careful use and shared enjoyment of the lakes, mountains, forests, open spaces and wildlife of the Squam Lakes Region. The Waterville Valley Athletic Improvement Association (WVAIA) strives to preserve the spirit of the founders, continuing traditions of hiking, trail stewardship, and croquet, encouraging all to enjoy healthy, safe, outdoor activity in Waterville Valley and environs. To learn more about the WVAIA, visit their Web site at www.wvaia.org.

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THE REAL REPORT

RECENT REAL ESTATE TRANSACTIONS

Town	Address	Type	Price	Seller	Buyer
Alexandria	305 Burns Hill Rd.	Single-Family Residence	\$190,000	Arthur A. and Carolyn M. Desrosiers	Dale W. Cox
Alexandria	11 Washburn Rd.	Single-Family Residence	\$229,933	Daniele C. Thomas	Matthew B. Beyer
Alexandria	N/A (Lot 1)	N/A	\$31,000	Arthur A. and Carolyn M. Desorisers	Eryka Reid and Nathan C. Clive
Ashland	36 Highland St.	Multi-unit Apartment Building	\$640,000	Dova Properties LLC	Z&S Property Management LLC
Ashland	39 Mill St.	Multi-Unit Apartment Building	\$347,133	Dova Properties LLC	Z&S Property Management LLC
Bridgewater	2579 River Rd.	Mobile Home	\$175,000	Barry S. and Christine L. Miller	Henry F. Trachy
Bristol	65 Lakewood Pines Rd., Unit 13	Condominium	\$136,000	Nettie Luciano	Lori and Paul Pavidis
Bristol	N. Main Street	N/A	\$39,000	Ray E. Parkhurst	Marceau RE Investments LLC
Campton	142 Bog Rd.	Single-Family Residence	\$329,933	Rebecca Noonan RET and Rebecca Rodgers	Ivan and Jessica Aviles
Campton	36 Dan Web Rd.	Multi-Family Residence	\$180,000	Tomarra Properties LLC	Timothy Scanlon
Campton	11 Loft Circle	Single-Family Residence	\$529,000	S. & Carole Osmer RET	Gail N. and Paul A. Hubbard
Campton	88 Mountain View Rd.	Single-Family Residence	\$280,000	Johnson Fiscal Trust and David L. Johnson	Emily Chin and David Bonner
Campton	Willis Hill Court	N/A	\$72,000	Kevin J. and Kathleen E. Moore	Melissa A. Amick and Annalisa McClure
Campton	133 Windmill Rd.	Single-Family Residence	\$515,000	Shawna Bisson and Anne M. Kurriss	Denton Fiscal Trust and Jason R. Denton
Campton	N/A	N/A	\$15,000	Alex and Larisa Shabelsky	Charles A. Vest and Daniel J. Dennette
Campton	N/A (Lot 7)	N/A	\$69,933	Gregory C. and Greta L. Zambaras	Peter and Laura Chapman
Hebron	6 Oak Lane	Single-Family Residence	\$328,000	Nancy Chase Estate and Daryl L. Mills	Eagle Pond Trust and Jessica Cook
Hebron	287 W. Shore Rd.	Single-Family Residence	\$2,000,000	Owls Head Trust and Stephen G. Twombly	Alexandra T. Edsall and Robert S. Victor
Holderness	817 NH Route 175	N/A	\$310,000	West St. Development LLC	Shawn and Kimberly O'Brien
Holderness	N/A (Lot 11-1)	N/A	\$55,000	West St. Development LLC	Shawn and Kimberly O'Brien
New Hampton	25 Clement Rd.	Single-Family Residence	\$330,000	25 Clement Road LLC	John P. and Lucille S. Morrison
New Hampton	348 Old Bristol Rd.	Single-Family Residence	\$325,000	Harlow 2011 Fiscal Trust and David S. Harlow	Peter A. and Jennifer Trnavskis
Plymouth	339 Main St.	General Office	\$900,000	Ric SIG LLC	Mount Prospect Academy
Plymouth	Route 3-A, Lot Tbg2	N/A	\$160,000	James E. and Eleanor L. Hayes	Donna Decareau
Rumney	N/A	N/A	\$175,000	Peter J. and Shana Jackson	Wayne A. and Karen W. Patrick
Thornton	Blake Mountain Road	N/A	\$108,000	Fraser Fiscal Trust and Robert Fraser	Acushla Oz Fund LLC
Thornton	143 Snowood Dr., Unit F2	Condominium	\$174,933	Peter Darco	Paul R. and Kerry A. Casey
Thornton	96 Star Ridge Rd., Unit 40	Condominium	\$162,000	Thomas M. and Elaine V. McShane	Joseph Pechie and Heather D. Gleason

ABOUT THE REAL REPORT

Here are recent real estate transactions in Alton and the surrounding areas. These sales summaries are informational only, not a legal record. Names shown are usually the first listed in the deed. Sales might in-

volve additional parties or locations. Prices are usually based on tax stamps and might be inaccurate for public agency sales. Refer to actual public documents before forming opinions or relying on this information. Additional publicly recorded information on these sales, prior sales and data from Department of Revenue Administration forms is available at www.real-data.com

or 669-3822. Copyright 2011. Real Data Corp. In the column "Type": land= land only; L/B= land and building; MH= mobile home; and COND=condominium. Transactions provided by The Warren Group, Boston Ma., publishers of The Registry Review and Bankers and Tradesman newspapers, Phone: 1-800-356-8805. Website: www.thewarrengroup.com

What is advance care planning?

BY ANNA SWANSON
Pemi-Baker Community Health

PLYMOUTH — Have you wondered how to talk to your loved ones about what medical care you would or wouldn't want in a medical crisis? Does your health care provider want you to have these conversations and fill out your end of life wishes? Would your wishes change if it was COVID-19 related? Pemi-Baker Community Health is here to help with all your advance care planning needs.

Advance care planning (ACP) is a process of understanding, reflecting on and discussing your experiences, values and beliefs in an effort to identify how you want to live if faced with a serious or life-limiting illness. It may include identifying the care you would want at the end of your life. It is important to choose someone to speak on your behalf if you are unable to make your own decisions, and take comfort in knowing that person will convey your wishes. You can

also decide if you want to complete an ACP document, often referred to as an advance directive. Finally, you will want to communicate your wishes to your family, friends, clergy, other advisors, physicians and other health care professionals to help ensure that your wishes are honored.

Take time to plan ahead now so future healthcare challenges don't create difficult questions and unnecessary worry for family caregivers and decision makers. Pemi-Baker Community Health offers free monthly Zoom workshops to help you 'FILL OUT YOUR FORMS.' Download the advance directive form from their website, pour a cup of coffee and join them for a group Zoom meeting to walk you through the form and answer any questions you might have.

Pemi-Baker's Social Workers will be neutral guides helping you reflect on and identify the values, beliefs and goals that shape the way you make health care deci-



sions. As experienced facilitators, they will explain how important sharing this information is to others so that decisions can be made for you if you ever cannot speak for yourself.

The next 'FILL OUT YOUR FORMS' Zoom meeting is on Thursday, Jan. 21 at 11 a.m. Please contact Pemi-Baker

Community Health to register by calling 536-2232 or emailing info@pbhha.org. PBCH also offers free one on one virtual advance care planning appointments and monthly 'Coffee With Caregivers' support groups via Zoom.

With over 50 years of experience, serving clients from 22 towns

in central and northern New Hampshire, Pemi-Baker Community Health is committed to creating healthier communities. Services include at-home healthcare (VNA), hospice and palliative care, on-site physical and occupational therapy and aquatic therapy in their 90-degree therapy pool.

PBCH is located at 101 Boulder Point Dr., Plymouth. To contact us please call: 536-2232 or email: info@pbhha.org Visit our Web site: www.pbhha.org and like our Facebook Page: @PBCH4.

HIGH SCHOOL SLATE

Thursday, Jan. 14
NEWFOUND
Boys' Hoops at Plymouth; 6
Girls' Hoops vs. Plymouth; 6
PLYMOUTH
Boys' Hoops vs. Newfound; 6
Girls' Hoops at Newfound; 6
Friday, Jan. 15
NEWFOUND
Skiing at Gunstock; 10
PLYMOUTH
Nordic Skiing Home Meet; 3:30
Ski Jumping Home Meet; 6
Saturday, Jan. 16
PLYMOUTH
Wrestling at Salem; 10
Monday, Jan. 18
NEWFOUND
Unified Hoops vs. Belmont; 3:30
PLYMOUTH
Gymnastics at Goffstown; 7
Tuesday, Jan. 19
NEWFOUND
Boys' Hoops at Moultonborough; 6
Girls' Hoops vs. Moultonborough; 6

PLYMOUTH
Boys' Hoops vs. Franklin; 6
Girls' Hoops at Franklin; 6
Nordic Skiing at Sandwich Fairgrounds; 2:30
Unified Hoops at Berlin; 3:30
Wednesday, Jan. 20
PLYMOUTH
Wrestling at Bow; 6
Thursday, Jan. 21
NEWFOUND
Boys' Hoops vs. Moultonborough; 6
Girls' Hoops at Moultonborough; 6
PLYMOUTH
Boys' Hoops at Franklin; 6
Girls' Hoops vs. Franklin; 6

All schedules are subject to change.





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CADY Corner

Sleep for prevention

BY DEB NARO
Contributor

Most common mental health disorders, from depression and anxiety to PTSD, are associated with disturbed sleep, and substance use disorders are no exception. The relationship may be complex and bi-directional: Substance use causes sleep problems; but insomnia and insufficient sleep may also be a risk factor for substance use and addiction. Recognizing the importance of this once-overlooked factor, addiction researchers are paying increased attention to sleep and sleep disturbances, and even thinking about ways to target sleep disruption in substance use disorder treatment and prevention.

We now know that most types of substances acutely disrupt sleep-regulatory systems in the brain, affecting the time it takes to fall asleep (latency), duration of sleep, and sleep quality. People who misuse drugs also experience insomnia during withdrawal, which fuels drug cravings and can be a major factor leading to relapse. Additionally, because of the central role of sleep in consolidating new memories, poor quality sleep may make it harder to learn new coping and self-regulation skills necessary for recovery.

Drugs affect sleep quality through their interaction with the brain because they interrupt the body's natural neurochemical regulation; this can create a vicious cycle that creates higher risk for substance misuse. For example, dopamine, a neurochemical that plays a key role in the addictive properties in drugs, is also a key component in the brain's sleep systems as well. Drug use affects the body's ability to regulate the production of dopamine, which affects the sleep cycle. Sleep deprivation in turn downregulates dopamine receptors, which makes people more impulsive and vulnerable to drug misuse.

In addition to their effects on dopamine, drugs also affect sleep through their main pharmacological targets. For instance, marijuana interacts with the body's endocannabinoid system by binding to cannabinoid receptors; this system is involved in regulating the sleep-wake cycle (among many other roles). Trouble sleeping is a very common symptom of marijuana withdrawal, reported by 40 percent of those trying to quit; and sleep difficulty is reported as the most distressing symptom. Nightmares and strange dreams are also reported. One in ten individuals who relapsed with marijuana use cited sleep difficulty as the reason.

Sleep is crucial at every stage of life, but especially during the stages of youth and adolescence when the brain is in its most pivotal stages of development. Getting enough sleep during the week is also important as "catching up" on the weekends does not have the same effects as consistent healthy levels of sleep time. For example, one study identified a bidirectional relationship between greater cigarette use and greater weekend oversleep (sleeping late on weekends to compensate for less weekday sleep) and between greater marijuana use and less total sleep. Given these factors, it is clear a key component of preventing substance misuse among youth is making sure they are consistently getting enough sleep on a nightly basis.

For more prevention information, visit our website at cadyinc.org. If you, or someone you know, struggles with substance misuse or addiction, please call 2-1-1 or the Doorway at LRGH Healthcare (934-8905) for help. You can also connect with Plymouth Area Recovery Connection (PARC), our local recovery center, located at Whole Village Family Resource Center in Plymouth at info@parcnh.org or 238-3555.

Sustainable Bristol

Reusing to-go containers

BY LAUREN THERIAULT

As someone who does not eat out very often, I can say that month 11 of this pandemic has made me sick of eating at home. We have ordered out some food from local restaurants and feel good about supporting local businesses, but not so good about the trash ordering takeout accrues. In an effort to make the best with what we've got my family has been finding inventive ways to reuse and repurpose the plastic containers we get from Very Excellent Chinese.

For crafts: the containers are the perfect size for holding paint brushes, crayons, or other crafty materials. They're also great for containing messes from

baking soda and vinegar science experiments if your kids are like mine.

Leftover or food storage: small amounts of sweets, cookies, fruits, veggies, or snacks can be held in reused containers. Food came in it, why can't you keep the food in it again? You could also use them for meal planning, on Sunday make 5 lunches and fill the containers, then you have your lunch ready for the week. Or use them to have friends or family take leftovers home. Check the bottom of your containers, some say if they are safe in the dishwasher or microwave.

Home Repairs: Got a home improvement project to do? You can use a container to hold paint if it's a small amount

for touch ups. Nails or screws could be organized too. Organize tools or supplies in one, or use an empty one to gather the supplies you need for your project.

Toy storage: My five-year-old got a Lego kit for Christmas that we kept the pieces safe and organized within a lidded to-go container. Small pieces of toys can be kept together in these containers. You can also pack small amounts of toys for long car rides.

Collections: keep one on top of your dryer to collect money lost in the wash, keep one on your dresser to collect things from your pockets at the end of the day.

Organization: A few of these containers in a drawer could keep pens, scissors, paper clips and

papers separate in your junk drawer.

Seed starting/Terrariums: save a bunch of these to start your seeds in if you like to garden. You could also use them under potted plants to collect water.

First aid kit: add some band-aids, alcohol wipes, gauze and gloves and you have a first aid kit for your car or backpack.

The possibilities are endless, you just have to think about somewhere in your home you could use them instead of tossing it out. Be sure to also specify when ordering take out that you do not need plastic utensils, you're going to eat it at home anyways so why get more single use plastic than you need.

Letters to the Editor

Attack on D.C.

To the Editor:

Needless to say, there is much discussion about the events at the Capitol on Jan. 6.

During the American Civil War, D.C. was never attacked. But the British attacked on Aug. 14, 1814 and looted and burned much of the White House. This is commonly known, but why did

this happen?

Well, at this time, our fourth revolutionary President, James Madison (1751-1836), was serving. He followed President Thomas Jefferson and preceded our expansionist President James Monroe. Because of lingering and new grievances against the British, the new Americans unilaterally attacked

Canada at Queenstown Heights along the Niagara River on July 12, 1812, and thereby launched the War of 1812. As the war unfolded, the British finally counter-attacked D.C. on Aug. 24, 1814. After 15,000 Americans died, the Treaty of Ghent brought this conflict to an end on 18 February 1815 with President Madison signing, and probably wishing he

had not started the war in the first place.

What to say? Reckless acts in 1812, or 1814, or in 2021 don't lead to much except violence and destruction, but hopefully, sense and peace will be restored in the end.

DR. RICHARD LOBBAN
BRIDGEWATER

A legislative report

To the Editor:

Happy 2021. The first session of the House sort of met yesterday. I say "sort of" because all 352 members present were required to conduct business from within our cars on 5-10 acres of parking lots at UNH. Previous Speaker Shurtleff had capitulated to the UNH students to any meeting inside UNH buildings. Why? The students evidently think we are a gun toting, beer drinking bunch of miscreants. You and I paid for the buildings at UNH. Instead of spending your taxpayer dollars at UNH, we should be meeting in Representatives Hall at the State House in Concord.

But we finally started but poor planning for the traffic jam at the screening point caused the meeting to begin one hour and 18 minutes late. As usual when we did begin we start with a prayer, the Pledge of

Allegiance, and National Anthem. The prayer was delivered by the UNH Rabbi, who lectured us on a left-wing agenda. The Pledge and National Anthem were also desecrated by most of the Democrats, who remained seated in their cars on their cell phones. This is not an unusual display of disrespect. Sherm Packard was elected as Speaker to replace Dick Hinch who tragically died shortly after his election in December.

This primary purpose of this session was to adopt a set of rules for House procedures. That is administrative and technical procedures like changing deadlines, etc. In the past, Democrats passed rules to ban Constitutional Carry of firearms in the State House and to mandate sexual harassment training.

A series of Democrat motions that would

require members to disarm or learn about our "unconscious bias" failed to pass. One rule that failed, but I supported, required Committees to give priority to public testimony over lobbyists. It is wrong for you to take time from work or your day to appear only to wait to testify while the paid lobbyists give their speeches. In the Criminal Law Committee where I serve, I will support priority for public testimony.

There were several attempts to convert House Sessions and Committees meetings to virtual sessions. Among the reasons I oppose this form of meeting is that there is no real way to verify voting integrity. How will I know if the person casting the vote in their pajamas is really the elected representative? Until we resolve that we must meet in person (but you still can't wear PJ's to the

State House). Virtual technology does allow the public to observe Committee hearings online (something Criminal Law was testing last year). To accommodate social distancing Committee hearings can be held by joining two rooms but this doesn't work for Sessions. Regardless, the solution must follow the Constitution unlike the law last year change to allow absent voting based on fear or inconvenience. I stand unwavering stand against laws that enable voting or Emergency Orders that alter the Constitution without due process.

Give me a call at 320-9524 or mail me at dave@sanbornhall.net if you want to have a coffee or just talk.

Cheers!

REP. DAVE TESTERMAN
FRANKLIN

ALL WE KNOW IS LOCAL ~ SalmonPress.com



Towns

Bristol

Al Blakeley
adblakeley0@gmail.com

The filing period for Bristol town elections for anyone wishing to file for the following positions in the Town of Bristol must sign up with the Town Clerk at 230 Lake Street starting Jan. 20 through Jan. 29 by 5 p.m.: One (1) Selectman for 3 years, one (1) Trustee of the Trust Funds for 3 years, one (1) Cemetery Trustee for 2 years, one (1) Cemetery Trustee for 3 years, one (1) Budget Committee member for 1 year, two (2) Budget Committee members for 3 years, three (3) Library Trustees for 3 years, and one (1) Library Trustee for 1 year.

Regular Business hours at the Town Office are: Monday, Tuesday, Thursday and Friday 8 a.m. to 4 p.m. and Wednesday 8 a.m. – 7 p.m. The office will be open until 5:00pm on Jan. 29. Warrant articles must be in by Feb. 2, when the office will be open until 5 p.m.

The TTCC is offering Shape Up Newfound, cardio/strength training workouts for men and women of all fitness levels. They meet on Mondays and Thursdays at 6pm and on Saturdays at 8am at the Bristol Elementary School with instructor Donna Evans. The cost is \$6 for drop-ins, or a 10 class punch card for \$55 or a 12 week card for \$110. Your first class is free! Options and modifications are given so that participants are able to perform safely at their ability level. What a great way to address that New Year resolution and get involved!

The TTCC has many children's snowshoes and a few adult sets as well that they are willing to allow folks to borrow for the winter! Other

programs of interest are: Newfound Every Child is Ours - free weekend food bags for Newfound Area students, Operation Warm - free outerwear including jackets, snow pants and boots (limited sizes available), Parent Webinar Series 2020-21 from CADY, Inc., and Kinship Navigation Program - links grandparents and other relative caregivers, both inside and outside of the formal child welfare system, to the services and supports specific to their family's needs.

The Minot-Sleeper Library's collection will be available solely through curbside pickup during the library's open hours. Printing, copying and scanning services will be offered curbside, reference service will be available by phone or email, and online programming will continue.

The library will offer curbside service Monday, Tuesday, Wednesday and Friday from 10 a.m. until 6 p.m., Thursday from 1 – 8 p.m., and Saturday from 10 a.m. until 2 p.m. Home delivery for homebound individuals in the Newfound Area is also available. Call the library at 744-3352 for more information.

An interesting movement has developed at the Minot-Sleeper Library as a result of a newsletter suggestion that young writers submit their own stories and illustrations. A reader responded and offered wise advice for all of us. He suggested our community members, young and old, consider writing about their own life, and then keeping their work, accumulating their work: writing, photographs, news clippings, letters, the evidence of a life being lived. He went on to describe a legacy book that was created from a friend's collection of their story who had passed away. A legacy

book describes and celebrates what a special person left behind when he or she passed on: a loved one, a friend, or perhaps a co-worker that you think would be an interesting person to write about. If you are interested in writing or would like to get involved in this suggestion, please avail yourself of the ongoing information through the library. I'm sure we all know someone who we think would be fun to write about.

Please contact the Minot Sleeper Library for more information on writing a Legacy Book: minotsleeperlibrary.org, or call 744-3352 or email minotsleeperlibrary@gmail.com.

The Jan. 19 School Board meeting is cancelled. There will be a meeting on Jan. 28 at the Middle School where the Board will be touring the facility to see the updated HVAC system. The public is welcome.

The Newfound Area School District Deliberative Session will be held on Saturday, Jan. 30 at Newfound Regional High School at 10 a.m.

Danbury

Donna Sprague
huntoonfarm@myfairpoint.net

First of all—Happy New Year!

It's been a while since I have submitted news. In part, it's because there isn't as much going on and also because I'm not out and about to see and hear what might be going on.

I am one month out of having the first of one hip replacement. Surgery went well and then I did what good Yankees do.... I pushed myself and overdid. I think I'm back on track now. Not dancing jigs but walking around and only groaning occasionally.

Grange

While the grange has not held regular meetings due to covid, they are continuing the hold the Danbury Winter Market. With social distancing and guidelines in place to create a more safe shopping experience, the market will be held the first Saturday of the month thru April. Ice or blizzards do create a rain date of the second Saturday. February's market will be their annual celebration of Eat Ice Cream for Breakfast. Also, the online portion of the market is going strong, allowing customers to shop in advance

Churches

Plymouth Congregational UCC

Church Announcement

In order to protect everyone's health and safety, we have made the decision to suspend all gathered worship services and meetings until further notice. The Sunday bulletin for this service as well as videos and bulletins from past services can be found on our new church's Web site at www.uccplymouth.org.

Our Sunday morning worship will be on PBTv at 6:30 p.m. If you are unable to join on Facebook Live, consider the option of public television!

Dates to Remember on Facebook Live

Sunday, Jan. 17 at 9:30 a.m. – Second Sunday after Epiphany

Sunday, Jan. 24 at 9:30 a.m. - Third Sunday after Epiphany

Sunday, Jan. 31 at 9:30 a.m. – Fourth Sunday after Epiphany

Our Sunday morning worship will be on PBTv at 6:30 p.m. If you are unable to join on Facebook Live, consider the option of public television!

Church's Facebook Page?

You can find our Page by searching for "Plymouth Congregational United Church of Christ Plymouth NH." "Like" the Page and you will receive notifications when the weekly service goes live! Missed something? Scroll down to the date of the service or program you missed. It is all there!

and just come in the front door to pickup up their order. The Danbury Winter Market page on harvesttomarket.com opens about 10 days before the market and closes on the Thursday morning at 7 a.m. before the market.

The grange, in partnership with the Merrimack County Conservation District sponsor a \$20 market bucks program for veterans. Please spread the news that Veterans get this market program as a small gesture for serving our country.

South Danbury

Church

Worship services and other events at the South Danbury Church are canceled until further notice while the Covid-19 virus is still spreading. We are having regular Zoom gatherings for worship every other Sunday at 9:00 a.m. If you want to include friends or know anyone who would like to join us, invite them to send an email to south-danburychurch@gmail.com to request the Zoom link. Links to the music that are part of the Zoom program are also posted on the church Facebook page.

different beliefs come together in common covenant. We work together in our fellowship, our community, and our world to nurture justice, respect, and love.

THIS WEEK AT STARR KING:

Sunday, Jan. 17
The White Imagination

Rev. Dr. Linda Barnes, Worship Leader

Sarah Dan Jones, Music Director

Tatum Barnes, Director of Religious Education

We inherit our collective cultural imagination. This informs our notions of race, right, wrong, and worth. Join us on this Sunday to explore racism as a product of the white imagination and how knowing this, how we might work to imagine a better world.

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For Zoom link and all other information visit our Web site:

www.starrkingfellowship.org
536-8908

Starr King Unitarian Universalist Fellowship

Starr King Unitarian Universalist Fellowship, 101 Fairground Rd., Plymouth, is a multi-generational, welcoming congregation where

ALEXANDRIA RESIDENTS

The Supervisors of the Checklist will be in session at the Alexandria Town Hall on Tuesday, January 19, 2021, from 7:00 to 7:30 p.m. for additions and corrections to the checklist, in preparation for the Deliberative Sessions of the Newfound Area School District on January 30 and the Town of Alexandria on February 6. Change in party registration will be accepted at this time.

George Whittaker
Suzanne Cheney
Loretta Brouillard

Area residents named to Dean's List at University of New England

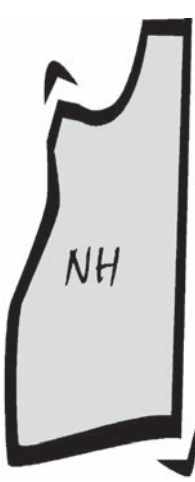
BIDDEFORD/PORTLAND, Maine — Shanley Camara of Bristol; Caitlyn Irish of Campton; and Jocelyn LaClair of Plymouth have been named to the Dean's List for the 2020 fall semester at the University of New England. Dean's List students have attained a grade point average of 3.3 or better out of a possible 4.0 at the end of the semester.

The University of New England is Maine's largest private university, featuring two distinctive campuses in Maine, a vibrant campus in Tangier, Morocco, and an array of innovative offerings online. Our hands-on, experiential approach empowers students to join the next generation of leaders in their chosen fields. We are home to Maine's only medical and dental colleges, a variety of other interprofessionally aligned health care programs, and nationally recognized degree paths in the marine sciences, the natural and social sciences, business, the humanities, and the arts.

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Edward Jones: Financial Focus

How to Respond When Risk Tolerance Is Tested

When you begin investing, you'll generally assess your comfort with risk, as your investment choices will be guided at least partially by your risk tolerance. But once you actually experience the ups and downs of the market, this tolerance could be tested. Risk tolerance may appear less bothersome in the abstract but seem quite different in reality. For example, you might initially think you wouldn't be fazed by short-term market downturns, no matter how severe. However, when the financial markets really decline, as happened when the COVID-19 pandemic struck last March, you might find yourself being more concerned than you thought you would be. Before you change your investment strategy, it's important to understand the potential tradeoffs. By limiting your downside risk by investing less aggressively, you may also limit your upside potential. You might need to change your strategy in other ways, such as sav-

ing more or working longer. That said, the tradeoff involved in reducing your downside risk may be worth taking, if it helps you cope better with wild market swings, as the best strategy may be one you can stick with through the inevitable ups and downs of the markets. Because market fluctuations are a normal part of investing, here are some additional suggestions that may help you focus on your long-term strategy. • Look past the immediate event. While the market's pandemic-driven fall was sudden, its recovery was also fairly quick. Eight months after its March meltdown, the market had regained all the lost ground and reached a new record high. During the midst of what appears to be a real threat to your investment portfolio, it can be difficult to anticipate a more favorable environment. Yet, while past performance can't guarantee future results, every historical market decline has been followed by a recovery.

• Understand that the Dow isn't your portfolio. When the Dow Jones Industrial Average and the other major market indexes such as the S&P 500 fall precipitously (or shoot up), it makes headlines. But the Dow and the S&P 500 only track the performance of large U.S. companies – and while their performance may be an indication of the U.S. economy, they aren't going to track the results of your portfolio, which should ideally include a personalized mix of large-company stocks, small-company stocks, international stocks, bonds, government securities and other investments. • Keep your emotions out of your investment moves. The market will fluctuate constantly – but you should always try keep your emotions in

check. Excess exuberance when the market rises, or extreme despondency when the market falls, can lead you to make poor decisions. Specifically, we may buy when we feel good (when the markets are up) and sell when we feel badly (when markets are down). Your heart and your emotions may drive your financial goals – creating a comfortable retirement, sending your kids to college or leaving a legacy for your family – but when you invest for these goals, you should use your head. Your risk tolerance is a key part of your investment strategy. But by taking the steps described above, you can gain a broader understanding of how risk fits into your overall picture – and a better understanding of yourself as an investor.



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Sununu
FROM PAGE A1

nerable, a way to stay as healthy as possible while addressing their COVID related quarantine. With the GOFFER funding, Mid-State will be able to help 90 or more families with food resources during these already challenging times.

Sununu said in his interview with WMUR, “Mid-State didn’t take a step back, they took a step forward, making sure they were providing testing and innova-

tive solutions. The kick-off of this program is taking their food access service to the next level, and especially in these next winter months, there is still going to be a very high need.”

This program will piggyback Mid-State’s already successful food security program, Feed the Need, that offers Mid-State patients who are identified as food insecure to leave the health center with three days’ worth of healthy food along with recipe suggestions to prepare

it and are connected with a patient support specialist to assist them in establishing a food security plan. This program originated in 2019 in response to the needs of the community. The need for food resources in the rural region Mid-State serves continues to grow exponentially due to the pandemic.

To learn more about Mid-State’s programs and services, visit us on the web at midstate-health.org, or call our office at 536-4000.

Groundbreaking
FROM PAGE A1

assisted living and memory care facility. Upon completion, residents and staff from the current facility, which dates back to 1942, will be moved to the new building. Phase one is expected to be completed in late 2021.

Franklin Mayor Tony Guinta participated in the virtual groundbreaking and read a proclamation.

“The Peabody Home is now poised to begin an incredible expansion that will not only compliment Franklin’s downtown

rebirth, but most importantly will provide a special place for more than 70 seniors to enjoy their golden years in a warm, safe and well-appointed environment,” he said.

After phase one is completed, the original building will then be torn down and phase two will include constructing the new independent living facility on that location. Both phases will be integrated into a single three-story building that features a granite and brick façade and large manor windows and will include a 24-hour emergency response system, personal transportation

services, a beauty and barber shop, an exercise and wellness room and easy access to downtown Franklin. Phase two is expected to be completed in late 2022.

Once completed, the “new Peabody Home” will more than double capacity from the current 37 residents and will include 13 memory care apartments, 45 assisted living apartments and 16 independent living apartments. It will feature more common space and take advantage of its unique views of the Winnepesaukee River, which bends around a point where the facility is located.

“The Peabody Home has been an integral and beloved part of Franklin’s downtown since the early 1940’s. Residents near and far have come to trust the facility for its high quality of care. The expanded capacity will be critical as the Peabody Home continues to serve the growing senior population of this great community,” US Sen. Jeanne Shaheen said in a letter submitted as part of the ceremony.

U.S. Sen. Maggie Hassan and U.S. Representative Annie Kuster provided video commentary for the ceremony.

“This modernization and expansion of the Peabody Home will serve more seniors in our state, keeping them safe and healthy, and improving their lives,” Sen. Hassan said in her video.

“I’m just thrilled that the Peabody Home has received this significant funding from the U.S. Department of Agriculture. This direct loan represents an important investment in the City of Franklin, its residents and surrounding communities,” Rep. Kuster added in her video.

Meg Miller, who has been at the Peabody Home for 22 years and currently serves as director, thanked her volunteer board for all of their work and support and Rural Development for providing the funding to make this project a reality. She encouraged those interested in learning more about the expansion to visit a new Web site that has information on the project.

Peabody Home, which is an independent non-profit organization, will continue its unique benefits that help make it an affordable, high-quality option for senior living. While many facilities that offer independent living often require a significant down payment, Peabody plans on requiring a small, fully refundable deposit. The facility will also continue to offer its Yankee Plan, where residents pay for basic services and can then add in additional services a la carte, so they are not charged for services they don’t use.

Schematics and additional information on the building can be found online. Space in the new facility can be reserved now. Anyone who moves into the Peabody Home prior to the opening of the expanded facility will have a space held for them in the “new Peabody.” The building was designed by EGA PC. Engelberth Construction is building the facility and the engineering work is being conducted by Nobis Engineering. Advisory work is being provided by RS Consulting and North Country and the Northern Community Investment Corporation. For more information, contact Marylee Gorham at 934-3718 or mgorham@peabodyhome.org.

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Town of Alexandria

**First Day to File for Candidacy –
January 20, 2021**

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• Town Clerk/Tax Collector	3-year term
• Cemetery Trustee	3-year term
• Trustee of Trust Funds	3-year term
• Planning Board (2 positions)	3-year term
• Road Agent	3-year term
• Budget Committee (2 positions)	3-year term

**Last Day to File for Candidacy –
January 29, 2021**

Town Clerk’s Office will be open from 3pm to 5pm on Friday, January 29, 2021

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Residential Life & Dining Services Office Manager

Building Service Worker (Custodian)
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and newly opening in Littleton**



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Joseph Fagnant
Highway Manager



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PSU places second in national collegiate sales competition

PLYMOUTH — Plymouth State University (PSU) recently won second place in a national collegiate sales competition, topping 58 other colleges and universities from across the country. Seventy students enrolled in PSU’s introduction to professional sales course participated in the November RNMKRS (pronounced “Rainmakers”) competition, using an artificial intelligence (AI) bot named Alex to both practice their sales techniques and to compete. Three PSU students placed in the top one percent among 2,100 collegiate competitors and 10 PSU students placed in the top 10 percent, improving the University’s results from its first effort in the 2019 competition.

“The PSU sales program earned a second-place rank, edging out schools with top business and marketing programs, because of the hard work and determination of all of our students,” said Robert Nadeau, MBA, Business Faculty, Plymouth State University. “Their success in the competition is a reflection of their

enthusiasm for learning, ability to practically apply what they’ve learned, and the rigor of Plymouth State’s professional sales program.”

Other RNMKRS competitors included Boston College, California Polytechnic State University, Johnson & Wales University, Louisiana State University, Purdue University, Southern New Hampshire University, Texas A&M University, and University of Massachusetts Amherst.

Alex, the AI bot, is programmed to respond to students as they lead a mock sales meeting. This year’s competition scenario had students representing a technology company looking to sell equipment to a police department. Students ‘met’ with Alex, going through the steps of a sales call. Alex’s program graded each student based on his or her performance, and the institutions were then ranked based on their students’ results.

Although RNMKRS held its first competition in 2019 before the coronavirus pandemic, its focus on artificial intelligence technology has allowed

students to practice and compete while adhering to all relevant COVID safety protocols. PSU students logged more than 2,000 practice sessions over the course of the fall semester, while some students practiced 90 times – all virtually, from the comfort of their residence halls or homes.

“My sales class at Plymouth State gave me the hands-on experience I needed to prepare for the RNMKRS competition,” said PSU senior Brenninn Loring, from Wolfeboro, New Hampshire, who placed 13th in the competition. “Throughout the semester, we practiced, observed and worked with each other to continuously improve. We are so proud that our hard work paid off with a second-place overall finish for Plymouth State.”

PSU started its professional sales program 10 years ago, and it is now the largest of its kind in the Northeast. More than 200 students are currently enrolled in sales courses, working to complete a minor or certificate through experi-



Plymouth State University recently won second place in a national collegiate sales competition, topping 58 other colleges and universities from across the country. Pictured above, Plymouth State senior Brenninn Loring, from Wolfeboro, prepares for the November RNMKRS competition, using an artificial intelligence (AI) bot named Alex to both practice his sales techniques and to compete. Loring placed 13th out of 2,100 competitors in the competition.

ential coursework. Most students in the program have multiple job offers when they graduate. PSU is also the only university in the country with a medical sales certificate, helping students prepare for success in a highly regulated sales environment.

“The competition

gave our students an opportunity to put the rapport-building, discovery, presentation and objection-handling skills they learned in class to the test,” said Nadeau. “These skills help to set PSU students apart in a competitive job market, as only about 150 schools nationwide teach pro-

fessional sales. Our students are able to jump into professional environments and quickly make positive impacts.”

For information about Plymouth State University, visit <http://www.plymouth.edu>.

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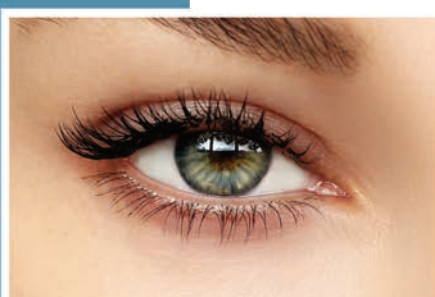
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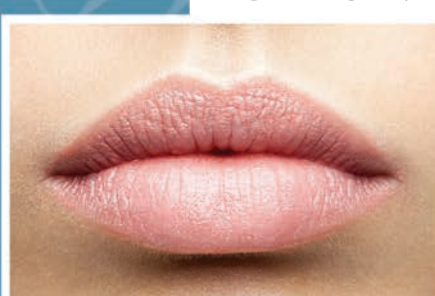
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Comfort Keepers

Keeping seniors safe in the bathroom

BY MARTHA SWATS
Owner/Administrator
Comfort Keepers

Every 11 seconds, an older adult is treated in the emergency room for injuries resulting from a fall. And, it’s estimated that 80 percent of these falls happen in the bathroom. Fall-related injuries can range from minor cuts, scrapes, and bruises to more severe injuries, including broken bones, hip fractures, head contusions, and even spinal cord injury.

It’s easy to understand why bathrooms are particularly hazardous for seniors. Bathrooms tend to have slippery surfaces and nothing to grasp in order to prevent falls.

As we age, reduced muscle strength and balance can make falls more common, and those with a history of falls have an even greater risk of falling again. In the bathroom, this can occur when stepping into and exiting the tub or shower; when reaching for a towel bar, sink top, or other objects for balance when walking; and when sitting down and getting up from the toilet.

Installing safety features in the bathroom can reduce the risk, and there are many options available:

For the shower and tub:

Install grab bars or a tension pole. Towel bars are great for holding towels but aren’t built to support weight. Installing slip-resistant grab bars to help support balance when entering and exiting the shower or tub can help. Seniors should choose bars that are color contrasted from the wall for visibility, and ensure they are securely fixed to the studs of the wall for adequate support.

Using a shower chair: A shower chair can provide stability for balance and be a resting place for those who can’t stand for long periods of time. A good shower chair has rubber tips on the legs to prevent sliding. Also, installing a hand-held showerhead allows those with balance issues to shower while seated.

Using a bath transfer bench: A bath transfer bench eliminates the problem of stepping in and out of the tub. Users can sit on the bench outside of the tub then slide into the tub, eliminating the need to step over a bathtub wall.

For slippery surfaces:

Add non-slip mats. Having a non-slip

rubber mat (or decals) on the floor of the shower or tub as well as a non-slip rug on the floor can help prevent slips. A non-slip rug should be placed in front of the toilet, by the sink, or in any place that there is a risk of water making the floor slick.

Add non-slip adhesive strips. These can be placed on the top of sink edges to guard against hand slippage if these surfaces are used for balance support.

For the toilet:

Use a raised toilet seat. For seniors that have difficulty lowering themselves down to sit on a low toilet seat and rising to a standing position, a raised toilet seat adds 3-4 inches of height, which reduces squatting.

Install grab bars for standing and sitting. Grab bars can be installed to help with lowering and raising. And, there are some raised toilet seats with built-in grab bars to provide extra assistance.

Comfort Keepers® can help. About one-quarter of Americans over age 65 need help with everyday activities such as eating, bathing, and getting in and out of bed or a chair.

Our trained caregivers can help with these and other tasks, while engaging clients in activities that improve quality of life. They can also provide support for physician-approved diet and exercise plans, provide transportation to appointments and community events and can assess a home for safety issues and reducing fall hazards. For more information on how we can help, contact your nearest Comfort Keepers® office today.

About Comfort Keepers

Comfort Keepers is a leader in providing in-home care consisting of such services as companionship, transportation, housekeeping, meal preparation, bathing, mobility assistance, nursing services, and a host of additional items all

Meant to keep seniors living independently worry free in the comfort of their homes. Comfort Keepers have been serving New Hampshire residents since 2005. Let us help you stay independent. Please call 536-6060 or visit our Web site at nhcomfortkeepers.com for more information.

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