



Dartmouth-Hitchcock  
**Aging Resource Center**  
**Winter/Spring 2015**  
**Programs**

## Our Team



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## Our Partners



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## IMPORTANT

For information about any of our programs, to **register** or to be added to our mailing list, please contact us:

**603.653.3460**

**AgingCenter@hitchcock.org**  
**dhaging.org**

- **Advance registration is required, unless otherwise noted.**
- Occasionally we need to cancel or reschedule a class due to unforeseen circumstances including weather, low enrollment or instructor illness. Registered participants will be notified as soon as possible.
- Programs take place at the **Aging Resource Center, 46 Centerra Parkway, Lebanon, NH, unless otherwise noted.**
- Classes are offered free of charge, unless otherwise noted.

## Can't make it to the Aging Resource Center?

Programs marked with a  will also be available one or more of the following ways:

- Via live web stream through your home computer
- Via videoconference at participating locations
- Archived on our website

**Please contact the Aging Resource Center for more information.**

## Spring Welcome and Photo Show Reception

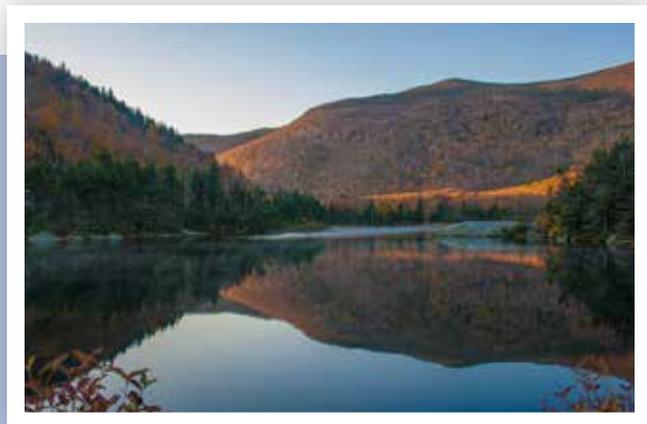
**Monday, March 9, 1:30 to 4 pm**

Please join us for a spring celebration and opening reception for Carla Kimball's photo exhibition. Get to know the Aging Resource Center team, meet our "Profiles in Aging" honoree, Madeleine Marchewka and sign up for classes.

Pictured right: *Fall on Reflection*

On the cover: *Magical Mistical Tour*

Photographed by Carla Kimball ([www.revealedpresence.com](http://www.revealedpresence.com))



### Meet **Madeleine Marchewka**, a resident of Lebanon, New Hampshire. Age: 90

**A** BURNING DESIRE to learn new things coupled with a steely determination, “stubbornness” as Madeleine Marchewka puts it, strengthened her resolve to return to school at age 58. “My contemporaries thought I was crazy, but my husband and family supported me,” recounts Madeleine. At age 61, Madeleine obtained her bachelor’s degree, after three years of 5 am travel on Saturday mornings from Lebanon to Manchester, NH, for a full 12-hour day of classes. Madeleine didn’t stop there. Realizing certified public accountants (CPAs) at her office received greater compensation, Madeleine obtained her CPA certification at age 67, with a concentration in personal income tax. Although officially retired, Madeline uses her accounting skills to assist her son’s business and has helped numerous neighbors and friends with their taxes.

Born on January 5, 1925 in St. Johnsbury, VT, schooling wasn’t always easy for Madeleine despite her father’s belief in the importance of education. Madeleine’s father was a French Canadian immigrant who worked with lumber cutting teams. When all available trees and lumber were cut, her family would relocate to a new work site. Moving occurred often, sometimes multiple times in one year, which made consistent schooling difficult. Camp sites were often a significant distance from the town center and Madeleine, along with her siblings, would walk miles each morning to school. She didn’t mind the distance, except for one particular morning when she almost stepped on a large snake sunning itself in the woods!

In 1939, Madeleine’s family moved to Lebanon, NH, where she attended high school. Sadly, Madeleine’s father died the week before she graduated. Following graduation and a six-month hair dressing course, Madeleine opened a beauty shop in downtown Lebanon. She continued to work as a hair dresser for



15 years while raising her four children with Steve, her husband of 69 years. As time allowed, Madeleine took classes at Lebanon College and recalls sitting in the first writing class offered by the College in 1954.

Writing is one of Madeleine’s greatest pleasures. In 2002, Madeleine published her first book, *Welfare as We Knew It*, about her life growing up during the Great Depression. A second publication followed in 2006, *Yes, Sister...No Sister*, chronicling the years, from age 10 to 12, she spent living and studying in a Canadian convent. Her enjoyment of writing continues today. This past fall, Madeleine participated in the Aging Resource Center’s memoir writing class offered by Kim Gifford.

The key to aging well, Madeleine believes, is staying busy, keeping the mind occupied and the body moving. “There are so many things I still want to do,” Madeleine shares, “I want to keep writing and, because I love to cook, I hope to stay on my feet as long as possible so I can continue cooking meals for my family!”

## Medicare's New Benefit: The Free Annual Wellness Visit

*Ellen Flaherty, APRN, PhD*

**Tuesday, February 3, 9:30 to 11 am**

As of January 2011, Medicare began covering an Annual Wellness Visit (AWV), a new benefit resulting from the Affordable Care Act. The AWV takes place with one's primary care provider, is covered once every 12 months after the first year of Medicare coverage, and has no deductibles, coinsurance or copayments. Have you had yours? Come and learn more about this free annual visit paid by Medicare, what assessments and evaluations are included, how to prepare for your visit and how to make the most of this new benefit offered to individuals on Medicare.

## Walking 101

**Thursdays, February 5 to June 25, 10 to 11:30 am**

LOCATION: DHMC

Do you need a little push to get started walking? Join us every week and learn ways to motivate yourself. We will explore the corridors and outdoor paths of DHMC while we walk. Bring your water bottle and wear comfortable and sturdy footwear.

## Gentle Yoga for Older Adults

*Mary Greenwood, MS, MDiv, RYT*

**Fridays, February 13 to April 17 (ten sessions), 9:15 to 10:15 am**

Join Mary Greenwood, an exercise physiologist and yoga teacher with years of experience in fitness for older populations, for a safe and gentle introduction to the benefits of yoga. The class will be conducted in chairs and will include stretching, breath work and relaxation. Feel the benefits of yoga as your body begins to awaken to increased movement, vitality and a new awareness around the mind/body/spirit connection.

## Active for Life

*Kimberly Betts and Nicole Moraco*

**Thursdays, February 19 to March 19 (five sessions), 4 to 5 pm**

Active for Life is a total body workout for older adults, regardless of fitness level. Come prepared to improve your strength, endurance, mobility and balance. The exercises are a combination of aerobic, flexibility and resistance training, all done in a supportive, fun-filled environment! Healthy light refreshments will be provided for each class.

## A Matter of Balance

*Rebecca Desilets*

**Thursdays, March 5 to April 23 (eight sessions), 2 to 4 pm**

Many older adults experience concerns about falling and, as a result, restrict their activities. A Matter of Balance is an award-winning program designed to manage falls and increase activity levels. You will learn to view falls as controllable, set goals for increasing activity, make changes to reduce fall risks at home, and exercise to increase strength and balance. You should attend this class if you are concerned about falls and have restricted your activities because of these concerns.

## Maintain Your Strength

*John A. Batsis, MD*

**Tuesday, March 10, 1:30 to 3 pm**

Loss of muscle mass and strength is common among older adults and can contribute to frailty and disability. This class will teach you why older adults lose muscle tone as they age. You will learn tips for maintaining your muscles and rebuilding your strength.

## "Brown Bag" Medication Review

*DHMC Pharmacist*

**Wednesday, March 19, 9:30 to 11:30 am**

Meet one-on-one with a pharmacist who will answer your medication-related questions, ensure that you take your medications correctly, identify any food/drug interactions, and share useful medication tips. Upon registration, you will be given a 20-minute appointment between 9:30 and 11:30 am. Please bring:

- All prescription medicines (pills, inhalers, liquids and creams)
- All over-the-counter medicines you take on a regular basis
- All vitamins and herbal supplements you take on a regular basis

## Hearing Loss and the Savvy Hearing Aid Consumer

*Kerry Gudlewski, AuD*

**Thursday, April 2, 9 to 11 am**

Access to sound is essential for good communication. Hearing loss is one of the most common chronic health conditions for older individuals and, if left untreated, can lead to depression, anxiety and social isolation. There are many effective devices currently available, including hearing aids. This session will focus on common causes of hearing loss, hearing aid pros and cons, assistive listening devices and what to look for from a hearing aid provider.

**Space is limited. Registration is required, unless otherwise noted.**

Register online at [dhaging.org](http://dhaging.org), or contact us at 603.653.3460 or [AgingCenter@hitchcock.org](mailto:AgingCenter@hitchcock.org).



## Hearing Assistive Technology Demos: See the Devices in Action

**Thursday, April 2, 11 am to 12 pm**

Join representatives from the NH Department of Health and Human Services, NH Telecommunications Equipment Distribution Program and ServiceLink as they demonstrate a variety of devices and technologies for people with hearing loss. You will have the opportunity to try out some of the devices and learn from the experts about which devices may be most helpful for you.

**Note: Pre-registration is not necessary.**

## Parkinson's Disease Question and Answer

*Facilitators: David Coffey, MD; Mary Feldman, DO; Stephen Lee, MD, PhD; and Diane L. Sherman, PhD*

**Friday, April 24, 9:30 to 11:30 am**

LOCATION: DHMC, AUDITORIA B-D

Parkinson's symptoms, progression and responses to treatment vary from person to person to such an extent that some have called Parkinson's a "designer disease." Do you have questions about Parkinson's? Join this question-and-answer session to learn more about this chronic illness and the resources available through the Parkinson's Center.

## Plant-based Diets for Older Adults

*Margo Krasnoff, MD*

**Tuesday, May 5, 4 to 6 pm**

LOCATION: DHMC, AUDITORIA A-D

There are many proven benefits from eating a diet rich in vegetables, fruits and beans in terms of disease prevention and reversing damage already done. This program will address how older adults can meet their special needs through a whole foods, plant-based approach.

## Is Incontinence on Your Mind?

*Kelley Hamill Lemay, APRN, MSN*

**Tuesday, June 2, 12 to 1:30 pm**

Many men and women are bothered daily by urinary incontinence. Others take care of someone affected by urinary problems. In this program, you will learn about the types of and contributors to urinary incontinence, as well as treatment options for patients with urinary incontinence.

**Note: Please feel free to bring a bagged lunch.**

## Intimacy Should Be Fun! What's Age Got To Do With It?

*Samuel G. Smith, MD*

**Thursday, June 25, 1:30 to 3:30 pm**

As we age, what happens to our perceptions and expectations of intimacy? In order to understand where we are, we will explore how we got here by:

- Reminding us of societal influences as we matured
- Remembering what we learned as we matured
- Exploring what we should have learned
- Outlining the normal aging changes and drugs and medical conditions that affect us
- Discussing some thoughts on maintaining intimacy

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## Upper Valley Memory Café

Saturdays, January 31, March 7, April 11, May 9 and June 27, 10 am to 12 pm

LOCATION: THE DARTMOUTH INSTITUTE CLASSROOM, NOVELL BUILDING, 30 LAFAYETTE STREET, LEBANON, NH

People suffering from Alzheimer's disease or other cognitive disorders are invited to attend, along with their caregivers, other family and friends. During these semi-structured, informal sessions, you will:

- Enjoy breakfast, activities and entertainment in an informal and stress-free atmosphere
- Have an opportunity to spend time with others who have dementia, and their family members
- Meet and talk with dementia resource specialists, as well as our Memory Café partners: members of the Dartmouth sorority Alpha Xi Delta, students from Geisel School of Medicine and other student volunteers.

**Note: Pre-registration is not necessary.**

## Perspectives: Looking at Art

Second Saturday, February through May, 10:30 am to 12 pm

LOCATION: HOOD MUSEUM OF ART, 4 E. WHEELOCK STREET, HANOVER, NH

This program offers an opportunity for individuals with memory disorders and their care partners to visit the Hood Museum at Dartmouth in order to view a variety of artworks, and to have interesting discussions with a museum docent, other program participants and a number of Dartmouth faculty and students who are assisting with the program. Looking at art is an activity that can be especially enjoyable and beneficial to those with Alzheimer's disease and other cognitive disorders. Art viewing utilizes areas of the brain unaffected by the disease, stimulating thoughts, reactions and emotions with minimal reliance on recent memory.

## Memory Loss and Brain Health

*Kesstan Blandin, PhD*

Wednesday, March 11, 12 to 1:30 pm

Join us for an educational program for the general public to learn about normal aging in the brain, memory loss and brain health. This program covers the basics of Alzheimer's disease and dementia, lifestyle strategies for brain health, and a review of the services offered free of charge to families and caregivers in the Upper Valley.

**Note: Please feel free to bring a bagged lunch.**

## Understanding Dementia

*Bernie Seifert, MSW, LICSW*

Wednesday, April 8, 2 to 4 pm

The risk of developing dementia increases as one ages. Symptoms of dementia can often be mistaken for other conditions, such as depression or delirium. This workshop will help caregivers understand what dementia is, what signs to look for and where to seek help when a loved one has dementia. This program is part of the NAMI-NH "Side by Side" series.

## Essential Skills for Alzheimer's Care Series

*Melissa Grenier, LCSW*

Wednesdays, April 22 and 29, 2 to 4 pm

### April 22: Communication and Understanding Behaviors

In this session, attendees can learn to improve day-to-day life for those with dementia and reduce their own stress. Learn how to communicate in a way that minimizes frustrations, decreases anxiety and avoids disagreements. This session will also review how behaviors may be telling us something, like "Slow down" or "I need something to do." Learning to understand these messages and making changes to care can prevent outbursts and arguments.

### April 29: Safety at Home

For someone with dementia, a safe and supportive home can prevent injury and enhance independence and a sense of security. Attendees can learn to adapt their home environment and make it dementia-safe and supportive.

## The Emotional Journey of the Alzheimer's Family: Reading and Discussion

*Robert B. Santulli, MD and Kesstan Blandin, PhD*

Wednesday, May 6, 1:30 to 3 pm or Tuesday, May 19, 6 to 7:30 pm

Bob Santulli, MD, and Kesstan Blandin, PhD, will read from their book, *The Emotional Journey of the Alzheimer's Family*, and lead a discussion on a range of topics, including audience questions. They will discuss how families deal with discordant views and difficult emotions, and the experience of grief, loss and growth that come from living with a family member who has dementia.



Photo by Jodi Austin

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## TECHNOLOGY AND AGING

### **Tech Coaching: Resolving Your Technology Questions Side by Side**

**First and third Wednesdays, January through April, 3 to 5 pm**

**First Saturdays, January through April, 9 to 11 am**

Have you wanted to Skype with your grandchildren? Have you ever been intimidated by a pop-up message? Do you want to send photos to your friends and family? Come to the Aging Resource Center where you and a high school student can work out these questions side by side. Five students from Hanover High School and Lebanon High School will be available to help with any of your technology related questions. They are able to answer questions on a range of topics, from creating accounts on Skype to downloading applications on your smartphone. We ask you to bring your own devices (laptop, iPad, iPhone, smart phone, etc.) if possible, especially if you have specific questions about your device.

### **2015 - A Health Odyssey: Technology and Your Health Care Journey**

*Justin Montgomery, APRN*

**Tuesday, March 10, 9:30 to 11:30 am**

Technology is expanding in ways we never dreamed of until recently. As a result, we have more ways to work with our health care providers to manage our own health and become informed, active participants in achieving the best outcomes possible. This class will provide a comprehensive look at the current technology devices available and a glimpse into the future of health care. There will be time to discuss how this may help us achieve better health and age in our community.

### **How Do I Find Reliable Health Information Online?**

*Pamela Bagley*

**Wednesday, April 1, 1:30 to 3 pm**

LOCATION: MATTHEWS-FULLER HEALTH SCIENCES LIBRARY CLASSROOM, DHMC, 5TH FLOOR

While Google is a great tool, there are specific websites that offer reliable health and wellness information for all ages. This workshop will help participants browse sites for drug information, health news, and more. You will also learn tips for evaluating online health information. Hands-on time is included in this workshop.

### **Spiritual Support (By appointment)**

*Jeanne Childs, MA, BCC*

"All I need is someone to talk to who will listen!" We know. That's why the Aging Resource Center has Jeanne Childs, our board-certified chaplain. She listens and provides support to those going through life challenges. If you have lost your sense of purpose; if you are having difficulty coping with changes in your life; if you are having trouble making major life decisions; if you are experiencing grief, loss, loneliness or seeking meaning, purpose or connection... the support of a chaplain could help you find strength.

**If you are interested in making an appointment with Jeanne, please contact her by phone at 603.653.3461 or by email at [Rita.J.Childs@hitchcock.org](mailto:Rita.J.Childs@hitchcock.org).**

## MIND AND SPIRIT

### **Understanding Depression and Anxiety in Older Adults**

*Bernie Seifert, MSW, LICSW*

**Wednesday, March 25, 2 to 4 pm**

No age group is immune to mental health disorders. Participants will learn the symptoms of depression and anxiety, and how these differ from dementia; why treatment for depression and anxiety is important; and the warning signs and risk factors for suicide in older adults, including what to do if an older adult is showing suicidal signs. This workshop is part of the NAMI-NH "Side by Side" series.

### **Introduction to Mindfulness**

*Renee Pepin, PhD*

**Thursday, April 30, 2 to 3:30 pm**

Mindfulness is the practice of turning your attention to the present moment nonjudgmentally. This one-session workshop will introduce you to mindfulness and build skills that will help you focus on the here and now. You will learn about mindfulness and practice a variety of mindfulness exercises.

**Note: This program is appropriate for people with little or no experience practicing mindfulness.**

### **Mindfulness for Pain Management**

*Renee Pepin, PhD*

**Thursdays, May 7 to 28 (four sessions), 2 to 3:30 pm**

Mindfulness is about accepting what is here right now as best we can, including pain. This four-part series will examine how to relate to pain differently and how our thoughts and judgments exacerbate pain. You will practice a variety of mindfulness exercises and explore how mindful attention can help you understand and deal with chronic and acute pain conditions.

**Note: Prior participation in "Introduction to Mindfulness" or "Mindfulness for Wellness" required.**

### **Health and the Human Spirit**

*Jeanne Childs, MA, BCC*

**Tuesdays, June 9 to 23 (three sessions), 2 to 3:30 pm**

Medical research reveals a strong positive correlation between physical health and spirituality (beliefs that create meaning and connection in life). Learn the facts and evidence-based methods to cultivate spiritual strengths. The final class involves practical application.

**Space is limited. Registration is required, unless otherwise noted.**

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### **It's Your Funeral—Plan It the Way You Want It**

*Lee Webster and Michael Whitman*

**Wednesday, March 4, 9 to 11:30 am**

**(Part I: 9 am; Part II: 10:15 am)**

The average American funeral today can cost over \$10,000, and a cemetery burial adds even more. Instead of burdening loved ones to make uninformed financial decisions while under duress, take the time now to plan ahead so your family knows exactly what you want. This workshop will include two parts. Part I, with Michael Whitman, will cover the difference between a funeral and a memorial service, service options at different cost levels and where you can find consumer-oriented information about funeral planning. In part II, Lee Webster will talk about do-it-yourself services, how you can decrease your environmental funeral footprint and how to personalize your funeral in a dignified way. Note: You can choose to attend Part I with Michael Whitman, Part II with Lee Webster, or both parts.

### **Advance Care Planning: Let's Talk About It!**

*Maria Koehler*

**Thursday, April 16, 10 to 11:30 am**

If you were unable to speak for yourself, who would make decisions on your behalf? Would they know what type of decisions you would want them making? Would they know your health care goals, values and beliefs? Putting your wishes in writing in the form of an Advance Directive is important, but we need go a step further. Having conversations with your appointed health care agents well in advance of a health care crisis will better prepare them for the future. Please join Maria Koehler of the Office of Care Management and Honoring Care Decisions as we discuss the importance of Advance Directives (AD) and Advance Care Planning (ACP), explain common misconceptions and benefits to advance care planning and provide you with an opportunity to engage in a conversation and complete the AD documents if you are ready.

### **Keeping Our Homes Safe and Sound**

*Cheryl Elinsky, PA*

**Tuesday, April 21, 10 to 11:30 am**

Safely remaining independent in your home as you age often takes some adjustments to your environment. During this session, we will discuss potential hazards as well as some solutions to make your home safer as you age. We will also cover some personal considerations to make in terms of footwear, vision, hearing, medications and more.



### **In Case of Emergency: Gathering and Organizing Important Information – Just in Case!**

*Roger E. Bloomfield, Esq. and Susan Bloomfield*

**Monday, April 27, 9:30 to 11:30 am**

When the unexpected happens, it's good to have at hand the information and documents that will enable you or another to respond more effectively. Death, illness and accidents in your near or distant family may require you to alter your usual routine. If you have your important information well organized and up-to-date, you or those who are called to assist will be able to carry on. Come and share your experiences and we will share ours as counselors to numerous families. We will help you think about what to assemble and how to organize the information to meet the unexpected confidently.

### **Medicare 101**

*Alison Morgan*

**Wednesday, May 6, 9:30 to 11 am**

Are you new to Medicare or just have questions about what it covers? What is the difference between a Supplement Plan and an Advantage Plan? Will you pay a penalty if you don't sign up when you turn 65? Come to this class to find out the basics of what Medicare covers, how to apply and the difference between plan options. Please bring your questions about Medicare to this session. This program is offered in partnership with ServiceLink Aging and Disability Resource Center.

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### Social Security and You

*Kenneth Baron*

**Wednesday, May 13, 1:30 to 3 pm**

How well do you really understand how Social Security works and your level of benefit eligibility? Why does a spouse also qualify under your Social Security record? What happens to someone's benefits after his or her death? These and many more topics will be discussed. Please bring your questions so they can be answered by an expert.

### Downsizing a Lifetime: A Gift for One's Family

*Alice Strenta and Carol Carr*

**Tuesday, May 19, 10 to 11:30 am**

Eventually, all households downsize. This session will focus on the basics of getting started, including where to begin in your home and how to focus your energy to help lighten the load. "De-cluttering" for its own sake will be covered for those who wish to and can remain in their homes.

### Aging and Driving

*Valori Petrin, OTR/L*

**Tuesday, May 26, 10 to 11:30 am**

In this presentation, we will discuss how aging affects driving, describe a screening program that assesses the skills needed to continue to drive safely, and what to do if a person you know is no longer a safe driver.

### Transportation Services of the Upper Valley

**Tuesday, May 26, 1:30 to 3 pm**

What are the local transportation options if you decide to stop driving? Can you still get to your appointments, go shopping and visit friends? How difficult is it to use the local transportation options? Join panelists representing Advance Transit, Stagecoach Transportation Services, senior centers and community members to find out about your options to get around in the Upper Valley.

### Understanding Your Long-term Care Options

*Gretchen Cole*

**Tuesday, June 9, 9:30 to 11 am**

This workshop will provide information that can help you make good decisions about future care for yourself or a loved one. Find out what programs are available, how to access them, the costs and safety concerns. The role of Medicare and Medicaid programs, along with long term care insurance and other funding sources will also be discussed.

### Cabin Fever Film Series

**Thursdays, February 5 to 26, 2 to 4 pm**

Get out of your house, apartment, condo, bungalow, yurt or cabin and join us for our winter film series.

Refreshments will be served.

- February 5: Quartet
- February 12: The Genius of Marian
- February 19: Win Win
- February 26: Julie and Julia

### Matter of Life & Verse: Writing Poetry

*Tom Haushalter, MFA*

**Tuesdays, April 14 to May 19 (six sessions), 6 to 8 pm**

LOCATION: AVA GALLERY AND ART CENTER, 11 BANK STREET, LEBANON

(A creative aging program offered in partnership with AVA Gallery and Art Center.)

"Tell all the truth," wrote Emily Dickinson, "but tell it slant." Poetry, through wordplay and its various forms, allows us to experiment artfully with the matter of life—our loves and losses, fears and dreams, and every mundane thing in between—so as to give it better resonance, a heightened urgency, and a timeless quality. In this class, our reading and discussion of good poems will frame in-class writing exercises and the creation and sharing of our own good poems.

**Note: Registration fee of \$25 requested; register by contacting AVA at 603.448.3117.**

### A Place to Put It All: Three-dimensional Fiber Art

*Lynn Graznak*

**Monday, April 27, 1:30 to 4 pm**

Create a lovely felted art vessel and store what you want in it: hopes, fears, triumphs, pain, memories, anything. Absolutely no prior craft experience or skills are needed. We will use beautiful hand-dyed wool and silk roving to create a three-dimensional fiber art vessel.



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## SUPPORT GROUPS

### **Connection: Deeper Relating to Self and Others**

*Facilitator: Jeanne Childs, MA, BCC*

**First and third Mondays, February through May, 2 to 3:30 pm**

Uprooting of all types happens as we age, often resulting in a disconnect from self, soul, beliefs and people. This group seeks a deeper conversation with others, more authentic internal integration, and greater ease in engagement with life and its uncertainties.

**Note: Please contact Jeanne at 603.653.3461 before attending for the first time.**

### **Caring for Another, Caring for Yourself: Nurture for Family Caregivers**

*Facilitator: Jeanne Childs, MA, BCC*

**First and third Tuesdays, February through May, 2 to 3:30 pm**

Family caregiving can be lonely, arduous and prolonged. We offer you a safe haven to ask questions, ease your mind, share ideas and receive encouragement from others who truly understand.

**Note: Please contact Jeanne at 603.653.3461 before attending for the first time.**

### **Change and Possibility: Adapting Positively to Life's Transitions**

*Facilitator: Jeanne Childs, MA, BCC*

**First and third Wednesdays in February, March, May; Second and fourth Wednesdays in April, 2 to 3:30 pm**

Many circumstances older adults face cannot be changed, but, in all loss, we have the choice of how to handle it. Join others who want to adjust positively and thrive despite challenges that come into their lives.

**Note: Please contact Jeanne at 603.653.3461 before attending for the first time.**

### **Upper Valley Stroke Support Group**

*Facilitator: Linda Wilkinson*

**First Friday of each month, 10 to 11:30 am**

We invite stroke survivors, family members and caregivers to come share their experiences and gain support, education and encouragement from others who know just what you are going through. Guest speakers will be invited to several meetings.

**Note: Please contact Linda at 802.295.3037 or [mustbeorganized@aol.com](mailto:mustbeorganized@aol.com) prior to attending for the first time.**

### **Alzheimer's Disease Support and Education Group for Family Caregivers**

*Facilitator: Bernie Seifert, MSW, LICSW*

**Second Wednesday of each month (except March, see calendar), 5:30 to 6:30 pm**

**Fourth Wednesday of each month, 12:30 to 1:30 pm**

Are you coping with a family member who has Alzheimer's disease or another dementia? Whether your family member lives with you, near you or in another part of the country, the stresses of coping with this disease can be enormous. Come listen to other Alzheimer's family members talk about their challenges and how they manage them. Share your story with a friendly group of people who will understand what you are going through, who will not make judgments and who will offer practical advice on how to handle the challenges of caring for someone with dementia.

**Note: Registration is not necessary.**

### **When Someone You Love Has Died**

*Facilitator: Jeanne Childs, MA, BCC*

**Mondays, April 6 to May 18; and Tuesday, May 26, 11 am to 1 pm**

The death of someone you love can be soul shattering. Surviving grief can seem daunting. Join us for comfort, understanding, support and ideas about how to make it through this difficult time.

**Note: Please contact Jeanne at 603.653.3461 prior to attending for the first time. Regular attendance is strongly encouraged. Please bring your lunch.**



**Space is limited. Registration is required, unless otherwise noted.**

Register online at [dhaging.org](http://dhaging.org), or contact us at 603.653.3460 or [AgingCenter@hitchcock.org](mailto:AgingCenter@hitchcock.org).

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
2 <b>Connection</b> 2-3:30 pm	3 <b>Medicare's New Benefit: Free Annual Wellness Visit</b> 9:30-11 am <b>Caring for Another, Caring for Yourself</b> 2-3:30 pm	4 <b>Change and Possibility</b> 2-3:30 pm <b>Tech Coaching</b> 3-5 pm	5 <b>Walking 101</b> 10-11:30 am (AT DHMC) <b>Cabin Fever Film: Quartet</b> 2-4 pm	6 <b>Stroke Support Group</b> 10-11:30 am	7 <b>Tech Coaching</b> 9-11 am
9	10 <b>Alzheimer's Support Group</b> 5:30-6:30 pm	11 <b>Alzheimer's Support Group</b> 5:30-6:30 pm	12 <b>Walking 101</b> 10-11:30 am (AT DHMC) <b>Cabin Fever Film: The Genius of Marian</b> 2-4 pm	13 <b>Gentle Yoga for Older Adults</b> 9:15-10:15 am	14 <b>Perspectives: Looking at Art</b> 10:30 am-12 pm (AT HOOD MUSEUM)
16 <b>Connection</b> 2-3:30 pm	17 <b>Caring for Another, Caring for Yourself</b> 2-3:30 pm	18 <b>Change and Possibility</b> 2-3:30 pm <b>Tech Coaching</b> 3-5 pm	19 <b>Walking 101</b> 10-11:30 am (AT DHMC) <b>Cabin Fever Film: Win Win</b> 2-4 pm <b>Active for Life</b> 4-5 pm	20 <b>Gentle Yoga for Older Adults</b> 9:15-10:15 am	21
23	24 <b>Alzheimer's Support Group</b> 12:30-1:30 pm	25 <b>Alzheimer's Support Group</b> 12:30-1:30 pm	26 <b>Walking 101</b> 10-11:30 am (AT DHMC) <b>Cabin Fever Film: Julie and Julia</b> 2-4 pm <b>Active for Life</b> 4-5 pm	27 <b>Gentle Yoga for Older Adults</b> 9:15-10:15 am	28

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
2 <b>Connection</b> 2-3:30 pm	3 <b>Caring for Another, Caring for Yourself</b> 2-3:30 pm	4 <b>Funeral Planning</b> 9-11:30 am <b>Change and Possibility</b> 2-3:30 pm <b>Tech Coaching</b> 3-5 pm <b>Alzheimer's Support Group</b> 5:30-6:30 pm	5 <b>Walking 101</b> 10-11:30 am (AT DHMC) <b>A Matter of Balance</b> 2-4 pm <b>Active for Life</b> 4-5 pm	6 <b>Gentle Yoga for Older Adults</b> 9:15-10:15 am <b>Stroke Support Group</b> 10-11:30 am	7 <b>Tech Coaching</b> 9-11 am <b>Memory Café</b> 10 am-12 pm (AT NOVELL)
9 <b>Spring Welcome and Photo Show Reception</b> 1:30-4 pm	10 <b>Technology and Your Health Care Journey</b> 9:30-11:30 am <b>Maintain Your Strength</b> 1:30-3 pm	11 <b>Memory Loss and Brain Health</b> 12-1:30 pm	12 <b>Walking 101</b> 10-11:30 am (AT DHMC) <b>A Matter of Balance</b> 2-4 pm <b>Active for Life</b> 4-5 pm	13 <b>Gentle Yoga for Older Adults</b> 9:15-10:15 am	14 <b>Perspectives: Looking at Art</b> 10:30 am-12 pm (AT HOOD MUSEUM)
16 <b>Connection</b> 2-3:30 pm	17 <b>Caring for Another, Caring for Yourself</b> 2-3:30 pm	18 <b>Change and Possibility</b> 2-3:30 pm <b>Tech Coaching</b> 3-5 pm	19 <b>"Brown Bag" Medication Review</b> 9:30-11:30 am <b>Walking 101</b> 10-11:30 am (AT DHMC) <b>A Matter of Balance</b> 2-4 pm <b>Active for Life</b> 4-5 pm	20 <b>Gentle Yoga for Older Adults</b> 9:15-10:15 am	21
23	24	25 <b>Alzheimer's Support Group</b> 12:30-1:30 pm <b>Understanding Depression and Anxiety</b> 2-4 pm	26 <b>Walking 101</b> 10-11:30 am (AT DHMC) <b>A Matter of Balance</b> 2-4 pm	27 <b>Gentle Yoga for Older Adults</b> 9:15-10:15 am	28

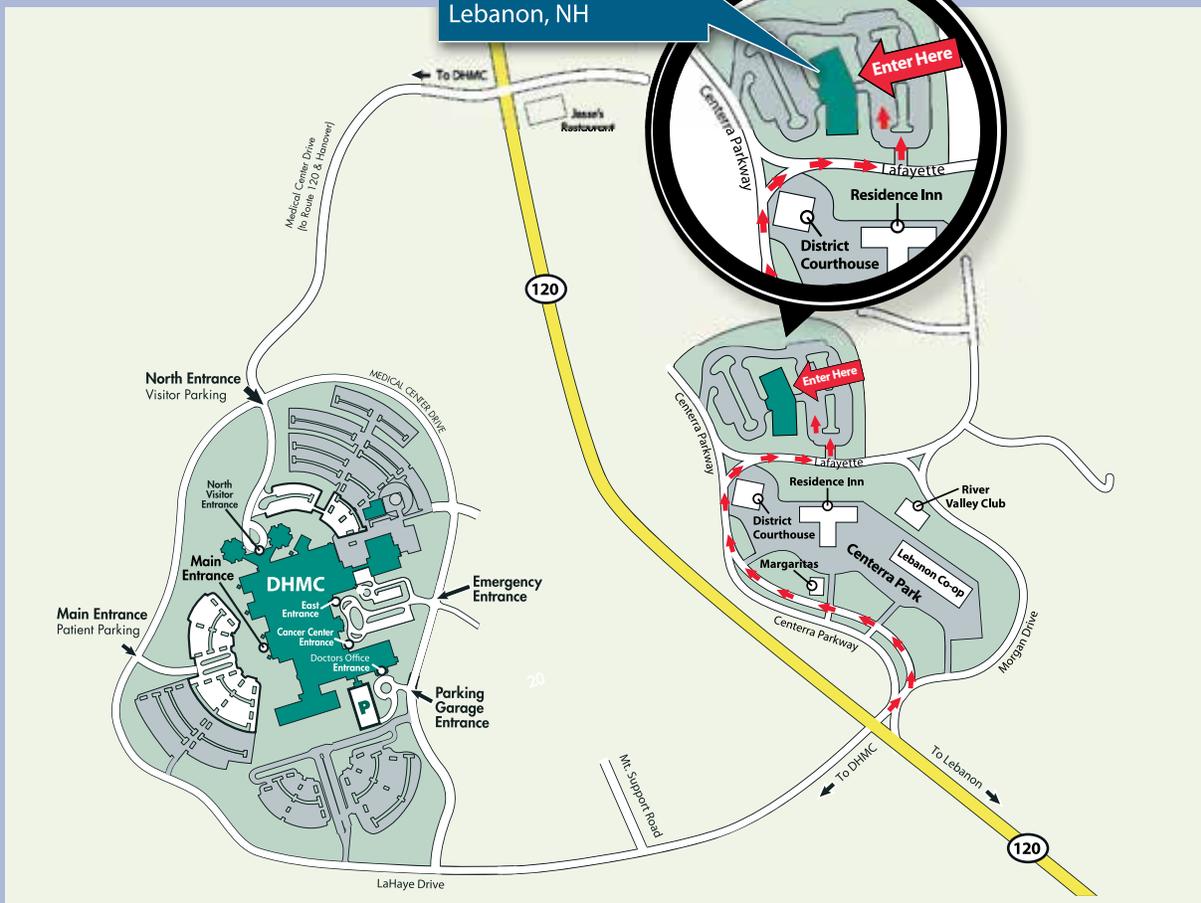
Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		<p><b>1</b></p> <p><b>Finding Reliable Health Information Online</b> 1:30-3:30 pm (AT DHMC)</p> <p><b>Tech Coaching</b> 3-5 pm</p>	<p><b>2</b></p> <p><b>Hearing Loss and the Savvy Hearing Aid Consumer</b> 9-11 am</p> <p><b>Walking 101</b> 10-11:30 am (AT DHMC)</p> <p><b>Hearing Assistive Technology Demo</b> 11 am-12 pm</p> <p><b>A Matter of Balance</b> 2-4 pm</p>	<p><b>3</b></p> <p><b>Gentle Yoga for Older Adults</b> 9:15-10:15 am</p> <p><b>Stroke Support Group</b> 10-11:30 am</p>	<p><b>4</b></p> <p><b>Tech Coaching</b> 9-11 am</p>
<p><b>6</b></p> <p><b>When Someone You Love Has Died</b> 11 am-1 pm</p> <p><b>Connection</b> 2-3:30 pm</p>	<p><b>7</b></p> <p><b>Caring for Another, Caring for Yourself</b> 2-3:30 pm</p>	<p><b>8</b></p> <p><b>Change and Possibility</b> 2-3:30 pm</p> <p><b>Understanding Dementia</b> 2-4 pm</p> <p><b>Alzheimer's Support Group</b> 5:30-6:30 pm</p>	<p><b>9</b></p> <p><b>Walking 101</b> 10-11:30 am (AT DHMC)</p> <p><b>A Matter of Balance</b> 2-4 pm</p>	<p><b>10</b></p> <p><b>Gentle Yoga for Older Adults</b> 9:15-10:15 am</p>	<p><b>11</b></p> <p><b>Memory Café</b> 10 am-12 pm (AT NOVELL)</p> <p><b>Perspectives: Looking at Art</b> 10:30 am-12 pm (AT HOOD MUSEUM)</p>
<p><b>13</b></p> <p><b>When Someone You Love Has Died</b> 11 am-1 pm</p>	<p><b>14</b></p> <p><b>Writing Poetry</b> 6-8 pm (AT AVA)</p>	<p><b>15</b></p> <p><b>Tech Coaching</b> 3-5 pm</p>	<p><b>16</b></p> <p><b>Walking 101</b> 10-11:30 am (AT DHMC)</p> <p><b>Advance Care Planning: Let's Talk About It!</b> 10-11:30 pm</p> <p><b>A Matter of Balance</b> 2-4 pm</p>	<p><b>17</b></p> <p><b>Gentle Yoga for Older Adults</b> 9:15-10:15 am</p>	<p><b>18</b></p>
<p><b>20</b></p> <p><b>When Someone You Love Has Died</b> 11 am-1 pm</p> <p><b>Connection</b> 2-3:30 pm</p>	<p><b>21</b></p> <p><b>Keeping Our Homes Safe and Sound</b> 10-11:30 pm</p> <p><b>Caring for Another, Caring for Yourself</b> 2-3:30 pm</p> <p><b>Writing Poetry</b> 6-8 pm (AT AVA)</p>	<p><b>22</b></p> <p><b>Alzheimer's Support Group</b> 12:30-1:30 pm</p> <p><b>Change and Possibility</b> 2-3:30 pm</p> <p><b>Essential Skills for Alzheimer's Care: Part I</b> 2-4 pm</p>	<p><b>23</b></p> <p><b>Walking 101</b> 10-11:30 am (AT DHMC)</p> <p><b>A Matter of Balance</b> 2-4 pm</p>	<p><b>24</b></p> <p><b>Parkinson's Disease Question and Answer</b> 9:30-11:30 am (AT DHMC)</p>	<p><b>25</b></p>
<p><b>27</b></p> <p><b>In Case of Emergency</b> 9:30-11:30 am</p> <p><b>When Someone You Love Has Died</b> 11 am-1 pm</p> <p><b>A Place to Put It All: 3D Fiber Art</b> 1:30-4 pm</p>	<p><b>28</b></p> <p><b>Writing Poetry</b> 6-8 pm (AT AVA)</p>	<p><b>29</b></p> <p><b>Essential Skills for Alzheimer's Care: Part II</b> 2-4 pm</p>	<p><b>30</b></p> <p><b>Walking 101</b> 10-11:30 am (AT DHMC)</p> <p><b>Introduction to Mindfulness</b> 2-3:30 pm</p>		

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				1 <b>Stroke Support Group</b> 10-11:30 am	2
4 <b>When Someone You Love Has Died</b> 11 am-1 pm <b>Connection</b> 2-3:30 pm	5 <b>Caring for Another, Caring for Yourself</b> 2-3:30 pm <b>Plant-based Diets for Older Adults</b> 4-6 pm (AT DHMC) <b>Writing Poetry</b> 6-8 pm (AT AVA)	6 <b>Medicare 101</b> 9:30-11 am The Emotional Journey of the Alzheimer's Family 1:30-3 pm <b>Change and Possibility</b> 2-3:30 pm	7 <b>Walking 101</b> 10-11:30 am (AT DHMC) <b>Mindfulness for Pain Management</b> 2-3:30 pm	8	9 <b>Memory Café</b> 10 am-12 pm (AT NOVELL) <b>Perspectives: Looking at Art</b> 10:30 am-12 pm (AT HOOD MUSEUM)
11 <b>When Someone You Love Has Died</b> 11 am-1 pm	12 <b>Writing Poetry</b> 6-8 pm (AT AVA)	13 <b>Social Security and You</b> 1:30-3 pm <b>Alzheimer's Support Group</b> 5:30-6:30 pm	14 <b>Walking 101</b> 10-11:30 am (AT DHMC) <b>Mindfulness for Pain Management</b> 2-3:30 pm	15	16
18 <b>When Someone You Love Has Died</b> 11 am-1 pm <b>Connection</b> 2-3:30 pm	19 <b>Downsizing a Lifetime</b> 10-11:30 am <b>Caring for Another, Caring for Yourself</b> 2-3:30 pm The Emotional Journey of the Alzheimer's Family 6-7:30 pm <b>Writing Poetry</b> 6-8 pm (AT AVA)	20 <b>Change and Possibility</b> 2-3:30 pm	21 <b>Walking 101</b> 10-11:30 am (AT DHMC) <b>Mindfulness for Pain Management</b> 2-3:30 pm	22	23
25 HOLIDAY ARC CLOSED	26 <b>Aging and Driving</b> 10-11:30 am <b>When Someone You Love Has Died</b> 11 am-1 pm <b>Transportation Services of the UV</b> 1:30-3 pm	27 <b>Alzheimer's Support Group</b> 12:30-1:30 pm	28 <b>Walking 101</b> 10-11:30 am (AT DHMC) <b>Mindfulness for Pain Management</b> 2-3:30 pm	29	30

## Aging Resource Center Winter/Spring 2015 Programs

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1	2 <b>Is Incontinence on Your Mind?</b> 12-1:30 pm	3	4 <b>Walking 101</b> 10-11:30 am (AT DHMC)	5 <b>Stroke Support Group</b> 10-11:30 am	6
8	9 <b>Understanding Your Long-term Care Options</b> 9:30-11 am <b>Health and the Human Spirit</b> 2-3:30 pm	10 <b>Alzheimer's Support Group</b> 5:30-6:30 pm	11 <b>Walking 101</b> 10-11:30 am (AT DHMC)	12	13
15	16 <b>Health and the Human Spirit</b> 2-3:30 pm	17	18 <b>Walking 101</b> 10-11:30 am (AT DHMC)	19	20
22	23 <b>Health and the Human Spirit</b> 2-3:30 pm	24 <b>Alzheimer's Support Group</b> 12:30-1:30 pm	25 <b>Walking 101</b> 10-11:30 am (AT DHMC) <b>Intimacy Should Be Fun!</b> 1:30-3:30 pm	26	27 <b>Memory Café</b> 10 am-12 pm (AT NOVELL)
29	30				

**Aging Resource Center**  
Evergreen Center  
46 Centerra Parkway  
Lebanon, NH



## How to Find the Aging Resource Center

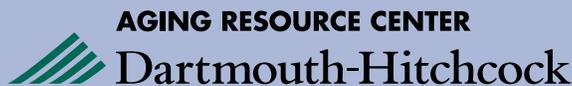
The Aging Resource Center is located at 46 Centerra Parkway in Lebanon, New Hampshire. From Route 120, turn into the Centerra Business Park and bear left. After you have passed Margarita's Restaurant and the Residence Inn, the road will divide. Bear right at the "yield" sign, passing the Lebanon District Courthouse. Take your first left at the white "Aging Resource Center" sign.

## Public Transportation Options

- The Upper Valley Senior Center provides residents of Lebanon and Hanover with door-to-door transportation directly to the Aging Resource Center at 46 Centerra Parkway. Please call 603.448.4213 (ext. 114) for more information.
- The Advance Transit Blue Line operates from Lebanon and Hanover to the East Entrance of DHMC throughout the day. From the East Entrance, take the DHMC intercampus shuttle, which runs every half hour, to the Aging Resource Center. Please contact the Aging Resource Center for more information and shuttle schedules.

## Hours of Operation

The Aging Resource Center is open Monday through Friday (except holidays), 9:00 am to 4:00 pm. Please come browse our library, find free information on health topics and local resources, use our public computers and enjoy our art exhibit. If you wish to meet with a specific member of our team, please call ahead to ensure that he or she will be available to assist you at the time of your visit.



46 Centerra Parkway, Lebanon, NH 03766  
603.653.3460 | dhaging.org | AgingCenter@hitchcock.org