

Senior Health and Wellness Expo set for Oct. 24 in Rochester

ROCHESTER — The Homemakers Health Services, in partnership with Frisbie Memorial Hospital, is once again hosting a Senior Fall Health and Wellness Expo for seniors, their families and caregivers on Friday, Oct. 24, from 9 a.m. to 1 p.m. at the American Legion Hall, 94 Eastern Ave.

Seniors News

The expo, which will have a fall/Halloween theme, will offer a free light breakfast and lunch, flu shots, free health screenings, giveaways, raffles and prizes.

It also will showcase more than 60 area health and wellness organizations and businesses, including health care providers, hearing and vision specialists, rehabilitation services, insurance and financial planning counselors, assisted living facilities, and information from Frisbie about its geriatric psychiatry program and other services.

"The goal of this health and wellness fair is to empower seniors, their caregivers and loved ones by providing them with the opportunity to learn about the resources available to them to help them take charge of their health and wellness and be educated health care consumers," said Linda Nylund, community liaison at The Homemakers.

More than 300 people attended last year's expo.

For information about sponsorships or exhibitor space, contact Nylund at 335-1770, ext. 114 or lnylund@thomemakers.org.

Maple Suites' free seminar on liquidating, downsizing

DOVER — Maple Suites Senior Independent Living Community, 30 Holiday Drive, will host a free semi-



Wheelock Terrace assisted living community in Hanover will celebrate National Physical Therapy Month with an appreciation party Oct. 17 and a talk on fall prevention and safety Oct. 22, which is open to the public. Physical therapist Adam Madonia, left, the Wheelock Terrace rehab manager, will give the talk. He's with resident Irene Collins, who is able to walk again after the rehab team's efforts.

COURTESY PHOTOS

of A Perfect Move, will conduct the seminar. She has more than 28 years of experience helping seniors and their families through transitions and has helped thousands of people through the downsizing process.

The seminar will instruct homeowners on how to plan an estate sale, how to find buyers for special collections and antiques and offer tips on how to organize and downsize a home or estate, including how to pack up memories and not the memorabilia.

To sign up or for more information, call Maple Suites at 742-8820. Those who RSVP in advance may stay for lunch at 12:30 p.m.

Wheelock Terrace plans to celebrate its rehab team

HANOVER — In celebration of National Physical Therapy Month in October, Wheelock Terrace assisted living community, 32 Buck Road, plans an appreciation party on Friday to recognize its rehabilitation team, led by physical therapist Adam

which is open to the public.

Wheelock Terrace says the rehab team is a true asset to the assisted living community as 40 percent of the residents receive some sort of therapy, including physical, occupational and speech therapy.

The staff says residents who thought they'd never walk again are now on their feet thanks to Madonia's direction. They also note that he makes time to interact with residents outside of therapy sessions, including joining in the fun with a monthly resident-formed men's group, where he even started a beer-tasting activity.

"I appreciate the wisdom they have to bestow, and listening to their life stories inspires me," Madonia said in a news release. "Meeting with them in a more informal setting allows me to take a step back from being a rehab manager and appreciate them as individuals. I find it very rewarding to see their progress, and it is enjoyable to witness how increased mobility lifts their spirits overall."



Celebrating 100 years

Marie Sletterink, sitting in the center, is with family and friends during her 100th birthday celebration Aug. 20 at Hillsborough County Nursing Home in Goffstown. The party included cake, ice cream and entertainment. Mrs. Sletterink was born in Massachusetts and has been a resident of New Hampshire for 70 years. She raised six children and now has many, many grandchildren and great-grandchildren. She enjoys travel, time at the beach and has been an active member of the Catholic Church. Her family says she is known to make the best fudge in the area.

Residents and staff will honor the dedication and accomplishments of Madonia and the rehab team by sharing stories of gratitude and presenting gifts during the appreciation party, which will begin at 2:30 p.m.

The month's focus will continue next week when the public is invited to the talk on safety and falls, which will begin at 6:30 p.m.

To attend the presentation, RSVP by Tuesday, Oct. 21, by calling 643-7290 or emailing wheelockconcierge@terracecommunities.com.

Plymouth agenda includes health talks, sport leagues

PLYMOUTH — Plymouth Regional Senior Center, 8 Depot St., will host a presentation on shingles by Tracy Drew of Rite Aid at 11 a.m. Wednesday.

The same day, Pemi-Baker Community Health expert Mary Ellen McCormack will give a program on heart health from 1 to 2 p.m. in the conference room. A question-and-answer

period will be included. For more information, call Ron at 536-1204.

Nurses from Speare Memorial Hospital will administer a flu shot clinic from 11 a.m. to 1 p.m. Thursday. The fee is \$30 unless seniors bring their insurance card.

The Senior Bowling League will start up on Thursday, when the members will join at noon for lunch at the center and then move on to Fun Spot, where they will bowl one, two or three strings. The cost is \$11 for three strings and includes free shoes, plus a \$3 donation for transportation. The league will bowl weekly until spring, except for snow days and vacation weeks.

The Senior Pool League's winter season will get underway Tuesday, Oct. 21. The gathering will begin at noon for lunch and then move upstairs after dessert. The league is free.

For more information about either league or to sign up, call Ron at 536-1204 or Norm at 744-6739.

The Senior Golf League will wrap up Sunday.