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Center on Aging and Community Living

2016 Age of Champions Health Fair & Film Screening



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[Read the article](#) about the CACL Age of Champions Health Fair & Film Screening in the Foster's Daily Democrat.

More information from last Saturday's event coming soon.

On Saturday April 23, participants attained resources and learned practical life applications for healthy, active living. The event consisted of "Opening Ceremonies" with a message from our keynote speaker, Mary Lou Fuller, followed by "Inspiration Awards" celebrating three citizens who exemplify engagement and active living. We simultaneously offered a health fair (featuring student booths and external vendors) and a film festival showing two films: *Age of Champions* and *Young@Heart*. Students and faculty presented research, performed assessments, (e.g., Recreation Management and Policy students will conduct leisure assessments), and taught skills for developing or maintaining active living. Local community vendors, like Northeast Passage, had the

opportunity to share resources and promote healthy aging activities available in the area. The intention of this event was to bring together a variety of stakeholders dedicated to optimizing the experience of older adulthood, and empower older adults to remain engaged, active, and healthy.



Mary Lou Fuller, Keynote Speaker

Mary Lou Fuller was born in Bryn Mawr, PA in 1929. Her studies included Creative Writing and Industrial Psychology. Her early career was in personnel work in Philadelphia, Worcester and Keene writing, producing and conducting supervisory and management training programs.

In 1989, at the age of 60, Fuller deserted the security of her business career to pursue a life-long dream to write full time.

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Ed Perkins, Inspirational Awardee

Ed Perkins, age 67, became a high school teacher after two years working with the rural poor in the Teacher Corp program. He then found a new career as writer and journalist, while keeping his hand in education as an adjunct professor at a community college. A neck injury that affected his spinal cord motivated Ed to finally retire and fulfill his dream of sailing the seas while he still felt able. For six years, Ed and his wife, Nancy, lived aboard their boat and sailed the east coast from Maine to the Bahamas. As expected, his walking deteriorated. When it became clear that life on the sea was too challenging for Ed to negotiate, they turned back to shore and

ultimately landed in New Hampshire. As Ed's condition progressed, he retreated to the safety and security of his home and his world began to shrink. Ed believed he was now relegated to a life of observer vs. engager. But no inspiring story stops here...

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Donald Clark, Inspirational Awardee

Since the summer of 1983 when Don Clark joined the Steering Committee of the newly organized Active Retirement Association, he has been a consistent and important presence in the organization. [Read More](#)



Marilyn E. Flynn, Inspirational Awardee

Marilyn E Flynn is 86 years young with a strong belief in living life to the fullest. Marilyn has spent her life giving to others, being actively involved in charitable organizations and philanthropy. She actively supported the Jewish Community as Sisterhood President of Temple Beth Shalom in Framingham, MA. More recently, Marilyn was one of the very first rally ambassadors for the Susan G Komen Breast Cancer Foundation; raising more than \$75,000 over a twenty year period running Rally For a Cure golf tournaments at Ballymeade CC in Falmouth, MA; Royal Palm CC in Naples, FL; and Manchester CC in Bedford, NH. When Marilyn was in the workforce, she worked for the CIA from 1949 to 1956 and shared an office with E

Howard Hunt, infamous for his role in the Watergate scandal years later. [Read More](#)

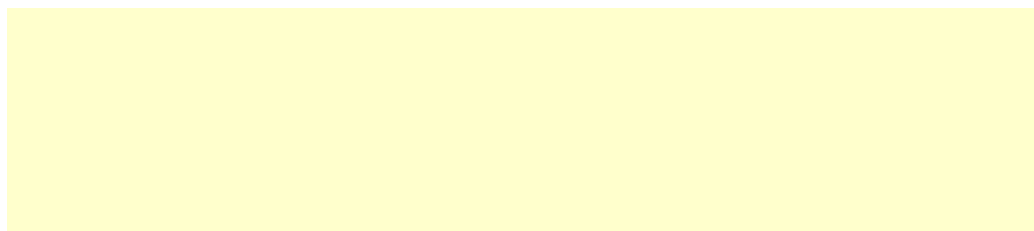
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Age of Champions 2016 Keynote Speaker

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In 1989, at the age of 60, Fuller deserted the security of her business career to pursue a life-long dream to write full time.

While living in Fitzwilliam, NH in the 1960's, Fuller and her second husband owned and operated the 1796 Fitzwilliam Inn. It is the subject of her first book, *A horse in the Ladies' Room*, based on the humorous experiences of inn keeping in the historic Mt. Monadnock Region of New Hampshire. The book's Forward is by Governor Walter Peterson, a personal friend of Fuller's.

A second book, *Where Lame Donkeys Lie*, traces three generations of her family's history triggered by discoveries made in a centuries-old heirloom desk inherited from her grandfather.

On the Wings of a Unicorn, her third book, chronicles the fifteen years of her first marriage to a man who emotionally and sexually abused her. The story is a tribute to seven women instrumental in her journey to



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recovery.

Since 2002, Fuller has presented over 200 programs based on her writings to senior centers, clubs and retirement communities throughout New England. Her latest program "Aging with Humor" keeps her on the road several times a month.

Mary Lou Fuller resides at Havenwood-Heritage Heights in Concord, NH and has two grown children.



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Age of Champions 2016 Inspirational Awardees

The following people have been an inspiration to those around them through their engagement in healthy, active aging and have been selected to receive one of three Inspirational Awards at the open ceremonies of the Age of Champions event on April 23, 2016.

Ed Perkins

Ed Perkins, age 67, became a high school teacher after two years working with the rural poor in the Teacher Corp program. He then found a new career as writer and journalist, while keeping his hand in education as an adjunct professor at a community college. A neck injury that affected his spinal cord motivated Ed to finally retire and fulfill his dream of sailing the seas while he still felt able. For six years, Ed and his wife, Nancy, lived aboard their boat and sailed the east coast from Maine to the Bahamas. As expected, his walking deteriorated. When it became clear that life on the sea was too challenging for Ed to negotiate, they turned back to shore and ultimately landed in New Hampshire. As Ed's condition progressed, he retreated to the safety and security of his home and his world began to shrink. Ed believed he was now relegated to a life of observer vs. engager. But no inspiring story stops here...



One fateful day, not too long ago, Ed was visiting downtown Portsmouth.

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On a whim, he decided to check out the new outdoor ice rink at Puddle Dock to see if he could bring his family (2 children and 4 grandchildren) there to skate. As Ed carefully maneuvered with his canes towards the frozen venue, he was approached by an enthusiastic and friendly woman who asked him if he would like to try out an adapted sled used for ice skating. "Is she talking to me?" he wondered, not quite understanding the interaction. This was, as they say, an "Ah Ha" moment for Ed. He recalls the conversation (with what turned out to be staff from Northeast Passage) as inspirational for him. In that moment, Ed felt a sense of acceptance of his new reality as a person with a disability. Simultaneously with this reckoning came the promise of a world he had yet to realize was there all along- a life beyond disability.

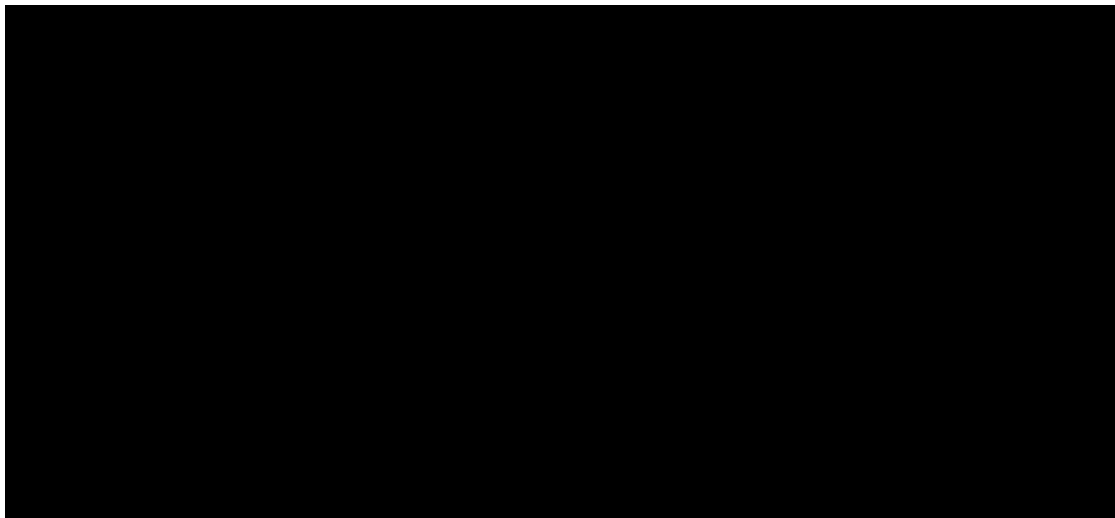
This chance encounter with Northeast Passage*, helped Ed realize he had a decision to make. He was in a state of stuck, acknowledging that "Overcoming the inertia of inactivity and isolation was the hardest thing for me." Now seeing possibilities, he took the gamble to try and re-engage with favored activities. First, he tried the adaptive cycling program. Feeling the wind in his face again, under his own power, Ed never looked back. With each step he took to try something new- archery, tai chi, kayaking- he felt his world expanding rather than contracting. Today, you might find Ed blogging on the internet, flying around downtown Dover on his bike, or hanging out with friends in the Active Retirement Association.

We knew we were on to the right person when we checked out his blog www.disabledexplorer.com . Hidden there, in plain sight, was his telling tag line, "Stories of Acceptance and Opportunities Around the NH Seacoast and Beyond". Ed Perkins is a man in transition. He is that rolling stone, shedding the moss that threatens to slow his momentum. His choice to keep moving is a conscious one, borne of circumstances that might have stalled any of us. He keeps on, because there is much yet to explore. As Ed puts it, you can only do what you can do, so enjoy it.

Ed, you inspire us all, not with feats of greatness, but with exceptional courage to "just do it."

*Northeast Passage a regional provider of recreation therapy and adapted sports and recreation, affiliated with, and housed at, the University of New Hampshire. For more information on their programs and services visit <http://nepassage.org/about/>

Here is a link to Ed's video and his journey with Northeast Passage: <https://www.youtube.com/watch?v=1Valoh1EgF0>



Donald Clark

Since the summer of 1983 when Don Clark joined the Steering Committee of the newly organized Active Retirement Association, he has been a consistent and important presence in the organization.



During his career as a Supervisory Mathematical Statistician, he was awarded the Department of Commerce Silver Medal which is the second highest honor award presented to an individual for noteworthy and/or superlative contributions which have a direct and lasting impact with the department. Don and another colleague were recognized for developing powerful, highly flexible computer editing programs for application to the hundreds of thousands of industrial statistical reports processed by the Bureau each year.

Don, along with several other retired individuals, came together with a vision -- to enhance the quality of life for people of retirement age in the Seacoast area. The Active Retirement Association is the result of that vision. The founders recognized that individuals with diverse backgrounds bring special interests, knowledge and skills and contribute to a personally stimulating environment conducive to "learning to live" and "living to learn". It was crucial to them that this be an organization that appealed to people who were seeking the excitement of the experience and the satisfaction of personal development.

In short, Don Clark is a person of great energy, vitality and accomplishment. As a Founding Father of the Active Retirement Association and an esteemed community leader, he is both an aspirational and inspirational individual. He is a valued role model to us all.

Marilyn E Flynn

Marilyn E Flynn is 86 years young with a strong belief in living life to the fullest. Marilyn has spent her life giving to others, being actively involved in charitable organizations and philanthropy. She actively supported the Jewish Community as Sisterhood President of Temple Beth Shalom in Framingham, MA. More recently, Marilyn was one of the very first rally ambassadors for the Susan G Komen Breast Cancer Foundation; raising more than \$75,000 over a twenty year period



running Rally For a Cure golf tournaments at Ballymeade CC in Falmouth, MA; Royal Palm CC in Naples, FL; and Manchester CC in Bedford, NH. When Marilyn was in the workforce, she worked for the CIA from 1949 to 1956 and shared an office with E Howard Hunt, infamous for his role in the Watergate scandal years later.

She has been a strong support system for the Veterans in her life, her father, brother, and late husbands, all being World War Navy Veterans.

Marilyn exemplifies what it means to lead a healthy, active life in the community. She has 4 daughters with her first husband, a step daughter of her second husband, and now has 8 grandchildren. She enjoys spending time with all of family and many, many close friends. She keeps active with her golfing, Mah Jong and Bridge.



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Age of Champions 2016 Vendors

Vendors

[Active Retirement Association](#): "ARA- Expanding Your World"

[Easter Seals NH](#):

"Easter Seals NH Military & Veterans Services" Military & Veterans Services provides care coordination and emergency assistance for Service Members, Veterans of all eras, and Families.

"[Ask the Question](#)" The goal of the Ask the Question Campaign is to improve access to and quality of services for veterans, service members and their families, by encouraging providers of all kinds to identify this population in their intake process and provide optimal care planning and referrals.

[ElderPet](#): Providing outreach services for senior citizens and people with disabilities.

[Exeter Hospital Rehabilitation](#): "The Benefits of Rehabilitation"

[Families First Health and Support Center](#): "Families First" Families First Health & Support Center, the community health center based in Portsmouth, offers affordable medical care, dental care and other services for seniors.

[Granite State Independent Living](#): Since 1980, Granite State Independent Living (GSIL), is a statewide nonprofit organization, providing non-medical personalized services in the comfort of your home and in your community

[Granite State Senior Games](#): Our organization will be hosting our

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twenty-ninth year of providing athletic events for masters and senior athletics. We provide eighteen sports with more than 60 events. We have team sports endurance activities, skill events and recreational sports. Visit our web site at <http://www.nhmastersgames.org> for a complete list of our sports.

Joan Lovering Health Center: "Reproductive Health Care Services" The Joan G. Lovering Health Center provides sexual health services to people of all ages at our facility in Greenland, New Hampshire.

NH Oral Health Program

Parkinson Disease NH Chapter: "Living Well with Parkinson Disease" Our goal is to "Ease the Burden, to Find the Cure" for this neurological disorder. April is Parkinson Disease Awareness month!

Peoples United Wealth Management: Visit our booth for financial planning resources and don't miss out on a chance to win a prize in our raffle!

Ready Rides Transportation Assistance: "Free Non-Emergency Medical Transportation" Using vetted volunteer drivers, we drive people age 55+ to their doctor appointments for free using our own vehicles.

Seacoast Medical Reserve Corps/CERT: "Emergency Preparedness Information" Visit our booth to learn how to prepare for yourself and your family during an emergency!

ServiceLink: NH Aging and Disability Resource Center and NH Care Path partner for individuals of all ages for resources to referrals and assistance.

Tai Chi for Every Body: Tai Chi is a Chinese martial art and health practice that is gaining in popularity as a low-impact form of exercise and complimentary therapy.

Willem Verweij and Associates Physical Therapy: "Do you have low back pain?" Come visit us to discuss the cause of your low back pain and what you can do about it to live a healthier lifestyle.

UNH Information Booths

Healthy UNH: Established in 2008 through a charge from UNH President Mark Huddleston, Healthy UNH is a program that empowers individuals within the UNH community to make healthy choices that will help establish UNH as the healthiest campus community in the country by 2020.

Institute on Disability: The IOD promotes full access, equal opportunities, and participation for all persons by strengthening communities and advancing policy and systems change, promising

practices, education, and research.

Northeast Passage: "Adaptive Sports & Recreation" Take a look at equipment available to help you maintain participation in the sports/activities you love!

UNH Kinesiology Department Cardiac Rehabilitation and Prevention Exercise Programs: "Kinesiology: Exercise Science" Introduction to Community Exercise Programs offered by UNH and Senior Fitness Testing and Exercise Prescription offered by the KIN:ES students on-site.

UNH MyPath to Wellness

UNH Nursing: Health Fundamentals with NURS 813: UNH nursing students will offer blood pressure screening and provided helpful information about making the most of your health care provider visits, creating an accurate medication list, evaluating home safety, and promoting healthy sleep habits.

UNH Nutrition:

"Spring Into Seasonings" Ditch the salt shaker and reach for these herbs and spices instead, your health depends on it.

"DETERMINE your risk" Students will be using the reliable and validated DETERMINE checklist to assess the nutritional status of older adults participating at this event. When results indicate further education, a Dietetic Intern (Master's level student) will provide a handout of community-based resources and guidance to help the older adult reduce their risk for malnutrition.

UNH Occupational Therapy:

"Solutions for Easier Living: Assistive Technology in New Hampshire (ATinNH)" This booth will feature hands-on exploration of devices for arthritis, vision and hearing loss, back saving solutions, solutions to reduce slips and falls and one handed solutions.

"Falls Prevention" This booth will feature information regarding Falls prevention education, awareness, screening, and assistive technologies used to prevent falls.

"Information Communication Technology" This booth will feature Information Communication Technology (ICT) for aging. We will display a wide range of "apps" on Apple iPads with significance for healthy and active aging.

UNH Psychology: "The benefits of exercise and remaining active to a healthy brain."

UNH Recreation Management and Policy: "Leisure Assessments" Recreation therapy students will assess participants' leisure lifestyles.

UNH Social Work: "Successful Aging" There are many ways of aging and all of us want to continue to do it gracefully. This booth shares information on some "how tos".

UNH Student Athletic Training Association: "Injury Prevention and Treatment" Education on what measures can be taken to prevent injuries and promote active aging. UNH Technical Assistance

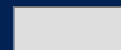


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We will provide information and resources on a variety of aging issues such as caregiving, Life Reimagined, and how to avoid Fraud.

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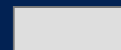


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Age of Champions Health Fair

Article in the Foster's Daily Democrat

Release Date: Saturday, April 23, 2016

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Golden years are 'Age of Champions'

By Karen Dandurant

news@seacoastonline.com

Posted Apr. 24, 2016 at 7:17 PM

DURHAM — We all get older and an event at the University of New Hampshire on Saturday set the goal of teaching people how to do that in a more healthy and active way.

UNH's Center on Aging and Community Living hosted Age of Champions, to promote and celebrate healthy, active living among older adults. The event, at the UNH Field House brought together community members, UNH faculty and students, and a variety of stakeholders dedicated to empowering older adults to remain engaged, active and healthy.

"This is the fourth year CACL has hosted the event, and each year we tend to expand even more in what we offer," said Allison Wilder, associate professor in recreation management and policy, and a CACL faculty fellow. "We are looking to help the average person embrace a healthy, active lifestyle, no matter their age, through exercise, good nutrition and by introducing them to the agencies that can help them

along this path.”

Wilder said 10,000 people turn 65 every day and that New Hampshire has one of the oldest median ages among the states. She said by 2030, one in every three people will be 65 or older.

Inspiration Awards were given to three seniors who Wilder said exemplify their message of “refusing to sit on the couch, instead getting out and making life happen.”

Seacoast residents Marilyn Fuller, Donald Clark and Ed Perkins were this year’s recipients.

“I have disabilities but wanted to reengage in life,” Perkins said. “I am doing this through adaptive sports. I bike using an adaptive bicycle. I go hiking, kayaking, and do archery and fly fishing. I try to stay as active as possible.”

Perkins, a former journalist, writes a blog about his experiences and adventures in his quest to stay involved.

Participants came away with practical, accessible resources in areas such as healthy eating, fall prevention and money management.

UNH College of Health and Human Services students provided health assessments, presented research and taught skills for developing or maintaining active living.

Alika Kallas and Kali Cook, both students of the athletic training program at UNH were showing seniors ways to do simple exercises designed to build strength and flexibility.

“We talk to them about how important it is to stay active and to have good nutrition,” Cook said. “We show them what they can do, by themselves, safely.”

Nursing student Kaylee Cass helped seniors compile lists of all their medications to bring to their doctors for a full picture no matter how many specialists or primary care visits they have.

“We talk about herbal medications,” Cass said. “Many people do not know that those can interact with their medications.”

Kailey Donovan, a senior in UNH dietary programs, was talking to guests about nutrition and the importance of eating well.

“We talk about processed foods,” Donovan said. “I say do not buy anything you can’t pronounce all the ingredients of. Look for things with less than five ingredients and you are eating healthier.”

Granite State Seniors Games offers 17 competitive sporting events for

seniors. Beside the usual offerings of basketball, archery, running, bowling, cycling and golf, seniors were eager to learn about "pickleball."

"It is somewhere between tennis, badminton and table tennis," said Jim Eddinger, state chairman for the New Hampshire Master Games. "It's easier than tennis and seniors love it."

He wasn't kidding. Bernadette Stephens of Peterborough said she tried the game last week and is hooked.

"I want to learn all about it," Stephens said. "I want to buy equipment and form a team. People who still want to do racket sports can learn to do this. You play closer, so it's not as fast as tennis."

There was also a film festival, with two films: Age of Champions and [Young@Heart](#).

There were a variety of activities, including group exercise classes for all ages and contests to win prizes. Even most of the raffle prizes fit the theme, being nutritionally sound food baskets and sports equipment.



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