

2019 Wildcat Inspirational Awardees

Congratulations again to this year's awardees, Louise Hirshberg and Kathy Preston



Louise Hirshberg



Louise was born in Cambridge, MA in 1930 and raised in Newton, MA during the depression and WWII. She attended Colby College and graduated from Simmons College where she studied merchandizing so that she could pursue her dream of living in NY City and becoming a marketing executive. But life had other plans and Louise instead did what was expected of young women in the 1950's, she got married the day after graduation and moved with her husband to the wilds of New Hampshire – that's what Manchester felt like to a girl from Newton, MA. In Manchester she began a decade of pregnancy and changing diapers. When asked once to attend a 1950's themed costume party Louise exclaimed "All I wore in the 50's were maternity clothes!"



Louise had an entrepreneurial spirit that could not be satisfied raising her five children so she began multiple businesses including "Tinka Ties" with her dear friend Tinka Stebbins making and selling neck ties, head scarves, belts and tennis ball bags.



Louise was profoundly moved by the civil rights, women's rights and anti-war movements of the 1960's and shed many of the conventions she had been taught to accept. "For the first time I saw that one person's voice could be heard and make a difference. I wanted my voice to be heard." The 60's sparked in Louise the beginning of a lifetime of activism and civic engagement. From the early years of teacher strikes and anti-war protests, to women's rights marches, and volunteering for candidates, Louise has funneled her boundless energy into countless causes over the last half century. She traveled to New Orleans and California as a Red Cross Disaster Volunteer; rebuilt homes and churches in New Orleans after Katrina; was a CASA volunteer for over 15 years; and has been actively involved in Fuel and More, the Music Hall, Seacoast Family Promise, Seacoast Interfaith Sanctuary, and countless other worthy organizations and causes. Louise started an Aging with Grace group for those over 60 to create a place to discuss issues of aging. She even got arrested protesting at the Seabrook nuclear power plant- and that's not even half of her volunteer efforts!

Taking inspiration from the changing norms in the 1960's Louise defied her husband's wishes and took a full time job at a time when women were supposed to be homemakers. She bravely divorced her husband, something almost unheard of in 1960's Manchester, NH, and raised five rambunctious children as a single mother. Beginning her work career managing hotel gift shops, Louise achieved her dream of becoming a business woman when she took on the role of hotel furnishing buyer for the Dunfey hotels. This ultimately led to being head hunted to become Senior Buyer for Disney's new venture EPCOT. After a successful career in business, in her 50's Louise decided to seek more personally fulfilling work and returned to school to get her masters in Clinical Holistic Health. She then

began her next career as a family counselor while on the side she ran a B&B out of her home for the next 15 years.

When not devoting herself to saving the world, Louise can be found crushing it on the Pickleball or tennis court. She is the gold medal winner in the 2018 State Pickleball championship for the 80 and over category and at just shy of 89 still is in demand as a doubles tennis partner. She is an avid yoga practitioner, bicycler, kayaker and walker and even still hikes and Nordic skis occasionally. She is passionate about the outdoors and nature.

Perhaps none other than Louise better captures the dilemma described by EB White “I arise in the morning torn between a desire to improve the world and a desire to enjoy the world. This makes it hard to plan the day.”

Kathy Preston



Kathy has lived in Barnstead for over 30 years. An entrepreneur, a business woman, and an innovator, Kathy has served on countless boards and committees in town. Her company, Hampstead Stage Company, is one of the largest traveling stage companies on the east coast and brings original plays based on children’s classic literature to schools and libraries across the United States. She is a published author and accomplished public speaker.

Originally born in Transylvania in 1939, Kati lived through Nazi controlled Europe during the second world war. She and her family were actively persecuted for their beliefs, and Kathy lost many of her family members during that time. She has written a book about this experience, and an audio recording of her history is stored in the United States Holocaust Memorial Museum Collection.

One of the most powerful stories Kathy tells is about how she was taken to the country to live with a family friend, in an attempt to hide her from the Nazis. One day, Kathy was forced to hide in a barn under some hay while three German soldiers searched for her, after being tipped off that a Jew was hiding at the farm. Kathy, as a child, hid under hay while the soldiers stabbed into the piles with bayonets.

In the years between then and now, Kathy has been a fashion designer, an EMT, and a journalist. She has been a school board member, planning board member, and the founder of a non-profit. She is a cultural center for countless extended family members. The young flock to her, to hear her wisdom and drink from her never-ending cup of reality-checks. She

has multicultural grandchildren, who are half Chinese, half Mexican, half African American...and half German.

2019 Partners and Vendors

The 2019 Age of Champions event is made possible by the support of John Mangine, COO Southern HealthCare Management, Atlanta GA and 1986 University of New Hampshire graduate of Health Administration and Planning and our business sponsors.



2019 Vendors

	<p>AARP NH SPONSOR Will have educational materials to hand out and a prize wheel.</p>
	<p>ACTIVE RETIREMENT ASSOCIATION SPONSOR Expanding Your World Since 1982, the Active Retirement Association has provided educational and cultural programming in the Seacoast area and beyond. The association is an outreach function of the University of New Hampshire and is financed entirely by the membership and managed through an elected board of directors. The ARA aims to enhance the quality of life for individuals who wish to keep intellectually alert, broaden their interests, explore new fields of knowledge, and make new friends. Members are encouraged to use their talents and experiences as program leaders, panelists, organizers, officers and committee members.</p>
	<p>ALL AMERICAN AT KINGSTON ASSISTED LIVING & MEMORY CARE SPONSOR All American Assisted Living is a residential community for seniors who are looking for social interaction, personal care services, and leisure pursuits.</p>
	<p>ALZHEIMER'S ASSOCIATION, MA/NH CHAPTER SPONSOR The Alzheimer's Association is the leading voluntary health organization in Alzheimer's care, support and research. Our mission is to eliminate Alzheimer's disease through the advancement of research; to provide and enhance care and support for all affected; and to reduce the risk of dementia through the promotion of brain health. We offer a variety of programs and services for individuals living with memory impairment and their family members.</p>
	<p>AMERICAN CANCER SOCIETY/AMERICAN CANCER SOCIETY - CANCER ACTION NETWORK Will provide cancer information/resources</p>
	<p>ASSISTIVE TECHNOLOGY IN NEW HAMPSHIRE Assistive Technology in New Hampshire (ATinNH) is New Hampshire's statewide AT Act Program through UNH's Institute on disability. We will have an assortment of devices, that help accommodate for a variety of different impairments, on display and available for hands-on exploration. Learn about devices for vision, hearing, daily living and more.</p>
	<p>BROOKHAVEN HOSPICE SPONSOR Education about Hospice and services</p>

	<p>CAPTEL OUTREACH CapTel captioned telephone shows word-for-word captions of everything a caller says over the phone. Like captions on TV - for your phone. Helps people with hearing loss enjoy phone conversations confident they'll catch every word.</p>
	<p>CENTER ON AGING AND COMMUNITY LIVING Offering an informational booth about the applied research, evaluation and technical assistance offered to help improve knowledge, policies and practices to guide New Hampshire residents and policy makers in preparing for the aging population.</p>
	<p>COMMUNITY PARTNERS CHOICES FOR INDEPENDENCE Community Partners is now offering Case Management services for the Choices for Independence (CFI) program for Strafford County residents who qualify for that program. We will have informational materials on CFI as well as information on other local resources.</p>
	<p>CORNERSTONE VNA Cornerstone VNA cares for people of all ages, so that families can stay together at home, even when facing the challenges of aging, surgical recovery, chronic or life-threatening illnesses or end of life care. Our skilled team offers the highest quality nursing, rehabilitative therapies, social work, volunteer and support services through five distinct programs: Home Care, Hospice Care, Palliative Care, Life Care-Private Duty, and Community Care. As a nonprofit organization, Cornerstone VNA is committed to giving back to the community by providing wellness clinics, trainings, support groups, and educational programs. Additionally, through our Circle of Caring program, we have wonderful volunteers who provide friendly home visits to individuals in need or respite care to support caregivers.</p>
	<p>DOTERRA Offering Natural Solutions to support health and healing with essential oils</p>
	<p>DR SEARS INSTITUTE WELLNESS COACH Make Healthy Your Hobby Presentation: sharing LEAN approach (Lifestyle, Exercise, Attitude, and Nutrition). how to read food labels and learning what the labels mean and offering traffic light eating demonstration (eating whole foods)</p>
	<p>EASTERSEALS NH We will be offering information regarding our employment opportunities as well as information about our services</p>

	<p>FUTURE IN SIGHT Services for the Blind and Visually Impaired</p>
	<p>GENESIS, LANGDON PLACE OF DOVER Genesis Skilled Nursing, Rehab, Assisted Living, Memory Care and more! We will be offering information about skilled nursing rehab, memory care, assisted living, and more here in the community. We will also have a raffle item.</p>
	<p>GRANITE STATE GIGGLES - LAUGH FREE AND LIVE! How does laughter make a difference in your life? Learn about how laughter affects your body chemistry, and why it is so good for you to laugh more often. Pick up a clown nose and share laughter with your friends and family.</p>
	<p>GRANITE STATE INDEPENDENT LIVING Granite State Independent Living is a statewide nonprofit organization whose mission is to promote quality of life with independence for people with disabilities and seniors through advocacy, information, education, support and transition services.</p>
	<p>HANNAFORD SPONSOR Hannaford is an in-kind sponsor donating water, snacks, and reusable bags for attendees!</p>
	<p>HEALTHY UNH Healthy UNH water bottles, handouts related to nutrition, physical activity, psychological health, and healthcare consumerism</p>
	<p>HOME FIELD ADVANTAGE, PLLC: HOME MODIFICATION Home Field Advantage, PLLC, provides home accessibility assessments to promote aging in place. We work with homeowners to modify their current home and help with planning for future requirements to promote safety and function in their home.</p>
	<p>IN MOTION CHIROPRACTIC In Motion Chiropractic will be offering information on chiropractic and laser therapy. Free laser therapy sessions will be offered during the event.</p>
	<p>LAMPREY HEALTH CARE Offering primary care services including Senior transportation and workshops for senior wellnes week in May.</p>
	<p>MCGREGOR MEMORIAL EMS Public safety, education on EMS/medical services, CPR, etc.</p>

	<p>NEW HAMPSHIRE ALLIANCE FOR HEALTHY AGING (NH AHA) The New Hampshire Alliance for Healthy Aging is a statewide coalition of stakeholders focused on improving the services and policies that support all of us as we age.</p>
	<p>NEW HAMPSHIRE SENIOR GAMES Information and materials about the 2019 NH Senior Games</p>
	<p>NEW HAMPSHIRE STATEWIDE INDEPENDENT LIVING COUNCIL We will have Brochures, business cards, sign-in sheet, social media card.</p>
	<p>NH SENIOR COMPANION PROGRAM The Senior Companion Program recruits seniors to provide companionship and transportation to frail, homebound seniors.</p>
	<p>NHTI DENTAL HYGIENE PROGRAM General information on preventive oral care, students will be providing Head and Neck assessments and oral cancer screenings</p>
	<p>NORTH COAST FAMILY HEALTH North Coast Family Health is an experienced integrative medicine practice. Our doctors take the time to investigate your health needs and provide solutions to treat the cause of your symptoms. We will be sharing information on all of our services including our Healthy Brain Program which is designed for individuals who are dealing with memory loss and early Alzheimer's disease.</p>
	<p>NORTHEAST DEAF AND HARD OF HEARING SERVICES Relay 711, CapTel phones and New Hampshire Telecommunication Equipment Assistance Program</p>
	<p>NORTHEAST PASSAGE- YOU'VE STILL GOT THIS! View equipment available to help you maintain participation in the sports and activities you love!</p>
	<p>RIGHT AT HOME-NON-MEDICAL HOME CARE AGENCY Right at Home provides non-medical home care services to seniors and the disabled by nurse trained caregivers who help them to remain independent in the comfort of their homes.</p>

 <p>NH Seacoast Village Project</p>	<p>SEACOAST VILLAGE PROJECT NH non-profit that will provide services to support "aging in place" for older adults in the NH Seacoast communities.</p>
	<p>SEACOAST WHOLISTIC OCCUPATIONAL THERAPY Focuses on wellness and health promotion to empower adults with physical and cognitive limitations to improve healthy living habits in order to live safer and more independently in their home and community.</p>
	<p>SERVICELINK STRAFFORD COUNTY We will highlight all of the different things that Servicelink can help with.</p>
 <p>A WOODBINE SENIOR LIVING COMMUNITY</p>	<p>SPRING VILLAGE AT DOVER Information on our community: What we offer, costs, activities, services, pictures of the community etc</p>
	<p>TAI CHI DURHAM Tai Chi demonstration</p>
	<p>THE RIGHT TRANSITION The Right Transition assists older adults and their families with the physical, logistical and most important the emotional aspects of relocation and/or aging in place.</p>
	<p>THE SONATINA CENTER FOR CREATIVE ARTS THERAPY We provide music therapy and art therapy both at our center and at hospitals, assisted living facilities, and community centers around NH. We provide individual therapy and group therapy sessions for people of all ages and abilities.</p>
	<p>TRIPLINK Community transportation information for older adults and individuals with disabilities</p>

	<p>UNH ALUMNI RELATIONS Our booth will feature information about ways that alumni can get involved from becoming a Reunion volunteer to joining a regional network-- the possibilities are endless! We are always looking for alumni to give back to the University through meaningful ways!</p>
	<p>UNH DEPARTMENT OF COMMUNICATION SCIENCES AND DISORDER Will provide hearing screenings for attendees</p>
	<p>UNH DEPARTMENT OF NURSING: DEMN PROGRAM: FOOD FOR THOUGHT: NUTRITION FOR THE ELDERLY This booth will offer ingredient and recipe ideas, healthy eating tips, and information on accessing nutritious food. All presentation material will be focused on those over 65 with specific information and tips on eating for common chronic illnesses.</p>
	<p>UNH DEPARTMENT OF NURSING: DEMN PROGRAM: FALLS We will be addressing ways to assess fall risk within the home or long term living facility including an activity to assess medications that may increase the risk of falls and a discussion on ways to prganize your home in the safest way</p>
	<p>UNH DEPARTMENT OF NURSING: DEMN PROGRAM: GREAT SEXPECTATIONS Our group will be discussing being health conscious through the aging process. The aim of this group is to promote sex education to the geriatric population, including the sub-categories of: sexual dysfunction and empowerment, safe sex and sexually transmitted diseases, and the importance of effective communication and sexual consent.</p>
	<p>UNH DEPARTMENT OF NURSING: DEMN PROGRAM: ORAL HEALTH Will provided the importance of Oral Health</p>

	<p>UNH DEPARTMENT OF NURSING: DEMN PROGRAM: PAWS-ITIVE LIVING</p> <p>Our group will share with the community the positive effects of pet ownership and animal interaction on issues that increase as we age. This includes agitation, social isolation, depression, loneliness, and boredom. We will introduce local programs that participate in animal-assisted therapy and shelters that provide companions for seniors at a reduced price.</p>
	<p>UNH DEPARTMENT OF NURSING: DEMN PROGRAM: SEACOAST SENIOR ACTIVITIES</p> <p>Providing resources for seniors to remain actively engaged mentally, physically, and socially in society.</p>
	<p>UNH DEPARTMENT OF NUTRITION: GARDENING</p> <p>Provide nutritional aspects related to gardening.</p>
	<p>UNH DEPARTMENT OF NUTRITION: COOKING</p> <p>Provide cooking tips for one or two.</p>
	<p>UNH DEPARTMENT OF SOCIAL WORK AND GERONTOLOGY MULTIDISCIPLINARY MINOR</p> <p>Gerontology Multidisciplinary Minor and Geriatric Social Work: We are going to share information about gerontology multidisciplinary minor option for undergraduate students and roles of geriatric social workers in fields.</p>
	<p>UNH KINESIOLOGY DEPARTMENT EXERCISE SCIENCE PROGRAM: AGING GRACEFULLY</p> <p>Information and demonstrations on moving gracefully with better balance and posture and falling gracefully so that one might age gracefully</p>

	<p>UNH PSYCHOLOGY AND NEUROSCIENCE AND BEHAVIOR: THE HEALTHY AGING BRAIN Students will present information on how physical and mental activities benefit the aging brain.</p>
	<p>UNH RMP THERAPEUTIC RECREATION: RECREATIONAL THERAPY Students will doing leisure assessments.</p>
	<p>UNH STUDENT ATHLETIC TRAINING ORGANIZATION We will be providing resources on stretching and rolling.</p>
	<p>YAI & CO. FINANCIAL SERVICES Long term care funding, retirement planning, estate planning, leaving a legacy to children/grandchildren, etc,</p>