

# 2021 Age of Champions Health & Wellness Fair

CACL hosted the 2021 Age of Champions Health & Wellness Fair during the week of April 19th. Hosted virtually, the event included daily workshops, speakers, resources, and activities that brought together students, educators, and community partners of all ages to celebrate the creativity and resiliency of communities throughout their lifespans. Each day of the week-long celebration highlighted a distinct aspect of wellness: intellectual, social, physical, emotional, and spiritual. Participants attended from across the country and received innovative information and interactive wellness experiences focused on healthy aging. The interdisciplinary and multigenerational sessions were provided by UNH faculty, students, and community partners.

## 2021 Wildcat Inspirational Awardees

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### **Deidre Prescott**

This year's Age of Champions Health and Wellness Fair is dedicated in memory of Deidre Prescott. Not only was Deidre a formidable force for positivity and action in her own community, but she was also an integral part of linking the UNH Age of Champions event to the Active Retirement Association. She joined our planning team in 2019 and was a vital part of making our events a success.

Deidre was a remarkable woman who lived her life in service to others. She worked for the State of NH for more than 30 years advocating for the rights of people with developmental disabilities and their families. In her retirement, she volunteered and served on the Board for the Table of Plenty community kitchen and was the board President of the Active Retirement Association. Her compassion and joy have been spread far and wide.



### **Katie and Doug Wheeler**

Katie and Doug Wheeler exemplify what it means to engage in healthy active aging. They are an inspiration to those around them.

**Katie Wheeler** is a fund raising dynamo. Annually, she hosts holiday parties for the international Friendship group. She was a founder of the New Hampshire Public Broadcasting System (NHPBS) Auction and served on the original board of the station, the NH Broadcasting Council and currently serves as Vice-Chair of the Board of Governors of NHPBS. In the past she has served as President of Women Voters of Durham and ran the International Visitors Program for the NH Council on World Affairs. Katie was also a founding member of the NH Public Health Association and served as president for two years.

Among a few of the other organizations in which Katie has been involved are the League of Women Voters of Durham (past president), the International Visitors Program for the NH Council on World Affairs, the Developmental Services of Strafford County (now Community Partners), Seacoast Mental Health, and the Avis Goodwin Community Health Center. In the arts, she serves on the advisory board of the Portsmouth Symphony, the National Counsel of Strawberry Banke, and founded the Rejoice Choir for young children at the Durham Community Church. In addition, Katie served in the NH House for 8 years and the NH Senate for 6 years!

**Douglas Wheeler** is a graduate of Dartmouth College and Boston University, where he received his M.A. and Ph.D. At UNH, Doug was the first History Department faculty member to teach African, Iberian (Spain and Portugal), African-American and Intelligence (espionage) history. He was on the founding committee of the UNH Faculty Club/Dining Room and was on the founding committee of the International Studies program and their undergraduate student-designed major.

Doug has served on a number of committees, including the Prudential Committee and Social Action Committee and was named Church Moderator of the Durham Community Church. He helped organize several church pageants and wrote a history of the Church's 300 years. Doug has lectured for the World Affairs Council of NH on African studies and for the New Hampshire Humanities Council. He has coached youth soccer, served on committees for UNH's Dimond Library and the Durham Public Library, and helped organize a tribute at the Portsmouth Athenaeum, where he has given illustrated talks on the history and culture of Portugal. Doug

has served on the Executive Committee of the Durham Historical Association and was active at the Mill Pond Center's residential theatrical company.

Since their retirements, Katie and Doug have supported many non-profits. They annually host events in their home to raise funds for many different worthy causes, such as AIR (Arts in Reach of Teenage girls), and Growing Places, an early education and childcare center in Lee.

## 2021 Live Sessions: Recordings and Slides

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- Opening Ceremony | [Recording](#) | [Slides](#)
- Walk with Ease Walking Programs in New Hampshire: How They Can Help You Live a More Active Life | [Recording](#) | [Slides](#)
- UNH Occupational Therapy Intellectual Wellness Group | [Recording](#)
  - [20 Rebus Puzzles that are almost impossible to solve](#)
  - Exercise your brain- play games, solve puzzles, learn something new! Build your brain power by doing [BrainCurls](#)
  - [Brain Teasers, Puzzles and Games for Teens and Adults](#)
- Connect with Your UNH Extension for Wellness and Healthy Living| [Recording](#) | [Slides](#)
- What(?) you should know about hearing loss and aging | [Recording](#) | [Slides](#)
- UNH Occupational Therapy Social Wellness Group | [Recording](#) | [Slides](#)
- Assistive Technology & Social Connection | [Recording](#)
- How to Keep Your Immune System Healthy | [Recording](#) | [Slides](#)
- UNH Occupational Therapy Physical Wellness Group | [Recording](#)
- Family Caregiver Support & Powerful Tools for Caregivers | [Recording](#) | [Slides](#)
- Creative Connections Through Movement | [Recording](#) | [Slides](#)
- New Hampshire State Commission on Aging | [Recording](#) | [Slides](#)
- Hospice & Palliative Care Presentation at End of Life | [Recording](#)
- Communicating Care Needs: Planning for Caregiver Emergencies | [Recording](#)

- UNH Occupational Therapy Spiritual Wellness Group | [Recording](#)
- Assistive Technology & Social Connection | [Recording](#)
- How to Keep Your Immune System Healthy | [Recording](#) | [Slides](#)
- UNH Occupational Therapy Physical Wellness Group | [Recording](#)
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- UNH Occupational Therapy Spiritual Wellness Group | [Recording](#)

## 2021 UNH Student Resources and Pre-Recorded Materials

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- Brain Exercises with a Recreation Therapist in Training: [Grow Wise with a Brain Exercise](#) (student-created puzzles and brain games)
- [Resource Matrix for Therapeutic Recreation and Aging Services](#)
- Crafting with Recreation Therapists in Training
  - [Coffee Filter Flowers TikTok Video Demo](#)
  - [Coffee Filter Flowers Activity Packet](#)
- Gardening Demo & Resources with a Recreation Therapist in Training
  - [Transplanting Flowers Demonstration](#)
  - [Written Instructions for Transplanting Flowers](#)
  - [Therapeutic Gardening](#)
  - [Greenhouses in New Hampshire](#)
- Mindfulness Resources with Recreation Therapists in Training
  - Artful Affirmations
    - [Artful Affirmations Booklet](#)
    - [Artful Affirmations Video](#)
  - Mindfulness Poetry- A Walk in the Woods
    - [Mindfulness Poetry- A Walk in the Woods Booklet](#)

- [A Walk in the Woods: A Mindful Poetry Reading](#)
- UNH Nutrition Wellness Videos
  - Intellectual & Cognitive Wellness: [Nutrition and Brain Health](#)
  - Social Wellness: [Preserving the Social Aspects of Eating During COVID-19](#)
  - Physical Wellness: [Eating for a Heart Healthy Diet](#)
  - Emotional Wellness: [Recognizing and Navigating Emotional Eating](#)
  - Spiritual Wellness: [Nutritional Considerations with Religious Fasting](#)
- Springtime Cake Pop Baking Demo with Recreation Therapists in Training
  - [Springtime Cake Pops Booklet](#)
  - Springtime Cake Pops Video
- Cooking with Healthy UNH interns
  - Dark chocolate Cranberry Oatmeal Cookies
  - [Lasagna](#)
  - [Spring Rolls](#)
  - [Vegetarian Chili](#)
  - [Cheddar Jalapeno Bread](#)
  - [Granola](#)
  - [Wonton Cheese Sticks](#)
  - [Spaghetti BLOOPERS!](#)
- [Tai Chi for Arthritis](#)
- Therapeutic Baking with Recreation Therapists in Training: [Simple Ingredient Banana Chocolate Chip Oat Bars](#)
- [What is Therapeutic Recreation?](#)
- Emotional Coping Strategies with UNH Occupational Therapy
  - [Emotional Coping Strategies: Tools to Achieve Emotional Wellness](#)
  - [Emotional Coping Strategies Handout](#)

## 2021 Vendor Information and Resources

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### ATinNH (Assistive Technology in New Hampshire)

Assistive Technology in New Hampshire, or ATinNH, is New Hampshire's statewide Assistive Technology Act Program. We are focused on three primary goals: - the expansion of access to demonstrations and loans of assistive technology throughout the state of New Hampshire - an increase in the reuse of assistive technology equipment - the provision of excellent training and educational opportunities in the Assistive Technology field.

## RESOURCES

- [Gear ties that can be used as assistive technology!](#)

### **Bureau of Elderly & Adult Services**

The Bureau of Elderly and Adult Services (BEAS) provides a variety of social and long-term supports to adults age 60 and older and to adults between the ages of 18 and 60 who have a chronic illness or disability. BEAS shares leadership within NH in developing and funding long term supports and advocating for elders, adults with disabilities and their families, and caregivers.

## RESOURCES

- [Caregiver Poster](#)
- [ServiceLink Family Care Brochure](#)
- [Virtual Activities for NH's Older Adults](#)

### **Center on Aging and Community Living**

The Center on Aging and Community Living (CACL) is a collaboration between the [Institute on Disability \(IOD\)](#) and the [Institute for Health Policy and Practice \(IHPP\)](#) at the University of New Hampshire.

CACL constructively engages partners within and outside the University in applied research that advances sustainable, person-centered options for aging and community living. CACL supports system change through an interdisciplinary approach to scholarship, advocacy, evaluation, and the development and dissemination of tools and skills that innovate and improve social models for consumer-driven services and supports.

## RESOURCES

- [Learn about the NH Senior Leadership Series](#)
- [Community Living Guide](#)
- [Person-Centered Care Toolkit](#)
- **Preparing for a Telehealth Visit**
  - [Preparing for a Telehealth Visit Recording](#)
  - [Tips for Taking an Accurate Blood Pressure at Home](#)
  - [Tips for a Successful Virtual Visit with your Health Care Provider](#)
- [Person-Centered Options Counseling Certification](#)

- [Spotlight on Ageism article](#)

### **Cornerstone VNA**

Founded in 1913, we are a nonprofit organization providing home, health and hospice care to people of all ages. Our mission is to promote the optimum level of well-being, independence and dignity of those living in the community by providing trusted, compassionate and expert health care.

Katie Michaud MS, OTR/L, Home Care Team Manager will be presenting on our well established "A Matter of Balance Program." Our 2 master trainers have trained volunteer coaches in the program who in turn have begun teaching 8 week classes in the community. This important program is designed to help people manage concerns about falls and increase physical activity. Volunteer coaches help participants become more confident about managing falls, identify ways to reduce falls and they lead exercises to help increase strength and balance. Katie will also speak about Falls Prevention and give some tips for attendees.

#### RESOURCES

- [Learn about Matter of Balance Falls Prevention Program](#)

### **Dover Community Senior Center**

We're Not Senior Citizens - We're Recycled Teenagers!

The Dover Community Senior Center welcomes those 50+ adults from our area to join us for fun, fitness, friendship, travel, & lifelong learning.

#### RESOURCES

- [April Newsletter 2021](#)
- [Ogunquit Playhouse 2021](#)

### **Easterseals NH**

#### RESOURCES

- [Careers at Easterseals NH](#)
  - [Job Opportunity: Homemakers - Senior Services](#)
  - [Job Opportunity: Personal Care Service Providers - Senior Services](#)
  - [Job Opportunity: Direct Support Associate](#)
  - [Job Opportunity: Youth Support Specialist](#)

- [Easterseals NH- Homemakers & Health Services](#)

### **ElderPet**

Providing pet related services for low income seniors and people with disabilities.

#### RESOURCES

- [ElderPet: Who We Are and What We Do](#) (Please have speakers on.)

### **DHHS Office of Health Equity**

Beyond the Hearing Aid; A review of hearing assistive technology, including various assistive listening devices, visual and tactile alerting doorbell and paging devices as well as alarm clocks. A review of communication access apps that enhance communication with individuals facing hearing and speech challenges.

#### RESOURCES

- [Beyond the Hearing Aid presentation](#)

### **Lamprey Health Care**

Lamprey Health Care is a non-profit community health center providing health care services to individuals of all ages regardless of ability to pay. We offer primary care for including prenatal and obstetrical care, integrated behavioral health services, substance use disorder treatment (MAT) diabetes education, care coordination, medication assistance and assistance with NH Medicaid and Health Care Market Place applications. Lab services, radiology and physical and occupational therapy available onsite.

#### RESOURCES

- [How Lamprey Health Care Responded to COVID-19](#)
- [Why Choose Lamprey Health Care?](#)

### **MoCo Arts**

MoCo Arts is a family-centered nonprofit arts education organization offering classes in dance, theatre and multi-arts camps for children ages 18 months to 18+ years. Under the direction of our experienced artistic staff, MoCo Arts provides an inclusive, nurturing, supportive atmosphere designed to enrich the lives of our students as well as the collective life of our community. We welcome all students, wherever they are in their movement and creative arts journey – beginners through advanced.



## RESOURCES

- [Creative Connections Through Movement](#) (video)
- [Creative Connections Through Movement](#) (PDF)

### **New Hampshire Alliance for Healthy Aging (AHA)**

The NH Alliance for Healthy Aging (NH AHA) is a statewide coalition of stakeholders focused on the health and well-being of older adults in New Hampshire. NH AHA works to promote its shared vision to create communities in New Hampshire that advance culture, policies and services which support older adults and their families.

## RESOURCES

- [Framing COVID-19 webinar](#)
- [Creating Workplaces that Support Employees as Caregivers webinar](#)
- [NHAHA Highlights and Accomplishments](#)
- [AHA Advocacy Priorities 2021](#)
- [AHA Adovacy Toolkit 2021](#)
- [AHA Tracked Bills 2021](#)

### **NH Division of Emergency Services - Enhanced 9-1-1**

*To locate, communicate and connect people in an emergency with the help they need.*

Our goal is to provide New Hampshire residents and visitors with immediate emergency assistance when calling 9-1-1. Using only the latest technology, 9-1-1 access from any telephone (including mobile phones) in New Hampshire provides our 9-1-1 Telecommunicators with location information from where the call is originating, allowing us to assist getting help to people even if the caller is unable to speak.

All 9-1-1 Telecommunicators are highly trained and certified in Emergency Medical Dispatch, a nationally recognized medical protocol. They are committed to our goal of providing only the highest level and quality of service to anyone requesting police, fire or emergency medical assistance through 9-1-1 from our two Internationally Accredited Public Safety Answering Points in Concord and Laconia.

Our staff of Information Technology Technicians, Database Managers, Cartographers and Radio Communications Technicians is committed to supporting the Division. These individuals are dedicated to leveraging available technology and keeping our

communications systems reliable while providing first responders and 9-1-1 Telecommunicators with the tools and resources necessary to render emergency assistance wherever and whenever it is needed.

We hope the information you find here will provide you with a greater understanding and scope of the hard work our people do as well as the range of services the Division of Emergency Services and Communications has to offer.

## RESOURCES

- [Tips for Calling 9-1-1](#)
- [NH 9-1-1 Emergency Supplemental Information](#) - Tell 9-1-1 call takers what your special medical needs are before you have to dial 9-1-1
- [9-1-1 Information - Help is on the way!](#)

## **NH Division of Public Health Services Arthritis Program**

The NH DPHS Arthritis Program is funded by the Centers for Disease Control and Prevention to expand the availability of Arthritis-Approved Evidence-Based Interventions for adults with arthritis.

## RESOURCES

- [Arthritis Foundation - Walk with Ease Program](#)
- [Walk With Ease Presentation](#)
- [Walk With Ease Slides](#)

## **NH State Commission on Aging**

The Commission on Aging was established in 2019 to advise the Governor and the State Legislature on policy and planning related to aging. A more age-integrated New Hampshire fostered by forward thinking public policy and initiatives will ensure we can all thrive as we age. The Commission is a 26 member body with representation from the State Legislature, State Agencies, and all 10 New Hampshire counties supported by an Executive Director. Public input into the Commission process is important to the Commission's success. Please connect with us during this wellness fair!

## **NH Senior Games**

The NHSG is a group of 18 sports and events that are contested by individuals and teams for the purpose of staying fit, healthy and meeting new friends. While the NH Senior Games are

held every year, in even-numbered years you can also qualify to compete in the National Senior Games, held every odd-numbered year. This year's games will serve as a qualifier for the 2022 National Games held in Ft. Lauderdale, FL (rescheduled from 2021 due to the pandemic).

### **New Hampshire Statewide Independent Living Council**

NH SILC mission is to provide leadership and advocacy in support of the independent living philosophy. We are charged by federal law to create and provide to the Federal Government the Statewide Plan for Independent Living for New Hampshire.

#### RESOURCES

- [SILC NH Brochure](#)
- [SILC NH Twitter Page](#)
- [SILC NH Facebook Page](#)

### **Northeast Passage**

The mission of Northeast Passage is to empower people living with disabling conditions, both visible and invisible, to define, pursue and achieve whole life health, community engagement and fulfillment through the purposeful use of sports and recreation.

#### RESOURCES

- [Northeast Passage- in 60 seconds](#)
- [Ed's Story](#)
- [Northeast Passage- Introduction](#)
- Promoting Access, Transition and Health (PATH) Program
- Veteran Recreation Opportunities
- Recreation Sports Opportunities
- Northeast Passage Webinar with Amanda Bouchard (15 minutes)
- Northeast Passage Webinar- Presentation slides

### **Pathways Thru Aging**

Pathways Thru Aging is a nonprofit, grassroots collaborative effort of NH Seacoast senior services professionals, experts, and community members. Our common belief is we are more powerful as a group to collectively navigate through the pathways of aging. Our strength is

providing solutions for seniors, families, and caregivers through monthly educational programs, case-based discussions, and community partnerships.

### **Relay New Hampshire**

Relay New Hampshire allows people with hearing, vision, and speech challenges to communicate by phone easily and independently through a variety of services and technologies.

#### RESOURCES

- [Relay NH website](#)
- [RCC registration](#)
- [Captel Info](#)
- [Overview of Relay New Hampshire Services](#)
- [Relay Conference Captioning \(RCC\) Brochure](#)

Please feel free to reach out with any questions. I'm happy to help! My email address: [jgood@ndhhs.org](mailto:jgood@ndhhs.org).

### **Seacoast Village Project**

#### **ServiceLink Statewide Network**

#### RESOURCES

- [ServiceLink Brochure](#)
- [Medical Identity Theft](#)
- [Health Care Fraud](#)
- [Relative Caregivers Resource Guide](#)
- [Long Term Care Medicaid Booklet](#)

### **Strafford County Public Health Network**

Communities for Healthy Aging Transitions (CHAT) is a project that aims to Chat with community members about how age-friendly their community is.

We are looking for community members to share their opinions about aging in our community - take the survey [HERE!](#)

We are interested in understanding and addressing things such as: Transportation, Housing, Respect & Social Inclusion, Community Supports & Health Services.

## **The Granite YMCA**

Established in 1854, The Granite YMCA is part of the worldwide non-profit Y organization. With branches in Manchester, Goffstown, Londonderry, Portsmouth, and Rochester and New Hampshire's leading camping programs, we focus on youth development, healthy living, family strengthening, and social responsibility. We offer evidence-based health programs, day and overnight camps, seven week programs, fitness centers, group wellness classes, aquatics, child care, teen programming, and so much more!

**OUR MISSION:** The Granite YMCA creates a community where all are welcome and builds a healthy spirit, mind and body based on the values of caring, honesty, respect, and responsibility.

**OUR CAUSE:** At the Y, strengthening community is our cause. Every day, we work side by side with our neighbors to create the support and opportunities that empower people and communities to learn, grow and thrive. The Granite YMCA is, and always will be, dedicated to building healthy, confident, connected, and secure kids, adults, families, seniors, and communities.

### RESOURCES

- [The Granite YMCA Locations Map](#)
- [Evidence-Based Health Programs & Resources](#)
- [The Granite YMCA's Diabetes Prevention Program](#)
- [YMCA's Diabetes Prevention Program Brochure](#)
- [Prediabetes Healthy Eating Tips](#)
- [Prediabetes Exercise Tips](#)
- [The Granite YMCA Evidence Based Programs](#)

## **TripLink**

TripLink is a regional transportation call center serving Strafford County and eastern Rockingham County. TripLink provides information & referrals and takes trip requests on behalf of COAST, Ready Rides, Rockingham Nutrition & Meals on Wheels, and Community Rides.

### RESOURCES

- [Community Transportation Directory 5.0](#)

## **UNH Cooperative Extension**

Since 1915, the University of New Hampshire Cooperative Extension (UNH Extension) has improved people's lives by providing research-based information and non-formal education programs on topics important to the state. Through partnerships with county governments, UNH Extension offices staffed by specialists, educators, support personnel and volunteers are located in each of the state's 10 counties. UNH Extension works in four broad topic areas: Youth and Family Development, Community and Economic Development, Natural Resources and Food and Agriculture. By working in collaboration with county, state and federal governments, UNH Extension is at work in every New Hampshire county, making the state's key industries stronger, developing vibrant communities and municipal leaders, fostering healthy families and an informed and engaged citizenry, and keeping the state's natural resources healthy and productive.

UNH Extension is part of the NH Chronic Disease Self-Management Network and partners with Southern NH Area Health Education Center to offer self-management education programs such as the Stanford Model of Chronic Disease Self-Management often referred to as "Better Choices, Better Health" and the Chronic Pain Self-Management Program. These multi-session workshops inspire participants to take an active role in managing their health and meet their wellness goals through utilizing tools such as action planning, making healthy food choices, and increasing physical activity. There is also a large focus on building skills to manage difficult emotions and overcoming barriers to living well with a chronic health condition.

UNH Extension and other licensed program leaders in NH offer these self-management programs virtually and in person. For more information, please click on the links below. We invite you to participate in an upcoming workshop as well as share the information with those you feel could benefit from participation. If you're interested in learning more about the program model and the potential of becoming a trained program leader, please reach out to Melissa Lee at [melissa.lee@unh.edu](mailto:melissa.lee@unh.edu).

### RESOURCES

- [Fall 2020 Chronic Disease Self-Management Report](#)
- [Spring Chronic Pain Self-Management Workshop-Daytime](#)
- [Spring Chronic Pain Self-Management Workshop-Evening](#)
- [Connect with Your UNH Extension for Wellness and Healthy Living presentation](#)
- [Connect with Your UNH Extension for Wellness and Healthy Living slides](#)

## 2021 Sponsors

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### **AARP NH**

AARP Mission: To empower people to choose how they live as they age.

AARP is a non-profit, nonpartisan, social mission organization with a membership, focused on advocacy, education and outreach to the 50+ community.

### **Active Retirement Association**

ARA- Expanding Your World

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.

### **Alzheimer's Association, MA/NH Chapter**

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.

### **American House Keene**

American House, formerly Bentley Commons, offers independent and assisted living apartments, with the vision of providing high quality living for seniors at a price affordable for retirees and families. In 1899, John P. Rust purchased the historic mill building and it became the headquarters for his wooden pail factory. In October 2008, the mill complex was renovated into a senior living community, and in 2018 became American House Keene.

### **RESOURCES**

- [American House at a Glance](#)
- [Resident Testimonial - Newell](#)
- [American House Community Tour](#)
- [1-Bedroom Apartment Tour](#)
- [2-Bedroom Apartment Tour](#)
- [American House Activities Calendar](#)
- [American House Keene Dining Menu](#)

**Bellamy and Watson Fields Assisted Living**

**NH Association of Senior Centers**