

HEALTH

Service programs aid Senior Citizens

SPECIAL TO THE ATLANTIC NEWS

SEACOAST | Each year, more than 50,000 Senior Citizens in New Hampshire suffer a fall that may require medical assistance. Statistics show that of this number, more than 60 percent will suffer a second fall. It is the injuries acquired from these falls that tend to lead to the downward spiral of health in many Seniors.

The good news is that as many as 40 percent of these falls are preventable with certain easy measures. And, as the numbers of adults who care for Seniors continues to increase, it is important for them to know that help is available to keep Seniors safe.

Community House Calls offers maintenance and management services designed to support Seniors and adults with disabilities in their homes, enabling them to live safer and more productive lives. CHC acts as a safety net by helping to balance the challenges of aging with the on going demands of home ownership.

An important part of the CHC program is safety and fall prevention. The following outlines 10 safety precautions used by Community House Calls to

help prevent falls:

1. Adequate lighting/night lighting (inside and outside of home)
2. Clear passageways (inside and outside of home)
3. Stairwells and entryways with two handrails, stairwells with appropriate risers and treads
4. Entry ramp to ease ability to enter and exit the home
5. Appropriate footwear
6. Appropriate thresholds
7. Consistent use of prescribed adaptive equipment (such as a walker or cane)
8. Removal of tripping hazards such as extension cords, telephone wires, etc. Secure or remove area rugs
9. Examine floors for levelness and high gloss (can effect those with poor eyesight)
10. Bath safety including grab bars, slip prevention vinyl for tub, adaptive equipment, etc.

Community House Calls continues to become an increasingly valued company due to the fact that their services fill a void that public services does not. Many Seniors have needs that don't fall into a category being served by public funding such as Medicaid or Social Services, so a service

like Community House Calls can fill a gap that is greatly needed.

Another important service to know about is home emergency response for Seniors if they should fall. ResponseLink, a provider of emergency response for Seniors and adults with disabilities in New Hampshire, offers their own Fall Prevention Program which includes these tips:

1. A healthy diet
2. Regular exercise
3. Ensuring safety in the home (by removing clutter, bumpy area rugs, replacing poor lighting, etc.)
4. Reducing medication risks by checking with your doctor regularly to review all medications taken
5. Securing a support system of family, friends and professionals who are there in your time of need

ResponseLink can be an important part of this vital support system. ResponseLink offers comprehensive services to aid Seniors and disabled persons in remaining safe and independent.

One aspect of their services is FIPS (Fall Injury Prevention Service). This system uses state of the art technology that can automatically detect if an indi-

vidual has fallen. If this should happen, a ResponseLink representative would contact the subscriber via an in-home intercom and inquire about their safety. The representatives have the subscriber's medical information on hand and can assist in the best manner for each unique situation.

Whether a neighbor is summoned or an ambulance, the ResponseLink representative will stay on the line until help arrives. In addition, ResponseLink can work with the Senior to keep a record of the overall conditions surrounding the incident (area rug, cluttered stairwell, etc.) for use at the next doctor appointment for an accurate review of the circumstances.

ResponseLink representatives are also available to standby while a Senior retrieves the mail or paper. This is especially important in icy conditions. If the subscriber does not return within a given window of time, help is summoned. ResponseLink is the additional support many Seniors need to remain independent.

For addition information about Community House Calls, call (603) 674-4644; for more about ResponseLink, call (877) 750-0220.

Three misconceptions about foot pain

**BY JAMES DOLAN, DPM
INTEGRATED ORTHOPAEDICS
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PRACTICE**

SPECIAL TO THE ATLANTIC NEWS

EXETER | There are three common misconceptions about foot pain of which people need to be aware:

- Feet are supposed to hurt. Your feet are an engineering marvel. On average, we take 10,000 steps a day. Forces up to three times your body weight can go through your foot with each step. In addition, we put our feet into shoes of a variety of shapes, sizes and materials, many of them poorly fitted. It is no surprise that your feet may bother you from time to time. However, persistent, longstanding foot pain is not normal and shouldn't be ignored. Most foot pain can be diagnosed and treated with conservative, common sense measures.

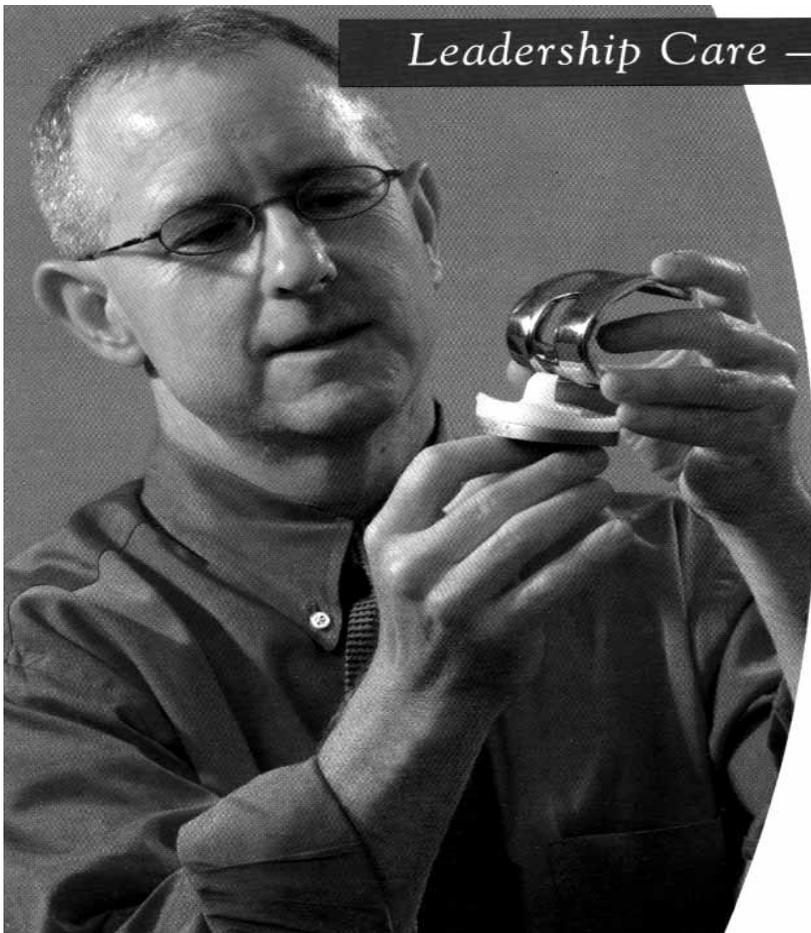
- I shouldn't bother my doctor about foot pain. More than 70 percent of the population will experience debilitating foot pain at some point in their life. Only five percent will seek care. I believe that this is because many feel that foot pain is an unimportant health prob-

lem. I disagree. As anyone who has foot pain will tell you, when your feet hurt you hurt all over. Foot pain can make the enjoyable activities of life a chore, and the chores of life an agony. Sore feet can lead to inactivity that can contribute to other health problems. It is hard to get excited about an exercise program when every step hurts.

- If I go to the foot doctor, he's going to recommend surgery. Peter Ameglio, MD, a board certified orthopaedic surgeon affiliated with Exeter Hospital, has spent his 10 years of medical training becoming the finest foot and ankle surgeon he can be. However, he rarely recommend surgery as an initial treatment option for his patients. This is because he knows the vast majority of foot pain can be resolved with conservative methods. Having spent the 15 years of my career as a podiatrist focusing on simple, conservative treatment of foot pain, I am in complete agreement with Dr. Ameglio. We are partnering with area physical therapists, orthotists (they make shoe inserts) and shoe stores to provide the best in conservative care. If conservative care fails, surgery is certainly an option. Dr. Ameglio is trained to restore the structure of the foot. With alignment restores, normal function can follow.

Your feet are an amazing and important part of your anatomy. Taking care of them is one of the best things you can do for yourself.

Cyan Magenta Yellow Black



Leadership Care — Stryker joint replacement providing better results

Learn About the Latest Advances in Joint Replacement

The Center for Joint Replacement presents medical director **Dr. Thomas McGovern** (pictured left), who will be speaking on new **breakthroughs** in hip and knee replacement.

Lecture is scheduled for **October 14, 2004** from **6-8pm** in the new **Exeter Health Resources conference room** on the **3rd floor**. If you or a loved one are experiencing joint pain or lost mobility, don't miss this informative presentation.

Call 1-800-4-EXETER to reserve your place at this free lecture.



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ENTERTAINMENT

Get creative with bead workshops

BY THE ATLANTIC NEWS

HAMPTON | BEAD CREATIVE, a new bead shop located at 868 Lafayette Road, Suite 3 in Hampton, is offering a number of creative workshops during the month of January. All classes are offered on-premises and run from 6-9 p.m.

On Monday, January 10 there will be a workshop entitled "To and Fro." Cost for the workshop is \$25 plus supplies, which will be furnished at a 10 percent dis-

count.

On Tuesday, January 11, a workshop in "Basic Beading" will be offered, while another entitled "Hugs & Kisses" will take place on Wednesday, January 12.

Finally, a "Cubacion" workshop will be held on Monday, January 17. Don't know what "Cubacion" means? Sign up for this workshop to find out.

For more information about these workshops or to register, call Cathi at BEAD CREATIVE, (603) 926-8844.

Get crafty with NH furniture makers

SPECIAL TO THE ATLANTIC NEWS

PORTSMOUTH | Strawberry Banke Museum will hold its third annual Craftsmen Series, a popular demonstration/discussion program, featuring professional furniture makers, on four Wednesday evenings, February 9, 16, and 23 and March 2 at Stoodley's Tavern, located on Hancock Street in Portsmouth.

Michael Dow of York, Maine, will begin the series with a carving demonstration and presentation, "Exploring the Acanthus Leaf: History, Identification, and Carving." In his presentation, Dow will discuss the use of the acanthus leaf as a motif popular among woodcarvers throughout history. He will also share his extensive expertise regarding the successful design and execution of the pattern in what promises to be an interesting and informative evening.

The next three programs will feature two members of the renowned group, the New Hampshire Furniture Masters. On February 16, Tom McLaughlin of Canterbury, New Hampshire, will unlock the "Secrets of Fine Finishing." In his presentation, McLaughlin will dispel the mysteries of achieving a fine finish. Widely recognized for his expertise in furniture finishes and colors, he will cover the basics of material preparation, staining, and finishing techniques using oils, varnishes, shellac, lacquer, and wax in his presentation.

Ted Blachly from Warner, New Hampshire will present two sessions, "Hand Shaping" and "Workshop Techniques." Both of Blach-

ly's programs are guaranteed to inspire as well as aid woodworkers of all levels of expertise as he shares with the audience some of the elegant and practical techniques he has developed over many years of building custom furniture.

The cost to participate in these programs is \$10 for museum members per workshop or \$35 for the four-part series; or \$12 for non-members or \$45 for the series. Pre-registration is required and should be made as soon as possible. To do so, or for more information, call (603) 422-7526.

Connect with the past — step into 400 years of living in our neighborhood. Strawberry Banke provides the opportunity to see how people lived for four centuries of New England history. Through restored furnished houses, exhibits, historic landscapes and gardens, and costumed role players, Strawberry Banke interprets the living history of generations who settled in Portsmouth, NH from the late 17th century to the mid-20th century.

Strawberry Banke Museum, located on Marcy Street in Portsmouth, is open May 1 through October 31, Monday through Saturday 10 a.m. to 5 p.m. and Sunday 12-5 p.m.; and November 1 through April 30, Thursday through Saturday 10 a.m. to 2 p.m., and Sunday 12-2 p.m. for guided 90-minute walking tours on the hour.

The museum is closed during the month of January.

For more information, call (603)433-1100 or visit www.strawberrybanke.org.

JOHNSON'S ATLANTA WIN NAMED TOP 2004 NASCAR EVENT

BY GERALD HODGES

SPECIAL TO THE ATLANTIC NEWS

DAYTONA BEACH, FL | A year filled with changes, history and exciting "firsts" left no shortage of memories during NASCAR's 2004 season.

But one moment does stand out, as selected by members of the media.

Jimmie Johnson's October 31 win at Atlanta not only kept him in contention for the inaugural "Chase," it helped jump-start healing for Hendrick Motorsports, which had been shaken by a team plane crash the previous week. As a result, Johnson's win was selected by the media as the top 2004 NASCAR moment.

A total of 153 votes were cast in week-long balloting, which began December 15 and ended December 22. Johnson's win received 31 percent of the voting, tops over the next-closest moment.

Kurt Busch overcame a detached right front tire in the season-finale at Homestead-Miami Speedway to clinch the 2004 series title on the season's last lap. Busch's feat received 22 percent of the voting.

Finishing third was Dale Earnhardt Jr.'s Daytona 500 win, which received 17 percent of the voting. Finishing fourth was Jeremy Mayfield's September 11 win at Richmond, the cutoff point for the Chase. Mayfield's win, which earned him a berth in the Chase, received 10 percent of the voting.

Media voted Matt Kenseth's photo finish with Raybestos Rookie of the Year Kasey Kahne at North Carolina Speedway on February 22 as the fifth top moment of 2004. Kenseth's and Kahne's finish — Kenseth won — received eight percent of the voting.

NASCAR TEAMS GIVE THANKS

DAYTONA BEACH, FL | With one eye on 2005 and the season-opening Daytona 500, the NASCAR community embraced the December holidays. Engines were quiet. Facilities were at rest. It was time to take deep breaths, enjoy friends and

family, and — not the least — count blessings.

During the holidays, family overshadows racing. Beginning with NASCAR's founding France family and extending through the years, generations of stock-car racing's cornerstone families trace their interests and careers to the sport.

One such group is the Tennessee-native Marlins. Sterling Marlin, was introduced to the sport by his father, Coo Coo Marlin.

Sterling Marlin introduced the sport to his son Steadman, who's competed in the NASCAR Busch Series, and now a new generation of Marlins may be on the horizon. Steadman and his wife Mandy welcomed their first child, Stirlin Blaise, on March 21, and according to Sterling, the family Christmas featured little Stirlin's first holiday. All were planning to go to St. Thomas in the Virgin Islands for New Year's celebrations.

Another new NASCAR arrival, Olivia Grace Compton, will be introduced to holiday traditions. Olivia's dad, NASCAR Busch Series driver Stacy Compton and his wife Vickie welcomed Olivia, their first child, at 8:45 a.m. on December 7. Her father predicted that Olivia would meet Santa Claus on Christmas Eve, since she enjoys being up all night long.

The 2004 Cup champion, Kurt Busch made plans to celebrate with his parents, Tom and Gayle, and his younger brother Kyle, the Raybestos Rookie of the Year in the NASCAR Busch Series. But there was a twist in that they made plans to celebrate in their new home state of North Carolina.

The Cup Series Raybestos Rookie of the Year, Kasey Kahne from Enumclaw, Washington, did the opposite this holiday



Jimmie Johnson

season, heading for the west coast to enjoy a northwest holiday.

Joe Nemechek, and his wife Andrea headed west too, with a stop in Sun Valley, Idaho for a skiing holiday with son John Hunter, daughter Blair and eight-month-old daughter Kennedy Grace. Accompanied by Joe's parents, the whole clan was expected to stay at the ski lodge of Nelson Bowers, who owns MB2 Motorsports.

Busch Series driver David Green received an early Christmas present — a new car. Well, not really. Green will switch numbers and drive Brewco Motorsports' No. 27 in 2005. Green and wife Diane planned a stay-at-home Christmas in North Carolina with daughter Kaylie Rae and son Austin.

And finally, Jamie McMurray, was looking forward to spending his down time island-hopping. First, McMurray taped a segment on NBC's "The West Wing," and then flew to Hawaii for a three-day photo shoot for FOX Sports with Kasey Kahne. The duo will be featured in promos leading up to the season-opening Daytona 500 on February 20.

"I've never been to Hawaii, so I'm really looking forward it," McMurray said before heading for the 50th State. "I mean, if you're doing a promo shoot, I can't

think of a better place to do it than Hawaii." McMurray is spending some time at home with his family before gearing back up for the 2005 season with January testing."

That's right, the annual preseason test sessions at Daytona International Speedway is only a few days away. It begins Tuesday, January 11 through January 13 with teams that finished in odd-number car owner points. Craftsman Truck Series teams test from January 15-16. Cup Series teams that finished in even-number car owner points test from January 18-20, and NASCAR Busch Series teams test from January 22-23.

For drivers like Ricky Rudd, who finished 24th in the point standings but enjoyed a late-season surge with the addition of new crew chief Michael "Fatback" McSwain, testing can't get here fast enough.

And Rudd intends to be in the Top 10 in 2005.

"I think it is a very realistic goal and we are going to have to work hard for it," Rudd said. "But I feel like top 10 in the points at the cut off point is not impossible. I think it is a realistic goal."

Gerald Hodges/ the Racing Reporter is a syndicated NASCAR columnist. For additional racing stories, visit www.race500.com.