

Home Care Guide now available

The Home Care Association of New Hampshire (HCANH) has announced the publication of a new *Consumer Guide to Community Home Care in New Hampshire*. The Guide is designed to inform consumers—be they patients, family members or others arranging for services—about Home Care, and help them identify the Community Home Care Agency that will best meet their needs.

A special feature of the new Con-

sumer Guide is a checklist of questions to consider when selecting a Community Home Care Agency.

Single copies of the Guide are available free of charge by sending a self-addressed, stamped envelope with \$.25 postage to the Home Care Association of NH, 117 Manchester St., Concord, NH 03301. For more information call (603) 225-5597 or NH toll-free 1-800-362-1022.

Congress releases new publication

WASHINGTON—An information paper analyzing adult home care and options available to older Americans and their families has been published by the Senate Special Committee on Aging.

"Home Care at the Crossroads" is a follow-up to three hearings the committee has held on quality of and access to home care services for older persons.

"Policymakers must choose a course of action that will ensure quality

home care and independence for our nation's older citizens," Chairman John Melcher said. "A continuation down the path of insurmountable barriers no longer can be tolerated."

Single copies of "Home Care at the Crossroads" are available while supplies last by writing to:

U.S. Senate Special Committee on Aging, G-41 Dirksen Senate Office Building, Washington, D.C. 20510, Attn: "Home Care at the Crossroads".



Canoeing at Camp Rediscovery is fun for all ages with particular emphasis on the senior camper.

Camp Rediscovery promotes health and fun for adventurous seniors

By Herbert P. Weiss

When was the last time you went to camp? Could it have been when you were 17 years old? Janet Payne went to camp when she was a teenager. She also is one of the growing number of older adults who has gone back to camp, later in life, at age 62 to be exact.

"It's kinda what you call a rediscovery," says Payne after attending the five day session at Camp Rediscovery, located at Palmyra, Virginia.

Camp Rediscovery is a different type of camp. Each activity at the camp is designed to address both physical and psychological aspects of health. Through a combination of activities including supervised aerobic exercise sessions, organized walks, swimming, yoga, informal dancing, and physical fitness, health and well-being can be improved.

Highly trained and experienced staffers work with the older campers in small groups and often on a one-to-one basis. Older campers may participate in canoeing, tennis, the ropes-challenge course, and hiking. They may develop game skills, discuss common problems, share stories and life experiences. Trust and friendship quickly develops between the young staffer and the older adult.

Combined with fun and fitness, health educational seminars provide both factual and up-to-date information on nutrition, proper use of medicine, coping with chronic illness,

stress, grief, and bereavement. Fifty-five year old Richard Dangel, one of the youngest campers, comments as follows: "I gained insight into the aging process and learned how I could slow it." Others have had similar experiences and discovered a whole new way of living.

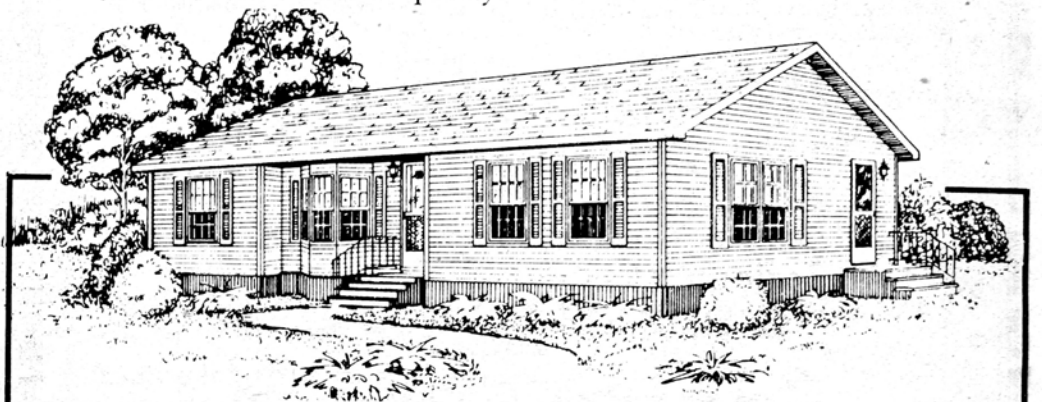
Studies are being conducted to determine the effect of the camp on the older participants. In 1987, the National Institute of Aging awarded a grant to study the effects of a 7-day camp on the older campers' physical fitness, perceived health and well-being. Dr. Dan Leviton, Project Director of the Study and Founder of the Camp seems pleased with the preliminary results. Leviton states, "While the statistics haven't been analyzed yet, inspection suggests that significant gains occurred in stamina or cardio-respiratory efficiency, flexibility, strength, and in other areas.

Dangel would agree with Leviton from his experience at camp. He says, "After going to camp, my wife and I go on a lot more walks and participate in more physical activity."

Therefore, those interested in attending Camp Rediscovery should be warned: Attending Camp Rediscovery might be helpful to your health.

For further information about Camp Rediscovery contact Dr. Dan Leviton, 2007 Pelden Road, Adelphi, Maryland 20783 (301) 431-3733.

(Herbert P. Weiss is a nationally known writer in the field of aging.)



GETTING READY TO RETIRE?

Looking for an affordable, quality home in an outstanding adult community - and a desire to escape the increased congestion?

If these are the things you want in your life, then **Morway's Adult Community** in Charlestown, New Hampshire is for you....

Located in the beautiful Connecticut River Valley, our landscaped lots include paved driveways and feature the ultimate in Manufactured Homes....

Burlington homes

KEISER HOMES

Visit our Adult Community and sales office located on Jct. Rt 12 and Lovers Lane Road in Charlestown.

Open 10 a.m. to 5 p.m. or by appointment
Closed Sundays

Prices starting at \$33,795

Call of visit us today

(603) 826-7728

You've planned for your retirement so we've planned a very special place for you...

MORWAY'S ADULT COMMUNITY

"AMERICA'S FIRST FITNESS CAMP FOR EVERYONE OVER 50."

Improve your health through individual fitness programs, special lectures and personal guidance. Canoe, swim, hike and look forward to horseback riding, tennis and old-time campfires in the Blue Ridge mountains.

- Comfortable Lodgings • Homecooked meals • \$325 per week
- University of Maryland Adult Health Program Staff
- 10 Five-day vacations June and September

Write or phone for our FREE BROCHURE

Camp Rediscovery
2007 Pelden Road
Adelphi, Maryland 20783
(301) 431-3733



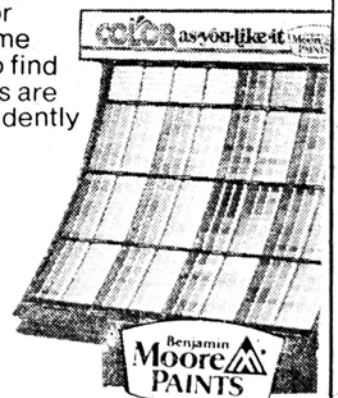
CAMP REDISCOVERY

YOUR CHOICE.

Now it's quicker and easier.

Benjamin Moore's beautiful, new custom color selection is displayed on convenient, take home strips. The color arrangement makes it easy to find the color you want. Coordinating color families are arranged beside one another so you can confidently plan an entire color scheme.

Once you have made a choice, your color will be accurately mixed in any of Moore's top quality products.



NASHUA WALLPAPER CO.

New Hampshire's Leading Paint & Wallpaper Store

129 W. Pearl St. Nashua, New Hampshire
882-9491

OUR DISCOUNT POLICY IS A CONTINUAL SALE
OPEN THURSDAYS & FRIDAYS TILL 9:00