

## 2009 STATE 4-H HORSE SHOW

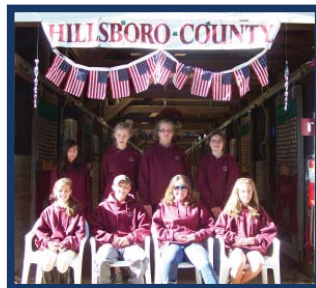
Eight outstanding teens from the Hillsborough County 4-H Horse program participated in the 2009 State 4-H Horse Show held in Deerfield on July 17 – 19. Riders included Liam Cashin on *Romeo*, Jordan Springmann on *Oliver Twist*, Ashley Winslow on *Clusive Dream Maker*, and Rachel Springmann on *SW Dunkin Donuts*. Supporting the team as stable managers were Elizabeth Fontaine, Olivia Bianchi, Sarah Clements and Angelena Leal.



*Pictured above with their ribbons are Liam Cashin, member of the Hoofbeats 4-H Club, Goffstown; Jordan Springmann, member of the Saddlehackers, Milford; Ashley Winslow, member of the Hoofbeats; and Rachel Springmann, member of the Saddlehackers. Everyone did well and had a great time at the show.*

Joanne Gelinas headed the team with help from Pam Larivee, Norman Martel, Hannah Hebert, Diana Brideau, and Angela Cloutier. A big thank you goes to Jennifer Winslow, who cooked for the weekend, and to 4-H parents and friends who helped during the weekend.

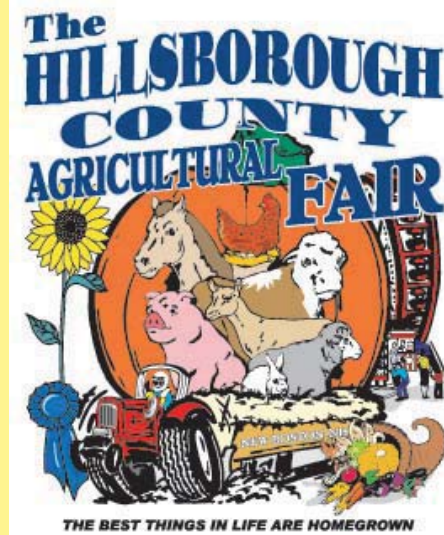
Congratulations to Ashley Winslow who is one of the 20 youth chosen to participate on the State 4-H team at Eastern States in September. Joanne Gelinas will accompany the team as one of the state chaperones. 🍀



*Pictured in back row are stable managers Angelena Leal, Elizabeth Fontaine, Olivia Bianchi, and Sarah Clements. In the front row are riders Jordan Springmann, Liam Cashin, Ashley Winslow, and Rachel Springmann.*

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Hillsborough County  
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It is time to mark your calendar for the 52nd annual Hillsborough County Agricultural Fair to be held on September 11 - 13, 2009 at the 4-H Youth Center, 15 Hilldale Lane, Route 13 in New Boston.

Have you visited the fair and wondered how you could enter your favorite photograph or best tomatoes? Would you like to be a part of the King Arthur Flour Contest or Buttermilk Donut Baking Contest?

To exhibit is easy and best of all its free! The fair has plenty of classes to choose from with homemade and home-grown items for children and adults.

For more information and to read the fairbook, visit the fair's website [HCAFair.com](http://HCAFair.com)

Choose the classes you would like to participate in.

Exhibit set up will be Thursday, September 10, 2009 from 2 pm - 9 pm.

**Admission:** Adults: \$10. 1-day, \$24. 3-day passes, 6-12 years, \$5. 1-day, \$12 3-day pass. Under age 6, free.

Senior Day, 63 and over, is Friday for \$5, Saturday and Sunday is \$10 for each day.

If you have any questions, please call the UNH Cooperative Extension office at 641-6060.

**WE'LL SEE YOU AT THE FAIR!**

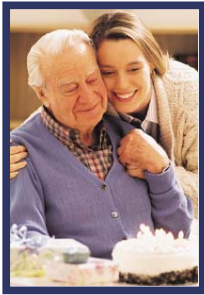
### Hold the Date!

Hold the date of Saturday, October 17, 2009 for the Fall Volunteer Training Day. Location and workshop information will follow as we get closer to the date. As always, the day will provide fun, educational workshops, great fellowship and a chance to learn about the latest things happening in 4-H.

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# The Demands of Caregiving in a Family

By Sharon Cowen, Educator  
Family and Consumer Resources



As the U.S. population ages, people live longer, and families geographically disperse, caring for elderly relatives becomes more common and often more demanding. Making it even more challenging, an increasing number of adult children, men and women, care for both aging relatives and dependent children. Known as The Sandwich Generation, they are sandwiched between the needs of multiple generations.

The demands placed on anyone caring for aging relatives can be emotional, psychological, financial, and social. While family situations vary widely and there are no set answers, experts offer suggestions and resources.

Talk to aging relatives about their desires around future care and end of life issues. Talk early, if possible; events and illness can happen quickly, and conversations before events happen can help avoid or lessen the necessity of tough decisions in a crisis or from

a distance. Such discussions between aging parents and adult children can be difficult, causing tension and stress. However, as much as possible, understand parents' wishes and make sure financial and legal affairs are in order.

In considering your relative's requests, also consider what is best for the whole family. Think about the impact of their needs on your lifestyle and ability to care for children and yourself.

If available, other adult family members may help, but many people need additional support beyond the family. See *NH resources*. Get help when available and affordable.

Take care of yourself. Caregiving puts caregivers, themselves, at greater risk. Look for support groups or respite care.

Safeguard your own financial needs. Caregiving often involves financial support that competes with day-to-day living costs, college for children, and retirement savings.

Explore your employers' resources. Companies may offer an Employee Assistance Program (EAP) that provides referrals or support. Check the company's personnel manual. Take advantage

of flextime policies. If your company does not have flexibility options, consider proposing your own. Can you work from home at times, come in late, job share, or reduce your hours temporarily?

If you are a valued employee, supervisors may consider new ideas to keep you as an employee or just make it easier for you to balance work and life.

Include your children in family discussions about the situation. Help them understand what is happening. They can also help with household and caregiving duties.

Consider the benefits of having more involvement with aging relatives. More contact offers benefits to kids, often resulting in stronger relationships with grandparents, more compassion, greater understanding of lifelong development. Relatives may also provide emotional and financial support and their own assistance with household duties.

## Resources in New Hampshire:

*ServiceLink*  
[www.servicelink.org](http://www.servicelink.org)  
1-866-634-9412

*Home Care NH*  
[www.HomeCareNH.org](http://www.HomeCareNH.org)

## Other resources:

*National Alliance for Caregiving*  
[www.caregiving.org](http://www.caregiving.org)

AARP  
[www.aarp.org](http://www.aarp.org)

*Federal Agency on Aging*  
[www.aoa.gov](http://www.aoa.gov)

*Sharon Cowen is UNHCE Family and Consumer Resources Educator in Hillsborough County. She can be reached at Sharon.Cowen@unh.edu or at 603-641-6060.*





Check out our Nutrition Connections publications listing at:  
[http://extension.unh.edu/resources/category/Food\\_and\\_Nutrition](http://extension.unh.edu/resources/category/Food_and_Nutrition)

### 4-H Children's Teaching Garden at Massabesic Audubon Center recently held an open house.

One hundred and eighty children and volunteers helped plan, plant, and tend this year's garden.

The 4-H garden is an initiative of the New Hampshire Common Ground Project, co-sponsored by the University of New



Hampshire Cooperative Extension Hillsborough County, and New Hampshire Audubon Society.

The open house, held on August 2, 2009, was a great success with over 200 people attending throughout the day.

*Thank you to the 180 children and volunteers who worked so hard to make this garden project a success!*

### New Hampshire 4-H Sheep Clinic

Fifty two youth participated in the NH 4-H Sheep Clinic held at the 4-H Youth Center in New Boston on July 10 - 12, 2009. The 4-H Sheep Clinic is designed for 4-H'ers in the sheep project to learn the skills needed for the fitting and showing of their sheep. Pictured is counselor member Lara Kazo showing Mikel



Timm how to use the hand shears on his lamb.

Lara and Mikel hope you will drop by the sheep barns and watch one of their shows, when you attend one of the NH Fairs this year. 🌿

## Hillsborough County 4-H Members Invited to Participate at The Big E!

The 4-H program at the Big E is a cooperative effort with the Eastern States Exposition and the Cooperative Extension Program of the New England states. Their missions are to motivate and recognize the achievements of 4-H members and their volunteer leaders; to give the general public attending the Big E a better understanding of 4-H educational efforts, including the organization, program and accomplishments; to provide members educational experiences that may not be available in the individual states; to make the 4-H program and activities visible to the general public who attend the Big E; to expand the image of 4-H as a total diverse youth development program; and to identify 4-H as an integral part of the Cooperative Extension Program and the Land Grant Universities of New England and to involve youth as equal partners in full decision-making roles at all levels of program decision-making.

It is an honor for the Hillsborough County 4-H youth to participate in this program.

Participants Sarah Clements, *Hoofbeats* member and Ethan Craggy, *Thumpers* member were invited to do their **Action Exhibits**. Emily Bailey and Nina Hedberg, *Thumpers* members; Emmett Craggy, *Independent member*; Sarah Koski, *Drop Spindles* member; and Brianna Stoye and Paige Tuttle, *Hoofbeats* members were asked to do their **Demonstrations**. Grantham Raymond, *Raymond Family club* member and Ethan Craggy will participate in **Public Speaking**. Anna Barlow, *Souhegan 4-H Club member*; Madeleine Bergeron, *Mini Hoofbeats* member; Samantha Patch and Lillian Zimmerman, *Busy Beavers* members, and Sarah Koski were invited to participate in **Fashion Revue**.



Kyla Salisbury, *Pups R Us member* (with her dog); Travis Cook, Mark Cook, and Gabe Chase, *Goats R Us* members (with their goats); Ashley Winslow, *Hoofbeats* member (with her horse); and Aleia Wozmak and Daria Wozmak, *Hillsborough County Shepherds* members (with their sheep) qualified with their **Animal Projects**.

Attending as chaperones or helpers at the Big E will be 4-H leaders Mike Chase, Joanne Gelinis, Heather Aveni, and Barbara and Rodney Buckingham. Eastern States Exposition is in West Springfield, MA and runs from September 18 to October 4, 2009.

For information on show dates and activities check out their web site:

<http://www.thebig.com>

## GARDENS THAT HEAL

Maddy Perron, Master Gardener '93

For the past 7 years, the gardening program with the elderly residents of the Hillsborough County Nursing Home (HCNH) has proven to be a great success.

The goal for the "Elders on the Grow" program is for the members of the gardening group to experience therapy in a mood-enhancing kind of way. Portions of the program are now being planned around the principles of Roger Ulrich's evidence-based design for gardens that heal.



*This donated grow cart really helped the nursing home Elders on the Grow project get off the ground.*

Roger Ulrich is a behavioral scientist who conducts research on the effects of healthcare facilities and nature on medical outcomes.

Hospitals and Long Term Facility Administrators have the enormous task of improving the outcome and quality of care to residents along with the pressure to control costs.

Whenever new ideas are implemented, they also need to be cost effective. It has been proven that gardens and access to nature increase satisfaction in residents, patients, families and staff by helping to heighten the mood, thus reducing stress. This, in turn, can lower blood pressure and at times, alleviate or lessen pain.

Cost savings are a result of staff retention, and a decrease in medication expenses. Gardens make use of the Distraction Theory.

A variety of textures, forms, and color, not to mention fresh air and sunshine and the scent of flowers and herbs, can be very distracting. All the senses get involved when stimulated in the garden.

This can change a patient's focus from pain to pleasure. The healing ability of Mother Nature has actually been proven. Psycho neural immunology studies have shown that bedridden patients who can view an outdoor scene with natural sunlight



*Master Gardener Maddy Perron's grandchildren liven things up during a gardening session*



*Dried herb arrangements and products are big sellers at the group's annual Christmas fair*

from a window, can heal quicker, will need less pain meds, and are released earlier from hospitals.

When designing a "Healing Garden" four guidelines should be considered.

1) Social Support  
Isolation can lead to depression. Friends, family and staff should all have access to the gardens.

Having people around who matter can lower stress

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**Gardens...**

**Continued from Page 3**

levels. Keeping residents socially integrated is also important.

People should be able to arrange the seating as they choose: therefore movable seating is the best choice.

**2) Control**

If a person is denied control, their stress level rises. Gardens should be easily accessible by wheelchair or walker with automatic doors and wide pathways. There should also be a level transition to outdoors and landings. Walkways should be made of non-reflective paving to reduce harmful glare. Areas of shade and windbreaks are very important for comfort and safety. Residents and staff also appreciate private seating areas.

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**3) Activity**

Being active can lessen depression. In Long-Term Facilities depression can be a serious problem. A garden should be designed to promote physical activity. Tools needed for digging, watering and tending the garden need to be accessible to residents and Therapists.

A sit-and-rest seating wall is great for Physical Therapists to utilize. Deadheading flowers, weeding, watering and picking vegetables are all fun activities that can also be worked into a therapy session. Plant markers help promote

cognitive and speech therapy.

Raised planters and exercise stations are also nice features.

**4) Nature Distractions**

A variety of plants of different shapes, colors and textures, can hold the interest and keep residents outdoors to enjoy the fresh air and sunshine. Plants should be placed at different levels to be enjoyed by wheelchair as well as walking individuals. The addition of water features, birdhouses and bird feeders can also be enjoyable.

In closing, it has been proven that gardens with thought-out designs will definitely improve outcomes at Hospitals and Long-Term Facilities. The result is better quality of life for residents, family and staff.



*Potting up seedlings into small individual gardens can be a lot of fun!*

**National 4-H Week**

Help Hillsborough County celebrate National 4-H week October 4 – 10, 2009.

The 4-H office is looking for clubs or members to promote 4-H at their school, local store, library or any place that would let you place a display or poster.

**Other ways you can celebrate:**

1. Have a green balloon day. Give away 4-H balloons.
2. Put up a display at your library of your exhibits from the county fair.
3. Distribute green bottles of bubbles & invite everyone to have a green bubble-blowing party.
4. Ask your local churches to acknowledge 4-H on Sunday, October 4th and any 4-H members who are present.
5. Provide the local newspaper with articles written by 4-H members.
6. Get 4-H balloons and distribute them everywhere.
7. Ask your local cable station or town station to convey the 4-H message by making an announcement about 4-H week.
8. Ask a local business to put "4-H is Great! Get Into It!" on their signs during the week.
9. Give a clover sticker to everyone you see smiling.
10. Hand out 4-H bookmarks.

**Come up with some of your own ideas to share!**

Please call the 4-H office to let us know how you celebrated 4-H week. Don't forget to take pictures! If you need to get bookmarks, logos or other printed information to use in your display, call the 4-H office at 603-641-6060. Let's get displays or posters in every town in Hillsborough County.

**What's Happening in Extension!**

**Agriculture**



**Rain Garden and LID Twilight Meeting**

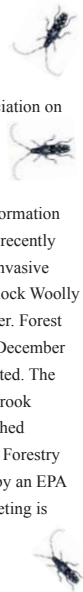
Date: Wednesday, September 9, 2009  
 Time: 5:30 pm  
 Location: Pennichuck Square  
 707 Milford Road (aka Route 101A)  
 Merrimack, NH  
 Cost: none  
 Pennichuck Water Works (PWW) supplies drinking water to the communities of Nashua, Amherst, Merrimack and Milford. In the summer of 2005, working with PWW and DES, Comprehensive Environmental, Inc., was responsible for the design and construction of a project demonstrating the use of Low Impact Development (LID) elements. Over a period of 5 weeks this already developed commercial area was retrofitted. Design elements on site include rain gardens, Biofilter/Bio-Retention Areas, leaching catch basins, and permeable pavers/porous asphalt areas. As a result of the above features, stormwater runoff from the site has

been reduced by 88%, nearly eliminating pollution into Pennichuck Brook. Instead, water is treated and recharged through natural cleansing. Come learn about and view this model site and then take a quick trip to see a nearby residential rain garden. For more information, contact Margaret Hagen at 603-641-6060 or [margaret.hagen@unh.edu](mailto:margaret.hagen@unh.edu).

**Asian Longhorn Beetle**

**Information**

Date: Thursday, August 27, 2009  
 Time: 7 pm  
 Location: the Beaver Brook Association on 117 Ridge Road, Hollis NH.  
 Cost: none  
 Hillsborough County Extension Forester Jon Nute will provide information about the Asian Longhorn Beetle, recently found in Worcester, Mass. Other invasive insects discussed will be the Hemlock Woolly Adelgid and the Emerald Ash Borer. Forest and shade tree recovery from the December 2008 ice storm will also be presented. The meeting is sponsored by Beaver Brook Association, Nashua River Watershed Association and the New England Forestry Foundation. Funding is provided by an EPA targeted watershed grant. This meeting is free, but please register by calling NRWA at 978-448-0299.



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Mission Statement  
 "UNH Cooperative Extension provides New Hampshire citizens with research-based education and information, enhancing their ability to make informed decisions that strengthen youth, families and communities, sustain natural resources, and improve the economy."

Practical solutions to everyday questions

**Family, Home & Garden EDUCATION CENTER**

- Toll Free Info Line  
 1-877-EXT-GROW  
 (1-877-398-4769)
- Monday-Friday 9am-2pm  
 & Wednesday 5pm-7:30pm
- Email questions to:  
[answers@unh.edu](mailto:answers@unh.edu)
- Visit our website at:  
[extension.unh.edu](http://extension.unh.edu)