

Stay Active and Have Fun

By Debra Nichols

Boomerang Adventures was founded with baby boomers and beyond in mind. Outing Club, Adventure Trips, and Long Tour activities vary in skill level and are designed to enhance the lives of active adults by providing outdoor adventures that challenge and inspire while at play.

You are never closer to the heart of a region than when you are hiking its footpaths and trails, and peacefully navigating its waterways. Take the time to appreciate New England's distinctive character and exciting Long Tour Adventures—leaving your worries behind.

Here are some of the Adventures we have this summer. Contact Debra for reservations and more information at 603-785-1411, djnwalking@gmail.com, or www.boomerangadventuretrips.com.

❑ **Sat–Sun, June 7–8,
Boomerang Adventure's
NH Rail Trail Club—
Exploring Keene's Cheshire
Railroad Trails**



New Hampshire granted Keene businessmen a charter for the Cheshire Railroad in 1844. The line was completed in 1849, and was successful for a time, but was abandoned in 1972. We'll be exploring both the south and north ends of the pathways. Keene is developing a bicycle route through the town that will connect the three main trails—Ashuelot, Cheshire North, and Cheshire South. We'll spend the night in downtown Keene, enjoying the walkable little city, complete with various shops, galleries, and restaurants! Our bike partner, Pedal Power Cycle, will provide rentals and bike transport. Activity miles are 10 or 20-plus. It's a beautiful time of year to explore the Keene area. Cost includes one night accommodation in the historic Lane Hotel, Saturday evening dinner, and bike rentals. The cost is \$205 per person/double occupancy, \$320 per person/single occupancy. Reservations and payment are due by May 15. See more details in our separate article.

❑ **Fri/Sat/Sun, July 18–20,
Live-in Museum, Peaks
Island, ME**



Join us for this rare opportunity to stay in an authentic Victorian Lodge located on Peaks Island just minutes from the Old Port waterfront of Portland ME. The Lodge is owned and operated by the non-profit corporation Eighth Maine Regiment Memorial Association, Inc. Yankee Magazine named the regiment as one of the "twelve best places to stay on the seashore!" Activities for this trip include walking, biking, horseback riding, kayaking, and hammock reading. There are restaurants, a café, a library, an umbrella museum, art galleries, a local grocery store, and secret inner-island trails to explore. There is room for only 20 in the museum. This trip is already filling fast! Cost includes two nights' stay, a historian-guided golf cart tour of the island, and a traditional downeast lobster bake catered on the museum's back lawn overlooking the ocean. Optional activities include a half-day kayaking tour. The cost is \$245 per person/triple occupancy, \$295 per person/double occupancy, and \$345 per person/single occupancy. Reservations and payment are due by June 10.

Families First Earns National Recognition for Patient-centered Care

by Margie Wachtel

Families First Health and Support Center, the community health center in Portsmouth, has received recognition from the National Committee for Quality Assurance (NCQA) under its Patient-Centered Medical Home 2011 standards. The standards emphasize enhanced care through patient-clinician partnerships.

Families First's providers—physicians Ruth James and Eric Samuel, and nurse practitioners Elizabeth Harrison and Eileen McCarthy—also received the recognition.

Families First received recognition at Level 3, the highest level that is offered by NCQA, which is a private, non-profit organization dedicated to improving health care quality. Families First was also recognized as a Level 3 Patient-Centered Medical Home from 2011–2014.

To attain the new recognition, Families First had to demonstrate its ability to meet these six criteria:

❑ **Enhance access and continuity**—Ensure that patients can access care easily 24 hours a day and

that a team of professionals will coordinate their care

- ❑ **Identify and manage patient populations**—Target specific groups of patients with preventive care reminders, medication information, and educational tools
- ❑ **Plan and manage care**—Provide information about medications and provide a written visit summary with specific care plans for certain diagnoses
- ❑ **Provide support for self-care and provide community resources**—Provide resources to patients both within the practice and in the community
- ❑ **Track and coordinate care**—Track testing results and hospitalizations so that care is coordinated
- ❑ **Measure and improve performance**—Measure and track data to improve care to patients

Families First, the Seacoast's community health center, provides primary, prenatal, and oral health care; free parenting classes and family programs; one-on-one support for families facing particular challenges; and mobile health care for people who are homeless. For more information, call 603-422-8208, or visit www.FamiliesFirstSeacoast.org.

Boomerang Adventures Presents NH Rail Trail Club

By Debra Nichols

All Abo-o-o-oard!! For the newly launched NH Rail Trail Club, that is. Boomerang members and friends are excited about their newest program which was unveiled during their April member meeting. The new program/club was developed during long conversations about being able to provide our members with interesting "horizontal hikes." A great deal of discussion about the New Hampshire 4000 Footer Club, which was formed in 1957 with 36 peaks under the 300-foot rise rule, ensued. Members like the challenges and camaraderie the 4000 Footer Club represents, but many of our members no longer participate in vertical climbs. "We're just not 'peakbaggers' any longer," says Debra. "We are, however, horizontal hiking and biking enthusiasts, and we were looking for pathways that would meet our program goals, which are to challenge and inspire while at play." Creating the NH Rail Trail Club meets these goals wonderfully.

The challenge! NH rail trail numbers are impressive. There are 37 New Hampshire Rail Trails, north to south, representing 308.4 miles of potential horizontal hiking, biking, walking, horseback riding, XC skiing, or snow shoeing. "Imagine this," Debra said. "If all of our members logged in all of the miles on our 37 rail trail NHRTC check-off list in a year, while enjoying their activity of choice, we would be able to log enough miles to go around the earth (24,000 miles) in that year." NH's rail trails vary in distance from one to twenty-one miles in length. The ratio of rise and fall of the grade line to its length means the grade is horizontal enough for our needs. Say, if a track is on a 1.5% grade, it rises 1.5 feet in every 100 feet of track. The maximum typical grade for railroad practice is on the order of 2% or 2 feet of rise in every 100 feet of track. There are very few pathways with more than a 3% grade in NH. Groups can also team up to complete the list of 37 NH Rail Trails making this challenge achievable for everyone.

Inspiration and Play! There is a wonderful educational aspect to this club. Frog, point of switch, tangent, batter pile, skeletonized track, fusee, and nail dating are just a few of the fun and informa-



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tive railroad terms we will come to know as we learn about the history, terminology, and cultural impacts these historical trails and depots had in the towns they served. Our NH Rail Trail Club (NHRTC) kickoff was held on Saturday, May 24, at the Keene NH depot. A local historian greeted us, and we enjoyed six to twelve miles of biking and walking, as well as lunch together at the Full Belly Deli. It was a great day. Our thanks go out to Janice and Steve Bakula of Pedal Power Cycle for providing bikes to those who wanted to try biking again. Day outings and overnight adventure trips are planned year-round specifically to accomplish our goal of completing all of NH's 37 rail trails. We'll be immersing ourselves in the culture of each region of NH during our adventures—learning, laughing, and enjoying our healthy returns.

NH Rail Trail Club adventures in June. Our first NH Rail Trail Club Adventure Trip will be a one-night stay in the historic Lane Hotel in Keene NH on Sat/Sun, June 7 and 8. We'll be exploring the Cheshire Railroad Trails (5, 10, or 21 miles). Cost includes one night accommodation in the historic Lane Hotel, Saturday evening dinner, and bike rentals. \$205 pp/double, \$320 pp/single. June's NHRTC scheduled Day Outings (3–8 miles) include Friday, June 13, and Saturday, June 28. Carpooling is encouraged and provided. There is a \$5 activity fee.

Contact Debra Nichols by phone, 603-785-1411, or email her djnwalking@gmail.com, to sign up for these and other Day Outings and Adventure Trips that include a trip to Peaks Island, a Live-in Museum, July 18–20, as well as kayaking, walking, biking, and other adventures. Visit us at www.boomerangadventuretrips.com to learn more about Boomerang Adventures. And, like us on Facebook!



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