

Business

CEO Announced For New Girl Scout Council

BEDFORD – Patricia K. Mellor , Esq. has been named the Chief Executive Officer for the newly formed Girl Scouts of the Green and White Mountains, serving New Hampshire and Vermont.

The new council is the result of a merger between Girl Scouts of Swift Water Council and the Girl Scout Council of Vermont.

“I am excited by the possibilities this merger provides for the girls of New Hampshire and Vermont,” states Mellor. “I am fortunate to work with an amazing group of volunteers and staff who are dedicated to providing unique leadership opportunities for girls and young women. We are listening to the voices of the girls we serve to ensure their needs are at the forefront of our programming and decision making.”

Mellor was the CEO of the Girl Scouts of Swift Water Council for two years previously and was chosen after a nationwide search. Prior to that she was a founding partner of Merra, Kanakis, Creme and Mellor Law Firm in Nashua. She was active in the Nashua Bar Association and served as an officer.

A lifelong Girl Scout, Mellor grew up in Swift Water Council, which celebrated its 50th birthday in 2008



Patricia K. Mellor , Esq.

and served almost 14,000 girls and 4,200 trained and dedicated adult volunteers. She earned her Gold Award, the highest award a Girl Scout can achieve, and was a member of the champion Swift Water Paddlers canoe racing team. As an adult she continued as a volunteer including three terms as Council President.

Mellor is active in Merrimack, where she lives with her husband Steve and son Simon. She's served on the Zoning Board of Adjustment and participated in the Business Visitation Program. At Faith Episcopal Church Mellor is assistant treasurer, a Eucharistic Minister and Eucharistic Visitor, and a lay reader.

Granite State Financial Representative Part of MetLife's Top Producer Symposium

Two-day Forum Gathers the Top Producers across the U.S.

John Serrecchia of Granite State Financial Services recently participated at MetLife's Top Producer Symposium in Philadelphia, PA. The two-day conference provides education, training and networking opportunities for leading producers across the country.

Membership in this elite group is reserved for outstanding individuals who exemplify the highest standards of personal integrity, profes-

sionalism, customer service and sales achievement.

Guest speakers at the forum included senior MetLife executives who offered tips and best practices to assist in the producer's professional development and growth.

John has worked in the financial industry for over 6 years and can be reached at 402 Amherst Street, Suite 205, Nashua, 578-9899 x203.

2nd Annual Veterans Count Auction for Area Military Families

AMHERST - The Souhegan Valley Chamber of Commerce with New Hampshire Easter Seals is working in support of local veterans and their families to hold the Second Annual Veterans Count Auction, April 18. Recent remarks by First Lady, Michelle Obama, clearly assess the purpose of this effort. On Inaugural eve, she visited RFK Stadium in Washington with Jill Biden, volunteering to assemble packages for the troops. Her words, that when a man or woman enlists in a branch of the service their family does as well, hit the mark. Veterans Count is a collaborative initiative to find solutions for health and social service care gaps that exist for veterans and their families in the Souhegan Valley.

Unlike any other war era, a significantly large number of active military personnel are reservists and guardsmen and women. They are neighbors and their families remain behind in their communities during active duty. Without the support

infrastructure of the military that exists on bases, the hardships faced by soldiers and their families are particularly problematic. Although these service and family members have unique needs, there are few, if any resources to help them.

Veterans Count has a vision for pre, current and post-deployment services, creating and developing an integrated system that links the National Guard and Reserve personnel with other key community service agencies to find solutions to meet their needs before they become critical. The impact of this program is seen in the faces and the families of these local servicemen and women and their successful transitions. SV Chamber and Easter Seals New Hampshire are offering everyone a chance to be part of this effort by participating as a sponsor and/or donor. Call the Chamber office at 673-4360 or visit www.souhegan.net for more information and tickets for the Auction.

Equine Facilitated Psychotherapy

MILFORD – A life involving horses can be therapeutic on many levels. Jean Lindsay, has experienced and witnessed emotional, spiritual and physical benefits in her own family, friends, and therapeutic riding clients. These benefits include improvement in gross and fine motor skills, strength and physical fitness; growth in self value and confidence; improvement in mood symptoms such as anxiety and depression; improved social relationships, communication skills, impulse control and emotional regulation. Riding and working with horses is all about developing relationship with them, which involves issues of power, trust, courage, subtle communication and social dynamics. Growth and skills developed in the work with horses can powerfully translate to our human relationships.

Ms. Lindsay has had the privilege of working with people as a clinical social worker providing psychotherapy services at The Center for Life Enrichment in Milford since 1996. Through her own experience and observation of others, she has witnessed what a gift equines are to us, and how working with these graceful, powerful and beautiful animals can be healing. She is excited to

combine her work in mental health with her love for horses and offer Equine Facilitated Psychotherapy (EFP) at Horse Power.

Horse Power, is the Therapeutic Horsemanship program at Pony Farm in Temple, NH. Horse Power has offered therapeutic riding and driving lessons for people with physical, cognitive and learning disabilities and mental health issues. The on-site EFP work will expand services to include mental health treatment. Horse Power is also one of three facilities in the country that provides training for Therapeutic Riding Instructors under the auspices of NARHA (North American Riding for the Handicapped Association).

EFP is an interactive psychotherapy that can be used independently or in conjunction with traditional psychotherapy. A team consisting of a mental health professional and a horse handler provides the service to ensure the safety of the people and the horse or pony; sessions may include groundwork or mounted work with the horses, depending upon the needs of the client. Please contact The Center for Life Enrichment in Milford, NH if you are interested in learning more about this service. (603) 672-4497



L-R Kent Chappell, DO-IT treasurer, Tracy Bardsley, DO-IT executive director, Terry Connors, owner Pasta Loft, and Alan Woolfson, DO-IT Board president.

Milford DO-IT Presents Façade Grant to the Pasta Loft Restaurant

MILFORD – Nothing is more inviting on a cold winter's eve than a warm welcoming light guiding you into a great place to eat or shop. The Pasta Loft Restaurant on the Oval recently updated its exterior lighting to include new period downcast lights with the help of a \$500 Façade Improvement Grant from the Milford Downtown Ongoing Improvement Team/DO-IT.

DO-IT's mission is to promote and revitalize the Milford Downtown as the heart of the community by capitalizing on its best assets — such as historic buildings and the Oval district's unique character and identity.

DO-IT's Façade Grant program, a 50/50 matching grant for building façade improvements such as signage, awnings, cornices, masonry repair, paint and downcast lighting, encourages downtown property owners to maintain the historic integrity of their buildings that contributes to the uniqueness that is the Milford Oval.

The downtown of a community is often the historic center of the town, containing the oldest buildings and the traditional gathering place for local events. A healthy and vibrant downtown contains independent businesses that support local families and support local community projects such as teams and schools. A beautifully maintained town center protects property values and attracts new businesses all throughout the town, creating new jobs and opportunities for residents.

Since its inception in 1992, DO-IT has been responsible for bringing \$6.3 million in public improvements to the Milford community, and holding over 114 promotions totaling \$423,913 to be reinvested back into the community in the last 10 years alone.

In 2002, Milford was honored by the National Main Street Center with the prestigious Great American Main Street Award.

Area Realtors® Kick Off New Year With Adoptaplatoon® Program

Coldwell Banker Residential Brokerage sends a touch of home to Iraqi-based troops.

AMHERST – Coldwell Banker Residential Brokerage's New Hampshire sales associates recently completed their annual drive to let U.S. troops in Iraq know how much their service to our country is appreciated.

Coldwell Banker Residential Brokerage's Amherst and Bedford offices, in conjunction with the national AdoptaPlatoon® organization, sent some three dozen care packages filled with essentials and goodies to U.S. men and women serving in Iraq. George Pervanas, a sales associate in Coldwell Banker's Amherst office, was the drive's coordinator.

AdoptaPlatoon®, founded in 1998, is a nonprofit organization managed nationwide by volunteers working to enhance the quality of life for deployed United States service members in all branches of the military. With a variety of programs throughout the year, AdoptaPlatoon® sends out some 30,000 pieces of mail and care packages a month.

David Hennessey, manager of Coldwell Banker Residential Brokerage's Amherst, NH office said: “Our sales associates live and work in the community and many of us know service members serving overseas. We greatly appreciate the sacrifice of the troops and know how difficult it is to be separated from family and friends. Programs such as AdoptaPlatoon play an important role in lifting morale of our troops by connecting them to home. This is our way of saying thanks.”

AdoptaPlatoon® needs the support of community and business organizations. For complete information on how to develop a program for men and women serving our country, visit: www.adoptaplatoon.org

Nashua Chamber of Commerce Economic Outlook Luncheon

Annual Economic Outlook Luncheon hosted by the Greater Nashua Chamber of Commerce

Date: Thursday, February 12th
Location: Courtyard by Marriott, 2200 Southwood Drive, Exit 8
Time: 12PM - 2PM
Cost: \$30 Member / \$40 Non Member

Join the Greater Nashua Chamber of Commerce for a luncheon and in-depth discussion as expert speakers forecast economic expectations for the upcoming year. From Wall Street to Washington to Main Street, speakers Barry Bluestone, the Director of the Center for Urban & Regional Policy at Northeastern, and Charlie Arlinghaus, President of the Josiah Bartlett Center for Public Policy, will address efforts to resolve the current economic recession, and their implications for the Greater Nashua community.

National & Regional Perspective: Barry Bluestone, Ph.D.
Director, Center for Urban and Regional Policy at Northeastern

Barry Bluestone is the Stearns Trustee Professor of Political Economy and Director of the Center for Urban and Regional Policy at Northeastern University. As a political economist, Bluestone has written widely in the areas of income distribution, business and industrial policy, and urban and regional economic development. Bluestone has previously taught Economics at both Umass Boston and Boston College.

NH Perspective: Charlie Arlinghaus
President, Josiah Bartlett Center for Public Policy

Since 2003, Charlie Arlinghaus has served as President of The Josiah Bartlett Center, a NH-based non-partisan, free-market think tank. He writes a weekly column on public policy for The New Hampshire Union Leader. His policy research covers a broad range of state policy including health care, prescription drugs, tax and budget policy, and education funding.

Health Notes



Fior Perez, Hooksett Primary Care, Gary Zabierek, President/CEO, Hillcrest Terrace, Dr. Alfredo Perez, Heather Ducharme, LPN, Jeanne Bugler, LPN, Practice Manager, Janet Bamberg, Chairman of the Board, Hillcrest Terrace, Bonnie McKellar, VP of Physician Practice Associates

Hillcrest Terrace Welcomes Dr. Alfredo Perez & Opens Hooksett Primary Care On-Site Clinic

MANCHESTER – A Ribbon Cutting Ceremony at Hillcrest Terrace welcomed Dr. Alfredo Perez, and also celebrated the opening of Hooksett Primary Care at Hillcrest Terrace, an on-site clinic. Dr. Perez and his staff will complement the many amenities and services that are available to residents at Hillcrest Terrace, a continuing care retirement community.

Hillcrest Terrace is known for its maintenance-free lifestyle which offers gracious living accommodations and exceptional services. Hillcrest residents will now be able to schedule medical appointments and visit Dr. Perez right at Hillcrest's Manchester campus. Dr. Perez brings a warm smile and resident-centered approach to his patients both at Hooksett Primary Care, one half mile down the road from Hillcrest, and also to Hillcrest residents.

An experienced provider of compassionate care, Dr. Perez provides medical care at Hooksett Primary Care, part of the Catholic Medical Center Primary Care network. With an on-site office, examining rooms and staff, the addition of Dr. Perez adds desirable, convenient health care, accessible to all Hillcrest residents.

Hillcrest Terrace is a not-for-profit senior living community with 138 apartments and an array of services and amenities, elegantly decorated common living areas and lovely outdoor walking trails. Find out more about the pleasure of senior living at Hillcrest Terrace. Call Maria Hutchings to request information or schedule a tour at 836-2226 or visit www.hillcrestterrace.com



Accepting checks of \$2,000 each from Mr. Ensign (center) are Daryl Burnnett, State Director of The Nature Conservancy New Hampshire Chapter and Robert Klein, State Director of The Nature Conservancy Vermont Chapter.

Customers Are to Thank for Lake Sunapee Bank's Donation to The Nature Conservancy

Lake Sunapee Bank is pleased to donate to The Nature Conservancy of New Hampshire and Vermont after a tremendous response from its customers. Beginning on September 1, 2008, Lake Sunapee Bank introduced e-Statements and an e-Checking account with a commitment to donate to The Nature Conservancy in New Hampshire and Vermont for each account enrolled in e-Statements, and every opening of an e-Checking account at Lake Sunapee Bank and its First Brandon Bank division in Vermont.

“With the use of e-Statements and e-Checking, all of us can reduce the

amount of paper and energy used every day,” said Stephen W. Ensign, Chairman and CEO of Lake Sunapee Bank. “During the promotional period we had over 3,600 customers enroll in the e-Statements program or open an e-Checking account. So it is our customers who are to be thanked for this donation and they should be proud to know the impact they have had.”

Lake Sunapee Bank, which is headquartered in Newport, currently operates 28 banking offices located throughout West-Central New Hampshire and Central Vermont.



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