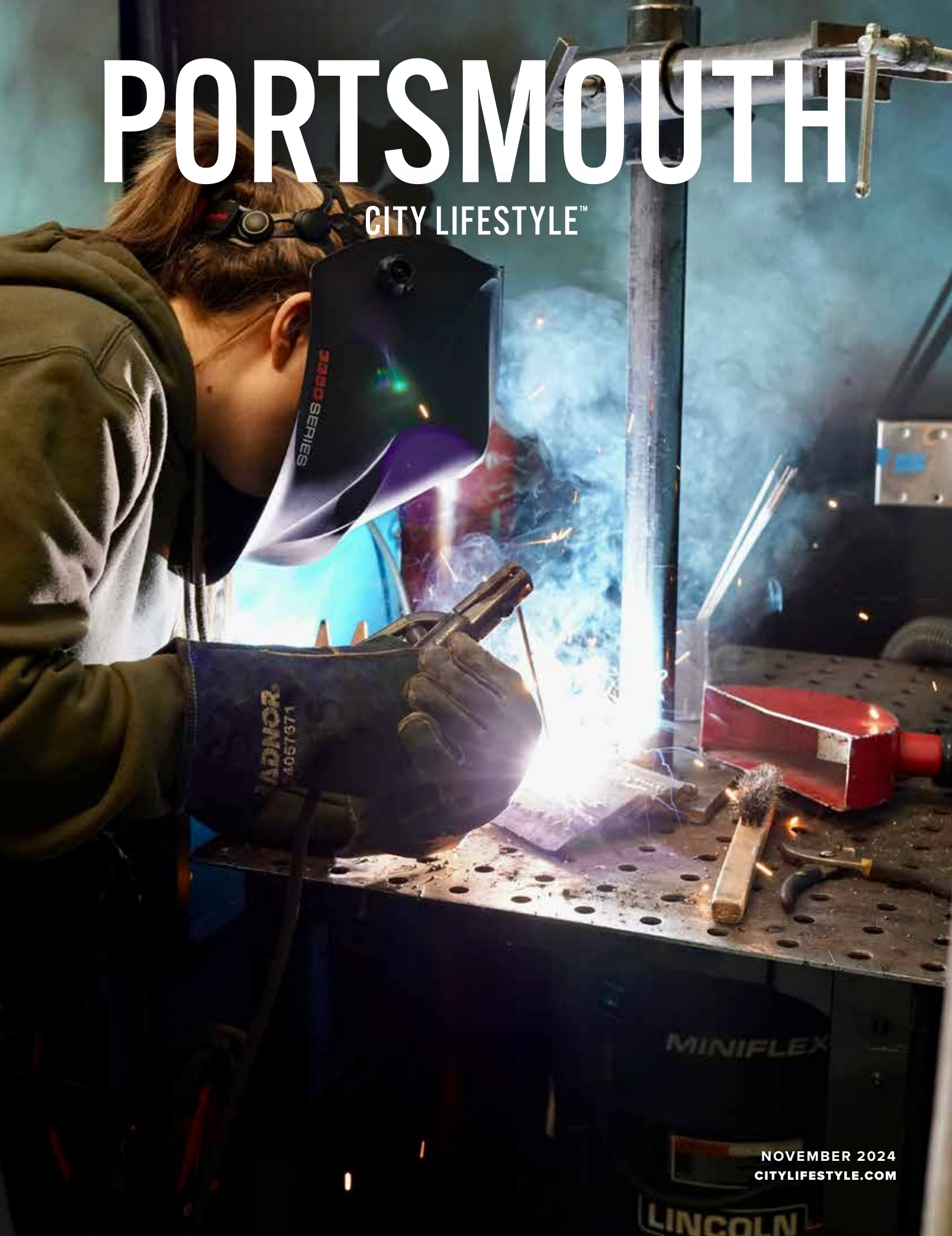


PORTSMOUTH

CITY LIFESTYLE™



NOVEMBER 2024
CITYLIFESTYLE.COM

LINCOLN

inside *the issue*

NOVEMBER 2024 | THANKFUL



Featured

- 12** **Preserving a Family Legacy**
Thoughtfully Restoring a Generational Family Summer Home in Perkins Cove
- 18** **Learning the Tricks of the Trade**
Bring Back the Trades' Steve Turner Reignites Passion for Hands-On Work and Revives Blue-Collar Pride
- 24** **The Other Side**
Helping Others is Pure Joy for I Got Bridged Founder Freddy Petrone
- 30** **The Best of Both Worlds**
"At Home By Hunt" Helps Seniors Age in Place Successfully

On the Cover

Hannah Dorfman
of Rochester
practicing her
welding craft.
You go girl!

Photography:
KD Butterfly
Photography

Departments

- 4** Lifestyle Letter
- 8** City Scene
- 10** Business Monthly
- 12** Home Update HOME + DESIGN
- 18** Local Limelight EDUCATION
- 24** Local's Choice LOCAL SERVICES
- 30** Family Care HOME SERVICES
- 32** Realty Report REAL ESTATE
- 34** Events

The Best of Both Worlds

“AT HOME BY HUNT” HELPS SENIORS
AGE IN PLACE SUCCESSFULLY

ARTICLE BY ANN KATHRYN KELLY

PHOTOGRAPHY BY PORTSMOUTH CITY LIFESTYLE



Dan and Karen Waintroob with Belle



Kristin Mattheson and Kelley Kennedy

In a close-knit cul-de-sac in Hampton, with neighbors from retirees to young families, Dan and Karen Waintroob walk their dog Belle along a mile-long loop under shade trees. They wave hello to familiar faces, tend their mature flower gardens, and cherish the home they've lived in and labored over for 18 years to get it just the way they like it.

There's Karen's pollinator garden that dances with butterflies, the woodland garden they created in which their grandchildren delight in looking for hidden fairies, and the open-concept kitchen where family and friends gather for good food and fun. And yes, Dan jokes, there's always grass that needs mowing but despite that pesky chore, why would they ever want to leave?

They don't. "We've worked so hard on this property and have so many wonderful memories," Karen shares. "We want to stay as long as we can."

And they're doing just that, with help from Silverstone Living's "At Home By Hunt" program that enables active seniors aged 62+ to age in place successfully. The program empowers quality of life for members still able to live on their own terms and in their beloved spaces until such time as more hands-on help is needed. Director of Sales and Marketing for Silverstone Living, Kristin Mattheson, explains: "It's a 'continuing care at home' program that is the only one of its kind in New Hampshire." Operating under the Silverstone Living umbrella and backed by 130 years in compassionate and comprehensive senior care, At Home By Hunt serves people throughout the state. "We deliver peace of mind," she continues, "giving our members the best of both worlds. We provide routes to care and services, so our members can remain in the homes they love."

The program's Executive Director, Kelley Kennedy, adds: "We help seniors plan for their futures through proactive and preventative choices, underpinned by personalized and ongoing communication. Members join while still healthy and active, and through regular

check-ins with our 24/7 life plan coordinator team, we stay in front of any surprises."

A not-for-profit 501(3)(c), the program guarantees lifetime coverage with predictable monthly fees that help pay for needed services downstream. The result? Members know where their care will come from, how it can transition to meet evolving circumstances, and how it will be paid for—all coordinated by professionals whom they trust. At Home By Hunt assists with everything from recommending vetted contractors for home safety and accessibility modifications to enabling access to care, all while helping members maintain social connections through activities and outings. The program can also transition to assisted living or complete nursing care, if necessary.

Over the years, the Waintroobs watched neighborhood children who caught frogs in their garden become adults. New families moved in next door. Dan insists the only way he'll leave their home is on a gurney. And they won't think about moving on without their dog and cats. Both sets of their parents reached ages where professional care was required, so the Waintroobs experienced firsthand the work and expense of figuring it out.

"We look at this program as a way to hedge our bets," Dan says. "Should it come to a point where Karen or I need more care, there's a path to that, and they'll help us coordinate and pay for a portion of it through the investment we're making today."

Meantime, the Waintroobs stay busy. Karen re-engaged with art, drawing in particular, after retiring from landscape design, and since 2017 Dan volunteers as a mentor for SCORE Seacoast and has taught online classes for Franklin Pierce University and SNHU's MBA program. They maintain an active social calendar and continue welcoming their young grandchildren who live in neighboring Greenland into their gardens.

Seniors interested in exploring how At Home By Hunt may be a fit for them can learn more at silverstoneliving.org/at-home-by-hunt/.

"We deliver peace of mind, giving our members the best of both worlds. We provide routes to care and services, and they remain in the homes they love."