

Plaistow Area Commerce Exchange

Volume 19, Issue 3
January-February 2011

NEWSLETTER

INSIDE THIS ISSUE:

PACE Calendar	1
PACE Holiday Food Drive	1
Board of Directors	2
President's Message	2
Upcoming Speakers	3
December Mixer Photos	4
Membership News	5
December Mixer Photos	6
Nov. 10, 2010 photos	7
CLM News	8
Olbricht-Storniolo News	9
Newsletter Ads	10

P.A.C.E. 2011 CALENDAR

- **January 13, 2011 (Thursday), Time:** 11:30 am; **Speaker:** Deanna Johnson, Region 10 Community Support Services and Joel Morris of Life Visions of Newton; **Topic:** Employing People with Disabilities; **Place:** Atkinson Country Club
- **February 10, 2011 (Thursday), Time:** 11:30 am; **Speakers:** Sandi Rubchinuk, Regional Network Coord. For the State of NH and Kathy Dunn, VP of Human Resources at Pentucket Bank; **Topic:** Drug Abuse in the Workplace; **Place:** Atkinson Country Club
- **March 10, 2011 (Thursday), Time:** 11:30 am; **Speaker:** Patti Grassbaugh of the Hampstead Middle School; **Topic:** Anti-Bullying Campaign; **Place:** Atkinson Country Club
- **April 2, 2011 (Saturday), Time:** 6:30 pm—2011 PACE Scholarship and Community Service Auction; **Place:** The Granite Rose, Hampstead, NH

PACE Holiday Mixer and Food Drive

The Plaistow Area Commerce Exchange (PACE) held their annual Holiday Mixer on December 9th in partnership with Pinnacle Physical Therapy and Interventional Spine Medicine. This year we held a food drive to benefit the Plaistow Community Food Pantry and collected \$500 in gift cards and cash donations along with \$2,000 worth of food donations. These donations will help feed 325 people for about 4 months. What an accomplishment! This was a collaborative effort outside of our annual scholarship and community service auction. We are so pleased with, and

overwhelmed by, the response of our members.

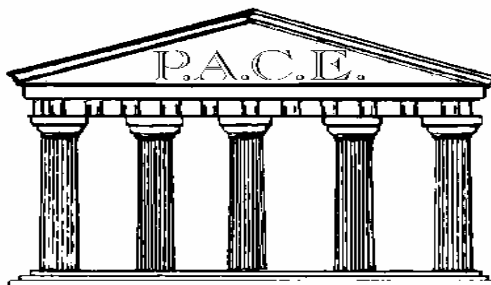
Our thanks go out to Bob Worden, Leigh Boyle, Dr. Hacobian and Dr. Sanchez for hosting this wonderful evening. Shown in the photo: back row: Manual Sanchez, MD (Interventional Spine Medicine); Philip Plante (People's United Bank and our largest food contributor); front row: Asi Hacobian, MD (Interventional Spine Medicine);

Cynthia Carver (Pentucket Bank and PACE Vice President); and Leigh Boyle, PhD (Pinnacle Physical Therapy).



Thank you!
Your generous donations are very much appreciated!

An alliance of
commercial
enterprises in
Atkinson
Danville
Hampstead
Kingston
Newton
Plaistow
Sandown



Prosperity
and
Strength
Through
Unity

P.A.C.E. 2010-2011

OFFICERS

President

Karen Keisling

(Term Expires 11/1/11)
Independent Mary Kay Consultant
31 Pentucket Drive
E. Hampstead, NH 03826
(603) 475-2534
karenkeisling@marykay.com

Vice President

Cynthia Carver

(Term expires 11/1/11)
Pentucket Bank,
Mortgage Loan Officer
P.O. Box 791
Haverhill, MA 01831
(978) 556-5444
ccarver@pentucketbank.com

Secretary

Jennifer Goodsell

(Term expires 11/1/11)
Goodsell Law Office
225 Broadway, Suite 202
Methuen, MA 01844
(978) 965-2280
Jen@Goodselllaw.com

Treasurer

Mary Lonergan

(Term expires 11/1/11)
Pentucket Bank, Sr. Branch
Manager
201 Rte. 111, Hampstead
Commons, Suite 110
Hampstead, NH 03841
(603) 329-7333
mlonergan@pentucketbank.com

Administrative Consultant and
Editor of the PACE Newsletter

Lucy Duquette

(603) 382-8992
lucilleduquette@comcast.net

BOARD OF DIRECTORS
Board of Directors (2 year term)

Vincent Chestnut

(Term expires 11/1/11)
Alpha Locksmith
42 Russet Lane
E. Hampstead, NH 03826
(603) 382-5680
Vincechestnut@alphalocksmith.com

Jane Dichard

(Term expires 11/1/12)
Region 10 Community Support
8 Commerce Drive, Unit 801
Atkinson, NH 03811
(603) 893-1299
jdichard@region10nh.com

Christine Clarke Swift (11/1/11)

Board Advisor
OnTrac Coaching, Training
& Well Being
PO Box 472
Atkinson, NH 03811
(603) 702-0649 Chris-
tine@ontrachypnosis.com

Philip Gamache

(Term expires 11/1/12)
Gamache Financial Services LLC
PO Box 22
Epping, NH 03042
(603) 395-9042
gamachefs@sagepointadvisor.
com

Cheryl K. Perkins

(Term expires 11/1/12)
Cheryl K. Perkins & Associates
23 Meadow View Drive
Newton, NH 03858
(603) 475-3503
(603) 382-6580 (fax)
ckp@cherylperkins.com

Jane Stewart

(Term expires 11/1/12)
People's United Bank
PO Box 1648
Plaistow, NH 03865
(603) 382-8500
(603) 382-6455 (fax)
Jane.Stewart@peoples.com

PRESIDENT'S MESSAGE

Hello all!

After much gentle prodding, I managed to write a little letter for you all... completely thanks to Lucy Duquette! Really, what would PACE do without her??? THANK YOU LUCY for a terrific year as our admin! We really would not function without you.

I want to thank Bob Worden at Pinnacle for holding our annual holiday mixer. The food drive was a terrific idea and very successful! I know all who attended had a terrific time! I also want to thank all those who attended, and so generously donated food, gift cards or cash and donated a door prize! Without all of YOU, PACE would not thrive.

And speaking of donations... it is THAT MOST WONDERFUL TIME OF THE YEAR! Our annual Silent Auction Fund-raiser! Each year has seen growth in attendees and monies raised. We are able to give four \$1000 scholarships to very deserving students in our local community! How terrific is that – knowing you helped out someone deserving??

The PACE board will be contacting you at some point very soon. We are actively looking for donations from members and non-members alike! We will also be selling



tickets at the same time so take out the calendar and mark off Saturday, April 2, 2011 for a good night out! Please feel free to contact one of the board members if you would like to donate and/or buy tickets!

Thanks to you all for a fantastic year! I wish you all a healthy, happy and prosperous New Year!

Karen Keisling
Independent Mary Kay
Consultant
PACE – President 2010
603-475-2534

email:
karenkeisling@marykay.com
web:
www.marykay.com/karenkeisling

JANUARY 13, 2011 AND FEBRUARY 10, 2011 SPEAKERS

EMPLOYING PEOPLE WITH DISABILITIES



The presenters at the January 13, 2011 meeting will be Deanna Johnson, coordinator of Client benefits and work incentives for Region10 Community Support Services, and Joel Morris CEO from Life Visions. They will be speaking about diversifying your work force by hiring individuals with disabilities:

Take a new look at the able worker with a disability. You might be surprised by what you see.

Today more than ever, businesses need people with a demonstrated ability to adapt to different situations and circumstances. Perhaps more than any other group, people with disabilities possess precisely these attributes. On a daily basis, people with disabilities must think creatively about how to solve problems and accomplish tasks in the work place. This resourcefulness translates into innovative thinking, fresh ideas and varied approaches to confronting business challenges and achieving success.

Hiring individuals with disabilities makes good business sense. In order to remain competitive, employers are looking beyond the traditional labor source to access skilled, qualified candidates; enhance their stance on affirmative action and workforce diversity; and to benefit from significant tax incentives. Why? Because the most untapped, diversified, and highly marketable employee in New Hampshire is the qualified professional with a disability.

For reservations to any PACE Meeting call P.A.C.E. (603) 382-3634 or email lucilleduquette@comcast.net or pace@pacenh.com

Note: You will be charged for your meal if you have registered but do not attend.

DRUG ABUSE IN THE WORKPLACE

Our February Meeting guest speakers will include Kathy Dunn, Pen-tucket Bank VP Human Resources and Sandi Rubchinuk, Allies in Substance Abuse Prevention (ASAP). Their topic will include the effect of and response to drug abuse in the workforce including policy and prevention to referrals and resources.

Kathy Dunn writes "According to the United States Department of Labor the vast majority of drug users are employed, and when they arrive for work, they don't leave their problems at the door. Data from the Federal Substance Abuse and Mental Health Services

Administration report that 10.2 percent of full time employed adults and 11 percent of part time working adults are substance dependent. Of these approximately 14 million workers, 85 percent are hooked on alcohol alone or alcohol and drugs and 15 percent abuse drugs only. Marijuana remains the most popular drug; use of cocaine and ecstasy has dropped but use of prescription painkillers is increasing rapidly."

And from Sandi Rubchinuk; "ASAP is one of ten Regional Networks throughout the State of NH funded through Federal Block Grant money which is administered through the Bureau of Alcohol and Drug Services. ASAP works regionally throughout Greater Rockingham County to build and sustain a comprehensive approach that works to reduce underage drinking, educate community members about the dangers and risks of substance misuse, and increase resources for community leaders to take a role in prevention, intervention, and treatment efforts. ASAP can work closely with Business Owners and Management to help prevent and confront these issues within the workplace. One aspect we look at is that many employees are parents, and some are parents struggling with youth at home who are being exposed to substance use disorders or are struggling themselves with substance use, which can impact worker productivity on many levels. ASAP has a lot of tools and resources to help better educate employees about the ways they can help their youth and themselves prevent substance use issues and get the resources they need to help them along the way. ASAP has access to model programs for workplace prevention, assisting employers to host lunch and learn series, and get useful information to employees that at the end of the day, can help to build a healthy and resilient workforce!"

We hope you can join us for what promises to be an informative and topical discussion.



**PHOTOS FROM THE PACE 2010 HOLIDAY MIXER
AND
FOOD DRIVE**



Jane Stewart of People's United Bank with Jamie Welch of Bostock Law. Jane is a PACE Board Member.

See
More
Photos
on
Page 7



Bob's Group: Dr. Edward Carver, Dr. Manuel Sanchez, Bob Worden, Leigh Boyle, Dr. Asi Hacopian



Marion Donahue and Cynthia Carver. Both of these ladies are from Pentucket Bank and Cindy is our PACE Vice President.



Jerry Duquette (Lucy's husband). Thanks Jerry for all your help.



Philip Plante of People's United Bank and Mark Marino of Advanced Security Services. Phil is a former PACE Board Member.



Dave Stratton of Comprehensive Business Services, Paul Bertholdt and Mike McConnell of Century Copier Specialists enjoying some refreshments with Mike Dorman, Plaistow Building Inspector. Mike is a former PACE Board Member.



Christine Clarke-Swift of OnTrac Life Coaching getting together with former PACE Board Member Laurie Ota of LPO Marketing Communications. Christine is a former PACE President.

**“THANK YOU FOR
RENEWING YOUR
MEMBERSHIP”**

- Advanced Security Services, Inc.
- Ashley’s Hallmark
- Center for Life Management
- Comprehensive Business Services
- Dr. Edward W. Carver
- Karen Keisling, Independent Beauty Consultant—Mary Kay Cosmetics
- Kimi Nichols Center, Inc.
- LPO Marketing Communications, LLC
- Merrimack Valley Acupuncture
- School Administrative Unit #55

WELCOME “NEW MEMBERS”

- Anne Marie Skafas
Atkinson Resort and Country Club
85 Country Club Drive
Atkinson, NH 03811
603-362-8700—603-362-5727 (fax)
annemaries@atkinsoncc.com
State of the art facility offering public offerings such as: overnight suites, full banquet facility, Stage Coach Grille restaurant, mainstream 18 hole golf course, 9 hole par 3 course and our golf academy teaching facility.



HAPPY NEW YEAR

The PACE Board of Directors wish you a Healthy,
Happy and Prosperous New Year!





DOOR PRIZE WINNERS AT THE DECEMBER 9, 2010 HOLIDAY MIXER
(don't they look happy)!



Dr. Leigh Boyle, Pinnacle Physical Therapy

Thank you for all the prize donations. As you can see, they were very much appreciated.



Samuel Sanchez, MD, Interventional Spine Medicine



Donna Rollins, Healing Touch Pottery



Jamie Welch, Attorney with Bostock Law



Jinelle Hobson, Region 10 Community Support Services



Christine Clarke-Swift, former PACE President—OnTrac Life Coaching



Mark Marino, Advanced Security Services

Visit our website www.pacenh.com for more photos

ENJOY OUR PHOTOS FROM THE NOVEMBER 10, 2010 MEETING



Left: Ken Quinney of Pentucket Bank is shown with Vincent Chestnut of Alpha Locksmith (PACE Board Member).



Left: PACE President Karen Keisling, Independent Beauty Consultant with Mary Kay Cosmetics with Ken Quinney of Pentucket Bank.



Jane Dichard from Region 10 Community Support Services enjoys lunch with Jennifer Goodsell of Goodsell Law. Both of these wonderful ladies are PACE Board Members with Jennifer being the PACE Secretary.



Marie Karcasinas of Haverhill Bank along with Diane Rothwell of the Timberlane Performing Arts Center.



Below: Jennifer Selfridge, Coordinator Southern Rockingham Coalition for Healthy Youth and former PACE Board Member has some fun with former PACE Board Member Mike McConnell of Century Copier Specialists.



Left: Cheryl Perkins of Cheryl K. Perkins & Assoc. along with Jane Stewart of People's United Bank. Both ladies are PACE Board Members.

Right: Wayne Besaw of Delta Cleaning alongside Chris Howe of AFLAC Insurance. Good to see you both.



Dave Stratton of Comprehensive Business Services. Dave is a former PACE Board Member. Great to see you Dave.



Right: Zeina Saghbini of Cartridge World Plaistow.





Center for Life Management to Begin Offering TMS Therapy for Depression

The Center for Life Management (CLM) will soon be offering TMS Therapy, a proven-effective new treatment for major depressive disorders. TMS, which stands for transcranial magnetic stimulation, is a non-pharmaceutical treatment that offers new hope for adults with major depression that have previously experienced unsatisfactory improvement from treatment with antidepressant medications.

According to Kevin DiCesare, MD, Chief Medical Officer at the Center for Life Management, “TMS is a non-invasive treatment for depression that uses a highly focused, pulsed magnetic field to stimulate function in targeted brain regions that affect mood. This is one of the most promising new therapies we have seen for adults suffering with treatment resistant depression and we are very excited to make this another treatment option available for adults in our region.”

Each TMS Therapy session is a 37-minute outpatient procedure that is available by prescription only and is performed under the supervision of a psychiatrist. It does not require anesthesia or sedation, and patients remain awake and alert during the procedure. The procedure is safe and well tolerated by patients who are able to resume normal life activities immediately following treatment. Treatment is administered daily (Monday-Friday) for four to six weeks (20-30 treatments). Neurostar TMS Therapy[®] was recently approved by the US Food and Drug Administration (FDA) for the treatment of Major Depressive Disorder in adult patients who have failed to achieve satisfactory improvement from prior antidepressant medication.

CLM will be one of only three providers in New Hampshire and the first community mental health center to offer TMS Therapy which is currently available at more than 190 centers throughout the US. According to Dr. DiCesare, “We are currently putting our clinical protocols in place and plan to make TMS treatment available to patients beginning early in 2011.”

For more information regarding TMS Therapy at the Center for Life Management, please call Susan Bernard, RN-C, TMS Coordinator at 603.965.0789.

-You and your friends are invited to an informative-

Business & Individual Tax Update Workshop

Are you prepared for IRS, NH, & MA
Tax Law Changes?

2010, 2011, 2012, & 2013 will bring tax law
changes including tax bracket increases & the return of
estate tax.

Join us in this informative discussion on what
to expect and how it could affect you.



January 13th 6:30-8:00 PM
Atkinson Country Club
Atkinson, NH

*Light refreshments to be
served at 6PM*

Featured Speakers:

Joel Olbricht, CPA & Frank Storniolo, CPA of Olbricht Storniolo Group LLC of Hampstead, NH

Guest Speakers:

Dan Hagler, CFP & Mark Gagnon, CFP of Granite State Retirement Planning, Inc. of Bedford, NH

Sponsored by:



Invite your friends who can benefit from this information! Seating is limited, so
please RSVP by Friday, January 7th.

Call Kathy at 603-329-6408 or email kathy@osgroupcpas.com
to reserve seats.

What do you do, a locksmith you say?
 I just might need you, but not today.
 Then I reply with a smile and a wink and a nod
 You better call me before you need me, by God!
 I'd like to tell you what I do;
 I bring my shop to you.
 Rekey, install, repair and more:
 So many things I do- it will only be a bore.
 Creating master key systems for facilities small and big,
 I can make sense out of it, ya dig?
 Showing where your security might be compromised,
 I might even show up in a suit and a tie.
 Do you want keyless security with a push button lock –
 To keep your latch key kids off the neighborhood block?
 Have a hardware store key that doesn't fit?
 I can take care of that, lickety split.
 Do you have a file cabinet, tool chest or chastity belt?
 I can pick it open without leaving a welt.
 Organizing your key cabinet, or making a spare key,
 All you have to do is pick up the phone and call me.
 Too many people have the key to your business or home?
 Call Alpha Lock – you won't be alone.
 603-489-3622

Commercial • Residential • Architectural • Automotive



ALPHA LOCKSMITH
 Bonded Professional Security Consultant
 603-382-5680

Vince Chestnut
 Now serving Southern NH
 from Hampstead
 www.alphalocksmith.com
 vincechestnut@alphalocksmith.com

Formerly of
 Martha's Vineyard
 for 15 years




Interventional Spine Medicine
Innovative Pain Management

Asi Hacobian, MD,MA
 Manuel Sanchez, MD
 Jan Slezak, MD

95 Plaistow Rd, Suite 4
 Plaistow, NH
 www.nhpain.com
 866.335.5600

COME ABOARD

Take a test
 ride....



... you will be
 glad you did!

Member
 NIF
 deposits insured in Full

Haverhill MA Hampstead NH Salem NH
 www.pentucketbank.com

Member
 FDIC

NETWORKING

