

NEW HAMPSHIRE

Raise a glass It's trivia night—with a political twist.

As the first-in-the-nation primary nears, test your knowledge of hot topics, including prescription drugs, Social Security and Medicare, at AARP New Hampshire's Beverages, Bites and Myth Busters series.

Enjoy one free drink per person plus snacks on the house. Prizes are also up for grabs, so bring your brainiest family members and friends.

Three events are scheduled (all from 5:30 to 7:30 p.m.):

Saturday, Nov. 16, at Beaver Meadow Golf Course, 1 Beaver Meadow Drive, Concord; Monday, Nov. 18, at Throwback Brewery, 7 Hobbs Road, North Hampton; and Tuesday, Nov. 19, at Great North Aleworks, 1050 Holt Ave., No. 14, Manchester. The events are free, but registration is required. Sign up at aarp.cvent.com/BBB.

MAINE

Caregiving outreach Maine is home to more than 178,000 family caregivers, but it ranks lower than most states when it comes to support for these critical helpers.

A 2017 Maine survey found that 65 percent of family caregivers experience moderate to high stress from caregiving responsibilities. AARP Maine wants to change that.

November is Maine Family Caregivers Month, so AARP Maine has updated its Caregiver Resource Guide and is encouraging everyone—caregivers or not—to take time to read it.

Caregiving can affect the whole family, and knowing about local and national services can help those who need assistance as well as those who provide it.

The guide is free. Email me@aarp.org to order a digital version, or call 866-554-5380 for a printed copy.

RHODE ISLAND

Bruins bargains Cheer on the Providence Bruins this hockey season, and as an AARP member, enjoy specially priced \$15 tickets at select games.

The offer kicks off with the Friday, Nov. 22, home game at the Dunkin' Donuts Center, against the Bridgeport Sound Tigers. Face-off is at 7:05 p.m.

The deal includes a free P-Bruins promotional item, such as a hat or mug.

Order tickets online at aarp.cvent.com/PBruinsNov2019 or by calling 877-926-8300. There's no limit on the number of discount-ticket purchases.

In celebration of November as National Family Caregivers Month, AARP volunteers will be at the game handing out the association's Prepare to Care Guide (great intermission reading). Meet a volunteer and learn more about what AARP is doing in the community. Go, Bruins!

NEW YORK

Advocacy volunteers wanted

Are you upset by high prescription drug prices? Do you think family caregivers need more government support? Can you spare a few hours of your time each month?

AARP New York is looking for new recruits. With the 2020 New York state legislative session nearing, the organization needs volunteers who can advocate for its legislative priorities in Albany, at New York City Hall and beyond.

No experience is necessary; training will be provided. AARP staff will also match you with work that suits your interests.

To learn more, go to bit.ly/AARP-Volunteer-Form or call 866-227-7442.

VERMONT

Be a tax hero

Last year 219 AARP Foundation Tax-Aide volunteers at 61 locations in Vermont helped more than 14,000 low- and moderate-income Vermonters file their federal and state returns.

As a result of their efforts, more than \$5 million was refunded to Vermont taxpayers through the program.

Want to get involved? AARP Vermont is recruiting volunteers to participate in the 2020 tax season.

There are many jobs available, including tax preparation, client facilitating, technical support and management assistance.

People of every experience level are welcome, as training will be provided.

To sign up to serve your community, call 888-OUR-AARP (888-687-2277) or go to aarpfoundation.org/taxaide. —Emily Paulin

AARP IN YOUR COMMUNITY: LONG ISLAND

Islip Museum Showcases Creativity of Artists 50-Plus



Iconic artists like Georgia O'Keeffe and Pablo Picasso, who worked into their 90s, have shown that great creativity has no age limit.

So don't be surprised if the next emerging artist you see appears at Art@50+, an exhibition of works by local artists 50 and older, sponsored by AARP on Long Island. It runs from Dec. 6 to 31 at the Islip Art Museum.

"There is so much talent out there," said Holly Gordon, a widely recognized curator, teacher and fine art photographer who selected the exhibition's works.

"I want to show the world that

older artists are a force to be reckoned with," she said.

The theme of this year's exhibition—the third annual Art@50+ event—is Life on Long Island: What It Means to Me. It offers a variety of media, including paintings, drawings and sculpture, that show "all sides of life on Long Island," said Gordon, a longtime Bay Shore resident.

"Across the history of art there has been a long relationship of artists responding to their landscape and environment," she added.

The museum, at 50 Irish Lane in East Islip, is open Tuesday to Friday, from 10 a.m. to 4 p.m., and Saturday, from noon to 4 p.m. Admission is free, but a \$5 donation is requested.

For information call 631-224-5420 or visit islipartmuseum.org. —RONALD E. ROEL

For other state news, go to aarp.org/states.