



Cathleen Toomey,  
Host, SENIORITY AUTHORITY

## HOW TO LIVE A LONG AND HAPPY LIFE

Stop buying birthday cards that denigrate age. No more discussing your aches and pains. Drop the conditional phrase ‘for your age’.

And if you have not heard of ikigai – the ideology that speaks to finding joy in life through having purpose that keeps you going each day – then take a lesson from the Japanese.

Cathleen Toomey says these are simple steps that can start to change the conversation in our country around aging. Toomey serves as the vice president of marketing for The RiverWoods Group, a family of charitable nonprofit continuing care retirement communities (CCRCs) in New Hampshire. SENIORITY AUTHORITY is a co-production of NHPBS and RiverWoods and aims to help not only aging Granite Staters but also adult children who need more information on caring for their parents.

“Sadly, not everyone gets to age; it’s not a gift everyone gets to unwrap,” says Toomey. “We need to appreciate the fact that we’re here on this Earth, and we need to appreciate the life lessons, intellect, humor and perspectives of our older population.”

Toomey’s regular engagement with that population prompted her to launch the *Seniority Authority* podcast in the spring of 2021 – now totaling more than 70 episodes. Inspired by that informative content, New Hampshire PBS produced a series of short videos reflecting valuable lessons from the podcast. Now, on January 11th at 9 PM, SENIORITY AUTHORITY will premiere as a half-hour broadcast, with fundraising efforts underway to produce a 13-episode season.

Through a combination of expert interviews and feature segments profiling people in the community,

the program will offer actionable suggestions, allowing viewers to get smarter about growing older.

Toomey knows the multitude of questions that arise about the aging process, from care navigation to the ramifications of social isolation and how to apply for Medicaid, as well as personal finances and the different types of memory loss.

“By the end of each episode, you should walk away with an understanding of what the issue is, how it could affect you and what you can do about it,” says Toomey. “Hopefully, viewers will bring these learnings into their daily practice and form new habits.”

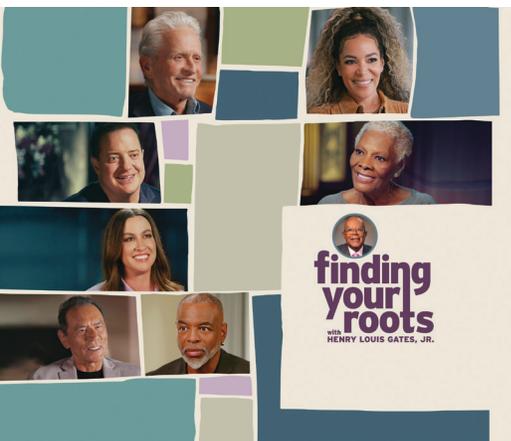
Toomey regularly consults with researchers and experts and studies literature on aging. The importance of staying physically active is one topic Toomey intends to reinforce. “Older adults need to get as much sleep as they can, exercise as much as they can and stay social,” she says. “Look to your lifestyle first – before medications – and be willing to accept change.”

Staying active also means staying productive, and Toomey believes community leaders have a role in that.

“We need to invite older folks to fully participate in activities in our communities, whether it’s volunteering, teaching Sunday school or sharing lessons about entrepreneurship,” she explains. “But there are also opportunities for younger people to help by mentoring older adults on how to best use technology, for example.”

**To learn more about SENIORITY AUTHORITY, visit [nhpbs.org/seniorityauthority](http://nhpbs.org/seniorityauthority).**

# NHPBS PRIMETIME PICKS



## Finding Your Roots TUE Jan 2 | 8 PM NHPBS

Renowned scholar Dr. Henry Louis Gates, Jr. returns for a tenth, all-new season of FINDING YOUR ROOTS. Explore the roots of singers Alanis Morissette and Ciara, revealing their hidden connections to history—and to music.



## Communities & Consequences THU Jan 4 | 9 & 9:30 PM NHPBS

Thousands of New Hampshire residents are struggling to find affordable and inviting housing in their communities. These programs explore the process that takes place in New Hampshire cities and towns looking to create new housing units.



## All Creatures Great and Small SUN Jan 7 | 9 PM NHPBS

It's spring 1940, and with Europe at war, the community of Darrowby is pulling together more than ever before. With Tristan away serving, Siegfried and James bring in some extra hands to help around the practice. Helen and James begin to think about their future despite the looming possibility that James could be called up to serve.



## Seniority Authority THU Jan 11 | 9 PM NHPBS

Seniority Authority podcast host Cathleen Toomey digs into Harvard's 70+ year-long study about leading a long and healthy life, conducted by Dr. Robert Waldinger, Director of Harvard's Center for Adult Development.



## Jodi Picoult and the Writing Life THU Jan 18 | 9 PM NHPBS

New York Times bestselling author Jodi Picoult and New Hampshire poet laureate Alexandria Peary take the stage for a NH Humanities discussion about Picoult's long career as a virtuoso of the human story.



## Civics and Civility: A Conversation with Governor Chris Sununu THU Jan 25 | 9 PM NHPBS

Governor Chris Sununu speaks to host Laura Knoy, NH Kid Governors and Executive Councilors about the role of civility in politics. NHPBS produced this program in partnership with NH Civics and the Marlin Fitzwater Center for Communication at Franklin Pierce University.

# 5 CHANNEL SPOTLIGHT

OUR PRIMARY CHANNEL, NHPBS, IS NOW STREAMED LIVE AT [NHPBS.ORG/LIVESTREAM](http://NHPBS.ORG/LIVESTREAM)

# NOTEWORTHY SHOWS



## JOE BONAMASSA: TALES OF TIME

MON Jan 1 | 4 PM NHPBS

Get ready to be blown away by Joe Bonamassa's electrifying live performance in this sprawling musical undertaking filmed at the iconic Red Rocks Amphitheater in Colorado. And, don't miss your chance to get tickets to see Bonamassa live at the Hampton Beach Casino Ballroom in August 2024. NHPBS has a limited number of tickets that are not even on sale to the public yet! **Get yours today at [nhpbs.org/events](http://nhpbs.org/events).**



## NINA

WED Jan 10 | 10 PM NHPBS EXPLORE

Trainee nurse Nina must overcome plenty of obstacles in her private life as a single mother and at the hospital where her ex-husband is her boss. Enjoy this new French series from Walter Presents.



## YOGA IN PRACTICE

THURSDAY | 6:30 & 8:30 AM NH CREATE

Learn key yoga concepts that are accessible to all levels of participants, including the casual at-home practitioner with master teacher Stacey Millner-Collins. Throughout the series, Stacey teaches yoga with detailed alignment principles while also incorporating the more subtle practices of breath, meditation and philosophy.



## THE COST OF INHERITANCE: AN AMERICA REFRAMED SPECIAL

MON Jan 15 | 8 PM NH WORLD

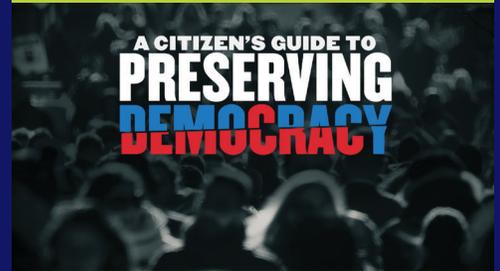
Explore the complex issue of reparations in the United States, using a thoughtful approach to history, historical injustices, systemic inequities and the critical dialogue on racial conciliation. Through personal narratives, community inquiries and scholarly insights, this program aims to inspire understanding of the scope and rationale of the reparations debate.



## CURIOUS GEORGE: GEORGE AND THE RAIN

FRI Jan 5 | 11:30 AM NHPBS KIDS

George and The Man With the Yellow Hat rush into Pisghetti's for cover from a rainstorm that has wrecked George's new kite. George curls up next to Gnocchi and finds himself in a fantastical dream with Drippy in a rain cloud!



A CITIZEN'S GUIDE TO PRESERVING DEMOCRACY  
TUE Jan 2 | 10 PM NHPBS



MISS SCARLET AND THE DUKE  
SUN Jan 7 | 8 PM NHPBS



FUNNY WOMAN  
SUN Jan 7 | 10 PM NHPBS



ANTIQUES ROADSHOW: OLD STURBRIDGE  
MON Jan 29 | 8 PM NHPBS



NOVA: WHEN WHALES COULD WALK  
WED Jan 31 | 9 PM NHPBS

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# NH PBS JANUARY 2024 PROGRAM SCHEDULE

	6:30 PM	7:00 PM	7:30 PM	8:00 PM	8:30 PM	9:00 PM	9:30 PM	10:00 PM
<b>Mon. 1/1</b>	PBS NewsHour*	Joseph Rosendo's Travelscope	Rick Steves' Europe	Great Performances From Vienna: The New Year's Celebration 2024			Great Performances** From Vienna: The New Year's Celebration 2024	
<b>Tue. 1/2</b>	PBS NewsHour*	Joseph Rosendo's Travelscope	Afro-Latino Travels with Kim Haas	Finding Your Roots Born to Sing		American Masters HOPPER: An American Love Story	A Citizen's Guide to Preserving Democracy**	
<b>Wed. 1/3</b>	PBS NewsHour*	Joseph Rosendo's Travelscope	Windows to the Wild Backcountry Ski Buddies	Nature The Serengeti Rules		Nova Arctic Drift		Secrets of the Dead**
<b>Thu. 1/4</b>	PBS NewsHour*	Joseph Rosendo's Travelscope	Rick Steves' Europe	Windows to the Wild Backcountry Ski Buddies	Stories from the Stage	Working The Housing Problem In Cities	Working The Housing Problem In Towns	Monadnock: The Mountain That Stands Alone**
<b>Fri. 1/5</b>	PBS NewsHour*	Joseph Rosendo's Travelscope	Rick Steves' Europe	Washington Week with the Atlantic	Firing Line with Margaret Hoover	The American Buffalo**		
<b>Sat. 1/6</b>	PBS Arts Talk Henry Winkler with Seal	Celebrity Antiques Road Trip		Celebrity Antiques Road Trip		Doc Martin		Death In Paradise**
<b>Sun. 1/7</b>	History with David Rubenstein	Secrets of the Royal Palaces		Miss Scarlet and the Duke On Masterpiece		All Creatures Great and Small On Masterpiece Broodiness		Funny Woman**
<b>Mon. 1/8</b>	PBS NewsHour*	Joseph Rosendo's Travelscope	Rick Steves' Europe	Antiques Roadshow Alaska Native Heritage Center Hour 1		Antiques Roadshow New York City, Hour One		The Cost of Inheritance: An America Reframed Special**
<b>Tue. 1/9</b>	PBS NewsHour*	Joseph Rosendo's Travelscope	Samantha Brown's Places to Love	Finding Your Roots Forever Young		Finding Fellowship		Independent Lens Beyond Utopia
<b>Wed. 1/10</b>	PBS NewsHour*	Joseph Rosendo's Travelscope	Windows to the Wild Community Outing	Nature Big Little Journeys: Home		Nova High-Risk High-Rise		Secrets of the Dead**
<b>Thu. 1/11</b>	PBS NewsHour*	Joseph Rosendo's Travelscope	Rick Steves' Europe	Windows to the Wild Community Outing	Stories from the Stage	Seniority Authority Secret to a Happy Life	Eddy's World	Working The Housing Problem In Cities
<b>Fri. 1/12</b>	PBS NewsHour*	Joseph Rosendo's Travelscope	Rick Steves' Europe	Washington Week with the Atlantic	Firing Line with Margaret Hoover	The American Buffalo**		
<b>Sat. 1/13</b>	PBS Arts Talk Rhiannon Giddens with Brian Stokes	Celebrity Antiques Road Trip		Celebrity Antiques Road Trip		Doc Martin		Death In Paradise**
<b>Sun. 1/14</b>	History with David Rubenstein	Secrets of the Royal Palaces		Miss Scarlet and the Duke On Masterpiece		All Creatures Great and Small On Masterpiece Carpe Diem		Funny Woman**
<b>Mon. 1/15</b>	PBS NewsHour*	Joseph Rosendo's Travelscope	Rick Steves' Europe	Antiques Roadshow Alaska Native Heritage Center Hour 2		Antiques Roadshow Celebrating Black Americana		P.O.V.** Brief Tender Light
<b>Tue. 1/16</b>	PBS NewsHour*	Joseph Rosendo's Travelscope	Samantha Brown's Places to Love	Finding Your Roots Fathers and Sons		Tutankhamun: Allies & Enemies		Tutankhamun: Allies & Enemies**
<b>Wed. 1/17</b>	PBS NewsHour*	Joseph Rosendo's Travelscope	Windows to the Wild Friday Night Lights	Nature Big Little Journeys: Survival		Nova Ultimate Space Telescope		Secrets of the Dead**
<b>Thu. 1/18</b>	PBS NewsHour*	Joseph Rosendo's Travelscope	Rick Steves' Europe	Windows to the Wild Friday Night Lights	Stories from the Stage	Jodi Picoult and the Writing Life	Passion in a Pandemic Making Opera at Hanover High School	
<b>Fri. 1/19</b>	PBS NewsHour*	Joseph Rosendo's Travelscope	Rick Steves' Europe	Washington Week with the Atlantic	Firing Line with Margaret Hoover	Benjamin Franklin**		
<b>Sat. 1/20</b>	PBS Arts Talk Ann Curry with Min Jin Lee	Celebrity Antiques Road Trip		Celebrity Antiques Road Trip		Doc Martin		Death In Paradise**
<b>Sun. 1/21</b>	History with David Rubenstein	Secrets of the Royal Palaces		Miss Scarlet and the Duke On Masterpiece		All Creatures Great and Small On Masterpiece Right Hand Man		Funny Woman**
<b>Mon. 1/22</b>	PBS NewsHour*	Joseph Rosendo's Travelscope	Rick Steves' Europe	Antiques Roadshow Alaska Native Heritage Center Hour 3		Antiques Roadshow New York City, Hour Two		Independent Lens** Racist Trees
<b>Tue. 1/23</b>	PBS NewsHour*	Joseph Rosendo's Travelscope	Samantha Brown's Places to Love	Finding Your Roots Buried Secrets		American Experience Nazi Town USA		Frontline** Israel's Second Front
<b>Wed. 1/24</b>	PBS NewsHour*	Joseph Rosendo's Travelscope	Windows to the Wild Mountain Safety	Nature Big Little Journeys: Bloodlines		Nova Iceman Reborn		Secrets of the Dead**
<b>Thu. 1/25</b>	PBS NewsHour*	Joseph Rosendo's Travelscope	Rick Steves' Europe	Windows to the Wild Mountain Safety	Stories from the Stage	Civics and Civility A Conversation with Gov. Chris Sununu	Stories of Survival	Broken Promise**
<b>Fri. 1/26</b>	PBS NewsHour*	Joseph Rosendo's Travelscope	Rick Steves' Europe	Washington Week with the Atlantic	Firing Line with Margaret Hoover	Benjamin Franklin**		
<b>Sat. 1/27</b>	PBS Arts Talk Misty Copeland with Nathaniel Mary Quinn	Celebrity Antiques Road Trip		Celebrity Antiques Road Trip		Doc Martin		Death In Paradise
<b>Sun. 1/28</b>	History with David Rubenstein	Secrets of the Royal Palaces		Miss Scarlet and the Duke On Masterpiece		All Creatures Great and Small On Masterpiece By The Book		Funny Woman**
<b>Mon. 1/29</b>	PBS NewsHour*	Joseph Rosendo's Travelscope	Rick Steves' Europe	Antiques Roadshow Old Sturbridge Village Hour 1		Antiques Roadshow New York City, Hour Three		Independent Lens** Razing Liberty Square
<b>Tue. 1/30</b>	PBS NewsHour*	Joseph Rosendo's Travelscope	Samantha Brown's Places to Love New Hampshire's Coast	Finding Your Roots Hold The Laughter		Frontline** Democracy On Trial		
<b>Wed. 1/31</b>	PBS NewsHour*	Joseph Rosendo's Travelscope	Windows to the Wild Winter Camping	Nature Gorilla		Nova When Whales Could Walk		Nature**

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<b>Mon. 1/1</b>	Samantha Brown's Places to Love	PBS NewsHour		Midsomer Murders		Father Brown		Frankie Drake Mysteries**
<b>Tue. 1/2</b>	Samantha Brown's Places to Love	PBS NewsHour		Inside The Mind of Agatha Christie		All Creatures Great and Small On Masterpiece Merry Bloody Christmas		All Creatures Great and Small: Chapter Three**
<b>Wed. 1/3</b>	Samantha Brown's Places to Love	PBS NewsHour		Death In Paradise		Hope Street		RFDS: Royal Flying Doctor Service**
<b>Thu. 1/4</b>	Samantha Brown's Places to Love	PBS NewsHour		Sister Boniface Mysteries		Agatha Christie's: Poirot		Doc Martin**
<b>Fri. 1/5</b>	Samantha Brown's Places to Love	PBS NewsHour		Finding Your Roots Born to Sing		Civilizations		Fly Brother with Ernest White II
<b>Sat. 1/6</b>	The Lawrence Welk Show*	Finding Your Roots Born to Sing		American Experience The Codebreaker		Working The Housing Problem In Cities	Windows to the Wild	Monadnock: The Mountain That Stands Alone**
<b>Sun. 1/7</b>	Celebrity Antiques Road Trip*	Nature The Serengeti Rules		Nova Arctic Drift		Nova Arctic Sinkholes		Secrets of the Dead**
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<b>Wed. 1/10</b>	Samantha Brown's Places to Love	PBS NewsHour		Death In Paradise		Hope Street		Nina**
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<b>Sat. 1/13</b>	The Lawrence Welk Show*	Finding Your Roots Forever Young		John Lewis - Get in the Way		Working The Housing Problem In Towns	Seniority Authority Secret to a Happy Life	Aging Matters: Women Unseen
<b>Sun. 1/14</b>	Celebrity Antiques Road Trip*	Nature Big Little Journeys: Home		Nova High-Risk High-Rise		Secrets of the Dead Van Gogh's Ear		Mona Lisa Is Missing**
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<b>Sat. 1/20</b>	The Lawrence Welk Show*	Finding Your Roots Fathers and Sons		Dream School: Journey to Higher Ed		Jodi Picoult and the Writing Life	Working The Housing Problem In Cities	Working The Housing Problem In Towns
<b>Sun. 1/21</b>	Celebrity Antiques Road Trip*	Nature Big Little Journeys: Survival		Nova Ultimate Space Telescope		Nova New Eye on the Universe		Secrets of the Dead**
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<b>Sat. 1/27</b>	The Lawrence Welk Show*	Finding Your Roots Buried Secrets		The 88th Annual Anisfield-Wolf Book Awards		Civics and Civility A Conversation with Gov. Chris Sununu	Stories of Survival	Broken Promise**
<b>Sun. 1/28</b>	Celebrity Antiques Road Trip*	Nature Big Little Journeys: Bloodlines		Nova Iceman Reborn		Secrets of the Dead Hannibal in the Alps		Impossible Builds**
<b>Mon. 1/29</b>	Samantha Brown's Places to Love New Hampshire's Coast	PBS NewsHour		Midsomer Murders		Father Brown		Frankie Drake Mysteries**
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# Explore

The land of author James Herriot's  
**All Creatures Great and Small**

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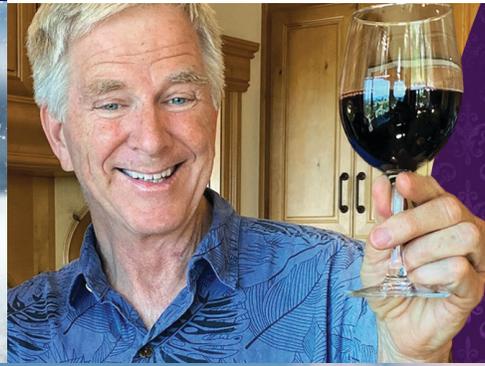
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JAN 2024

**MASTERPIECE**

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