

*Staying Active  
Making Friends  
Feeling Welcome*

# Senior Sentinel

70 Court St, Keene, NH 03431

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Website: [www.thekeeneseniorcenter.org](http://www.thekeeneseniorcenter.org)

Senior Center Hours: Mon–Friday 8:30am–4:30pm  
and Saturday 10:00am–2:00pm

Thrift Store Hours: Mon–Friday 9:00am–4:00pm  
and Saturday 10:00am–2:00pm

THE KEENE SENIOR CENTER NEWSLETTER

June 2020

Special Edition #3: Life during the corona virus pandemic



Thank you to essential workers! This sign, provided by Senior Center member Dave Swenson, is currently in front of the Keene Senior Center.

## The Art Project Stuart Carswell

I hope my Senior Center friends are still working on projects that reflect their creative interests. Items will be needed for that show displaying our efforts when we're able to get together again!

Also, take photos—we'd like to also have a photo board at the show where we can post photos of how we stayed active while at home and what we did.

Do stay active and be creative and keep well while at home!

*Photos: Monadnock Covered Bridge in Autumn, started and finished.*







## *Independence with a little help* *Cheshire Village at Home*

### Cheshire Village at Home Social Events

There will be no social events until the Governor Sununu's Emergency Orders 2020 have been lifted.

We urge all our members and volunteers to use social distancing and self-isolation for the foreseeable future to avoid contact with people who have the active virus as well those who are asymptomatic carriers of the virus.

Call 603-903-9680 for more information.

### Cheshire Village at Home Formats

We have 3 membership formats: Trial (3 months); 6-month; and Annual.  
We also have a limited number of partial scholarships for those who qualify.

**Call for information: 603-903-9680**

### DeMar Marathon 2020

The Super Seniors are lacing up their sneakers and starting to log miles, preparing for the DeMar Marathon scheduled for September 27, 2020. Super Seniors log their miles during the summer and complete the last 1.2 miles of the actual marathon course, cheered on by enthusiastic crowds.



This year things may be different because of COVID-19. Updates will be shared during the summer regarding the race day and the pre-race dinner. Be assured that if this event is not quite the same as it has been in past years, everything being done is to ensure good health for all. Regardless of whether you complete the final 1.2 on race day or virtually, you are guaranteed a T-shirt and medal providing you log 25 miles and register.

Two important DeMar points:

- you must be 70 or older to take part (100 would be fabulous!) and
- the DeMar is totally FREE for Super Seniors



If you have taken part in previous races, you will automatically receive information. If you're a newbie or didn't receive registration info, please call Cameron Tease at (603) 352-5037 or Sally Rinehart at (203) 770-3681.

## Notes from Cam

June 2020

Dear Members and Friends,

I send you a friendly hello and my best wishes that you and your families are well and that in these challenging times you have been able to appreciate and find renewed meaning from the simple things in life that are often the most important. Here at The Senior Center we are looking forward to the day that members can return safely. As we are older adults we must be extra-careful of course, so there is no date for this yet, but we are not sitting still as you can see from the content of this newsletter!

Two of the highlights of our year are in September, with the Senior Swingers Show and the Super Seniors participation in the DeMar Marathon. Both of these events involve preparation that starts now and we have had to make decisions that reflect these unusual times. In the case of the Senior Swingers Show you will see in the note from Pat Patnode that we have decided to postpone our 50th Anniversary Show until 2021. I know that this is a huge disappointment however I also know that the Senior Swingers will make-up for it by having an even more spectacular Show next year! Regarding the Super Seniors, you will see in the note from their organizing committee that they are flexible and hopeful regarding the Fall traditions, however, they are most importantly encouraging folks 70 and over to start their walking now, and that it is “the journey” that is most important!

While our re-opening date is a work in progress, we want to encourage you to be active. Please consider joining Chair Yoga, Age in Motion and Qigong classes via Zoom, or joining in Friday’s Community Lunch via Zoom. Jen and Dori are also sending ideas for

healthy activities twice a week by email. Please let us know if we don’t have your email address and you want to receive them.

The impact on our finances from being closed is a challenge as it is for so many during these difficult times. I want to assure you that The Senior Center staff and board of directors are working to find ways to reduce expenses and raise additional funds through grants so that when we re-open we are even better able to serve you! This includes considering ways to modify the interior of our storied building at 70 Court Street so that there is more space for activities. Although we have ceased sending out membership renewal invoices until we are open again, and did not have a Spring Appeal as we normally do, we will be sending out a Summer Appeal Letter for those of you who are able to consider a contribution. We greatly appreciate all the ways our members support The Senior Center through your volunteering, spirited participation in our programs and when you are able, your donations.

Lastly, I am pleased and proud to let you know that we will be having a team to participate in the 2020 Western Walk to End Alzheimer’s which is scheduled for September. Jen is our Team Captain, and Dori and I are team members. You will be hearing more from Jen regarding how you can be a team member of the “Senior Center Striders” to support the Alzheimer’s Association’s important work!

Onward and upward!

Warm regards,  
Cameron Tease

# The Keene Senior Center's Novel Coronavirus Warm Call Initiative Summary

**The Warm Call Initiative**—the outreach project to Senior Center members who were contacted by telephone during the weeks after The Senior Center closed--is now in maintenance mode.

People from Greater Keene Rotaract Club; Savings Bank of Walpole; Senior Center staff, board members, volunteers/SC members and Super Seniors; and friends and neighbors phoned members to say hello, to try to help them feel connected and to provide them with information on grocery shopping and delivery service offered by Keene Young Professionals.

While members missed not being able to go to The Senior Center or being able to get out freely and some reported starting to get bored, callers were happy to find members were doing well.

Many members told callers they had a network established and functioning: family and/or neighbors called, helped with grocery shopping, checked up on them or stopped by.

The initiative has now settled into a "phone pals" relationship: people call each other periodically.



## The Earth Cries, We Go Home

by Marion B. Eckhard, Keene, NH, April 26, 2020

We have not been kind to our earth  
And it begins to cry with all its worth.  
We have killed and taken what we want  
And our oceans begin to fill our shores.

As huge ice flows fall into the sea,  
And our shorelines grow smaller than they should be.  
Our forest disappears, as do the bees and our soil becomes dust.  
A virus begins to take hold of our world, as it feels it must.

We have used so many drugs both good and bad.  
Each disease grows stronger and makes us sad,  
Because now the world must face a time to cry and moan,  
And we must return to our safe loving homes.

This disease does not care if you're a boy, girl, black or white.  
It separates us, many die, do you see the light?  
We need to change our lives as we float in space.  
In healing our planet, we have so much to face.

Thus, this virus has taken over our world,  
Our home, family and friends, such pearls.  
So we will work on our survival, put your life in a better place.  
I'm afraid for everyone, this is something we must face.

## KEENE SENIOR CENTER FUNDRAISERS

### ***Donate Your Unwanted Car to The Senior Center***

It's so easy! Donating your car takes only five minutes. Call 603-352-5037, and talk with Cam. Our partner, Leon's Auto Center/J&L Auto Body will haul, appraise, and sell your vehicle for the best possible price to assure the highest tax deduction for you. The Senior Center usually takes your car running or not and does all the paper work including the IRS documentation for your tax deduction. Your donation will make it possible for more people to enjoy The Senior Center.



### ***Thrift Store—temporarily closed***

The Keene Senior Center's Bargain Box Thrift Store is open Monday-Friday 9:00am–4:00pm and Saturdays 10:00am–2:00pm with a great selection of women's and men's clothing, jewelry and other small decorative items. We are now carrying adult sizes XS–3X. Clothing donations are accepted Monday thru Friday and Saturdays.

### ***Colony Antiques—now located at 48 Emerald Street.***

Do you have a collectible object that is 50 years or older? Have an antique piece of furniture, or a work of art? Consider donating it to The Keene Senior Center. These items are consigned at the Colony Antiques, and the majority of the proceeds come back to The Center once the item is sold. Drop off your items at The Senior Center's front desk and we will take care of the rest.

### ***Planet Aid***



There is a familiar yellow box in the parking lot of The Senior Center, a donation bin for textiles only (clothes and shoes). Planet Aid is a nonprofit organization with a reputation for empowering disadvantaged peoples around the globe. Planet Aid uses the funds that are generated from selling the clothing we collect to support international aid projects in Africa, Asia & the Americas. The Keene Senior Center will receive \$.03 per pound of clothing collected.

### ***Donate to The Keene Senior Center online! using a credit card or PayPal***

**It's easy and it's secure!**

Just visit <https://thekeeneseniorcenter.org/>  
and click **Donate** in the top menu bar.

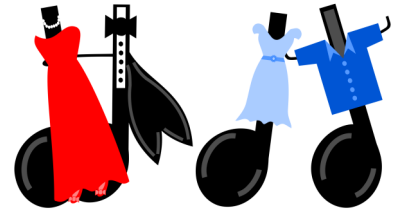
You will be guided through the steps to donate once, or in a monthly fashion.

Help support all of the programs and activities of The Keene Senior Center!

# KEENE SENIOR SWINGERS

Hello Friends,

I'm hoping everyone is staying safe and healthy. It would be fun to hear some of the unique ways you have come up with dealing with Social Distancing and staying sane during this distressing time in our lives.



I have been reaching out to some of you regarding your level of comfort and confidence in preparing for our annual fall Show. Cam has been trying to come up with a safe way for us to practice, however, he does not believe the Center will be opening before Sept 1<sup>st</sup>, if then. We also have to consider the comfort and safety of our audience, or if we would even have an audience.

Therefore, with a **HEAVY HEART**, the full support of your Swingers Board of Directors, and Cam, I am **canceling the Sept. 20<sup>th</sup>, 2020 50<sup>th</sup> Anniversary Celebration Show**. We will plan for our 50<sup>th</sup> Celebration in Sept. of 2021.

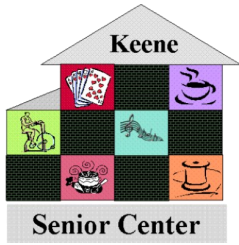
When it is safe and the center opens we will once again join to sing with joy in our hearts to all be together again. Until then, stay safe and try to find some joy and laughter in each day. You might also consider sharing a few dollars of your Stimulus money by donating to the Center as their income has been drastically reduced, while still finding ways to keep us active and connected.

Keep a smile on your face and music in your heart. I miss you all.

Much Love

Pat Patnode, Director  
Keene Senior Swingers





## Senior Center Programs from Home

While you're staying safe at home, there are *two* ways we're bringing some of our programs and activities to you!



1. Via internet access and a computer, tablet or smartphone, **join your class via Zoom.**

**Use this link to access your class:**

**[www.thekeeneseniorcenter.org/zoom](http://www.thekeeneseniorcenter.org/zoom)**

**The password is Seniors**

This is the preferred way as you'll be able to see the instructor and your classmates—and they'll be able to see you.

2. If the internet route doesn't work for you, **join your class by telephone.**

- Call **1-929-205-6099** when your program starts.
- Using your keypad enter the Meeting ID **851 8098 3534** and Password **350040**

*Need Zoom help?* For questions or troubleshooting, or tips on using Zoom, call (603.352.5037) or email Jen ([zakrzewski@thekeeneseniorcenter.org](mailto:zakrzewski@thekeeneseniorcenter.org))

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	9:00am <i>Qigong</i> 3:00pm <i>Chair Yoga</i>	10:30am  <i>Beginner</i> <i>AIM</i>		10:30am  <i>Beginner</i> <i>AIM</i>	Noon  <i>Community</i> <i>Lunch*</i>	10:30am  <i>Beginner</i> <i>AIM</i>

\*In June, our virtual community lunches will include discussions on different subjects. Some weeks may feature games or other activities—and even prizes. Join us on Fridays at noon!

Here's the lineup of topics for discussion for June:

- June 5 – Gardening advice, questions and sharing      June 12 – Entertainment I Like (books, movies, music, etc.)  
 June 19 – Hobbies or projects while at home              June 26 – Connections to nature

Participation in physical activity such as group classes comes with certain inherent risks, including the risk of medical events that could result in personal injury, death or disability. You should consult your physician or other health care professional before starting this or any other fitness program to determine if it is right for your needs and that you can participate safely. Do not start this fitness program if your physician or health care provider advises against it. The Keene Senior Center (legal name Keene Senior Citizens Inc.) disclaims any liability for incidental or consequential damages associated with your participation in this fitness program and assumes no responsibility for loss, injury, or damage suffered by any person participating in this digital fitness program. In choosing to participate, you assume any and all risk associated with your participation and agree to indemnify and hold harmless The Keene Senior Center, its officers, directors, employees, volunteers, agents and representatives against any loss, liability, damage, cause of action, costs or expense of any nature whatsoever.

By accepting the invitation to participate in The Keene Senior Center's virtual classes you are agreeing to the waiver as stated above.



# Keeping In Touch

One of the ways we've been keeping in touch with our members is through emails on various topics. If you're not currently receiving these emails, but would like to be on the list, let us know! Here are some of the highlights from the past few weeks.

The easiest way to access the links we've included is by going to the online version of this newsletter at [www.thekeeneseniorcenter.org/newsletter](http://www.thekeeneseniorcenter.org/newsletter). There you can click on the links, or copy and paste them into your browser.

## 1 Staying Active Inside

Free workout videos designed for older adults from the National Institute on Aging: <https://go4life.nia.nih.gov/workout-videos/>

The Keene Family YMCA streams workouts via Facebook Live. They're available on their page to watch anytime <https://www.facebook.com/KeeneFamilyYMCA/>

You can also try cleaning, doing yoga or stretching, or dancing to your favorite music.

## 2 Staying Active Outside

Try some of these outdoor activities to boost your physical and mental health! Just remember to stay close to home, keep a 6 foot distance from anyone not in your immediate household, and wash your hands before and after you go out. It's also good to keep in mind that the CDC currently recommends that everyone wear a mask when in public, and stay home if they don't feel well.

Take a walk, work in the garden or yard, read a book, have a meal outside, go for a bike ride, play an outdoor game, try an art project, go fishing or boating, or explore a local park.

## 3 Avoiding Scams

Don't click on links from sources you don't know.

Don't share personal or financial data (including banking information and social security numbers) via email or unsolicited phone call.

Only share information from trusted sources, and do your best to check the source of information before you believe it.

Remember there is currently no cure for COVID-19. Don't pay for any medicines or treatments that claim to cure or prevent the disease.

Don't give out your health insurance or medication information to websites claiming to offer testing.

(Continued on next page)

## Mental Health

Remember that staying mentally healthy is just as important as staying physically healthy, and may be just as difficult right now. Take care of yourself by keeping a regular sleep schedule, eating well, and staying connected. Mindfulness can be an especially helpful tool (here's a beginner guide: <https://www.mindful.org/meditation/mindfulness-getting-started/>).

If you're feeling off and would like someone to talk to, here are two resources you can use:

**The Disaster Distress Helpline** - call 1 (800) 985-5990 (toll-free) or text TalkWithUs to 66746 to connect with a trained crisis counselor.

Call **The Samaritans** at (603) 357-5505 to speak with volunteers who are trained to listen without judgement and refer to other services if necessary.

## Support/Community Connections

Connect with your neighbors by posting a sign in your window or leaving a note in their mailbox. Here are some templates to let them know how you can help:

<http://antisocialartshow.org/wp-content/uploads/2020/03/icanhelp.pdf>

[https://drive.google.com/file/d/1L\\_8GoI1zQ572fBZtElFfQZI9vNEwK7Rf/view?fbclid=IwAR2oujSj7MI0Um\\_ftLsPcnFdXDbDwYjFatFkrA6phY38GoYG7tL78ybnrDs](https://drive.google.com/file/d/1L_8GoI1zQ572fBZtElFfQZI9vNEwK7Rf/view?fbclid=IwAR2oujSj7MI0Um_ftLsPcnFdXDbDwYjFatFkrA6phY38GoYG7tL78ybnrDs)

Get help with grocery delivery (<https://www.keeneypn.com/community>) or other chores and errands (<https://www.facebook.com/monadnockchores/photos/a.372336606520225/916649262088954/?type=3&theater> or call 603-357-3573).

Sew masks for healthcare providers or friends, family, and neighbors (details here: <https://www.dartmouth-hitchcock.org/patient-education/sewing-masks.html>)

If you want to volunteer or help in other ways, some ideas can be found here: <https://volunteernh.org/covid-19-response/>

If you'd like help with anything else, try this tool to locate services for older adults and their families here <https://eldercare.acl.gov/Public/Index.aspx> or by calling 1-800-677-1116 (toll free).

## Virtual Arts and Culture

Enjoy art and music brought to you by the Colonial Theater and its partners. <https://thecolonial.org/streaming-partners/>

(continued on next page)

## Virtual Arts and Culture (continued)

Explore Brattleboro—from the woolly mammoth tusk found in 1865, to actress and singer Dorothy Lamour’s stop at a WWII war bond rally, to Rudyard Kipling and how he came to build his house, Naulakha, to events today—via podcasts produced by the Brattleboro Historical Society and middle school students. <https://soundcloud.com/bratthistoricalsoc>

Engage in a community conversation with Keene State College Redfern Arts Center’s Creative Connections. Each Friday a prompt is posted to which all are invited to share interpretations. <https://sites.google.com/view/racvirtualconnections/home>

Encounter the Historical Society of Cheshire County’s online exhibit on the story of toy manufacturing in the Central Connecticut River Valley [https://hscenh.org/wp-content/uploads/2020/04/Toys-online-exhibit1\\_compressed.pdf](https://hscenh.org/wp-content/uploads/2020/04/Toys-online-exhibit1_compressed.pdf)

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### Check out The Keene Senior Center Facebook page!

We need more people to ‘Like’ and ‘Follow’ us. Use this address <https://www.facebook.com/The-Keene-Senior-Center-295872914277519/> to find our active fb page and ‘Like’ us!



### Haiku by Dori Almann

Some binge on Netflix  
Visual virus sidestep  
Prefer quiet read



Hi! COVID-19  
Handwashing and elbow bumps--  
Social distancing



Confined to my house  
Must avoid cabin fever  
Coronavirus



Those nonessentials  
Sununu says stay at home?  
Trying not to fret

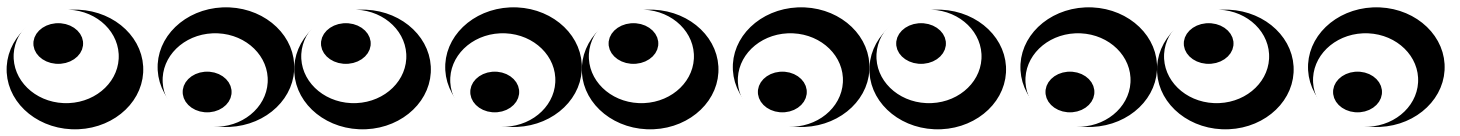




Here's a log for you to track all the ways you're keeping active this summer. Anything that gets you moving counts, you might be surprised how quickly it all adds up! Or, this could be your motivation to move a little bit more. Hang on to your completed logs and we'll find a way to celebrate in the fall.

Exercise Log				
Week of _____				
Day	Exercise Type	Duration	Difficulty	Notes





## The Ellen Lambert Murphy Memorial Community Center (ELMMCC)

Hello from the Ellen Lambert Murphy Memorial Community Center,

Nestled in the center of Winchester, New Hampshire, the ELMMCC facility is rich with unique history. We have a growing and vibrant youth sports program that includes baseball, soccer and basketball, to name a few. The ELMMCC is home to a stunning 4-lane Candlepin bowling alley, beautiful venue spaces and sprawling athletic fields. The ELMMCC hosts Red Cross blood drives, HCS Age in Motion classes, 5K races, flea markets, craft fairs, yoga and more.

In March, we launched the Cheshire Active Living Senior programs along with Keene Senior Center to bring social and physical activities for the active seniors in our area. We are so excited about these new programs, and the energy surrounding our small community.

To learn more about the ELMM Community Center, visit our website at [www.elmmcenter.org](http://www.elmmcenter.org).

We love our community and would be thrilled to see you here anytime!

-Jessica Wright-Moore

Director of the Ellen Lambert Murphy Memorial Community Center



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1938

**ELLEN LAMBERT MURPHY MEMORIAL COMMUNITY CENTER**  
WINCHESTER, NEW HAMPSHIRE

## Resources for you

Visit our COVID-19 page on The Keene Senior Center website for clear, accurate, timely information: <https://thekeeneseniorcenter.org/>, and to see our current status.

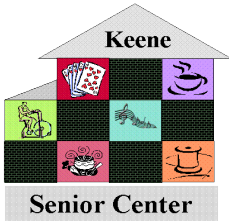
### Virtual Bingo!

The Wood County Committee On Aging, Bowling Green, Ohio shared this engaging game.

**How to play:** Complete all of the activities in a row vertically, horizontally or diagonally. Let The Keene Senior Center know when you have achieved a BINGO and we will enter one ticket into our raffle with your name on it! Email [jzakrzewski@thekeeneseniorcenter.org](mailto:jzakrzewski@thekeeneseniorcenter.org) or call 603-352-5037. Five Bingo Maximum! (Equals 5 raffle tickets)

Winner will be drawn on Zoom at Friday lunch, June 26th.

B	I	N	G	O
<b>List 3 things:</b> you love about your favorite TV show or movie	<b>Complete:</b> 20 arm curls 20 knee lifts 20 ankle rolls	Take a Walk <b>OR</b> Get some Sun!	<b>Take 3 deep breaths!</b> In through your nose 1...2...3... Hold 1...2...3... Out through your mouth, 1...2...3...	<b>Clean out your junk drawer!</b> Throw away garbage, wash the drawer and share the weird items you find with us.
<b>List 3 things:</b> that you are grateful for today!	<b>Call:</b> a Senior Center friend or a family member!	<b>Clean out your pantry/ cupboards.</b>  How many expired items do you have?	<b>Share:</b> an easy recipe on our Facebook page!	<b>Name all 50 States!</b> <b>NO CHEATING!</b>
<b>Drink 64oz. of water in 1 day</b> Daily Suggestion Source: webmd.com	<b>Stimulate your mind!</b> Complete one crossword, word search, Sudoku or other puzzle		<b>Reminisce!</b> Look through old photos	<b>Listen to music that makes you happy!</b>
<b>Take a selfie!</b> Send to a friend or The Keene Senior Center Facebook page	<b>Write about:</b> A positive & memorable time in your life.	How many words can you come up with in two minutes using the letters from: <b>CORONAVIRUS</b>	<b>Mail:</b> a friend or family member a letter	<b>Play a Card Game!</b>
<b>Be creative!</b> (Ex. Cooking, drawing, craft, etc...)	<b>Pay it forward!</b> Give someone a compliment	<b>List 3 things:</b> you love about your local Senior Center!	<b>Write down:</b> a piece of advice you would give to younger generations.	<b>Purge!</b> Clean out apps/ pictures on your phone that you no longer need.



NON PROFIT  
ORGANIZATION  
USA POSTAGE PAID  
KEENE, NH 03431  
PERMIT #18

70 Court St.  
Keene, NH 03431

Return Service Requested

**KINDNESS** can transform someone's  
dark moment with a blaze of light.  
You'll never know how much your  
caring matters.  
**MAKE A DIFFERENCE**  
for another today.

~Amy Leigh Mercree, author