

*Staying Active  
Making Friends  
Feeling Welcome*

# Senior Sentinel

70 Court St, Keene, NH 03431

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Email: [info@thekeeneseniorcenter.org](mailto:info@thekeeneseniorcenter.org)

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

Senior Center Hours: Currently closed—Zoom sessions only

Thrift Store Hours: Currently closed

THE KEENE SENIOR CENTER NEWSLETTER

November 2020

## The DeMar Marathon Recap

In spite of many obstacles, 86 Super Seniors (age 70 and over) qualified for the DeMar Marathon by walking 25 miles over the summer and finishing the last 1.2 miles virtually on race day. Congratulations to each and every one of the Super Seniors on your achievement!

These pictures (below and on pages 2 & 3) provide a collage of this year's event and how Super Seniors adapted to the pandemic to make it to "the finish line!"

Pictures are from Ted's Shoe and Sport, where shirts and medals were picked-up, plus, on race day, from Hillside Village and throughout the region where Super Seniors finished the last 1.2 miles. All were wearing their shirt and medal, and posed individually, with families and friends, and in small groups.

Even though COVID-19 prevented us from having a joint celebration, there was plenty of spirit and resiliency to celebrate and everyone is looking forward to being together again next year.





# The DeMar Marathon Recap

Here are more photos of those who participated in the event.





# The DeMar Marathon Recap

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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 Facebook page and 'Like' us!

Thank you!

## Notes from Cam

Dear Members and Friends,

I hope that this finds you all well and finding things to be thankful for in these challenging times. While The Senior Center needs to remain closed to keep everyone safe, I have some positive news to share that will impact our ability to re-open when the time is right. The Board of Directors has endorsed a building improvement project at 70 Court Street that was envisioned during a 2019 update of our strategic plan. It has become a high priority because of safety issues related to COVID-19, and would make possible one-way flow of people through The Senior Center, plus create more space in the multipurpose room for social distancing during programs and classes.

Phase 1 of the project involves moving the reception area to the front of the building. This will enable us to open up the entire multi-purpose room, increasing its space by 60% and allowing it to be used solely for programs. A ramp, compliant with current safety standards, would go to the front door of The Senior Center. People would exit the building by the ramp from the multi-purpose room.

In Phase 2 we will create an enclosed hallway from the new reception area to the rear of the building, to access the dining and multi-purpose rooms without walking through the library/computer training room.

The project is gaining momentum! Architectural drawings have been completed by Dan Bartlett Architects, our project has been selected as a priority in the Comprehensive Economic Development Strategy for Southwest NH (CEDS,) and the new ramp and front entrance have been approved by the Keene Historic District Commission. We will need to raise the funds for each phase before we start it, however, we believe that the project will be very compelling to funders and donors. In this regard, we are submitting grant applications to local foundations and our Development Committee is working on a GoFundMe campaign plus a targeted appeal to individuals and business supporters.

The City of Keene's planning staff provided some very interesting information about our "home" that I would like to share with you—70 Court Street has high architectural and historical significance. The property, known as the "Lewis J. Colony House," was built in 1828 by John Prentiss, the founder of the New Hampshire Sentinel, for use as a parsonage for the Unitarian Church. The Rev. Thomas R. Sullivan occupied this site until 1835. After that the house served as the residence of John W. Prentiss, who succeeded his father as publisher of the New Hampshire Sentinel. Lewis J. Colony bought the house in 1867, and it remained in the Colony family for almost 70 years, until 1936. (Colony owned the Munson Cotton Mill at Munsonville, which he converted to the L.J. Colony Chair Company in 1871. This company is known for being one of the first manufacturers to introduce large office chairs and rockers.) The Colony family sold the property to Ray Tenney in 1936, who then sold the house a few years later to Dr. Fred Almquist in 1939. For about 23 years, the house served as Dr. Almquist's residence and a doctor's office. It was sold to Emile Legere in January 1962, and six months later, was sold to the Keene Senior Citizens Inc. The property has remained under the same ownership since 1962, operating as The Keene Senior Center!

We have a lot to be thankful for at The Keene Senior Center. This includes the Kingsbury Fund, whose generous gift in 1962 allowed us to buy 70 Court Street. Also, I think of the commitment, generosity, and spirit of our members who have been the key to the success of The Keene Senior Center. Examples are Pat Long and Norman Potvan, who have been wonderful advocates for preserving the proud history and legacy of The Senior Center, and Ann Claridge, who spoke so passionately with me over a year ago about the advantages of moving our entrance back to the front. Thank you all!

We will keep you informed about our building improvement project as it progresses.

Onward and upward!

Warm Regards,

Cameron Tease



# Holiday Faire 2020

We are going to have a virtual Holiday Faire this year,  
with greens plus a virtual online auction!



***If you have any crafts or other items that you would like to donate for the auction please contact MaryAnn. If you know of any local businesses that might be willing to donate gift certificates that would be fantastic as well!***

Sadly, we will not be doing cookies this year because of COVID-19 ... hopefully next year!

To donate craft items, share gift certificate details, or for more information, please contact MaryAnn at [mhyzer@thekeeneseniorcenter.org](mailto:mhyzer@thekeeneseniorcenter.org) or call 603-313-0707.



## Walk to End Alzheimer's Update

The 2020 Walk to End Alzheimer's was on Saturday, September 26th. After months of fundraising, several members of the Senior Center Striders took to the streets to raise awareness and celebrate our accomplishments. As of press-time for this issue, we've raised over \$2,000 for Alzheimer's care, support, and research! That is impressive, especially for such a small, first-time team. Thank you to all the Senior Center Striders! Keep an eye out next year for the 2021 event.

2020 team members:

- Sally Rinehart
- David Robinson
- Cameron Tease
- Charlie Wagar
- Thia Zakrzewski

Thank you team!



## Kate's Korner

By Kate Forcier

What is the sunshine vitamin?

It is absorbed in the skin, our largest organ in our body. It is usually given with calcium for better absorption for bones and teeth. Due to living in the northeast, we may not be getting as much sunshine as in the south, especially during the winter months. Some people use ultraviolet light to help with a deficiency.

A deficiency may cause fatigue, depression, strokes, thyroid problems. What do you think is the vitamin? It is vitamin D.

To find out if you have a deficiency, call your doctor, or when you have an appointment ask him or her to order a blood test for vitamin D. They don't routinely put it in with other testing unless you request it!

Some food sources for vitamin D include:

- Tuna fish
- Cereals like Raisin Bran, Total, Special K and Kix
- Beef and chicken liver
- Yogurt
- Eggs
- Ice cream
- Butter
- Milk fortified with vitamin D
- Eggnog
- Cheese

This information was found in *Nature's Pharmacy* in consultation with the *American Association of Naturopathic Physicians*. It is not intended to take the place of advice from your physician. Please consult a physician before making any dietary changes or adding dietary supplements.

## Warm Calls!

We will be making warm calls again this November to check in with everyone.

***We are looking for volunteers that would be willing to call members to chat.***

I don't know about you, but I love to chat! Thank you to those who have signed up so far. I will say I was a bit overwhelmed with all kinds of emails when I first started. If you contacted me by email to let me know you were interested, I would greatly appreciate a quick follow up email so I can make sure you are on the list! If you haven't signed up yet, remember, the more the merrier!

Contact MaryAnn at [mhyzer@thekeeneseniorcenter.org](mailto:mhyzer@thekeeneseniorcenter.org) or call 603-313-0707



## 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 Keene 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 Keene Senior Center.

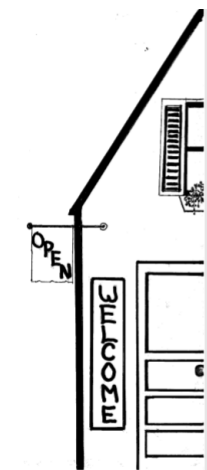


### ***Thrift Store—temporarily closed***

The Keene Senior Center's Bargain Box Thrift Store is normally 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 carry adult sizes XS–3X.

Clothing donations will be accepted Monday thru Friday and Saturdays after The Keene Senior Center reopens.



### ***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 Keene Senior Center's front desk when we reopen and we will take care of the rest.

***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!

Ads go here



## Extra! Extra! Read All About It... In the Electronic Version of the Newsletter!

Every month The Senior Center sees hefty expenses associated with printing and mailing its 16-page newsletter. There are also costs associated with having staff and volunteers prepare the newsletter for mailing. You can help reduce these costs by reading the newsletter on The Senior Center's website where a PDF of the newsletter is posted every month:

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

While you will help The Senior Center save money by doing so, there're also advantages to you as a reader when you access the newsletter online, including

- Getting an email that the newsletter is online before the paper version is taken to the post office for mailing
- Seeing the newsletter in color—for cost reasons the newsletter is printed in B&W
- Being able to click on all links and going directly to the site since all links are hot
- Being able to save a copy of the newsletter to your computer

The Senior Center understands that not everyone is prepared to forego paper copies of the newsletter, but if you're willing to read the newsletter online, email MaryAnn at [mhyzer@thekeeneseniorcenter.org](mailto:mhyzer@thekeeneseniorcenter.org). She'll remove you from the newsletter mail list and add you to the newsletter email list. Thank you for doing your part in greening the planet, and saving costs for us!

## Does The Senior Center Have Your Current Email on File?

One of the main communication methods The Keene Senior Center is using to stay connected to members during the pandemic are eblasts.

*Do we have your email on file?*

Please email MaryAnn at [mhyzer@thekeeneseniorcenter.org](mailto:mhyzer@thekeeneseniorcenter.org) to be sure that we do. We want to stay in touch with you!



## Call for submissions

We welcome member submissions for our future newsletters. Poems, stories from quarantine, tips and tricks for staying healthy and happy, or anything else on your mind are all welcome!

Please email submissions to Jen at [jzarkzewski@thekeeneseniorcenter.org](mailto:jzarkzewski@thekeeneseniorcenter.org) or mail to The Keene Senior Center. The deadline is the second Thursday of each month for the following month's issue.





# How to Join Senior Center Programs From Home

You may be at home, but there’s no reason you can’t take part in Senior Center programs.

We have two ways we’re bringing classes and activities to you (*even if you don’t use the internet!*).

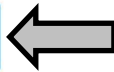
## 1. Via the internet.

You access your class via Zoom on your computer, tablet or smartphone.

Joining class via Zoom is the best way as you can see your instructor and your classmates. Plus, they’ll be able to see you.

Here’s the link you use: [thekeeneseniorcenter.org/zoom](https://thekeeneseniorcenter.org/zoom). Scroll down the page to:

CLICK HERE TO JOIN ANY OF OUR ZOOM SESSIONS BELOW  
(PASSWORD REQUIRED\*)



Click here. Password is **Seniors**

You can also join using the Zoom app on a phone or tablet:

Download the [Zoom Cloud Meetings](#) app from the play store. In the app, click *Join meeting*. Enter meeting ID 851 8098 3534; password **Seniors**.

## 2. Via your telephone.

Dial 1-929-205-6099 when your program starts. Using your keypad type in 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))

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.



# November 2020 Zoom Calendar

Sun	Mon	Tue	Wed	Thu	Fri	Sat
1	2	3	4	5 Age in Motion 10:30am	6 Exploring America's Most Famous Art 12:00pm	7 Age in Motion 10:30am
8	9 Chair Yoga 1:00pm	10 Age in Motion 10:30am  NH Alliance for Healthy Aging 12pm	11 Qigong 10:30am  Family Memoir 3pm  Creative Writing 4pm	12 Age in Motion 10:30am	13 Better Brain Health 12:00pm	14 Age in Motion 10:30am
15	16 Chair Yoga 1:00pm	17 Age in Motion 10:30am	18 Qigong 10:30am	19 Age in Motion 10:30am	20 New York City & History (TED Talks) 12:00pm	21 Age in Motion 10:30am
22	23 Chair Yoga 1:00pm	24 Age in Motion 10:30am	25 Qigong 10:30am  Family Memoir 3pm  Creative Writing 4pm	26 Thanks-giving Day	27	28
29	30 Chair Yoga 1:00pm					

## November Programs

All members welcome, programs happen on Zoom. Instructions–page 10, calendar–page 11.

### Recurring programs

- **Chair Yoga**–Mondays at 1:00pm  
Features gentle movements adapted from traditional yoga poses. Poses are done seated or using a chair for balance.
- **Qigong**–Wednesdays at 10:30am  
Features slow and simple movements to encourage the smooth flow of Qi (energy.) Promotes longevity, decreases pain, alleviates stress and increases balance, strength and flexibility.
- **Age in Motion**–Age in Motion 2 (group led) Tues, Thurs & Sat 10:30am  
Exercise program designed especially for seniors who would like to work on strength, balance and prevention of falls. Sessions consist of warm-ups, lifting weights, exercises for balance and flexibility and a cool down period. **Note:** this is the class suitable for beginners.
- **Creating your Family Memoir**–2<sup>nd</sup> & 4<sup>th</sup> Wednesday at 3:00pm  
Do you have a story to tell? A life story or family history you'd like to record for your children or friends? If you've wanted to write but never quite got started, or if you would value having an editor to advise and encourage you, this group may be for you. Led by David Robinson, who has 25 years of experience with book & magazine publishing.
- **Creative Writing Group**–2<sup>nd</sup> & 4<sup>th</sup> Wednesday at 4:00pm  
Led by David Robinson, who has 25 years of experience with book & magazine publishing.
- **NH Alliance for Healthy Aging\***–2<sup>nd</sup> Tuesday at 12:00pm  
Join Martha McLeod from the New Hampshire Alliance for Healthy Aging for a presentation on advocacy for aging in NH.  
\*Special Zoom information for Martha's presentation only - <https://zoom.us/j/95715139845>  
If you prefer to join by telephone, dial: 1 929 205 6099 Meeting ID: 957 1513 984

### One-Time Programs—**Friday Lunch & Learns** at 12:00 noon on Zoom

- **Exploring America's Most Famous Art** – November 6th  
This one hour documentary explores the works of George Bellows, Reginald Mash, Thomas Wilfred and Mark Rothko.
- **Better Brain Health** – November 13th  
Learn about neuro-nutrition, or the study of the impact of nutrition on brain health.
- **New York City & History (TED Talks)** – November 20th  
Eric Walther and Christy Wendlandt from American House will share another round of video presentations.
- **No Friday program November 27th**

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### Diversity, Equity, and Inclusion update:

Senior Center staff are continuing to explore equity, diversity, and inclusion in the context of the Center. So far we have held two virtual programs for members and published several articles in past newsletters. We plan to continue thinking about ways to make our space (both virtual and physical) more inclusive, and to investigate ways to reach a more diverse population and foster an equitable environment. We will continue sharing information we feel will benefit our members and our community, and we will continue to provide programming to educate and to help us understand how best to reach these goals.



## The First 5 Minutes of Your Day

From AARP <https://stayingsharp.aarp.org/activities/first-5-minutes-day/>

The most important minutes of your day may be the first five. If you're like most people, you probably do one of the following when you first wake up, out of force of habit:

- Hit the snooze button
- Grab your smartphone and start scrolling through your news or social media feeds
- Check email

But doing any of those things sends a message to your brain. When you hit snooze, your brain hears: "It's OK to procrastinate." And when you check your newsfeed or a friend's political rant on social media, it hears: "The world is a dangerous, unharmonious place." Similarly, when you scan your work email, you can't help but feel your stress and anxiety levels start to increase. Science suggests that how you spend the small window of time first thing in the morning can positively affect the rest of your day. So don't spend it doing negative things. Here are some ideas:

- **Wake up to music.** Your smartphone's ringtone will jolt you out of a sound sleep, but setting your phone to play music when you wake up eases you into the day while boosting your mood. Have a bunch of songs that you can rotate, depending on if you want to wake up feeling a little bit country or a little bit rock 'n' roll. Better yet, consider using an old-fashioned radio alarm rather than using your phone, or set your smart speaker to play music.
- **Find a saying that resonates.** There's likely a quote out there that reflects your personal aspirations. These sayings, known as affirmations or mantras, can be as simple as "breathe in love, breathe out hate." Nothing come to mind? Tap spiritual leaders like the Dalai Lama or poets like the late Maya Angelou for inspiration. It was she who said, "If you're always trying to be normal, you will never know how amazing you can be."
- **Have an attitude of gratitude.** A recent study suggested listing three things you are grateful for every morning — from the people in your life to the weather and your favorite breakfast — can have the same effect on you neurologically as taking an antidepressant.
- **Be deliberate.** When you start the day by setting an intention — for example, saying, "I want to make someone's day a little brighter," or writing in your journal about whatever's on your mind — you're being proactive rather than simply reacting to the news or your friend's Facebook post. This sets the stage for taking control of your day and your life.
- **Make your bed.** This simple act makes you feel more organized, and an organized environment can positively impact your mental state. What else can you do in 30 seconds that provides such a sense of accomplishment?
- **Get moving.** A brisk walk or stretch session first thing in the morning will leave you feeling energized, productive and less stressed.

Effort: Five minutes, seven days a week.

## 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.

## Funnies (shared by Marcia Kayser via email)

How grandchildren perceive their grandparents:

1. I was in the bathroom, putting on my makeup, under the watchful eyes of my young granddaughter, as I'd done many times before. After I applied my lipstick and started to leave, the little one said, "But Grandma, you forgot to kiss the toilet paper good-bye!" I will probably never put lipstick on again without thinking about kissing the toilet paper good-bye....
2. My young grandson called the other day to wish me Happy Birthday. He asked me how old I was, and I told him, 72. My grandson was quiet for a moment, and then he asked, "Did you start at 1?"
3. After putting her grandchildren to bed, a grandmother changed into old slacks and a droopy blouse and proceeded to wash her hair. As she heard the children getting more and more rambunctious, her patience grew thin. Finally, she threw a towel around her head and stormed into their room, putting them back to bed with stern warnings. As she left the room, she heard the three-year-old say with a trembling voice, "Who was THAT?"
4. A grandmother was telling her little granddaughter what her own childhood was like. "We used to skate outside on a pond. I had a swing made from a tire; it hung from a tree in our front yard. We rode our pony. We picked wild raspberries in the woods." The little girl was wide-eyed, taking this all in. At last she said, "I sure wish I'd gotten to know you sooner!"
5. My grandson was visiting one day when he asked, "Grandma, do you know how you and God are alike?" I mentally polished my halo and I said, "No, how are we alike?" "You're both old," he replied.
6. A little girl was diligently pounding away on her grandfather's word processor. She told him she was writing a story.  
"What's it about?" he asked.  
"I don't know," she replied. "I can't read."
7. I didn't know if my granddaughter had learned her colors yet, so I decided to test her. I would point out something and ask what color it was. She would tell me and was always correct. It was fun for me, so I continued. At last, she headed for the door, saying, "Grandma, I really think you should try to figure out some of these colors yourself!"
8. When my grandson Billy and I entered our vacation cabin, we kept the lights off until we were inside to keep from attracting pesky insects. Still, a few fireflies followed us in. Noticing them before I did, Billy whispered, "It's no use Grandpa. Now the mosquitoes are coming after us with flashlights."
9. When my grandson asked me how old I was, I teasingly replied, "I'm not sure."  
"Look in your underwear, Grandpa," he advised "Mine says I'm 4 to 6."  
(WOW! I really like this one -- it says I'm only '38!)

(continued on next page)



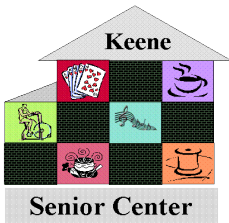
## Funnies (continued)

10. A second grader came home from school and said to her grandmother, "Grandma, guess what? We learned how to make babies today."  
The grandmother, more than a little surprised, tried to keep her cool. "That's interesting," she said. "How do you make babies?"  
"It's simple," replied the girl. "You just change 'y' to 'i' and add 'es'."
11. Children's Logic: "Give me a sentence about a public servant," said a teacher.  
The small boy wrote: "The fireman came down the ladder pregnant."  
The teacher took the lad aside to correct him. "Don't you know what pregnant means?" she asked.  
"Sure," said the young boy confidently. "It means carrying a child."
12. A grandfather was delivering his grandchildren to their home one day when a fire truck zoomed past. Sitting in the front seat of the fire truck was a Dalmatian dog. The children started discussing the dog's duties.  
"They use him to keep crowds back," said one child.  
"No," said another. "He's just for good luck."  
A third child brought the argument to a close. "They use the dogs," she said firmly, "to find the fire hydrants."
13. A 6-year-old was asked where his grandma lived. "Oh," he said, "she lives at the airport, and whenever we want her, we just go get her. Then, when we're done having her visit, we take her back to the airport."
14. Grandpa is the smartest man on earth! He teaches me good things, but I don't get to see him enough to get as smart as him!
15. My Grandparents are funny, when they bend over, you hear gas leaks and they blame the dog.

## Pickleball Update

Pickleball resumed at the Keene Recreation Center on October 26, 2020. Here are the guidelines:

- Super Seniors can play Tuesday and Thursday morning 9 to 10:30.
- Rackets are available to rent for a \$10 refundable deposit. Call Sally Rinehart at 203 770-3681 to get a racket.
- Other times are available for younger seniors.
- A fee of \$20 is due for the school year calendar. Scholarships for the fee and racket rental are available. Call Cam Tease at the Senior Center at 603 352-5037 for scholarship information.
- Registration at the Rec Center is required for everyone.
- Rec Center has COVID-19 protocol guidelines that will be provided at registration.



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**“Acknowledging the good that you  
already have in your life is the  
foundation for all abundance.”**

**– Eckhart Tolle**