

Senior Sentinel

70 Court St, Keene, NH 03431

Phone: 603-352-5037

Email: info@thekeeneseniorcenter.org

Website: www.thekeeneseniorcenter.org

Senior Center Hours: Currently closed—Zoom sessions only

Thrift Store Hours: Currently closed

Senior Center

*Staying Active
Making Friends
Feeling Welcome*

THE KEENE SENIOR CENTER NEWSLETTER

October 2020

Special Edition #7: Life during the coronavirus pandemic

Staying safe and creative.

The Keene Senior Center members are certainly keeping busy at home, staying safe and socially distanced, and doing a wide variety of creative activities:



Harriet Norris has been knitting up a storm! Here she is with the results of her labors.



Stuart's art idea encouraged me to design and create reversible placemats to go with a sunflower table runner I had purchased. Thanks Stuart for the incentive!

~ Pam Goodell

See more evidence of our member's creativity throughout this edition!

Staying Safe and Creative (continued)



These three paintings are acrylic on canvas.

- The left image is up at Granite Lake, showing a bit of the island from the north side.
- The middle image is "Early Spring at North Cemetery"
- The right image is from a photo I found on the internet when I was looking for a clutch of birches.

I've dabbled on and off for years but about a year ago I worked out a way to leave my easel up and began to take it more seriously. Most of my instruction has come from videos on You Tube. There are hundreds from a variety of artists all around the world.

I have a few more but these are framed.

~ David Chase

Free craft supplies and puzzles (More creative things to do at home during the pandemic)

The Senior Center has received donations of craft supplies, and also jigsaw puzzles, that we would like to share with our members. These will be bagged and placed on The Senior Center veranda for anyone who wants to take them on Thursday & Friday, October 8 & 9.

We will have hand sanitizer available, we ask that you please wear your mask when coming to pick up a bag, and we would like you to maintain social distance (minimum of 6 feet) from others who may be there. Ideally, if there is someone already on the veranda when you arrive, simply wait in your car until they are done, and then go and pick up a bag for yourself!

Enjoy these supplies, which we hope will help you pass the time while we all wait at home for the pandemic to be over.

Notes from Cam

Dear Members and Friends,

I extend to you Fall greetings from The Senior Center with the hope that you are doing well. It is difficult to believe that we are entering another season still "weathering" the pandemic.

Some of my best memories are from this time of the year such as throwing a football around with my children on a day with blue skies, golden trees and crisp air, or taking a day off to chop wood and go apple picking. It is also the time of the year when there are some very meaningful non-profit events in the Monadnock region, steeped in tradition, meaning, and importance, such as the kick-off of the Monadnock United Way's campaign, Cedarcrest's Walk and Roll, the Walk to End Alzheimer's, the Senior Swinger's Show and the Super Seniors participating in the DeMar Marathon.

Although this fall is unlike any other in recent memory, I do find strength, meaning, happiness, and resolve from thinking about past autumns and how important it is to remember them as a "compass" to a better future.

The Senior Center has a heart. I have been reminded of this constantly while we have been closed by things such as looking out the window and seeing "Turn-up Gardeners" tending to the flowers and vegetables, members making masks and blankets for those who need them, calls with offers of donations, and members checking-in and asking if there is anything that they can do to help. Also, the dedication and commitment of our staff and volunteers to provide programs, information and connections with members has been inspirational.

I do wonder how you are all doing? Over the past six months, we have all had to adjust and cope with the threats from the pandemic. The fact that this has made social isolation more of an issue is not lost on me, as we are committed to decrease it. We have lost dear members and an instructor without having the normal ways to grieve and support each other, our satellite location in Winchester which had been launched in March was put on hold, and the new tablet program has had a slow start. Collaborations with Keene State, the Greater Keene Rotaract Club, the NH Alliance for Healthy Aging, and ELMM Community Center in Winchester have all been disrupted.

We have done our best through this period, however, and have maintained our vision and confidence. As Franklin Delano Roosevelt said during the Great Depression "The only thing that we have to fear is fear itself." When we can re-open we will continue the proud legacy of The Keene Senior Center and build on our foundation of 63 years to make it better than ever!

Take care and enjoy the fall and all that makes the Monadnock region so special. Remember that The Keene Senior Center is here for you both virtually, for the time-being, and as a "home away from home" when we can re-open safely.

Onward and upward!

Warm regards,
Cameron Tease



Spectrum Tablets Update

(More things to do at home during the pandemic)

Earlier this year, the Senior Center received a donation of 25 tablets from Spectrum/Charter Communications, intended for use primarily by those with lower income who cannot afford to buy their own devices.



We have been putting a lot of thought into how best to share this resource with our members and have been working on solving the logistical problems that this entails. We also recognize that this time of physical distancing is an ideal time for us to use these tablets to help our members connect with their loved ones and with useful services, so we are preparing to loan them out on a short-term basis to a few members at a time.

If you are interested in being considered for the loan of one of these tablets, please email Jen jjakrzewski@thekeeneseniorcenter.org, or call 603-352-5037 with the following information:

- **Your Income** (if you're willing to share)
- **Your reason for needing/wanting a tablet**
- **Your access to wifi**
(ideally at home, but could be at a friend or relative's home, or a public location like a library)
- **Your current skill level with computers/smart phones/tablets**
(never used any before, have some experience, or very comfortable with one or more of these devices listed above)

Warm Call Initiative Fall & Winter 2020 Looking for volunteers to phone other members

When The Senior Center can reopen remains a question; however, staff continues to work on ways we can stay connected.

We are setting up a fall & winter Warm Call Initiative, beginning in November, and mirroring the program we kicked off soon after our facility closed in March. This outreach project has Senior Center members calling other members, helping them to feel connected and part of The Senior Center community. Our spring effort was a success, and we are looking for volunteers to help us launch it again this fall.

The Senior Center needs you to make the program successful, helpful and supportive. **We need members to volunteer** to contact other members via the phone. We'll send you contact information for a handful of members, a suggested script, and a list of resources. MaryAnn Hyzer is organizing the program.

If you're interested in volunteering to reach out to other members, let MaryAnn know at mhyzer@thekeeneseniorcenter.org.

We will get through these times by helping, supporting and caring about each other.

Diversity, Equity, and Inclusion

This is part of the Keene Senior Center's commitment to better understanding and responding to issues related to diversity, equity, and inclusion.

What are diversity and inclusion, and why are they important? Explore this overview from Canada's Centre for Race and Culture, and help us think about ways to foster a diverse and inclusive community at The Senior Center.

“Diversity and inclusion are linked. An inclusive organization or group is one that acknowledges and respects diversity, recognizes barriers to inclusion, and works to actively meet the needs of individuals with varied and diverse backgrounds.

What is diversity?

Diversity can be defined as the range of human differences.

Age, ability, sexual orientation, ethnicity, religion, gender, family status, education, marital status, income, health status, languages, interests, mobility, etc.

What is inclusion?

Inclusion is valuing the range of human differences and viewing them as strengths. Inclusion can look like a culture of belonging and respect.

Diversity and inclusion

Diversity refers to the many differences between people. In addition to the differences mentioned in the previous section, individuals may have different educational and professional backgrounds, work experiences, family and marital statuses, interests, skills and abilities.

Access and barriers

Access can be defined as the opportunity or ability to participate in a program or use a service. Barriers can prevent, restrict or limit access and may be based on a person's identity or individual circumstances. For example, a person with mobility issues may not be able to access a building that has stairs and no elevator, or anybody who is not fluent in English may not be able to participate in a program that requires them to speak fluent English.”

Question for our Senior Center members:

What barriers might there be at The Senior Center and how can we remove or limit those barriers to expand access to all seniors in our region?

Anyone with comments or suggestions please respond to

- Cam at ctease@thekeeneseniorcenter.org, or
- Jen at jzakrzewski@thekeeneseniorcenter.org

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.

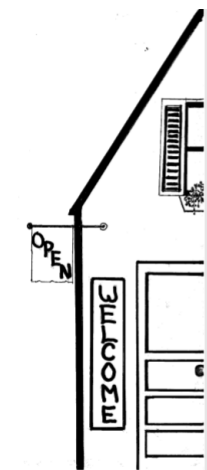


Thrift Store—temporarily closed

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

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. 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 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 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!*).

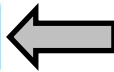
1. Via the internet.

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. 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)

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.

October 2020 Zoom Calendar

Sun	Mon	Tue	Wed	Thu	Fri	Sat
				1 Age in Motion 10:30am	2 Tour the National Parks 12:00pm	3 Age in Motion 10:30am
4	5 Chair Yoga 1:00pm	6 Age in Motion 10:30am NH Alliance for Healthy Aging 12pm	7 Qigong 10:30am Family Memoir 3pm Creative Writing 4pm	8 Age in Motion 10:30am	9 Social Identity Groups and You 12:00pm	10 Age in Motion 10:30am
11	12 Chair Yoga 1:00pm	13 Age in Motion 10:30am	14 Qigong 10:30am	15 Age in Motion 10:30am	16 Benefits Check Up 12:00pm	17 Age in Motion 10:30am
18	19 Chair Yoga 1:00pm	20 Age in Motion 10:30am	21 Qigong 10:30am Family Memoir 3pm Creative Writing 4pm	22 Age in Motion 10:30am	23 Ocean Life (TED Talks) 12:00pm	24 Age in Motion 10:30am
25	26 Chair Yoga 1:00pm	27 Age in Motion 10:30am	28 Qigong 10:30am	29 Age in Motion 10:30am	30 Halloween Party 12:00pm	31 <i>Halloween</i> Age in Motion 10:30am

October 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**–2nd & 4th 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**–2nd & 4th Wednesday at 4:00pm
Led by David Robinson, who has 25 years of experience with book & magazine publishing.
- **NH Alliance for Healthy Aging***–2nd 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

- **Tour the National Parks**–October 2nd
Interactive and multi-media, you'll feel as though you've really traveled to some of the most beautiful parks. Dive a shipwreck, trek by headlamp through a cave, fly over an active volcano!
- **Social Identity Groups and You**–October 9th
In some ways we are all alike, in some ways we are all like some others, and in some ways we are unique. In this session we will explore social identity groups, how we are like some others and how that is related to our perception of self and others, power and privilege in society.
About the Presenter: Claire B. Halverson is a Professor Emeritus at the School for International Training in Brattleboro, VT, where she taught in the Master's Program in International & Intercultural Management. A certified coach with a focus on Positive Aging, she has presented at numerous Senior Centers and the Keene State College CALL program.
- **BenefitsCheckUp**–October 16th
Did you know that there are over 2,500 federal, state, and private benefits programs that may be available to you? They cover everything from food and nutrition to medications, employment, and tax relief. See the free online tool designed to show you for which of these programs you qualify.
- **Ocean Life TED Talks**–October 23rd
Eric Walther & Christy Wendlandt (American House) share 3 video presentations on ocean life.
 - 1) Thomas Peschak: Dive into an ocean photographer's world
 - 2) Jason deCaires Taylor: An underwater art museum, teeming with life
 - 3) David Lang: Let's protect the oceans like national parks
- **Halloween party**–October 30th
Celebrate the holiday even though we can't be together in person. Show off your costumes, hear some spooky trivia, and maybe even play some Halloween-themed games. We'll have awards for the best costume, funniest costume, most creative, and more!

Member Submissions

The following article was submitted by Linda Rose, Senior Center member.

“My son sent me this little helper to get me through these days and thought it might be a good thing for all going through these tough times.”

If the mountain seems too big today
then climb a hill instead. If the morning brings
you sadness it's okay to stay in bed. If the day
ahead weighs heavy and your plans feel like a
curse, there's no shame in rearranging; don't make
yourself feel worse. If a shower stings like needles
and a bath feels like you'll drown, if you haven't
washed your hair for days don't throw away your
crown. A day is not a lifetime, a rest is not defeat.
Don't think of it as failure, just a quiet, kind retreat.
It's okay to take a moment from an anxious,
fractured mind. The world will not stop turning
while you get realigned. The mountain will still be
there when you want to try again. You can climb it
in your own time. Just love yourself til then.

Laura Ding

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.

Help from Southwestern Community Services

Courtesy of Beth Daniels, Chief Operating Officer.

Visit SCS at <http://www.scshelps.org/>
or call **603-352-7512 (Keene)** or **603-542-9528 (Claremont)**

Check out our Facebook page as well for up to date info on an ongoing basis!

Due to COVID 19, our offices at 63 Community Way, Keene, and 96 Main, Claremont, remain closed to the public at this time. We have locked drop boxes available outside each office for paperwork and payments. We can also conduct most other appointments, interviews, etc. over the phone, via Zoom, through email, etc. so that folks continue to receive services while able to maintain health and safety protocols.

Housing Stabilization Services (both Cheshire & Sullivan Counties)

Shelters, rental assistance, security deposit loan program, tenant services, supported housing programs and facilities, outreach/coordinated entry, commodity foods distribution, commodity supplemental food program for seniors, workshops, etc. Also, The new Housing Relief Program is designed to assist **those with a COVID-related financial challenge** (loss of income or increase of expenses due to COVID)

Reach out to SCS for information about any of their resources:

- If someone is experiencing **homelessness**
- If someone needs a **security deposit and/or first month's rent, and it is not COVID-related**
- If someone needs information about the **Housing Relief Program**
- Donations or commodity **foods for seniors and/or pantries**
- If someone is working with **an older adult in need of some supports/resources/etc.**
- If someone is in need of **assistance with back due rent or mortgage and it is not COVID-related**
- **For Energy Services** (both Cheshire & Sullivan Counties)
 - **Fuel Assistance:** the next Fuel Assistance Program will begin taking applications in August
 - **Electric Assistance:** the Electric Assistance is open year round and provides a discount off the electric bill each month; this program does NOT assist with back due electric bills
 - Due to COVID-19, the program is working mostly by phone and mail
 - **We have team members at the Keene and Claremont offices;** if you call the main numbers (603-352-7512 for Keene; 603-542-9528 for Claremont) you will reach a member of the team.

Continued on next page...

Help from Southwestern Community Services (continued)

- **Affordable Housing/Rental Properties** (both Cheshire & Sullivan Counties)
SCS has senior and family housing within many towns, including Keene, Claremont, Newport, Marlborough, Rindge, Troy, Winchester, Charlestown, Swanzey, and Drewsville
- **Head Start** (both Cheshire & Sullivan Counties)
SCS has Head Start centers located in Keene, Swanzey, Jaffrey, Ashuelot, Drewsville, Claremont, and Newport
- **WIC** (both Cheshire & Sullivan Counties)
WIC services include supplemental foods, nutrition education, breastfeeding peer counseling, and various other resources such as the Keene-based dental clinic. Due to COVID 19, in person WIC clinics were put on hold and appointments have been completed daily over the phone to ensure that households continue to have access to WIC benefits. Individuals can continue to call the main WIC number: 603-719-4234
- **Employment Programs** (both Cheshire & Sullivan Counties)
Workplace Success (WPS), Work Experience Program (WEP), On the Job Training (OJT), and the Workforce Investment & Opportunity Act (WIOA) Program
- **New Hope New Horizons** (Cheshire County Only)
New Hope services include community participation, employment services, community outreach, and residential services to adults with developmental disabilities
- **Sullivan County Transportation** (Sullivan County Only)
Bus routes within Claremont, Newport, and Charlestown as well as Dial-A-Ride services within Claremont for those outside of the bus route deviation; SCT also offers volunteer driver rides for qualifying individuals throughout Sullivan County. Call 603-542-9609.



Don't forget to keep moving (safely) while you are at home. Here are some suggestions:

⇒ **Walking**

Walking is one of the most beneficial activities, and you can do it safely with friends as long as you keep your distance, and wear a mask. The weather is still good (no snow or ice yet!) so bundle up and get outside!

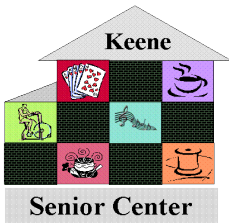
⇒ **Exercise classes** (see our extensive list on page 12, and calendar on page 11!)

Participating in exercises classes helps not only in alleviating depression and boredom, but it can also be a way to strengthen your muscles, which is critical for older people. Moreover, exercise classes can improve cognitive abilities as you're forced to think about how to move your body. Exercise can help to improve not only muscle strength but also flexibility and balance.

⇒ **Dancing**

If you have a partner at home, you can dance together, but if not, you can simply put on some music that you love and start moving to the beat! Dancing is great for your heart and joints, and it can lift your spirits as well!

Please remember to check with your doctor before doing any type of physical activity.



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Return Service Requested

**“Do your little bit of good where you are;
it’s those little bits of good put together
that overwhelm the world.”**

–Desmond Tutu