

Senior Sentinel

70 Court St, Keene, NH 03431

Phone: 603-352-5037

Email: info@thekeeneseniorcenter.org

Website: www.thekeeneseniorcenter.org

Senior Center Hours: Currently open virtually

Thrift Store Hours: Currently closed

Senior Center

*Staying Active
Making Friends
Feeling Welcome*

THE KEENE SENIOR CENTER NEWSLETTER

APRIL 2021

Spring is for the birds!

By Meg Whittle

According to the Antioch Bird Club (ABC), founded in April 2016 at Antioch University New England here in Keene, the Monadnock region is a superb place to look for birds, whether you are a beginner or an advanced birder. A stunning array of bird species call this area home, and many others migrate through the region every year. There is even an annual 'Monadnock Region Birding Cup' in September, where teams of people compete to identify, by sight or sound, as many species of birds as possible in a single day, from 5 am to 5 pm. Anyone looking for more information about this fun contest can visit <https://www.monadnockregionbirdingcup.com/>.

I spent every summer until college in Stoddard, and moved to the area permanently in 1983. My father loved birds, and we always had bird feeders. As a child, I learned how to identify blue jays, cardinals, Cedar Waxwings, chickadees, finches (including Purple Finches and Goldfinches,) nuthatches, robins, scarlet tanagers (which my dad jokingly called scarlet teenagers,) sparrows, tufted titmouse, woodpeckers, and wrens. We also had herons, many ducks and geese, and various raptors. Since my childhood, I've added bluebirds, owls, Red-winged Blackbirds, mockingbirds, catbirds, ospreys, and many others!

Bird watching is an activity that requires little knowledge or equipment, and if you can get outside, you can do it! There are many great books available to help you identify the birds you see, as well as downloadable apps and online resources. The Audubon Bird Guide is a free and complete field guide to over 800 species, and one of the best apps is the Merlin Bird ID app.

Now that Spring is here, get outside and say hello to the birds!





Independence with a little help *Cheshire Village at Home*

After a year long hiatus due to the Pandemic, Cheshire Village at Home (CVAH) presented a Social Program in March. Steve Farrar shared his photos and experiences of the “Red Rock National Parks” which were especially welcome after the year of isolation and limited activity to which we’ve all had to adjust. The parks we visited virtually with Steve were Bryce, Zion, Canyonlands, Monument Valley, Capitol Reef, Mesa Verde and Arches. Steve’s experiences in each of these parks enhanced our virtual trip with him, and we certainly plan to have him back again!

The CVAH Steering Committee has been discussing some different ways to make the existence of CVAH more widely known. To this end we have been working with Jennifer Paone of The Production House to make a short video showing some of the services we offer. Included in the video are comments by some current members describing the benefits of the membership to them personally. The CVAH Steering Committee will be viewing the final product at the next meeting—March 22—and planning various ways of using the video.

Though CVAH volunteers have been delivering some services throughout the Pandemic, service requests and delivery have increased, probably due to a number of factors: people are welcoming the “extended days” due to more daylight; more people have been vaccinated against COVID-19; and there has been some decrease in COVID-19 numbers. This has given all of us reasons to anticipate that there will come a time when restrictions also will decrease.

~ Angel Nicoletti
CVAH Steering Committee



Check out The Keene Senior Center Facebook page!

We always need more people to ‘Like’ and ‘Follow’ us.

Use this address, and please share it with your friends!

<https://www.facebook.com/thekeeneseniorcenter>

Once on the page, click ‘Like’ and you will be supporting The Keene Senior Center and Cheshire Village at Home!

Thank you!

SENTINEL SWAPS

For Sale: Electric Heater that looks like gas fireplace (clever fake flame) Manuel inc. \$20
Call Sally 203-770-3681

For Sale: 2 sets of golf clubs: one full set of Lady Cobras [graphite shafts] \$50; One TiTech/mixed set of men's clubs \$25 (both sets include a bag, putter and ball retriever).
Please call or text Jane 603-313-8776

For Sale: Stampin' Up! rubber stamps. \$5 per set, or \$150 for the entire large bin (40+ sets)
Please call or text Meg at 603-762-8999

Free: Bushnell binoculars (7x35) in pouch. Missing one lens cover but binoculars work great.
Please call or text Jane 603-313-8776



To post a swap, please send your ad to jfecto@thekeeneseniorcenter.org

The deadline for the May newsletter is **April 8**

Ads are free to The Keene Senior Center members, volunteers, employees, and Board

Guidelines:

1. Your ad is limited to two lines:

- Buyer/seller name and contact information (e.g. e-mail, cell #) must be included
- All discussions and negotiations should take place between members only
- Due to limited space in the newsletter, no photos will be accepted

2. The Center reserves the right to decline any submissions which they consider questionable (e.g. political, dating ads, etc.) You will be advised if your ad is declined.

3. Your ad will be included in the following month's newsletter, unless:

- your ad request reaches us after the deadline. 2021 deadlines are always the 2nd Thursday of each month. **Deadline for the May newsletter is *April 8***

Happy Springtime by Stuart Carswell

Springtime Bright Red Robins
Chirp a new bird song,
Our sprouting Daffy Daffodils
Golden flowers bloom,
On a fun Happy Spring Day
...for You and Me.
Happy Springtime!

Some Tablets Still Available

As of mid-March, there were still 10 tablets available to loan to The Keene Senior Center members—free! If you are interested, please contact Cam right away to see if there are any left. These are long-term loans for members.

Call Cam at 603-352-5037 or email ctease@thekeeneseniorcenter.org.

Notes from Cam

Dear Members and Friends,

As I write this it is one year since we closed because of the pandemic. Although we are not clear of the threat from COVID-19 yet, we have made great strides, including a better understanding of how to remain safe, the vaccination rollout underway, and improving trends in new cases and those requiring hospitalization. I know that we are all looking forward to when we get gather again at The Keene Senior Center and with these positive developments and the improvements planned for 70 Court Street my hope is that will be this summer or early fall.

During this past year there have been many examples of how our members, volunteers, and the Board have made positive things happen during hard times. Making masks for others, calling members to stay connected, sharing artwork, photographs and humor, and members supporting The Senior Center in numerous ways are just a few examples. Also, Cheshire Village at Home continued providing crucial services to its members, and the Board moved ahead with a plan for building improvements to make the building safer and more accessible. **When life gives you lemons, make lemonade** is a proverbial phrase that I am reminded of by all of you.

Another lesson from coping with hard times is that **you can continue from a new place**. It's easy to get attached to the road we're on, and when something throws us off, we may feel disconnected from what we want. When The Senior Center re-opens there will most likely be operational changes such as continuing Zoom classes as an option, more time between programs so that the parking lot can open up, and one-way flow through the building and increased space for social distancing. There is always more than one

way to address a problem, and by focusing on finding a new ways we can turn a difficult situation into good. This reminds me of many years ago when I worked at Peerless Insurance, and how our team often found inspiration from the ancient Chinese symbol for crisis/change, **wei-chi**, which combines two elements: **danger and opportunity**.

On a personal note, I would like to share that I will be retiring from The Keene Senior Center in June. When I started to work here nearly four years ago I told the Board that it would be for a year or two and that I planned to retire after that. I quickly became committed to the members, volunteers, and staff, to sustaining our 64-year Mission and legacy and building on our collaborations with the community. Until June, I will remain fully involved and committed to a smooth transition to a new Executive Director and furthering our plans for re-opening and building for the future. I also plan to stay part of The Keene Senior Center family as a member and volunteer. This has been the most rewarding job that I have held and I am honored and thankful to have been your Executive Director.

Onward and upward!

Warm regards,

Cameron Tease



THERE IS SOMETHING INFINITELY
HEALING IN THE REPEATED REFRAINS
OF NATURE — THE ASSURANCE
THAT DAWN COMES AFTER NIGHT,
AND SPRING AFTER WINTER.

—RACHEL CARSON

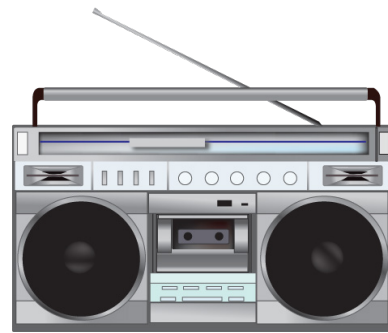


Radio Garden

If you follow the link below (give it time to load—there's a lot of information on the page) you will see green dots on the Google Earth map. Each dot represents a radio station from all over the world.

Click on any one of the dots and you will immediately hear that station with very good reception. For example, halfway up Ireland's East coast, there is a station playing Irish pub music.

<http://radio.garden/visit/keene-nh/GStZTihU>



Advertisers Needed

Members and Friends: The Keene Senior Center needs your help.

**Do you know of any potential advertisers
for *The Senior Sentinel* and *The Keene Sentinel*?**

For their generosity of \$100/month for 12 months or \$90/month for 24 months, the advertiser will receive a thank you in the form of two monthly ads, one reaching 400 Keene Senior Center members via the mailed newsletter, *The Senior Sentinel*, and the other reaching 8,000 Keene Sentinel readers via *The Keene Sentinel Weekend Edition*.

(One ad is 2"x2" and runs in The Keene Sentinel's Weekend Edition on the last Saturday of the month. The second ad, 3.75"x 5" (1/4 page), runs in The Keene Senior Center's monthly newsletter, *The Senior Sentinel*.)

An Advertiser's support represents a community partnership: they will help us to cover printing costs *The Keene Sentinel* charges us to print our newsletter.

Please contact Cameron Tease at 603-352-5037 for details of the program.

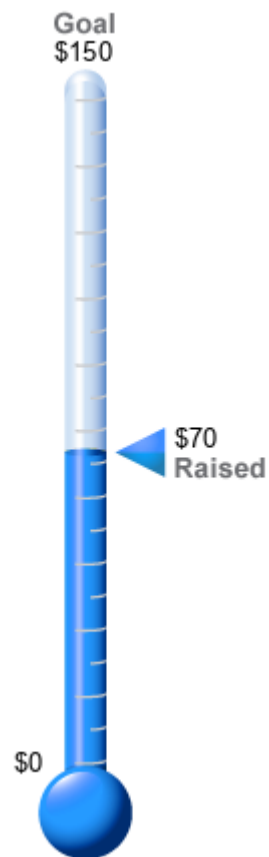
Building Improvement Update

We continue to be humbled and grateful for the donations we have received (and continue to receive) for our building improvement project. As of early March, we have raised over \$70,000 (which includes member, friend, community and business donations as well as a \$20,000 grant from the Kingsbury Fund), which puts us at **47% of our goal!**

Our goal of \$150,000 includes the following improvements to our building:

- adding 60 percent more space in the multi-purpose room for social distancing during programs and exercise classes. This will be accomplished by moving the entrance and reception areas to their original places in the front of the building.
- Ensuring one-way flow of people through our building.
- Providing safer accessibility for those who have difficulty using the current ramp.
- Reconfiguring a hallway directly into the dining and multi-purpose rooms.
- Adding new flooring in the front entrance, the hallway and one of the restrooms.

We are excited that interior work should be done in April. We will continue to keep you posted on our progress (including photos)!



DONATE TO THE BUILDING IMPROVEMENTS PROJECT

(Donate at <https://thekeeneseniorcenter.org/>)

Protecting Your Pacemaker from Smartphones

Recently we had a member remind us that pacemakers need to be protected from smartphones, and we wanted to share that information with you.

According to Harvard Medical School, there is a possible but very low risk that an implanted device might misinterpret the signal from a nearby cellphone, possibly causing the device to temporarily stop working and the person to faint. The FDA recommends that people keep their cellphones at least five to seven inches away from a pacemaker or implantable cardioverter-defibrillator (ICD).

To be on the safe side, if you have one of these devices, do not keep your cellphone in a shirt pocket, and when making calls, hold the phone to the ear on the opposite side of the device. For more info: <https://www.health.harvard.edu/heart-health/cellphone-safety-with-a-pacemaker>

KEENE SENIOR CENTER FUNDRAISERS

Donate Your Unwanted Car to The Senior Center

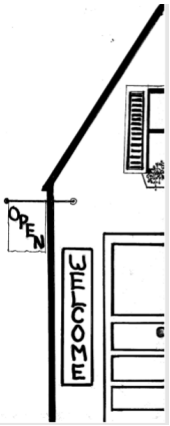
It's so easy! Donating your car takes only five minutes. Call 603-352-5037 and talk with Cam. Our partner, Leon's Auto Center/J&L Auto Body will haul, appraise, and sell your vehicle for the best possible price, which we will document for your tax considerations. The Keene Senior Center usually takes your car running or not and does all the paper work. 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 was normally open Monday-Friday 9:00am–4:00pm with a great selection of women's and men's clothing in adult sizes XS–3X, plus jewelry and other small decorative items.

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



Three ideas for keeping your spirits up

1. In keeping with the idea of birdwatching (see article on page 1), if you are on Facebook, there is a great group to like and follow called **Birdwatchers of NH**. Search for it and then click Follow when you reach their page.
2. If you subscribe to **Amazon Prime**, there is a wonderful series called **Still Standing**, about small Canadian towns that have taken a hit from economic down times, but are still holding on. It stars Canadian comedian Johnny Harris, and is uplifting, informative, and funny.
3. For those who like puns, here's one: Why did Adele cross the road? To say hello from the other side. Check out <https://parade.com/1024249/maryniles/funny-puns/> for more.

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!

Kate's Korner

By Kate Forcier

This vitamin name came from the Danish word for coagulation, which means clotting, and that reflects its function in the bloodstream. It is an important nutrient for building strong bones and may help in preventing osteoporosis. If deficient, liver or gall bladder disease, or any disease of the intestinal tract that interferes with absorption of fats, could result. Your doctor may prescribe a blood test, and then possibly a drug or shot of vitamin K.

Good sources of vitamin K:

- | | |
|------------------------------|-------------|
| Turnip greens | Ground beef |
| Lettuce | Milk |
| Cabbage, cooked | Peaches |
| Liver—beef, pork, or chicken | Butter |
| Broccoli, cooked | Tomatoes |
| Peas, cooked | Bananas |
| Ham | Applesauce |
| Green beans, cooked | Corn oil |
| Cheese | Bread |
| Eggs | |

Omelet

An omelet with eggs, cheese, and vegetables is a good source of vitamin K.

- 1 or 2 beaten eggs
- Ham, cut into small pieces
- Onion, chopped and sautéed (optional)
- Broccoli, asparagus, or tomatoes
- Cheddar cheese, shredded
- Butter in the pan



Cook slowly on low to moderate heat, either scrambling the eggs or leaving them as an omelet to fold over when cooked.

To succeed in life you need three things:
A wishbone, a backbone, and a funny bone.

~Reba McEntire

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 us at info@thekeeneseniorcenter.org or mail them to The Keene Senior Center. The deadline is the second Thursday of each month for the following month's issue.



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 us at info@thekeeneseniorcenter.org to be sure that we do. We want to stay in touch with you!



Extra! Extra! Read all about it...

In the electronic version of the newsletter...*in living color!*

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 us at info@thekeeneseniorcenter.org. We'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!

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Connie Joyce

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YouTube





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.

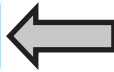
You access your class via Zoom on your computer, tablet or smartphone.

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 The Senior Center at info@thekeeneseniorcenter.org and someone will help you.

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.

April 2021 Zoom Calendar

Sun	Mon	Tue	Wed	Thu	Fri	Sat
				1 Age in Motion 10:30am	2	3 Age in Motion 10:30am
4	5 Chair Yoga 1:00pm	6 Age in Motion 10:30am NH Alliance for Healthy Aging 12:00pm	7 Qigong 10:30am	8 Age in Motion 10:30am	9	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 TED Talks Up, Up, and Away with Flight! To join, email keeneassistant@ americanhouse.com for login info	16	17 Age in Motion 10:30am
18	19 Chair Yoga 1:00pm	20 Age in Motion 10:30am	21 Qigong 10:30am	22 Age in Motion 10:30am	23	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	

April Programs

All members welcome, programs happen on Zoom. Instructions–page 11, calendar–page 12.

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.
- **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

Ted Talks hosted by American House will continue monthly on the 3rd Thursday at 12:30 pm

These sessions will now be on American House’s Zoom

April 15 at 12:30 pm Ted Talks
(RSVP to American House now required)

Up, Up and Away with Flight!

- 1) Ueli Gegenschatz: Extreme wingsuit flying
- 2) George Steinmetz: Photos of Africa, taken from a flying lawn chair
- 3) Rodin Lyasoff: How autonomous flying taxis could change the way you travel

Please RSVP to Christy Wendlandt, American House,

at keeneassistant@americanhouse.com

in order to receive the Zoom invitation.

2021 Membership Dues

As you know, The Senior Center has been open only virtually since March, 2020. While our building has been closed, the Board made a decision not to invoice for dues beginning in March 2020 through March, 2021. While we have reduced costs while the building has been closed, there are certain costs that remain. We have continued to provide some services throughout the pandemic. And, now our plan is to re-open the center sometime this year when it is safe to do so.

With that in mind, we will be sending out invoices beginning with those members whose annual dues expirations are in April, 2021.

The cost for 2021 membership dues remains at the same level as 2020.

Thank you for your understanding and support!

Annual Membership Rates	
Individual	\$60
Couples	\$108
Discounted Individual (income < \$25K)	\$48
Discounted Couples (income < \$30K)	\$84
Scholarship	Please ask for application
Volunteer (after 50+ hours)	No cost

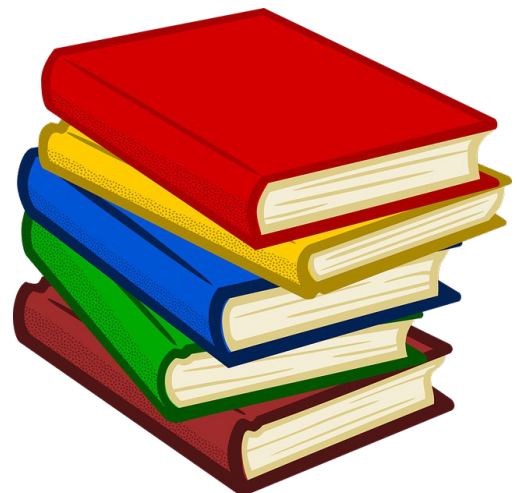
Love getting lost in a good book?

Need something to do?

How about joining a Zoom book club?

We are looking for leaders (will be trained on Zoom), members and book suggestions. If interested, email info@thekeeneseniorcenter.org or call the Center at 603-352-5037.



Happy reading!



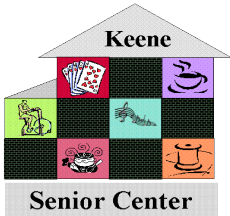
Here is a puzzle to help keep your brain active!

FOLLOW THE NUMBERS

Follow numbers 1 - 55 to help the bee find its way to the flower.

		1	2	3	4	19	8	10	21	22
		5	3	10	5	6	7	8	20	31
1	8	30	4	11	6	28	29	9	12	32
2	3	29	5	12	7	32	31	30	13	33
7	4	28	27	13	8	9	10	11	14	34
8	5	12	11	10	9	12	41	42	43	44
9	36	13	14	15	16	20	40	39	40	45
10	37	40	15	18	32	8	7	38	44	46
8	7	28	16	17	18	19	8	37	48	47
4	27	18	17	18	10	20	9	36	49	39
27	26	25	24	23	22	21	10	35	50	51
16	15	26	25	44	31	32	33	34	53	52
13	14	13	26	40	30	29	22	41	54	55
12	9	34	27	28	29	30	32	42		
27	28	29	28	51	52	53	54	55		

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**Know that you are the perfect age.
Each year is special and precious, for
you shall only live it once. Be
comfortable with growing older.**

~ Louise Hay