

*Staying Active
Making Friends
Feeling Welcome*

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

THE KEENE SENIOR CENTER NEWSLETTER

JUNE 2021

Golf Tournament

The Keene Senior Center is excited to announce that it is hosting its ***first annual golf tournament*** to benefit The Senior Center, at ***Bretwood Golf Course (North Course) on Wednesday, September 8th.***



This scrambles tournament is open to all ages. Shotgun start is 9:00am. The \$100 entry fee includes your round of golf, a golf cart, lunch and raffle prizes.

Prizes will be awarded for 4 categories:

- Men
- Women
- Mixed (2 men and 2 women)
- Super Senior 70+

Men, women, and mixed will play from the normal tees. Super Senior men will play from the red tees and Super Senior women will play from front edge of red tees.

It is not too soon to gather your team and register for this fun, friendly competition!

To register, please send your check made payable to ***The Keene Senior Center***, along with the names of each of the players on your team, to:

Sally Rinehart-Boyce, 24 School St., Keene, NH 03431.

If you would like additional information (or if you have any questions), please reach out to Sally at 203-770-3681.



Independence with a little help *Cheshire Village at Home*

CVAH VOLUNTEER PROFILE-Sue Kowalczyk

Our CVAH volunteer profile this month is Sue Kowalczyk. Sue joined our volunteer group last year after her retirement. After moving in 2001 to the Keene area from Rochester, NY, Sue was a stay-at-home mom until her youngest child entered kindergarten. She then worked in the Keene school system for 18 years in various positions at both Jonathon Daniels School and Wheelock School.

Sue and her husband, Mike, have been married for 35 years and have three sons and two young granddaughters. Their youngest son is getting married in June, so more grandchildren may be in their future.

Sue has been an active volunteer at St. Bernard's Church for the past 13 years, and tells us that volunteers are wonderful, hardworking, generous, kind people to work with. When not volunteering, Sue is very active and she lists walking, hiking, biking, kayaking, sewing, gardening, practicing yoga, babysitting my 5 month old granddaughter, traveling, cooking, baking and spending time with friends and family.

Sue, we are so fortunate that you chose to share your volunteer efforts with our members at CVAH.

CVAH Activity Report for April 2021

Our activity has picked up a bit as we get deeper into Spring and as more members and volunteers have received COVID vaccine shots. We fulfilled a total of 74 service requests in April with the active participation of 10 volunteers. Forty of the services involved Health and Wellness calls, while the rest of the services included transportation, errands, and outside home help.

We were saddened by the unexpected departure of Jeanne Donohoe due to personal considerations. Although she had only been with us for six months, we all had grown to appreciate her dedication to our efforts. Her wonderful personality and hard work will be missed, but we wish her well.

We also are sad to see Cameron Tease in his final weeks as Executive Administrator. He has done so much to guide our activity, and I owe him a big personal thanks for helping me on my way from "new kid on the block" to a somewhat more seasoned contributor. From all of us here at CVAH, we say "Happy retirement, and may the sun always be in the sky for you."

Submitted by Mike French, Chair
CVAH Steering Committee

SENTINEL SWAPS

Decluttering?

Downsizing?

Dividing plants?



Consider posting a FREE AD here!

This listing reaches several hundred people, and as a Keene Senior Center member, it's free to you! Take advantage of the opportunity and post your ad now!

For Sale: Wide variety of Stampin' Up! rubber stamps. **\$5 per set of 4-8 stamps,** or \$150 for the entire large bin (40+ sets) Please call or text Meg at 603-762-8999

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

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

The deadline for the July newsletter is June 10

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 July newsletter is *June 10***
- we have accepted our maximum ad capacity for that month due to newsletter spacing constraints

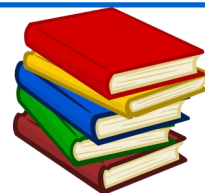
(In either of the above situations, your ad will be moved to the next available month's newsletter.)

Your ad will run in 2 consecutive newsletters, unless you have advised us that the item you posted should be removed. If your ad has expired, you June renew using the guidelines above.

Hannaford Book Sale

If you find you have books you wish to get rid of, please **save them until August**, so that they may benefit The Keene Senior Center! In August, take your books to Hannaford, tell them they are to benefit The Keene Senior Center, and while you are there, buy a few from the box in the lobby area!

More details will be coming later, but for now, please start your collection!



Notes from Cam

Dear Members and Friends,

One thing that I quickly noticed when I started work at The Keene Senior Center in June, 2017 was all of the positive energy in the air. The Senior Center was celebrating its 60th anniversary, a new program, Cheshire Village at Home, was starting to provide services, the sounds of happy voices floated through the air at meal time and between programs, the Senior Swingers were practicing for their annual September show, the Super Seniors were tracking their miles leading up to the DeMar Marathon and there was a flurry of activity at the thrift shop.

Some of my fondest memories over the past four years involve the laughter, buzz of conversations and singing that I heard from my office, including the sound of a lion's roar (from John Wall's yoga class) that nearly knocked me out of my chair!

I have been privileged and blessed to have met and worked with many talented and committed members, volunteers, staff and Board members at The Senior Center and through our collaborations with many others in the community who are also striving to make a difference for older adults. I am amazed by all of the goodwill that we have built over sixty-four years and how many people have contributed to this. Our archives are priceless with this history and there is much to be excited about as we build on the past and look to the future.

The Keene Senior Center has a very unique mission in my opinion. The foundation of all we do is providing ways for people to be healthy, connected and remain independent while keeping our cost so that we are accessible to anyone who wants to join. Our slogan (developed by our Creative Writing

group) summarizes nicely what we stand for: Staying Active – Making Friends – Feeling Welcome.

Writing my last “note” as Executive Director is something that I have thought about with some apprehension because it is not possible to say all that I would like to in a few paragraphs. The fact that I will be staying connected with The Senior Center as a member and volunteer has given me some relief as this is not a good-bye.

I am very excited that Mary Jensen will be our next Executive Director. I know that she will lead us to new heights. The fact that Mary knows The Senior Center well through being a volunteer on our “tablets committee” speaks volumes about her commitment and respect for older adults. I am committed to helping in every way that I can during the transition leading up to my retirement, and beyond.

When Mary starts at The Senior Center in May she will not hear all of the sounds that I did four years ago as much as the sounds of construction, however she knows well that the buzz and the spirit that echoes through 70 Court Street will return again this summer (we hope) when we re-open!

In closing, I want to thank all of the members, volunteers, staff and Board for your support, commitment, spirit and friendship over the past four years. I would also like to remember and pay tribute to everyone who we have lost but who live on in our hearts and in all that The Keene Senior Center stands for.

Onward and upward!

Warm regards,
Cameron Tease

Welcome Mary Jensen!

We are delighted to welcome our new Executive Director, Mary Jensen, PhD! Mary started her position on a part-time basis May 17th, and will be full time beginning June 1st (when Cameron Tease will transition to part time until his retirement date on June 11th.)

Prior to accepting the position, Mary served as the project manager for the Jonathan Daniels Center for Social Responsibility, and as the sustainability director at Keene State College, where she helped develop and integrate sustainability-related knowledge and practices into the college's campus and programs. She has also worked at the Keene Recycling Center, the Keene Sentinel, and for a variety of music festivals. She is a board member of the Monadnock Farm and Community Coalition, and a volunteer at Maplewood Nursing Home and The Keene Senior Center. She received her PhD from the University of New Hampshire, Master's from Norwich University, and BA from Keene State College.



*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 CENTER FUNDRAISERS

Donate Your Unwanted Car to The Senior Center

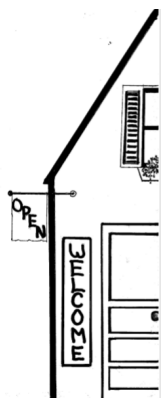
It's so easy! Donating your car takes only five minutes. Call 603-352-5037 and talk with Mary. Our partner, Leon's Auto Center/J&L Auto Body will haul, appraise, and sell your vehicle for the best possible price, which we will document for your tax considerations. The Keene Senior Center usually takes 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.





2021 Super Senior DeMar Marathon* IMPORTANT DATES!

If you are at least 70 years old you're invited to take part as a Super Senior in the 2021 Clarence DeMar Marathon! Just complete a total of 25 miles on or before August 27.

If you have taken part in previous races, you will automatically receive your registration information. If you are new or did not receive registration info, please contact Mary Jensen at (603) 352-5037 or Sally Rinehart at (203) 770-3681.

- Start right now! Walk or jog any distance you choose. Set your own pace. Slow is fine!
- Your goal is to complete a total of 25 miles on or before August 27.
- Fill in the boxes on your log sheet** to keep track of your miles. Each box equals 1 mile, divided in 1/2 miles. It's fine if you do less than a 1/2 mile. Just keep adding up the distance you cover, filling in your log until you reach 25 miles.
- When you complete 25 miles, turn in your registration form AND mileage log to The Keene Senior Center, or mail it to The Keene Senior Center, 70 Court Street, Keene, NH, 03431.
- Information about the pre-race dinner will be sent to you this summer.

AUGUST 27—LAST DAY TO TURN IN REGISTRATION AND LOG SHEET

SEPTEMBER 24 AND 25

Packets with tee-shirts, bib numbers and race info can be picked up at The Keene Senior Center: Friday 9:00am—5:00pm or Saturday 9:00am—noon. Out-of-town participants can pick up their packets the day of the race at the start.

SEPTEMBER 26-RACE DAY!

Wear your 2021 Super Senior tee-shirt. Join a great group of Super Seniors to walk or jog the final 1.2 miles of the DeMar Marathon course at your own pace. Check-in is from 7:00—7:55am. The race begins on Optical Avenue. (Info on parking, race route, etc. will be in your race packet.)

* Changes may result due to the coronavirus

** You can get a log form by calling The Keene Senior Center at 603-352-5037 or by downloading a form from our website at <https://thekeeneseniorcenter.org/newsletter>

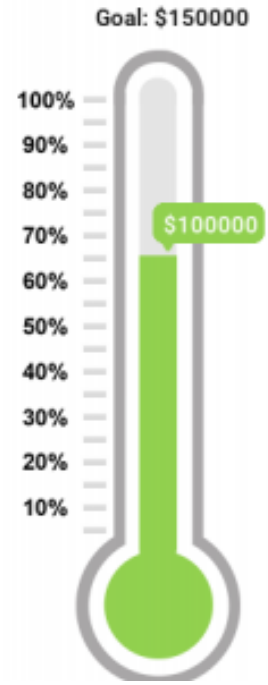
Building Improvement Update

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 May, we have almost raised \$100,000 (which includes member, friend, community and business donations as well as \$20,000 grants from both the Kingsbury Fund and Timken Foundation,) which puts us at 66% 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 multipurpose rooms.
- Adding new flooring in the front entrance, the hallway and one of the restrooms.

We are excited to share that the building is buzzing with contractors and their excellent work is resulting in a transformation before our eyes! Please see the photos below showing some of the changes to our interior, and watch for updates and more photos in the July newsletter!



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

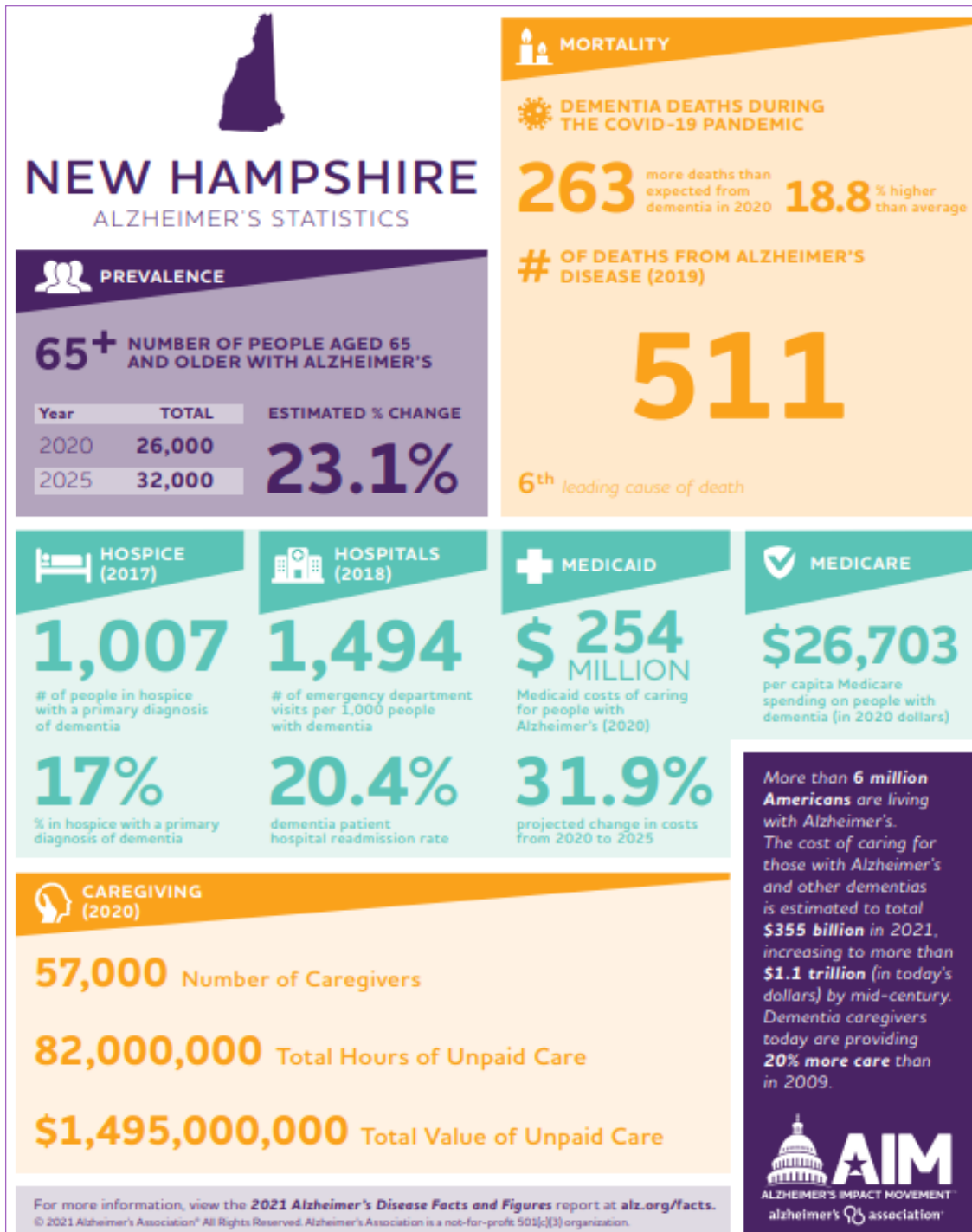
DONATE TO THE BUILDING IMPROVEMENTS PROJECT



Walk to End Alzheimer's

The Keene Senior Center will again have a team for this year's Walk to End Alzheimer's which is planned for **October 2, 2021**. You will remember that last year Jen Zakrzewski was the Team Captain of "The Senior Center Striders" and we participated virtually. The Walk to End Alzheimer's raises awareness and funds for Alzheimer's care, support, and research. This year, we are hoping to walk in person! We are thrilled to be part of such a powerful event for a worthy cause and are seeking team members to walk and help fundraise.

Please consider joining our Team! Contact The Senior Center at 603-352-5037 to join! We plan to have an organizational meeting in June.



Kate's Korner

By Kate Forcier

Have you ever heard of the Blue Zones and the Mediterranean Diet?

There are places around the world where people are living longer and healthier, eating plant based foods. Some live to be 90-100, and are still very active. Broccoli, cabbage, and cauliflower have been known to protect the heart, stave off cancer, and lower oxidative stress.

The Mediterranean Diet features lots of vegetables! Minestrone soup can have spinach, kale, beets and turnip tops, chard, collard greens, beans, sweet potatoes, whole grains, and fruits, nuts, & seeds.

Minestrone with Fennel and Wild Garlic Soup

Serve with crusty bread & olive oil for dipping. Make and freeze some of the soup for later!

1/4 cup red beans, dried or canned	2 garlic cloves
1/4 cup chickpeas, dried or canned	1 stalk celery, chopped
1/4 cup lentils	2 cups cubed pumpkin, zucchini, butternut, or acorn squash
2 large potatoes, peeled & cut into 1" cubes	4-5 stalks wild garlic
1 onion, chopped	1/4 cup pasta or macaroni
1 bunch beets or Swiss Chard leaves	3 quarts of water
2 fennel bulbs and stalks, washed & chopped	
1 fresh tomato	

Takes 90 minutes if using canned beans.

Information found in the Blue Zones Kitchen book, 100 recipes to live to 100, by Dan Buethner.

Advertisers Needed

Members and Friends: **We need 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 our monthly newsletter. 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 Mary Jensen at 603-352-5037 for details of the program.

Do We Have Your Email on File?

One of the **main** communication methods The Keene Senior Center uses 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!

Keep in mind that even if you prefer to receive your newsletter via USPS, we send out many other communications to members that are via e-mail **only**. If we do not have your current email address, you are missing out on those communications. (If you provide us your email address but still prefer to receive your newsletter in the mail, we can do that!)



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.



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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PROVEN RESULTS.

Connie Joyce

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Documented Market Analysis
Masters Degree In Organization
& Management, Antioch NE
Former Field Coordinator For The
Retired Senior Volunteer Program
Member Keene Senior Center
Active Community Member & Volunteer



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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.

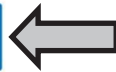
You access your class via Zoom on your computer, tablet or smartphone.

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.

June 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 Age in Motion 10:30am
6	7 Chair Yoga 1:00pm	8 Age in Motion 10:30am NH Alliance for Healthy Aging 12:00pm	9 Qigong 10:30am	10 Age in Motion 10:30am	11	12 Age in Motion 10:30am
13	14 Chair Yoga 1:00pm	15 Age in Motion 10:30am	16 Qigong 10:30am	17 Age in Motion 10:30am TED Talks Special Effects & Puppetry 12:30pm email keeneassistant@americanhouse.com for login info	18	19 Age in Motion 10:30am
20	21 Chair Yoga 1:00pm	22 Age in Motion 10:30am	23 Qigong 10:30am	24 Age in Motion 10:30am	25	26 Age in Motion 10:30am
27	28 Chair Yoga 1:00pm	29 Age in Motion 10:30am	30 Qigong 10:30am			

June Programs

All members welcome, programs happen on Zoom. Instructions–page 12, calendar–page 13.

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

June 17 at 12:30 pm Ted Talks (RSVP to American House now required)

Special Effects & Puppetry

- 1) Handspring Puppet Co.: The genius puppetry behind War Horse
- 2) Miwa Matreyek: Glorious visions in animation and performance
- 3) Don Levy: A cinematic journey through visual effects

Please RSVP to Christy Wendlandt, American House,

at keeneassistant@americanhouse.com

in order to receive the Zoom invitation.

2021 Membership Dues

The Senior Center has been open only virtually since March, 2020, and while our building has been closed, the Board made a decision not to invoice for dues between March 2020 and March, 2021. While we have reduced costs during the building closure, 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 began sending out invoices for those members whose annual dues expirations were in March, and continuing throughout 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



Photo to right

Greater Keene Rotaract Club members:

- Kelly
- Andrea
- Casey

Elm City Rotary Club member:

- Marty

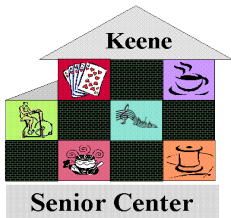
Senior Center members

- Stuart
- Charlie

Board member:

- Russ

worked on garden and grounds. Thank you!



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ruin the happiness
of your present.**