

*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

MARCH 2021

Learning Music After Age 50

Excerpted from AARP article by Kim Painter. For the full article, visit <https://stayingsharp.aarp.org/articles/learning-music-after-50/>



Never played or sang? No problem. Learning as an adult can bring joy — and stimulate your brain. Roy Ernst remembers the first few times he conducted an orchestra full of novice adult musicians. “When we played a piece that was recognizable, people were like, ‘Oh, my goodness, they are really good,’” says Ernst, a professor emeritus of music education at the University of Rochester in New York. “One advantage we had was that expectations were so low.”

Making music is a good brain-stimulating activity at any age, according to a report on music and the brain from AARP’s Global Council on Brain Health (GCBH).

Researchers at the University of South Florida found improvements in mental processing speed, verbal fluency and other cognitive measures among adults ages 60 to 85 who took piano lessons over several months. In those studies, people were instructed to practice a minimum of three hours per week. Music lessons belong on the long list of learning experiences likely to bolster brain health, says neuroscientist and musician Daniel Levitin, another contributor to the GCBH report.

“Your willingness to try new things and be open to new experiences,” whether it’s making music, taking language lessons or tackling new puzzles and books, is a key to healthy aging, says Levitin, a professor emeritus at McGill University in Canada and founding dean of arts and humanities at the Minerva Schools at the Keck Graduate Institute in San Francisco. Such experiences matter because our brains make new connections throughout life, he says.

The biggest obstacle for many adult learners is not the cost of a guitar, but overcoming the idea that they’ll never be good enough. Ernst hears the same childhood stories again and again: “My father said I had no talent ... my music teacher told me to move my lips but not to sing.” Those lingering insecurities are irrelevant, he says. “I can tell you that the success rate is pretty close to 100 percent,” Ernst says. “By success, I mean being able to play at a level that brings a lot of satisfaction.”



Independence with a little help

Cheshire Village at Home

CV@H REPORT FOR MARCH 2021

Submitted by Mike French, Chair
CV@H Steering Committee

First, let's recognize the professional help we get from our office staff. In particular Pat Field and Jeanne Donohoe.

Jeanne joined us in December and brings a background in health care management to our organization. Between Pat, Jeanne, and Jean Etter, we have five-day telephone coverage for our Member's needs.

Our membership has grown recently with one new household added in January and another in process. It is great to see the greater Keene community recognize the benefits of joining CV@H and the Senior Center. As the country emerges from the grips of this pandemic, we are ready to welcome new members who seek our services.

Our first Zoom Social gathering of the pandemic was scheduled for February 18th. We welcomed back Steve Farrar to talk about our National Parks. We will have a summary of this in the April newsletter. Our thanks to Angel Nicoletti for putting this together.

On a final note, we got the replacement CV@H banner installed on the Senior Center porch. The original banner was over 3 years old and had suffered from the elements. Take a look as you go out Court Street.



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

(a member-to-member section for advertising items you are buying, selling, giving away or borrowing)



Effective with the **April newsletter**, we are excited to introduce a new member-to-member buy/sell/lend or borrow section titled “Sentinel Swaps.” Assuming we have ongoing interest, we plan to include this section in our 2021 newsletters.

When you have, or are looking for, an item to sell, lend or borrow, **please send your ad to jfecto@thekeeneseniorcenter.org**

Submission 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 April newsletter is *March 11***
- 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.

Example Ads:

For sale: Leather sofa – great condition. Asking \$350.
Please contact John 603-313-xxxx for photos and more detail

Free: I have 4 puzzles that I am giving away.
Please contact Helen at 603-313-xxxx if you want one or all

Wanted: I am in need of a pop up tent for June 1st. Does anyone have one I could borrow? Thanks! Bill at 603-352-xxxx

Remember, the deadline for the April newsletter is March 11

Email your ad to jfecto@thekeeneseniorcenter.org

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

Notes from Cam

Dear Members and Friends,

I hope that this finds you all well and looking forward to Spring. I am thinking of the daffodils that will again be gracing our garden at 70 Court Street, and a poem by William Wordsworth that evokes the sense of renewal that seeing such natural wonders can bring. I have decided that sharing the poem is the most effective way that I can send you a message of hope and renewal as we come out of a long winter (page 5).

As covered elsewhere in this newsletter, we can also be encouraged by the outpouring of support for our building improvements project that has raised nearly 30% of our funding goal of \$150,000. Members and our Board have responded strongly for which we thank you!

There is also a special effort to help underway by the Super Seniors! You can also help by spreading the word about our project. This includes our [GoFundMe campaign](#) that can be shared on social media (you can ask for help to do this from your children & grandchildren or younger friends like I have). Some great news is that we have raised enough to begin the interior work as we continue to raise money for the exterior work!

You will also see in the newsletter (page 14) that we will begin sending membership renewal invoices out again, starting with April, 2021. We have not done this for one year, and as you can imagine, the loss of income while we have been closed is significant. We have decided that this is the right time to start invoicing for memberships again, as we continue to provide some services and programs (virtually) and hope to re-open again in 2021, when it is safe to do so. Please contact me if you would like to

discuss our scholarship or reduced membership fee policies, as we want everyone to be able to join.

Lastly, we have received a number of calls about registering for COVID-19 vaccinations. Calling 2-1-1 is a valuable way for New Hampshire residents to obtain the most up to date information for registering and speaking with specially trained Information and Referral Specialists. I believe that their wait times have become much better. Although I am not your first option for up-to-date information, I would be happy to discuss your experiences and help as I can. I am generally at The Senior Center Monday through Thursday, and can be reached at (603) 352-5037.

We hope that this issue of the Senior Sentinel provides you with positive food for thought, ideas on how to cope and persevere, and a vision of a better year ahead!

Think Spring and please stay safe.

Onward and upward!

Warm regards,

Cameron Tease



The Daffodils

[William Wordsworth](#),
1770 – 1850

I wandered lonely as a cloud
That floats on high o'er vales and hills,
When all at once I saw a crowd,
A host, of golden daffodils;
Beside the lake, beneath the trees,
Fluttering and dancing in the breeze.

Continuous as the stars that shine
And twinkle on the Milky Way,
They stretched in never-ending line
Along the margin of a bay:
Ten thousand saw I at a glance,
Tossing their heads in sprightly dance.

The waves beside them danced, but they
Out-did the sparkling waves in glee:
A Poet could not but be gay,
In such a jocund company:
I gazed—and gazed—but little thought
What wealth the show to me had brought:

For oft, when on my couch I lie
In vacant or in pensive mood,
They flash upon that inward eye
Which is the bliss of solitude;
And then my heart with pleasure fills,
And dances with the daffodils.



The Keene Senior Center Renovations

By Mike Forrest, Board President

As has been explained in the past three Senior Center newsletters, we are planning construction to improve the access and meeting space at the center.

The committee involved with this project has done a review of all our spaces to determine a way to make the rooms function better and appear more attractive to members.

One thing that became evident is we have a lot of “stuff” in the building. As examples, there is an excess of exercise equipment and the basement is too damp for upholstered furniture. We plan to communicate with leaders of groups to determine what is used on a regular basis and what has been saved “because we might use it someday”. The intent is to dispose of items no longer needed.

For more information please email Cameron Tease at ctease@thekeeneseniorcenter.org, or call 603-352-5037, Monday—Thursday, between 9:00am and 4:00pm.

Free: 3 Operational Stationary Bicycles available

The Senior Center is giving away three operational stationary cycles as-is.



To arrange for pick up, email Cameron Tease at ctease@thekeeneseniorcenter.org, or call 603-352-5037, Monday—Thursday, between 9:00am and 4:00pm.

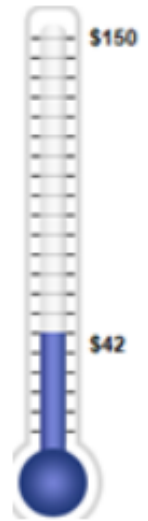
2021 Building Improvement Appeal

We are truly excited to share with you that we have raised over \$42,000 for the building improvement appeal. Let's break down how that happened:

Our members, friends, local businesses (and a recent GoFundMe kick off open to everyone) have generously donated over \$22,000 to date. We also received a generous \$20,000 grant from the Kingsbury Fund.

= \$42,000+ (or 28.3% of our overall goal)!

While we are so pleased and truly grateful that our member and Board goal of \$20,000 was surpassed, we have a long road ahead to reach \$150,000. We are still pursuing grant money to help with this effort, but we are hopeful that our cherished members, friends, additional businesses (and our local community) will continue to assist us.




Our project 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.

Interior improvements will begin soon!

Can you help us reach our goal? For your convenience, there are four EASY ways to donate:

1. Our website: donate online at thekeeneseniorcenter.org – please scroll down & click on the button 
2. Google: “keene senior building improvement – gofundme charity”
3. On social media (e.g. Facebook) search for “keene senior center building improvement project” (gofundme) and click on “Donate”
4. Personal Check: please mail to the Keene Senior Center, 70 Court Street, Keene, NH 03431 (please complete the attached form and submit with your check).

Also...we encourage you to spread the word! And, if you are on social media, please “SHARE” with your friends, and ask them to do the same!

Please help us reach the finish line - every dollar matters. Thank you!

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.

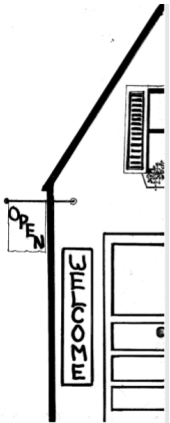


Thrift Store—temporarily closed

The Keene Senior Center's Bargain Box Thrift Store 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.



Tablets Still Available

As you recall, Spectrum generously donated 25 tablets last year for use by Keene Senior Center members, especially for those who live alone, and those with lower income who might not be able to afford to purchase their own computer.

We still have many of these devices available for a long-term loan to you, so please don't hesitate to get one for yourself. Call and arrange a time to pick up one of our (free) available tablets to keep you busy until you can get out again... and beyond! You will need to find support from family and friends for using the tablet until the Senior Center is open again.

For more information, or to arrange pick up of a tablet, please call Cameron Tease, Executive Director, at 603-352-5037, Monday—Thursday, between 9:00am and 4:00pm.

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 protects nerve fibers, called myelin, and without enough, nerve damage can occur, leading to pernicious anemia. It assists folate in making DNA and RNA that transport genetic information for every living cell in your body. A deficiency can cause a decrease in folate, even if dietary intake of folate is adequate. Your doctor may prescribe a B-12 shot.

Foods with the highest amount of B12, according to Nature's Pharmacy, are as follows:

Beef liver	Tuna, canned in water
Clams, canned	Lamb
Chicken liver	Haddock
Oysters, raw	Beef steak
Sardines	Veal, lean
Product 19 cereal	Yogurt, low fat
Liverwurst	Flounder
Salmon, canned	Ham
Grape nuts cereal	Milk, nonfat
Hamburger	Cottage cheese, low fat

Salmon Wiggle

1/4 cup butter	2 cups milk
1/4 cup flour	1 can salmon
Salt & pepper to taste	1/2 cup peas, frozen or canned

Melt butter on low heat in quart saucepan. Blend in flour and salt, and cook over low heat until bubbly. Take off the heat and add the salmon. Take out black skins and bones, if desired. Cook the frozen peas in small amount of water and drain, then add to the white sauce. Serve on mashed potatoes, bread or toast, or on crackers. Delicious!

This was one of my favorite meals!

If you always give, you will always have!

~ Chinese proverb



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!

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!



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.



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cjoyce@ne.rr.com

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www.HillsideVillageKeene.org



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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.

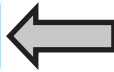
You access your class via Zoom on your computer, tablet or smartphone.

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.

March 2021 Zoom Calendar

Sun	Mon	Tue	Wed	Thu	Fri	Sat
	1 Chair Yoga 1:00pm	2 Age in Motion 10:30am	3 Qigong 10:30am	4 Age in Motion 10:30am	5	6 Age in Motion 10:30am
7	8 Chair Yoga 1:00pm	9 Age in Motion 10:30am NH Alliance for Healthy Aging 12:00pm	10 Qigong 10:30am	11 Age in Motion 10:30am	12	13 Age in Motion 10:30am
14	15 Chair Yoga 1:00pm	16 Age in Motion 10:30am	17 Qigong 10:30am	18 Age in Motion 10:30am TED Talks The Amazon & Amazon River To join, email keeneassistant@ americanhouse.com for login info 12:30	19	20 Age in Motion 10:30am
21	22 Chair Yoga 1:00pm	23 Age in Motion 10:30am	24 Qigong 10:30am	25 Age in Motion 10:30am	26	27 Age in Motion 10:30am
28	29 Chair Yoga 1:00pm	30 Age in Motion 10:30am	31 Qigong 10:30am			

March 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

March 18 at 12:30 pm Ted Talks
(RSVP to American House now required)

The Amazon and Amazon River:

- 1) Mark Plotkin: What the people of the Amazon know that you don't
- 2) Andrés Ruza: The boiling river of the Amazon

Please RSVP to Christy Wendlandt, American House,

at keeneassistant@americanhouse.com

in order to receive the Zoom invitation.

Solution for Puzzle on p15

ACROSS

- 2) Group of words with both a subject and a predicate – **CLAUSE**
- 8) Person or thing doing the action or being described – **SUBJECT**
- 10) Describes or modifies a noun – **ADJECTIVE**
- 11) Indicates time when an action or event occurs – **TENSE**

DOWN

- 1) Conveys the amount or quantity of a noun – **QUANTIFIER**
- 3) Allow for the insertion of additional information – **PARENTHESIS**
- 4) Word that substitutes for a noun – **PRONOUN**
- 5) Adjective made from a verb – **PARTICIPLE**
- 6) Words put together to mean something – **SENTENCE**
- 7) Incomplete sentences – **FRAGMENT**
- 9) Serve as the subject of a verb – **NOUN**

2021 Membership Dues

As you know, The Senior Center has been open “virtually” since March, 2020. While our building has been closed, the Board made a decision not to invoice for dues beginning in April 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.

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

Thank you for your understanding and support!

Love getting lost in a good book?

Need something to do during our long winter?

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 at info@thekeeneseniorcenter.org or call the Center at 603-352-5037.

Happy reading!



Here is a puzzle to help keep your brain active!



How much do you recall about grammar from your school days?

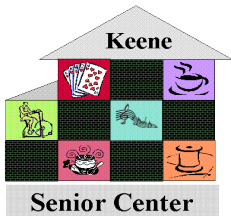
ACROSS

- 2. Group of words with both a subject and a predicate
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- 9. Serves as the subject of a verb

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**Always wear a smile
sometime during the day,
it makes you feel
happier and younger.**

~ Kylie Bax