

Senior Center

*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

MAY 2021

Spring Cleaning

By Meg Whittle

After more than a year of focusing on routine daily tasks and short-term decisions—which mask to wear to the grocery store, where to find toilet paper, how to navigate Zoom so that we can see friends and relatives—it may finally be time to lift up our gaze and look a bit further outward.

Our brains are extremely adaptable, and during the pandemic we have had to change our mental and emotional focus. It is not a simple matter to just resume our previously wider lives, so we may wish to frame our efforts as a form of spring cleaning. Our routines may have become dusty and cluttered by our forced isolation, and we can now begin assessing and cleaning out what no longer works for us.

First, we can look at what IS: many of us now spend most of our time in our homes or outdoors in solitary pursuits; we amuse ourselves with television, reading, puzzles, and phone or Zoom calls with friends and relatives; we get outdoors and exercise alone, or with just the others in our ‘bubble’; and we cook at home or order take-out or pick-up food. Writing down the things we still enjoy doing is a good place to start our assessment.

Perhaps we have incorporated new activities into our lives during the pandemic. Maybe we’ve begun to meditate, walk every day, practice a new skill, or bake and cook more. We might have adopted a pet, or begun writing letters or our memoir, and we don’t wish to stop. These new practices take time that we used to give to other activities, and they deserve careful consideration if we wish to continue doing them.

Next we can examine what we would like to add, listing items that that we feel are safe, and that we would like to pick up again, or even start for the first time. We may wish to discuss these practices with family or friends to see if they have ideas we (or they) can incorporate.

(Continued on page 5)



Independence with a little help *Cheshire Village at Home*

Cheshire Village At Home Volunteer

Harry Flanagan

Harry has been a volunteer driver for Cheshire Village At Home (CVAH) for a few years and finds it quite satisfying. Prior to driving for CVAH he had no prior volunteer experience, but learned about CVAH from friends. Volunteering to drive CVAH members allows him to help people in need while also having time to do the other things he enjoys.

Harry was born and spent his childhood in Nashua, NH. After graduating from high school, he moved to Keene and never left. He graduated from Keene State College, and was a foreman for several years for a fencing company that installed all sorts of fences. A summer job as a car salesman changed his life trajectory and he worked in car sales for 30 years. In 2001 he began to want to make a different contribution to society, and he took a position working with Special Education students in the Conval School system. For 6 years he worked with middle school students, and for another 6 years he worked with high school students.

The oldest of six siblings, Harry now lives at Granite Lake, where he can swim and fish. He and his wife love to travel, and he plays golf every chance he gets—he comes from a family of excellent golfers. A most memorable experience for him is the hole-in-one he achieved while playing golf in 2015.



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



Suggested swap: If you have plants that you are dividing, pruning, or otherwise tending, and you would like to share them with others, please feel free to post a swap!

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

For Sale: Men's golf clubs: One TiTech/mixed set of men's clubs \$25 (includes 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: Fine china set. 12 place settings—plate, cup, saucer, plus several serving bowls. Pattern is blue & silver on white. Please call or text Meg at 603-762-8999

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

The deadline for the June newsletter is May 13

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 June newsletter is *May 13***
- 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 may renew using the guidelines above.

Notes from Cam

Dear Members and Friends,

In recent weeks The Keene Senior Center has seen exciting signs of resurgence, after thirteen months of being closed because of COVID-19:

- Board members have been working downstairs painting the floor and re-arranging the exercise equipment to more efficiently use the space
- Quilters have been busy sorting through fabrics and putting the craft room in order
- Turn-up Gardeners have been tending our front garden so that the daffodils can flourish
- The Keene Rotaract Club is helping with the spring clean-up of our grounds
- Books and yarn have been sorted through and a book sale is planned for May.
- The desks for our Cheshire Village at Home staff have been moved to the multi-purpose room temporarily so that construction of the interior hallway can begin.
- Contractors are coming and going getting ready to start the interior work and scoping the exterior work.

These are all hints of the energy and excitement to come when members can return to The Senior Center (hopefully in the summer or early fall)!

Major programs and activities are also “warming-up” with high hopes that they can be held in person this year! As reported elsewhere in this newsletter:

- Super Seniors (age 70 and up) can get their materials to start charting miles over the summer for the DeMar Marathon in September
- The Senior Center is recruiting for our “Senior Center Striders” team to participate in the Walk to End Alzheimer’s

- Cheshire Village at Home is recruiting more volunteers to provide services such as rides to its members
- and we are talking with our partners in the community such as Keene State and Antioch about re-starting program collaborations.

When the time comes, the Board is envisioning a gradual re-opening of The Senior Center so that safety is maintained and staff and volunteers can gear back-up. The new executive director will be very much involved in this planning. Regarding that, the Board’s search committee has been very active and it is anticipating that a new executive director will be hired in May allowing for 3-4 weeks of transition time with me. As I mentioned last month, I am fully committed to The Senior Center and to being a resource as a volunteer after I retire, just as Pegg Monahan was for me.

Regarding our building improvement project fundraising it has been a real “shot in the arm” to see the support from hundreds of senior center members, board members, foundations, and individuals and businesses in our community. **We have raised nearly \$100,000 of our \$150,000 goal!** Most recently, we are very grateful for Timken Foundation’s generous grant of \$20,000. Our work is not finished and we are still hard at work to raise the remaining \$50,000!

In closing, as we have much to look forward to in the weeks ahead. We hope that this issue of the Senior Sentinel provides you with positive food for thought, and a vision of how your Senior Center is working to be ready to welcome you back better than ever!

Onward and upward!

Warm regards,
Cameron Tease

Free Books Available – May 11th (rain date: May 18th)

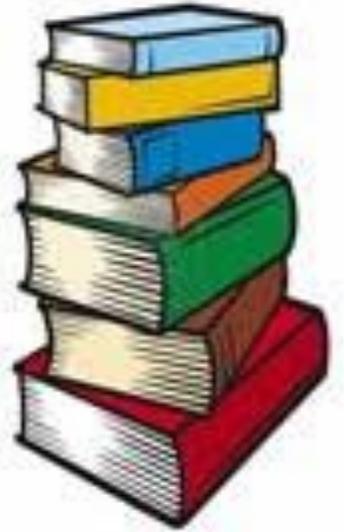
Due to a recent clean-out of books (and cookbooks) that were in the Senior Center library, along with generous donations from our members, we have numerous books that the Center will be offering to its members.

Please mark your calendar for Tuesday, May 11, 9:00am—12:00pm, weather permitting. We will be set up on the porch.

Please stop by and poke through – you never know what treasured books you may find! (Donations will be gratefully accepted).

NOTES: We will be practicing social distancing by allowing 2-3 people to view books at one time

Masks will be required



Spring Cleaning

(continued from front page)

There is much that we used to take for granted in our pre-pandemic lives, but that we don't necessarily wish to bring back. Taking a hard look at our former activities, and deciding if they are worth resuming, may reveal that they are no longer deserving of our time.

Once we have a rough idea of how we wish to proceed, starting small is ideal. We can add in one or two different practices, and possibly drop one or two newly acquired ones, and see how that goes.

As we try to change our routines, consistency, patience, and allowing (or even expecting) mistakes will all contribute to our sense of achievement and well-being. Although we may feel that it's simply a matter of resuming our lives where they once were, enough time has passed that it will take some effort and flexibility to pick up the threads we have had to drop.

Self care includes being gentle with ourselves, getting enough quality food, exercise, and sleep, and not tackling more at one time than we can handle. Celebrating our small victories and taking little steps are the keys to success, whether it's clearing out a room, or re-arranging our lives.



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 April, we have raised over \$96,000 (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 **64%** 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 that interior work has begun! We will continue to keep you posted on our progress (including photos)!

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



DONATE TO THE BUILDING IMPROVEMENTS PROJECT

Funnies

Courtesy of AARP Bulletin, December 2020

- The World Health Organization announced that dogs cannot contract COVID-19. Dogs previously held in quarantine can now be released. To be clear, WHO let the dogs out. 
- I ran out of toilet paper and started using lettuce leaves. Today was just the tip of the iceberg; tomorrow remains to be seen. 
- I haven't cut my hair since the quarantining started. Yesterday, I stepped on the scale for the first time in a while. Who knew that hair weighs so much? 
- This morning I saw a neighbor talking to her cat. It was obvious she thought her cat understood her. I came into my house and told my dog. We laughed a lot. 



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 Cameron Tease 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>

KEENE SENIOR CENTER FUNDRAISERS

Donate Your Unwanted Car to The Senior Center

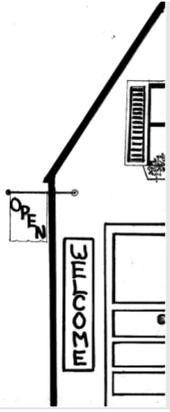
It's so easy! Donating your car takes only five minutes. Call 603-352-5037 and talk with Cam. Our partner, Leon's Auto Center/J&L Auto Body will haul, appraise, and sell your vehicle for the best possible price, which we will document for your tax considerations. The Keene Senior Center usually takes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



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!

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

Kate's Korner

By Kate Forcier

Sugars in Moderation

These are the sugars that we see on many of our products:

Fructose

Glucose

Maltose

Lactose

Molasses

Fruit Juice Concentrate

Dextrose

Sucrose

Honey

It would be prudent to read the labels, because if one of these is listed in the first 5 ingredients, you might not want to use it. The alternative for real sugar is monk fruit sugar or Swerve. They have NO calories, and can be used in baking. They can be purchased at The Monadnock Co-op or online.

Sugar can be detrimental to our health, and can cause:

- ⇒ tooth decay
- ⇒ coronary heart disease
- ⇒ Osteoporosis
- ⇒ Diabetes
- ⇒ Cancer
- ⇒ gastrointestinal disorders
- ⇒ and even gallstones

Be cautious, be safe, be healthy

Found in Nature's Pharmacy

New [Slow-Paced] Walking Group in Keene

There is a new slow-paced walking group (in Keene and Monadnock region), with walks typically under an hour (days, times and locations differ), with weather permitting. If you are interested or have questions, please search on their Facebook page "Stop to Smell the Roses Keene NH" and request to be added as a member. Robin is the admin. for this private page. Following is from the group's Facebook page:

We are a group of people who won't be intimidated by the joggers and fast paced walkers. We might be slow but that gives us a chance to notice things, have conversations and support others who also walk at a snails pace. Join us! No judgements, no expectations, just support and some laughs along the way.

The group was formed just a month ago and already has over 35 members. If you have a sturdy pair of walking shoes and have been looking for a walking group like this, here's your chance! If you are interested, please request to be added to this group on Facebook.

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!

PERSONAL SERVICE.
PROVEN RESULTS.

Connie Joyce

REAL ESTATE BROKER



ReMax 100% Club For Outstanding Sales
Top Producer For More Than 30 Years
Listing Specialist, Providing Free
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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www.rivermead.org



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.

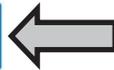
You access your class via Zoom on your computer, tablet or smartphone.

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.

May 2021 Zoom Calendar

Sun	Mon	Tue	Wed	Thu	Fri	Sat
						1 Age in Motion 10:30am
2	3 Chair Yoga 1:00pm	4 Age in Motion 10:30am	5 Qigong 10:30am <i>Cinco de Mayo</i>	6 Age in Motion 10:30am	7	8 Age in Motion 10:30am
9 <i>Mother's Day</i>	10 Chair Yoga 1:00pm	11 Age in Motion 10:30am NH Alliance for Healthy Aging 12:00pm	12 Qigong 10:30am	13 Age in Motion 10:30am	14	15 Age in Motion 10:30am
16	17 Chair Yoga 1:00pm	18 Age in Motion 10:30am	19 Qigong 10:30am	20 Age in Motion 10:30am TED Talks Nature & Beauty 12:30pm email keeneassistant@americanhouse.com for login info	21	22 Age in Motion 10:30am
23	24 Chair Yoga 1:00pm	25 Age in Motion 10:30am	26 Qigong 10:30am	27 Age in Motion 10:30am	28	29 Age in Motion 10:30am
30	31 Chair Yoga 1:00pm <i>Memorial Day</i>					

May 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

May 20 at 12:30 pm Ted Talks
(RSVP to American House now required)

Nature and Beauty

- 1) Karen Bass: Unseen footage, untamed nature
- 2) Louie Schwartzberg: Nature. Beauty. Gratitude.
- 3) Kristine Tompkins: Let's make the world wild again

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 May, 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

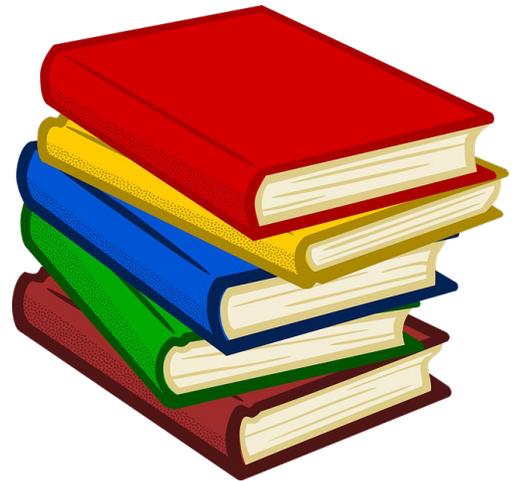
Love getting lost in a good book?

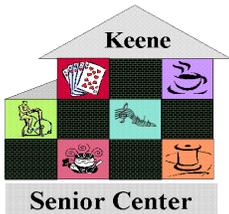
Need something to do?

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!





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Return Service Requested

**“We can’t change the direction of
the wind, but we can adjust our
sails to always reach the
destination.”**

~ Jimmy Dean