

# Senior Sentinel

70 Court St, Keene, NH 03431

Phone: 603-352-5037

Email: [info@thekeeneseniorcenter.org](mailto:info@thekeeneseniorcenter.org)

Website: [www.thekeeneseniorcenter.org](http://www.thekeeneseniorcenter.org)

Senior Center Hours: Currently closed—Zoom sessions only

Thrift Store Hours: Currently closed

Senior Center

*Staying Active  
Making Friends  
Feeling Welcome*

THE KEENE SENIOR CENTER NEWSLETTER

September 2020

## Special Edition #6: Life during the coronavirus pandemic

### Still Alive and Kicking!

Despite not yet being able to reopen The Keene Senior Center building in a safe and healthy way, we are definitely alive and kicking! Here are some reminders of the topics we have covered in our recent eblasts:

#### Terms of Venerly or Animals as Collective Nouns (sent Aug 20)

A collective noun is a collection or group of things taken as a whole. Also known as terms of venerly, collective nouns are plural-only words.

In the animal world... (see page 14)

#### Fake vs. Real News: Becoming a Savvy News Consumer (sent Aug 13)

More Americans are turning to social media as their news source at their, and the country's, peril.

Pew research found that... (see page 14)

#### Coronavirus Changes Office Life (sent Aug 6)

Our lives in the office may well change<sup>1</sup>, experts believe, in all sorts of ways

- the way offices are designed
- what we keep on our desks in the office
- business travel becoming less important as we meet via Zoom
- where workers live fading in importance should more people work from places other than offices... (see page 14)

#### Walk to End Alzheimer's

This year, The Senior Center is showing our support for Alzheimer's research through our **Walk to End Alzheimer's team: *The Senior Center Striders***.

Our team aims to raise \$2500 to support the Alzheimer's Association, an organization dedicated to leading the way to end the disease and all other dementia... (see page 13)

## The Art Project Stuart Carswell

### Being Creative and Artistic

Soon after the coronavirus forced The Senior Center to close, Stuart Carswell emailed us with a wonderful suggestion: once we can safely gather again having a show displaying projects created by members reflecting their creative interests. We love this idea!

It will be wonderful to see each other again—and it will be fun to share results of how we've kept ourselves artistically and creatively busy. We also welcome photographic submissions—the show will feature a photo board where we can post photos of how we stayed active while at home and what we did.

In May, a great granddaughter joined Elizabeth Zinn's family. Betty did an 8"x10" pencil drawing of the baby, Luna Rose, and her drawing will be displayed at the show.



We'd like to include info about your work in October's newsletter, so please send an image of your creative endeavor and a brief description to Cameron ([ctease@thekeeneseniorcenter.org](mailto:ctease@thekeeneseniorcenter.org)).

As Stuart reminds us, *Do stay active and be creative and keep well while at home!*



# *Independence with a little help*

## *Cheshire Village at Home*

### Expansion of Services

CV@H is planning a phased expansion of services as we accommodate the realities of the COVID-19 pandemic. We have developed a protocol for our Volunteers to ensure safety while providing support services to our Members. The protocols have been reviewed and approved by the CV@H Steering Committee and made available to all our Volunteers. On-line training sessions are being organized to help our Volunteers prepare for the expansion of services we anticipate.

We have also created a job description for a part-time position to assist with the phasing of our services. Here is the job posting:

### Administrative Assistant needed

Cheshire Village @ Home (CV@H) is seeking a part-time, 15 hr./wk., Administrative Assistant (AA) to manage a variety of office duties for our non-profit group. We are looking for an individual who has excellent computer skills and has marketing experience. This person will be efficient and comfortable being both a self-starter and a team member. The AA will be working with members, volunteers, and donors usually on the phone. The ideal candidate for this job is resourceful, a good problem solver, organized and a multi-tasker. Some hours may be flexible.

CV@H helps older adults who wish to remain in their homes to be independent and socially connected in their communities. The starting rate for this position is \$15/hr. Please email resume and cover letter to [elizabeth48@earthlink.net](mailto:elizabeth48@earthlink.net). CV@H is a program of the Keene Senior Center.

### September Social on Zoom

We are hosting a social gathering via **Zoom on September 10th at 10:00 am.**

This will be an opportunity for our Members to get an update on our plans to resume phased-in services and ask questions relative to our plans for the remainder of the year. An invite will be in your email in a few weeks. We look forward to this opportunity to reconnect with all of our Members and talk about our plans to resume limited services. We hope to see you at the September Social!

### Check out The Keene Senior Center Facebook page!

We need more people to 'Like' and 'Follow' us.

Use this address

<https://www.facebook.com/The-Keene-Senior-Center-295872914277519/>

to find our active Facebook page and 'Like' us!

Thank you!

## Notes from Cam

Dear Members and Friends,

As we approach six months since we closed because of the pandemic, The Keene Senior Center is “alive and kicking!” You will see in this month’s edition of *Senior Sentinel* that we are increasing our virtual programs on Zoom, email blasts continue every week with topics that are informative, educational, motivational and fun, and we are restarting our “warm calls” to members. Although our finances have been strained, we have taken measures to reduce expenses, and income has been bolstered by a successful Summer Outreach/Appeal, CARES Act grants, car donations, stalwart support from City of Keene, More Than A Thrift Store, and The New Hampshire Charitable Foundation grants, and extraordinary examples of support and generosity by our members. The Senior Center is committed to, and focused on, continuing to provide programs and services to our members in these challenging times and to do our part to make a difference for you.

As I reported last month, The Senior Center’s staff and board have been considering how and when to reopen with a deliberate phased-in strategy. Although COVID-19 cases in Cheshire County have remained relatively low, we have decided that this is not the time to reopen, especially as we approach traditional flu season and schools reopening. Also, in our survey to members in July, approximately half of those who responded were not ready to come back for inside programs. We will continue to evaluate this on a continuous basis. I thank you for your understanding, and commend you for your resiliency and steadfastness as we weather this storm together.

September is traditionally the month for two of our biggest events of the year, The Senior

Swingers Show and the Super Seniors participating in the DeMar Marathon. I would like to send out a special greeting to the Senior Swingers. I know that you are greatly disappointed not to be having your show this year, however I also know that you will be back with great enthusiasm and spirit to make the 50th Anniversary Show in 2021 spectacular! Keep on singing in the shower!

Regarding the Super Seniors, over 50 of them have completed their 25 miles as of mid-August. We expect that there will be many more, and we will be cheering you on in spirit as you safely complete the marathon with families or in small groups on September 27!

Also, in September the “Senior Center Striders,” led by Team Captain Jen Zakrzewski, will be in the *Walk to End Alzheimers*. This will also be a virtual event this year. Please support us to raise money for this very important cause if you can. There are details about a challenge in this newsletter!

I am pleased to announce that we have hired an Administrative Coordinator, MaryAnn Hyzer, who started work in August. MaryAnn has a diverse background in customer service, office, and volunteer management, in both education and business. She is very excited about working at The Senior Center. We will make sure to find ways for you to meet MaryAnn, such as on Zoom calls and via a feature in a future newsletter.

Stay safe, and remember that The Keene Senior Center is here for you, both virtually (for the time-being) and as a “home away from home” when we can reopen safely.

Onward and upward!

Warm regards,  
Cameron Tease

## Puzzles to Exercise Your Mind

Here is the first puzzle for you, familiar to many, called Sudoku.

Instructions:

Every heavily-outlined block, every row, and every column will contain the numbers 1–9. No number will appear more than once in a single block, row, or column.

Check out the other puzzles and riddles for you on page 6.

Solutions on page 15

		2				8		
	5	9			1	6		7
			4		3			
		4		5		2	6	9
			6	3	7		5	4
8		6				4		
			3					
			2		9			1

## Warm Call Initiative Fall & Winter 2020

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

One approach is to set up a fall & winter Warm Call Initiative mirroring the program The Senior Center kicked off soon after the facility closed in March. The Warm Call Initiative, an outreach project whereby Senior Center members received a telephone call to help them feel connected and part of The Senior Center community, was a success.

The Senior Center is looking for your help to make the program we're planning for the fall and winter similarly successful, helpful and supportive.

We're looking for members to volunteer to contact other members via the phone. We'll send you contact information for a handful of members, a suggested script and a list of resources.

MaryAnn Hyzer is organizing the program. If you're interested in volunteering to reach out to other members, let her know ([mhyzer@thekeeneseniorcenter.org](mailto:mhyzer@thekeeneseniorcenter.org)).

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



# Puzzles, Activities, and brainteasers to exercise your mind

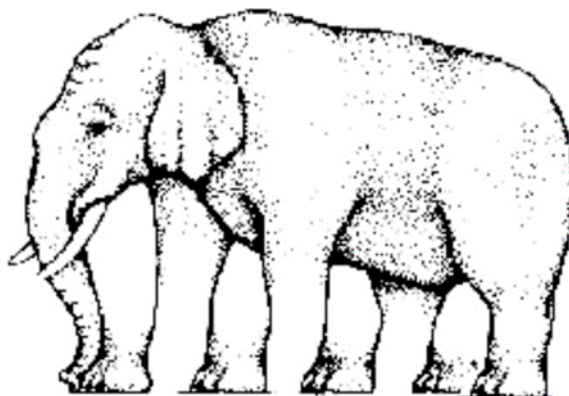
How about a riddle?

A blind beggar had a brother who died. What relation was the blind beggar to the brother who died?

**Note:** “Brother” is not the answer.

Or an optical illusion?

How many legs does the elephant to the right have?



Laughter is the Best Medicine!

Everyone has their own oddly specific laugh triggers.

Here are some staff favorites.

- Dori enjoys [this video of a little girl's trained chicken](#) (especially the end).
- Jen always laughs at this [orchestra that switched instruments](#) and this [very serious magician](#).
- Cam likes corny humor. He loves to see his daughter (and now his granddaughter) roll their eyes.

Like when his daughter said years ago “Dad, you’re so corny” and he responded “Tell me more, I’m all ears!” or when he went to Leon’s Auto Center last week recently about a car donation made to The Senior Center, and Eric Martin shared one of his many corny calendar jokes:

Q: What do you call a row of rabbits hopping away?

A: A receding hare line!

- Member Carol Jeffrey says “I am devoted to zany stuff, the sillier the better. For others of my persuasion I recommend a show lately being shown on Channel 11, New Hampshire PBS. It's called W1A (the postal code for Broadcasting House, BBC, London.) It airs at 8:30 PM Friday, right after Hold the Sunset with John Cleese. Very short on plot but full of characters with a variety of UK accents and practically meaningless dialogue. By the time it's over, I'm aching with giggles.” *Note: as of this writing, W1A is not on the air. However, we hope it will return.*

## Stress Test

And finally, here's a **puzzle to quickly test your stress level**. Be sure to read through the description completely before flipping the page to the picture.

This picture was used in a case study on stress levels at St. Mary's Hospital. **Look at both dolphins jumping out of the water. The dolphins are essentially identical.** A closely monitored, scientific study revealed that, in spite of the fact that the dolphins are so similar, a person under stress would find many differences between the two dolphins. **The more differences a person finds between the dolphins, the more stress that person is experiencing.**

Have a look at the image (on page 15) and if you find more than one or two differences, maybe try to take a vacation soon!

## KEENE SENIOR CENTER FUNDRAISERS

### ***Donate Your Unwanted Car to The Senior Center***

It's so easy! Donating your car takes only five minutes.

Call 603-352-5037, and talk with Cam. Our partner, Leon's Auto Center/J&L Auto Body will haul, appraise, and sell your vehicle for the best possible price to assure the highest tax deduction for you. The Keene Senior Center usually takes your car running or not and does all the paper work including the IRS documentation for your tax deduction. Your donation will make it possible for more people to enjoy The Keene Senior Center.

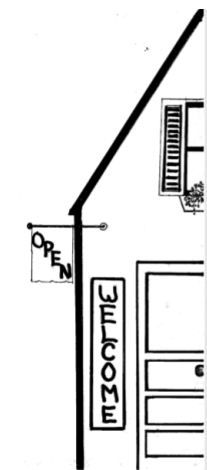


### ***Thrift Store—temporarily closed***

The Keene Senior Center's Bargain Box Thrift Store is normally open Monday-Friday 9:00am–4:00pm and Saturdays 10:00am–2:00pm with a great selection of women's and men's clothing, jewelry and other small decorative items.

We carry adult sizes XS–3X.

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



### ***Colony Antiques—now located at 48 Emerald Street.***

Do you have a collectible object that is 50 years or older? Have an antique piece of furniture, or a work of art? Consider donating it to The Keene Senior Center. These items are consigned at the Colony Antiques, and the majority of the proceeds come back to The Center once the item is sold. Drop off your items at The Keene Senior Center's front desk when we reopen and we will take care of the rest.

***Donate to The Keene Senior Center online!***  
*using a credit card or PayPal*

**It's easy and it's secure!**

Just visit <https://thekeeneseniorcenter.org/>  
and click **Donate** in the top menu bar.

You will be guided through the steps to donate once, or in a monthly fashion.

Help support all of the programs and activities of The Keene Senior Center!

## Does The Senior Center Have Your Current Email on File?

One of the main communication methods The Keene Senior Center is using to stay connected to members during the pandemic are eblasts.

*Do we have your email on file?*

Please email MaryAnn at [mhyzer@thekeeneseniorcenter.org](mailto:mhyzer@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!

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 ([www.thekeeneseniorcenter.org/newsletter](http://www.thekeeneseniorcenter.org/newsletter)).

While you will help The Senior Center save money by doing so, there're also advantages to you as a reader when you access the newsletter online, including

- Getting an email that the newsletter is online before the paper version is taken to the post office for mailing
- Seeing the newsletter in color—for cost reasons the newsletter is printed in B&W
- Being able to click on all links and going directly to the site since all links are hot
- Being able to save a copy of the newsletter to your computer

The Senior Center understands that not everyone is prepared to forego paper copies of the newsletter, but if you're willing to read the newsletter online, email MaryAnn ([mhyzer@thekeeneseniorcenter.org](mailto:mhyzer@thekeeneseniorcenter.org)). She'll remove you from the newsletter mail list and add you to the newsletter email list. Thank you for doing your part in greening the planet, and saving costs for us!

## Call for submissions

We welcome member submissions for our future newsletters. Poems, stories from quarantine, tips and tricks for staying healthy and happy, or anything else on your mind are all welcome!

Please email submissions to Jen at [jzakrzewski@thekeeneseniorcenter.org](mailto:jzakrzewski@thekeeneseniorcenter.org) or mail to The Keene Senior Center. The deadline is **Friday, September 11** for the October issue.







# How to Join Senior Center Programs From Home

You may be at home, but there’s no reason you can’t take part in Senior Center programs.

We have two ways we’re bringing classes and activities to you (*even if you don’t use the internet!*).

## 1. Via the internet.

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

Joining class via Zoom is the best way as you can see your instructor and your classmates.

Plus, they’ll be able to see you.

Here’s the link you use: [thekeeneseniorcenter.org/zoom](https://thekeeneseniorcenter.org/zoom). Scroll down the page to:

CLICK HERE TO JOIN ANY OF OUR ZOOM SESSIONS BELOW  
(PASSWORD REQUIRED\*)



Click here. Password is **Seniors**

You can also join using the Zoom app on a phone or tablet:

Download the [Zoom Cloud Meetings](#) app from the play store. In the app, click *Join meeting*.

Enter meeting ID 851 8098 3534; password **Seniors**.

## 2. Via your telephone.

Dial 1-929-205-6099 when your program starts. Using your keypad type in the

- Meeting ID 851 8098 3534 and
- Password 350040

### *Need Zoom help?*

For questions or troubleshooting, or tips on using Zoom, call (603.352.5037) or email Jen ([zakrzewski@thekeeneseniorcenter.org](mailto:zakrzewski@thekeeneseniorcenter.org))

Participation in physical activity such as group classes comes with certain inherent risks, including the risk of medical events that could result in personal injury, death or disability. You should consult your physician or other health care professional before starting this or any other fitness program to determine if it is right for your needs and that you can participate safely. Do not start this fitness program if your physician or health care provider advises against it. The Keene Senior Center (legal name Keene Senior Citizens Inc.) disclaims any liability for incidental or consequential damages associated with your participation in this fitness program and assumes no responsibility for loss, injury, or damage suffered by any person participating in this digital fitness program. In choosing to participate, you assume any and all risk associated with your participation and agree to indemnify and hold harmless The Keene Senior Center, its officers, directors, employees, volunteers, agents and representatives against any loss, liability, damage, cause of action, costs or expense of any nature whatsoever.

By accepting the invitation to participate in The Keene Senior Center’s virtual classes you are agreeing to the waiver as stated above.

# September 2020 Zoom Calendar

Sun	Mon	Tue	Wed	Thu	Fri	Sat
		<b>1</b> Age in Motion 10:30am	<b>2</b> Qigong 10:30am	<b>3</b> Age in Motion 10:30am	<b>4</b> Meet MaryAnn! 12:00pm	<b>5</b> Age in Motion 10:30am
<b>6</b>	<b>7</b> Chair Yoga 1pm	<b>8</b> Age in Motion 10:30am  NH Alliance for Healthy Aging 12pm	<b>9</b> Qigong 10:30am  Family Memoir 3pm  Creative Writing 4pm	<b>10</b> Age in Motion 10:30am	<b>11</b> 10 Warning Signs of Alzheimer's 12:00pm	<b>12</b> Age in Motion 10:30am
<b>13</b>	<b>14</b> Chair Yoga 1pm	<b>15</b> Age in Motion 10:30am	<b>16</b> Qigong 10:30am	<b>17</b> Age in Motion 10:30am	<b>18</b> Foster Grandparents Program 12:00pm	<b>19</b> Age in Motion 10:30am
<b>20</b>	<b>21</b> Chair Yoga 1pm	<b>22</b> Age in Motion 10:30am	<b>23</b> Qigong 10:30am  Family Memoir 3pm  Creative Writing 4pm	<b>24</b> Age in Motion 10:30am	<b>25</b> Belonging Workshop 12:00pm	<b>26</b> Age in Motion 10:30am
<b>27</b>	<b>28</b> Chair Yoga 1pm	<b>29</b> Age in Motion 10:30am	<b>30</b> Qigong 10:30am			

## Programs for September

All programs will take place via Zoom—see page 8 for instructions on how to join. Anyone with internet access or a telephone can participate. The calendar of these Zoom events is on page 11.

### Recurring classes

These classes were previously offered at The Senior Center and are now online.

- **Creating your Family Memoir**

Do you have a story to tell? A life story or family history you'd like to record for your children or friends? If you've wanted to write but never quite got started, or if you would value having an editor to advise and encourage you, this group may be for you. Led by David Robinson, who has 25 years of experience with book & magazine publishing.

2<sup>nd</sup> & 4<sup>th</sup> Wednesday at 3:00pm

- **Creative Writing Group**

Led by David Robinson, who has 25 years of experience with book & magazine publishing.

2<sup>nd</sup> & 4<sup>th</sup> Wednesday at 4:00pm

- **NH Alliance for Healthy Aging\***

Join Martha McLeod from the New Hampshire Alliance for Healthy Aging for a presentation on advocacy for aging in NH.

2<sup>nd</sup> Tuesday at 12:00pm

\*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

### Friday Lunch & Learns, 12:00 noon on Zoom

One-time presentations or discussions.

- **Meet MaryAnn!**

Join us in welcoming and getting to know our new Administrative coordinator MaryAnn Hyzer.

September 4th

- **10 Warning Signs of Alzheimer's**

Alzheimer's and other dementias cause changes in memory, thinking, and behavior that interfere with daily life. We'll welcome a representative of the Alzheimer's Association to teach us about 10 common warning signs and what to watch for in yourself and others.

September 11th

- **Foster Grandparents Program**

This unique program has brought together tens of thousands of needy children and loving retired adults who have all been deeply enriched by new relationships. They train and place senior volunteers in schools, non-profit childcare centers and other youth service organizations to help set children on the path to a successful future. Patti Morris, Foster Grandparent Coordinator, will talk about the program and answer questions.

September 18th

- **Belonging Workshop | Diversity, Equity, and Inclusion**

Join Jen Zakrzewski and Meg Whittle for an exploration of equity, diversity, and inclusion (DEI). This interactive workshop will blend education and self-examination for a deeper understanding of what's needed to ensure that all people feel welcomed.

September 25th

## Walk to End Alzheimer's Update

A team of Swedish researchers recently developed a blood test that can diagnose Alzheimer's disease with "astonishing accuracy", even doing so up to [two decades](#) before symptoms appear. Breakthroughs like these give us hope that a cure for this disease is just over the horizon. This year, The Senior Center is showing our support for Alzheimer's research through our **Walk to End Alzheimer's team, *The Senior Center Striders***.

We hope you will help us reach our goal! Our team aims to raise \$2500 to support the Alzheimer's Association, an organization dedicated to leading the way to end the disease and all other dementia. Drive, bike, or walk by The Senior Center to see how close we are to our goal thanks to a sign marking our progress.

To celebrate the support of all our donors and team members, we have a series of exciting prizes to mark milestones along the way. Join the team to earn these incentives along with us, or make a donation to help us reach the finish line! To make a donation or for any questions, contact Team Captain Jen Zakrzewski at [jzakrzewski@thekeeneseniorcenter.org](mailto:jzakrzewski@thekeeneseniorcenter.org) or 603-352-5037. If you are reading this online, you can also visit our [team webpage](#). We only have a few weeks left, please help us reach our goal and support Alzheimer's care and research! Every dollar counts.

- \$500** Team members will be given the option to choose a topic for one of our Friday Lunch & Learns. Perhaps there's something you've always wanted to learn, or something you'd like to share?
- \$1000** If we reach this milestone, all donors up to this point and beyond will be entered into a raffle for prizes donated by members and local businesses. Team members will be thanked by name in our newsletter, *The Senior Sentinel*.
- \$1250** Halfway! Turn the Senior Center purple (the color of Alzheimer's awareness) to celebrate making it halfway to our goal. Pass by the Senior Center to see what this means...
- \$1500** Team members will have the option to honor or acknowledge someone in our newsletter. Team members will also be thanked by name on the front page.
- \$2000** If they choose, team members may join us for a distanced, masked walk as a group.
- \$2500** Finish line! Since we cannot meet for a celebration together, all team members will receive a deluxe dinner delivery. They will also be thanked in the *Keene Sentinel*.



### Resources for you

Visit our COVID-19 page on The Keene Senior Center website for clear, accurate, timely information: <https://thekeeneseniorcenter.org/>, and to see our current status.

## Terms of Venerly (from page 1)

In the animal world, for example, familiar terms of venerly include assembly of cattle, litter of wolves, pack of dogs, school or dolphins, and pod of whales. Many terms of venerly related to animals<sup>1</sup> are sufficiently arcane for use in crossword puzzles:

- |                          |                     |                        |
|--------------------------|---------------------|------------------------|
| • troubling of goldfish  | • passel of piglets | • huddle of penguins   |
| • swift of tigers        | • husk of hares     | • journey of giraffes  |
| • shiver of sharks       | • cete of badgers   | • bloat of hippopotami |
| • rhumba of rattlesnakes | • clowder of cats   | • sneak of weasels     |
- 

## Fake vs. Real News: Becoming a Savvy News Consumer (from page 1)

...numbers of which are growing—who rely on social media for our news are more ignorant and more misinformed than Americans whose news sources are through print, news apps on phones or network TV<sup>2</sup>.

We may be awash in fake news, but that doesn't mean we have to drown in it. There are easy steps to take that'll help you figure out what's fake and what's legit:

1. **Be skeptical and think critically.** Everyone has personal biases. Believing the worst can blind us to what we share on social media so much that we ignore red flags.
2. **What's the source of the news item?** Do you recognize it? Just because you've never heard of the source doesn't mean it's fake but take the time to confirm facts on sites you don't know.
3. **Verify by using search engines and other news outlets.**
4. **Check the link in your browser.** Fake news sites often mimic actual news sites. Be suspicious if the link looks odd. Make sure the "Contact Us" and "About Us" links work, and give helpful info. Use fact-checking sites such as factcheck.org, snopes.com, politifact.com.
5. **Give what you're reading the "smell test".** Lots of capital letters and exclamation points, obvious grammatical errors, a shortage of data and unattributed quotes should make you suspicious.

If someone sends you a story you determine to be fake, let the person know.

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## Coronavirus Changes Office Life (from page 1)

- compensation, reflecting staff living in different countries
- hiring practices changing if staff live in different countries
- fewer conventions and conferences, which in turn will affect industries supporting these gatherings

Office-ready face masks, home office supply stipends, and more signs and instructions (think of the arrows on grocery store floors) may be part of life from now on for office workers. Also, perhaps less intense rush hours, and less importance on a 9–5 work day.

Dressing up? Maybe we will only dress up when we do go into the office or have a digital meeting.

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1. <https://www.adducation.info/mankind-nature-general-knowledge/collective-nouns-for-animals/>
2. <https://www.journalism.org/2020/07/30/americans-who-mainly-get-their-news-on-social-media-are-less-engaged-less-knowledgeable/>





## Senior Center Member Virginia Eskin Winner of Ruth and James Ewing Arts Awards for 2020

*Congratulations to Virginia Eskin!*

Virginia, one of two winners in the performing arts category, was one of 16 winners of Ruth and James Ewing Arts Awards for 2020. Overall, 62 regional artists in 11 categories were nominated.

The Ruth and James Ewing Arts Awards is a project of The Keene Sentinel and the nonprofit Arts Alive! that supports programming and fundraising among other activities for artists.

To date, 97 artists, arts groups, art schools and presenters of the arts in the Monadnock Region have been received this award. Named for the late Ruth and Jim Ewing who purchased The Sentinel in 1954 and ran the daily newspaper for nearly 40 years, the award recognizes the Ewings' enduring investment of time and interest in the arts and humanities.

### Media coverage:

- [Ewing Arts Awards winners announced Jun 6, 2020](#) (*The Keene Sentinel*)
- [Virginia Eskin: Performing Arts Jul 30, 2020](#) (*The Keene Sentinel*)
- [Virginia Eskin, Ewing Arts Award winner: Jul 30, 2020, 3-minute video](#) (YouTube)
- [July 29, 2020 awards event, streamed from Courtyard Marriott in Keene](#) (*The Keene Sentinel* Facebook)
- [Local artists honored -- virtually -- at Ewing Arts Awards Jul 30, 2020](#) (*The Keene Sentinel*)

## Solutions to the Puzzles & brain teasers in this newsletter:

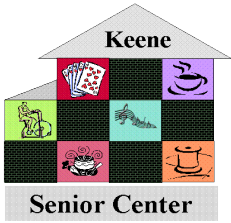
### Sudoku:

4	7	2	5	9	6	8	1	3
3	5	9	8	2	1	6	4	7
6	8	1	4	7	3	9	2	5
7	3	4	1	5	8	2	6	9
9	2	8	6	3	7	1	5	4
1	6	5	9	4	2	3	7	8
8	9	6	7	1	5	4	3	2
2	1	7	3	8	4	5	9	6
5	4	3	2	6	9	7	8	1

### Stress Test Dolphins:



Riddle: The blind beggar was the *sister* of her brother, who died.



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**“Youth is the gift of nature,  
but age is a work of art.”**

**– Stanislaw Jerzy Lec**