



WHITE BIRCH CENTER *for* ACTIVE LIVING

Volume 2 ■ Issue 11 ■ June 2018

Message from the Executive Director

Hello Everyone,

I made a joke the other day when I was speaking in front of an audience of 200 people. As I looked out over the crowd I said “When I look at all the people who are here tonight, I see a lot of seniors. The thing is, not many of you realize it.” The people who laughed were the seniors.

I went on to explain that my sense of it tells me that the measure of seniority is not one’s age, but rather one’s experience. I am sure that most people don’t feel their age. It is understandable then, when they consider their own outlook, they don’t see themselves as a senior. “I don’t feel that old.” is a common response to the question “Are you a senior?”

What makes you special, and what makes all seniors special, is that you have a lifetime of experience – completely unique from any other person in the world. This perspective you have, one that was formed by education, family, history, and

your immersion in this world today, is what makes you a senior.

If age is your reference, then I see you as the person you feel you are. I feel young too. If you also recognize that your senior status is based on the wealth of experience you bring to the table, then bravo my friend. Not only do you have a seat waiting at our White Birch table, we are very interested in having you fill it.

Sincerely,

Marc McMurphy

Executive Director



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Spotlight on YOU!

Louise Franck Cyr



I was once from away! My family's home-
stead is 8 hours away in northern Maine's beautiful St. John Valley. I hold fond memories about growing up in my

loving Acadian family (7 girls & 1 boy) with aunts, uncles, cousins and grandparents. I received my undergraduate and advanced degrees from UMaine where I met Mike 49 years ago! After teaching high school for 11 years, we relocated to Orono where I was a UMaine Cooperative Extension faculty member. I developed and conducted educational programs in parenting, aging, leadership, facilitation, life coaching, and community development followed by a senior administrator position working with faculty throughout Maine.

In 2009 we moved to Henniker to be closer to family. Our son Andrew lives in New York City and is the Artistic Director of Metropolis Ensemble, a non-profit he created that provides venues for emerging composers. His wife, Kate Gilmore is a SUNY professor and a renowned artist. Their

son, Eli, is a joyful 6-year old. Our daughter, Andrea and her husband Dennis live in Henniker with careers in the family Ford/ Chrysler dealerships in Hillsboro. Their children, Connor 13 & Amelia 10 are avid skiers and amateur golfers.

After building our dream retirement home, it was time to figure out how to become rooted in this quaint college town. I resumed my harp playing and took workshops to learn how to play Native American flutes, and joined in creating the Kokopelli Grove, a group of flute players and djembe drummers. A CD recording is in the works! I'm an avid knitter, rug hooker, stained glass artist, snow shoe hiker and golfing enthusiast.

Local knitting groups were great places to meet women and learn about Henniker. Joining NEC's LINEC and the Active Living Program provided opportunities to connect with vibrant, engaged seniors. I joined the board in 2014 and facilitated a task force exploring senior programs in surrounding communities and discovered that Henniker has the best Active Living Program around. My time with the board will end in June. It was a privilege to serve and meet so many people in this loving supportive community you have created.

Turning 70 provides an opportunity to reinvent my life. What do I want to create during this last third of my journey and what is important now? These are questions I sit with in my meditation and journal writing practice. What I know for sure is how privileged, blessed and grateful I am for numerous growth filled life experiences along with moments of wondrous joy, grace, wisdom and beauty. I love our life here!

Day Trips in June

Nashua Shopping

It is time for one of our favorite shopping excursions. On Thursday June 14th we will head to Nashua with stops at Christmas Tree Plaza followed by lunch at Uno's and end the day at Trader Joes.

Cost for the trip is \$8 and must be paid when you sign up. Lunch is on your own. If you would like to sign up, stop by White Birch and see Marie or Beth Ann.

Pick up at Rush Square at 8:45 AM and Henniker Community parking lot at 8:50 AM.

Sand Sculptures at Hampton Beach

On Thursday June 21st we will spend the day at Hampton Beach. Once we arrive, it will be a free form day where you will have time to take in the sand sculptures, stroll along 'the strip', or just sit and relax on the beach.

Cost for the trip is \$10 and must be paid when you register. Lunch is on your own. If you would like to sign up, stop by White Birch and see Marie or Beth Ann.

Pick up at Rush Square at 8:30 AM and Henniker Community parking lot at 8:35 AM.

Fisher Cat Baseball Game

On Tuesday June 26th we will head to the ballpark to see the NH Fisher Cats take on the Portland Sea Dogs (Boston Red Sox minor league affiliate). These games are always entertaining and it's a great chance to see some exciting baseball and watch the up and coming stars.

Cost for ticket and bus fare is \$20 and must be paid when you sign up. Deadline to sign up is June 8th. Food is on your own at the ballpark.

If you would like to sign up, you can stop by White Birch and see Marie or Beth Ann.

Pick up at Rush Square at 5:00 PM and Henniker Community parking lot at 5:05 PM.

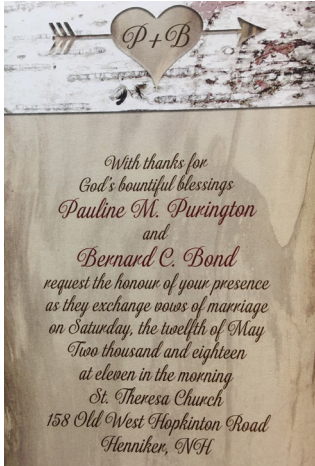


2018 HENNIKER Summer Concert Series

JUNE 12 The Bradford Bog People <i>Take a step back in time</i>	JUNE 19 The Last Duo <i>Acoustic duo</i>	JUNE 26 Studio Two <i>New England's Best Beatles Tribute Band</i>
<i>Double Header</i> JULY 3 Groove Alliance <i>Motown, classic R&B</i> <i>Introduction</i> The Chicago Experience <i>Sponsored by Alliance Entertainment</i>	JULY 5 The 39th Army Band <i>Celebrate our Nation's birthday in Henniker (Wednesday show)</i>	JULY 10 Catfish Howl <i>New Orleans Zydeco Cajun Swing</i>
JULY 17 Otis and the Elevators <i>Blues and Americana soul</i>	JULY 24 2120 South Michigan Avenue <i>Chicago Blues</i>	JULY 31 Club Soda <i>Classic rock from the 60's to today</i> <i>Sponsored by Henniker Rotary</i> <i>'Fire on the Mountain' Chili Fest</i>
AUGUST 7 Rusted Chrome <i>Country classics and rock hits</i>	AUGUST 14 BBNG <i>Blues Brothers Next Generation - Jake and Elmore Ride Again!</i>	AUGUST 21 Nick's Other Band <i>End of summer bash with our favorite party band</i>
All performances are FREE and begin at 7:00 PM	Angela Robinson Bandstand Community Park Main St., Henniker	In the event of rain, inside the Community Center
DONATIONS GRACIOUSLY ACCEPTED Check Town of Henniker website www.henniker.org for latest weather plans		

A White Birch Love Story Continued

All the participants at White Birch would like to congratulate Pauline and Bernie on their recent marriage. Those attending the ceremony were moved listening to Father Marcel's blessing and the reception was a wonderful celebration full of laughter and dancing. A great time was had by all. Cheers to Mr. and Mrs. Bond!



White Birch Center is participating in NH Gives again this year!

NH GIVES is an annual, statewide, 24 hour on-line giving event hosted by the NH Center for Nonprofits.

This lively initiative begins on June 6, 2018 at 6:00 PM and ends on June 7th at 6:00 PM. It is all about giving back to your community and celebrating the local impact people can make when they come together for a cause. Check out **NH GIVES** at <https://www.nhgives.org/> for further information, including a helpful section on Donor FAQ's.

Use the link <http://gvgb.co/whitebirchcenter> to go directly to White Birch Center's page for **NH GIVES**, it can be viewed now and will become active on the Giving days.



ServiceLink at White Birch

On Wednesday June 27th at 9:00 AM, Christine Griffin from ServiceLink will visit White Birch. Christine is one of the two Medicare Specialists at ServiceLink in Concord. Christine will be visiting White Birch on the fourth Wednesday of each month.

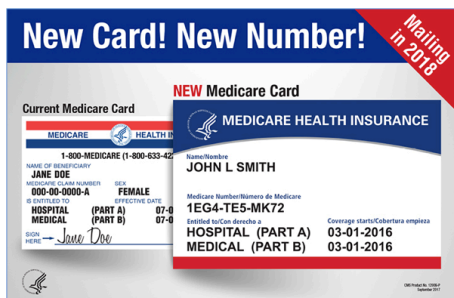
The role of a Medicare Specialist with ServiceLink is to educate and they help individuals navigate the Medicare healthcare system. They are also here to assist in resolving problems Medicare beneficiaries may encounter. They are State of NH Certified Medicare Counselors and are not con-

nected with any insurance company. The busiest time of year is October 15 through December 7, Annual Open Enrollment, the window of time for checking Medicare Part D prescription plans and Medicare Advantage plans for the following calendar year and making any changes to be sure you are getting the best coverage and value.

Please stop by to meet Christine. During the Open Enrollment period, we will be scheduling times for individuals to meet with Christine to review your individual Medicare needs.

News from Medicare

New Cards will be mailed between April 2018 – April 2019



We'll be removing Social Security numbers from Medicare cards and mailing

Here's how you can get ready:

- Make sure your mailing address is up to date. If your address needs to be corrected, contact Social Security at ssa.gov/myaccount or 1-800-772-1213. TTY users can call 1-800-325-0778.
- Beware of anyone who contacts you about your new Medicare card. We'll never ask you to give us personal or private information to get your new Medicare Number and card.
- Understand that mailing everyone a new card will take some time. Your card might arrive at a different time than your friend's or neighbor's.
- Cards will be mailed by the Department of Health & Human Services.

each person a new card. This will help keep your information more secure and protect your identity.

You'll get a new Medicare Number that is unique to you and it will only be used for your Medicare coverage. The new card won't change your coverage or benefits. You'll get more information from Medicare when your new card is mailed.

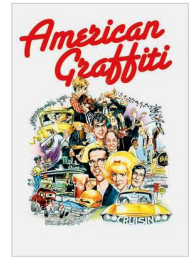
Tuesday Movies in June

American Graffiti

Tuesday, June 5th at 1:00 PM

Rated PG

Showcasing then-Hollywood-newcomers Harrison Ford, Richard Dreyfuss and Ron Howard, director George Lucas weaves together the stories of a disparate group of teenagers as they struggle with adolescent rites of passage in 1962.



The Greatest Showman

Tuesday, June 12th at 1:00 PM

Rated PG

Behind “The Greatest Show on Earth” was one of history’s greatest showmen, P.T. Barnum. This musical biopic centers on Barnum’s creation of the three-ring circus and his infatuation with Swedish songbird Jenny Lind.



Only the Brave

Tuesday, June 19th at 1:00 PM

Rated PG-13

Only the Brave, based on the true story of the Granite Mountain Hotshots, is the heroic story of a team of local firefighters who – through hope, determination, and sacrifice – become one of the most elite firefighting teams in the nation.



All the Money in the World

Tuesday, June 26th at 1:00 PM

Rated R

All the Money in the World follows the kidnapping of 16-year-old John Paul Getty III (Charlie Plummer) and the desperate attempt by his devoted mother, Gail (Michelle Williams), to convince his billionaire grandfather (Christopher Plummer) to pay the ransom. When Getty Sr. refuses, Gail attempts to sway him as her son’s captors become increasingly volatile and brutal. With her son’s life in the balance, Gail and Getty Sr.’s advisor (Mark Wahlberg) become unlikely allies in the race against time that ultimately reveals the true and lasting value of love over money.



Banner Tours and Travel and White Birch Center Present **Rhode Island Lighthouse Cruise**

Wednesday, July 18, 2018

We start the day exploring historic Wickford Village. This friendly seaside village is known for its historical buildings, artists, and beauty on the harbor. Smell the salt air as we lunch on our own in one of the many cafes. Explore the village's many shops and galleries or relax and enjoy the harbor view.

Next, we board the Millennium Catamaran, the largest most luxurious sightseeing catamaran of all New England. Our 90-minute narrated cruise around Narragansett Bay highlights some of Rhode Island's most beautiful lighthouses. On returning home we will have wonderful memories to share with friends.

Reservation forms are available at White Birch.

Price: \$127 per person

Deluxe Tour includes: Luxury motorcoach transportation, Lighthouse Cruise, and Professional Tour Director Services. Gratuities for the Bus

Driver and Professional Tour Director are not included.

Depart: 7:30AM at Concord Trailways

30 Stickney Rd–Return approximately 5:30 PM.

Payment is due upon reservation. Reserve early as space is limited. Last date to reserve: June 22, 2018

Reservations after June 22 will be first come first served if space is available

Make checks payable to: Banner Tours and Travel LLC

Please mail to: White Birch Center PO Box 2035
 Henniker, NH 03242

Questions? Call 603-428-3077 or email: beth-annp@whitebirchcc.org

Any cancellation prior to the departure of the tour, cancellation fees are as follows: Over 45 days no cancellation fee, 31-45 days 25%, 15-30 days 50%, 14 days or less 100% fee

Laughter and Good - Hearted Living

In April, Active Living participants enjoyed a wonderful presentation given by Sandra Maisey at Tucker Free Library where she discussed the benefits of Laughter and Good-Hearted Living. Sandra is a certified laughter therapist and received her training through the World Laughter Tour. The following description is taken from the WLT website:

The Mission of World Laughter Tour, Inc. is to create and disseminate an adjunctive therapeutic

modality called “laughter therapy”, by properly applying laughter theories and practices into multi-generational, multi-cultural, systematic health and happiness programs. We do this by promoting attitudes that support mental and physical health, thereby helping primary treatments work better, and by teaching methods that are uplifting, simple, effective and powerful. We believe these methods make a remarkable impact

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both in the overall health and wellness of individuals we teach and serve, as well as making the world a better place; one filled with laughter, kindness, tolerance, forgiveness, and harmony.

We promote a worldwide movement for health, happiness and peace by encouraging everyone to tap into the positive benefits of laughter and humor, which are natural pathways to the mind and body, thereby directly related to mental and physical health. PLUS, we teach a method that changes attitudes from...

- Tuning out negativity to tuning in positivity
- Rigid thinking to flexible thinking
- Self-pity to gratitude
- Selfishness to kindness
- Harboring resentments to compassion and forgiveness
- Guilt or stress to joy, pleasure, and relaxation

During the presentation Sandra led us in laughter exercises and shared the guidelines for good-hearted living.

Good-hearted living begins with mindfulness. Each day remember what the special practice is for that day. Whenever you see an opportunity, take some action to fulfill the practice for that day. Your actions will become habits and the habits will become a natural and positive way of life for you. Soon you will be amazed to find that you laugh more and are more cheerful and optimistic.

Whenever you are mindful of any of the practices and the pleasant feelings they bring, you can tell yourself, "Isn't it great that I feel happy now! Right now, this is being stored in my brain, where it joins my other moments of serenity. The larger the library and storehouse of serenity in my brain, the easier it will be for me to access it at will.

Mondays are for Compliments:

This overcomes our tendency to criticize and be judgmental of others, which robs us of laughter. Look for the good in others, tell them about it, and you might just end up laughing together. Monday thought: "A kind word often goes unspoken, but never goes unheard.

Tuesdays are for Flexibility:

There is no laughter in being stubborn. We all get set in our ways and yet it is a good thing to be open to new ideas. It can be more fun than being in a rut. An open mind lets the laughter in. Tuesday thought: "The tree that bends in the wind does not break.

Wednesdays are for Gratitude:

A good way to feel miserable is to always think you need something more to make you happy. An attitude of gratitude brings serenity and laughter. Wednesday thought: "As you go through life, let this always be your goal: Keep your eye upon the donut and not upon the hole!"

Thursdays are for Kindness:

Think of ways to help make the other person's life a little easier. Simple kindness may be the most vital key to the riddle of how human beings can live with each other in peace, and care properly for this planet we all share. Thursday thought: "The practice of kindness creates healthy relationships and community connections and inspires people to pass kindness on to others."

Fridays are for Forgiveness:

Forgiveness means letting go of anger. Find a way to see those who have hurt you in the new light of

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compassion. Releasing anger makes you healthier and opens up room in your heart for more laughter. Friday thought: "I never hold a grudge because while I am being angry the other guy is out dancing!" (Buddy Hackett)

Weekends are for Chocolate:

Remember to eat some chocolate or any other favorite food. Remember to take time for leisure, pleasure and relaxation. Weekend thought: "A bad day fishing beats a good day working."

Kentucky Derby Party Combines Fun and Fundraising

On May 5, guests enjoyed some Louisville excitement at the White Birch Center Kentucky Derby Party held at Pats Peak. Derby-goers dressed in style enjoyed classic cocktails, southern inspired food, and dancing on the deck to live music from Nick's Other Band. Exquisite raffle items, a fun hat contest and themed games were enjoyed by a crowd of more than 150 attendees. Gathering for a rendition of My Old Kentucky Home, followed by

watching the Run for the Roses on the big screen, added to the tradition of this sold-out event. The Derby Party raised over \$10,000 in proceeds towards the mission of White Birch Center - to be a community leader in providing exceptional programs and services that support learning and active living for children, adults, and families. Thank you to everyone who helped make this fundraiser such a wonderful success!



DAVIS & TOWLE
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Henniker, NH 03242

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WHITE BIRCH CENTER *for* ACTIVE LIVING

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