



WHITE BIRCH CENTER *for* ACTIVE LIVING

Volume 3 ■ Issue 1 ■ July 2018

Message from the Executive Director

Hello Everyone,

I recently helped my sister go through my late mother's storage shed. I was put in charge of the pictures and the slides that my parents had accumulated over their lifetime.

Most of the pictures I threw away. They were of landscapes and places from my parents' trips around the world. The slides and pictures I kept were of family, buildings that might have meaning to someone, like our old house or a cottage that we would go to on summer vacation.

Anyway, there are two specific pictures that exemplify why some were kept and some were discarded. The first is a picture of my younger sister, probably from 20 years ago, sitting on a couch and cradling an infant in each arm. Meghan had Down Syndrome and she had a way with little children and pets. Upon closer inspection though, I discovered that she was actually holding two cats dressed entirely from head to tail in infant clothing. Yes – that includes a bonnet. This picture is worth saving, if not for my family, then for the world.

The other picture is of a cow in a field that my mother or father saw while in China. Why was this picture ever taken? Are Chinese cows different? Did this cow just do something amazing that my mother somehow missed? Did it stand on its hind legs as the train went by and tap dance? Who knows? That picture has been tossed on the discard heap.

Going through all of the pictures has given me something to think about. If I take a picture of any person or place, let it be a true expression of that person or place. Otherwise, I am going to keep that special moment I had, like seeing a cow in a field, to myself. No picture. Nothing to share. Nothing to throw away.

Sincerely,

Marc McMurphy

Executive Director



WHITE BIRCH CENTER BOARD OF DIRECTORS

Stephen Burritt
President

Peg Herbert
Vice President

Cathy Clement-Dias
Secretary

Ryan Towle
Treasurer

Members:
Dave Currier
Betsy Fowler
Dagmar Sepulveda Herrick
Arnie Huftalen

Elin Leonard
Bill Sullivan
Mark S. Zuckerman

Emeritus Members:
Jon Evans
Lucia R. Evans
Jolene Schillinger/Erikson

Carol Gaidos

Marc McMurphy
Executive Director

Beth Ann Paul
Director of Active Living



WANTED
CHILIMAKERS
CRAFT VENDORS
FOOD VENDORS

Cash prizes totaling \$1000
Top Judges' Awards, Amateurs

16TH Annual
CHILI FEST
Fire on the Mountain
Sunday, August 19, 2018
Pats Peak Ski Area, Henniker, NH

- Professional and Amateur Chili Categories
- Two People's Choice Awards
- Three Judges' Panel Cash Awards
- Best Booth Display Award

SIGN UP TODAY! www.chilinesshamshire.org
or mskrotzer@yahoo.com

Rotary
Club of Henniker 

Dinner Diners Appleseed Restaurant

With the longer daylight hours in the months of July and August, we will explore restaurants that are only open in the evening hours. Transportation for these outings is on your own. On Tuesday July 17th we will meet at the Appleseed Restaurant located at 63 High Street in Bradford at 5:00 PM

– that is when the restaurant opens.

In order to make reservations, the deadline to sign up is Friday July 13th. If you would like to sign up, you can stop by White Birch, call 428-3077, or email bethannp@whitebirchcc.org.

Day Trips in July

Remick Country Doctor Museum and Farm -Tamworth

On Thursday July 12th, we will visit the Remick Country Doctor Museum and Farm in Tamworth NH. Medicine and farming share the spotlight at this 18th-century family farm, home to two generations of Remick doctors. The role the country doctor played in the community blends with an emphasis on how he grew vegetables and kept livestock just as his neighbors did. Father and son doctors, both Edwin Remick, (though the son was Edwin Crafts Remick), saw to this farming community for a total of 99 years between them. For most of that time, the Remicks were the only physicians in Tamworth, seeing patients from this remarkably pretty homestead until the death of “Younger Remick” in 1993. This museum was voted as the Editors Choice for 2018 in New England Today Travel.

After touring the museum, we will have lunch at Hobb’s Tavern. According to their website they are, “An idyllic countryside tavern and brew house offering warmth, history, classic comfort food, and handcrafted beer at the foot of the New Hampshire White Mountains.

Cost for the trip is \$15, which includes museum entrance and bus fare and is due when you sign up (minimum of 6 participants necessary to make trip). Pick up at Rush Square at 8:15 AM and Henniker Community Parking lot at 8:20 AM.

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

Upper Valley Loop

On Thursday July 26th, we will have a fun filled shopping day as we head to Newport to visit our favorite thrift store, followed by a stop at Runnings, and lunch at the Windsor Station Tavern.

Cost for the trip is \$5 and must be paid when you sign up. Pick up at Rush Square at 8:45 AM and Henniker Community Parking Lot at 8:50 AM.

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

Wadleigh State Park

On Monday July 30th, we will head up to Wadleigh State Park for a day at the lake. For those who have not visited, Wadleigh State Park offers swimming on beautiful Kezar Lake. Tall pine trees shade the picnic sites located adjacent to the beach, making it an ideal location for families and group outings. Amenities in the park include a bathhouse and picnic tables. So, pack your own lunch, beach chair, swim suit, and book and relax at the lake.

Cost for the bus is \$5 and due when you sign up. Pick up at Rush Square at 10:30 AM and Henniker Community parking lot at 10:35 AM.

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

Banner Tours and Travel and White Birch Center Present **Beacon Hill, Boston Italian Lunch & Swan Boats**

Thursday, August 9, 2018



The stately Nichols House Museum is an example of the Bostonian upper class during Nichol's lifetime. The museum is named for Rose Standish Nichols (1872-1960), renowned landscape gardener, suffragist, pacifist, and member of the Cornish Art Colony in NH, who lived in the house between 1885 and 1960. Discover tapestries, American handwork, distinctive furniture and collections, and statue by NH artist St. Gaudens. The guided tour will cover over three floors of the building. There will be many stairs and a lot of walking.

Enjoy a delicious Italian luncheon, family style at Maggiano's. After lunch enjoy a Swan Boat ride in Boston's beautiful Public Gardens. The Swan Boat story dates back to the 1870's and continues to be a favorite summer pastime for city residents and visitors.

Price: \$127 per person

Deluxe Tour includes: Luxury motorcoach transportation, Museum Guided Tour, Italian Lun-

cheon, Swan Boat Ride, and Professional Tour Director Services.

Gratuities for the Bus Driver and Professional Tour Director are not included.

Depart: 9:30AM at Concord Trailways
30 Stickney Ave.

Return: approximately 5:30PM

Payment is due upon reservation. Reserve early as space is limited. Last date to reserve: July 20th
Reservations after July 20th 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

Good Morning Henniker

In January of 2001, the Henniker Police Department initiated the “Good Morning Henniker Program”.

This service was established to check the safety and welfare of elderly or disabled individuals within our community who live alone or have special needs. When you enroll in this program you sign a contract agreeing to phone the police department each day, Monday through Friday, between the hours of 9:00 AM and 11:00 AM. You identify yourself and state that you are checking in as part of the Good Morning Henniker program.

If the police department has not heard from a person enrolled in the program by 11:00 AM, contact will be attempted by phone. If there is no answer, a police officer will be dispatched to the residence to check the safety and welfare of the person. Persons enrolled in the program will be required to supply the police department with a key to their residence. The key will be maintained in a secure location at the police department.

If you are interested in enrolling or would like more information you can stop by the Henniker Police station or call 438-3213.

Keeping Cool

The following information was developed by New Hampshire Division of Public Health Services Climate & Health Program. White Birch Center has air-conditioned comfortable space available to use during the hot weather. Please feel free to stop by Monday-Friday from 9-5 if you need a place to stay cool.

Stay cool and healthy when it's hot outside!

Seniors can get sick on hot days because as you get older, your body may have a harder time sensing heat and staying cool.

- Check local news for the weather report. If highs are in the 80s or 90s, make a plan for how you're going to stay cool using the tips listed here.
- Stay in an air-conditioned place and limit activity on very hot days. Call 211 or ask your senior center staff to find out about air-conditioned places or cooling centers in your community.

- Drink plenty of water. Don't wait until you feel thirsty to drink.
- Wear loose, lightweight clothing and wipe your skin with a damp towel to keep your body cool.
- Check in with a friend or relative twice a day to let them know if you're staying cool, hydrated, and healthy or to ask for help.
- Talk to your doctor about how hot weather will affect you and follow their recommendations. Some health conditions and medications make it harder for your body to handle hot weather.
- Watch out for signs of heat illness, such as fatigue, skin rash, heavy sweating, muscle cramps, weakness, dizziness, nausea, and headache. If you feel any of these signs or symptoms, plan to cool off as soon as possible, or seek medical attention if symptoms worsen or last longer than 1 hour.

Tuesday Movies in July

MASH

Tuesday, July 3rd at 1:00 PM

Rated R

Director Robert Altman's thinly veiled Vietnam War satire is indicative of when the spirit of the 1970s went mainstream, with Elliot Gould, Donald Sutherland and Tom Skerritt as Army doctors fighting military insanity and healing wounded soldiers during the Korean War. Featuring an Oscar-winning score and standout work from a huge ensemble cast (including Robert Duvall and Sally Kellerman), *M*A*S*H* is a masterpiece of '70s cinema.

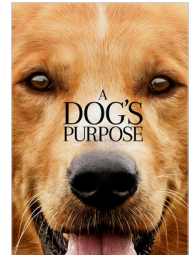


A Dog's Purpose

Tuesday, July 10th at 1:00 PM

Rated PG

Unfolding through the prospect of a reincarnated dog, this affecting family tale follows the faithful canine as he learns the purpose of his existence through the lives of his numerous owners.

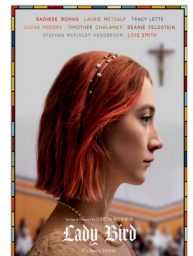


Lady Bird

Tuesday, July 17th at 1:00 PM

Rated R

In her senior year of high school in Sacramento, teenage Lady Bird is set on making her way east to attend college in New York City. With help from her adopted brother, Miguel, she begins putting together a plan for her great escape.



Jaws

Tuesday, July 24th at 1:00 PM

Rated PG

Director Steven Spielberg virtually invented the summer blockbuster with this white-knuckle adaptation of Peter Benchley's novel about an insatiable great white shark that terrorizes the townspeople of fictional Amity Island. John Williams's legendary score punctuates the tension as the police chief (Roy Scheider), an oceanographer (Richard Dreyfuss) and a grizzled shark hunter (Robert Shaw) seek to destroy the bloodthirsty beast.



Molly's Game

Tuesday, July 31 at 1:00 PM

Rated R

Molly's Game is based on the true story of Molly Bloom, an Olympic-class skier who ran the world's most exclusive high-stakes poker game for a decade before being arrested in the middle of the night by 17 FBI agents wielding automatic weapons. Her players included Hollywood royalty, sports stars, business titans and finally, unbeknownst to her, the Russian mob. Her only ally was her criminal defense lawyer Charlie Jaffey, who learned that there was much more to Molly than the tabloids led us to believe.



Pedal power on the Goffstown Rail Trail ▶



Visiting the NH Veterans Cemetery ▲



Romie hanging with his Active Living friends ▶

Getting Older Is Getting Better!

4 Ways to Meet Change and Uncertainty with Joy

There's excellent news for America's largest generation! Just as tens of millions of Baby Boomers move into their golden years, new research reveals that our latest years may be our happiest. Could it be that youth really is wasted on the young? Young people usually enjoy high energy, peak physical condition, and that shiny optimism of starting fresh in life. But are they as happy as their parents and grandparents? A study from the University of Chicago shows that people are feeling happier and happier as they age.

Since 1972, researchers have been asking a cross section of Americans the same question: "...How would you say things are these days—would you say that you are very happy, pretty happy, or not too happy?" Results show that feelings of happiness increase over time. The percentage of people who reported being "very happy" grew along with their advancing age. The University of Chicago survey is one of the most comprehensive studies of happiness ever done in America, and the findings should contribute even more to our happiness quotient. Looking forward to more contentment, satisfaction, and joy can really lighten our steps into the future!

"I'm a living example of this principle," says Dr. Northrup. "My life has grown more fulfilling, more exciting, more rewarding year by year. As we age, we can continue to learn and grow and find ways to make a difference in the world that offer a very deep foundation for happiness." Each stage of life has its own blessings, and though we may lose a little we pick up life skills, understanding, and knowledge that give us more compassion for others and ourselves. Says Dr. Northrup, "We

learn to forgive and accept ourselves for the magnificent beings we are. The pleasure we can experience once we allow it is truly incredible!"

University of Chicago sociology professor Yang calls this the "age as maturity hypothesis"—happiness grows as people mature and make positive gains in self-integration and self-esteem. With the gifts of maturity can come a better sense of overall well-being. Growing older can actually make us feel better! We are learning to look at life and ourselves with a new perspective and a new appreciation.

Dr. Northrup recommends stepping into the future with an open mind and an open heart. While it's true that life brings changes as we age, how we think about those changes can make all the difference. If we love and appreciate ourselves, we can learn to enjoy and appreciate every stage of our lives.

Here are a few of Dr. Northrup's guidelines for meeting change with joy and hope:

Embrace the Wisdom of Routine.

When life hands you circumstances you can't control, respond with things you can. Either start or continue at least one activity that is scheduled regularly. A regular routine is healing, calming, and reassuring. For Dr. Northrup, a daily exercise routine and twice-weekly Pilates classes have helped her stay grounded during difficult times.

Enhance Your Daily Life.

Find ways to bring comfort and beauty into your world. Making a fire in the fireplace, lighting

candles on the dinner table, placing flowers beside your bed, listening to your favorite music are all ways to care for yourself. Treating yourself gently and kindly helps keep loneliness and discouragement away—self-care and self-love are always healing.

Know That the Fear of Loss Is Often Worse Than the Loss Itself.

The passage of time will bring change and loss into every life. Experiences we share are easier to bear, and Dr. Northrup has found that the changes she feared often turned out to be blessings in disguise. When her daughters left home to begin their adult lives, she discovered how much she could enjoy having only herself to take care of—more freedom to explore and discover her own needs and desires.

Remember That We're Stronger and More Resilient Than We Think.

Facing a divorce and an empty nest in the same year was a difficult challenge, but Dr. Northrup now calls the experience “one of the most strengthening and exhilarating of my entire life.” “Looking back, I marvel at how far I’ve come,” she says. “By trusting in the Universe and being willing to roll up my sleeves and rebuild my life, I’ve become infused with the energy of hope, joy, and new beginnings.” Not only can we gain strength from helping ourselves, we can connect with others and share our strength. “Every day I’m reminded that the energy that supports new life abounds.” Christiane Northrup, MD.



◀ Fun with flowers at Joanna's.



White Birch Center
51 Hall Ave, PO Box 2035
Henniker, NH 03242

www.whitebirchcc.org

Non-Profit
Organization
US Postage

PAID
Henniker, NH
03242
Permit #7

Return Service Requested



WHITE BIRCH CENTER *for* ACTIVE LIVING

WHAT'S INSIDE

Remick Farm trip	page 3
Upper Valley Loop	page 3
Grill and chill	page 7