



WHITE BIRCH CENTER *for* ACTIVE LIVING

Volume 3 ■ Issue 3 ■ September 2018

Message from the Executive Director

Hello Everyone,

Since 1979, the National Council on Aging has celebrated National Senior Center Month in September. Recently, themes have also made their way into the celebration and this year's theme is "Masters of Aging." The idea is that every senior center should show their community how they are "Masters of Aging."

Let's keep to the lighter side of this issue. Most seniors get quite good at aging. They have no choice. For example, aches and pains are not just a bother when lying in bed in the morning, they are a memory exercise. "What did I do yesterday that would cause my knee to hurt?" Then, seconds later the recollection, "Oh yah, my grandchildren are staying with us this week."

Mastering aging is nothing more than accepting it as a part of life. Aging is not a battle to be won or a problem to be solved. It has its challenges, but so does being a teen, a young mother, or a middle-aged person struggling to make ends meet.

Masters of Aging are just older people who, in

living their lives, find happiness in the moment. They see opportunity at senior centers to stay connected, enjoy conversation, share their own joy as well as experience the joy of others. They stay active and engaged.

The White Birch Center for Active Living is nothing more than a vehicle to enhance the energy and spirit that already exists in seniors. It is a place of joy and happiness because our Masters of Aging make it that way. And, we have Ibuprofen for when the grandchildren come to visit.

Sincerely,

Marc McMurphy

Executive Director



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Celebrate Senior Center Month

September is National Senior Center month, and to celebrate we will hold a weekly raffle with the winners being drawn each Friday afternoon. During the week, each time you come to White Birch for any activity you can enter your name for the weekly drawing. On September 28th the grand prize will be drawn for a future Banner Tours and Travel trip from all the names entered during the month.

On Friday September 14th at 10:30 AM, everyone is invited to a coffee hour. Stop by, visit with friends, share ideas for trips, activities, or improvements you would like to see. This month and every month it's about all of you who make White Birch Center for Active Living such a special place.

Quilt Raffle to Benefit Active Living Programs

There is still time to purchase a raffle ticket for this beautiful twin sized quilt, handmade and donated by Carol Klardie. All proceeds from the raffle will go towards supporting the Active Living Programs at White Birch. Tickets are \$5 each and available at White Birch. The quilt drawing will be held at the senior luncheon on October 8th.



Medicare Open Enrollment October 15th – December 7th

Now is the time for you to look at your options for Medicare Prescription Plans (Part D) or your Medicare Advantage Plans (Part C).

Evaluating your coverage and costs each year, and making changes if indicated, can save you substan-

tial amounts in premiums and co-pays.

A state certified Medicare SHIP Counselor will be available for appointments at White Birch. Watch for details in the October newsletter.

Aging Mastery Program® for Caregivers

Create your own playbook for success as a caregiver.



City Wide Community Center
1420 Canterbury Road, Concord

**Thursdays,
September 20 - December 13**
2:30 – 4 p.m.

Program is offered at no charge.
Class size is limited.

To register call (603) 224-4093, ext. 5815
or visit www.crvna.org.

The 12 core classes focused on:

- Caregiver Perspectives:
Assessing our Needs
- Navigating Longer Lives:
The Basics of Aging Mastery
- Exercise and You
- Sleep
- Healthy Eating and Hydration
- Financial Fitness
- Advance Planning
- Healthy Relationships
- Medication Management
- Community Engagement
- Falls Prevention
- Caregiver Playbook:
Planning, Connecting, and Doing

The *Aging Mastery Program® for Caregivers* educates family caregivers about the impacts of caregiving and provides tools to stay healthier throughout the caregiving journey.

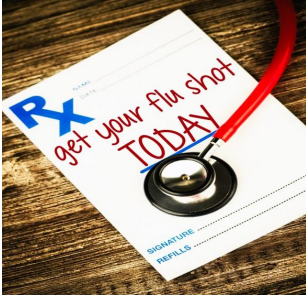
 **Aging Mastery Program®**
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Seasonal Flu Immunization Clinic

(Ages 3 and older)



White Birch Center
Friday, October 12th
2 - 6 p.m.

The discounted cash or check charge is \$30 per immunization.

Clients who present an insurance card from one of the following carriers: Medicare B, Medicare Advantage, Medicaid, Harvard Pilgrim, Tufts or Anthem do not need to pay a fee.

Published rate \$45

For more information, please visit www.crvna.org



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You Have the Power to Prevent a Fall

Concord Regional VNA will offer balance screenings on Wednesday, September 26th at the White Birch Center from 1 – 2:30 PM.

Take action and learn more about your fall risk and the resources that are available to prevent a fall from happening. A balance screening includes an assessment of your individual balance and a

personalized discussion on how you can reduce your fall risk and remain independent.

Individual screening will take about 15 minutes. If you would like to sign up you can stop by White Birch, call 428-3077, or email bethannp@whitebirchcc.org.



Day Trips in September

Mini-Golf Tournament Fundraiser at Chucksters in Hooksett

On Thursday September 13th, we have been invited to participate in a fundraiser mini golf tournament at Chucksters in Hooksett to benefit the NH Office of Long Term Care Ombudsmen. The Friends of the NHOLTCO is a non-profit organization formed in 2010. The friends of the NHOLTCO seek to improve the quality of life of individuals living in New Hampshire's long-term care facilities by supporting the goals of the New Hampshire Office of the Long Term Care Ombudsman through education, volunteer support, and fundraising.

Cost to play is \$15 per person, lunch is on your own and bus fare is by donation. You can sign up as a team or we will randomly create teams of 4 based on the number of people who sign up.

If you would like to sign up, you can stop by White Birch and see Marie or Beth Ann. We need a minimum of 8 participants.

Pick up at Rush Square at 9:15 AM, Henniker Community Parking Lot at 9:20 AM and Weara Legion at 9:40 AM.

Vermont Country Store in Rockingham

On Thursday September 27th, we will take a scenic ride to the Vermont Country Store in Rockingham Vermont. The store is stocked to the rafters with personal care items and remedies, household problem solvers, plus a wide variety of locally-made award-winning Vermont cheeses, penny candy favorites, Vermont maple syrup products, and hundreds more items that will bring back fond memories. And if your tummy is still hungry

after sampling the many cheeses, crackers, dips and cookies we provide, you can grab a wholesome bite to eat at Mildred's Market, located inside the store.

On the grounds, you can stroll through our Kissing Bridge, visit our Grist Mill Museum and see the hand-made equipment once used to harness the power of water. There's something fun, interesting and memorable for everyone.

We will have lunch up the road at MacLaomainn's Scottish Pub. Cost for the trip is \$12 and due when you sign up. Lunch and shopping are on your own. Pick up at Rush Square at 8:30 AM and Henniker Community Parking Lot at 8:35 AM. If you would like to sign up stop by White Birch and see Marie or Beth Ann.

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5TH ANNUAL GOLF TOURNAMENT

RSVP with your foursome by August 20th.
Cost: \$400 donation per foursome to play.

The tournament will begin at 9 a.m., with lunch to follow.

There will be a contest to the pin, longest drive and raffle to benefit White Birch Center

To sign up, sponsor, or find more information visit:
WWW.PSFGOLFFCLASSIC.COM

Friday, September 28th, 2018
Stonebridge Country Club
161 Gorham Pond Road
Goffstown, NH 03045

WHITE BIRCH CENTER

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Tuesday Movies in September

Chappaquiddick

Tuesday, September 4th at 1:00 PM

Rated PG-13

In this historical drama, the car accident that doomed Ted Kennedy's presidential ambitions and resulted in the drowning death of 28-year-old Mary Jo Kopechne gets a fresh look, focusing on the cover-up that followed the crash.

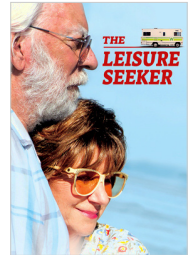


The Leisure Seeker

Tuesday, September 11th at 1:00 PM

Rated R

The Leisure Seeker stars Academy Award-winner® Helen Mirren and two-time Golden Globe-winner® Donald Sutherland as a runaway couple going on an unforgettable journey in the faithful old RV they call The Leisure Seeker, travelling from Boston to The Ernest Hemingway Home in Key West. They recapture their passion for life and their love for each other on a road trip that provides revelation and surprise right up to the very end.



Home Again

Tuesday, September 18th at 1:00 PM

Rated PG-13

Set in Los Angeles, this romantic comedy follows a recently divorced single mother as she defies common sense and takes in three young male boarders -- who become part of her unconventional family.

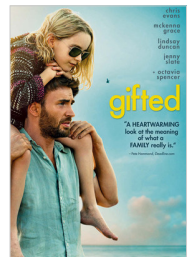


Gifted

Tuesday, September 25th at 1:00 PM

Rated PG-13

When his sister dies, 30-something bachelor Frank Adler assumes the care of her 7-year-old daughter. But his plans to raise her are threatened when the child reveals herself to be a math prodigy, and his mom suddenly gets involved.



Banner Tours and Travel and White Birch Center Present **Boston Tea Party Ships & Museum & Union Oyster House Lunch**

Wednesday, October 24, 2018

Join us for an experience you will never forget! Hear Samuel Adams and the Sons of Liberty in a reenactment of the historic town meeting held just hours before the Boston Tea Party. We go to Griffin's Wharf and destroy the Crown's tea aboard an authentic, 18th century replica ship. Discover one of only two surviving tea crates from the Boston Tea Party. Experience the award-winning, multi-sensory film, Let it Begin Here. USA Today announced the Boston Tea Party Ships & Museum is one of the Top 10 Patriotic attractions in the U.S.

Enjoy a delicious luncheon at Boston's Historic Union Oyster House. One of Boston's most expensive restaurants is filled with history at every turn. Imagine sitting where patriots of the American Revolution and contemporary dignitaries enjoyed conversation, good food and good ale. Wear your walking shoes.

Price: \$149 per person includes:

Luxury motorcoach transportation, all admissions, Luncheon, and Professional Tour Director services throughout the day.

Bus Driver Gratuity and Professional Tour Director Gratuity is not included.

Depart: 10:00AM Concord Trailways

30 Stickney Ave.

Return approximately 5:00PM.

Payment is due upon reservation. Stop by White Birch if you would like to register.

Lunch Bunch at High Tide

Before the end of summer, the lunch bunch will meet at High Tide located at 239 Henniker Street in Hillsborough, on Thursday, September 20th at 11:30 AM.

If you are one of the very few people who have not tried the High Tide, the following description is taken from their website

Although we're located 50 miles from the beach we'll bring the ocean to you. It's our hope that when you're eating at our restaurant you'll feel like you're at the

beach eating fresh fried onion rings, scallops, clams, shrimp, haddock or a lobster roll. We start with the freshest seafood and hand batter all of our fried food to order. We also serve a variety of grilled and baked seafood. If someone in your family doesn't have the same passion for seafood that we do, we also offer a variety of steak, burgers, hot dogs, chicken, and salads.

Transportation is on your own. If you would like to sign up you can stop by White Birch, call 428-3077, or email bethannp@whitebirchcc.org.

Keeping it Local: Raspberry Bouquet Flower Farm



On Tuesday September 11th, Joanna Puza, gardener extraordinaire, has invited us for a return visit to her gardens on Craney Hill in Henniker. Bring your favorite vase and clippers (if you have them) and you will have the opportunity to walk through her amazing gardens, cut flowers, and create a beautiful floral arrangement.

A donation of \$5 is appreciated. We will meet at White Birch at 10:30 AM to car pool. If you would like to sign up you can stop by White Birch, call 428-3077, or email bethannp@whitebirchcc.org.

Summer Fun



◀ Paint and Pizza night another success.

Henniker celebrates 250 years with a parade.

▼
The 'Sizzling Seniors'
at Chillfest.



Lemon-Walnut Kale Pesto

This recipe is printed with permission from Kc Wright MS, RDN - check out her webpage at www.wildberrycommunications.com

Kale is often considered as a fall and winter vegetable, yet early-mid summer kale is a bit more tender and mild, and makes for a really good, nutrition-packed pesto. Lemon brightens the flavor; walnuts add their own keen taste and a nice texture. A food processor brings this pesto together quickly for pasta, pizza, salads, and more. Freezes well for later use.

Ingredients

4 cups packed fresh Kale, ribs removed
 1 cup Walnuts
 Juice of a lemon
 2-3 cloves fresh Garlic or 2-3 Garlic Scapes
 1/4 teaspoon Sea Salt
 1/3-1/2 cup Extra Virgin Olive Oil
 1/2 cup grated Parmesan or Asiago cheese (omit if vegan)
 Fresh ground Black Pepper to taste

Nutritional Bennies:

Kale is chock full of vitamins A, C, and K, and a good source of several B vitamins, fiber, and calcium. Kale also contains many phytochemicals that support human health. The lemon juice also boosts the vitamin C content while the garlic offers anti-inflammatory properties. Walnuts are an excellent source of alpha-linoleic acid which can be converted to heart healthy omega-3 fats in the body. Finally, EVOO is an excellent source of mono-unsaturated fat that helps to raise good blood cholesterol.

Directions

1. In food processor, pulse-chop the walnuts until coarse fine (not ground fine.) Remove walnuts from processor bowl and set aside in small-med size mixing bowl.
2. Add kale, lemon, garlic, and salt to processor bowl and run until finely chopped and blended.
3. With processor running, slowly pour enough olive oil in to blend well and reach desired consistency.
4. Scrape down sides and bottom of bowl and process an additional 20-30 seconds.
5. Use spatula to remove kale mix from processor bowl, adding to walnuts in their bowl. Fold in cheese, walnuts, and some ground pepper. Adjust taste if prefer more lemon.





White Birch Center
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