



WHITE BIRCH CENTER *for* ACTIVE LIVING

Volume 3 ■ Issue 5 ■ November/December 2018

Message from the Executive Director

Hello Everyone,

This time of year is filled with traditions. Feasts, thankfulness, peace, giving, and reigniting past grievances with visiting family members all come immediately to mind. There is so much tradition that it amazes me that any new ones can even start. If we had to start over, which traditions would we keep and what new traditions would we start.

I think most anything in the big holiday meal category would be a keeper. Perhaps a new tradition would be having the men cook it. Personally, I am not seeing a lot of upside here but, if my family is open to Christmas pizza, I can make it happen.

So many of us use this time of year to focus on giving. Giving traditions not only include family gifts but folks also find the spirit to give to a charity and the church. Let's not give this one up either. But, a little twist could enhance our charity giving. Let's keep our charity giving local. It's not just about the money or your time. Give your attention to local charities. Find out more about

them, what they do and who they help. This will help your community and it will help you find the peace and grace that comes with generosity.

Finally, let's get rid of the tradition of reliving family grievances and replace it with something new. My idea is to invent a special holiday drink. It is so powerful that after one cocktail, you immediately skip over the urge to express your immediate negative feelings and jump to your true feelings of love and forgiveness for your family and mankind.

Happy Holidays
My Friends

Sincerely,
Marc McMurphy

Executive Director



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Chloe + Isabel Jewelry Party Fundraiser

Need a gift for yourself, a special gal, bridal party or guy? If you are not familiar with the Chloe + Isabel line, stop by and see why this beautiful jewelry has been featured in the magazines Real Simple, Oprah, Vogue, Bride, McCall's, Inside, Style Week, Glamour and many more!

On Tuesday November 27th at 6:00 PM, you have a chance to get a jump on some Christmas shopping as White Birch will host a Chloe + Isabel Jewelry Party.

A percentage of the sales will benefit the Active Living programs. Catalogs will be available if you are unable to attend the party but would like to place an order.

If you would like to attend you can sign up by stopping by White Birch, calling 428-3077, or emailing bethannp@whitebirchcc.org.



Day Trips in November & December

Shopping Concord

On Thursday November 8th, we will head to Concord for a day of shopping with stops at Target and the recently opened Aldi. The following excerpt was recently published in the Concord Monitor.

Get your quarters ready: the Aldi on Loudon Road will open its doors on Oct. 25 at 8:30 a.m.

Aldi was founded in 1961 in Germany by the Albrecht family, according to their company website, a family name also responsible for Trader Joe's, Aldi's earthier and more expensive brother.

The company says Aldi's "no-frills grocery shopping experience" helps keep prices down, with unconventional strategies like minimal unpacking of products on the shelves and a quarter deposit for carts to cut time staff has to wrangle them in the parking lot. It sells only its own name-brand products.

We will have lunch at Makris Lobster and Steak house. Cost for the trip is \$5 and must be paid when you sign up. If you would like to sign up, stop by White Birch and see Marie or Beth Ann.

Pick up at Rush Square at 9:00 AM, Henniker Community Parking Lot at 9:05 AM, and Weare Legion at 9:25 AM.

An Irish Christmas Celebration

On Sunday December 9th at 3:00 PM, we will head to the AUDI in Concord as Symphony NH hosts an Irish Christmas featuring the songs, stories, and dance music of Ireland and its Celtic influences around the world. Guest performers include



Ciarán Crilly - guest conductor, Ciarán Nagle-Irish tenor, Tara Novak-violin and vocals, Dan Myers-Uilleann pipes and Irish whistles, Bjorn Wennas -Guitar, Brian O'Neil- Bodhrán and percussion.

Following the performance, we will have dinner at Veano's.

Space is limited and the deadline to sign up is November 15th. Cost for the show is \$18 and must be paid when you sign up. Bus fare by donation. If you would like to sign up, stop by White Birch and see Marie or Beth Ann.

Pick up at the White Birch Parking lot at 2:00 PM.

Shopping Nashua

On Thursday December 13th we will head to Nashua where you will have the chance to finish your Christmas shopping with the usual stops at Christmas Tree Plaza and Trader Joes. We will have lunch at the Weathervane.

Cost for the trip is \$8 and must be paid when you sign up. 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, Henniker Community Parking Lot at 8:50 AM, and Weare Legion at 9:10 AM.

Honoring Our Veterans

Veterans Day is a day to honor those who have served and have the fortune of coming back home. We should be honoring America's veterans every day of the year. November 11 is a national day to recognize the sacrifices of our nation's heroes. On this Veterans Day, let us remember the service of our veterans, and let us renew our national promise to fulfill our sacred obligations to our veterans and their families who have sacrificed so much so that we can live free.

We honor and thank four veterans who are our friends and participants in the Active Living Program at White Birch.

Steve Burritt

Steve served for 37 years and 10 months in the Army National Guard, retiring as a Brigadier General. He held numerous positions including Field Artillery NCO, Engineer and Battalion Commander, Director of Housing, Headquarter Chief of Staff and Commander NH Army National Guard. He was stationed around the United States and had temporary duties in El Salvador, Macedonia, Canada, US/Mexican border, Afghanistan, and Kuwait.

Bernie Bond

Bernie served for four years in the United States Marine Corp. as a Jet Engine Mechanic and Military Police. While serving he was stationed in El Toro, CA, Atguci Japan, and Cowshung Formosa. During a temporary guard detachment, the guard was sent by boat to Formosa and while on board Bernie received his training for Military Police. Due to severe hearing loss, Bernie is classified as a disabled Veteran.

Bob Chandonnet

Bob served for six years in the United States Navy. As a Hospital Corpsman Medic, he served in numerous places including, Great Lakes, IL, Naval Hospital Corps School and the Naval Hospital in San Diego CA, USS Tillis, Destroyer Escort, US Naval Hospital in Guam, and the US Naval Prison in Portsmouth NH.

Bob is very proud to be a Viet Nam Veteran who served his country with pride.

Dave Connors

Dave served for 29 years in the United States Army. He was a Lieutenant Colonel serving in Germany and held the position of Logistician.

Weather Related Closures – New Policy

In the event of stormy weather, and White Birch Center is closed, there will be no Active Living programs and it will be posted at WMUR and on the White Birch web page. In the past if there was no school or a delay at Henniker Community School, then the Active Living programs at White Birch were cancelled. If there is a 2-hour delay then Active Living morning programs are cancelled, but afternoon programs will take place. If you have doubts or questions, call 428-3077.



Saturday November 10, 2018

**Henniker Family Dentistry Veterans
Appreciation Day**

For: [Local Veterans](#)

We will be offering:

- | | |
|-------------------|----------------|
| • Exams | • Cleanings |
| • X-rays | • Fillings |
| • Preventive Care | • Oral Surgery |

**Call the office to reserve
your appointment today!**

603-428-3419



HENNIKER FAMILY DENTISTRY

144 Hall Ave
Henniker, NH 03242
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Tuesday Movies in November

The American President

Tuesday, November 6th at 1:00 PM

Widowed U.S. president Andrew Shepherd (Michael Douglas), one of the world's most powerful men, can have anything he wants -- and what he covets most is Sydney Ellen Wade (Annette Bening), a Washington lobbyist. But Shepherd's attempts at courting her spark wild rumors and decimate his approval ratings in this romantic comedy. Rob Reiner directs, and Michael J. Fox and Martin Sheen co-star. The film was nominated for a Best Score Oscar.



RBG

Tuesday, November 13th at 1:00 PM

Providing an illuminating look at the life of trailblazer Ruth Bader Ginsburg -- including her career-defining work in gender-discrimination law -- this engaging documentary charts her journey to becoming a justice on America's highest court.



Mamma Mia!

Tuesday, November 20th at 1:00 PM

On the idyllic Greek isle of Kalokairi, single mom Donna Sheridan (Meryl Streep) goes into a tizzy when her bride-to-be daughter (Amanda Seyfried), in a bid to learn her father's identity, invites three of Donna's ex-lovers to the wedding. Buoyed by the tunes of ABBA, this effervescent yarn -- a Golden Globe nominee for Best Picture (Comedy or Musical) -- also stars Pierce Brosnan, Colin Firth and Stellan Skarsgård as the trio of potential dads.



Mamma Mia! Here We Go Again

Tuesday, November 27th at 1:00 PM

In this sun-soaked sequel, a pregnant Sophie (Donna's daughter) is now running the family villa on Kalokairi and worried about facing motherhood minus her mom's guidance. But Donna's best friends reassure Sophie with tales about Donna's experiences.



Annual Wreathmaking

Once again, we are thrilled to have Penny Lewis, Cindy Kahrs, and Maureen Sundburg back to guide us in making a fresh greens decoration for the holidays. Bring your holiday spirit, creativity, and a pair of work gloves to White Birch at 10:45 AM on Friday November 30th, when you can join

friends and make a wreath, swag, or a holiday centerpiece. Cost for this workshop is \$15 to cover the cost of all materials and due when you sign up, space is limited to 12 people. If you would like to sign up, stop by White Birch, and see Marie or Beth Ann.



Christmas Crafts

On Wednesday November 28th at 1:00 PM, you are invited to make these two Christmas cute ornaments with Marie. Space is limited to 10 participants and cost for the class is \$10, due when you sign up. If you would like to sign up, you can stop by White Birch and see Marie or Beth Ann.



Expressing Gratitude

The holidays are generally a time to give thanks and feel grateful. Teaching yourself to become more grateful can make a huge difference in your overall happiness. The research shows that gratitude helps you experience more positive emotions, decrease depression, feel better about yourself, improve your relationships, and strengthen your immune system. A recent study revealed that gratitude even makes you smarter about how you spend your money.

There are a few simple exercises you can take advantage of to increase and cultivate an attitude of gratitude.

Give sincere thanks to others.

When someone goes above and beyond or does something to make your day easier, be quick to verbalize your thanks and appreciation. Not only will it make the person feel good, it will give you a happiness lift, too. It's an instant reward to see how expressing gratitude makes a positive difference in someone else's day. It makes you realize that we're all connected and that what you do matters.

Keep a gratitude journal.

It may sound cheesy but writing down the good things that happened to you during the day really works. Research shows that keeping a gratitude journal is a powerful technique that instantly makes you feel happier, more connected to others, and genuinely appreciative.

Count your blessings.

Make it a habit to regularly reflect on the things you have to be thankful for. Bring to mind all the good people, experiences, and things in your life, both now and in the past. Focus on the blessings both big and small, from the people who love you to the roof over your head and the food on your table. You will soon see it's a pretty long list.

Write a letter of gratitude.

Think of someone who did something that changed your life for the better who you never properly thanked. Write a thoughtful letter of gratitude expressing what the person did, how it affected you, and what it still means to you. Then deliver the letter. Positive psychology expert Martin Seligman recommends reading the letter in person for the most dramatic increase in happiness.

Find the positive in a negative event from your past.

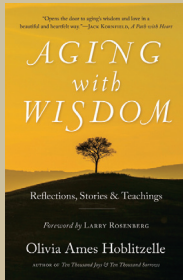
Even the most painful circumstances can teach us positive lessons. Reevaluate a negative event from your past with an eye for what you learned or how you became stronger, wiser, or more compassionate. When you can find meaning in even the bad things you've experienced, you will be happier and more grateful.



CONCORD REGIONAL
VISITING NURSE
ASSOCIATION

Beyond the Book

Meet the Author



Aging with Wisdom

An illustrated talk by *Olivia Ames Hoblitzelle*

How do we find beauty and meaning in aging? How do we respond to living in an age-phobic culture? How do we cultivate an inner life resilient enough to handle the challenges of our later years?

The last phase of life is often the most heroic – rich with opportunity for reflection, growth, and resolution. Olivia's talk, based on her book, offers new perspectives on aging and inspiration for potentially the most meaningful chapter of our lives.

Red River Theatres

11 South Main Street, Concord

Wednesday, November 14, 2018

5:30 - 7:30 p.m.

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

Presented in partnership with:



Underwriting is generously provided by:

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Attorneys at Law



The first 50 registered participants receive a complimentary copy of her book. Additional copies are available for sale at the event.

A pioneer in the field of Mind/Body medicine, Olivia Ames Hoblitzelle is also the author of *Ten Thousand Joys & Ten Thousand Sorrows: A Couple's Journey Through Alzheimer's*.

This project has been funded in whole or in part with federal funds from the National Library of Medicine, National Institutes of Health, under Cooperative Agreement UG4LM012347-01 with the University of Massachusetts, Worcester.

Meet at White Birch at 4:30 PM if you would like to car pool.



White Birch Center
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Henniker, NH 03242

www.whitebirchcc.org

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WHITE BIRCH CENTER *for* ACTIVE LIVING

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