



WHITE BIRCH CENTER *for* ACTIVE LIVING

Volume 3 ■ Issue 6 ■ January 2019

Message from the Executive Director

Hello Everyone,

January is enough of a burden to make us all feel old but let me pile it on and mention that children born today will graduate from High School in the year 2037. What will the world look like when they graduate? It's hard to imagine.

The pace of change has seriously accelerated in our lifetimes. The I-Phone was brought to market in 2007 – only 11 years ago. Today, almost every young person relies on their smart-phone for communication, directions, photos and many other “apps” that help them organize and run their lives. Soon, they will be riding in cars that can drive them to the destinations they choose. This isn't the future, this is now, and some of this is even old news.

What can we, the seniors of America, offer to the generation of change? Well, after a lifetime of experience, one realizes that, no matter what, some things don't change. We will always have a need to love and be loved. We all want to be happy. No technology or product is going to change this. We

can't stop change but, we can keep alive the hope and faith we want our children to have in love, family, and happiness.

It's only January and who knows what the end of the year will look like, let alone what things will look like in 2037. It doesn't really matter though because we know what is needed. Let's spread love and happiness to each other and the world this coming year.

Sincerely,

Marc McMurphy

Executive Director



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Community Education Series

SAU 24 presents a series of programs designed with parents and community members in mind. Join us at rotating SAU 24 schools to explore academic, wellness, and social topics. On January 24th at Weare Middle School at 6:00 PM you are invited to attend the following free presentation.

Understanding Trauma & Its Impact

Presented by Elizabeth Licht, a licensed therapist, you'll learn why it's important to establish and

integrate a trauma-informed approach to addressing mental and substance use disorders for both individuals and communities. A trauma-informed approach is one where people realize the prevalence of trauma, recognize the impact and responses to trauma, and resist practices that could cause more harm.

The February 12th program, "What Do I Want to be When I Grow Up?", will be held at John Stark in room 192.

SPIRIT OF NH Service Award

On the evening of November 13th, Rita Murdough a long-time parishioner of St. Theresa Parish received a Spirit of NH Service Award for her many volunteer activities. For the past 14 years, Rita has taught CCD, cleaned the church and narthex every other Saturday and coordinates the Saturday Cleaning Crew. She has been the coordinator of the Family Promise Program, caring for the homeless at St. Theresa for the past four years. She also has been involved with the Kairos Ministry which is the prison ministry in NH for a number of years and is now the treasurer/accountant. The recognition this award represents is well deserved. CONGRATULATIONS RITA!!



Lunch Bunch

On Friday January 25th we will keep it local and meet at Sonny's for lunch 11:30 AM. Transportation and lunch are on your own.

If you would like to sign up you can call 428-3077, stop by White Birch, or email bethannp@white-birchcc.org.

Day Trips in January

Mall of NH

On Thursday January 17th we will make our annual trip to Manchester with stops at Hobby Lobby and the Mall of NH seeking out post holiday clearance bargains. There will be plenty of time to visit all the stores and have lunch on your own in the food court or one of the restaurants.

Cost for the trip is \$8 (due when you sign up) and lunch is on your own.

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

WEBS – Northampton

On Thursday January 31st we will visit WEBS in Northampton MA. For those who have never been, WEBS is a yarn lovers paradise. Bring along that pattern for the project you have been wanting to make and you are sure to find the perfect yarn.

We will have lunch at Fitzwilly's Restaurant where they pride themselves on comfort, quality food, great service, and moderate prices.

Cost for the trip is \$10 (due when you sign up) and lunch is on your own. Pick up at Rush Square at 8:30 AM and Henniker Community parking lot at 8:35 AM.

Update from the KnitWits

The White Birch KnitWits would like to thank everyone who shopped at the December 8th Holiday Sale. It was a very successful day and they look forward to making this an annual event! Following the sale, the three and four-year-old childcare classes came through and picked out presents for their family members. The KnitWits also made donations to nine local area charities.

This amazing and talented group meets weekly and works year-round creating beautiful items to sell and donate.



Information Session on Henniker/John Stark School Budget

On Tuesday, January 29, 2019, at 10:30 AM SAU 24 Superintendent of Schools Dr. Lorraine Tacconi-Moore will be at White Birch Center for an informal talk about the proposed budgets for the Henniker Community School and John Stark Regional High School for the 2019-20 school year. In addition to the operating budgets, the Henniker Community School will have support staff and teacher contracts on the ballot and John Stark will have a support staff contract. Just a reminder for

Henniker voters, Henniker is now an SB 2 town, so the Deliberative Session rather than the former Annual Meeting is where the budget is set for the ballot vote on March 12, 2019. Superintendent Tacconi-Moore will also answer questions about SB 2 and how it differs from the Annual School Meeting format.

In order to plan we ask that you sign up by calling 428-3077, stopping by White Birch, or emailing bethannp@whitebirchcc.org.

A Century in the Life of Henniker NH

On Wednesday January 16th at 1:00 PM, you are invited to a reading and book signing by Martha Taylor. Martha has recently published a book that was created using newspaper articles from the archives of the Henniker Historical Society and Museum. Martha is a longtime volunteer at the

historical society and she has a wealth of knowledge about our town. This is sure to be a fun and informative presentation.

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

Post-holiday Pot Luck Lunch

On Thursday January 10th at noon, we will have a post-holiday pot luck lunch where you can enjoy a delicious meal while you spend time with your friends and talk about your holiday adventures. When you sign up, we will once again use the

“Soup, Salad, Beverage, Dessert” format.

Reminder because of our space limitations there is a limit of 16 attendees. If you would like to sign up you can call 428-3077, stop by White Birch, or email bethannp@whitebirchcc.org.

Banner Tours and Travel and White Birch Center Present **The Boston Flower Show**

March 14, 2019

Escape from the gray days of winter and join us for a trip to The Boston Flower and Garden Show. The more than 100-year tradition has been updated with over 30 gardens with vivid color, stimulating scents, sound and texture. Boston's Seaport World Trade Center annually hosts a magnificent horticultural exhibition.

With garden ideas and plants under our arms we'll share our stories of "Spring" in Boston.

Lunch will be on your own at the flower show.

Price: \$99 per person includes:

Deluxe Tour includes luxury motorcoach transportation, admission to Flower Show, and Professional Tour Director services.

Gratuities for the bus driver and tour director are not included.

Depart: 9:00AM Concord Trailways

30 Stickney Ave.

Return approximately 4:30PM.

Payment is due with registration and you can pick up a registration form at White Birch. Reserve early as space is limited. Last date to reserve: Feb. 22, 2019.

An Irish Celebration

March 16, 2019

Join us at the Reagle Theatre in Waltham, MA for one of the largest Irish shows in New England. A rousing show of Irish tenors, a bit of Riverdance, Irish comedy and the grand rhythms of Irish step dancing. Hear Irish songs filling the air to celebrate the St. Patrick's holiday.

Before the matinee performance we will enjoy a delicious Corned Beef & Cabbage lunch served at the Chateau Restaurant.

Price: \$137 per person Includes: Luxury motor-

coach transportation, Theatre, Corned Beef and Cabbage Luncheon, Meal Tax and Gratuity, and Professional Tour Director. Driver's gratuity and Professional Tour Director gratuity not included.

Depart: 10:15am at Concord Trailways

Return approximately 6:30pm

Payment is due with registration and you can pick up a registration form at White Birch. Reserve early as space is limited. Last date to reserve: Feb. 3, 2019.

Tuesday Movies in January

Oceans 8

Tuesday, January 8th at 1:00 PM

Rated PG-13

The tide has turned and it's a whole new "Ocean's." Danny Ocean's sister, Debbie Ocean, recruits a seven women crew to plan and execute the heist of the century at New York City's star-studded annual Met Gala.



Crazy Rich Asians

Tuesday, January 15th at 1:00 PM

Rated PG-13

"Crazy Rich Asians" follows native New Yorker Rachel Chu as she accompanies her longtime boyfriend, Nick Young, to his best friend's wedding in Singapore. Excited about visiting Asia for the first time but nervous about meeting Nick's family, Rachel is unprepared to learn that Nick has neglected to mention a few key details about his life. It turns out that he is not only the scion of one of the country's wealthiest families but also one of its most sought-after bachelors. Being on Nick's arm puts a target on Rachel's back, with jealous socialites and, worse, Nick's own disapproving mother taking aim. And it soon becomes clear that while money can't buy love, it can complicate things.

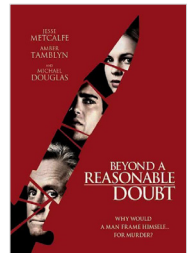


Beyond a Reasonable Doubt

Tuesday, January 22th at 1:00 PM

Rated PG-13

Michael Douglas stars as corrupt district attorney Mark Hunter in this remake of Fritz Lang's noir classic about a reporter, C.J. Nicholas, who sets himself up as the prime suspect in a murder he didn't commit in order to expose Hunter's misdeeds.



Life of the Party

Tuesday, January 29th at 1:00 PM

Rated PG-13

When her husband suddenly dumps her, longtime dedicated housewife Deanna turns regret into re-set by going back to college...landing in the same class and school as her daughter, who's not entirely sold on the idea. Plunging headlong into the campus experience, the increasingly outspoken Deanna—now Dee Rock—embraces freedom, fun and frat boys on her own terms, finding her true self in a senior year no one ever expected.



Yarn, Used Ink Cartridges, and Soda Can Tabs

Hmmm... you might be wondering what these three things could possibly have in common. They are all items that we accept as donations at White Birch. The KnitWits are always happy to have yarn donations. As a non-profit we can return used ink cartridges to Staples and get a \$2 per cartridge credit. Tab tops from beverage cans are collected at

White Birch and then delivered to the Shriners in Concord NH. The Shriners recycle the tabs and use the proceeds to provide transportation for children to the Shriners Hospital. If you are looking for a place to donate any of these things, White Birch is happy to accept.

Writing Your Memoir

Everyone has a story, and yours is more precious than you realize and will mean much more to your family than that watch or cookie jar you will leave behind. For some, this might be one of those things that you have thought you will get to one day – well that day is here.

You are invited to gather with friends at White Birch each week starting Tuesday January 15th at 11:00 AM to write and share memories over a cup of coffee. We will discipline each other to write as timely questions will prod our memories. These questions will easily guide us through the stages of our lives.

This will be fun, productive, and inspiring. It's a great opportunity to get out of the house and do something uplifting for yourself!

This program will be led by Louise Elkaliouby and there is no cost. All you need to bring is a notebook and pen, or a laptop. All are welcome to join in – its not just a 'Ladies Group'. The group will be limited to 8 participants.

If you would like to sign up, you can stop by White Birch, call 428-3077, or email bethannp@white-birchcc.org.



MEMOIRS

“For who will testify, who will accurately describe our lives if we do not do it ourselves?”

Faye Moskowitz

Free Money

The following information is printed with permission from the Henniker Police Department.

Have you ever heard nothing in life is free? That's pretty much accurate unless you were lucky enough to meet a Secret Santa over the holidays who was handing out \$100 bills. What is the point of this article you may ask?

When you fall for the telephone scammer from

- The IRS
- The free government grant/loan
- The free cruise/vacation
- Window's Tech Support
- Fake debt collectors/aged out debt
- Threats of being arrested
- Fake Charities
- Your family member has been arrested and needs bail money

You give them your money for free!

We cannot stress enough...DO NOT give your personal, bank accounts, or credit card information to an unsolicited caller. ITUNES gift cards are not an accepted form of payment to the government. These scammers are sophisticated, and they have used their ploys to separate many smart people from their money. And once the money is gone, IT IS GONE! Your local police department does not have the resources to track it and retrieve it.

When in doubt, give the police a shout. They would rather you keep your money than to call after the fact.

Report Telephone Scams

Reporting scams to federal agencies helps them collect evidence for lawsuits against people committing these scams. However, federal agencies don't investigate individual cases of telephone scams.

- Report telephone scams to the Federal Trade Commission, either online or by phone at 1-877-382-4357. This is the primary government agency that collect scam complaints.
- Report all robocalls and unwanted telemarketing calls to the Do Not Call Registry.
- Report caller ID spoofing to the Federal Communications Commission either online or by phone at 1-888-225-5322.

Also report the scam to your state consumer protection office. Some consumer protection offices help residents resolve consumer problems.

How to Protect Yourself

Remember these tips to avoid being a victim of a telephone scam:

Do

- Register your phone number with the National Do Not Call Registry. You may register online or by calling 1-888-382-1222. If you still receive telemarketing calls after registering, there's a good chance that the calls are scams.
- Be wary of callers claiming that you've won a prize or vacation package.
- Hang up on suspicious phone calls. Be cautious of caller ID. Scammers can change the phone number that shows up on your caller

ID screen. This is called “spoofing.”

- Research business opportunities, charities, or travel packages separately from the information the caller has provided.

Don't

- Don't give in to pressure to take immediate action.
- Don't say anything if a caller starts the call

asking, “Can you hear me?” This is a common tactic for scammers to record you saying “yes.” Scammers record your “yes” response to use as proof that you agreed to a purchase or credit card charge.

- Don't provide your credit card number, bank account information, or other personal information to a caller.
- Don't send money if the caller tells you to wire money or pay with a prepaid debit card.

Sip and Stitch

On a recent White Birch trip to Peterborough, several of us stopped into the Knitty Gritty yarn shop. Several patrons were gathered and working on their projects and happily talking about Sip and Stitch. They explained to us that Sip and Stitch is an evening gathering where you are welcome to bring any sort of needle work and the beverage of

your choice and spend time with fellow craftspeople. So, on Tuesday January 15th at 6:30 PM White Birch will have their initial Sip and Stitch meeting. If you would like to sign up you can call 428-3077, stop by White Birch, or email bethannp@whitebirchcc.org



Winter Wisdom

“If you choose not to find joy in the snow, you will have less joy in your life but just as much snow.”



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www.whitebirchcc.org

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