



# WHITE BIRCH CENTER *for* ACTIVE LIVING

Volume 3 ■ Issue 8 ■ March 2019

## Message from the Executive Director

Hello Everyone,

I don't know if the groundhog saw its shadow or not. What I wonder about is how this marmot got the assignment to predict the end of winter.

Wouldn't it be better, if we had to use an animal in place of modern meteorology, to pick one with legs at least 12 inches long? Then, it could actually look down and see its shadow. It just seems so random that someone back in the day settled on a groundhog.

I can imagine some elder from that time, attending the community spring planning meeting, rising to his or her feet and saying "... am I the only one who is wondering why we chose a marmot to check for its shadow? Why don't we just use Bob? He's tall and he has really good eyesight." To that, the traditionalist of the community, would stand and say "... wait a minute. Are we thinking about using Bob? I've already planned the party and made the cake in the shape of a groundhog? Let's not change what works"

Does it actually work? Unfortunately, modern research clearly indicates that there is no correlation between the groundhog's prediction and the end of winter. A much better predictor is my neighbor's black SUV. When his car is almost completely white with road salt, there will be two more weeks of winter.

Well, I know that Groundhog Day is in February and this letter is appearing in March. But March is when the end of winter is supposed to happen. While I am waiting, I will continue to think about important issues like Groundhog Day.

Sincerely,

Marc McMurphy

Executive Director



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# Caregiver Cafe



**Every 1st Thursday  
of each month  
4:30 - 6 p.m.**

Caregiving is a crucial role that at times, can be challenging. In order to support and honor those who are giving care to loved ones, we offer a monthly “Caregiver Cafe” in partnership with the Concord Regional VNA. Join us to connect, share and learn with other family caregivers.

Light refreshments will be served.

**Please RSVP to Ashley Tino at 603.224.9111**



*A Benchmark Senior Living Community*

300 Pleasant Street, Concord NH  
603.224.9111  
[BirchesAtConcord.com](http://BirchesAtConcord.com)



# Day Trips in March

## Pickering Farm Quilt Shop

Thursday March 21st we have an exciting day planned for quilters, and lovers of fabric arts. We will be visiting Pickering Farm in Richmond NH. The following is taken from their web page:

*Pickering Farm is a quaint New England Quilt Shop with a country primitive atmosphere. We are the home of Pickering Farm Designs penny rug quilt kits and patterns. Our retail shop is located in our 18th century fully restored barn. We feature over 3000 bolts of 100% cotton by the nations top designers, including (but not limited to) hundreds of antique reproduction fabrics from 1780 to the 1930's.*

*We also carry a wide variety of 100% wool for penny rugs, rug hooking or rug braiding, along with a beautiful collection of Hand-dyed Wools. Cotton and brushed homespuns, hundreds of books and patterns, samples around every corner, Classes, and a fabulous gift line make your shopping experience one that you will look forward to time and time again.*

We will have lunch at an as yet to be determined restaurant.

Cost for the trip is \$10 (due when you sign up) and lunch is on your own. Pick-up at Rush Square at 9:00 AM, Henniker and Community parking lot at 9:05 AM. If you would like to sign up, you can stop by White Birch and see Marie or Beth Ann.

## IKEA

On Thursday March 28th, it's time to put on your walking shoes and stock up on your favorite products as we make a return trip to IKEA. Visiting this giant store (three floors) is an experience – you are sure to find some new ideas for decorating your home, a kitchen gadget that you just must have, or some Scandinavian food product that you would like to try.

For lunch we will eat at the IKEA cafeteria which is famous for their Swedish meatballs. Reminder: you must provide your own bags for your purchases or buy bags when you are at the store.

Cost for the trip is \$10 and must be paid when you sign up, lunch is on your own. Pick-up at Rush Square at 8:00 AM, Henniker Community parking lot at 8:05 AM and Weare Legion at 8:30 AM. If you would like to sign up, you can stop by White Birch and see Marie or Beth Ann.

## Brunch Bunch

On Thursday March 14th, it's time for our annual brunch at Intervale Farm Pancake House. Intervale Farm Pancake House has been serving pancakes, waffles, eggs, and coffee from the same place on Flanders Road for more than 30 years. If the weather is cooperating for the maple sugaring season, we may get to see some sap boiling.

Transportation and brunch are on your own. We will meet at the Pancake House at 10:30 AM.

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

## Get Active - Willing Walkers

Statistics say that if you have someone to exercise with you are more likely to stay with the program. Fewer than 50% of Americans meet the minimum guidelines for moderate physical activity – walking is the easiest and most affordable way to correct this problem. With Winter coming to an end and Spring in sight, let's get moving. On Monday and Wednesday afternoons

at 3:30 PM, we will meet and walk the loop at the Village Green neighborhood. This is a flat paved street with minimal traffic.

If you need directions to the Village Green or would like to sign up, you can stop by White Birch, call 428-3077, or email [bethannp@whitebirchcc.org](mailto:bethannp@whitebirchcc.org).

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## "A Matter of Balance: Managing Concerns About Falling" Offered in Henniker

Have you turned down a chance to go out with family or friends because you were concerned about falling? Have you cut down on a favorite activity because you might fall?

People who experience a fear of falling often limit their physical activities, which can result in loss of strength, reduced muscle tone and balance problems, making the risk of falling greater.

"A Matter of Balance" is an eight week fall preven-

tion program that gives older adults the self-confidence to reduce their fear of falling and improve their activity levels. The program will be held on Wednesdays beginning March 13 through May 1 from 10 a.m. – Noon at the Henniker Community Center, 57 Main Street, Henniker. This program is offered at no charge – registration required. To register call Concord Regional VNA at (800) 924-8620, ext. 5815.

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## AARP Fraud Squad Presentation

New frauds and scams seem to crop up weekly. Identity theft and other scams rob millions of Americans of their hard-earned money. Last year alone, Americans lost \$18 billion to fraud and scams. In fact, every two seconds, a con artist steals someone's identity.

On Wednesday, March 13th at 1:00PM at White Birch, Bob Mulligan will give a presentation

outlining the tricks that con artists use to steal your money and how you can outsmart the scammers before they strike and beat these con artists at their game.

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

## Still a Few Seats

We have the following two outings planned and there are still a few seats. Call 428-3077 or stop by White Birch if you are interested.

On Sunday May 5th we will attend the Concord Community Players production of 'Something's Afoot'. This is an entertaining musical murder mystery spoof of Agatha Christie's classic work, Ten Little Indians. Bring your sleuthing skills and sharp eyes and see if you can untangle the mystery before Miss Tweed, the detective. Following the show, we will have dinner at Veano's. Cost for the show is \$20 and dinner is on your own. Bus fare by donation. Payment due no later than April 1st.

On Saturday June 1st we will head to the Palace Theater to attend the production *Buddy* which tells the story of Buddy Holly's meteoric rise to fame, from the moment in 1957 when "That'll Be the

Day" hit the airwaves until his tragic death less than two years later on "The Day the Music Died". The show features over 20 of Buddy Holly's greatest hits including "Peggy Sue", "Everyday", "Not Fade Away" and many more! The incredible legacy of the young man with glasses, whose musical career spanned an all-too-brief period during the golden days of Rock & Roll, continues to live on in *Buddy*. Seen by over 22 million people around the world, *Buddy* will have you on your feet and "send you out of the theater on an unstoppable high" (The Boston Globe).

Before the show we will have a buffet lunch at the Puritan Back Room. Cost for the show and lunch will be \$45 and bus fare will be by donation. Payment due no later than May 1st.

## Paint and Pizza-Rescheduled

Due to family illness, the February Paint and Pizza night had to be rescheduled. On Friday, March 29th, we will meet at 4:30 PM for pizza and then Elaine Emerson will lead us stroke by stroke in creating a painting similar to the picture here. No artistic talent required just a willingness to give it a try and a sense of humor.

Cost for the night is \$25 and includes all materials and pizza.

Space is limited, and payment is due when you sign up. If you would like to sign up, you can stop by White Birch and see Marie or Beth Ann.



# Tuesday Movies in March

## *Tea with the Dames*

**Tuesday, March 5th at 1:00 PM**

Rated N/R

Acclaimed actresses Maggie Smith, Judi Dench, Joan Plowright and Eileen Atkins – all Dames of the British Empire – gather for a captivating conversation that includes reminiscences, gossip and untold tales about their stage and film careers.



## *The Wife*

**Tuesday, March 12th at 1:00 PM**

Rated R

The interwoven story of a couple's youthful passion and ambition with a portrait of a marriage, thirty-plus years later—a lifetime's shared compromises, secrets, betrayals, and mutual love.

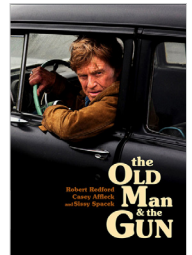


## *The Old Man & the Gun*

**Tuesday, March 19th at 1:00 PM**

Rated PG-13

Based on the true-life exploits of bank robber Forrest Tucker, this serio-comic tale re-counts his daring escape from prison at age 70 and the long string of heists that preceded the bandit's final arrest at age 78.



## *The Front Runner*

**Tuesday, March 26th at 1:00 PM**

Rated R

In this fact-based drama, Sen. Gary Hart is the front-runner for the 1988 Democratic presidential nomination – but he sees his ambitions short-circuited when reports of an extramarital affair turn up in the media.



# New Hampshire Free Tax Help

If you need assistance with your tax preparation, there are several options to book an appointment at the Hopkinton Town Library. You can dial 211, log onto <http://eznetscheduler.com/calendar/nhtaxhelp>, or stop by White Birch and Beth Ann can schedule your appointment online.

Free tax preparation is available to all ages and occupations

## When You Come For Your Appointment, You Must Bring:

- If married, it is preferable for both spouses be present
- Original or photocopy of social security cards for taxpayer, spouse, if married, and any dependents being claimed
- Picture ID for taxpayer and spouse (must be a Driver's License, or state issued ID Card, or another official document)
- All W-2's for all places worked in previous year
- Prior year tax return if applicable
- Routing number and bank account number for direct deposit

## If applicable, bring:

- If you're not sure, bring it! We'll be happy to review it.
- Copies of any 1099's issued to you or your spouse (including social security!)

- Form 1095A if you received purchased insurance via [healthcare.gov](http://healthcare.gov)
- Bank account interest year-end statement
- Student loan interest statement
- Proof of child care expenses paid (statement from provider with EIN # or Social Security #)
- Statement of post-secondary education tuition expenses paid
- Any other documents related to your previous year taxes.
- Copies of last year's mortgage interest statements (including any points paid)
- Real estate taxes paid statement
- Proof of charitable donations
- Statement of work-related expenses
- Auto registration
- Receipt of tax preparation fees paid last year
- Statement of safe deposit box fees
- Statement of union dues paid
- Any other statements of allowable itemized deductions

If small business owner: Proof of income and expenses (in writing). Self-employed with more than \$25,000 in expenses cannot be served.

Returns cannot be filed with rental income, self-employed individuals with employees. Other limitations of scope may apply to your circumstances, an appointment is not a guarantee we can prepare your return.

# Monthly Luncheon

**Reminder: The White Birch bus will be at Rush Square Community Building at 11:30 AM to provide transportation to the luncheon. You do not need a bus reservation, but you MUST make a lunch reservation.**

On Monday March 11th at noon at the Congregational Church Hall, senior lunches resume with the traditional St Patrick's day fare of corned beef and cabbage.

This meal requires a lot of planning and shopping so reservations are required no later than Thursday March 7th. If you would like to sign up you can stop by White Birch, call 428-3077, or email [bethannp@whitebirchcc.org](mailto:bethannp@whitebirchcc.org).

Special thanks go out to Pine Rock Manor our dessert sponsor for this month's luncheon.

If you are not familiar with Pine Rock Manor, they are a premier assisted living community in Warner, offering exceptional long-term care that specializes in memory care to individuals in a home-like setting. Pine Rock Manor is set on acres of breathtaking woodlands where wild life can be seen roaming around the grounds. Residents can enjoy New Hampshire's natural beauty without going far from home.

Pine Rock Manor's staff go above and beyond to create a nurturing, comfortable residence where people can live to the fullest while receiving the care they require. Pine Rock Manor is rooted in a person-centered approach focused on creating feelings of belonging and purposes of each resident, while seeking to preserve their identity and sense of self. Pine Rock Manor believes that no one should be defined by the symptoms of Alzheimer's and dementia. Maintaining identity and a strong sense of self comes from living a life filled with meaning, purpose and contributions. Pine Rock Manor believes that having Alzheimer's or dementia shouldn't change that.

Pine Rock Manor is a safe, twenty-four hours a day emergency service, locked, community, providing any resident or the family of a resident the comfort to know that their loved one is always safe. As a Pine Rock Manor resident, a person receives as much or as little care as they need. Pine Rock Manor has activities that occur seven days a week. Most of the events/activities are free for the resident to attend, encouraging them to explore their interests and do something fun every day.

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# Henniker Community Concert Series

On March 24th from 5-7 PM the Henniker Community Concert series continues the Winter Coffee House series at the PUB in the Simon Center at New England College.

Featured performers this month are the State Street Combo. The four-piece Concord-based jazz band is well known for entertaining the dinner crowds at Hermanos restaurant in Concord. This

band covers a large range of musical styles, with the musical focus being primarily jazz from the 1920s to today, but they like to include the occasional pop song in the mix to keep things interesting.

Performances are free, however donations for the artists are gratefully accepted. Refreshments are available for sale.





Enjoying lunch in the Sled Pub at Pats Peak.



Romie says, "Hey stop by and watch a movie, we have some great ones coming up and there is free popcorn."

"Or you can keep in shape at Bone Builders and watch me pray for treats!"





White Birch Center  
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Henniker, NH 03242

[www.whitebirchcc.org](http://www.whitebirchcc.org)

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# WHITE BIRCH CENTER *for* ACTIVE LIVING

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