



WHITE BIRCH CENTER *for* ACTIVE LIVING

Volume 4 ■ Issue3 ■ September 2019

Message from the Executive Director

Hello Everyone,

Jason Aziz from Tuft’s University is doing a research study on Sarcopenia – degenerative loss of muscle mass and strength that occurs as we age. He called Beth Ann at White Birch to see if we might be able to help with volunteers. At the time of his call, he needed 27 more volunteers. Within a few days, Beth Ann was able to line up ten folks who were willing to participate with another five who we are waiting to hear from.

The reason this is newsletter-worthy is that Jason was absolutely thrilled. Of course, he needs the volunteer participants, but he also made a point of mentioning that he really appreciated that White Birch, and Beth Ann, were so accommodating and helpful in assisting him with gathering data for the study. I’m proud of White Birch and Beth Ann. I’m proud of our volunteers as well.

Being kind and being helpful is an expectation we place on ourselves. It can lead to good things for our community and the world. Kindness is simple to practice and, when offered from a genuinely

humble soul, is refreshing. It can even regenerate hope in a scientist. Kudos Beth Ann.

A recipient of kindness is not the only fortunate one. The true joy in kindness is experienced by the provider. In a world that has its fair share of misfortune, crime, war, and chaos, how lucky is the person who can offer kindness to those who need it. How wonderful to have enough good in your person, or organization, that it can be shared.

Sincerely,

Marc McMurphy

Executive Director



WHITE BIRCH CENTER BOARD OF DIRECTORS

President

Stephen Burritt

Vice President

Peg Herbert

Secretary

Cathy Clement-Dias

Treasurer

Elin Leonard

Members:

John Capuco

Dave Currier

Val Dyer

Betsy Fowler

Arnie Huftalen

George Mobley

Bill Sullivan

Ryan Towle

Emeritus Members:

Jon Evans

Lucia R. Evans

Jolene Schillinger/Erikson

Carol Gaidos

Marc McMurphy

Executive Director

Beth Ann Paul

Director of Active Living

NH Sarcopenia Study with Tufts University



Seniors at White Birch Center are participating in a New Hampshire-based research study on sarcopenia with Tufts University. Sarcopenia, the age-related loss of muscle mass and

function, has emerged as a major public health issue in adults over 60 years of age. This, first of its kind study examines the prevalence of sarcopenia and other outcomes such as muscle weakness, slow walking speed and loss of balance, in three rural counties in the Granite State. Known risk factors for sarcopenia such as dietary factors, physical inactivity and cognitive function are also being assessed in this population of 120 adults aged 60 or over, living in rural communities in New Hampshire.

Tufts University has a long history of health assessment and program development in older adults. Programs such as Bone Builders and the

Strong Women series have been developed, tested and disseminated from the USDA Human Nutrition Research Center on Aging at Tufts University. Researchers there hypothesize that rural residency status may, in of itself, be a risk factor for sarcopenia and loss of mobility.

To learn more about the research on sarcopenia at Tufts, go to:

<https://hnrca.tufts.edu/research/labs/nutrition-exercise-physiology-sarcopenia-neps/>



Louise, Marlene, Peggy, and Chip with Jason-filling out forms as part of the Tufts Sarcopenia study.

“The first flash of color always excites me as much as the first frail, courageous bloom of spring. This is, in a sense, my season--sometimes warm and, when the wind blows an alert, sometimes cold. But there is a clarity about September. On clear days, the sun seems brighter, the sky more blue, the white clouds take on marvelous shapes; the moon is a wonderful apparition, rising gold, cooling to silver; and the stars are so big. The September storms--the hurricane warnings far away, the sudden gales, the downpour of rain that we have so badly needed here for so long--are exhilarating, and there’s a promise that what September starts, October will carry on, catching the torch flung into her hand.”

**—Faith Baldwin,
Evening Star**

Day Trips in September

Mini Golf Fundraiser for NH Long Term Care Ombudsmen

On Wednesday September 4th, White Birch Active Living is once again participating in this event to benefit NHLTCO. There are still a few spaces available to this fun and worthwhile event.

Pick up at Rush Square at 11:30 AM and Gould Street lot at 11:35 AM and Weare Legion at noon.

Cost for golf is \$10 and due when you sign up and White Birch will treat for ice cream on the way home. If you would like to sign up, stop by White Birch and see Marie or Beth Ann.

Shopping Nashua

On Thursday September 12th, we will head to Nashua for a day of shopping starting at the Christmas Tree plaza. We will have lunch at Uno's and Trader Joe's will be the last stop.

Pick up at Rush Square at 8:45 AM, Gould St. parking lot at 8:50 AM and Weare Legion at 9:10 AM.

Cost for the trip is \$8 due when you sign up and lunch is on your own. If you would like to sign up, stop by White Birch and see Marie or Beth Ann.

Sunapee Lunch Cruise

On Thursday September 26th we will board the MV Kearsarge for a luncheon cruise around Lake Sunapee. The MV Kearsarge Restaurant Ship has been sailing the waters of Lake Sunapee for over 30 years and is a replica of a steamship called the Sunapee Belle. The cruise will last about one and a half hours and be narrated by one of the Captains, all of whom are extremely knowledgeable about the history and lore of Lake Sunapee and surrounding area. The MV Kearsarge features two decks of enclosed dining and an open-air walkway around the top deck. Take your pick of location to sip on a refreshing cocktail as you cruise out of Sunapee Harbor, taking in the beautiful New Hampshire scenery. As you dine on a delicious buffet lunch, you will learn about the sites and history of the lake.

Cost for the trip is \$40 and must be paid by September 6th. Bus fare will be by donation.

Pick up at Rush Square at 10:45 and Gould St. parking lot at 10:50.

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

Flower Fun



On Thursday September 19th at 10:30 AM, Joanna Puza, gardener extraordinaire, will bring an array of flowers from her garden to White Birch. Bring your favorite vase and create a

beautiful floral arrangement to take home.

Suggested donation of \$5. If you would like to sign up, you can stop by White Birch, call 428-3077 or email bethannp@whitebirchcc.org.



Take action and learn more about your fall risk and how to prevent a fall. 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.

White Birch Center
51 Hall Avenue, Henniker
Tuesday, September 24
10:30 a.m. - Noon

Reserve a time for your balance screening by calling
(603) 224-4093, ext. 5815.
Walk-ins are welcome and will be screened on a first-come, first-serve basis.



CONCORD REGIONAL
VISITING NURSE
ASSOCIATION

Concord Regional VNA complies with applicable Federal civil rights laws and does not discriminate in services and access to treatment, appropriate care or employment in its programs or activities on the basis of race, color, national origin, religion, disability, age, gender, marital status, sexual orientation, source of payment, or the absence of advance directives.

Eight Proven Skills to Cultivate Positive Emotions

- 1.** Identify one positive event each day. Humans have evolved to pay attention to what's going wrong. Things that are stressful draw your attention so you can do something about it. But when you're hyper-focused on things that are stressful, you don't notice the good things. Making time to do that helps you take a step back, get some distance.
- 2.** Talk with someone about the positive event or share it on social media. This is a way to savor or capitalize on something good. You don't have to share it. You could just think about it again, and remember how great it was. Examples might include preparing a good meal or watching a beautiful sunset.
- 3.** Write in a gratitude journal every day. This is a second way to notice the good moments in the day. In your gratitude journal, you can write about events or write that you are grateful for the sunshine or for clean water.
- 4.** Reflect on a personal strength and how you've used it recently. When you're under stress, your thoughts may spiral downward and lead to self-criticism. Instead, recall good things about yourself. Maybe tell yourself you are a great friend or that you're someone smart who can come up with a plan to deal with your stress.
- 5.** Set a small daily goal and note your progress. When you feel as though you're making progress — even if you aren't necessarily achieving success — that increases positive emotions. Find the sweet spot of goal setting, something that's not way beyond what's possible.
- 6.** Develop a “positive reappraisal” habit to reframe a troubling daily activity in a more positive light. How we interpret an event determines our emotional reaction to it. But there's almost always a positive reappraisal that you can pull out of any situation, even when you start small.
- 7.** Perform an act of kindness every day. This simple practice gets you outside yourself. For example, walk your shopping cart back to the storefront or make way for drivers attempting to merge onto the highway. Complimenting a stranger on a pretty scarf or a welcoming smile counts, too.
- 8.** Concentrate on the present moment. When you're upset, instead of rehashing what already happened or rehearsing what might happen next, pay attention instead to what's happening in the present, what your thoughts and experiences are right now. When we're more mindful, we're more aware of positive events.

Cookbook Book Club Dinner

On Wednesday September 11th at 5:30 PM, we will have our second Cookbook Book Club dinner. There are still spaces available. To participate you need to choose your recipe from the cookbooks that are on the shelf at White Birch, and add your

name and recipe to the signup sheet. Bring your culinary creation to White Birch on September 11th and share in the meal. See Marie or Beth Ann if you have questions.

Space is limited to 16 participants.

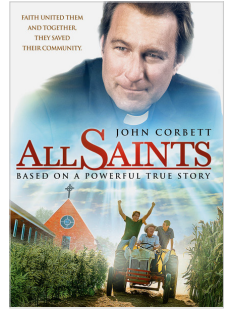
Tuesday Movies in September

All Saints

Tuesday, September 3rd at 1:00 PM

Rated PG

In this uplifting true story, pastor Michael Spurlock receives a directive to close tiny All Saints Church, which can't pay its mortgage. Instead, he turns to a group of Southeast Asian refugees to help create a working farm that will pay the bills.



Adrift

Tuesday, September 10th at 1:00 PM

Rated PG-13

Adrift is based on the inspiring true story of two free spirits whose chance encounter leads them first to love, and then to the adventure of a lifetime. As the two sailors set out on a journey across the ocean, Tami Oldham and Richard Sharp couldn't anticipate they would be sailing directly into one of the most catastrophic hurricanes in recorded history. In the aftermath of the storm, Tami awakens to find Richard badly injured and their boat in ruins. With no hope for rescue, Tami must find the strength and determination to save herself and the only man she has ever loved.



On Chesil Beach

Tuesday, September 17th at 1:00 PM

Rated R

Adapted by Ian McEwan from his bestselling novel, in 1962 England, two young people from drastically different backgrounds - well-to-do Florence and working-class Edward- meet and begin an idyllic courtship. Though their love is true, the societal pressures and sexual mores of the time cause strain between the young couple, leading to an awkward and fateful wedding night.

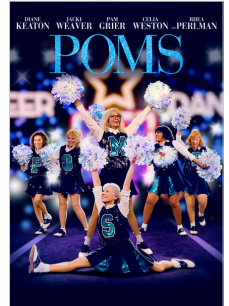


Poms

Tuesday, September 24th at 1:00 PM

Rated PG-13

In this uplifting comedy, life in a retirement community is anything but retiring for a group of young-at-heart senior ladies who decide to pull out the pom-poms and form a cheerleading squad.



Photos Wanted for the Autumn Bulletin Board

Many of the friendships that have formed at White Birch are with people we have come to know in this chapter of our lives. Last spring, we all learned something new about our friends who participated in the Truth and Lie activity. For the Autumn bulletin board, you are asked to bring in a photo of yourself from your younger days – a baby picture, high school, career, family photo a time in your life

when you didn't know most of your current friends. Marie will work her creative talents and decorate the bulletin board with the photos. In October we will have a potluck and share our photo and the story that goes with it. The names of all those who participate will be entered in a drawing for a \$25 Main St Pizza gift card.

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 in the weekly drawing for a White Birch hat. On Friday mornings in September, you are invited to

stop by for coffee and donuts. We would love to hear ideas for any new activities and programs you would like to see offered at White Birch.

This month and every month it's all about you because you are the ones who make White Birch Center for Active Living such a special place.



Book Club-Page Turners

The first meeting of the newly formed Page-Turners book club will meet on Tuesday September 10th at 11:00 AM at Tucker Free Library. If you would like to participate, please stop by the library and pick up a copy of 'Where the Crawdads Sing'. This is a new community initiative being sponsored by Tucker Free Library and White Birch.

NEIGHBORS & FRIENDS DISCUSSING ANY WRITTEN WORD...
Books, Articles, Poems, Lyrics, Recipes, and more

FALL
2019

MEETINGS AT
TUCKER FREE
LIBRARY AT 11AM

SEPTEMBER 10
OCTOBER 8
NOVEMBER 12
DECEMBER 10

RSVP NOW

INTERESTED?
PICK UP READING
MATERIALS AT
TUCKER FREE AND
JOIN US!

QUESTIONS
CALL 428-3471

This community initiative is proudly sponsored by:



TUCKER FREE LIBRARY

2018 NHILTA Library of the Year



WHITE BIRCH CENTER
Active Living



Romie anxiously watching the parking lot waiting for his friends to arrive.



Sandi, Becky, and Nancy selling cookbooks at Chilifest.

White Birch Cookbook

The White Birch Cookbook, with recipes from Cooks and Kids, is now available for purchase. This 'must have' cookbook contains tried and true recipes from friends and a highly entertaining chapter of recipes submitted by the kids. The cost

is \$20 per book and can be purchased at White Birch. If you would like a copy sent to you, please complete the form below and enclose a check.

All proceeds benefit White Birch Center.

WHITE BIRCH COOKBOOK ORDER FORM

NAME

ADDRESS

TOWN/CITY

STATE

ZIP

PHONE NUMBER

Number of copies x \$20

Shipping number of copies x \$3

Total enclosed

Mail check made out to White Birch and this completed form to:

WHITE BIRCH CENTER

PO BOX 2035

HENNIKER, NH 03242



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

Golf Fundraiser	page 3
Sunapee Trip	page 3
Cookbook	page 11