



# Mascoma Area Senior Center

A location of Grafton County Senior Citizens Council, Inc., whose main office is located at 10 Campbell Street, Lebanon, NH 03766, (603) 448-4897, [www.gcsc.org](http://www.gcsc.org), and on Facebook. Serving the Canaan, Enfield, Dorchester, Orange and Grafton communities.

Our Mission is to develop, strengthen, and provide programs and services that support the health, dignity, and independence of older adults and adults with disabilities living in our communities.

## April 2024

**Open 8 to 3, Monday-Friday**

**Phone (603) 523-4333**

**Fax (603) 523-4334**

**Box 210, 1166 NH Rt. 4,**

**Canaan, NH 03741**



**Elizabeth Houghton, Director**

**[ehoughton@gcsc.org](mailto:ehoughton@gcsc.org)**

**Angela Smith, Program Assistant**

**Sarah Copps, Program Assistant**

**Kitchen Coordinator (*hiring*)**

**Ray Brewster, Bus Driver**

**Per Diem Bus Driver (*hiring*)**

**Hello and Happy April  
from Director Liz**

The “weather seesaw” continued into March; in the high forties one day and the mid-twenties the next. We hear that, on some local lawns, tulips and crocuses have broken through the formerly frozen ground. Mud season has reared its head and with the late winter rains, a number of area roads have been closed.

But on to human topics ... let’s celebrate the wonderful and interesting neighbors who come to the center to share their stories with us! On March 7, Brenda Pierson came with her early American accoutrements and way with words. On page 5, you can read about Brenda’s talk and demonstrations, if you missed it. And if you were here, we hope you remember it fondly.

We hope to continue to introduce you (and us) to all the interesting people we have as neighbors and to learn about what they’re up to. On April 18th, at noon, Jennifer Tetreault, who has been enthusiastically baking since she was fourteen years old, will visit and talk about her business ... Knot Just Pretzels ... how she started, how she continues, and what she bakes.



**Home-delivered meals;** we deliver nutritious meals 5 days per week. If you or someone you know could benefit, please call the center for more information.

**Transportation;** is available daily. Please call to schedule a ride.

**ServiceLink;** provides an invaluable service for helping individuals and their family members find resources to help them maintain independence and stay healthy; call (866) 634-9412 or (603) 448-1558 for more information.

**RSVP;** RSVP AmeriCorps Seniors volunteers’ activities focus on helping older adults (age 60+) veterans and their families, family caregivers, and adults with disabilities to age in place. More info call (877) 711-7787 or email [rsvp@gcsc.org](mailto:rsvp@gcsc.org).

**Virtual activities;** beginner ukulele, book club and special events through GCSCC or many options through the Aging Resource Center (ARC) at Dartmouth-Hitchcock. Ask for the monthly schedule here or visit [www.gcsc.org](http://www.gcsc.org) for this and more information.

**Paid volunteer opportunities;** are available at our site through Operation ABLE. Age and income guidelines apply.

**A Great Big Shout Out  
to all of our wonderful volunteers.**

**Whether in the kitchen, delivering meals, or helping in the food pantry; we could not exist without you!**



**To all our wonderful volunteers**

**HELP WANTED**

**Join Our Team and Help Make A Difference**

**We’re looking to fill the following positions:**

- kitchen coordinator
- per diem bus driver

**Interested? Please call (603) 523-4333 and speak to Liz for more information.**

# ~April 2024~

*Home-delivered meals 5 days a week following this menu.*

*Lunch at Mascoma Area Senior Center served Monday-Friday at 11:30.*

*Grab n' Go Tuesdays 11:30-12. Call ahead for Grab n' Go other days.*

Monday	Tuesday	Wednesday	Thursday	Friday
<b>1</b> Chicken Casserole Egg Noodles Mixed Vegetables Fruit Milk	<b>2</b> Soup & Sandwich Fresh Veggie Milk  <i>NEEDLEWORK @ 2:00 pm</i>	<b>3</b> Chef's Choice Broccoli Fruit Milk  <i>CARDS @ NOON</i>	<b>4</b> Turkey Meatloaf with Gravy Mashed Potato Carrots Milk	<b>5</b> Pasta Bake Peas Fruit Milk
<b>8</b> BBQ Chicken Mashed potato Corn Fruit Milk	<b>9</b> Lasagna Green Beans Rolls Milk  <i>NEEDLEWORK @ 2:00 pm</i>	<b>10</b> Chicken Sandwich Lettuce, Tomato Sweet Pot. FF Fruit Milk  <i>CARDS @ NOON</i>	<b>11</b> Kielbasa Bake with Veggies & Potato Banana Bars Milk  <i>TRIVIA @ NOON</i>	<b>12</b> Tacos Rice & Beans Fruit Milk
<b>15</b> Creamy Spinach Baked Ravioli Applesauce Bar Milk	<b>16</b> Pulled Pork Sweet Pot. FF Green Beans with Garlic Fruit Milk  <i>NEEDLEWORK @ 2:00 pm</i>	<b>17</b> Sausage Cacciatore Garlic Noodles Cauliflower Fruit Milk  <i>CARDS @ NOON</i>	<b>18</b> Turkey & Sweet Potato Skillet Mixed Vegetables Milk  <i>JENNIFER TETREALT @ NOON</i>	<b>19</b> Orange Chicken Vegetable Rice Fruit Milk
<b>22</b> Meatball Sandwich French Fries Mixed Vegetables Fruit Milk	<b>23</b> Garlic Butter Chicken Rice Green Beans Milk  <i>NEEDLEWORK @ 2:00 pm</i>	<b>24</b> Tuscan White Bean Pasta Garlic Bread Brussel Sprouts Fruit Milk  <i>CARDS @ NOON</i>	<b>25</b> Baked Fish Sandwich Rice Pilaf Carrots Milk	<b>26</b> Sausage Pepper Onion Sandwich Beets Fruit Milk
<b>29</b> Cranberry Chicken Sweet Potato Squash Fruit Milk	<b>30</b> Chef Salad with Lettuce, Tomato, Cuke, Egg, Cheese, Ham, & Turkey Roll Milk  <i>NEEDLEWORK @ 2:00 pm</i>	<p style="text-align: center;"><i>GCSCC Annual Meeting (Virtual) April 30th, at 10:00 am.</i></p> 	<p style="text-align: center;"><b>Menu is subject to change without notice.</b></p>	<p style="text-align: center;"><b>Meals are provided at no cost. A \$3 per meal voluntary donation is suggested but not expected.</b></p>

## Getting to know Chet Hagenbarth, *Canaan Town Administrator*

As of this writing, Chet has been in his new position for just over two weeks, but he's settling in nicely. Formerly town manager in Killington, VT, Chet hails originally from Vineland, New Jersey, but has been a northern New Englander for thirty years. In Killington, he headed the department of public works. The difference, he says, between an administrator and manager is that the former cannot hire and fire people and can't sign contracts. Those duties reside with the selectboard.

Regarding the top administrator position, Chet says, "the problems are always the same, no matter where you are. How to fund operations and capital needs." As for his plans, he intends to evaluate the town's operations and assets to determine where problems lie: "a kind of report card," he says. And he would eventually like to see funding for a maintenance technician position. "It's not in the budget, but it's definitely a need."

Chet's professional background is in construction and design. When the market died in 2008, he found himself looking at town websites for jobs and found the public works position in Killington. When his predecessor departed, someone came to Chet's office and announced, "you're the new town manager."

Chet is married and has two grown children. He and his wife, an educator, used to ski at Killington and when his kids' school became a little dangerous, they decided to give Killington a try. "People called us urban refugees," he recalls. The rural life agrees with him; he likes to ski, go camping, and be out of doors. And to spend time with his granddaughter, who lives in North Carolina.

His goal as the new administrator is to improve the funding structures for operations, capital needs, and services. Citing his success in Killington, Chet says that when he took the job, \$97,000 was in the reserve account but within four years, that had increased to \$1.2 million. Chet is motivated by his belief that if town officials plan well, then they don't have to react to the unforeseen. After evaluating the town's assets and needs, the question becomes: "how fast do you want to do this?" It took five years to implement the Killington plan.



## You Are What You Eat Sugar in Processed Foods

Processed food defined: *Any food that's been altered in some way during preparation, including freezing, canning, drying, etc.*

Not all processed foods are unhealthy but most contain high levels of salt, sugar and fat.

We all eat lots of processed foods, including cheese, breakfast cereals, canned vegetables, and baked goods. Other foods, such as milk, require processing to keep them safe. However, when salt and sugar are added to make food taste better and to extend shelf life, consumers need to be wary.

The average American adult consumes 17 teaspoons of added sugar per day (and 60 pounds annually), which is two to three times the recommended amount. Most of this sugar is in soft drinks.

"Added sugar" refers to sugar in processed or prepared foods. Other sugars, the okay kind, are those in fruit or milk, for example.

Why eat foods high in fiber, without added sugar? Because the longer foods take to digest, such as fresh fruits and vegetables, the better they are for you. Added sugar, for example, turns quickly into calories.

So how much sugar should you eat? Ten percent (10%) of your daily calories should come from added sugar. That is, if you consume 2000 calories per day, 200 calories of added sugar should be your goal.

It's no secret that obesity has become a national concern. One in three men and one in four women are considered overweight, two in five adults are obese, and 9.2% of American adults are severely obese. By comparison, in the early 1960s 13% of Americans were considered obese. Happily, we have the information to improve our diet.

## *Bet You Didn't Know About ...*

### The San Francisco Earthquake

The earthquake, just off the coast of northern California and registering 7.9 on the Richter scale, occurred on April 18, 1906, shortly after 5 a.m. It's considered the largest in U.S. history, leaving 3,000 people dead, 250,000 homeless, and destroying 80% of the city. When it hit, cable cars abruptly stopped running, city hall crumbled to the ground, and the Palace Hotel's glass roof splintered and fell into the courtyard below. The hotel, the largest in the world at the time, was completely destroyed.

The quake was followed by a massive fire that swept the city and lasted four days, until it was extinguished by a soaking, very welcome rain. In the process, more than 500 blocks in the city center - covering four square miles, burned to the ground. The inferno destroyed some 28,000 buildings; the total property value loss was estimated at \$350 million. Shipments of clothing and food eventually arrived from around the U.S. and the world, to assist survivors, many of whom were camped out in Golden Gate Park and on dunes to the west of the city.

Eventually twenty-one refugee camps were set up and 5,600 "relief houses" were built by the Army.

The quake resulted in cracks in the earth's surface for a distance of 300 miles. Geologists reported that the land on the west side of the rift jumped twenty feet in some places as a result of the quake.

The city was reconstructed quickly, though people claimed it was done too fast and shoddily. Early urban planner designs to remake the city even better than before the quake and more like Paris were scrapped. The city wanted to prove itself so speed and cost became primary considerations. Also, there was the need to get ready for the 1915 international exposition to be held there. By that date, the city was completely rebuilt, including new buildings, in readiness for the exposition.

To date, the worst earthquake ever recorded was in Chile in 1960. This quake which registered a 9.5 on the Richter scale kicked off a tsunami felt in distant Pacific coastal areas. Over 1600 people died and some 2,000,000 were left homeless.





# BULLETIN BOARD

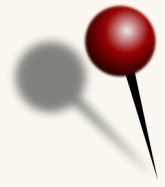


I ♥  
**PLAYING  
HAND AND  
FOOT**

Looking for a morning cup  
of coffee, a sweet, and  
some good conversation?

They're all right here  
at the center. Drop in and  
say "hello!"

Weekdays: 8-10



## Needlework - of every kind!

We can teach you to knit.  
Work on crafts or just sit and  
visit.

*Every Tuesday at 2:00 pm.*

## RSVP Bone Builders

*(currently a waitlist for classes at our site)*

RSVP Bone Builders provides the  
opportunity for participants to increase  
muscle strength, bone density and balance.

**Mondays & Thursdays 9-10 am**

*Call (877) 711-7787 to get on  
the waiting list.*

"NEW"  
Scrabble on  
the *last*  
*Friday* of  
*every* month!

I ♥ Cribbage

## Hand & Foot Card Game

The friendly folks will teach you how to  
play if you don't already know how.

*Every Wednesday at noon.*

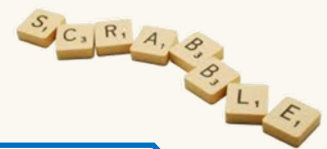
TRIVIA

## Storytelling with Neil

*1st Wednesday of every  
month... right  
after lunch!*

## Pop-up cribbage!

No regular  
schedule.



## Trivia

No pressure, just fun!

*2nd Thursday of every  
month at noon.*



## Bible Chats with Janet

*Every Thursday  
at 10:30 am.*

Yoga is  
suspended.  
If you are  
interested in  
yoga, please  
let us know.

## Guest Speaker of the Month

**Jennifer Tetreault** will talk  
about her business Knot Just  
Pretzels.

*Thursday, April 18 at noon.*





## Getting to Know Brenda Pierson

On March 7, Grafton resident Brenda Pierson brought her collection of early artifacts to the center to talk about living a life without the benefit of most modern conveniences.

A gifted speaker and enthusiastic historian, Brenda dates her interest in living like our forebears to when she was ten years old (she hails from Massachusetts), after a trip with family to the Plymouth Plantation. She set her sights on Vermont but ended up in New Hampshire, she said, because Vermont law would not permit her to live in a teepee. Today, Brenda lives in a 16x18 one-room house without plumbing and with one electrical outlet, which she uses for her iron (she loves to iron and the old cast iron variety became too heavy for her wrist). She also has a fridge. "I like half-and-half in my coffee," she says.

Brenda, formerly a cashier, is now retired, though she's busy as a frontier woman. She frequents re-enactments and is well traveled as a result. She recently returned from Florida where she took part in a tomahawk and knife-throwing competition. This year she took 2nd place, moving up a notch from the year before.

Among the things Brenda brought to talk about were her "historically correct" shoes, her chamber pot (no privy in the middle of the night), her bone-handled jackknife which she wears around her neck, her writing box with quill and ink and, finally, her fire starter. Every morning, she writes letters the old-fashioned way (two letters every week) on handmade paper and seals the envelopes with wax. She has numerous pen pals and invited everyone in the audience to write to her.

Not surprisingly, Brenda is awash in practical skills and she instructed the audience on how to churn butter, start a fire using flint and steel, and make ink

Brenda's hero is George Washington, a man she thoroughly admires, whose picture she has on her wall and who, she reminds people, was an abolitionist and "ahead of his time."

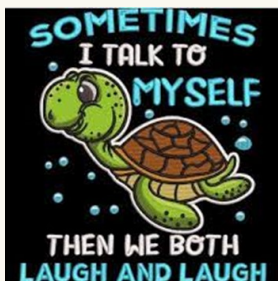
Brenda heartily recommends the simple life. She says, "the more conveniences, the heavier you are, the more weight you have. I'm debt-free."



## Laugh and the World Laughs With You



- \* The things that come to those who wait may be the things left behind by those who came early.
- \* I lost an electron. You really need to keep an ion them.
- \* A man calls the airline customer service desk and asks, "How long does a flight from New York to Chicago take?" The agent replies, "Just a minute..." "Thank you," the man says, and hangs up.
- \* If you go to court, you're in the hands of twelve people not smart enough to avoid jury duty.
- \* A man asks the ringmaster for a job and, when asked what he can do, the man says: I have a great bird impression. "Pssh," says the ringmaster, "anyone can do that." "Oh well," the man says, and flies away
- \* So apparently, "maybe next time," is not the correct way to RSVP to a wedding invite.
- \* I would tell you my autumn joke but you probably wouldn't fall for it.
- \* A man asked a bookshop clerk if he had the book on indecisiveness. The clerk said, "I'm not sure." "That's the one," the customer said.



## Kitchen Coordinator Job Description (condensed)

Looking for a well-organized, good-natured someone, who is a high school grad (or equivalent) and who can stand, bend, reach, and lift up to 50 lbs. and who will:

- ◆ maintain the kitchen in accordance with health & sanitation codes;
- ◆ order, receive, reheat, and serve meals from the Central Kitchen;
- ◆ direct kitchen employees and volunteers.

Kitchen experience in group food prep is required. Also, oral and written communication skills.

**Interested?? Call Liz at 603-523-4333.**

**Did you know** that contributions from donors like yourself make it possible for GCSCC to provide the programs and services essential for older adults living in communities throughout Grafton County. Only half of our budget comes from state and federal funds. The rest is from local communities and individuals who donate to GCSCC to support us. Please consider donating either by mail (GCSCC, POB 433, Lebanon, NH 03766) or visit [www.gcsc.org](http://www.gcsc.org). Thank you!

**Online Giving:** You can donate to GCSCC one time or spread your donation out, on a monthly basis.

**Legacy Giving:** Donations beyond your lifetime are among the greatest gifts a person can bestow. You can include GCSCC in your Will to insure that services and programs will continue to help people to be independent and in their own homes for as long as possible.

**Memorial Gift:** A gift in memory of a loved one, friend, or colleague is a meaningful appreciation of the impact that person had on your life.

**Gift in Honor:** To thank someone who has brought you joy or helped you, or to recognize a birthday, wedding, or other special occasion.

For more information contact Becky Foster at (603) 448-4897 or [bfoster@gcsc.org](mailto:bfoster@gcsc.org).

## *The Joys of Travel*

**Annabelle Applewhite**

There's no end of sayings about the benefits of travel. We all know *"Travel broadens one's horizons"*; but what about these? *"To travel is to live"* (Hans Christian Anderson); or *"Life is either a daring adventure or nothing at all"* (Helen Keller); or *"I haven't been everywhere but it's on my list"* (anonymous).

Forty million Americans flew out of the U.S. in 2023. Millions went to Europe. 8.2 million traveled to Mexico and 2.2 million even ventured into the Middle East. Why do people travel? I can't answer for "people," but I know why I do.

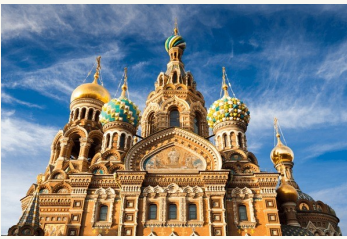
Or do I? I don't think I'm alone in the sentiment that the joy of traveling is hard to explain. If you haven't traveled (yet), it may help to think of it as a "change up," something new. You don't want to eat the same thing all the time or wear the same clothes. Well, travel is that sort of change. Instead of the same scenery, you not only see new sights, but also exotic, unexpected and often extraordinary sights. Instead of people being as they ordinarily are where you live, you will encounter people reared in a different culture, often interestingly dressed, perhaps carrying baskets on their head, and/or acting and interacting in fascinating ways you've never experienced.

Travel is like a fantasy. It's your imagination gone wild. The first time I saw Paris, I was overwhelmed by a beauty I could have only imagined. And when I turned a corner and unexpectedly saw the glorious cathedral in Milan, I couldn't speak. Same with the Grand Canyon.

As for the people you meet, they are pretty much always welcoming and wonderful. If I couldn't find my way, they guided me. If I had trouble speaking their language, they struggled in English, until I understood.

In the past, people didn't travel much (expensive, uncomfortable, dangerous) but when they did, they were gone for long periods. It took eighteen days to sail from NYC to Ireland in the 19th century, so no one planned a two-week trip to Europe back then. It took President John Adams eight days to go from Philadelphia to DC by carriage. You can drive that distance today in a few hours. A twelve-hour road trip today would have taken six weeks in 1800.

Though you can travel far faster today than in the past, it still costs money. If you're young and fit, you can stay in a youth hostel. But older folks like the ease of a hotel. If you're computer savvy, you can snag a fairly affordable plane ticket. Personally, I don't care for flying and being crammed into an airline seat is not my idea of a good time. But earbuds and a nap can make the trip bearable. The reward is at the end of the flight, when you leave your old self behind and enter a new world, taste new foods, and see buildings erected centuries before this country existed.



### **Impress Your Friends With These Tidbits**

- The king of hearts is the only king without a mustache.
- A shrimp's heart is located in its head.
- Neckties (if tied too tightly) can decrease blood flow to the brain, cause headaches, and increase pressure on your eyes.
- The US ranks #1 among nations in hosting the most international students.
- There are five countries that don't have a written constitution: Canada, New Zealand, Israel, Saudi Arabia and the United Kingdom.
- The Arctic and the Antarctic are referred to as "polar deserts."
- The highest lake in the Alps is 10,000 feet above sea level.
- Thomas Jefferson had six children but only two (daughters) survived to adulthood.
- There are twenty-one countries that don't have armed forces, among them are Costa Rica and Iceland.
- Among the countries with 100% literacy rate are: Norway, Luxembourg, North Korea, Uzbekistan, and Finland.
- Pearls melt in vinegar.
- 5.2 million people became millionaires in 2020.
- Only about 2% of people in the world have green eyes.
- In China, there's a village where a majority of the population has green eyes and blonde hair.

