



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, 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.

AUGUST 2025

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

Angela Smith, HDM Coordinator

Sarah Copps, Program Assistant

Rose Swanson, Kitchen Coordinator

Ray Brewster, Bus Driver

Alix Olson, Per Diem Bus Driver

~ Hello From Director Liz ~

Big plumbing news here at the Center!

We received a grant from the Von Weber Trust to purchase a shiny new three-bay sink which you may have seen if you've been in our dining room. And thanks to the generosity of the town, it has been professionally installed!

The building that houses the Center is an important part of the town's heritage. Built in 1875, and once host to a number of town organizations, it was destroyed in the town fire and then rebuilt in 1924. It's essential today because it serves seniors in all five Valley towns. And with the upgrade those all-important workers and volunteers who cook and serve will now work in an updated, trouble-free environment. Hooray!



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.

ADRC Aging and Disability Resource Center formerly ServiceLink (see more info page 4); 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. For more information call (877) 711-7787 or email rsvp@gcsc.org.

Virtual activities; 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 for this and more information.

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

Our website www.gcsc.org has more information regarding these and other services that we offer!

When you donate to GCSCC, you make it possible for older adults and adults with disabilities living in every town in Grafton County to use our programs and services. To donate:



- ~ if you're viewing this newsletter online, you can click the photo to the left, visit www.gcsc.org/donate **OR**
- ~ to donate by check, please mail to GCSCC, PO Box 433, Lebanon, NH 03766



We appreciate your consideration and support!



We are so grateful to the kind and caring members of our community who make our work possible.

~ AUGUST MENU ~

*Home-delivered meals five days a week following this menu.
Lunch at Mascoma Area Senior Center served Monday-Friday at 11:30.*

Monday	Tuesday	Wednesday	Thursday	Friday
Menu is subject to change without notice. 	Juice is available at every meal.  A bread item is available at every meal	Meals are provided at no cost. A \$3 per meal voluntary donation is suggested but not expected. 		1 Hot Dogs Beans Cole Slaw Fruit Milk
4 Chop Suey Garlic Bread Green Beans Fruit Milk	5 Parmesan Chicken Egg Noodles Mixed Veggies (tomato for parm) Juice Milk <i>Needlework @ 2:00 pm</i>	6 Chef Salad Boiled Eggs Broccoli Salad Fruit Milk <i>Storytelling with Neil Cards @ noon</i>	7 Pork Chop Sweet Potato Carrots Juice Milk	8 Baked Fish FF Baked Beans Spinach Fruit Milk <i>Trivia @ noon</i>
11 Salisbury Steak Baked Potato Peas and Carrots Fruit Milk	12 Spaghetti/meat sauce Squash (Zucchini or Summer) Roll (tomato for parm) Juice Milk <i>Needlework @ 2:00 pm</i>	13 Turkey Wrap Lettuce, Tomato, Cheese Pasta Salad Fruit Milk	14 Marinated Chicken Red Potato Peas Juice Milk	15 Pizza with Sausage or Pepperoni Cucumber and Tomato Salad Fruit Milk
18 Assorted Sandwiches Broccoli Salad Corn & Black Bean Salad Fruit Milk	19 Mac and Cheese Stewed Tomato Green Beans Juice Milk <i>Needlework @ 2:00 pm</i>	20 Sausage, Pepper and Onion Rice Pilaf Corn Bread Fruit Milk <i>Storytelling with Neil Cards @ noon</i>	21 Meatloaf Garlic Potato Brussel Sprouts Juice Milk	22 Kielbasa Stir Fry Assorted Veggies Rice Fruit Milk
25 Beef Stew Over Biscuits Green Beans Fruit Milk	26 Chef's Choice Carrot Slaw Baked Beans Fruit Milk	27 Ham Sweet Potato Peas/Carrots Juice Milk	28 Roast Pork Mashed Potato Broccoli Roll Juice Milk	29 Taco Salad Lettuce, Tomato, Pepper, Onion Seasoned Chicken Cheese Cauliflower Fruit Milk

~ ACTIVITIES BULLETIN BOARD ~



I ♥ Cribbage



**Our door is open
8 - 3, Monday thru
Friday!**

Looking for that morning cup of tea or coffee and a sweet treat? Some good conversation? Drop in and say hello from **8-11**. Then stay for **lunch at 11:30** and, after that, maybe play a game or enjoy a special presentation!



TRIVIA

I ♥
**PLAYING
HAND AND
FOOT**

Welcome

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.**

Two New Activities!!

**Sequence: board/card
strategy game**
When? 10 on Thursdays

AND

Mahjong: great fun!
Learn to play
When? 10 on Mondays

Trivia

No pressure, no teams.
Just fun!

**2nd Friday of every
month at noon.**

Stitchin' Seniors!

Work on crafts or just sit and visit. Or ... learn to knit! We'll teach you.

**Every Tuesday
at 2:00pm.**

**Pop-up
cribbage!**
No regular
schedule.

Hand & Foot Card Game

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

Every Wednesday at noon.

Storytelling
Neil entertains
us with his story-
telling skills
twice in August:
1st & 3rd
**Wednesdays after
lunch!**

Upcoming Guest Speakers

Please note: all of our upcoming speakers are taking July and August off to relax on the beach.

You are a social creature!

Being social can take many forms, including sitting on a bench in public, watching people walking by, listening to conversations, and maybe starting one yourself with someone.

That we humans have a basic need to connect and interact with others, and that we thrive in groups is not news. It has now, however, been shown on computer screens that our brains light up when we're engaged with others.

Prolonged social isolation can lead to depression or anxiety, as well as a weakened immune system. In other words, seeing and talking to no one over an extended period of time can affect one's health and longevity.

What about loners? What about people who can't get out and about?

Well, people who say they prefer their own company may need less interaction. But they definitely need some.

So if you can't find a park bench to sit on or a postal clerk or salesperson to joke with, if you don't drive or know someone who is home alone a lot, and if you are reading this, there is help available. See page 4 for the phone number of an organization that can help. Or, you can call us. We have a bus that will pick you up and take you shopping, to doc appointments, or to the Center for lunch and activities and lots of chatter.

Our # is (603) 523-4333.



The Best Medicine!

- ⇨ The longest drum solo was ten hours and 27 minutes long and was performed by the child sitting behind me on Delta flight 109 from LA to Tokyo.
- ⇨ If my body is found on a jogging trail, know that I was murdered someplace else and dumped there.
- ⇨ Some things are better left unsaid, which I usually realize right after I've said them.
- ⇨ You know how they throw the ball into the crowd after they win the game? They don't allow that in bowling. I know that now.
- ⇨ I didn't realize how bad my driving was until my GPS said, "In 400 feet, take a right, pull over and let me out!"
- ⇨ In life, it's important to know when to stop arguing with people and simply let them be wrong.
- ⇨ Q: Do you know where the Declaration of Independence was signed? A: At the bottom of the page!
- ⇨ We are here on earth to do good unto others. What the others are here for, I have no idea.
- ⇨ The first piece of luggage on the carousel never belongs to anyone.



ServiceLink is now the Aging & Disability Resource Center

Although our name has changed, we provide all the same services – including Medicare and Medicaid counseling, long-term care options counseling, caregiver support, referrals, and much more! We look forward to seeing you at our locations in Littleton (262 Cottage Street, Suite G-25) and Lebanon (10 Campbell Street). We also have office hours at our senior centers in Bristol, Canaan, and Plymouth. We can be reached by phone at (603) 448-1558 or (603) 444-4498.



CAR/DRIVING HACKS!!

- 🔔 Use a plastic bag to protect side mirrors from ice and snow and put socks on windshield wipers to prevent freezing.
- 🔔 Toothpaste on a rag will make your headlights clean and shining brightly.
- 🔔 Floor mats can help your wheels gain traction if you're caught in a snow bank.
- 🔔 Use a foam paintbrush to clean dust from inside the car's dashboard vents.
- 🔔 If you have a cup and no holder or if the holders are being used, a roll of duct tape on the passenger seat makes a great cupholder.
- 🔔 Cupcake liners in cupholders keep them clean.
- 🔔 If expecting bad weather, turn floor mats over. This makes cleaning mud, grit and slush easier to clean once the weather clears.
- 🔔 There is a little arrow on your dash by the gas gauge that shows which side your tank is on when you pull up to the pump.
- 🔔 If you see congestion ahead, put your hazards on right away to let the cars behind you know you will be slowing way down. Drive safe!!

Six flowers

By: Cheyenne G.

There used to be about twenty flowers here, but most of them have gone.
I'd like to say I don't know where they went, but I know all too well.
Picked, or eaten by selfish beings,
Or perhaps destroyed by their own pheromones.
There are only six flowers now,
Forced to sway with the breeze of a humid summer.
Six flowers bypassed by dogs and little girls,
Who search for the perfect flower to grasp between canine teeth and sticky fingers.
They watched every other flower get stolen away,
Wondering if they simply weren't good enough for someone's handmade vase,
Or for someone's vintage dining room table dressed in lace cloth.
Each flower continued to grow, reaching towards the sky with down tipped leaves,
Hoping that someday they might kiss the clouds.
Six flowers,
Falling into each other on rainy days,
And closing their petals on chilly mornings.
Six flowers,
Left to drown in a rainy summer,
Holding onto a dream of sun.
Six flowers,
Much too perfect for an old overgrown meadow on the side of a busy street,
Much too perfect for canine teeth and sticky fingers.
Six flowers,
That only have each other in summer storms,
Freezing mornings,
And humid afternoons.
Six flowers,
Much too good for the world surrounding them.



Bet You Didn't Know About ... The Newport Rhode Island cottages

First a word about the Gilded Age, which gave birth to the so-called *cottages*, now referred to as *mansions*, and which rivalled the palaces of European royalty. The Gilded Age (from around the 1870's to 1900's) was a time of rapid industrialization marked by corruption, poverty and an enormous gulf between the mega-rich (think Vanderbilt, Rockefeller and Carnegie) and the desperately poor.

The Newport homes, modeled on European palaces, were treated as summer retreats by the owners who lived year-round in east coast cities. Today, The Preservation Society of Newport County (a private, non-profit organization) owns and protects the architectural heritage of Newport County. Seven of its 14 historic properties are National Historic Landmarks, and most are open to the public.

The families who came from New York City to Newport came primarily by steamship. This

overnight service offered elegant white ships with luxurious public rooms, making the journey a fashionable part of the trip.

The Gilded Age came to a close in the 1910s with the advent of the federal income tax and the First World War. The Great Depression was responsible also for a decline of the great fortunes of the Gilded Age. As a result, the mansions received less upkeep, and were abandoned or demolished. There are still private mansions in Newport with year-round staff, although perhaps not to the same extent as those of the past.

The Breakers (below) was the summer residence of the Vanderbilt family. It boasts a square footage of 138,300. In today's dollars, it cost over \$220 million to build. Two thousand workers were involved in the construction. That's Cornelius, also below.





Getting to Know ... *Robin Dow Parker*

If you're looking for that old-timey, general store, sittin' around the woodstove type of feeling, look no further than the place Robin calls home during the work day: Canaan Hardware. Her office may be at the back of the store, but she is central to its operation and to imparting the feeling of small-town service and friendliness. The store has been family owned for five generations; photos above her desk represent some of her forebears who, no doubt, oversaw some very different stock from what's sold today.

Robin, born and raised in Canaan with childhood interests in dolls, horses and sports, grew up to be an Air Force aerospace/ground equipment mechanic, based in Louisiana, when she decided to return to Canaan. At the time, her dad owned the store where she (who was in her twenties) found part-time work. But she had no plan to stay on. However, as she puts it, "My perspective changed. This seemed like the right fit."

She learned a lot from her dad (since deceased) she says, but she's always been mechanically inclined. It's one of many attributes, including athleticism, a positive attitude and, apparently, a good head for business.

Robin and her husband ("a local boy from Vermont") share two children, ages thirteen and eleven. When asked about hobbies, Robin mentions reading, running, softball and hiking. She and her family have a camp on Mascoma Lake, which is a summertime outing. In winter, she is often found watching her kids play hockey. And did we mention that she coaches boys' soccer and baseball? "Fifth and sixth grade boys are tough to coach," she says.

Robin loves Canaan and New England in general. Her urge to travel outside the area has diminished over the years. "I love the seasons and hiking in the area."

As for owning and working in the store, Robin says she loves meeting people and welcoming new people into town.

"There's really good energy in this town," she says. "And I like supporting and being part of that."

Impress Your Friends With These (Totally Random) Tidbits



- ☛ Fossils of the largest dinosaur (the Patagotitan Mayorum) were found in Argentina. The animal was determined to be 122 feet long and to weigh 70 tons.
- ☛ Tibetan Buddhists believe the body is an empty vessel after death, no longer needed by the soul. They place the dead on a mountaintop and offer it to vultures—sacred animals that helped the body ascend to higher realms.
- ☛ Jayne Mansfield was named the second best Playboy Playmate of all time for her 1960 spread in the magazine. She was fluent in five languages and played classical violin and piano.
- ☛ Little known facts about the Dutch include that they invented the stock market in the 17th century, that 26% of their country is below sea level and that the Netherlands is the birthplace of gin, which they introduced to the British.
- ☛ Turtles don't outgrow their shells; their shells grow with them. Sea turtles migrate thousands of miles to nesting and mating grounds. The oldest known tortoise is 187 years old.
- ☛ Danish research indicates that fraternal twins live longer than people who don't have a twin. And though twins' DNA is nearly identical, they can still have different fingerprints.
- ☛ Roman aqueducts were built over two thousand years ago and some are still in use. They brought fresh water into cities from distant sources, with ingenious engineering. The system built to remove excess stormwater from the city is still in use today.
- ☛ Jeff Bezos' yacht is valued at half a billion dollars. His recent wedding in Venice, Italy, is estimated to have cost about \$500,000, and his wife's dress, approximately \$400,000.
- ☛ Interesting facts about newborns include that they instinctively hold their breath underwater, and that they have more bones (300) than adults (206). Their bones fuse over time!