



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.

JULY 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 ~

Jigsaw puzzling has practically become an Olympic sport here at the Center. Sometimes two and occasionally six hands will be fitting those pieces in and finishing puzzles in record time! It's always nice to see the finished product—a beautiful scene, gleaming under the ceiling lights.

Please note the arrival of two new activities to keep you entertained: Mah jong (a tile-based game originating in China) and Sequence, a fun card and board game. See details about when you can play on page 3, the "bulletin board."

Finally, as you can read below, our umbrella organization (Grafton County Senior Citizens Council) broke a record and exceeded its own goal in NH Gives this year.



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!



Money raised through "NH Gives," the annual statewide, one day fundraiser, set a new record for Grafton County Senior Citizens Council, raising nearly \$6,700! Thanks to all who contributed!!

~ JULY MENU ~

Home-delivered meals five 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. Please call ahead for Grab n' Go other days.

Monday	Tuesday	Wednesday	Thursday	Friday
<p>Menu is subject to change without notice. *****</p> <p>Meals are provided at no cost. A \$3 per meal voluntary donation is suggested but not expected.</p>	<p>1</p> <p>Chicken Tacos Lettuce, Tomato, Cheese Corn & Bean Salad juice Milk</p>	<p>2</p> <p>BBQ Pork Chops Baked Potato Baked Beans Brussel Sprouts Fruit Milk</p> <p><i>Storytelling with Neil Cards @ noon</i></p>	<p>3</p> <p>Hamburgers Pasta Salad w/ Veggies Juice Milk</p>	<p>4</p> <p>The Center Is Closed</p> 
<p>7</p> <p>Chef's Choice Carrots Fruit Milk</p>	<p>8</p> <p>Chef's Choice Broccoli Juice Milk</p> <p><i>Needlework @ 2:00 pm</i></p>	<p>9</p> <p>Chef's Choice Peas Fruit Milk</p>	<p>10</p> <p>Chef's Choice Green Beans Juice Milk</p>	<p>11</p> <p>Chef's Choice Cauliflower Fruit Milk</p> <p><i>Trivia @ noon</i></p>
<p>14</p> <p>Chicken Parm. Casserole Over Egg Noodles Cauliflower/Red Pepper Fruit Milk</p>	<p>15</p> <p>Tuna Sandwich on WG Broccoli Salad Chips Juice Milk</p> <p><i>Needlework @ 2:00 pm</i></p>	<p>16</p> <p>Chop Suey Garlic Bread Green Beans Fruit Milk</p> <p><i>Storytelling with Neil Cards @ noon</i></p>	<p>17</p> <p>Baked Fish Peas Rice Pineapple Milk</p>	<p>18</p> <p>Chicken Sandwich on WG Baked Beans Carrots Oranges Milk</p>
<p>21</p> <p>Roast Pork Sweet Potato Broccoli Applesauce Milk</p>	<p>22</p> <p>Sweet & Sour Meatballs Brown Rice Green Beans Juice Milk</p> <p><i>Needlework @ 2:00 pm</i></p>	<p>23</p> <p>Sausage, Pepper and Onion Mashed Potato Peas Fruit Milk</p>	<p>24</p> <p>Mac & Cheese Spinach Stewed Tomato Juice Milk</p>	<p>25</p> <p>Hot Dogs French Fries Carrots Fruit Milk</p>
<p>28</p> <p>BLT Lettuce, Tomato Roasted Sweet Potato & Green Beans Juice Milk</p>	<p>29</p> <p>Spaghetti w/ Meat Sauce Peas Rolls Juice Milk</p>	<p>30</p> <p>Sliced Turkey w/ Gravy Carrots Baked Potato Fruit Milk</p>	<p>31</p> <p>Chicken Nuggets Baked Sweet Potato Spinach Juice Milk</p>	<p>Juice is available at every meal.</p>  <p>A bread item is available at every meal</p> 

~ 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 July &
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.

Age-Related Forgetfulness or Signs of Dementia?

Many people can become more forgetful as they age. Learn the differences between age-related forgetfulness and signs of dementia.

Age-related forgetfulness

- Making a bad decision once in a while
- Missing a monthly payment
- Forgetting which day it is and remembering later
- Sometimes forgetting which word to use
- Losing things from time to time

Signs of dementia

- Making poor judgments and decisions a lot of the time
- Problems taking care of monthly bills
- Losing track of the date or time of year
- Trouble having a conversation
- Misplacing things often and being unable to find them



Talk with a doctor if you notice any changes in memory or thinking that concern you. Learn more at www.nia.nih.gov/memory-and-aging.



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.



Chuckles For You

↔ In which battle did Davy Crockett die? His last one.

↔ John Glenn said, "As I hurtled through space, I kept thinking: Every part of this spacecraft was provided by the lowest bidder!"

↔ Did you hear the joke about paper? Never mind; it's tearable!

↔ If it took eight men ten hours to build a wall how long would it take four men? No time at all; the wall's already built!

↔ Lawyers believe a man is innocent until proven broke!

↔ What was even more useful than the first telephone? The second telephone.

↔ The worst place I ever stayed at was a hotel called "The Fiddle." It was a vile inn.

↔ Why do we sing "take me out to the ballgame" when we're already there?

↔ Rule of thumb: kids who go to bed early wake up early. Kids who go to bed late ... wake up early.

↔ If you're in the woods and a bear charges you, what do you do? Pay him immediately !!



LIFE HACKS!!

- ☑ Dried herbs and spices can lose flavor if exposed to heat and humidity. Store them in a cool, dry place in air-tight containers.
- ☑ Use fresh herbs near the end of cooking, and dried herbs earlier in the process. Toasting or grinding also enhances the flavor of herbs.
- ☑ Add seasoning throughout the cooking process, not just at the end. This way, the food has time to absorb the flavors.
- ☑ The web is full of ideas about seasoning blends and spice mixes to boost your cooking talent. Check it out!
- ☑ Some cooking tips: Add a tiny bit of finely diced pineapple and a bit of juice to guacamole.
- ☑ Add the spice, star anise (dried fruit of the star anise tree that grows in China but is available in the States—the spice, not the tree!) to soup broths to elevate the flavor!
- ☑ Pop that garlic bulb in the microwave for 20 seconds and the skin peels right off.
- ☑ Dust bacon with flour to prevent curling and encourage extra crispness when fried.
- ☑ Freeze things as flat as possible and stack them. They freeze and defrost faster.



Sharing the Truth

By Melanie Coughlin

When I was young, living with my parents and sibling in an East Coast suburb, I often went to friends' houses after school to play games, eat cookies and drink chocolate milk. This was the Sixties and moms where I grew up didn't have careers. I'm not advocating for a return to those days—just setting the scene.

Michelle was in my grade and we were school friends. One day my mother said Michelle would be walking home with me at lunchtime and eating at our house. Our grade school sent kids home for lunch. I thought this was odd; why wouldn't Michelle be eating at her own house? Because her mom would be at work, my mother said. And that was more than odd! I didn't ask though. Sometimes you can just give children info and let them spend a few years mulling it over.

And so Michelle and I ate our sandwiches (pb& j, tuna, or baloney and grilled cheese when it was cold out). On Saturdays I was now invited to Michelle's house to play and eat lunch. Maybe her mom wanted to repay our hospitality. Her mom made cookies and sometimes we helped bake a cake or pie.

Back then, people didn't work on the weekend. My dad would be home, practicing putting in the backyard or playing catch with my brother, fixing things, or snoozing on the couch with the newspaper over his face. But where was Michelle's dad? I asked and learned that he was on a business trip. That it was the weekend ... when most business wasn't conducted ... and a plumber by trade — plumbers not known for business trips was another reality I just absorbed.

What I learned a decade later was that Michelle's dad had not come home from work one day and was discovered living with a woman in a city about 100 miles away. As an adult, I am struck by the way the dad's actions cast shame on Michelle and her mom and how it led to their not telling us the truth. Even as a child, I could have consoled Michelle about her dad. Knowing the pain they were both in, we could have had them over for dinner or invited them along on our outings. Instead, they covered up what they thought was a shameful truth, something they didn't want anyone to know, even though neither of them had done anything wrong. Or anything at all. This is a lesson to me: I won't feel bad or ashamed about anyone else's behavior towards me. Being a so-called "victim," isn't weakness. Being unkind, heartless, or irresponsible surely is.



Bet You Didn't Know About The Erie Canal

Before we get to what made the canal significant, let's make sure we all know what a canal is. A canal can be defined as an artificial river. It carries ships inland and is used for water drainage purposes. Before canals were constructed, goods moved inland very slowly. Roads were unpaved, often muddy, and difficult to navigate, especially for wheeled vehicles. Pack animals could only carry a limited amount of goods.

Canals began to be built in the late 18th and early 19th century and were called "the country's first superhighways." The Erie Canal (built between 1817 and 1825) was 363 miles long and connected the Hudson River to Lake Erie. Built through the only low-level gap between the Appalachian Mountain chain and the Adirondack Mountains, it is still considered a heroic feat of early 19th century engineering and was once the longest canal in the world.

The canal could have gone through Canada but the interior route was consciously selected to ensure that Midwest timber and farm produce would flow directly through New York State to market. The

route also diminished the risk of invasion from the north. It spurred the growth and the success of countless towns and cities along its route.

The canal opened up the interior of the country and played a major role in transforming New York City into a major economic and cultural hub. It made the city the primary port of entry for immigrants, allowing them to move into the vast resource-rich lands of the Midwest. That the canal facilitated a cheaper and faster way to ship goods lead to significant economic gains and an increase in New York's population.

Prior to the canal's completion, the city's population was 123,706. By 1850, the population had surged to nearly 700,000. In essence, the Erie Canal was more than just a waterway; it was a catalyst for economic growth, social change, and the shaping of America's identity in the 19th century.

The canal is still in use, primarily for boating .



Getting to Know ... Amy Thurber

Anyone familiar with the library or the monthly book club knows Amy, who is in her 26th year (she doesn't look it) as town librarian, a job she obviously loves.



Asked if she always planned on becoming a librarian, Amy reveals that when she was little she aspired to be a cowboy, a construction worker or a spy. Canaan town librarian is admittedly less adventurous, but way more important.

What does she love about it? Getting to know and help all sorts of people in the community. The library, she notes, is visited by people of all ages. And, she especially loves that the job is different every day.

"It's a good career," she says, "for people who are friendly and helpful." Happily, she ticks both boxes.

Amy's hobbies—something we always mention in this space—include reading, gardening, and baking. She also has a business making notebooks and cards, which can be found for sale at Artistic Roots, in Plymouth.

Amy would like readers to know that anyone living within the five Mascoma Valley towns can get a library card in Canaan.

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.

Impress Your Friends With These (Totally Random) Tidbits

☞ Imelda Marcos, wife of the man who ruled the Philippines for 21 years, was a compulsive shoe buyer, said to own between 1,000 and 3,000 pairs. She did it for the poor, she said, who, "always look for a star."

☞ An epicyon was a huge dog with a jaw that could crush the bones of its prey to get to the marrow. It lived seven million years ago and was eight feet long and could weigh two-hundred-eighty pounds. Fossil remains have been found from California to Florida.

☞ Before it was understood that polio was caused by a virus, people also attributed it to lack of cleanliness or the change of seasons. Also, believed to be the cause were poisonous caterpillars, sewage odors, cats, immigrants, and car exhaust.

☞ Texan Paul Alexande (born in 1946) lived for 72 years inside an iron lung after polio caused paralysis of his lungs.

☞ "New Coke" was a marketing disaster launched in 1985 and was pulled from the market after only 79 days. Coca-Cola brought back the original formula as "Coca-Cola Classic."

☞ In 2023 approximately 3.6 million people had a knee replaced. 40% of those people were Americans. About 760,000 hip replacements are performed in the US every year.

☞ In the US, vacation time is not mandated by law, and employees receive an average of 11 paid vacation days annually. European countries typically mandate at least 20 paid vacation days per year, with many offering more vacation time.

☞ In many parts of Spain and occasionally in Italy, shops will close for two hours around noontime. This is traditionally "siesta time" but most people don't nap.

☞ Adult mayflies do not feed and often live for only a few hours.

