



# 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.

## SEPTEMBER 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](mailto: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** ~

**Happy September!**

Have you joined us for a Congregate meal lately? See our menu on page two and come join us Monday – Friday at 11:30 am. Join us earlier for coffee, tea, or hot chocolate and conversation. Board games and a jigsaw puzzle are always available, so grab a friend and come join the fun!!! Want to make that grocery budget stretch a little further? We have a food pantry full of shelf stable and frozen foods with some fresh as well, and it's open to everyone—not just seniors. Call to schedule a visit with Liz today: 603-523-9023.



**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](mailto: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](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.

Our website [www.gcsc.org](http://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](http://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!**

## Inside

- ☞ **Interview with a bbq-er**
- ☞ **More secrets to an easier life (life hacks)**
- ☞ **The importance of eating well**
- ☞ **Trivia with which to impress your friends**
- ☞ **And ... all about dogs!**

# ~ SEPTEMBER 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  |
|--|---|--|--|---|
| <b>1</b><br><br><b>CLOSED</b>  | <b>2</b><br>Spaghetti w/ meat<br>sauce<br>Broccoli/Carrot Mix<br>Juice<br>Milk  | <b>3</b><br>Sausage<br>Blackbeans and<br>Rice<br>Mixed Veggie<br>Fruit<br>Milk   | <b>4</b><br>Roasted Chicken<br>Sweet Potato<br>Green Beans<br>Juice<br>Milk  | <b>5</b><br>Chili<br>Corn Bread<br>Spinach<br>Fruit<br>Milk   |
| <b>8</b><br>Pork Shepherd's Pie<br>Cauliflower/<br>Broccoli Mix<br>Fruit<br>Milk           | <b>9</b><br>Mac and Cheese<br>Stewed Tomato<br>Carrots<br>Juice<br>Milk<br><br><i>Needlework @ 2:00 pm</i>                    | <b>10</b><br>Sloppy Jo<br>Roasted Potato<br>Brussel Sprouts<br>Fruit<br>Milk<br><br><i>Storytelling with Neil<br/>Cards @ noon</i>   | <b>11</b><br>Baked Fish<br>Rice Pilaf<br>Peas<br>Juice<br>Milk   | <b>12</b><br>Hot Dog Casserole<br>Roasted Potato<br>Corn<br>Fruit<br>Milk<br><br><i>Trivia @ noon</i>                                 |
| <b>15</b><br>Turkey Tacos<br>Lettuce, Tomato,<br>Onion<br>Beans and Rice<br>Fruit<br>Milk  | <b>16</b><br>Baked Ziti w/<br>pepper and onion<br>Broccoli<br>Pumpkin Bar<br>Juice<br>Milk<br><br><i>Needlework @ 2:00 pm</i> | <b>17</b><br>Tuna Sandwich<br>Lettuce, Cuke,<br>Tomato<br>Pasta Salad<br>Fruit<br>Milk   | <b>18</b><br>Roasted Pork<br>Baked Potato<br>Carrot/Pea Mix<br>Juice<br>Milk   | <b>19</b><br><br><b>CLOSED</b>  |
| <b>22</b><br>Cheesy Chicken and<br>Rice<br>with Beans<br>Mixed Veggies<br>Fruit<br>Milk    | <b>23</b><br>Turkey Meatballs<br>and Gravy<br>Mashed Potato<br>Carrots<br>Juice<br>Milk<br><br><i>Needlework @ 2:00 pm</i>    | <b>24</b><br>Harvest Stew<br>Cabbage<br>Fruit Bar<br>Milk<br><br><i>Cards @ noon</i>   | <b>25</b><br>Pancake and<br>Sausage Breakfast<br>Casserole<br>Hash Browns<br>Warm Apple Sauce<br>Juice<br>Milk   | <b>26</b><br>Roast Chicken<br>Orzo Pasta with Tomato<br>Broccoli<br>Fruit<br>Milk   |
| <b>29</b><br>Pork Patty<br>WG Bun<br>Lettuce, Tomato,<br>Onion<br>Carrots<br>Fruit<br>Milk | <b>30</b><br>Chicken and<br>Broccoli<br>Casserole<br>Dinner Roll<br>Blueberry Crisp<br>Milk                                   | Meals are provided at<br>no cost.<br><br>A \$3 per meal<br>voluntary donation is<br>suggested but not<br>expected | Juice is available<br>at every meal.<br><br>A bread item is<br>available at every<br>meal | Menu is subject to change<br>without notice.<br> |
|  |   |  |  |   |

# ~ ACTIVITIES BULLETIN BOARD ~



**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!



**I ♥ Cribbage!**



**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 storytelling  
skills!

**Come listen to Neil  
on Wednesday,  
Sept. 3rd and  
Wednesday, Sept.  
17th.**

## **Upcoming Guest Speakers**

~VNA nurse, On Being a Care-giver  
**Friday, September 5th at noon.**

~Koby VanBeest, on Staying Fit  
**Friday, September 19th at noon.**

## You Are What You Eat

"Tell me what you eat and I'll tell you what you are."  
This was said by a Frenchman (Anthelme Brillat-Savarin) at the beginning of the 19th century.

The food we ingest and digest is used by our bodies to create new cells and tissue. So, while food does not directly become your body's physical structure in a one-to-one way, it builds all the essential components that keep you alive and functioning.

The expression, *you are what you eat* means that consuming nutritious food contributes to your overall well-being, while eating unhealthy food can lead to poor health.

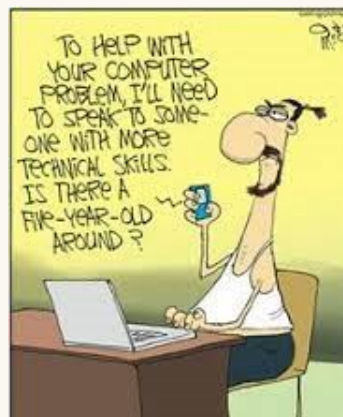
Diet and health have drastically changed over the years, marked by a global shift from minimally processed foods to diets high in ultra-processed foods, sugar, and unhealthy fats, leading to increased obesity and chronic diseases like diabetes and heart disease.

We all know the drill: prioritize fruits and vegetables and try to avoid sugary drinks (soda). It's a good idea to find a recipe for vegetables that you enjoy and keep lots of that in your fridge. So you can reach for carrots and not cookies! Food is good and good food is good for you!



## Guffaws & Giggles

- # What did one hat say to the other? You stay here. I'll go on ahead.
- # What do you call a sad cup of coffee? Depresso.
- # 6:30 is the best time on a clock ... hands down.
- # You know what I saw today? Everything I looked at!
- # How many times can you subtract 10 from 100? Only once. The second time you'd be subtracting from 90.
- # My memory is so bad it's caused me to lose my job. I'm still employed I just can't remember where.
- # What's the difference between a cat and a comma? A cat has claws at the end of his paws. A comma is a pause at the end of a clause.
- # This morning, my boss shouted at me, "You missed work yesterday, didn't you?" I said, "No, not particularly."
- # What do you call a cartoon character who gets kicked out of school? Suspended animation.
- # Why did the termites stop eating the grandfather clock? It was too time-consuming.



## 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.



## HACKS!!

- Attach strips of Velcro to the back of your remote controls and the side of your coffee table to keep them neatly in place.
- Line your paint tray with plastic wrap before pouring in the paint for easy cleanup and reuse of the tray.
- To prevent a pot of water from boiling over, place a wooden spoon across the top.
- If you freeze grapes, you can put them in your drink instead of ice cubes and the drink won't dilute.
- Be sure to write down good ideas that pop into your head so that you don't lose them.
- Store cans of baked beans upside down so you don't have to scrape them out of the bottom when you open the can.
- After you wash a set of sheets, put the top and bottom and one pillowcase carefully into the other pillowcase for easy access.
- Hang a Ziploc bag filled with vinegar over your shower head with a rubber band, leave it over night and get rid of accumulated lime and yuck.
- Wrap the stems of bananas in aluminum foil to make the fruit last longer.
- Store bags of chips (potato, tortilla) in the freezer. They don't freeze, they just get cold and never get stale.

## GCSCC Celebrates National Senior Center Month

**September is National Senior Center Month**, a time to recognize how senior centers support older adults and strengthen communities. In 2024, the Grafton County Senior Citizens Council (GCSCC) network of centers across 38 towns served 6,000+ people, providing vital programs and services that make a real difference in daily life.

Senior centers are not just places to gather. They are hubs of connection, learning, and well-being. GCSCC centers offer welcoming spaces where older adults can stay active, engaged, and independent through programming that reflects the interests and needs of our communities.

How GCSCC made a difference in 2024:

- **Meals that nourish and connect.** GCSCC provided a total of 204,593 meals through home delivery, congregate meals, and grab-and-go options, providing nourishment and opportunities for connection.
- **Transportation that keeps residents moving.** GCSCC provided 19,729 rides offering on-demand transportation to medical appointments, senior center programs, and shopping.
- **Outreach and counseling support.** Through our Aging and Disability Resource Center, GCSCC conducted 8,026 outreach and counseling visits, helping residents access Medicare, long-term care, caregiver support, veterans' assistance, and other vital resources.
- **Programs that engage and inspire.** Older adults participated in 32,033 activities and programs, both in person and virtual, including recreational, educational, creative, and cognitive advancement programs that improve overall well-being and socialization.
- **Wellness and reassurance calls.** GCSCC placed 4,184 wellness calls to older, homebound adults, providing reassurance, safety checks, and companionship.
- **Volunteers who make it all possible.** With 32,864 volunteer hours contributed by 513 dedicated volunteers, GCSCC programs thrived through in-person and virtual activities, meal delivery, and much more.

Every class attended, every meal shared, and every mile driven reflects the commitment to a county where aging is valued, supported, and celebrated.

## Bet You Didn't Know About ... *Our Best Friend, the dog!*

It's generally believed that dogs were first domesticated about 15,000 years ago but recent research indicates it happened well before then. Whenever it occurred, dog owners are glad it did! Dogs were present in the Americas prior to the arrival of European colonists.

Americans prefer dogs to cats as pets by a wide margin, according to the data. Canines are "top dog" when it comes to pet ownership: 45.5 million households have dogs compared to 32.1 million that have cats.

Not so in China and in parts of the Middle East. There, dogs are not as popular as in the West. In Islamic cultures, dogs are mostly used in farming, herding, and hunting and, when not working, are kept outside the home. In China, dogs are considered dirty and dangerous.

Dogs can be heroic. In the winter of 1925, Balto and Togo, a Siberian Husky team delivered life-saving serum for a diphtheria epidemic to the town of Nome, Alaska, traveling over 600 miles through brutal conditions. About 50,000 active police dogs are estimated to serve in the United States. K-9 teams are used for drug and explosive detection. During WWI, Sergeant Stubby, a stray bull terrier mix, saved his regiment from surprise mustard gas attacks, found and comforted the wounded, and allegedly once attacked and held a German soldier by the seat of his pants, keeping him there until American soldiers found him.<sup>[2]</sup>

Most modern dog breeds are the products of the controlled breeding practices of the Victorian era (1830–1900), and the accurate documenting of pedigrees with the establishment of the English Kennel Club in 1873. Dog breeds were purposefully bred by humans to perform specific tasks, such as herding, hunting, and guarding. Dogs are the most variable mammal on Earth, with artificial selection producing upward of 360 globally recognized breeds.

Finally, some dogs—with their highly sensitive sense of smell, can actually sense when a person has cancer. Cancerous cells produce volatile organic compounds (VOCs) that have unique odor signatures which dogs can detect.

And, of course, they bring joy to their owners and are considered part of the family.



## Getting to Know ... *Dan Jameson*



Many of us know Dan, but in a former life, so to speak. Before becoming the BBQ King of Canaan, Dan owned an auto repair business on Route 4. He says he started working on cars when he was thirteen years old. Because he loved cars and repairing them he decided to open his own business in 2001.

With an obvious creative streak, a mind for business, and no fear of a challenge, Dan decided in August of 2023—along with his wife—to start Poor House Bar-B-Q. Business-wise, he's still on the same road ... but he's cooking up a yummy storm, instead of fixing up your ride.

How did he get into bbq? It was inevitable. He started cooking bbq for family and then decided to enter competitions. These took him to Tennessee to compete with other smoked meat lovers. He doesn't compete any longer, though, because "it's hard to get away now." As for how well he competed, he says, "I used to be in the top ten."

According to Dan, he has a loyal clientele that enjoy all things bbq. There are no specialties; it's all good. And for vegetarians, there's Caesar salad, mac & cheese, and cornbread. And you can finish all that off with a taste of New England: apple crisp!

In addition to the serving at the restaurant, Dan and company cater events, like weddings. A few weekends ago, he says, he fed fifty vegetarians.

So if you're looking for tasty food from someone who loves what he's doing, it's available in downtown Canaan.

## Impress Your Friends With These (Totally Random) Tidbits



- ✓ Koala bears eat only eucalyptus leaves. Lacking the get-up-and-go they would get from more protein, they sleep up to twenty hours a day.
- ✓ If you look up mixing ammonia with vinegar on the web you get conflicting answers as to whether it's safe. However, it would seem that mixing ammonia with bleach is dangerous.
- ✓ Twenty-seven US states have Native American name origins, including Oklahoma, Kansas, the Dakotas and Michigan. Also, Iowa, Ohio, Kentucky and Minnesota.
- ✓ The Vatican (world's smallest country) has 18 million annual visitors and an extremely high per capita crime rate due to purse snatching and pickpocketing by visitors!
- ✓ Poison ivy cannot be caught from someone who has it. Oddly, the rash and blisters are not contagious but clothing that has the oil that comes from the plant will give you a rash if you touch the clothing. About 15% of people are not allergic to the oil in poison ivy and poison oak and will never develop a rash.
- ✓ Pablo Picasso's birthname was: Pablo Diego Jose Francisco de Paula Juan Nepomuceno Maria de los Remedio Cipriano de las Santisimas Trinita Ruiz y Picasso. He was named after relatives and saints.
- ✓ James Madison was the shortest US president, at five feet, four . He was estimated to weight 100 pounds.
- ✓ Twenty-five years ago, in June, scientists announced the completion of a basic structural map of the human genome.
- ✓ The most popular girl baby names in 2021: Olivia, Emma, Charlotte, Amelia and Ava. In 1975, it was Jennifer, Amy, Heather, Melissa and Angela. For Boys in 2021: Liam, Noah, Oliver, Elijah, James. And in 1975: Michael, Jason, Christopher, James, David.