

PENACOOK COMMUNITY CENTER SENIOR PROGRAM NEWSLETTER MAY ~ JUNE 2019

In
Loving
Memory
of



Helene Bourque



NEW MEMBERS

Leza Childs of Boscawen
Judie Druding of Concord
Susan Dukette of Boscawen
Wes Frost of Penacook
Frank Marvin of Boscawen
Clay & Marti Savoy of Penacook



OLDER AMERICANS MONTH



CONNECT, CREATE, CONTRIBUTE MAY 2019

Every May, the Penacook Community Center Senior Program participates in our nation's observance of Older Americans Month. The

2019 theme, *Connect, Create, Contribute*, encourages older adults and their communities to:

- **Connect** with friends, family, and services that support participation.
- **Create** by engaging in activities that promote learning, health, and personal enrichment.
- **Contribute** time, talent, and life experience to benefit others
- Communities that encourage the contributions of older adults are stronger! By engaging and supporting all community members, we recognize that older adults play a key role in the vitality of our neighborhoods, networks, and lives. For more information on the Penacook Community Center Senior Program and for a calendar of events, go to

www.penacookcommunitycenter.org or contact Kristen Pinard-Kenny at 753-9700 x102.



Something's Bruin in New Hampshire

Learn to Live with Bears

What kinds of Bears live in NH?

The black bear is the only bear species in New Hampshire. Population estimates range between 4,800 to 5,000 bears statewide.

Tips on Avoiding UnBEARable Conflicts: Although black bears are generally shy and usually avoid humans, they are opportunistic and will search for human food supplies when natural foods are not available. Maintaining a sustainable bear population in New Hampshire depends on minimizing human-bear conflicts. It is illegal to intentionally feed bears in New Hampshire. Intentional feeding can create problems within residential areas and can result in fines. It also may threaten the life of the bear, if it becomes a nuisance animal as a result of this feeding.

Where do Bears den and when will they come out in Spring? :For northern black bears, denning is an adaptation for escaping winter food scarcity and severe winter weather. Bears are not true hibernators, as they may be easily aroused from this state if disturbed. While bears are in winter dens, body temperature drops 7-8 degrees C, metabolism is reduced approximately 50%, heart rate decreases from 40-50 beats/minute to 8-19 beats/minute, and body weight decreases approximately 25%. Dens may be burrows, caves, hollow trees, wind-thrown trees, slash piles or leaf nests on the ground. Annual food abundance; the amount of stored body fat; the sex and age of the animal; and weather conditions influence the timing and duration of denning. In New Hampshire, bears typically enter dens between mid-October and late November and emerge from dens during late March or early April. During periods of winter thaws, male bears may occasionally get up and move around until cold weather returns.

Important: To prevent bears from visiting backyard bird feeders, take down birdfeeders from April 1 through December 1. Also keep all garbage secured, keep barbeque grills clean, and do not leave pet food outdoors. This helps prevent property damage and protects our bears by preventing them from becoming nuisance animals that are habituated to human-related foods. Find out more about living with Hampshire's black bears at Something's Bruin in New Hampshire: Learn to Live with Bears!

What to do if you see a Bear: If you see a bear, keep your distance. Make it aware of your presence by clapping, talking, singing or making other sounds. If you get too close to a bear, it may slap the ground, huff, blow and chomp its teeth or rush you (this is referred to as "bluff charge") to get you to move a more comfortable distance away. If this occurs, maintain eye

contact with the bear, speak in a soft, calm voice and slowly back away from the bear. These actions will help appease the bear and show that you are not weak, but, at the same time, not a threat to the bear. Do not run, avert your eyes or turn your back to the bear. The bear may perceive weakness and enforce dominance. The bear's bluff charge and chomping of teeth are a defense mechanism to establish the bear's dominance in an encounter with humans or a more dominant animal in the wild. Bears can outrun, out-swim and out-climb you. If you are attacked by a black bear, you should fight back rather than "play dead."

What should I do if I find myself around a mother bear and cubs?: Mother bears are rarely aggressive toward humans, but they are protective of their cubs. A mother bear will usually give many warning signs (huffing or popping sounds, swatting the ground or even bluff charges) to let you know that you are too close. Move away as described in "What should I do if I encounter a bear?"

When and how can I safely feed birds when bears are around?: Finish your bird feeding activities by April 1 each year. Don't begin feeding the birds again prior to December 1 or the onset of prolonged winter weather (the birds will do just fine). Bears are clever. This, coupled with their strength and agility, make it very difficult to establish bear-proof bird feeders. Purposeful feeding can result in bears getting accustomed to humans. This "habituation" of bears may cause a variety of conflicts with humans. The result may be the removal (most often with lethal consequences) of the offending bear. Encourage your bird-feeding friends and neighbors to adhere to these guidelines. Be reminded that many people have an irrational fear of bears. A black bear's presence in a residential area may create fear among neighbors and lead to negative consequences for the bear. Regardless of the dates specified above, if a bear is active in your community, you should cease and desist all bird feeding activity. Bears that have access to winter feeders will sometimes remain active, visiting the feeder late into December, and periodically, beyond.

A bear took down my bird feeders or has been in my yard? Remove bird feeders immediately. Bird feeders should be taken down by April 1 of each year -- and they should not be put up again until December 1 or later.

(NH Fish & Game <https://wildlife.state.nh.us/wildlife/bears/index.html>)





MANAGING CONCERNS ABOUT FALLS

MATTER OF BALANCE AT THE BOSCAWEN TOWN HALL

**Boscawen Town Hall ~ 12 High Street
May 2 – June 20, 2pm**

Many older adults experience a fear of falling. People who develop this fear often limit their activities, which can result in physical weakness, making the risk of falling even greater. A

Matter of Balance is a program designed to reduce the fear of falling and increase activity levels among older adults. This nationally recognized program includes 8 two-hour sessions led by a trained facilitator.

The program is designed to benefit older adults who:

- Are concerned about falls
- Have sustained falls in the past
- Restrict activities because of concerns about falling
- Are interested in improving flexibility, balance and strength

The program enables participants to achieve significant goals. They gain confidence by learning to:

- View falls as controllable
- Set goals for increasing activity
- Make changes to reduce fall risk at home
- Exercise to increase strength and balance

“A Matter of Balance” helps adults view falls and the fear of falling as controllable, change the environment to reduce fall risk factors, and exercise to increase strength and balance. There is no fee to attend this

program and space is limited. Pre-registration is required. Call To register call 224-4093, ext.

5815 or visit www.crvna.org.

Menu





WHAT CAN THE CONCORD VNA OFFER YOU....

You want to lead an active lifestyle. You work and/or volunteer your time and talents to help others. In your free time, you enjoy activities while spending time with family and friends. Sometimes you may want the latest information to remain independent. As part of our community benefits programming, our health professionals provide many educational opportunities on topics such as aging, maintaining a healthy lifestyle, maximizing independence, falls prevention, advance care planning, and caregiving.

Better Choices, Better Health

Better Choices, Better Health™ helps adults living with chronic health conditions feel better, regain control of their health, and start doing the things they want to do. Better Choices, Better Health™ is an evidence-based, six-week program also offered by healthcare organizations nationwide and has proven positive results. There is no fee for this program and pre-registration is required.

Advanced Illness Management Support with Community Health Educator

Our agency offers patients with complex care needs support from a community health educator. A community health educator helps patients make action plans toward lifestyle and behavior changes to meet their personal goals and improve their quality of life by reducing unnecessary hospitalizations.

The community health educator's role includes:

- Providing extra attention to patients
- Assisting patients with improving their self-management skills
- Helping patients advocate for themselves

- Promoting behavior changes
- Encouraging participation and follow-up
- Instilling problem-solving skills
- Reinforcing chronic condition education

Aging Mastery Program

The Aging Mastery Program® engages older adults in a fun and innovative way that empowers them to embrace their longevity and address their physical, financial, and emotional wellness.

The Aging Mastery Program® is a 10-week nationwide program from the National Council on Aging that includes 10, 90-minute classes.

This program benefits older adults

- Strengthen economic security
- Enhance well-being
- Increase societal participation



The art of aging gracefully has changed. Traditional retirement plans are disappearing, the cost of daily living continues to rise, and nearly all people aged 65+ live with at least one chronic condition. This program uses a proven model of behavior change incentives with a primary emphasis on getting older adults to improve their lives. There is no fee to attend this program.

Monthly Walk-In Wednesdays

Fourth Wednesday of each month, 10 a.m. – Noon – Horseshoe Pond Place – 26 Commercial St.

Have your questions answered about caregiver resources, advance directives, durable power of attorneys for healthcare and/or living will, and in-home support. There is no fee for this program and pre-registration is not required.

Monthly Capital Area Memory Cafés

Third Wednesday of each month, 2 - 4 p.m.- Granite Ledges – 151 Langley Parkway, Concord
Come socialize and build relationships with others who have memory impairment. You

can speak with professionals and learn more about resources while your loved one is engaged in meaningful and supervised activities in a relaxed home-like environment.

Dying to Talk Cafes

Join experienced facilitators for coffee, tea, and a relaxed, open-minded discussion about any number of topics related to the certainty of death and dying. There is no fee for this program and pre-registration is not required.

Penacook Village Fund

Through the Penacook Village Fund, our agency connects older adults with local and state resources to help them live independently in their own homes.

The program is for residents of Penacook and Boscawen* who are:

- Ages 65 and older
- Living independently
- Not currently on Medicaid

A social worker meets with residents in person or by phone to provide connections to:

- Housing
- Transportation
- Respite help through grant support
- Caregiver resources



*Please note that due to the donor's wishes, we can only provide these services to Penacook and Boscawen residents.

Concord Regional VNA – The Slusser Center – 30 Pillsbury Street, Concord

For more information call 224-4093 or visit www.crvna.org

“Grief Goes to the Movies”

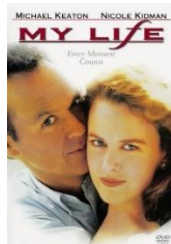


Concord Regional VNA and Concord Public Library

is offering a “Grief Goes to the Movies” program on Tuesday, May 14 and June 11th at 2 p.m. at Concord Public Library. PCC Van leaves Rolfe Park at 1:30pm for each of these programs. If you are interested in attending, please sign up at Monday lunch or call Kristen at 753-9700 x102. Please RSVP for the May program by May 9th and the June program by June 6th.



May 14 - “Reign Over Me” – A man who lost his family in the September 11 attack on New York City, runs into his old college roommate. Rekindling the friendship is the one thing that appears able to help the man recover from his grief.



June 11 – “My Life” – A terminally ill man prepares for his death.

Join us as we learn about, explore, and discuss grief and its impact on our lives through the use of popular films. Movies are followed by a short discussion that explore grief-related themes observed in the film. Movies are free and light refreshments will be provided.



Sue Moulton

MONDAY, JUNE 3RD
11:30AM - NOON
BOSCAWEN TOWN HALL

COOKING WITH SUE

“Healthy Cooking for One”

Join us for quick tips on cooking healthy meals for yourself.

