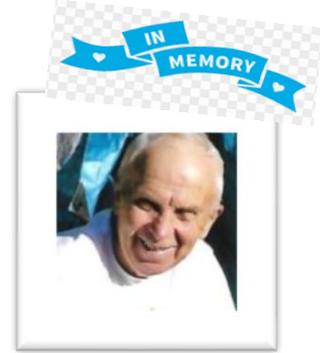




THE PENACOOK COMMUNITY CENTER SENIOR PROGRAM NEWSLETTER SUMMER 2020



In loving memory of our friend Thomas Danko who passed on May 27, 2020 at the age of 90. Our thoughts are with his wife, our member and friend Florence Danko.



Our Senior Program remains closed at this time to keep you, who are most at risk, safe. We continue contact with the NH Association of Senior Centers to stay up to date with what senior centers across the state are doing in response to COVID-19.

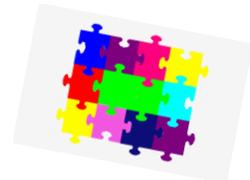
WE MISS YOU ...and are happy to share that all our members are doing well. Since we closed in March due to the COVID-19 virus, we have maintained regular contact with you through phone calls, birthday cards, personal notes, check-in visits and our new weekly “Drive-up Exchange” program, to show we care and miss you. We look forward to the day we can all safely gather again!



We are currently seeking donations of in good condition, books, puzzles & DVD's for adults, for our FREE “Drive-up Exchange” being offered to you, our members as well as all seniors in our community. Please drop off bagged/boxed donations on our office porch located at 87 High Street in Penacook or on our “Drive-up Exchange” Days, Wednesdays from 10 to 11am at the PCC flagpole. We thank you for your support! For more information contact Kristen.



**FREE “DRIVE UP EXCHANGE”
BEGINNING JUNE 24 FROM 10AM TO 11AM AND
HELD WEEKLY ON WEDNESDAYS FROM
10AM TO 11AM AT THE PCC FLAGPOLE**



Available to all Senior members of PCC and our community. Our hope is that this will provide you, the opportunity to get out in the community safely, have in person contact, and borrow from a lending library of activities such as books, magazines, puzzle books, puzzles, and DVD's. There is no cost or signing out of materials. You may borrow and return another week when you are ready to exchange for something else.

- One person at a time at the table -If you see a person at the table, please remain in your car until they have finished their selection
- Please wear a mask for the protection of everyone
- Those manning the table will be masked and gloved, maintaining a minimum of 6ft distance.
- All items will be cleaned to the best of our ability prior to offering and will be held for a minimum of 24 hours after cleaning before being available for lending.



Staying Connected to Fight Loneliness



Positive relationships with friends and family help us thrive. Without social connections, it's easy to feel lonely or isolated.

Many of us have been spending more time alone in our homes lately. While anyone can feel lonely, certain factors increase your risk. Major life changes or losses can increase feelings of loneliness.

Older adults are at greater risk because they're more likely to live alone. Mobility issues can make it harder to leave the house. And sensory issues like vision and hearing loss can contribute to feeling isolated.

No matter what your age, it's important for your health to stay socially connected. Loneliness can take a toll. It's linked to higher rates of depression and heart disease and can weaken your immune system. Here are some strategies to help stay connected if you're feeling lonely.

Get your heart going. Exercise has been shown to reduce stress and boost your mood. Whether it's sweating to a workout video or taking a walk around your neighborhood, exercise can help.

You might also consider getting a pet. Animals can be a source of comfort and companionship.

Many people are using technology to connect with friends and family virtually. Take time to reach out to others by phone or online. A call or video chat can remind you that you're not alone.

Providing social support or helping others in need can give meaning to our lives and help combat feelings of isolation or disconnection

STAY CONNECTED to Combat Loneliness and Social Isolation

Feeling lonely and being isolated are bad for your health.

Loneliness and social isolation are associated with higher rates of depression, a weakened immune system, heart disease, dementia, and early death.*

Are you at risk?

Try to stay active and better connected if you:

- live alone or can't leave your home
- feel alone or disconnected from others
- recently had a major loss or change
- are a caregiver
- lack a sense of purpose

Ideas for staying connected

Find an activity that you enjoy or learn something new. You might have fun and meet people with similar interests.

Get moving! Exercise decreases stress, boosts your mood, and increases your energy.

Volunteer. You'll feel better by helping others.

Stay in touch with family, friends, and neighbors in person, online, or by phone.

Consider adopting a pet. Animals can be a source of comfort and may also lower stress and blood pressure.

For more information about preventing loneliness and social isolation, visit <https://www.nia.nih.gov/health/participating-activities-you-enjoy>

NIH National Institutes on Aging

*Cacioppo JT, Hawkley LC. Perceived social isolation and cognition. *Trends Cogn Sci.* 2009;13(10):447-54.

5 Ways to Boost Your Immune System

Science-backed tips for strengthening your immune response quickly and effectively

Meditation can reduce stress, which can trigger inflammation and make you more susceptible to getting sick.



When it comes to fighting viruses, everyday precautions such as washing your hands often and avoiding sick people are key. But experts say that boosting your immune system may also give you an edge in staying healthy.

1. Stay active

Working out is a powerful way to boost your immune system, says Mark Moyad, M.D., M.P.H., Jenkins/Pokempner director of preventive and alternative medicine at the University of Michigan Medical Center. It causes your body's antibodies and white blood cells to circulate more rapidly, which means they may be able to detect and zero in on bugs more quickly. Being active this way also lowers stress hormones, which reduces your chances of getting sick, Moyad adds.

Research suggests that exercise's effects may be directly relevant to virus fighting, too. According to a recent study published in the *British Journal of Sports Medicine*, of 1,002 people surveyed, those who exercised at least five days a week had almost half the risk of coming down with a cold as those who were more sedentary. If they did get one, they reported less severe symptoms. There also may be a protective benefit from the sweat in your sweat session: Research has shown that simply raising your body temperature may help kill germs in their tracks.

The key to exercise, however, is to do it in moderation. “Like many other things, there's a sweet spot — doing too much can also put so much stress on your body, it depresses your immune system,” explains Moyad. He recommends 30 to 60 minutes of exercise (either vigorous or moderate) most days of the week.

Please consult with your doctor before beginning an exercise regimen.

Help your body fight off illnesses by feeding it nutrient-rich foods such as whole grains, fruits and vegetables.

2. Watch your diet

“Eighty percent of your immune system is in the gut, so when it's healthy, we tend to be able to fight off infections faster and better,” says Yufang Lin, M.D., of the Center for Integrative Medicine at the Cleveland Clinic. “When it's not, our immune system is weaker and more susceptible to fighting off infection.”



In general, Lin recommends that people focus on a Mediterranean style of eating, which means a diet rich in fruits, vegetables, whole grains and healthy fats, found in foods such as fatty fish, nuts and olive oil. “This eating pattern is high in nutrients such as vitamin C, zinc and other

antioxidants shown to help reduce inflammation and fight infection,” she explains. Adults between the ages of 65 and 79 who followed a Mediterranean type of diet, along with taking a daily 400 IU vitamin D supplement for a year, showed small increases in disease-fighting cells such as T cells, according to a 2018 study published in the journal *Frontiers in Physiology*.

It's also important to limit meat, especially processed and fried foods, all of which are more inflammatory, Lin adds. “Generally, I recommend a whole food diet,” she says. What's more, it's smart to include fermented foods, such as yogurt, sauerkraut, miso and kefir, in your daily diet. These help build up the good bacteria in your gut, which, in turn, supports a healthy gut and immune system, Lin explains.



3. Stay on top of stress

There's a strong link between your immune health and your mental health. “When you're under chronic stress or anxiety, your body produces stress hormones that suppress your immune system,” Moyad says. Research done at Carnegie Mellon University has found that people who are stressed are more susceptible to developing the common cold.

In one study, published in *Proceedings of the National Academy of Sciences*, 276 healthy adults were exposed to the cold virus, then monitored in quarantine for five days. Those who were stressed were more likely to produce cytokines, molecules that trigger inflammation, and were about twice as likely to get sick. In addition, people who are stressed are less likely to pay attention to other healthy habits, like eating right and getting enough sleep, which can affect immunity, Lin adds.

Although you can't avoid stress in your life, you can adopt strategies to help you manage it better. A 2012 study, published in *Annals of Internal Medicine*, looked at adults 50 and older and found that those who either did a daily exercise routine or performed mindfulness meditation were less likely to get sick with a respiratory infection than subjects in a control group, and if they did get sick, they missed fewer days of work.

4. Get enough sleep

Z's are another natural immune system booster. “Your immune system is like your computer — it needs moments of rest, so it doesn't become overheated,” Moyad explains. “Sleep reboots the system.” When you're sleep-deprived, he adds, your body churns out stress hormones like cortisol to keep you awake and alert, which can suppress your immune system. People who got a full eight hours of shut eye had higher levels of T cells than those who slept less, according to a 2019 study. Try to get at least seven hours of slumber a night, as a 2015 study, published in the journal *Sleep*, found that people who did so were four times less likely to come down with a cold than those who clocked less than six.





Adding more herbs to your diet, such as garlic, can provide an extra boost to your immune system.

5. Be strategic about supplements

There's no magic herb or vitamin you can pop to automatically prevent a cold, flu or other virus. But a 2017 review of 25 studies, published in the *British Medical Journal*, found that a moderate daily dose of vitamin D may offer protection if you're already low in the sunshine vitamin, points out Tod Cooperman, M.D., president and editor in chief of ConsumerLab.com.

The best way to find out if you're lacking in vitamin D is to get your blood levels tested; you should be between 20-39 ng/mL (nanograms per milliliter). If you're within that range, a daily supplement of about 600 to 800 IU is fine. If you're low, talk with your doctor about additional supplementation — up to 2,000 IU a day. Cooperman advises taking it with meals that contain fats or oils, to increase absorption.

The Cleveland Clinic's Lin also recommends cooking with herbs such as garlic, ginger, rosemary, oregano and turmeric. All have been shown to have anti-inflammatory properties, she explains, and some, like garlic, have even been shown to be protective against colds. "When my patients ask me about taking supplements to enhance their immune system, I always go back to food, food, food," she says. "Food is medicine."

by Hallie Levine, [AARP](#), Updated May 5, 2020 / Getty Images

IMMUNE BOOSTING RECIPES



Banana Split Breakfast (makes 2 banana splits)

- 2 bananas
 - 1 cup greek yogurt
 - fresh berries
 - granola
 - honey or agave, hemp seeds, bee pollen optional
1. Cut Bananas in half lengthwise, place in bowl
 2. Yogurt on top of bananas
 3. Top with berries, granola and optional toppings



Kale Pesto (makes 1 cup - 8 servings)

- 2 cups packed kale leaves
 - 1/2 cup toasted walnuts*
 - 2 tablespoons grated parmesan cheese
 - 1 garlic clove, roughly chopped
 - 2 tablespoons lemon juice
 - 1/2 teaspoon kosher salt
 - 1/4 cup olive oil
1. Puree all ingredients until smooth
 2. Serve over rice or pasta
- * No toasted walnuts? Spread chopped walnuts on baking sheet, place in oven at 400 for 5 minutes

Weelicious: <https://weelicious.com/immune-boosting-recipes/>

CDC Recommendations on Running Essential Errands

Grocery Shopping, Take-Out, Banking, and Getting Gas

What you need to know

- Stay home if sick.
- Use online services when available.
- Wear a cloth face covering when running errands.
- Use social distancing (stay at least 6 feet away from others).
- Use hand sanitizer after leaving stores.
- Wash your hands with soap and water for at least 20 seconds when you get home.



Grocery Shopping - Stay home if sick

- Avoid shopping if you are sick or have symptoms of COVID-19, which include a fever, cough, or shortness of breath.

Order online or use curbside pickup

- Order food and other items online for home delivery or curbside pickup (if possible).
- Only visit the grocery store or other stores in person when you absolutely need to. This will limit your potential exposure to others and the virus that causes COVID-19.

Protect yourself while shopping

- Stay at least 6 feet away from others while shopping and in lines.
- Cover your mouth and nose with a cloth face covering when you have to go out in public.
- When you do have to shop, go early morning or night when fewer people will be there.
- If you are at higher risk for severe illness, check if the store has special hours for people at higher risk. Try to shop during those hours. People at higher risk for severe illness include adults 65 or older and people with serious underlying medical conditions.
- Disinfect the shopping cart, use disinfecting wipes if available.
- Do not touch your eyes, nose, or mouth.
- If possible, use touchless payment (pay without touching money, a card, or a keypad). If you must handle money, a card, or use a keypad, use hand sanitizer right after paying.

Use hand sanitizer/wash hands at home

- After leaving the store, use hand sanitizer.
- When you get home, wash your hands with soap and water for at least 20 seconds.
- Follow food safety guidelines: clean, separate, cook, chill. There is no evidence that food or food packaging play a significant role in spreading the virus in the United States.



Deliveries & Takeout - Use delivery services if possible

- Pay online or on the phone when you order
- Accept deliveries without in-person contact whenever possible. Ask for deliveries to be left in a safe spot outside your house (such as your front porch or lobby), with no person-to-person interaction. Otherwise, stay at least 6 feet

away from the delivery person.

Wash your hands or use hand sanitizer after accepting deliveries or collecting mail

- After receiving your delivery or bringing home your takeout food, wash your hands with soap and water for 20 seconds. If soap and water are not available, use a hand sanitizer with at least 60% alcohol.
- After collecting mail from a post office or home mailbox, wash your hands with soap and water for at least 20 seconds or use a hand sanitizer with at least 60% alcohol.



Banking - Bank online when possible

- Ask about options for telephone or virtual meetings to use banking services.
- Use drive-thru banking services, automated teller machines (ATM), or mobile banking apps for routine transactions that do not require face-to-face assistance.
- Look for any extra prevention practices being implemented by the bank, such as plexiglass barriers for tellers or bankers, staff wearing cloth face coverings, or physical distancing signs in the lobby.
- Wear a cloth face covering when doing any in-person exchanges and unable to stay at least 6 feet apart from other people – and make sure that bank employees and other people inside the bank are also wearing cloth face coverings.
- Try not to use pens or other items from a public counter if possible.
- Use hand sanitizer containing at least 60% alcohol after any deposit, withdrawal, exchange, drive-thru visit, or use of an ATM.
- Wash your hands thoroughly when you arrive home or to your destination.



Getting Gas - Use disinfecting wipes on handles or buttons

- Use disinfecting wipes on handles and buttons before you touch them (if available).
- After fueling, use a hand sanitizer with at least 60% alcohol. Wash your hands for at least 20 seconds when you get home.

Feathered Friends Word Search Puzzle

Can you find all the bird names hidden in the puzzle?

N H L R L O L M G N I B O R W R O F
C Y I V O N X N E O U M E L H U H L
P A R R O T C W P A L T V V N R E A
P T S Z P B V H K O D D U S I C K M
Y W E C N F G D D Z R O F R W R K I
G P S E D H L W F L N I W I K G Z N
U I Z H K E N A R C O T O L N E I G
C B D X F A W N O R E H A L A C Y O
M G L H U J R L O E G S G A E R H L
F J U U U K A A Y Z I L W S W E K H
X I I N E P I W P D P X D G K A T U
K I C V O J C A R D I N A L T G E M
G O O S E D A C V W N C S Y M L B M
R X V O R L R Y O E X H A W K E E I
K T D L V O S H V N V O K C R E E N
T E V L W Q L A O S S C A W A R X G
E A I U D U R C V X U R C S C U R B
E O A G U Q L S D D G V Q G B T H I
X K I A D A B O H C I R T S O L N R
K D H E F U S T A R L I N G B U L D
P B D S T Z B M O B I J M H H V Y D

BLUEJAY
BUDGIE
CARDINAL
CRANE
CROW
DUCK
EAGLE
EMU
FALCON
FLAMINGO
GOLDFINCH
GOOSE
GRACKLE
HAWK
HERON
HUMMINGBIRD
JUNCO
MEADOWLARK
ORIOLE
OSTRICH
PARAKEET
PARROT
PIGEON
RAVEN
ROBIN
SEAGULL
STARLING
TURKEY
VULTURE

Funny Riddles



I have no legs. I will never walk but always run. What am I?

(A river)

I have no life, but I can die, what am I? *(A battery)*

I have rivers but do not have water. I have dense forests, but no trees and animals. And, I have cities, but no people live in those cities.

What am I? *(A map)*

I never ask questions, but always answered. What am I? *(A doorbell)*

I was born big, but as the day passes, as I get older, I become small. What am I? *(A candle)*

I will always come, never arrive today. What am I? *(Tomorrow)*

I am full of keys, but I cannot open any doors. What am I? *(A piano)*

How do shells get around in the ocean? *(A taxi crab)*

What has 88 teeth but never brushes them? *(A piano)*



Penacook Community Center
Senior Program
76 Community Drive
Po Box 6008
Penacook, NH 03303

Number Search Puzzle #001

DIRECTIONS: Find the numbers in the list below the grid. The numbers can be in any direction: backwards, forwards, up, down, or diagonally.

2	5	6	1	8	5	6	3	0	4	8	3	6	1	6
7	2	8	7	6	5	3	2	8	0	8	5	8	1	8
3	0	2	3	1	3	5	0	5	5	4	8	7	5	5
2	2	9	0	8	3	4	5	2	0	9	6	2	0	8
4	8	5	7	4	3	3	3	3	4	5	2	4	9	8
4	8	6	6	9	2	6	1	9	8	4	1	5	0	5
4	7	8	5	1	0	0	0	2	1	5	1	4	6	1
7	0	5	6	5	4	1	8	0	9	0	6	9	0	3
9	0	5	4	4	4	5	9	7	7	0	3	3	3	4
1	9	5	3	9	2	7	4	2	3	5	2	9	5	0
0	9	8	9	6	4	9	7	9	8	0	5	9	2	0
3	2	2	9	4	2	5	5	0	0	6	3	9	0	0
3	8	7	1	2	6	0	0	0	0	8	2	1	6	5
9	6	5	4	9	8	7	2	5	2	0	6	8	0	1
4	3	6	2	3	4	7	0	8	9	9	1	0	1	3

130456

150526

253060

270159

280858

286554

296684

322942

325326

399918

410974

433334

436234

444791

454908

470085

481973

500043

520680

549872

561280

567037

572855

588586

592884

642950

712600

870099

896497

991013