

SENIOR NEWS

4th Quarter 2007

Senior Wellness Initiative Grant

The State of New Hampshire Department of Health and Human Services has received funds to be able to offer a competitive grant opportunity for Senior Centers to apply for the New Hampshire Senior Wellness Initiative for State Fiscal Year (SFY) 2008. Established by House Bill 1, 2005, for SFY 2006 and continued with support by the Legislative Fiscal Committee for SFY 2007 and 08, funds were appropriated to support senior wellness programming with a primary focus on prevention.

The objective of the Senior Wellness Initiative is to make available funds for wellness programs with an emphasis on evidence-based prevention activities aimed at reducing the burden of illness, enhancing quality of life and increasing longevity. Through this competitive grant process, awards between \$1,000, to \$2,500 per center will be available to support these initiatives.

On behalf of the Chester Seniors, I am applying for the maximum amount of this grant in anticipation of offering two evidence based programs, Healthy Moves for Aging Well, and Healthy Eating for Successful Living in Older Adults. The exercise program would be held at Stevens Memorial Hall twice a week, the nutrition program at the Wason Pond Community Center once a week, both monitored by peer volunteers, in association with a Certified Nutritionist, and an Exercise instructor. The programs will be offered free to all Chester Senior Citizens. Expended grant funds are intended to cover salaries for both certified instructors, and stipends for peer volunteers.

If awarded the grant, the programs would begin in February of 2008, and continue through June 30, 2008 (the deadline for expenditures of this grant). At this time, the projected classes will be scheduled as exercise on Monday and Wednesday afternoons for one hour each beginning February 11 for 16 weeks. Nutrition workshops will be at the Wason Pond Community Center on Tuesday afternoons for one hour over 13 weeks.

Both classes will be in need of "peer facilitators" recruited from the community to help implement the programs. For those who may be interested in helping his program "get off the ground," please see the **peer facilitator** job description on this the Chester Seniors website.

Each program also needs a certified instructor, and those job descriptions may also be viewed on this the Chester Seniors website.

Certified Exercise Instructor

Registered Dietician/Nutritionist

Based on the seniors interest and participation, I hope to be able to extend these programs, and ultimately incorporate them into the Chester Recreation Department curriculum.

If you have specific questions about the programs, or would like to put your name on the class rosters in advance, please email me at chesterseniors@yahoo.com.

Keep your fingers crossed!

Hilary Hall

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CHESTER SENIOR

OFFICERS

- *John Chiaradonna, President*
- *Evelyn Wise, Vice President*
- *Gen Rowell, Treasurer*
- *Linda Noyes, Secretary*

VOLUNTEER

PROGRAM

COORDINATOR

- *Hilary Hall, 109 Derry Road 206-4786
chesterseniors@yahoo.com.
Please call, write or email
with ideas for guest speakers,
programs or outings that you
might enjoy.*

SPECIAL POINTS OF INTEREST:

- *Pot Luck Lunch the 1st Thursday of Each Month at Stevens Memorial Hall, 12 Noon. The Visiting Nurse is always on hand for Blood Pressure Screening.*

COMMUNITY

CENTER

ACTIVITIES

- *Monday AM, Crafts and other handiwork*
- *Monday PM, cribbage, and bingo*
- *Tuesday AM, Coffee Hour*
- *Wednesdays, open*
- *Thursday PM, whist or game of choice*

Senior Hours at Wason Pond Community Center
Mon, Wed, Thur, 10-4, Tuesday 9-4

Birthdays

- Charlotte Lister - Oct 1
- Gladys Nicoll - Oct. 10
- Ginger Towle - Oct 11
- Marion Hazelton -
November 18
- Herb Rowell - Nov 15
- Miriam O'Brien - Nov 19
- Cliff Millsaps - Dec 11
- Mary Faucher - Dec 13
- Eileen Brackett - Dec 23
- Bill Diemer - Dec 28
- Phil Menard - Dec 31

Did you know that we have
email?
chesterseniors@yahoo.com

Contact Chester Seniors by
mail : 603 Raymond Road,
Chester, NH 03036, or phone
M-Th, 10-4, 887-5034
Pot Luck Lunch, 1st Thursday
of each month at Stevens
Memorial Hall

Just to let you know...

Senior News will be published quarterly in January, April, July, and October. News stories, book reviews, jokes, and other information is always appreciated. Just send to Hilary at the above address, or email:
chesterseniors@yahoo.com

Visiting Nurse Flu Shot Clinics 2007

There will not be a flu shot clinic in Chester this year. Surrounding Towns, the most convenient being Derry will have a clinic, November 2, at the Marion Gerrish Center, 10-1. If there is enough interest, perhaps we can car pool over there. Other locations are posted at the Community Center.

Looking Back

We have really been on the move this spring and summer! In April, we traveled to Sudbury, MA to Longfellow's Wayside Inn for a walking tour of the historic buildings, as a wonderful lunch at the Inn. We went on what turned out to be Patriot's Day, and we even had a musket salute by minutemen!

May found us going to the Wenham Museum of Cultural Heritage, chock full of antique toys, dolls, and electric trains, and a tour of the historic house on site. Lunch was at the Wenham Tea Room, which serves much more than tea. Of course the tour would not have been complete without a stop for ice cream, so we stopped at "Beantown" at Jordan's Furniture in Reading. If you ever have the chance to go there, do it! What a show, and forget the furniture! Richardson's ice cream is featured in an array of displays that are all made of Jelly Belly Jellybeans! You can take a lesson on the flying trapeze (non of us dared), and enjoy "Fluid Fireworks" a water and light show to music!

In June, we went up to Lake Sunapee to the Fells, the John Jay estate on the lake! We have a guided tour of the estate, and a great picnic lunch out on the veranda overlooking the lake. After lunch, we hopped on the Mt. Sunapee boat and cruised around the lake. The weather was perfect, and it could not have been a better day!

July found us on the water again, only in Portland, ME, for a cruise on the Casco Bay Mail Boat. We cruised around all the islands before we headed out the Village Café for a super lunch! Again, the weather was great...rain started just as we boarded our vans to go home after lunch!

Our September trip was a bus trip out to Charlestown, NH, and the Fort at #4 Plantation. A guided tour of the fort by docents dressed in period costumes was the highlight of the day! The weather was like summer, and the view over the Connecticut river was gorgeous! We had a terrific at "Sophie & Zeke's" in Claremont (who would have thought), and a leisurely ride, since non of us had to drive!

Hilary has been our official photographer, and will compile a super slide show for us for the end of the year! It will be shown on CTV-21 in Chester, and then at our first Pot Luck lunch in January, courtesy of the Chester Historical Society's new DVD Projector. Be sure to make this Pot Luck Lunch!

Book Review - New Hampshire Folk Tales

The Legend of Tsienneto, The Fairy, By Eva A. Speare, Editor

Beaver Lake in Nutfield, now Derry was thought by the Indians to be the home of a Fairy Queen named Tsienneto. "Neto" as she was called, was able to perform deeds of friendly service to those in distress.

When the Indians brought Mrs. Hanna Dustin and other captives from Haverhill, their first night encampment was on the shores of Beaver lake. "Neto" saw and befriended Mrs. Dustin, and promised to keep an eye on her and the other captives and supply all their needs, all this unseen by her captors.

After they arrived at the island in the Merrimac River near Penacook, Neto cast a spell over the Indians so that they slept soundly while Mrs. Dustin and her boy companion moved about with the Indians' tomahawks, killing all their enemies and escaping down the river. It was Neto who guided them in safety to their home and family and this the Scotch - Irish of Derry explain the miraculous escape of Hannah Dustin. This story was contributed to the NH Folktale book by Mrs. J. G. MacMurphy, Derry.

Note: Eva Speare, 1875-1972, teacher, civic leader, author of ten books and pamphlets had a life long association with the NH Federation of Women's' Clubs, which helped her to collect stories for this book. With the \$1600 in royalties from this book, Mrs. Speare launched a 1966 drive to reconstruct the Fort at #4 Plantation in Charlestown, NH.

Submitted by Sally St. Clair

Start Your Holidays at the Chester Public Library

Holiday Table Decorating and
"Place Card Favor" workshop!

Join us at the Chester Public
Library

Tuesday, November 20, 2007

From 6:30-7:30

Mary Richardson will be demonstrating ways to spice up your holiday table using natural materials and items found around your home. You will then make place card favors of your own to take home.

All materials will be provided.

The materials fee is \$10 for 8 place card favors and is due at registration. (more favor kits may be purchased for an additional fee). Pre-registration and pre-payment is required. The workshop is limited to 8 people so sign-up early!!

Deadline for registration is
Thursday, November 15, 2007.

For more information call the
Library at 887-3404

Toys-For-Tots: We will again be a drop-off location for this program. We are accepting NEW, UNWRAPPED toys. The drive begins November 1, 2007 and the last day to drop toys off is December 18, 2007



Looking Forward

We will be going out to Rindge, NH to Lilly's on the Pond, for our Annual Club Birthday Party on Thursday, October 18. We have rented three passenger vans from our friends at Merchants Motors, for this trip, so if you plan to go, let Gen Rowell know by October 15. After lunch, and weather permitting, we will go to Cathedral in the Pines!

We are still planning on a Cookie Walk & Book Sale, on December 1 at Stevens Memorial Hall, in conjunction with "Holidays In The Village." Lots of cookies will be needed, so your help will be appreciated with donations.

The Annual Christmas Party will be on Thursday, December 6, 12 Noon at Stevens Memorial Hall. It will be a Soup & Sandwich lunch, and once again, your reservations will be needed by November 30. Entertainment will be singer Frank Paolini of Hampton. He performed at the Lion's Club Annual Senior Dinner, and was a hit, so he has agreed to perform for you to!

The Annual Carol Sing sponsored by the Chester Historical Society and Tree Lighting by the Chester Fire Department will be on Sunday, December 9, 5 PM at Stevens Hall.

Ideas for 2008 outings will be discussed in January, so put your thinking caps on! An Outing Idea form is attached to this newsletter, or you can send an online form.

Farewell to Chester Performance

Hopefully you did not Miss Tammy Grimes! A cabaret show was performed by this member of the Broadway Hall of Fame at The Congregational Baptist Church of Chester, NH on Saturday, October 20, 2007 at 7:00 PM.

The evening of stories and songs was Miss Grimes' way of bidding farewell to Chester. The show included numbers from her Broadway career as well as an eclectic repertoire of works by artists such as Jimmy Buffet, Tom Waits, Noel Coward and Kurt Weill.

After she performed a similar show in New York City earlier this year, critic, Rex Reed may have summed it up best when he called Miss Tammy Grimes "a cabaret event!... the best reason I can think of to stay up late."

This performance, as well as the Ham and Bean Supper preceding it was a sellout! SRO, Standing room only! It was a fitting tribute to this legendary performer, and a huge success for the Church, and the Upper Room.

Men's Fellowship Breakfast

Sat. Dec. 8th - 8:00 am - Vestry of the Chester Congregational Church
Calling all men to come join us as the crew. whips up some steak and eggs and lively discussion! Bring your friends!

Veterans Day Parade

There will be a Veteran's Day parade in Chester on Sunday, November 11, 2007 starting at 1:00pm. (It is not at its usual 11am slot due to church being in session.) Line-up is at 12:30 at the Town Offices at 84 Chester Street. The parade will march to the monuments in front of the Post Office where there will be a brief ceremony with light refreshments to follow at Steven's Memorial Hall. For more information contact Steve Child at 603-887-4558

A Message From the Chester Congregational Baptist Church

Dear Friends,

What if I said that you could earn money for the church, at no expense to you and with little or no extra effort on your part? Well, it's true, and it is possible through the efforts of Charity Blast (www.CharityBlast.com).

Charity Blast is working in partnership with numerous online retailers to provide funds for our church when you shop online at many well known retailers.

How does Charity Blast work? Suppose, for example, you wanted to make an online purchase from Staples. Instead of going directly to Staples.com and placing your order, you first go to Charity-Blast.com. You tell Charity Blast that you wish to support the Chester Congregational Baptist Church by choosing our church's name from the list of enrolled organizations (click the drop down arrow in the "Search by Organization" box on the left-hand side of the home page). Selecting our church's name will bring you to a page with links to many online merchants, including Staples.com. Click on that link, and you are brought directly to Staples.com, and you can proceed to place your order as you normally would. But since you went to Staples by using the link at CharityBlast.com, a portion of your total purchase (2% in this case) will be given to the church, at no cost to you. For more information, see the Frequently Asked Questions of Charity Blast.

Please check out Charity-Blast.com and consider using it every time you make a purchase



Recipe Center

Beef & Vegetable LoMein

Serves 4

- 1 package (12 ounces) fresh Chinese-style noodles
- 4 quarts boiling water
- 4 Chinese dried black, or shiitake, mushrooms
- 1 tablespoon sesame, or vegetable, oil
- 1 tablespoon finely chopped fresh gingerroot
- 3 cloves garlic, minced
- 12 ounces beef eye of round steak, fat trimmed, cut into 1/2-inch strips
- 2 cups broccoli florets
- 1 cup sliced carrots
- 1/3 cup water
- 2 tablespoons cornstarch
- 1 tablespoon black bean paste
- 2 teaspoons light soy sauce

1. Cook noodles in 4 quarts boiling water until tender, about 2 minutes; drain and reserve. Place dried mushrooms in bowl; pour hot water over to cover. Let stand until mushrooms are soft, about 15 minutes; drain. Slice mushrooms, discarding tough parts.
2. Heat oil in wok or skillet over medium-high heat until hot. Stir-fry mushrooms, gingerroot, and garlic 2 minutes. Add beef; stir-fry until beef is cooked, about 5 minutes. Remove from wok.
3. Add broccoli and carrots to wok; stir-fry until vegetables are crisp-tender, 5 to 8 minutes. Remove from wok.
4. Combine 1/3 cup water, sherry, and cornstarch; add to wok and heat to boiling. Boil, stirring constantly, until thickened, about 1 minute. Stir in black bean paste and soy sauce. Return beef and vegetable mixtures to wok; add noodles. Stir-fry over medium heat until hot through, 2 to 3 minutes.

Calories: 300, Protein: 22.1 g, Sodium: 153 mg, Cholesterol: 41.2 mg, Fat: 6 g, Carbohydrates: 37.9 g, Exchanges: 1 Vegetable, 2 Bread, 2-1/2 Meat

2008 Outing Idea From (clip and mail)

Submitted by: _____

Please include name, address, phone, email or website address of your idea for an outing, event, or guest speaker.

Idea #1: _____

Idea #2: _____

Idea #3: _____

Please mail to:

Hilary Hall, 109 Derry Road, Chester, NH 03036

Honoring America's Veterans

By: Melissa Rossetti, Director, Chester Public Library

On November 10, 1781 General George Washington was quoted as saying, "The willingness with which our young people are likely to serve in any war, no matter how justified, shall be directly proportional as to how they perceive the veterans of earlier wars were treated and appreciated by their nation." These words are just as appropriate today as they were over 200 years ago. People who are willing to unselfishly, sacrifice their lives for someone else's freedom are to be commended, respected, and at the very least remembered. Author Margot Theis Raven has written a children's book designed to help even the youngest among us remember those who made the ultimate sacrifice for their country.

"America's White Table" describes a tradition that most Americans are not familiar with. Starting after the Vietnam War, members of the well-known "River Rats" started setting a "remembrance table" to honor those soldiers who were missing in action or prisoners of war. Over the years the tradition has been embraced by all branches of the Military and is a prominent feature at dinners, reunions and during patriotic ceremonies to pay tribute to all of those who are no longer here with us. Ms. Raven tells the story of "America's White Table" through young Katie who, when asked to set the special table as a gift to her uncle, a Vietnam veteran, learns the meaning and significance of each symbolic item placed on it.

As Katie sets the table her Mother explains how the table is round to show everlasting concern for missing soldiers. It's draped in white to symbolize the purity of their motives when answering the call to duty. It is set with a single setting with an inverted glass for a meal that won't be eaten, a black napkin for sorrow, and a red rose with a red ribbon for determination to bring them all home. On the bread plate is a slice of lemon to remind us of their bitter fate and a pinch of salt to represent the tears of family left behind. At last a single empty chair is pushed to the table as a reminder that they are missing.

This beautifully illustrated book very simply and poignantly describes a ceremony that the author hopes will become as big a tradition for Americans as putting out a flag on Independence Day. Veteran's Day is a perfect time to read more about this simple moving way to remember those who have served our country over the years and show them their service is "appreciated by their nation."

In honor of those servicemen and women, The Chester Public Library will have a "White Table" on display from November 10-16, 2007.

While you're at the Library check out some of these other stirring military reads:

Beyond Band of Brothers by Major Dick Winters

Brothers in Battle, Best of Friends: By William Guarnere

The Quiet Hero by Gary Toyn

Miracle at Belleau Wood: the birth of the modern U.S. Marine Corps by Alan Axelrod

Chester Public Library events:

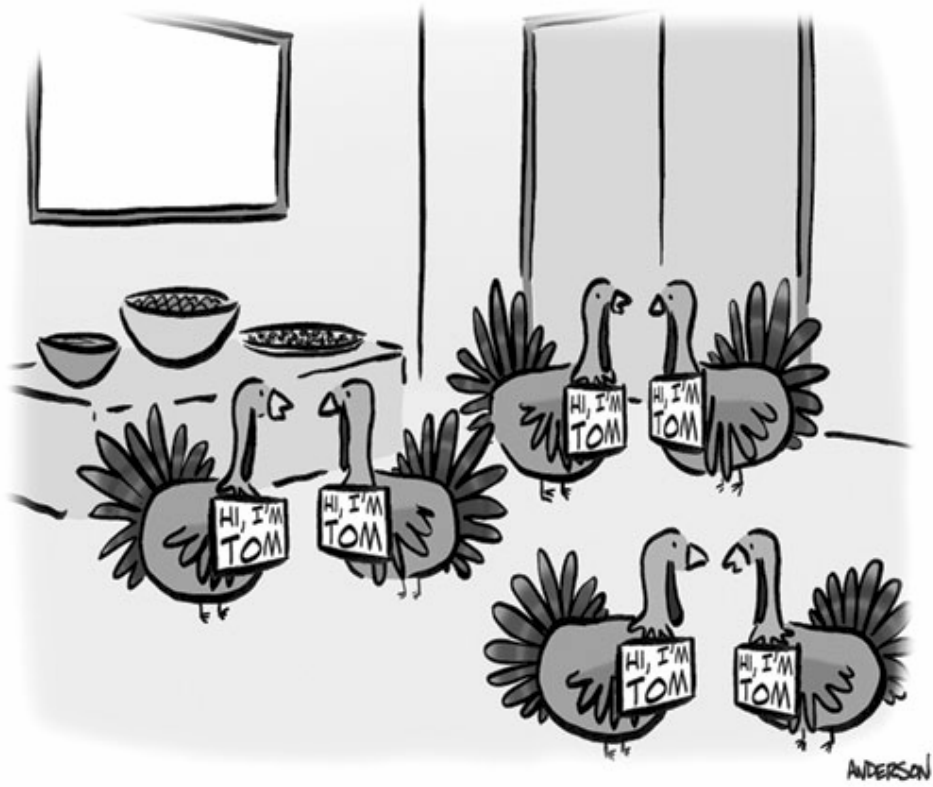
Closed Monday, November 12, 2007

Closed November 21-24, 2007 we will re-open on November 26, 2007 for the Thanksgiving Holiday

Children's Book Week: November 12-17, 2007. We will be participating again in the Ladybug Picture Book Award voting. Children third grade and below are invited to vote for their favorite book among 10 finalists chosen by NH Children's Librarians.

More info to be announced.

Veterans Display. The Library will be displaying "America's White Table" from November 10-16, 2007 in honor of Americas MIA's/POW's and veterans.



Chester Senior Citizens
603 Raymond Road
Chester, NH 03036