

THE



COURIER

Serving:  
Andover, Danbury, Grantham, Newbury,  
New London, Springfield, Sutton, Sunapee, Wilmot

September 2015

**Save The Date**

**23rd Annual  
~ Mountain Day ~**

**Thursday October 15, 2015**

*Mount Sunapee Resort*

**Entertainment: Americana Most Wanted**

Do you love traditional American music from composers like Hank Williams, Woody Guthrie, Roger Miller, Johnny Cash, The Kingston Trio, and Willie Nelson? Americana's Most Wanted delivers high energy entertainment that will have you singing along to songs like "Folsom Prison Blues", "King of the Road", "Sixteen Tons", "Greenback Dollar", "On The Road Again" and more! Anchored by New Hampshire Country Music Award-winner - Rob Oxford (guitar and vocals) and backed up by Dave Clark (stand-up bass and vocals), this dynamic duo teams up with a variety of instrumentalists to fit your musical taste.

Choose from pedal steel, dobro, harmonica, fiddle, banjo, accordian, and guitar instrumentalists to suit your taste.

**High Noon Buffet  
with delicious menu choices**

For information call:  
**Jean LaChance, 927-4345**

**Tear Off**

-Please fill out this form -  
Make check payable to COA and mail to Jean LaChance  
PO Box 153  
North Sutton, NH 03260

**Name** \_\_\_\_\_

**Town** \_\_\_\_\_ **Telephone #** \_\_\_\_\_

**# Adults** \_\_\_\_\_ **Amount Enclosed \$** \_\_\_\_\_

For more information call: Jean LaChance 927-4345

Reservations required before Friday, October 9

Mount Sunapee Resort (Spruce Lodge)

Social Hour - 11-12  
Scavenger Hunt Sign Up 11:00 - 11:30  
Scavenger Hunt 11:00 - 11:45

# Business Sponsors

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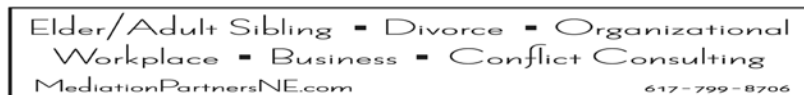
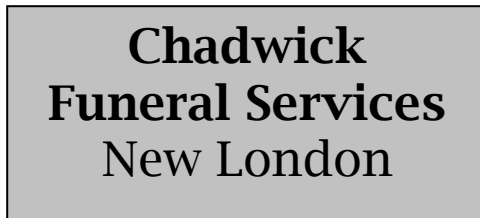
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Jay C. Boynton Robin A. Boynton  
Attorney at Law Paralegal

164 Main Street, PO Box 395  
Andover, NH 03216-0395  
603-735-5554  
[boyntonlawoffice@tds.net](mailto:boyntonlawoffice@tds.net)



COA Business Sponsorship is a decade old tradition of businesses supporting the well-being of seniors in our greater Kearsarge area—serving nine communities. Keeping it local, our business neighbors understand the necessity of investing in our communities where we work, live, and play.

COA's proud tradition of conservative fund management, tight budgeting practices, and strong volunteer collaboration and oversight create an organization that respectfully and responsibly uses its financial resources.

If you would like to become a Business Sponsor - call us at  
526-6368



## **Tom & Tom Men's Group**

### **The Community of Men**

September 12<sup>th</sup>

Every September I have wanted to go back in memory to 2001, to 9/11, and share an event I witnessed that gave me a small seed of hope after that tragic day.

He was a regular at a men's group I ran in New Jersey. Some of the guys called him New York, because he fought his way out of Hell's Kitchen and gang life. I think it was because of his attitude, his swagger, and the way he growled his words in your face when he thought you messed up. He was also the kind of guy who covered your back in a fight, or drove you to the hospital in the middle of the night, after the governor closed the roads in a snowstorm. He was a "You stop me? You and how many in your army?" kind of guy.

Six days a week he climbed high above New York City on the bridges where the wind never stops. He bossed a rugged crew of men who repaired and replaced defects on those huge highways of steel. It paid well enough to have a home and a family in the country, where the schools were good, and there was room for dirt bikes for his kids. In his spare time he made knives out of worn out auto springs, knives so well made, that collectors waited years to own one.

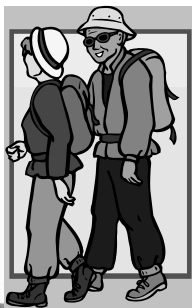
He was on the bridges the day the planes hit the towers. He climbed down to go there, but couldn't make it through the flames of hell until September 12<sup>th</sup>. Then he and his crew walked through smoldering ashes, kneeling to sift for remains with their bare hands, 12 hours a day, 7 days a week until they couldn't go on any longer. In rest times they found a corner to sleep, a pair of clean socks and underwear, and hot food to scarf down. These are the men, everyday people, who left their jobs to work through the pain and toxic dust until the job was done. He was one of them.

Like so many of you, I remember September 11<sup>th</sup>. I watched for hours, trying to make sense of the evil, as the TV replayed the planes hitting the towers. I felt the wind go out of the world. I walked outside, numb, wondering why the sun was still shining. In the distance I heard children laughing and playing, and for some strange reason I saw a small light of hope. The hope many of us felt on September 12th when help came from every corner of our nation to help begin the healing.

Every September, as a reminder, I unwrap a small knife given to me, made from a rusted car spring. It reminds me of a man I once knew, who gave me hope when I felt only fear. The same man who gave a steel cross cut out of a beam from one of the towers to his small church in Frenchtown NJ. It reminds the people they are not alone, no matter how heavy the burden. I still wonder why it takes a tragedy of biblical proportions to put aside our differences to bring us together.

To be continued.

Until the next step on the journey,  
Codger Tom and Sweet Nancy, censor and editor



COA ~ OUTDOOR RECREATION FOR SENIORS

ORFS



LABOR DAY AND BEYOND - MORE END OF SUMMER FUN EACH TUESDAY AT 10 A.M.

September 1st -- Kayak or hike around Lake Massasecum in Bradford, NH -- Kayak leader, Gene Stanphill, 938-5683. Directions: From New London, take Rt. 114 through the Suttons into Bradford. Continue until you see the lake on your left. Look for the used book sign on your right, and soon you will see a small parking area and public put-in on your left. Kayakers put-in there and unload and then park up on Rt. 114. Bring lunch to eat at the picturesque picnic spot. Hiker Leader: Earl Abbe 526 4888. Hikers will park on 114 facing North by put-in. Walk right on "no name road" which takes you behind a camping sight, proceed to Davis Road (left) then walk to East Lake Shore Drive (left). Bring chair and lunch to eat at the lake put-in. {NH Atlas; page 26, D-6}

September 8th --- Kayak from DEWEY BEACH or hike SAWYER TRAILS in SUNAPEE, NH --- Leader, Charlotte Brown, (763-9293). We have special permission to use the facilities. Kayakers put in from the town beach. Walkers meet and park at Ray & Wilda Giovanni's home at 47 Job's Creek Rd. (763-2937) they will lead you to the trail system. Bring lunch to eat together at the picnic tables on Dewey Beach. No alcohol allowed. DIRECTIONS: Take Rt. 11 out of New London

to Sunapee. After the ball field on your left, turn onto Job's Creek Rd. and continue to Garnet St. Kayakers turn right and park in front of the beach. Cars may have to be moved after unloading. Walkers continue straight on Job's Creek Rd. until they see #47 which is the first house on the left. Parking area across the road. {NH Atlas, pg. 34, I-3}

September 15th --- Hike or kayak around KEZAR LAKE in WEST SUTTON, NH --- Hike leader is Denny George (763-4722) and kayak leader is Nancy Bower (763-5557). Make a loop around the island and see wildlife on a tributary or walk as far as you want on a rural road around the lake. Bring lunches to eat together at the picnic tables at Wadleigh State park. (Where ORFS began 19 years ago!) DIRECTIONS: From Flying Goose Pub, Rt. 11 in New London, take Rt. 114 South toward North Sutton. After passing General Store on left, turn right onto Wadleigh Rd., then left into the big parking lot. Kayakers can put in across the street but plan to bring your lunch in your boat. Hikers can walk to the picnic spot. {NH Atlas, pg. 34, J-5}

September 22nd --- Kayak or hike around McDANIEL'S MARSH, in Springfield, NH --- DIRECTIONS: Come through Springfield, on Rt 114 north. About 1/2 mile past the post office on your right you will see George Hill Rd. Turn right and go about 3 miles to the parking area on the right by the dam. Lunch will be provided by Barbara Cooper and Nancy Bower at 336 Four Corners Rd in Springfield. As you leave McDaniel's Marsh take George Hill Rd back toward Rt. 114. Turn left onto 114 and go about 1 mile. Then turn left onto Four Corners Rd. Parking will be limited, so we advise you park at the town Meeting house at 23 Four Corners Rd and car pool to the house at 336. Bring your chairs so you can sit by the lake. Kayak leader is Barbara Cooper (763-9286), Hiking leader is Denny George (763-4722). {NH Atlas, pg. 34, D-3}

September 29th --- KAYAK MASCOMA LAKE or HIKE RAIL TRAIL in ENFIELD ---

Kayak leader is Olivia Henry 496-0956. Hiking leaders are George and Nancy Smith 802-436-2616. DIRECTIONS: Drive toward Enfield on 4A north past the Shaker buildings until you come to the renovated Shaker Bridge (which is Main St) on your right. Kayakers can put in there. Hikers look back and above to the much larger parking space, so park and walk from there over the bridge to the rail trail which follows left along the lake. Bring your chairs and lunches to eat together on the sandy beach. {NH Atlas pg. 34, A-1}

**October 6th** --- Today's trip is to honor of our dear friend Ann Lindsay. Meet at the Society for the Protection of New Hampshire Forests, 30 Portsmouth St, Concord, NH --- Leader is Nancy Smith (802-436-2616). ORFS will make a donation in memory of Ann to the Society, receive a guided tour of the facilities and learn about their conservation work. Afterwards, we will go hiking on the Society's trails along the Merrimack River in Concord, NH. Bring lunch. We can eat on their porch.

Come rain or shine. In case of rain, we will tour then eat in their conference room. Try to carpool. People could meet in the Market Basket parking lot at Exit 9 of Rt 89 in Warner at 9:15 AM. DIRECTIONS: Take Rt 89 south to Concord. Take Rt 93 North exit to Exit 15, Rt 393 East. Get off Rt 393 at Exit 2. At end of Exit ramp, take a right onto East Side Drive. Go about a half mile to Portsmouth Street. You will see a brown sign, saying "Conservation Center" on the right. You turn left onto Portsmouth Street and drive straight, about an eighth of a mile to the Society's parking lot, on the left. Enter in the building's main door. {NH Atlas, pg. 28, D-1}

MONTH'S coordinators were Nancy Bower (763-9286), Barbara Cooper (763-9286), and Olivia Henry (783-4792)  
Please note - NH Atlas references refer to Delorme NH Atlas and Gazetteer Tenth Edition (1996) or later.



**COA BIKE GROUP 2015 SCHEDULE**

We have planned more great Thursday rides for this year. Our objectives are to ride safely with the support of a group, to have a good time, to get some exercise, and to see beautiful parts of New Hampshire and Vermont. Rides vary in length from 15 to 30 miles with most of them in the 20 mile category. They range in difficulty from "easy" to "more challenging", based on elevation gain. Spring starts with easier rides. Some rides start close to New London, others are farther afield for variety's sake. Sometimes we take lunch, sometimes we finish before lunch and may have a social gathering somewhere. The pace is about 12 miles per hour on the flat, lots less on the hills.



Monthly schedules with more details will appear in the monthly COA Courier.

Questions? Those interested in joining the group may contact Storm Connors at 603 526-6024 or preferably by email, [stormc@iname.com](mailto:stormc@iname.com). Rides start on Thursday morning from various locations in New Hampshire. Rides are typically 3 to 4 hours. Our purpose is pleasant activity not marathon training.

Bike Schedule:  
Sept. 3 Hancock, Peterborough, Harrisville - 29 miles, several hills; c. 1000 elevation gain; more challenging.  
-- **Leader TBA**



Sept. 10 Rye, New Castle coast classic -  
27 miles, easy - **Kathleen Kurwin**  
Sept. 17 A fully-paved, off-road odyssey  
through Franconia Notch -19 miles  
moderate -**Hank Billings**  
Sept. 24 New London 4 Lakes -27 miles  
moderate or easy- **Storm Connors**

moderate; climb c. 1100' - **Dave  
Barber**  
Oct. 8 Newfound Lake 23 miles of  
moderate biking, -**Linda Burdick**  
Oct 15 Rain Date

Oct. 1 Woodstock, South Pomfret,  
Barnard, VT - 20 miles (2.5 dirt);

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## This and That...

### LUNCH IN ON US!



COA brings you "Lunch is on the House" at the Abbott Library in Sunapee on Thursday, October 8th at 12 noon. Join us for a hearty meal and good company as you enjoy this beautiful library. This is a great chance to meet up with old friends or to get to know others who call Sunapee home. Looking forward to seeing you there! Please call COA at 526-6368 to sign up. **We'll be bringing you lunch at the library on the 2nd Thursday of each month at 12 noon beginning October 8th.**

Abbott Library 2015 Lunch Schedule:

Thursday, October 8  
Thursday, November 12  
Thursday, December 10

All are welcome and be sure to bring a friend! Programs will be held at the Abbott Library, 11 Soonipi Circle, Sunapee, NH  
603-763-5513

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### LAKE SUNAPEE REGION VNA FLU CLINICS

Thursday, September 10th                      1:00pm - 4:00pm  
at COA Chapin Senior Center

Thursday, September 24th                      9:00am - 12:00noon  
at The Center at Eastman  
6 Clubhouse Lane, Grantham, NH

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### The Abbott Library and the COA Chapin Senior Center bring you...



WATERCOLOR PAINTING CLASSES  
WITH LOCAL ARTIST ELEANOR MACNICOLL

Thursday, September 17th and Friday, September 18th  
10:00am to 12noon.

Eleanor MacNicoll will be giving two consecutive watercolor painting classes at the Abbott Library in Sunapee. These classes are for those who have an interest in painting and who have some experience in art. The workshop will include landscapes, still life, florals and people.

There is no fee for these classes and some materials will be available at the first class.

Please call COA at 526-6368 to register. Classes will be held at the Abbott Library, 11 Soonipi Circle, Sunapee, NH

**“Life is a Journey - Let’s talk about it”**

End-of-Life Issues & Discussion Series Free & Open to the public Selected Tuesdays in September 4:00-6:00 pm

Tuesday, Sept. 8 “Ethical Challenges/Dilemmas Regarding End-of-Life Decision-Making”

Presented by a panel of three:

- Susan Reeves, EdD, RN, Associate Professor & Chair Nursing and Public Health, Colby-Sawyer College
- Rev. Frank Macht, M Div, MA, Director Chaplaincy Department, ` DHMC
- John Monroe-Cassel, M Div, MAT Spiritual Care Counselor LSRVNA & Hospice

Tuesday, Sept. 15 “Death Cafe”

Small group conversation opportunities led by Rev. Cindy Johnson

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## September 2015 Programs and Activities

**Tom & Tom’s Men’s Discussion Group**

Mondays 8:45am

We want to hear your stories and we’ll share a few of our own. Come visit over an endless cup of coffee!



**French Discussion Group**

First and Third Monday at 4:15pm

Join this casual, friendly group to practice your language skills and have fun.

Participants at all skill levels are welcome!

and Janice Cundey, RN

Tuesday, Sept. 22 “Advanced Directives and Physicians Order for Life-Sustaining Treatment ‘POLST’”

Presentation by Bill Helm and Partners in Community Wellness

Tuesday, Sept. 29 Being Mortal: Medicine and What Matters in the End by Atul Gawande

Book review & discussion led by John Ferries

First Baptist Church of New London 461 Main Street New London, NH 03257

Registration: 526-6511 Email:

jcundey@fbcnlh.org

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**Chair Exercises**

Mondays and Fridays 10:15am

This low impact exercise program is perfect for those looking for an easy, effective exercise routine.



**Walking at Proctor Academy Gym**

Monday - Friday 8:30-10:00am

Please call COA at 526-6368 for more information.





### Walk-In Painting Group

Tuesdays 1:00pm

Bring your current painting project to work on. This is an informal group and we'd love to have you join us.



### Spanish Discussion Group

First and Third Tuesdays at 4:00pm  
(Beginning September 15)

Interested in practicing your Spanish? Join our Spanish Discussion group! For all conversation levels. For more information call COA at 526-6368.



### RSVP Bone Builders Exercise Program

Tuesdays and Friday 10:00-11:00am

This senior exercise program helps strengthen bone, build muscle and improve balance. You can exercise while seated or standing using small hand weights. Classes are held in the Newbury Heights Community Room, 52 Newbury Heights Road,



Newbury.

### Needlework Craft Group

Why stitch alone?

Wednesdays 1:00-3:00pm

Love to cross stitch, do needlework, quilt, knit or crochet? We do, too! We'd love to chat, laugh, and get to know the folks who enjoy the same hobbies we enjoy. We'd love to have you join



us!

### Tai Chi

Wednesdays 2:30pm

Kearsarge Community Presbyterian Church, New London, NH



### Women's Discussion Group

Fridays 9:00am

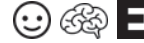
Get to know your neighbors over a casual cup of coffee. Join friends to visit, chat and share!



### Bridge

**Duplicate Bridge** - Mondays at 12:45pm and Wednesdays at 9:15am

**Contract Bridge** - Thursdays at 9:30am



### Games!

Poker - Tuesdays at 2:00pm

Hand and Foot - Wednesdays at 1:00pm

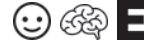
Dominoes - Thursdays at 4:00pm



### Parkinsons Support Group

Tuesday, September 1 1pm

You are invited to join this lively, welcoming and supportive group!



### Blood Pressure Clinic

Friday, September 4 10:30am



### VNA Foot Care Clinic at COA

Friday, September 4 12:30-3:30pm

Friday, September 11 1:00-3:00pm

\$25 (doctor's order required for diabetics)  
Please call COA at 526-6368 to schedule an appointment.



### Questions About Medicare?

Tuesday, September 8 1:30-3:30pm

Anita Oelfke, Medicare Coordinator for Merrimack County Service Link, will be available to answer your Medicare questions. Please call COA at 526-6368 to sign up for this program.



### Breakfast Club Book Discussion

Tuesday, September 8 9:30am

Swamplandia by Karen Russell



### Flu Clinic at COA

Thursday, September 10 1:00pm - 4:00pm

### Long-Term Care Planning

Friday, September 11 10:30am

Learn more about your options for long-term care with Wayne Blanchard from ServiceLink. Please call COA at 526-6368 to sign up for this program.



### Computer Class with Laura Thompson

Saturday, September 12 9:00am - 11:00am

(1/2 hour appointments beginning at 9:00am) Are you looking for answers to questions about basic computer and iPad skills? Sign up for a one-on-one half hour session by calling 526-6368.



### Meditation Class

Saturday, September 12 and September 26 10:00am

Meditation is a process of transforming the mind. It enhances clarity, concentration, relaxation and positive mind states while alleviating stress, anxiety, depression and other medical conditions. This is done by focusing the mind, staying present and being aware of thoughts. We will be sitting in chairs and will be doing some silent/guided meditation sessions along with contemplations. No prior meditation experience is necessary. These on-going classes will meet every other Saturday and will be guided by Ilene Venizelos. For questions or to register, please call COA at 526-6368.



### Sunday at the Movies

Sunday, September 13 2pm

Please call COA at 526-6368 for movie listing.



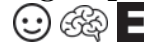
### Humanist & Agnostic Discussion Group

Thursday, September 17 1:30pm

The word "atheist" has negative

connotations - being against something.

We seek people who want to ask the difficult questions about religion and spirituality. Please call COA at 526-6368 to sign up.



### Watercolor Painting Classes at the Abbott Library

WITH LOCAL ARTIST ELEANOR MACNICOLL

Thursday, September 17th and Friday, September 18th

10:00am to 12noon.

Eleanor MacNicoll will be giving two consecutive watercolor painting classes at the Abbott Library in Sunapee. These classes are for those who have an interest in painting and who have some experience in art. The workshop will include landscapes, still life, florals and people. There is no fee for these classes and some materials will be available at the first class. Please call COA at 526-6368 to register.

**Classes will be held at the Abbott Library, 11 Soonipi Circle, Sunapee, NH**




### Movie & Pizza Night

Friday, September 18 5:00pm

"The Theory of Everything"

Please call COA at 526-6368 to register.

The Theory of Everything is a 2014  **E** British biographical coming of age romantic drama film directed by James Marsh and adapted by Anthony McCarten from the memoir Travelling to Infinity: My Life with Stephen by Jane Wilde Hawking, which deals with her relationship with her ex-husband, theoretical physicist Stephen Hawking, his diagnosis of motor neuron disease, and his success in physics

### Flu Clinic at Eastman

Thursday, September 24 9:00am to

12noon The clinic will be held in the lounge on the first floor of The Center at Eastman

**REGULARLY SCHEDULED KCOA PROGRAMS**

**Monday -**

Walking at Proctor Academy Gym - 8:30am - 10:00am  
Tom & Tom's Men's Group - 8:45am  
Chair Exercises- 10:15am  
Duplicate Bridge (Bidding Boxes) - 12:45pm  
French Discussion Group ( 1<sup>st</sup> & 3<sup>rd</sup> Monday) - 4:15pm

**Tuesday -**

Walking at Proctor Academy Gym - 8:30am - 10:00am  
Breakfast Club Book Discussion (2nd Tuesday) - 9:30am  
RSVP Bone Builders Exercise Program - 10:00am Newbury Heights, 52 Newbury Heights Road, Newbury, NH  
Outdoor Recreation for Seniors - 10:00am  
Walk-In Painting - 1:00pm  
Parkinsons Support Group (1<sup>st</sup> Tuesday) - 1:00pm  
Questions About Medicare - 2nd Tuesday - 1:30-3:30pm  
Poker - 2:00pm  
Spanish Discussion Group (1st & 3rd Tuesday) - 4pm

**Wednesday -**

Walking at Proctor Academy Gym - 8:30am - 10:00am  
Duplicate Bridge - 9:15am  
Hand & Foot Card Game - 1:00pm  
Needlework Craft Group - 1:00pm  
Tai Chi- 2:30pm -  
Kearsarge Community Presbyterian Church, New London, NH

**Thursday -**

Walking at Proctor Academy Gym - 8:30am - 10:00am  
Contract Bridge - 9:30am  
Humanist & Agnostic Discussion Group - (3rd Thursday) - 1:30pm  
Dominos - 4:00pm

Bike Group - varied A.M. start times, please contact COA for schedule

**Friday -**

Walking at Proctor Academy Gym - 8:30am - 10:00am  
Women's Discussion Group - 9:00am  
RSVP Bone Builders Exercise Program - 10:00am  
Newbury Heights, 52 Newbury Heights Road, Newbury, NH  
Chair Exercises- 10:15am  
Long-Term Care Planning - 2nd Friday - 10:30am  
Blood Pressure Clinic - 1st Friday 10:30am  
Foot Care Clinic- 1st Friday - 12:30 - 3:30pm by appt. 2<sup>nd</sup> Friday - 1:00-3:00pm by appt.  
Movie & Pizza Night - 3rd Friday 5:00pm

**Saturday -**

Computer Class (1<sup>st</sup> Saturday) - ½ hour appointments from 9am-11am  
Meditation Class (every other Saturday) - 10:00am

**Sunday -**

Sunday at the Movies - 2nd Sunday at 2:00pm

\*\*\*\*\*



**BY THE WAY, by Bobbi Stoneman**

**DEJA DEJA VU**

This morning I began breakfast with an orange. Not an easy- to-peel, no seeds, lots of juice orange. No, it was one of the bargain brand that huddles in a string bag with apples and pears hoping to be rescued from the stacks in the produce department. No, this one had lots of seeds, heavy duty pulp ( but that's GOOD for me, right?) and bitter juice. As I sliced it into easy-to-suck-on quarters I suddenly became fifteen years old again,

working my first "real" job...scullery and prep cook at the camp that I loved on Cape Cod.

After Daddy died, Mother had to watch her pennies carefully so the cost of my being a senior camper for two months was too high for her to manage. She asked the director if I could be a "scholarship camper" . "Oh, my, yes, indeed!"< Miss F. replied, "We have great need of help in the cafeteria three times a day. "Bobbi is young, tall and strong enough to handle that, I am sure. And her friend Pat will be working too."  
and clearing up after.

I thought the best part would be bringing the of platters of food to tables of hungry campers and counselors. They would be so happy!

Every breakfast was oranges, oatmeal, milk and toast. On Sundays the cook in the kitchen below would prepare bacon and pancakes, stacks and stacks of them. Oh, that maple syrup made a mess!

On the very first morning I brought a bowl of ten oranges to a table, set it down in the middle where all those little girls could reach. "Wait!" Shouted their counselor as I turned away. "How do you think we can eat these? They need to be cut open before you bring them."

Really? At home, I had always just used my thumb at the top and pulled the skins down, one strip at a time. Miss Dooley was very cross with me! I went to the pantry, brought back a knife for her. "No, silly," she growled, "YOU cut them before bringing them. That's the right way." I took the bowl back to the pantry and sliced up the oranges fast as possible. But all the

And I was. I loved to cook at home and wouldn't mind rinsing dirty dishes, stacking them in the camp's clunky dishwasher then shelving them when they were dry. I thought it would be so easy. There were eighty campers and twenty adults who gathered in the dining hall three times a day. Four of us senior campers worked in the "pantry".

Our jobs included sweeping the dining hall, setting the tables with spoons, plates, plastic cups before meals, serving the

other counselors wanted theirs cut up too! I began to cry. I couldn't do all that AND bring out the oatmeal and toast and milk to every table! Then I saw that Pat was busy pouring milk, Deenie spooned up hot oatmeal, Connie buttered toast as slices popped up. No help there! So I lined up the oranges and sliced them fast as I could without cutting myself , scurried out to deliver them to each table. Finally, Miss F. called me over to her table... "Well done, dearie, good job. I knew you could do this!" Oh, OK. After that I sliced those fruits before the tables were even set, before the hungry little campers marched into the dining room, well before Miss Dooley could grumble at me. The rest of the summer was smooth and busy - but happy! In the final week, Cook even invited me down to her kitchen and showed me how to make pancakes by the dozens!

That came in very handy when I became mother to three hungry boys who liked bringing friends over for Saturday breakfast!

BY THE WAY< How did you learn to cook?  
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## **Forgetting: It's normal**

Around COA, we do a lot of reading about age-related health and have many conversations with folk who seem to suggest that their memories are not what they used to be. One thing that we have learned—and we are not physicians or neuro researchers—is that regardless of age, some people's memories are better than others and not all memory loss is associated with aging.

The big question we often get is: *How can you tell whether your memory lapses are within the scope of normal human development (aging) or are symptoms of something more serious?* Of course, our first answer is always: If you have concerns, please check with your healthcare provider. But that does little to sooth the worried heart. Neuroscientists have not fully answered that question, but they have identified key differences between normal memory lapses and those that occur with more serious cognitive deficits, to borrow a medical term.

What we know for sure is that regardless of age, healthy people can, and often do, experience memory loss, distortion, and periodic or temporary lapses. According to a recent Harvard Medical School publication, some memory flaws become more pronounced with age, but, unless they are extreme and persistent, they are not considered indicators of Alzheimer's or other illnesses.

Here are some comforting facts that may put your mind at ease when it comes to memory:

- Memory has a use-it-or-lose-it quality, so memories that are called up frequently are least likely to be forgotten.
- Everybody tends to forget facts and events over time. This is transience memory.
- Absentmindedness is a type of memory problem and it occurs, most frequently, when you are not paying close enough attention. You were thinking of something else so your brain did not encode the information securely.

There are really easy ways to avoid absentmindedness, such as identifying things that can serve as convenient cues to remind you to do something.

Over the next year we will continue to share some helpful insights, based on evidenced-informed research, about memory and brain health.

As always, and we say it time and time again, if you have any concerns, please check with your healthcare provider. There's a good chance that he or she will tell you: Hey, forgetting is normal.

# **COA Courier**

**Po Box 1263**

**New London, NH 03257**

**kcoaseniorecenter@comcast.net**

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