

Town of Freedom Information & Resources for Seniors

What is offered

- Limited classes and social gatherings via Zoom. Check out our [schedule here](#).
- Links to Services
 - [ServiceLink](#) Aging & Disability Resource Center of Carroll County
 - [Transportation Request](#) or call 802-424-2074
 - Home Delivered Meals – Meals on Wheels provided by Ossipee Concerned Citizens - [Menu](#)
 - [Sand Buckets](#) request or call 802-424-2074



[Monthly Calendar of Events](#)

[Information on how to use Zoom](#)

[Monthly Newsletter](#)

[Zoom Links](#)



COVID-19 has forced us to plan our activities using the computer and virtual platform of Zoom. If you know someone who does not have a computer, please contact Renée and she can assist in obtaining one for the individual. We want everyone to be able to participate in the upcoming activities

Contact
Renée Wheaton
Senior Resource Coordinator
Town of Freedom
coordinator03836@gmail.com
802-424-2074

Come on and Zoom!

What is Zoom?

"Zoom is the leader in modern enterprise video communications, with an easy, reliable cloud platform for video and audio conferencing, chat, and webinars." It is a tool that enables people to see and hear each other by using the camera on your computer or phone or tablet. It is great for conversations and for sharing activities, presentations and videos.

Zoom is a great way to stay connected virtually online through your computer, tablet or phone.

To learn how to participate check out this helpful [video tutorial](#). (To learn more about Zoom as a product visit [Zoom.us](https://zoom.us).)

If you would like to learn more about Zoom, check out our [Learn Zoom](#) page.

What types of activities are we offering?

We are learning how to use this tool to enable you to stay connected and involved with other .
We would love to have you participate.
We are offering a variety of activities with more being planned.
Check out the current classes below.

How do you participate?

You will use your computer or smart phone to see and hear the presentation, or you can use your landline phone to hear the presentation. Here's how it works:

1. **Sign-up:** Most activities will require a registration via an email.
2. **Mark your calendar**
3. **Joining the activity** – one or two days before the event you will receive an email with a link to the Zoom event. All you need to do is click on the link when the class is scheduled to start. This will bring you to the Zoom meeting.
4. *[Joining by phone only – call the number provided in the email]*



Woman participating in a zoom event on her laptop.

Are You New to Zoom?

How do you participate in one of our Zoom video or audio events? You will use your computer or smart phone to see and hear the presentation, or you can use your landline phone to hear the presentation.

1. Sign-up: Most activities will require registration via an email
2. Find a friend or family member to practice with!
3. If you are using your computer or smartphone: Join the activity – one to two days before the event you will receive an email with a link to click on when the class starts– this will bring you to the Zoom meeting.
4. If you are using your landline phone: Join the activity by calling the phone number on the Zoom link.

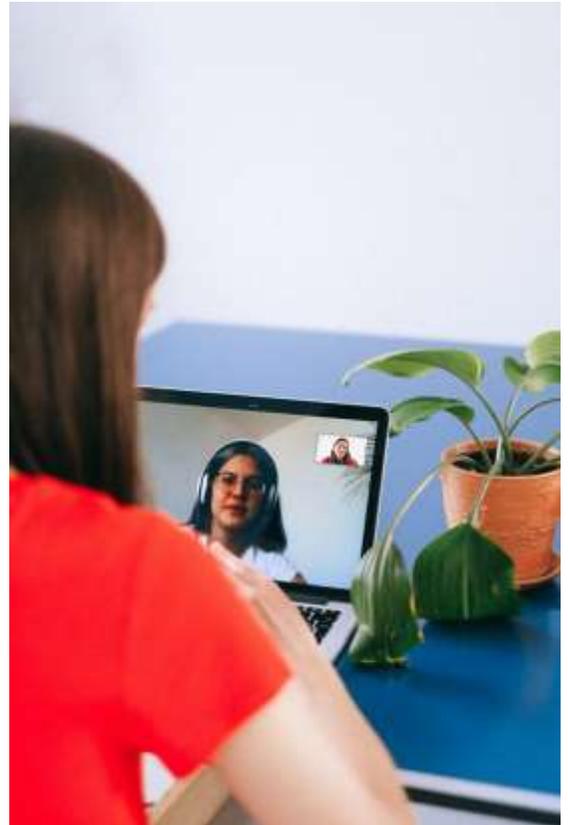
Help learning to Zoom

Here are videos taught by an older instructor that are very user friendly and accessible for all ages. All are produced by the Creative Life Center. Click on the links to check them out:

- 1) [Joining a Zoom Call for the First Time](#)
- 2) [Joining a Zoom Call via Phone for the First Time](#)

More Zoom Information

Zoom seems to be everywhere these days! If you are new to using this video platform, check the company's tips and tutorials on their website: [Zoom support](#).



March 2021 Calendar

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1	2 1:30 pm Speaker: Renee Wheaton Topic: Zoom	3	4	5 10:00 Veterans Coffee 1:30 Bingo	6
7	8 2:00 Bob Cotrell Treasuring Family History	9 Town Elections	10	11 4:00 – 5:00 pm Happy Hour Guest: Renée Wheaton	12 10:00 Community Coffee Last day to sign up For cooking class	13
14	15	16	17	18 5:00 pm Cooking Class with Joy Gagnon	19	20
21	22 2:00 Bob Cotrell Treasuring Family History	23 1:30 pm Speaker: Eleanor Border Topic: Medicare Options	24	25 4:00 – 5:00 pm Happy Hour Guest:	26 10:00 Community Coffee	27
28	29	30	31			

Senior Gram

News for Seniors in the Town of Freedom, NH

March 2021 Newsletter

Senior Resource Coordinator

The Freedom Committee on Aging is pleased to announce that Freedom resident, Renée Wheaton is now the Senior Resource Coordinator for the town. The coordinator is the point of contact for linking Freedom seniors and others in need of services with appropriate resources. Renée will be distributing information, providing opportunities for education and socialization, and coordinating with local officials and agencies.

Renée can be reached at:

(802) 424-2074, coordinator03836@gmail.com
<https://townoffreedom.net/>

and by contacting the Freedom Town Offices.

Note from Renée:

I would like to take this opportunity to thank you, the residents of Freedom, for the wonderful welcome I have received since accepting the role as your Senior Resource Coordinator.

It is my goal to assist in finding the appropriate resources you need, plan and coordinate activities that engage both mind and body and hopefully, in the near future we can do this in person.

In this newsletter and the ones to come, you will find the calendar of events, details on those events, information regarding topics of interest

What can the Senior Resource Coordinator do for you?

- point of contact for services available to seniors
- provide educational opportunities
- coordinate a variety of social opportunities – currently using virtual platform of Zoom but in person opportunities are also being planned
- coordinate regular health screenings
- assist with
 - connecting for services in different areas of need (examples include: food affordability, food pantries, homelessness, legal services, social security, tax assistance, veterans programs and many others)
 - health
 - housing and residential care
 - nutrition
 - recreation, fitness
 - transportation

Renée can be reached at:

(802) 424-2074 or coordinator03836@gmail.com



COVID-19 has forced us to plan our activities using the computer and virtual platform of Zoom. If you know someone who does not have a computer, please contact Renée and she can assist in obtaining one for the individual. We want everyone to be able to participate in the upcoming activities

What is Zoom?

Due to social distancing guidelines, we will be planning out social activities using technology and your computer, tablet or smart phone with the application called Zoom. So, what is Zoom?

Zoom is the leader in modern enterprise video communications, with an easy, reliable cloud platform for video and audio conferencing, chat, and webinars.” It is a tool that enables people to see and hear each other by using the camera on your computer or phone or tablet. It is great for conversations and for sharing activities, presentations and videos. Zoom is a great way to stay connected virtually online through your computer, tablet or phone.

If you want to learn more about Zoom, check out this video: <https://youtu.be/9isp3qPeQ0E>

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Website & Zoom links–

Information regarding the different activities being planned and links to the Zoom meetings can all be found on the town website at <https://townoffreedom.net>

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Exercise has many benefits for all ages and research has shown regular exercise for those over 50 to prevent disease, improve mental health, decrease the risks of falls, and improve cognitive function. Whatever your reason might be, it is important to participate in a regular exercise program and during winter and this time when we cannot gather for exercise classes it is possible to participate in an exercise routine using your computer and some videos found on the internet.

There are many different programs found. Here are a couple that might interest you:

SilverSneakers has a variety of online exercise classes. <https://tools.silversneakers.com>

YMCA – Your Y at Home for Active Older Adults offers a variety of at home workouts. You can try out Tai chi, yoga and other exercise routines. <http://ymca.net/your-y-at-home-for-active-older-adults>

Always consult your doctor before starting any exercise routine.



Upcoming Events:

Zoom – Renée Wheaton - March 2 at 1:30

Practice using Zoom. Login and learn the basics on how to participate in upcoming Zoom activities. Contact Renée if you need a computer.

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BINGO March 5th & March 19th

Do you enjoy **Bingo**? Then join in the fun on the 1st and 3rd Fridays at 1:30. Each senior wanting to participate will receive one free bingo card. Bingo cards can be obtained at the Freedom Village Store or by contacting Renée to arrange a drop off. Two additional cards can be obtained with a \$10 donation to the Freedom Seniors or 5 additional cards for a \$20 donation. This money will be used to buy prizes and fund upcoming activities. If you need items to use as markers for the game there are some available.

COFFEE SOCIALS



There will be two types of coffee hours offered each month. On the first Friday of the month at 10:00 am there will be a Veterans Coffee hour. This will be time when Veterans can get together, enjoy a cup a coffee and exchange stories of their time in service of our country. Our first Veteran’s Coffee will be March 5th.

Then on the 2nd and 4th Fridays of the month at 10:00 am, there will be a community coffee hour. Anyone can join in. Let’s get to know our neighbors and find out what we have in common. You never know what you will learn in conversation. So, mark your calendars for March 12 and 26 to join in with a cup of coffee (or tea) and conversation.

Medicare Choices–

Eleanor Border – March 23 at 1:30
Eleanor will be discussing the differences between original Medicare and the Medicare advantage plans. She will also discuss the different types of Medicare advantage plans available and how to choose the one that best suits your needs.

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Treasuring Family History

Bob Cotrell

Monday, March 8 and Monday, March 22

2:00 pm

Treasuring Family History.

Learn the basics of researching and preserving your family history. We will explore the wide variety of computer programs, research materials and resources available. We will also look at ways of preserving your family treasures, photos, heirlooms and stories. We will start with the basics and work through the programs in a step by step basis so you don’t need an advanced knowledge of computers.

Photograph history and care.

Photographs can be an important part of preserving your family history and legacy. This program looks at an historical overview of photo processes and how to identify and care for family photos. We will talk about how to flatten out rolled up photos, how to remove them from acidic frames, rehouse and store properly and when not to remove them from their frames. We will also look at how to scan, edit (crop and enhance) and use photos in family histories.



Yes, we are going to have special guest and then who knows where the conversation will go? The first Happy Hour will be March 11 and the guest is your Senior Resource Coordinator, Renée. Find out how a Midwesterner from a farming family ended up in New Hampshire. The Happy Hour on March 25 will include a quick overview on the mountain lion sightings in Northern New England by Rick Davidson

March is Nutrition Month

Eating healthy is important – even for older adults. It is important to choose foods that provide the necessary nutrients you need and this can be done by including vegetables, fruits, whole grains, low fat dairy and lean protein foods.

Here are some tips from the Academy of nutrition and Dietetics:

- Make at least half your grains whole
- Switch to fat free or low fat milk, yogurt and cheese,
- vary your protein choices
- limit sodium, saturated fat and added sugars
- stay well hydrated
- enjoy your food but be mindful of portion sizes
- cook more often at home, where you are in control of what's in your food
- be physically active your way

Sometimes cooking can be a challenge, or you may not want to cook for one. Please consider the importance of healthy eating to your overall mental and physical health.

The goal is to try to publish a newsletter every month

as the programming and format of activities will be changing as this is a work in progress. It will be posted on the town webpage and sent out on the Freedom Bulletin Board. If you would like to continue to receive a copy of the newsletter like this one in the mail, the yearly rate is \$10.00 . Please send payment with your name, address and check made out to Town of Freedom

Virtual Cooking Class



Joy Gagnon from UNH Cooperative Extension
Thursday, March 18 at 5:00 pm

To celebrate March being National Nutrition Month, Joy Gagnon will be offering a virtual cooking class for seniors through UNH Cooperative Extension's Nutrition Connection Program. All participants will receive a meal kit ahead of time and will join the Zoom meeting where Joy will lead the class to cook the meal together from your own home. This is a great way to interact with each other and share ideas while cooking safely from home. To participate in the class, you will need to be able to access the internet and use Zoom. If you do not have internet service or need help learning more about Zoom technology talk to Renee, your Senior Resource Coordinator. Sign up for this class by Friday, March 12 so supplies can be purchased and delivered to your house in time.

Zoom Links

Meet & Greet

Friday, February 26 from 10:30 - Noon

Topic: Meet & Greet - Friday

Time: Feb 26, 2021 10:30 AM Eastern Time (US and Canada)

Join Zoom Meeting

<https://us02web.zoom.us/j/82621251053>

Meeting ID: 826 2125 1053

One tap mobile

+13126266799,,82621251053# US (Chicago)

+19292056099,,82621251053# US (New York)

Dial by your location

+1 312 626 6799 US (Chicago)

+1 929 205 6099 US (New York)

Meeting ID: 826 2125 1053

Find your local number: <https://us02web.zoom.us/j/82621251053>

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Saturday, February 27 from 1:00 – 2:30

Topic: Meet & Greet - Saturday

Time: Feb 27, 2021 01:00 PM Eastern Time (US and Canada)

Join Zoom Meeting

<https://us02web.zoom.us/j/84567559201>

Meeting ID: 845 6755 9201

One tap mobile

+19292056099,,84567559201# US (New York)

+13017158592,,84567559201# US (Washington DC)

Dial by your location

+1 929 205 6099 US (New York)

+1 301 715 8592 US (Washington DC)

+1 312 626 6799 US (Chicago)

Meeting ID: 845 6755 9201

Find your local number: <https://us02web.zoom.us/j/84567559201>

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Sunday, February 28, from 1:00 – 2:30

Topic: Meet & Greet - Sunday

Time: Feb 28, 2021 01:00 PM Eastern Time (US and Canada)

Join Zoom Meeting

<https://us02web.zoom.us/j/83033828530>

Meeting ID: 830 3382 8530
One tap mobile
+19292056099,,83033828530# US (New York)
+13017158592,,83033828530# US (Washington DC)

Dial by your location
+1 929 205 6099 US (New York)
+1 301 715 8592 US (Washington DC)
+1 312 626 6799 US (Chicago)

Meeting ID: 830 3382 8530
Find your local number: <https://us02web.zoom.us/j/83033828530>

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Veterans Coffee Hour

Time: Mar 5, 2021 10:00 AM Eastern Time (US and Canada)
Every month on the First Fri, until Sep 3, 2021, 7 occurrence(s)
Mar 5, 2021 10:00 AM
Apr 2, 2021 10:00 AM
May 7, 2021 10:00 AM
Jun 4, 2021 10:00 AM
Jul 2, 2021 10:00 AM
Aug 6, 2021 10:00 AM
Sep 3, 2021 10:00 AM

Please download and import the following iCalendar (.ics) files to your calendar system.

Monthly:
https://us02web.zoom.us/meeting/tZEKdu2tqToqGde8CqSReEE25RRy5554ihLj/ics?icsToken=98tyKuGtpzouH9OUUsBqERpwMHYj4LO_wtn5fjadYxDz0MBJWRyakY9BwK-cqRYzZ

Join Zoom Meeting
<https://us02web.zoom.us/j/85914571033>

Meeting ID: 859 1457 1033
One tap mobile
+19292056099,,85914571033# US (New York)
+13017158592,,85914571033# US (Washington DC)

Dial by your location
+1 929 205 6099 US (New York)
+1 301 715 8592 US (Washington DC)
+1 312 626 6799 US (Chicago)
+1 669 900 6833 US (San Jose)
+1 253 215 8782 US (Tacoma)
+1 346 248 7799 US (Houston)

Meeting ID: 859 1457 1033
Find your local number: <https://us02web.zoom.us/j/85914571033>

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BINGO – March 5

Time: Mar 5, 2021 01:30 PM Eastern Time (US and Canada)

Join Zoom Meeting
<https://us02web.zoom.us/j/87139462008>

Meeting ID: 871 3946 2008
One tap mobile
+13017158592,,87139462008# US (Washington DC)
+13126266799,,87139462008# US (Chicago)

Dial by your location
+1 301 715 8592 US (Washington DC)
+1 312 626 6799 US (Chicago)
+1 929 205 6099 US (New York)
+1 253 215 8782 US (Tacoma)
+1 346 248 7799 US (Houston)
+1 669 900 6833 US (San Jose)

Meeting ID: 871 3946 2008
Find your local number: <https://us02web.zoom.us/u/kwYxjgo3I>

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Treasuring Family History with Bob Cotrell

Time: Mar 8, 2021 02:00 PM Eastern Time (US and Canada)

Join Zoom Meeting
<https://us02web.zoom.us/j/86870971793>

Meeting ID: 868 7097 1793
One tap mobile
+13126266799,,86870971793# US (Chicago)
+19292056099,,86870971793# US (New York)

Dial by your location
+1 312 626 6799 US (Chicago)
+1 929 205 6099 US (New York)
+1 301 715 8592 US (Washington DC)
+1 346 248 7799 US (Houston)
+1 669 900 6833 US (San Jose)
+1 253 215 8782 US (Tacoma)

Meeting ID: 868 7097 1793
Find your local number: <https://us02web.zoom.us/u/kcNNv9oyEK>

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Happy Hour – March 11

Time: Mar 11, 2021 04:00 PM Eastern Time (US and Canada)

Join Zoom Meeting
<https://us02web.zoom.us/j/87618849180>

Meeting ID: 876 1884 9180
One tap mobile

+13017158592,,87618849180# US (Washington DC)

+13126266799,,87618849180# US (Chicago)

Dial by your location

+1 301 715 8592 US (Washington DC)

+1 312 626 6799 US (Chicago)

+1 929 205 6099 US (New York)

+1 253 215 8782 US (Tacoma)

+1 346 248 7799 US (Houston)

+1 669 900 6833 US (San Jose)

Meeting ID: 876 1884 9180

Find your local number: <https://us02web.zoom.us/j/kebMcT8e3y>

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Community Coffee – March 12

Time: Mar 12, 2021 10:00 AM Eastern Time (US and Canada)

Join Zoom Meeting

<https://us02web.zoom.us/j/82955981447>

Meeting ID: 829 5598 1447

One tap mobile

+13126266799,,82955981447# US (Chicago)

+19292056099,,82955981447# US (New York)

Dial by your location

+1 312 626 6799 US (Chicago)

+1 929 205 6099 US (New York)

+1 301 715 8592 US (Washington DC)

+1 346 248 7799 US (Houston)

+1 669 900 6833 US (San Jose)

+1 253 215 8782 US (Tacoma)

Meeting ID: 829 5598 1447

Find your local number: <https://us02web.zoom.us/j/kdiSbpmXFV>

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Cooking Class – March 18

Time: Mar 18, 2021 05:00 PM Eastern Time (US and Canada)

Join Zoom Meeting

<https://us02web.zoom.us/j/85675502166>

Meeting ID: 856 7550 2166

One tap mobile

+13017158592,,85675502166# US (Washington DC)

+13126266799,,85675502166# US (Chicago)

Dial by your location

+1 301 715 8592 US (Washington DC)

+1 312 626 6799 US (Chicago)

+1 929 205 6099 US (New York)

+1 253 215 8782 US (Tacoma)
+1 346 248 7799 US (Houston)
+1 669 900 6833 US (San Jose)

Meeting ID: 856 7550 2166

Find your local number: <https://us02web.zoom.us/j/kcNF4fLc7>

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BINGO – March 19

Time: Mar 19, 2021 01:30 PM Eastern Time (US and Canada)

Join Zoom Meeting

<https://us02web.zoom.us/j/86765099236>

Meeting ID: 867 6509 9236

One tap mobile

+19292056099,,86765099236# US (New York)

+13017158592,,86765099236# US (Washington DC)

Dial by your location

+1 929 205 6099 US (New York)

+1 301 715 8592 US (Washington DC)

+1 312 626 6799 US (Chicago)

+1 669 900 6833 US (San Jose)

+1 253 215 8782 US (Tacoma)

+1 346 248 7799 US (Houston)

Meeting ID: 867 6509 9236

Find your local number: <https://us02web.zoom.us/j/kt4Y2vIDU>

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Treasuring Family History with Bob Cotrell

Time: Mar 22, 2021 02:00 PM Eastern Time (US and Canada)

Join Zoom Meeting

<https://us02web.zoom.us/j/88199433868>

Meeting ID: 881 9943 3868

One tap mobile

+19292056099,,88199433868# US (New York)

+13017158592,,88199433868# US (Washington DC)

Dial by your location

+1 929 205 6099 US (New York)

+1 301 715 8592 US (Washington DC)

+1 312 626 6799 US (Chicago)

+1 669 900 6833 US (San Jose)

+1 253 215 8782 US (Tacoma)

+1 346 248 7799 US (Houston)

Meeting ID: 881 9943 3868

Find your local number: <https://us02web.zoom.us/j/kbm8qCC1I9>

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Medicare Options – Eleanor Border

Time: Mar 23, 2021 01:30 PM Eastern Time (US and Canada)

Join Zoom Meeting

<https://us02web.zoom.us/j/81366208242>

Meeting ID: 813 6620 8242

One tap mobile

+13017158592,,81366208242# US (Washington DC)

+13126266799,,81366208242# US (Chicago)

Dial by your location

+1 301 715 8592 US (Washington DC)

+1 312 626 6799 US (Chicago)

+1 929 205 6099 US (New York)

+1 253 215 8782 US (Tacoma)

+1 346 248 7799 US (Houston)

+1 669 900 6833 US (San Jose)

Meeting ID: 813 6620 8242

Find your local number: <https://us02web.zoom.us/u/kbkG7bdil5>

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Happy Hour – March 25

Time: Mar 25, 2021 04:00 PM Eastern Time (US and Canada)

Join Zoom Meeting

<https://us02web.zoom.us/j/83672122250>

Meeting ID: 836 7212 2250

One tap mobile

+13126266799,,83672122250# US (Chicago)

+19292056099,,83672122250# US (New York)

Dial by your location

+1 312 626 6799 US (Chicago)

+1 929 205 6099 US (New York)

+1 301 715 8592 US (Washington DC)

+1 346 248 7799 US (Houston)

+1 669 900 6833 US (San Jose)

+1 253 215 8782 US (Tacoma)

Meeting ID: 836 7212 2250

Find your local number: <https://us02web.zoom.us/u/kcVFwQog0Z>

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Community Coffee – March 26

Town of Freedom is inviting you to a scheduled Zoom meeting.

Topic: Seniors - Community Coffee

Time: Mar 26, 2021 10:00 AM Eastern Time (US and Canada)

Join Zoom Meeting

<https://us02web.zoom.us/j/85346357116>

Meeting ID: 853 4635 7116

One tap mobile

+19292056099,,85346357116# US (New York)

+13017158592,,85346357116# US (Washington DC)

Dial by your location

+1 929 205 6099 US (New York)

+1 301 715 8592 US (Washington DC)

+1 312 626 6799 US (Chicago)

+1 669 900 6833 US (San Jose)

+1 253 215 8782 US (Tacoma)

+1 346 248 7799 US (Houston)

Meeting ID: 853 4635 7116

Find your local number: <https://us02web.zoom.us/u/kd0osDyx67>