

Senior Gram

News for Seniors in the Town of Freedom, NH
April 2021 Edition

Note from Renée:

March was an exciting month as we started to have activities to bring people together. Granted, they were hosted on Zoom but things are starting to change. I recently talked with the county health officials regarding the latest guidelines for meeting in person and I am pleased to announce we can start planning and meeting in person in the upcoming months. In this newsletter you will find more information regarding meeting in person and which activities will still be planned using Zoom and how activities can be done in person in the upcoming months. I look forward to meeting you in person in the upcoming months.

Renée can be reached at:

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

and by contacting the Freedom Town Offices.

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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>

Other ways Renée can help:

- 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

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COVID-19 has forced us to plan some 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

Also if you would like to learn more about Zoom, check out this video:: <https://youtu.be/9isp3qPeQ0E>

“SOFT OPENING”

We are going to do what retailers call a “soft opening” in May. After reading the CDC guidelines and discussing things with the county health department we believe there are activities that can now be done in person with some guidelines.

The main criteria is individuals must be fully vaccinated. This means if you received the Moderna or Pfizer vaccine that you are at least two weeks past your SECOND dose of the vaccine and if you received the Johnson & Johnson vaccine you are at least four weeks past your vaccine.

There will be a questionnaire and release form to be completed prior to participating in each activity.

COMING IN MAY... CARDS & BOARD GAMES

Come one, come all! Do you enjoy playing cards? Maybe you like cribbage, bridge, canasta, 500 or others. Maybe you prefer Yahtzee, Scrabble, Dominoes, Mahjon, or other games. Starting in May there will be afternoon and evening opportunities for both. Stay tuned.

Medical Equipment Loan

For those in need of medical equipment such as canes, walkers, crutches. These items are available for loan for as long as it is needed and at no cost. Contact Renée for more information.

National Prescription Drug Take Back Day

Has your medicine cabinet been cleaned out recently? Do you have medications which are outdated or you did not finish and now do not know what to do with? These medications found in home cabinets are more likely to be misused or abused and even outdated. The rates of prescription drug abuse and the number of accidental poisonings and overdoses due to these drugs is alarmingly high. April is a good time to do some spring cleaning of the medicine cabinet and get rid of unwanted medications.

In the past, the advice on disposing unwanted medications was to flush them down the toilet or throwing them in the trash. Both of these options have potential health and safety hazards.

Wal-Mart Pharmacy in North Conway is a year round medication disposal location. There are others during the month of April. Stay tuned for more information on others.

Tax Season

The federal tax filing deadline has been extended to May 17. If you are in need of assistance you can call 211 or visit NHTaxHelp.org to find a site. Some currently identified locations are the Gibson Center for Senior Services in North Conway (call 211 to book an appointment or online at NHTaxHelp.org) or Ossipee Public Library (call 603-539-6390 for an appointment)

Well Being Checks

April 28 - 10:30 - Noon

Did you know arrangements could be made for initial physical therapy after knee replacement through visiting nurse programs? What about home IV antibiotic treatments and many others? Come talk with a representative from Visiting Nurse Home Care and Hospice of Carroll County to find out more of what they have to offer. Since your needs and questions will be changing this service will be provided on the 4th Wednesday of each month from 10:30 – noon. During this time, a nurse will also be available at First Christian Church to complete a private, one-on-one visit for blood pressure screening and other health checks.

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Emergency Preparedness Reminder

Have you thought of being prepared for an unexpected visit from emergency responders such as paramedics, fire department or EMTs? The following information would be beneficial for them to know:

Your name, date of birth, emergency contact information, the name and contact number of your primary care physician, the hospital you prefer, a brief medical history, medication list. This information should be posted on your refrigerator. The next page has a form that could be used.

Good Morning

Good Morning is a service provided by the Carroll County Sherriff's department for individuals who live alone. Individuals must complete an application for the service. Once all the necessary information is obtained, the Individual calls in between the hours of 6 AM and 10 AM. If the sheriff's department does not hear from the individual by 10:00 a phone call is made to check on the individual and if there is no answer an officer is sent to the residence to do a welfare check. If you are interested in the service, please contact Renée for an application.

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Treasuring Family History

Bob Cotrell

April 14th & 28th from 6:30 – 7:30 via Zoom

Bob continues to provide assistance in preserving family history. He has offered ways to begin researching and preserving your family history and the history behind photography and the best ways to preserve the different types of photographs that you might have in your possession.

In April we will continue with learning ways to preserve our family history

Medical Emergency Form

Name _____ Date of Birth _____

Emergency contact Information:

Name _____

Phone _____

Primary Care Physician

Name _____ Phone _____

Address. _____

Hospital Preference _____

Medications & Dosages

Medical Conditions _____

April Calendar

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				1	2	3
4	5	6	7	8	9	10
11	12	13	14 6:30 Bob Cotrell Treasuring Family History	15	16	17
18	19	20 Hannafor Cooking Class 4:30 Via Zoom	21	22	23	24
25	26	27	28 10:30 – Noon Visiting Nurse 6:30 Bob Cotrell Treasuring Family History	29	30	

Coming soon in MAY....

Cards, board games, wine tasting, and more...

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Senior Resource Coordinator
Town of Freedom
33 Old Portland Rd
PO Box 227
Freedom NH 03836