

Senior Gram

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

Note from Renée:

It looks like we have finally turned the corner with the COVID pandemic. The weather is getting better, things are starting to open up and after many months of meeting via Zoom, it looks like we can begin planning activities in person. Stay tuned for upcoming activities as we start planning. More services are becoming available so th

Renée can be reached at:

(802) 424-2074, coordinator03836@gmail.com
<https://townoffreedom.net/>
and by contacting the Freedom Town Offices.

Smoke alarms

Smoke alarms save lives. It is important to have working smoke alarms in your home and maintain them on a regular basis. When was the last time your battery been changed in your smoke detector? They should be changed once a year. Some people get into a routine and change the battery when we change our clock for Daylight Savings Time. If you have that routine, great! If you have not been doing that due to physical constraints and need assistance changing with batteries, please contact Renée and arrangements can be made to change the batteries.

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 planform 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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Emergency Supply Kit

We often think about emergency preparedness during the winter months but emergencies can happen any time of the year so it's important to make sure your kit is ready to go should the need arise. The New Hampshire Department of Safety recommends the following items:

- water and non-perishable food for 3 days – make sure to include protein (such as peanut butter, canned tuna or chicken)
- non electric can opener
- extra cell phone battery or charger – or phone charger for the car
- battery powered or hand crank radio
- flashlight & extra batteries
- first aid kit
- whistle (to signal for help)
- moist towelettes, garbage bags and plastic ties
- prescription medications
- nonprescription medication – such as pain relievers, antacids, allergy, etc
- personal hygiene items (toilet paper)
- copies of important documents
- blankets and/or towels
- Change of clothes
- cash
- food for your pet
- hand sanitizer
- face masks

All of these items should be placed in a waterproof container and checked periodically to make sure items are not expired and documents are up to date.

If you need assistance putting a kit together, please contact Renée

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

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. Stay tuned for upcoming days and times!

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 24th was designated as National Prescription Drug Take Back Day but that is not the only day to dispose of unused prescription drugs.

Wal-Mart Pharmacy in North Conway is a year round medication disposal location. If you need assistance in disposing of unwanted prescription medications, please contact Renée and she can assist you.

Healthy Aging

We cannot control aging but we can control how we age if we are healthy. Here are some Habits for Healthy Aging.

1. **Exercise:** You need to be active and exercise regularly to remain physically and mentally fit during your golden era. Regular exercise helps in preventing diseases like arthritis, diabetes, hypertension, depression and many others. Exercise can be as simple as going for a walk, playing games with a friend, doing yoga and others.
2. **Social Connections:** It is important to cultivate your relationships with others as feelings of loneliness and depression are quite common among older people. Maintain contact with your children, loved ones and friends; go out and get involved in your community, join some clubs or groups. It's a great time to meet new people and make new friends.
3. **Healthy Eating:** It is easy to get into bad eating habits as you age. Avoid eating junk food, fried food, processed food, sweets, etc and add more whole grain foods, fresh fruits and vegetables. Nutritional requirements can vary from person to person so it is important to consult with your doctor or a dietitian to know about your dietary needs.
4. **Sleep:** Sleep is the time when our body and mind relax and refreshes for the next day. Seven to eight hours of quality sleep is essential for the proper function of our body. Memory issues, irritability, depression and increased fall risks are all contributed to the lack of quality sleep.
5. **Health:** Make health your priority. Our health depends a lot on our social factors, environmental factors, actions and our genes. Make sure you keep your checkups with your physicians and most importantly, be honest with your doctor about your health and ask questions.
6. **Practice Prevention:** Most age-related health issues are preventable. These include accidents, falls, depression and frailty.

You can prevent illness by

- washing hands after using the restroom.
- Wash hands before and after having meals
- Take vaccines as appropriate – flu, shingles, pneumonia, etc.

You can prevent falls by

- wearing the right footwear
- exercising regularly
- get your vision tested
- use assistive devices
- take supplements rich in calcium and Vitamin D

7. **Stress Management:** As we age, the body is not able to deal with stress like it once was. Stress affects both mental and physical health and can result in fatigue, memory loss, hypertension and heart related issues. We may not be able to avoid stress but we can learn ways to help us deal with stress such as listening to music, exercising, talking to someone, meditation or yoga.
8. **Challenge Cognitive Ability:** Our cognitive abilities like paying attention and memory start to decline as we age. Performing certain brain exercise can challenge our cognitive abilities. Now might be a good time to learn a new language, musical instrument, read a book, or take dance lessons. Playing brain games like Sudoku, doing crossword puzzles, chess are also helpful.