

# Senior Gram

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

## Note from Renée:

It has been a busy summer. After the last few months of being in isolation due to COVID-19 it has been nice to get out and enjoy the weather and each other's company. It was great meeting several of you at the Freedom Old Home Week events. If you have any questions regarding services I can assist with, please do not hesitate to contact me.

In August, we were able to organize an evening out at Club Sandwich and several individuals were able to attend. I look forward to many more activities and will be planning those activities based on the current COVID-19 conditions. Stay tuned for more information.

I can be reached at  
(802) 424-2074

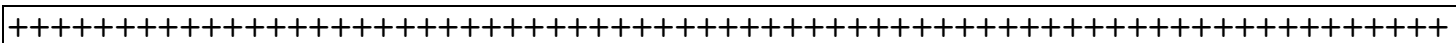
[coordinator03836@gmail.com](mailto:coordinator03836@gmail.com)

<https://townoffreedom.net/>

and by contacting the Freedom Town Offices.

## Other ways Renée can help:

- point of contact for services available to seniors 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
  - provide educational opportunities
  - coordinate regular health screenings
- Coordinate social activities – see the next page on the importance on social activities as we age
- if there is an activity you would like to have offered, please let Renée know.



## Broadband Benefit

Are you wanting to stay informed regarding activities, services available and important events in the community? Do you have doctor appointments which you would like attend via Telemedicine but do not have internet access? There is a Broadband benefit from the FCC to help families and households struggling to afford internet service. This new benefit will connect eligible households to jobs, critical healthcare services and so much more.

The Broadband benefit will provide a discount of up to \$50 per month towards broadband service for eligible households. Please check out the details at: <https://www.fcc.gov/broadbandbenefit>

There are discounts available to purchase a laptop, desktop computer or tablet. If you cannot afford the device, devices can be obtained from the Gibson Center (603) 356-3231

**Renée can be reached at:**

**(802) 424-2074 or [coordinator03836@gmail.com](mailto:coordinator03836@gmail.com)**

## Window Dressers

We have spent the summer trying to beat the heat but it is not too early to think about ways to cut down on heating costs. There is a grant available to 4 – 5 households in Freedom who would like to reduce those heating costs by the installation of insulating window inserts. Window Dressers is an organization that brings volunteers together to improve the warmth and comfort of homes and lower heating costs by producing low cost insulation window inserts that function as interior mounted storm windows. There is a grant assists with the measurement, build and installation of these inserts. Each house can obtain, at NO COST, up to 10 windows. Trained volunteers will come to your house to obtain the measurements and those measurements will be used to create the kits for each insert. You, as a recipient, are asked to help assemble the inserts at a designated location. If you cannot assist with actual assembly, maybe you could help provide food for the volunteers who will be assembling. Please contact Renee if you believe you might qualify or know someone who could qualify for this opportunity. We would like to have households identified in the next couple weeks so measurements can be completed in late August or early September and then actual assembly and installation would occur in October.

For more information regarding the program, check out <https://windowdressers.org/>

## Home Garden Opportunity

The Mount Washington Valley Age Friendly Community and AARP are pleased to be able to partner with Lowe's to provide a Gardening Bucket to our community. The purpose of this bucket is to provide you with the opportunity to create a kitchen, patio, porch, or small lawn garden for you to enjoy this summer and beyond.

The buckets contains 4 tools: hoe/cultivator, a hand trowel, sharp pruner and a hand weeder. It also includes potting soil a few packets of seeds and four pots. These are for you to keep and will be replaced when needed. We hope you can get your hands dirty and enjoy the plants you are able to cultivate.

Contact Renée at coordinator [03836@gmail.com](mailto:03836@gmail.com) or 802-424-2074 to arrange time for you to use.



## **Food Pantry**

The Freedom Food Pantry provides food for those in need who reside in the towns of Effingham, Freedom, and the Ossipees. Volunteers are needed on Saturday mornings from 9-12 when we hand out food. However, we can fit only about 8 or 9 into jobs each week. Space is a consideration. Volunteers must be physically fit (able to lift somewhat heavy boxes and bags of groceries and able to stand for up to 3 hours). We ask that a volunteer plans to work one Saturday a month (if snowbirds, then for the time they are in Freedom). Sometimes, due to having snowbirds leave, we have an extra need during the winter months. The jobs needed to be filled are filling clients' orders, running the lift to bring the food from the basement upstairs, carrying the orders out to shopping carts and then to clients' cars. We would welcome your attending some Saturday to see how it all works (as well as any potential volunteer). Contact Peg Nichols, co-director (603 - 539-1602), if you have additional questions.

## **Friends of the Library**

The Friends of the Library is always looking for volunteers to support the library. The Friends of the Library support the library in a variety of ways: Volunteers help library operations by hosting special events, organizing lectures, providing funds that help support the library. The Friends of the Library needs a programming person(s) to plan 5-6 various events per year and could use individuals to help with event set up. We're also looking for an Art Exhibit Coordinator. The Art Exhibit Coordinator would plan 3 – 4 art events per year with a reception to kick off each event. In addition, look for opportunities to help with bake sales. For more information or to volunteer, please email the Friends at [friends@freedompubliclibrary.org](mailto:friends@freedompubliclibrary.org) or call Cindy at 603-651-1891

## **Freedom Village Store**

Do you enjoy meeting new people? Do you have a few hours each month in which to help the community? The Freedom Village Store is looking for volunteers to greet and assist customers, to help organize and run educational and social events, and to help ensure 11 Elm St remains a vibrant community gathering place. The store is open Tuesday - Sunday from 10:00 - 2:00 and volunteers open and run the store during their shift, and also are responsible for closing the store. Shifts are scheduled in 2 hour increments and you can volunteer on a weekly basis or biweekly basis. There are volunteers who are "on-call" if someone cannot work their schedule, and volunteers are provided with a calendar at the beginning of the month with "open" dates to help them plan ahead. If you would like more information or would like to volunteer, please contact Bill Carney at [wac0662@verizon.net](mailto:wac0662@verizon.net) or Kate Chaput, at [chaputkate@gmail.com](mailto:chaputkate@gmail.com)

You can also check out and sign up for volunteer opportunities in the state by checking out Volunteer New Hampshire at <https://volunteernh.org/>

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## HomeShare

The news has been filled with projections of the numbers of evictions that may occur very soon because of job losses and Covid-19 consequences. Nationally, estimates run toward 30-40 million people potentially facing new housing instability. This is not a distant problem; it is facing workers in the Mount Washington Valley. We have new college grads with enormous student debt, frontline health workers, teachers, shop owners, hospitality workers and our own sons and daughters who can no longer find, let alone afford housing. At the same time, we have hundreds of vacant bedrooms and living spaces right in our neighborhoods that can be part of the solution. If only we can find it in our heads and hearts to open them to HomeShare arrangements.

HomeSharing is renting a private room and bathroom to another person or persons and sharing common areas such as the kitchen, living or sitting room, storage and parking. Homeowners obtain needed extra income, companionship, and might have assistance with tasks such as property maintenance, cooking, pet care, or transportation.

HomeSharing helps protect neighborhoods and enriches communities by providing safe and comfortable housing to those who we want to live and work here. Without destroying the character of a neighborhood by excessive development, HomeSharing cares for those who we rely on in our communities so that they do not have to travel outside our Valley for housing.

HomeSharing is practiced throughout the US. Our state of New Hampshire has laws that protect homeowners who home share. Anyone interested in learning more, can see the New Hampshire

## Activities...

Are you looking for a relaxing morning with a cup of coffee or tea and a pastry or maybe a full breakfast? Let's gather at Traditions Restaurant at Purity Springs on Thursday, September 2 with others from Freedom for a time to sit back and enjoy the view. Come with your friends and neighbors or come alone and meet new friends and neighbors. I look forward to seeing you there.

## Breakfast/Coffee

Thursday, September 2  
7:00 - 11:00

Thursday, October 14  
7:00 - 11:00



## Medicare Prescription Drug Plan – Part D

October 22<sup>nd</sup> – 12:00 – 5:00

Freedom Public Library

Each year during open enrollment (October 15<sup>th</sup> to December 7<sup>th</sup>) individuals enrolled in a Medicare prescription Drug Plan (Part D) have an opportunity to change to a different prescription drug plan. In some cases, this can save the consumer a considerable amount of money. On October 22<sup>nd</sup>, a certified Medicare Counselor will be available to help individuals learn how to use the Drug Plan Comparison Tools at Medicare.gov and choose a prescription drug plan for 2022. A list of current medications, Medicare card, and log in information (if the individual has a medicare.gov account) will be needed for this appointment. Please contact Renée at [coordinator03836@gmail.com](mailto:coordinator03836@gmail.com) or 802-424-2074 to sign up for your 45 minutes of one-on-one guidance.

