

Senior Gram

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

Note from Renée

It's fall color and pumpkin time!! As much as I enjoy summer months with all the flowers and outdoor activities, On a cool day, I enjoy sitting on my porch with a cup of coffee and appreciate the changing colors of the landscape. I hope you can do the same. It is my hope that we can organize more activities while keeping abreast of the ongoing COVID pandemic. Stay tuned for announcements as information become available.

Check out the updated Senior Resource Coordinator web site at <https://townoffreedom.net/departments/senior-resource-coordinator/> for more information

Renée can be reached at
(802) 424-2074
coordinator03836@gmail.com

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

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With the changing seasons you might be considering this is the time to find something new to do or some way to become involved in the community. Here is a list of different volunteer opportunities

Food Pantry

Volunteers are needed on Saturday mornings from 9-12 when we hand out food. 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. Please email the Friends at friends@freedompubliclibrary.org or call Cindy at 603-651-1891 for more information.

Freedom Village Store

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. If you would like more information or would like to volunteer, please contact Bill Carney at wac0662@verizon.net

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

Preparing for Winter Weather

It's not too early to start preparing for the winter months ahead. FEMA recommends the following: Be sure to create a commination and disaster plan with your family ahead to time

Emergency car kit. The following items are recommended:

- cell phone, portable charger, and extra batteries
- extra items to stay warm such as extra hats, coats, mittens and blankets
- windshield scraper
- shovel
- flashlight with extra batteries
- water and snack food
- first aid kit with any necessary medications and a pocket knife
- cat litter or sand to help tires get traction or road salt to melt ice
- jumper cables
- flares or reflective triangle
- map

Prepare your car for Emergencies – Check the following on your car before an emergency:

- antifreeze levels
- battery and ignition system
- brakes
- exhaust systems
- fuel and air filters
- heater and defroster
- lights and flashing hazard lights
- oil
- thermostat
- windshield wiper equipment and washer fluid level
- make sure your tires have enough tread and are properly inflated

Create a home emergency supply kit. The following items are recommended:

- Prescription medications and glasses
- water and non perishable food for several days (make sure to include protein rich food)
- manual can opener to open non perishable food containers
- extra cell phone battery or charger
- battery powered or hand crank radio for NOAA Weather Radio tone alerts and extra batteries
- Pet food, water and supplies for your pet
- first aid kit
- whistle to signal for help
- Important family documents such as copies of insurance policies, identification, and bank account records in a portable waterproof container
- Cash and change (if power is out the registers and credit card machines at business will not work)
- Sleeping bag or warm blanket for each person
- Complete change of clothing
- Matches in a waterproof container
- Mess kits (paper cups, plates and disposable utensils, paper towels, moist towelettes, garage bags)
- non sparking wrench or pliers to turn off utilities

Assistance

If you should need assistance in assembling the emergency kits, please contact Renée to make arrangements for obtaining any of the needed supplies.

(802) 424-2074

coordinator03836@gmail.com

Local Safety Assistance:

As winter approaches it is time to think about home safety. It is important to salt and/or sand driveways and sidewalks to prevent falls. Buckets of sand are available to residents, free of charge. If you would like to receive a bucket of sand, please contact They can contact Michael Gaudette via phone at 603-973-3208 or email at Michael@gaudettenh.com to arrange the delivery of a bucket.

Books on Wheels Program

Books on Wheels serves Freedom residents who are unable to get to the library due to short or long-term illness, physical challenges, visual disabilities or the inability to drive. The library can deliver books, magazines, audiobooks, and DVDs to your home. Check out the library's website at www.freedompubliclibrary.org and you can call 603-539-5176 to set up delivery.

COVID-19 UPDATE

Taken from the CDC Media release of October 21, 2021...

The CDC Advisory Committee on Immunization Practices' (ACIP) recommendation for a booster shot of COVID-19 vaccines in certain populations. The Food and Drug Administration's (FDA) authorization and CDC's recommendation for use are important steps forward as we work to stay ahead of the virus and keep Americans safe.

For individuals who received a Pfizer-BioNTech or Moderna COVID-19 vaccine, the following groups are eligible for a booster shot at 6 months or more after their initial series:

- 65 years and older
- Age 18+ who live in long term care settings
- Age 18+ who have underlying medical conditions
- Age 18+ who work or live in high risk settings.

For the nearly 15 million people who got the Johnson & Johnson COVID-19 vaccine booster shots are also recommended for those who are 18 and older and who were vaccinated two or more months ago.

There are now booster recommendations for all three available COVID-19 vaccines in the United States. Eligible individuals may choose which vaccine they receive as a booster dose. Some people may have a preference for the vaccine type that they originally received and others, may prefer to get a different booster. CDC's recommendations now allow for this type of mix and match dosing for booster shots.

To read the entire release go to: <https://www.cdc.gov/media/releases/2021/p1021-covid-booster.html>

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Memorial Hospital COVID-19 Vaccine Information

The Memorial Hospital COVID-19 vaccination clinic is open to residents of any state age 12 and older each **Tuesday & Wednesday from 8 am to 4pm.**

First & Second Doses: Appointments are not required for your first or second dose of the COVID-19 vaccine, but may be requested by calling [603-356-0673](tel:603-356-0673), or visiting vaccine.mainehealth.org. Vaccination of anyone under the age of 18 requires parental consent.

Pfizer Booster Doses: Memorial Hospital is offering booster shots to eligible patients who received their second dose of the Pfizer vaccine at least six months ago. Please review the CDC booster dose eligibility criteria below. If you are eligible for a booster, call [603-356-0673](tel:603-356-0673) to schedule your booster appointment.

Who is eligible?

Pfizer recently applied for approval of a booster dose of its COVID-19 vaccine to be given six months after the second dose. This week, the FDA authorized, and today the CDC recommended that:

- People 65 years and older and residents in long-term care settings **should** receive a booster shot of Pfizer's COVID-19 vaccine at least 6 months after their Pfizer primary series
- People aged 50–64 years with **underlying medical conditions should** receive a booster shot of Pfizer's COVID-19 vaccine at least 6 months after their Pfizer primary series

Booster appointments should be scheduled in advance. Clinic hours may vary depending upon demand. Make sure to bring your COVID-19 vaccination card to your booster appointment.

- **Clinic Location:** [2779 White Mountain Highway, North Conway](#) (next to Citizens Bank)
- **Clinic Hours:** Tuesdays & Wednesdays from 8 am to 4 pm (walk in or request an appointment in advance)

Huggins Hospital's COVID-19 Vaccine Information

When and How Can You Get A Vaccine?

You will need to schedule a vaccine directly with Huggins Hospital through our online scheduling software. When scheduling, please state which type and dose you are requesting

NOTICE: CDC recommends a Pfizer booster vaccine at least 6 months after completion of the primary series of Pfizer for

- Individuals 65 years and older
- Age 18+ who live in long-term care settings
- Age 18+ who have underlying medical conditions
- Age 18+ who work or live in high-risk settings

Additional Dose (3rd dose of Moderna): If you are requesting a third dose, please call us at **603.515.2928** for assistance. You can read more about the recommendations for a third dose of Moderna on the CDC website. <https://www.cdc.gov/coronavirus/2019-ncov/vaccines/recommendations/immuno.html>

Local pharmacies are also providing boosters. Please contact the pharmacy for availability and appointment times. If you are unsure whether you should receive a booster, please contact your primary care provider

Flu Vaccines

Flu Vaccines

For the 2021-2022 flu season, the Advisory Committee on Immunization Practices (ACIP) recommends annual influenza (flu) vaccination for everyone 6 months and older with any licensed, influenza vaccine that is appropriate for the recipient's age and health status, including inactivated influenza vaccine (IIV4), recombinant influenza vaccine (RIV4), or live attenuated nasal spray influenza vaccine (LAIV4) with no preference expressed for any one vaccine over another.

There are many vaccine options to choose from, but the most important thing is for all people 6 months and older to get a flu vaccine every year. If you have questions about which vaccine is best for you, talk to your doctor or other health care professional. There are many reasons to get an influenza (flu) vaccine each year. Flu vaccination is the best way to protect yourself and your loved ones against flu and its potentially serious complications. Below is a summary of the benefits of flu vaccination and selected scientific studies that support these benefits.

- Flu vaccination can keep you from getting sick with flu.
- Flu vaccination has been shown in several studies to reduce severity of illness in people who get vaccinated but still get sick.
- Flu vaccination can reduce the risk of flu-associated hospitalization.
- Flu vaccination is an important preventive tool for people with certain chronic health conditions.
- Getting vaccinated yourself may also protect people around you.

Despite the many benefits offered by flu vaccination, only about half of Americans get an annual flu vaccine and flu continues to cause millions of illnesses, hundreds of thousands of hospitalizations and tens of thousands of deaths. Many more people could be protected from flu if more people got vaccinated.

**Centers for Disease Control and Prevention*

Flu Vaccines

Huggins Hospital is holding free flu shot clinics in the hospital until November 5 on Wednesdays from 1 – 3 PM, Thursdays from 1 – 6 PM and Fridays from 1 – 3 PM. This year, to alleviate strain on limited resources, hospital staff have developed a plan to utilize the current Vaccine Clinic space located at the back of the hospital campus to provide both flu and COVID-19 vaccines in the same place. To schedule an appointment for a free flu shot by calling 603-569-7691 during the business hours of 8:30 AM – 6 PM, Monday through Friday

You can also obtain a vaccine at the following local pharmacies.

- Walgreens in Ossipee & North Conway
- Hannaford Pharmacy in Ossipee & North Conway
- CVS in North Conway & Gilford
- Walmart in North Conway & Gilford
- Shaw's Pharmacy in Center Conway

Most vaccine appointment times can be scheduled online or by calling.

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, November 4 & December 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, November 47:00 AM – 11:00 AM
Thursday, December 2.....7:00 AM – 11:00 AM



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Cribbage

Wednesdays from 3:00 PM – 5:00 PM
Freedom Public Library

Are you a cribbage player or do you want to learn how to play? Come play Cribbage at the library. Instruction is available if you do not already know how to play. The group meets at the Freedom Public Library each Wednesday from 3:00 PM – 5:00 PM. The library is closed during this time so enter the basement from the back yard of the library. Masks are required while you are at the library. If you have any questions regarding this group, please contact the library at director@freedompubliclibrary.org

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Mah Jongg

Monday & Thursday - 10:00 AM – 12:00 PM
Freedom Public Library

Come play Mah Jongg at the library – all are welcome to join. Instruction is available if you do not already know how to the play. The library is closed during this time so enter the basement from the back yard of the library. Masks are required for all events taking place in the library.

Contact the library at director@freedompubliclibrary.org for more information.

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Bone Builders

Tuesday & Thursday 9:00 AM – 10:00
Eaton Town Office

Bone Builders Program is a program sponsored by RSVP. The program relies upon weight training and balance exercises to protect against fractures caused by osteoporosis by increasing muscular strength, balance and bone density.

The National Osteoporosis Foundation recommends engaging in both weight-bearing exercise (like walking, climbing stairs, dancing and yard work) and muscle-strengthening exercise to build and maintain bone density. It's never too late to start a bone-healthy program even if you already have osteoporosis.

Participants are asked to donate \$1 per session of participation and be vaccinated. Masks are also to be worn at all times. You can join any at any time. If you have any questions, please contact Elaine Klose at 603-447-3127

