

Senior Gram

News for Seniors in the Town of Freedom, NH
October 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.

I can be reached at
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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/>

October is Fire Safety Month



Smoke alarms are a key part of a home fire escape plan. When there is

a fire, smoke spreads fast and working smoke alarms give you early warning so you can get outside quickly.

Roughly 3 out of 5 fire deaths occur in homes with no smoke alarms or no working smoke alarms

Safety tips:

Smoke alarms should be in every bedroom and outside each sleeping area. They should also be installed on every level of the home – including basements.

It is best to use interconnected smoke alarms so when one goes off, they all go off.

Test all smoke alarms once a month and change the batteries twice a year.

If you or someone you love are hard of hearing a special smoke alarm can be installed. These alarms might have strobe lights or bed shakers.

Finally – replace the smoke alarms when they are 10 years old

Carbon Monoxide detectors: Carbon Monoxide (CO) is the invisible killer. It is an odorless, colorless gas created when fuels burn incompletely.

CO alarms should be installed in a central location outside each sleeping area and on each level of the home. It is best to use interconnected alarms so when one goes off, they all go off.

If your alarm goes off, it is best to call the fire department at 911



Home Fire Extinguishers can save lives. With so much combustible materials in an average house, fires

can rage out of control in a matter of minutes. Having an easily accessible portable fire extinguisher nearby is the best way to stop the spread of a developing fire

The five key locations for a home fire extinguisher

- Kitchen
- Sources of heat (chimney, fireplace, pellet stove)
- Each floor of your home
- The garage
- The bedrooms

Make sure your fire extinguisher is in proper working order. Most have a 10-12 year life expectancy. To verify the extinguisher is properly pressured and ready to use, check if the gauge is green or if the pin indicator pops back up when pushed.

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.

Preparing for Winter Weather

It's not too early to start preparing for the winter months ahead. Here are some things to consider as we prepare for the upcoming winter months:

- Insulate any water lines that run along exterior walls so your water supply will be less likely to freeze
- Caulk and weather strip doors and windows
- insulate walls and attic
- Install storm or thermal pane windows or cover windows with plastic from inside.
- Cut away tree branches that could fall on your home or other structure during a storm
- If you have a fireplace or wood stove, make sure to have your chimney or flue inspected.
- Have your furnace system and vent checked by a qualified technician to ensure proper function.
- Keep an easy read thermometer in an indoor location. As we age, our ability to feel a change in temperature decreases with age. Older adults are more susceptible to health problems caused by the cold. Check the temperature of your home often during the winter months.
- put together a winter weather survival kit for both the home and car.

Flu Vaccines

It's that time of the year again – flu season is around the corner. The best way to protect yourself and your loved ones against influenza (flu) is to get a flu vaccine every flu season. Flu is a contagious respiratory disease that can lead to serious illness, hospitalization, or even death. CDC recommends everyone six months and older get an annual flu vaccine.

As you know with the latest COVID-19 infections, the virus has been changing. Flu viruses are no different. They are constantly changing. The composition of US flu vaccines is reviewed annually and updated as needed to match circulating flu viruses. All flu vaccines will be designed to protect against the four viruses that research indicates will be most common.

Every year, flu vaccination prevents illnesses, medical visits, hospitalizations, and deaths. It is also an important preventative tool for people with chronic health conditions. It has been associated with lower rates of some cardiac events among people with heart disease. While some people who are vaccinated will still get sick, the flu vaccine has been shown in several studies to reduce the severity of illness.

The CDC recommends the flu vaccine for anyone over the age of six months. For those 65 and older is a quadrivalent, instead of a trivalent. This means it helps protect you from four strains of virus instead of just three and the flu vaccines can be administered at the same time as a COVID-19 vaccine

September and October are generally good times to be vaccinated. Ideally, everyone should be vaccinated by the end of October. Check with the local pharmacies about getting yours today.

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, October 14th 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, October 14

7:00 – 11:00

Thursday, November 4

7:00 – 11:00



Medicare Prescription Drug Plan – Part D

October 22nd – 12:00 – 5:00

Freedom Public Library

Each year during open enrollment (October 15th to December 7th) 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 22nd, 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 or 802-424-2074 to sign up for your 45 minutes of one-on-one guidance.