

Town of Freedom

Information & Resources for Seniors

Services Available

Are you in need of assistance? Are you wondering where you can obtain more information?

Contact Renée Wheaton
Senior Resource Coordinator
Coordinator03836@gmail.com
802-424-2074



[Volunteer](#)
[Opportunities](#)

[Broadband Information](#)

[Monthly Newsletter](#)

October 2021

November 2021

[Preparing for Winter Weather](#)

211 - 211 is New Hampshire's first state-wide, comprehensive, information and referral service. Thanks to a unique coalition of non-profit, government, corporate and volunteer partners, New Hampshire residents need only dial 211 to be connected, at no cost, with trained Information and Referral Specialists who can provide them with the health and human service information they need to get help, give help or discover options. Also available online at <https://www.211nh.org/>

ServiceLink

[ServiceLink](#) is a program of the NH Department of Health and Human Services. Through contracts with local agencies around the state, ServiceLink helps individuals access and make connections to long term services and supports, access family caregiver information and supports, explore options and understand and access Medicare and Medicaid.

You can find out more about ServiceLink at <https://www.servicelink.nh.gov/index.htm>

Books on Wheels

Service to Home-bound Patrons

The Freedom Public Library is pleased to announce our home delivery service, Books on Wheels. This program provides services to Freedom residents who are unable to get to the library due to short/long term illness, physical challenges, visual disabilities, inability to drive, hospitalization or long-term care residence. Some of the benefits of our Books on Wheels program are personalized visits by a library volunteer and delivery of materials tailored to your preferences. We can deliver books, movies, magazines and audio books right to your home. If you or someone you know would like this service, please call the Freedom Public Library at (603) 539-5176. For more information regarding the library and its services, click on the link: [Freedom Public Library](#)

Meals on Wheels

Ossipee Concerned Citizens was organized in 1975 with the belief that no one should go hungry. Meals on Wheels is a program that delivers meals to individuals at home who are unable to purchase or prepare their meals. Research has shown that home delivered meals programs improve diet quality, increase nutrient intakes, reduce food insecurity, and improve the quality of life. To see if you qualify go to: [Meals on Wheels Application](#)

[Meals on Wheels Monthly Menu](#)

Retired and Senior Volunteer Program

One of the many services provided by Retired and Senior Volunteer Program (RSVP) of Carroll County is non-emergency medical transportation. This service assists with transportation to and from medical appointments. A transportation request can be made by calling (603) 356-9331 or emailing info.ccrsvp@gmail.com. The earlier you make the request, the more likely they will be able to match you with a driver.

Sand Bucket

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 them. They can contact Michael Gaudette via phone at 603-973-3208 or email at Michael@gaudettenh.com to arrange the delivery of a bucket.

Medical Equipment Loan

Are you having a knee or hip replaced and need crutches or a walker while you recuperate? For those in need of medical equipment such as canes, walkers, crutches, etc. These items are available for loan as long as it is needed and at no cost. Contact Renée Wheaton, Senior Resource Coordinator Coordinator03836@gmail.com or 802-424-2074



Good Morning Program

This program was set in place by the Carroll County Sheriff's Department to assist senior citizens of the community, who live alone to continue living an independent lifestyle through check-ins by local law enforcement.

- To participate in the program one must:
- Reside in Carroll County
- Live alone
- Be able to call the Carroll County Sheriff's Department every day before 10 AM
- Must notify the Sheriff's Department if you will be away or unable to call in.

If you don't check in the dispatchers will attempt to call you and if contact cannot be made by telephone a patrol unit will respond to the residence to check on the welfare of the individual.

For more information call the Carroll County Dispatch office at 603-539-2284

Upcoming Events:



Each month there is a coffee social at Traditions Pub at 1251 Eaton Road. It's a great time to have a cup of coffee or tea, enjoy some goodies and socialize with others. They are open from 7:00 – 11:00 am and you can stop in anytime. The next coffee socials are Thursday, November 4th and Thursday, December 2nd hope to see you there.



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

Mah Jongg

Monday & Thursday mornings
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. If you have any questions regarding this group, please contact the library at director@freedompubliclibrary.org

Bone Builders

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

Bone Builders Program is 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 at any time. If you have any questions, please contact Elaine Klose at 603-447-3127

Volunteer Opportunities



Are you looking for something to do and want to help the residents of your community and the Mount Washington Valley area? There are several programs and services that rely on volunteers. Volunteers are needed in the area.

Freedom 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.



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.



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 or Kate Chaput, at chaputkate@gmail.com

Click on the link to learn more about the store: [Freedom Village Store](#)

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 or call Cindy at 603-651-1891. To learn more about the library, click on the link. [Freedom Public Library](#)

Carroll County Retired and Senior Volunteer Program

(RSVP) is always searching for the time, talents and services of local volunteers. Programs offered by RSVP include: Non-Emergency Medical Transportation Meals on Wheels Drive Program and Bone Builders. Volunteers can also help with food pantries, volunteer in hospitals and nursing homes, congregate meal sites, 68 Hours of Hunger, libraries, tutoring and mentoring and making quilts. Click on the link below to find out more information about the programs and how you can make a difference in the lives of individuals in the area. [Carroll County Retired and Senior Volunteer Program \(RSVP\)](#)

Volunteer New Hampshire

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

Broadband Information



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

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
(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

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

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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 vaccines

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 laws and sample Living Together Agreements can visit www.Homesharemwv.org

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.

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 o 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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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.

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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.

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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 ad keep Americans safe.

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

- 65 years and older
- Ae 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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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

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.

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Thursday, November 47:00 AM – 11:00 AM

Thursday, December 2.....7:00 AM – 11:00 AM



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