February 2021

Located in the Pittsfield Community Center
74 Main Street
Pittsfield, NH 03263

Carol Schiferle
Manager
cschiferle@bm-cap.org
435-8482

Serving the communities of:
Barnstead
Chichester
Epsom
Loudon
Pittsfield

Hours
Monday - Thursday
8:00 am – 2:00 pm
Friday
8:00 am—1:00 pm
Lunch
Monday - Thursday
12:00 noon

Services
Door to Door Bus Transportation
Meals on Wheels
Exercise Programs
Social Activities
Merrimack County Service Link
1-866-634-9412

Pittsfield Area Senior Center
Your Resource for Healthy Aging

March for Meals on Wheels
Since 2002 the month of March has been a time to celebrate the proven collaboration of local community organizations, such as Community Action Program Belknap-Merrimack Counties, Inc., local businesses, all levels of government, & the compassionate individuals who ensure that our seniors are not forgotten. In the fiscal year 2019-20, Community Action Program Belknap-Merrimack Counties Inc. provided 1,749 individuals with 291,537 home-delivered meals. Through the delivery of nutritious meals to home-bound seniors, a vital lifeline and important connection to the community is also provided. As we draw closer to March, be watching for ways you can help support and advocate for the seniors in your neighborhood so they can live healthier, happy, independent lives at home, where they want to be. Follow us on Face Book, Elder Services of CAP Belknap-Merrimack Counties, Inc. For more information about Meals on Wheels, please visit www.bm-cap.org or call your local senior center.

February is Age-Related Macular Degeneration and Low Vision Awareness Month

AMD (AMD) is a major cause of blindness worldwide and is the leading cause of vision loss and blindness for Americans aged 65 years and older. AMD destroys the sharp, central vision needed to see clearly. This loss can affect daily activities like reading text on the computer, phone, or newspaper; driving, and watching television. Here are some facts about AMD:

* AMD comes in both wet and dry forms.
* The wet type is the more advanced and damaging form.
* Most dry forms of AMD do not progress to the wet form, but the wet form can lead to severe and permanent loss of central vision.
* If AMD does progress to the wet stage, therapies such as injections and laser treatments can help.
* People with a family history of AMD are at greater risk of AMD.
* AMD affects whites more often than other races and ethnicities.
* Smoking, high cholesterol, and high blood pressure are risk factors for AMD.

What you can do. Telling your eye doctor about your family history and getting regular eye exams can help you find out about the disease early, when treatments can be most effective. Quitting smoking, or never starting, is an important way to prevent AMD. Having a healthy lifestyle and lowering cholesterol can help lower your risk for AMD and also help prevent the dry form of the disease from progressing to the wet form, which can cause permanent vision loss. The Age-Related Disease Studies found that getting certain vitamins and minerals every day may slow the progression of the disease from the early or middle stages to the later stages. Specifically, combinations of the following vitamins can reduce risk of late AMD by 25%: Vitamin C, Vitamin E, Beta-carotene, Zinc, Copper. Green, leafy vegetables have large amounts of many of these vitamins. www.cdc.gov/features/healthyvisionmonth/index.html

The Future in Sight (formerly NH Association for the Blind) provides education, training, and support to blind and visually impaired people. If you are in need of services or information for yourself or a loved one living with sight loss call toll free 1-800-464-3075 or email services@futureinsight.org.

NH Department of Education Sight Services for Independent Living provides services for individuals who are legally blind or visually impaired, 55 years of age or older and living independently. Services include: Adaptive aids and devices, Assessment, Information, Peer Support Groups, Referrals, Skills training. Please call 1-800-581-6881 for information on how to register for this program and/or locations and times for Peer Support group meetings.
**Center Programs**

**Zoom/Facebook**
The center is going to start having programs on Zoom and Facebook. If you are interested in participating in these programs please call the center at 435-8482. If you have a preference please share that information when you call.

**Wednesday, February 17, at 11:00 am:**
*Zoom Coffee Hour:* This is our first zoom program. This will be the time that allows you to just join and talk. We are also hoping to find out what new programs you would like to see. The virtual programs that are being considered is a mystery group, reading group, and bingo. Please send an e-mail to cschiferle@bm-cap.org or call 435-8482 if you are interested. You will need an electronic device such as a cell phone, tablet, or computer to participate in this.

**Tuesday, February 23, at 10:30 am:**
*Telephone Party:* If you don't want to participate in a zoom meeting maybe talking on the phone would work better for you. We are offering the ability to call and talk to people from the center. If you are interested in participating in this conference call, please call the center at 435-8482 to sign up. This is open to anyone and you just need a phone. Information and ideas will be shared.

**Thursday, February 25, 11:00 am-12:00 pm:**
*Hot curbside take out meal:* This is part of the centers take out meal program. If interested in picking up a hot meal to take home and eat please call 435-8482 to reserve your meal.

**Meals to Go**
We have curbside pickup for the seniors in the community. While we still are not open for seated congregate dining, we do have the frozen meals that you can pick up every Monday and Thursday. The third Thursday of each month, a hot meal is served with the frozen meals. Please call the center and we will meet you in the parking lot with your meals. The service is quick and easy and the meals are excellent. Please remember that you can pick from a variety of frozen meal options each week. Ask to see the menu so you can choose which meals you want.

**Bus Transportation Schedule**
*Monday-Thursday 8:00 AM-3:00 PM*
*The bus service is running at limited capacity.*
Call CAT dispatch at 603-225-1989 to reserve your seat or ask any questions. We request a donation of only $3.00 round trip for those aged 60 and over. Limited rides are available for adults with disabilities. Please note that you need to call twenty-four hours in advance to reserve your seat. This service can be used for medical appointments, shopping, other errands, social activities, and visits with friends and family.

**Helpful Information**

**Vaccine Information**
The state of NH has updated their schedule for giving vaccines. They are now taking appointments for anyone who is 65 and older. To schedule your appointment visit https://www.vaccines.nh.gov/ or call 211 for more information.

On January 22, 2021, Phase 1B eligible individuals will be able to schedule vaccinations starting on January 26, 2021. If you are Phase 1B eligible, visit nh.gov/covid19 or on or after January 22, 2021 to schedule your vaccination.

**Virtual Dementia Education Classes Offered by Alzheimer’s Association and CRVNA**

**Effective Communication Strategies Tuesday, February 2nd, 2021 from 10:00am-11:00am:** Explore communication changes due to dementia and the skills needed to successfully connect and communicate throughout the disease process. To register please visit https://action.alz.org/MTG/72887410

**Understanding and Responding to Dementia-Related Behaviors Tuesday, March 2nd, 2021 from 10:00am-11:00am:** Behaviors are a form of communication. Learn to identify, understand and respond to challenging behaviors. To register please visit https://action.alz.org/MTG/73043824

**Safety & Memory Challenges Tuesday, April 6th, 2021 from 10:00am-11:00am:** Dementia-related changes impacts how to think about safety. This program teaches strategies to encourage a safe environment and lifestyle for those affected with memory challenges. To register please visit https://action.alz.org/MTG/73044164

**Staying Independent In Your Home**
February is National Senior Independence Month. The population over the age of 65 in New Hampshire continues to grow and with age typically come healthcare challenges. Most seniors want to remain in their home and receive care. Concord Regional VNA can help. We have a host of programs ranging from informational seminars to home care services that help you in remaining independent in your home. Call us at (603) 224-4093 to find out how we can assist.

**Senior Health Clinics are being scheduled at the Pittsfield Community Center.** They are on 4th Monday 9:00 AM-3:00 PM—VNA Senior Health Clinic, upstairs above the senior center. Call 224-4093 ext. 5815 to make an appointment.

**Important Community Resources**

**Help with Heating and Electric Cost:** Concord Area 603-225-6880
**NH Electric Assistance Program:** You may be eligible for a discount 9%-77% on your electric bill, call 603-485-7825.
**NH Legal Advice:** This program is available to NH residents over the age of 60, free of charge, call 603-624-6000.
**ServiceLink:** This is your connection to information and support services for seniors, call 603-338-6625.
**Commodity Supplemental Food:** If your are looking for healthy foods, are lower income, and 60 or older you may qualify for this program. Call 603-225-2050.
5 Top Foods for Eye Health

Reviewed by Taylor Wolfram, MS, RDN, LDN

Do your eyes have all the nutrients they need to help prevent cataracts, macular degeneration, glaucoma and other sight woes? Read on to learn about some of the top foods for eye health. But don't count on popping a pill to get these nutrients, your best sources of vitamins and antioxidants are from whole foods, since it may be a food's combination of nutrients that have a synergistic effect.

Kale: See the Light

This leafy green is a rich source of lutein and zeaxanthin, which are related to vitamin A and beta carotene, and may help protect eye tissues from sunlight damage and reduce the risk of eye changes related to aging. Other good sources of these nutrients include dark green leafy vegetables such as collard greens, turnip greens and spinach, broccoli, peas, kiwi, red grapes, yellow squash, oranges, corn, mangoes and honeydew melon. Your body needs fat to absorb lutein and zeaxanthin, so be sure to eat them with a bit of healthy fat such as a drizzle of olive oil or a few slices of avocado. And kale isn't just a one-note food, it contains vitamin C and beta carotene, other eye-friendly nutrients.

Sweet Potatoes: The Color of Health

These orange tubers are a good source of beta carotene. Your body converts beta carotene to vitamin A, a nutrient that helps prevent dry eyes and night blindness. Beta carotene and vitamin A also may help reduce the risk of eye infections. Sweet potatoes not your favorite? For beta carotene, try other deep orange foods, such as carrots and butternut squash, plus dark green foods including spinach and collard greens. Liver, milk and eggs are other great sources of vitamin A.

And, similar to lutein and zeaxanthin, beta carotene and vitamin A are absorbed best when eaten with a little healthy fat such as olive oil.

Strawberries: Help You "C" Better

Fresh, juicy strawberries are a good thing for your eyes, and contain plenty of vitamin C, which is an antioxidant that may help lower your risk of cataracts. Also, be sure to load up your plate with other vitamin C-rich foods including bell peppers, broccoli, citrus (such as orange and grapefruit) and cantaloupe.

Salmon: Not Just Omega-3s

Salmon is a good source of vitamin D, which may help protect against macular degeneration. You also can get vitamin D by enjoying sardines, mackerel, milk and orange juice fortified with vitamin D. In addition, salmon is an excellent source of omega-3 fatty acids, which may be beneficial for eye health. Get some healthy fats every day in the form of salmon or other types of fish (two to three times per week), walnuts (which also contain eye-healthy vitamin E), flax and chia seeds.

Green Tea: Antioxidant Powerhouse

A cup of green tea is more than relaxing and delicious — its antioxidants may help keep eyes healthy. Green tea contains healthful substances called catechins, which are responsible for its antioxidant properties. Other foods that are that are high in catechins include red wine, chocolate, berries and apples. Black tea also boasts catechins, but in lower amounts than its green cousin.

https://www.eatright.org/health/wellness/preventing-illness/5-top-foods-for-eye-health
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Consider donating a tax deductible contribution to the Meals on Wheels Program in tribute to someone special, or to celebrate a special occasion.

Name: ____________________________ In Memory/Honor of ____________________________
Address: ____________________________ (circle one above)
Phone # (if we have questions) __________ Send Acknowledgement to ____________________________
Address: ____________________________

Please make checks payable to CAPBMCI-MOW, And send to Community Action Program, Belknap-Merrimack Counties, Inc. P.O. Box 1016, Concord, NH 03302. Thank you for your support.