March for Meals on Wheels Fundraiser

March 18, 1:00 PM—2:30 PM:
Lunch Box Paint Box - Have you ever wanted to learn how to paint? Now is your chance to not only learn how to paint but all money raised goes to the Meals on Wheels program! Larry Frates is teaching the class. Larry is the Artist in Residence at the Historic Belknap Mill located in Laconia, NH. He has over 50 years of experience.

Price - Total Cost: $35.00 - This includes the class and supplies.
Cost $20.00 - If you already have painting supplies.

Paint Box - The price for the art supplies is $15, this includes all the art supplies you will need to paint the picture. If the supplies are returned you get $10 back. You can pick this up anytime before the class.

Lunch Box - We are offering a hot St. Patrick's Meal of corn beef and cabbage on this day. Come to the center between 11:00 AM and 12:00 PM and pick up your meal, art supplies, and Zoom information for the class. We are asking for a $2.00 donation.

This does require internet access and an electronic device. If interested call 603-435-8482.

50/50 Raffle Fundraiser Meals On Wheels

April 1, 2021 is the Drawing - Do you like to gamble? Do you want a chance to win between $250 and $500 while supporting an important program? We are selling tickets throughout both Belknap and Merrimack counties. We are asking for a $5.00 donation per ticket. If interested please stop by the center for a chance to win and the donation goes to the Meals on Wheels program. The more people that purchase tickets the bigger the jackpot. You may be the winner on April Fools Day but the Jackpot will not be a joke!

March for Meals

For over 50 years Community Action Program Belknap-Merrimack Counties, Inc. (CAPBMCI) has been delivering nutritious meals to homebound seniors. In the fiscal year 2019-20, CAPBMCI provided 1,749 individuals with 291,537 home-delivered meals along with daily check-ins, furnishing a vital life-line and connection to the community. Since 2002, the month of March has been a time to celebrate the proven collaboration of local community organizations, local businesses, all levels of government, and compassionate individuals who ensure that seniors do not go hungry. The essential Meals on Wheels program could not be possible without the teamwork and financial assistance of many.

During the month of March, we invite you to visit the Elder Services CAPBMCI Facebook Page regularly to meet Meals on Wheels participants and community leaders and to hear from them how Meals on Wheels positively impacts their daily life and our community. You will also have the opportunity to participate in our March for Meals Silent Auction on our Facebook Page. https://www.facebook.com/ElderServicesBMCAP/ Starting Monday, March 8th, many great items will be going up for bid, such as a 2-nights, 3-days townhouse stay on the Saco River in Center Conway ($900 value), a Bird Lover’s Basket ($100 value), and a Fine Wine & Chocolate Basket ($160 value). All proceeds from the silent auction go directly to CAPBMCI Meals on Wheels. This is a fun way to support senior family members, friends, and neighbors so they can live healthier, happy, independent lives at home, where they want to be.

For more information about Meals on Wheels or to make a donation, please visit www.bm-cap.org.
**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.

**Tuesday, March 9, at 10:00 am:**
*Zoom Coffee Hour:* This is just getting together virtually over coffee and talking. If you want to participate, please send an email to eschiferle@bm-cap.org or call 435-8482.

**Tuesday, March 23, at 10:30 am:**
*Telephone Party:* If you don’t want to participate in an online group maybe talking on the phone would work better for you. 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.

**Thursday, March 18, 11:00 am-12:00 pm:**
*Hot Curbside Take Out Meal Corn Beef and Cabbage:* 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 by March 12, 2021 to reserve your meal. Please keep in mind that the program does ask for a $2.00 donation.

**Meals to Go**
Curbside pickup for the seniors in the community. While we still are not open for seated congregate dining, we do have 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 chose which meals you want.

**Free Raffle Tickets for Monthly Gift Basket**
If you come in and get meals to go, you will be put in a drawing each time you come to the center for the meals for a chance to win the basket. There will be a new basket each month to giveaway.

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**HELPFUL INFORMATION**

**Vaccine Scam Information**
The Federal Trade Commission notes these ways to avoid COVID-19 vaccine scams:
1. You can't pay to put your name on a list to get a vaccine.
2. Nobody will call you about the vaccine and ask for your social security, bank account, or credit card number.
   *If someone asks for personal or financial information, it's a scam.*

**Free Taxes**
Call Herb Johnson at 603-736-3366 to schedule an appointment. The taxes will be dropped off at 2 Industrial Drive Concord, N.H. 03301. You will drop your taxes off and if there is a problem or questions you will be contacted via phone. The program is sponsored by the IRS Volunteer Income Tax Assistance (VITA).

**Schedule Vaccine**
1. To sign up go to https://www.vaccines.nh.gov/  
2. Call 211 choose option 1.

*If you need help signing up for the vaccine call the center 435-8482 we will help you register.*

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**Online Aging Mastery Program®**
The Aging Mastery Program® is a comprehensive and fun approach to living that celebrates the gift of longevity. Participants learn more from local experts about a variety of topics including sleep, healthy eating and hydration, medication management, exercise, and much more.

This 10-week, online interactive workshop on Tuesdays beginning March 16 is from 1 to 3 p.m. There is no charge for this program.

Registration is required and space is limited. To register, call (603) 224-4093, ext. 5815 or visit www.eve.org/onlineprograms. Please note that a camera and microphone is needed to complete the program. Once registration is confirmed, participants will receive a link to the program.

**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.

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**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.

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**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 you are looking for healthy foods, are lower income, and 60 or older you may qualify for this program. Call 603-225-2050.
COVID-19 Vaccines: Safety, Side Effects — and Coincidence
By Robert H. Shmerling, MD Senior Faculty Editor, Harvard Health Publishing

As the pandemic rages on, it’s increasingly clear that widespread vaccination is essential to help contain it. Physical distancing, universal face coverings, and frequent handwashing are effective, but not foolproof. Of course, these measures don’t work if they are not followed.

So, the rapid development of vaccines to prevent COVID-19 is welcome, some say miraculous news. But while many people are scrambling to get a vaccine, others are hesitating.

Are these vaccines safe and effective?
It’s natural to wonder if brand new vaccines against a virus, developed are effective and safe to take. Overall effectiveness has been reported in the range of 70% to 95%. That’s well above the average effectiveness of the flu vaccine. A Pfizer/BioNTech vaccine trial involving nearly 44,000 volunteers found vaccination to be 95% effective. This vaccine is authorized for use in the US.
A Moderna vaccine trial enrolling more than 30,000 volunteers reported an effectiveness of 94%. This vaccine is authorized for use in the US.
An AstraZeneca/Oxford vaccine trial reported average effectiveness of 70% with full doses, but even better results (as high as 90%) with a lower dose. This vaccine is authorized for use in Great Britain, but not in the US.
In a press release, Johnson and Johnson announced overall effectiveness of 66% in preventing moderate to severe COVID-19. The company has applied for emergency use authorization in the US.

Not only do these vaccines appear to lessen risk of developing COVID-19, but they also appear to lessen the risk of severe disease.

What are the most common COVID vaccine side effects?
In large clinical trials, most side effects have been minor. When side effects occur, they typically last just a few days. A side effect or reaction isn’t necessarily all bad, by the way; it may indicate that the body is building protection against the virus.

For the four vaccines listed above, common side effects include:
- Pain at the site of the injection
- Painful, swollen lymph nodes in the arm where the vaccine was injected
- Tiredness
- Headache
- Muscle or joint aches
- Nausea and vomiting
- Fever or chills

Two vaccine misconceptions - It’s normal to feel cautious about any new treatment. But two common misconceptions may encourage people to avoid getting a COVID vaccine.

- **Health problems incorrectly blamed on the vaccine.** When health problems develop soon after vaccination, people tend to blame the vaccine. Yet cancer, strokes, heart attacks, blood disorders, and rare illnesses occurred before the pandemic, and will of course continue to happen. Many people would be expected to develop such health issues whether or not they get vaccinated. If thorough investigation shows certain health problems are occurring at a higher than normal rate, the vaccine could be to blame. If not, it’s more likely to be an unfortunate coincidence that’s not related to the vaccine.

- **Concerns that the vaccine can cause COVID-19.** That can’t happen, because no live SARS-CoV-2 virus is used in currently available vaccines or those in development. If a person develops COVID-19 soon after vaccination, it’s not due to the vaccine. It’s either because the vaccine failed (which is rather rare), or infection developed before the vaccine had a chance to work. In fact, some people may already be infected with the virus at the time of vaccination.

So far, we know COVID-19 is an unpredictable and potentially deadly disease. And the information we have about the effectiveness and safety of COVID-19 vaccinations is encouraging. Minor side effects should be expected; severe allergic reactions may rarely occur. Side effects from the vaccine are not reasons for most people to avoid vaccination.

As the number of vaccine recipients and the number of different vaccines grow, vigilance is warranted. What we know today about side effects and safety won’t be the last word. Volunteers in clinical trials and members of the public who have received vaccinations continue to be monitored, and are encouraged to report problems.

There are pros and cons to any new medical treatment. But remember there are also pros and cons to declining treatment.

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.