



November 2021

**Temporarily located
at Pittsfield Youth
Workshop (PYW)
5 Park St.
Pittsfield, NH
03263**

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

**Serving the
communities of:**
Barnstead
Chichester
Epsom
Loudon
Pittsfield

Hours
Monday - Friday
8:00 am – 2:00 pm

Lunch
Monday - Thursday
12:00 noon

Services
Bus Transportation
Meals on Wheels
Exercise Programs
Social Activities

**Merrimack County
Service Link**
1-866-634-9412

Mailing Address
Pittsfield Are Senior
Center
PO Box 154
Pittsfield, NH 03263

Pittsfield Area Senior Center

Your Resource for Healthy Aging



Thank you

As soon as we have more information about when we will open again, we will send out notifications. Please look on page three to see what a couple of other centers offer. We are temporarily located at PYW and we are normally there from 8am to 1pm. So come by to say hi or pick up a meal to go.

The center would like to thank a couple of people during this transition. We want to thank Bob Hanselman and Beverly Murdough. They helped pack the center, if it was not for their help the move would not have been as successful as it was. Thank you Beverly and Bob!

We would like to give a BIG thank you to Zach at the Pittsfield Youth Workshop (PYW). He gave us a safe and secure place so that we could continue to serve the community during our transition into our permanent location. Zach and Laurie both made us feel welcome and are extremely generous in sharing their space. Please check out their website at <https://pittsfieldyouthworkshop.org> to see how you can help this awesome program to thrive.

We would like to thank everyone that has supported the center through the many years. The transition isn't easy and we appreciate your support and patience through out the process. We believe the center is going to be even better in our new location.

Have you been SCAMMED?

Did you know that one out of every five people over the age of 65 have already been victimized by a financial fraud (IPT Elder Fraud Survey, 2016). Financial Fraud is one form of Elder Abuse. This can happen with Family and Caregivers, Financial Professionals and Unknown Scammers (Telephone or Internet Scams). This type of Scam or Fraud is a crime. Only 1 in 44 cases is typically reported. The most common reason that most of these crimes are not reported is embarrassment or shame. However, there is NOTHING to be ashamed of and it is important to reach out for help. So, how do you recognize an exploiter?

Here are a few examples of RED FLAGS:

1. Family Member or Friend with Power of Attorney making inappropriate financial decisions or improper spending
2. An internet or phone request for personal information or someone asking for money/gift cards, even if it seems like a good cause
3. Someone asking you to change your beneficiary
4. An aggressive caregiver or friend that won't allow you to speak for yourself or isolates you from others
5. A phone call or email threatening you will be investigated by the IRS or arrested if you don't give them your personal information
6. Email asking you to "Verify Your Account Information"

On average, victims of this type of crime lose approximately \$120,000. The total annual losses are over \$37 Billion each year! Of all elder abuse cases reported, 30 % were for financial exploitation. If you feel like this has happened to you or someone you know, please ask for help!

You can call the Bureau of Elderly and Adult Services (BEAS) at (603) 271-7014 to report the incident. If you don't feel comfortable calling them directly, please call the Pittsfield Senior Center for assistance (603) 435-8482.

HELPFUL INFORMATION

Volunteers Are Needed!!

We need volunteers for different days of the week, and different times, depending on the task being done. Training is provided, if interested please call 435-8482. The work is easy and gratifying and only takes one to two hours a week.

Below are some of the volunteer positions that the center needs and the times that we need the help. The positions that do not have times listed can be worked around to what ever may fit in your and the center's schedule.

Some of the volunteer positions needed:

- Reading out loud to visually impaired
- Checking people in the center
- Art and Crafts Associate
- Help in the kitchen- Help with the community
- Meal the time is 11 am to 1 pm
- Meals on Wheels- Help packing meals Monday
- Wednesday or Friday 8 am to 9 am
- Computer assistance
- Managing different games
- Mailings-when needed
- Making activity Packets
- Answering phones
- Assisting others that need help
- Managing Karaoke and equipment

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, are in the community center. Call 224-4093 ext. 5815 to make an appointment.

Grief in the Holidays

Granite VNA is offering five sessions of the Grief in the Holidays in Laconia, Concord, Wolfeboro as well as online.

For those who have suffered the death of loved ones, this time of year can be full of memories, feelings, and challenges. Together we will explore how to be tender toward our grief and our own needs during this time. These sessions are open to adults grieving for any beloved person(s) and you are invited to participate in one or more.

Wednesday, November 17, 10:30 a.m. - Noon, Laconia

Wednesday, November 17, 6 - 7:30 p.m., Online

Thursday, December 2, 10:30 a.m. - Noon, Concord

Wednesday, December 15, 10:30 a.m. - Noon, Wolfeboro

Wednesday, December 15, 6 - 7:30 p.m., Online

Sessions are offered free of charge. In-person sessions may shift online in case of inclement weather or public health concerns. Participants are expected to wear masks and seating will be spaced. We are glad to offer technology support for online sessions. Please let us know if you have any questions.

To register, call Dan Kusch at (603) 524-8444, ext. 62393 or visit www.granitevna.org/griefsupport.

Meals to Go

Pick up a menu, circle what you would like, because there is a wide variety of choices and give it to Carol. Pick up is between 11:00am-12:00pm on Monday and Thursdays, but another more convenient time can be arranged.

Bus Transportation Schedule

Call CAT dispatch at 603-225-1989 to *reserve your seat* or ask any questions. Please note that you need to call twenty-four hours in advance to reserve your seat.

	Monday	Tuesday	Wednesday	Thursday
Pittsfield	Canterbury	Barnstead	Barnstead	Alton
	Gilmanton	Belmont	Chichester	Barnstead
	Loudon	Chichester	Epsom	Belmont
	Northfield	Epsom	Pittsfield	Gilmanton
	Pittsfield	Pittsfield		Pittsfield
		Tilton		
Hours	8:30am-3pm	8:30am-3pm	8:30am-3pm	8:30am-3pm
Destination:	Concord	Tilton	Concord	Rochester

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.

Activity Calendar For Alton and Horse Shoe Pond Place Senior Centers

Alton Senior Center Activities

Natasha LaPointe, Manager
Located at: 7 Pearson Road Alton, NH 03809
PH:(603) 875-7102

Veteran's Day Brunch: Brunch being served on November 4, at 11:30am. Please sign up at 875-7102.

Thanksgiving Dinner: Being served Thursday, November 18, at 11:30am. Traditional meal will be served, please sign up by November 9th by calling 875-7102.

MONDAYS

9:00am: Acrylic/Studio Art Class with Larry Frates. \$10 a class and supplies available. Beginners are welcome!

10:00-11:00am: Knitting and Crochet Club Come and have a good time creating with the new group "Playful Kittens Knitting Mittens."

12:00-2:00pm: Digital Camera Class Would you like to know how to properly use your digital camera and take pictures like a pro? From camera to computer, by photographer Matt Fassett, \$10 per class.

12:00pm: Red Hot Poker

1:00-2:00 pm: Fit over 50 \$5.00 per class it includes stretching and a light work out.

TUESDAYS

9:00-11:00am: The Sunshine Quilting Club All are welcome, beginners and old pros! Bring whatever you're working on. Instruction is available and the cost is FREE!

10:00am-12:00pm: Red Hot Poker Join us and have fun with your friends after breakfast and then after lunch.

THURSDAYS

9:00-10:00am: Chair Yoga \$5.00 per class Please Sign Up in Advance.

10:00-12pm: Hand & Foot Card Game

12:00pm: Rummikub Every Thursday

Horse Shoe Pond Place (HSPP)

Richard Penney, Manager
Located at: 26 Commercial St #105 Concord, NH 03301
PH:228-6956

BONE BUILDERS

Monday & Wednesday 10:00—11:00am Dance Studio 1

BRIDGE CLUB

Every Tuesday & Thursday 1:00—3:00pm Community Room

CRIBBAGE CLUB

Tuesdays and Thursdays 1:30pm Dining Room. We love to teach new players!

SENIOR EXERCISE

Tuesdays & Fridays 10:00—11:00am Dance Studio 1

WATER COLOR PAINTING CLASSES:

Wednesday 9:30-11:30am by artist Mary Crump in the Community Room. Classes are only \$10.00 and *ALL SUPPLIES* are provided. Sign up is required because class is limited call to register at 228-6956.

CARE GIVERS GROUP

Wednesday 10:00—12:00pm Library (led by Kim Lavoie) A second group and time to follow if numbers allow.

GENTLE CHAIR YOGA

Thursdays 10:00—11:00am Community Room by Tom Sherman

WRITER'S GROUP

Wednesdays 1:30—2:30pm Library group discussion on writing techniques and skills. Various works are shared by peter and the participants.

SHADOW COLORING

Fridays 1:00-2:00pm Dining Room (led by Karen Kelley) One time fee of \$5.00; supplies included

Thanksgiving Congregate Meal at HSPP:

Thursday, November 18, from 11:00 to 11:45am. This will be a traditional Thanksgiving meal. Call 228-6956 to sign up to reserve your spot.

The Senior Centers Will Be Closed the following days:

Thursday, November 11, for Veteran's Day
Thursday, November 25 & 26, for Thanksgiving

Pine Grove Community

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For Info. Call 224-7324 or 340-1487
www.thepinegrovecommunity.com

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Elder Services

Community Action Program, Belknap Merrimack Counties, Inc.

Suzanne Demers, Director - Heather O'Brien, Operations Manager

Consider donating a tax deductible contribution to the Meals on Wheels Program in tribute to someone special, or to celebrate a special occasion.

Name: _____

Address: _____

Phone # (if we have questions) _____

In Memory/Honor of _____

(circle one above)

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.