

NEWPORT SENIOR CENTER

863-3177

The Home of Sullivan County Nutrition Services

Providing Meals on Wheels, Congregate Dining and Social Service Outreach
in Sullivan County since 1972. Local Transportation (Newport Only) also available

Board of Directors

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Vice-President...Larry Flint
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Secretary...Judy Wilson
Board,,,,,,,,, Terry Jones
Ann-Marie Fowler
Bob Dearborn
President: 863-4422

Newport Business Hours: 8:00 AM – 3:00 PM
Claremont Dining Room Hours: Doors open At 11 AM

Executive Director	Brenda Burns	863-5139
Administrative Assistant.....	Janet Aldridge	863-3177
Lead Food Service Supervisor (Newport)...	Beverly LaClair	863-3177
Elder Support Services (Sullivan County)		863-6770
Senior Transportation (Newport Only)		863-3177

e-mail: scnsnsc@gmail.com

Congregate meals are served at 2 sites: Newport Senior Center and Earl Bourdon Center in Claremont

76 South Main St. • P.O. Box 387 • Newport, NH 03773

Tentative Activities at the Newport Senior Center for *June 2020*:

MONDAYS:

June 22- LSVNA Foot Care Clinic, 9 AM – 3 PM
Call 526-4077 for appointment
Indoor Walking Path– 8 AM—3 PM
SCNS Senior Transportation 9:15 AM-2:30 PM
Cardio Drumming W/Ginny 10 AM
SCNS Lunch Served 11:45 AM \$2 Suggested
Donation
Pitch — 12:30 PM
Yoga– 1:15 PM \$5 per class

TUESDAYS:

June 2 – MEETING DAY
Board of Directors 10 AM
Senior Meeting (Members Only)
12:15 PM – 12:45 PM
June 2– Blood Pressure & Blood Sugar Clinic,
10:45 AM – 12:00 PM (LSVNA)
June 16– Blood Pressure Clinic, Senior Center
11:15 AM – 12:15 PM (LSVNA)
Indoor Walking Path 8 AM-3 Pm
SCNS Senior Transportation 9:15 AM-2:30 PM
Strength, Balance & Flexibility 9:30 AM
SCNS Lunch Served 11:45 AM \$2 Suggested
Donation
BOWLING at Claremont, Maple Lanes, 1PM, \$2.50 a
string, free bowling shoes
WEIGHT WATCHERS – 6 PM

WEDNESDAYS

June 17- Julie's I Care, offers free repairs on
Glasses & new affordable glasses 10 AM

WEDNESDAY CONT :

June 22– LSVNA Foot Clinic 8 :30 AM – 3 PM
Call 526-4077 for appointment
June 24– LSVNA Foot Clinic 8 :30 AM – 3 PM
Call 526-4077 for appointment
June 24– Commodity Food
Pick Up - 9:30 — 11 AM
Indoor Walking Path 8 AM– 3 PM
SCNS Senior Transportation 9:15 AM-2:30 PM
SCNS Lunch Served 11:45 AM \$2 Suggested
Donation
James & Pam Music 11 AM
SENIOR BINGO – (55+ yrs.) starts 12:45 PM

THURSDAYS:

June 19 --Low and Moderate Property Tax Rebate
8:30 AM
Indoor Walking Path- 8 AM-3 PM
SCNS Senior Transportation 9:15 AM-2:30 PM
Strength Balance & Flexibility 9:30 AM
SCNS Lunch Served 11:45 AM \$2 Suggested
Donation
TAI-CHI 1 PM – 2 PM
BEGINNERS TAI-CHI 2 PM – 3 PM

FRIDAYS:

Indoor Walking Path 8AM– 3PM
50 / 50 Drawing - 11:50 AM, \$1.00 per ticket,
Tickets purchased throughout the week
Cribbage 12:30 PM
James & Pam Grace Music 11 AM

**DUE TO COVID-19, ALL PROGRAMS ARE
POSTPONED UNTIL FURTHER NOTICE**

COVID-19 SCAMS ALERTS BY: NH DEPT. OF JUSTICE OFFICE OF ATTORNEY GENERAL**Scams Targeting Aging Adults****Social Security Scam**

Scammers claiming to be from the Social Security Administration (SSA) call a recipient and claim that due to the closing of SSA offices, the recipient's benefits will be interrupted unless he or she provides personal identifying information, such as a social security or bank account number. The truth is that the SSA, despite its closure of some offices, has advised that these closures should not interrupt receipt of benefits. **Importantly, the SSA will not call a recipient unexpectedly and ask for personal information over the telephone.** If you receive a call

Medical Scams

- Scammers are calling aging adults pretending to be a family member (often a grandson or granddaughter) and claiming they are in need of money to treat COVID-19 symptoms. Sometimes, the caller will ask the aging adult to send gift cards or cash for payment. These types of calls are called "Grandparent scams." They can be frightening and distressing. **If you receive a call like this, you should hang up immediately.** You are encouraged to reach out to the alleged family member or other trusted individual using a known telephone number to verify. Further, you should be skeptical of any random telephone call you receive requesting money, and in particular gift cards and cash.
- Scammers are contacting individuals by telephone, e-mail, and sometimes in-person, offering COVID-19 home test kits, medicines, or vaccinations. **Currently, no vaccines, pills, potions, lotions, medications, or other prescription or over-the-counter products are available to treat or cure Coronavirus disease.** This applies to offers made online, in stores, by electronic message, or over the telephone. Please do not allow any individual offering these products into your home. If you encounter someone claiming to offer such products, contact local law enforcement.

Stimulus Scams

- With many aging adults set to receive stimulus payments from the federal government, scammers are calling, texting, and e-mailing aging adults claiming to work for federal agencies, such as the Internal Revenue Service, and that they are in need of the aging adult's personal identifying information prior to stimulus payment disbursement. **Please know that no federal agency is going to call, text, or e-mail requesting social security, banking, or any other personal identifying information. If you receive such a call, hang up.** As with any scam telephone call, do not push any buttons for "more information." If you receive a text message or e-mail of this nature, delete it and do not click on any links within the message.

Fake Charity Scams

- Scammers are contacting aging adults claiming to be from reputable charities or otherwise fictitious charitable organizations, seeking donations for a variety of causes related to the COVID-19 pandemic. Many of these scammers request payment in the form of gift cards or electronic currency, such as bitcoin. **You should be skeptical if you receive a call unexpectedly from a "charity" requesting a donation.** Donate only to charities that you know and trust and only after you independently verify that the payment/donation system is safe and secure.

How to Protect Yourself and Aging Adults

All people are encouraged to assist aging adults, and specifically those who may be especially vulnerable, in their efforts to avoid falling victim to these and all other scams. Recommendations for assistance include:

- For those who care for an aging parent or other adult, practicing added vigilance and not providing the personal, identifiable information of an aging adult, without verifying the recipient's identity;
- While maintaining appropriate social distancing and adhering to the Emergency Orders in place in New Hampshire, checking in with aging friends and relatives by phone or other electronic means;
- Asking questions of aging friends and relatives about what they are doing, who they have heard from, and if they need supplies or assistance; and
- Ultimately assisting any aging adult if and when there is a reasonable belief that they have fallen victim to a scam.

**COVID-19 SCAMS ALERTS BY: NH DEPT. OF JUSTICE OFFICE
OF ATTORNEY GENERAL CONINTUED****Charitable Giving Scams**

New Hampshire citizens should be on the alert for charitable giving scams related to the COVID-19 outbreak.

Scammers may take advantage of fears related to COVID-19 outbreak by establishing fake charities, and sending seemingly legitimate emails with malicious links or attachments.

Be Careful When Making Charitable Donations

- Before making donations to support those who are ill or suffering financially because of the COVID-19 outbreak, do your homework:
If the appeal claims to be from a charity, make sure that it is registered with the Attorney General's Charitable Trusts Unit. The list may be found here: <https://www.doj.nh.gov/charitable-trusts/>;
- If the appeal is for an individual, think hard about donating unless you know the person needing help and that person's circumstances;
- Do not let anyone rush you into making a donation;
- Check that you are dealing with a legitimate charity or individual and not an "imposter" with a deceptively similar name;
- Do not assume that social media recommendations for donations are legitimate.

Stimulus Payment Scams

The United States Congress recently passed a large COVID-19 relief and stimulus package that promises to provide financial relief to many Americans. Scammers have recently attempted to use the promise and anticipation of stimulus payments to acquire personal identifying information [PII] from unsuspecting victims.

In a recent example of how scammers are trying to use the anticipation of stimulus payments to collect PII, emails that appeared to be from the United States Treasury Department were sent by scammers claiming that the recipient was selected as one of the first to receive a stimulus payment. The phony email requested that the recipient provide PII including phone number, date of birth and profession in order to receive a stimulus payment.

What You Should Know

- The Internal Revenue Service recently released guidance informing the public that most people do not need to take any action in order to receive stimulus payments.
- Government agencies are **not** sending out emails asking for personal information in order to receive funds or other pandemic relief opportunities.

How to Protect Yourself

- Any request via a phone call, text message or email for personal identifying information, or any other information as a prerequisite for receiving a stimulus payment should be heavily scrutinized.
- Do not engage with callers or emails from unrecognized sources.

Do your homework, ask questions and use the [IRS website](#) for accurate information.

- New Hampshire residents who receive requests for information in exchange for a stimulus payment should contact the Consumer Protection and Antitrust Bureau of the Attorney General's Office.

TO REPORT A SCAM, CONTACT THE CONSUMER PROTECTION HOTLINE
PHONE: 1-888-468-4454 OR EMAIL DOJ-CPB@DOJ.NH.GOV

**WE MISS YOU &
HOPE TO SEE
EVERYONE SOON**

COVID-19 UPDATE: HOW SULLIVAN COUNTY NUTRITION SERVICES IS RESPONDING

As the situation around COVID-19 continues, our concern has been for the health and safety of those we serve and our dedicated staff who continue to prepare, serve, deliver hot nutritious meals and meet the transportation needs of older adults in Sullivan County.

SCNS provides essential services to adults 60 or older living in your community, and we are committed to keeping our clients safe during deliveries. Clients rely on us for their basic needs of life, NUTRITIOUS FOOD!

We've made several changes to our business as we look out for your safety and the safety of our staff.

Several measures in place for the safety of our customers and staff, include:

- ◆ Continuation of Meals-on-Wheels in Sullivan County, transportation services in Newport and Grab-N-Go meals at the Newport Senior Center and at our satellite location at the Earl Bourdon Centre in Claremont.
- ◆ Promoting social and physical distancing practices within the facility and during delivery of Meals-on-Wheels.
- ◆ New no entry policy, whereas drivers put meal at the door, knock, step back 6 feet and wait to make visual contact with client, per state regulations.
- ◆ Provide disposable masks, gloves, hand sanitizer, disinfectant wipes, disinfectant spray and disposable bags.
- ◆ COVID-19 screenings for all employees prior to entering the workplace and washing or sanitizing hands with hand sanitizer before beginning the work day.
- ◆ Temperature readings for all delivery drivers
- ◆ Restricted access into building to staff, volunteers and deliveries only, if screening measures are passed.
- ◆ Meals-on-Wheels trainees now follow drivers with their own vehicle rather than in the same vehicle as practiced prior to COVID-19
- ◆ Encouraging and providing educational training material to staff on proper hand hygiene and proper use of masks
- ◆ Drivers are disinfecting vehicles and equipment used for delivering on a daily basis
- ◆ All frequently touched surfaces are disinfected daily
- ◆ Congregate dining is now offered as a Grab-N-Go option.
- ◆ 14 Day Quarantine boxes delivered to all Meals-on-Wheels clients to be used in the event a client or driver should have to quarantine for a 14 day period

We will continue to follow state and CDC guidance, to the best of our ability, to keep you and staff safe. If you have any questions or concerns, please call us at 863-3177.

Stay safe, healthy & strong!

GRAB-N-GO

Congregate meals are no longer permitted inside the building at this time. SCNS now offers a Grab-N-Go option to enjoy the same lunch menu you now miss.

Individuals must be 60 or older, complete a one time Grab-N-Go application, request a meal 24 hours in advance and be present when picking up your meal.

Meals are served at the same 11:45 am time. Participants pull into the parking lot at the Newport Senior Center or at the Earl Bourdon Centre, and meals will be delivered to your car window and you drive away with a delicious meal prepared especially for you.

The suggested donation remains at \$2. Additional donations are always accepted and greatly appreciated as costs soar.

We are discussing outdoor seating at the time of this writing and hope it is something that we will be able to offer soon!

As the temperature gets hotter, please be sure to bring meals home for immediate consumption. If you cannot consume immediately, please put in refrigerator immediately to avoid spoilage.

SENIOR TRANSPORTATION AVAILABLE

Sullivan County Nutrition Services (SCNS) provides senior transportation to individuals who are 60 or older and are traveling throughout Newport.

Operating Schedule: Monday—Friday

Operating Hours— 9 am—3 pm
First ride at 9:15 am and last ride at 2:45 pm

Cost: Suggested donation \$1 per trip
3 trip per day limit



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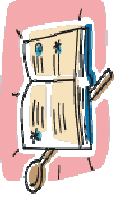
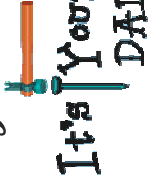
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603-863-8181 www.summercrest.net

169 Summer St., Newport, NH 03773

Independent Living | Assisted Living | Memory Care



Monday	Tuesday	Wednesday	Thursday	Friday
1 Stuffed Shells Italian Green Beans Pumpkin Pie	2 Baked Chicken Leg Potatoes Zesty Grilled Vegetable Spice Cake with Molasses Cream Cheese Frosting	3 <i>Chef's Choice</i> 	4 Turkey Ala King Homemade Biscuit Broccoli Chocolate Pie Square	5 Pecan Crusted Tilapia Mashed Potato Zesty Roasted Vegetables Fresh Fruit
8 Dijon Crusted Chicken Breast Mashed Potato Mixed Vegetables Chef's Choice Dessert	9 Macaroni & Cheese Chef Style Tomatoes Garlic Bread Sticks Chocolate Peanut Butter Parfait	10 Taco Salad "New" Cottage Cheese Brownie	11 Sliced Ham Country Fresh Potato Salad Cole Slaw Fresh Fruit	12 Meatloaf Mashed Red Potato W/ Skins Chef's Choice Vegetables Strawberry Stripe Refrigerator Cake
15 Chicken Cacciatore Wax Beans Fresh Fruit	16 All-American BBQ Sandwich Tossed Salad Strawberry Shortcake	17 Ham Salad Roll Tomato & Cucumber Slices Cottage Cheese Peach-Apricot Cobbler	18 Chef's Salad Breadstick Vanilla Pudding W/ Blueberry Topping	19 Italian Sausage & Peppers over Rice Sugar Snap Peas No Bake Chocolate Peanut Butter Bars
22 Cheddar Baked Chicken Rice Pilaf Zucchini & Tomatoes Watermelon	23 Turkey Shepherd's Pie Carrots Apple Strudelnik	24 Pasta Salad Sliced Cold Cuts Pickled Beets Lemon Mousse	25 Pot Roast Boiled Red Potatoes Cauliflower Fresh Fruit	26 Baked Haddock Loaded Baked Potato Sliced Beets Orange Pineapple Cake
29 Veal Parmesan over Linguini Peas & Onions Pudding Cup	30 Cold Meat Grinder W/ Vegetables Potato Chips, Pickles Cookies	<p style="text-align: center;"><i>June 2020</i></p> <p style="text-align: center;"><i>It's Your Day</i>  DAD</p>	Senior 60 and over, \$2.00 suggested donation Under 60, assisting a sen-	Due to state and federal regula- tions, drivers are prohibited from leaving a meal without visual contact of the participant. Not Home, No Meal, No excep- tions!

FIRST TIME GUEST MUST COMPLETE NAPIS FORM

MENU SUBJECT TO CHANGE WITHOUT NOTICE (Congregate Meals Served promptly at 11:45 AM – Sign in Required)

