

NEWPORT SENIOR CENTER

863-3177

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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.

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.....		863-3177
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

Grab-N-Go 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

Current activities at the Newport Senior
Center for **MARCH 2021**

MONDAYS:

SCNS Senior Transportation– 9 am—3 pm
Suggested donation \$1 Per trip

SCNS Grab -N- Go 11:45 AM
Suggested donation \$2 per meal

TUESDAYS:

SCNS Senior Transportation – 9 am—3 pm
Suggested donation \$1 per trip

SCNS Grab- N- Go 11:45 AM
Suggested donation \$2 per meal

Mar 2 – MEETING DAY
Board of Directors 8 AM

WEDNESDAYS:

Senior Transportation– 9 am—3 pm
Suggested donation \$1 per trip

SCNS Grab -N- Go 11:45 AM
Suggested donation \$2 per meal

THURSDAYS:

Senior Transportation – 9 am—3 pm
Suggested donation \$1 per trip

THURSDAYS Cont:

SCNS Grab -N-Go 11:45 AM

Suggested donation \$2 per meal

AARP Tax Preparations: Call 863-3177 for
appointment

FRIDAYS:

Senior Transportation– 9 am—3 pm
Suggested donation \$1 per trip

SCNS Grab -N- Go 11:45 AM
Suggested donation \$2 per meal

50 / 50 Drawing - 11:50 AM, \$1.00 per ticket,
Tickets purchased throughout the week at
Grab-N-Go



Like us on Facebook at:

NEWPORT SENIOR CENTER

**HOME OF SULLIVAN COUNTY NUTRITION
SERVICES**

Please be advised this is the only official social
media platform for the Newport Senior Center.

Please use caution when locating information
online as information has not been authorized for
use for other social media platforms or websites.



Parking is available on both sides of the building, with entrances at each side as well.

Please do not park in front of or block the dumpster located on the main side of the building. Parking in front of the dumpster disrupts the routine pick-up days and causes trash overflow.

INCLEMENT WEATHER

During times of inclement weather, closings will be announced on **WMUR, WCNL and Q-106**.

Meal-on-Wheels participants should use storm bags, previously delivered, during periods of closures due to weather.

Please keep walkways and driveways plowed and sanded during the winter months. Drivers will not attempt delivery if he/she feels it is unsafe for them or their vehicle. Thank you for your help in this matter.



*May your troubles be less
and your blessings be more
And nothing but happiness
come through your door*

Meals-on-Wheels (MOW) Frequently Asked Questions

Q. Who qualifies for MOW?

- A. Meals are provided to individuals who meet eligibility requirements described by state and federal regulations.
- Individual must demonstrate that they cannot prepare meals without assistance.
 - Be homebound or temporarily homebound due to recovery from illness or injury.
 - Be the spouse of a qualified individual

Q. What is the responsibility of SCNS and their staff?

- A. SCNS must provide at least one-third of the recommended daily allowance, which is approved by a licensed nutritionist.
- B. Comply with state and local regulations on the safe and sanitary handling of food. Staff is trained and certified in Serv-Safe.
- C. Drivers will ensure visual contact with the person the meal is intended for while maintaining a six foot distance.
- D. Distribute educational materials on nutrition and wellness at least three times per year.
- E. Develop a person-centered plan with the applicant

Q. Are the meals free?

- A. No, Each individual is qualified under at least one payment source for partial reimbursement. However, reimbursement is limited and when the limit has been met, there is no payment received for that individual.

Participants are asked to make a donation in the weekly donation envelope to help with cost of the meal. The **suggested Donation is \$2 per meal** because no one funding source pays for the entire cost of the meal.

In addition, we are obligated to match the partial state and federal funding we receive. If we are unable to provide this cash match, we will no longer be able to receive the partial support we receive.

Q. Can I have my meal delivered to my neighbor or friend?

- A. NO, and there are no exceptions to this rule. But, if you notify the office in advance, we can make accommodations to deliver an extra meal the day prior to your absence.



Healthy Eating for Older Adults



Information found at: Choosemyplate.gov

Eating well can help keep you healthy and active. Use these simple tips to help you make smart food choices for years to come.

Make eating a social event



Enjoy meals with friends or family member as often as possible. Take advantage of technology to enjoy meals virtually with loved ones in different cities or states.

Drink plenty of liquids



You may not always feel thirsty when your body needs fluids, and that's why it's important to drink beverages throughout the day. Enjoy coffee and tea if you like, or some water, milk, or 100% juice.

Add a touch of spice



Limiting salt is important as you get older. Fresh and dried herbs and spices, such as basil, oregano, and parsley add flavor without the salt.

Make the most of your food choices



Older adults need plenty of nutrients but fewer calories, so it's important to make every bite count. Foods that are full of vitamins and minerals are the best way to get what you need.

Keep food safe



Discard food if it has an "off" odor, flavor, or texture. Refer to the "use by" dates for a guide to freshness. Canned or frozen foods store well if shopping trips are difficult.

Be mindful of your nutrient needs



You need higher levels of calcium and vitamin D to keep bones strong. Nonfat and low-fat dairy provide calcium, and so does non-dairy sources like calcium-fortified orange juice and soy milk.





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 like this, hang up, and [report it to the SSA](#).

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. Call Phone: 1-888-468-4454 to report a scam.



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www.newtonbartlett.com

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Newport Senior Center, Newport, NH

06-5225

Monday	Tuesday	Wednesday	Thursday	Friday
1 Parmesan Baked Chicken Rice Pilaf Winter Squash Fresh Fruit	2 American Chop Suey Garlic Cheese Biscuit Green Beans Lemon Meringue Pie	3 Chef's Salad Dinner Roll Apple Crisp	4 Fish Chowder Tuna Fish Sandwich W/Lettuce & Tomato Oreo Cookies	5 Ham Steak Mashed Potato W/Skins Spinach Mint Chocolate Cup
8 Chicken Sandwich Onion Rings Mixed Vegetables Pudding	9 Homemade Tomato Bisque Egg Salad Sandwich w/ Lettuce & Tomato Fresh Fruit	10 Vegetable Lasagna Salad Roll Banana Cream Pie	11 Pot Roast Mashed Potato Zesty Roasted Veg. Peach Cup	12 Fish Sticks French Fries Beets Chef's Choice Dessert
15 CLOSED EMPLOYEE RECOGNITION DAY!	16 Sweet & Sour Pork Over Rice Peas Fresh Fruit	17 Macaroni & Cheese Chef Style Tomatoes Fig Cookies	18 Homemade Broccoli Cheddar Soup BLT Sandwich Diced Pears	19 Baked Parmesan Haddock Boiled Red Potato Honey Glazed Carrots Raspberry Strudelnik
22 Stuffed Peppers Boiled Red Potato Cauliflower Boston Cream Pie	23 Pork Pot Pie Biscuit Asparagus Cuts Fresh Fruit	24 <i>Chefs Choice</i>	25 Chicken Cacciatore Broccoli Chocolate Cake w/ Peanut Butter Frosting	26 Vegetable Pizza w/ Mushrooms Onion & Peppers Caesar Salad Jell-o w/Fruit
29 Chicken Tenders Boiled Red Potato Parsnips Cookies	30 Pulled Pork Sub Cole Slaw Chips Fresh Fruit	31 Meatloaf Herbed Mashed Potato Zucchini & Tomato Chocolate Cream Pie	<i>March 2021</i> 	Senior 60 and over \$2.00 suggested donation Under 60, assisting a senior with lunch - \$3.50

FIRST TIME GUEST MUST COMPLETE NAPIS FORM

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

