NEWPORT SENIOR CENTER

863-3177

Board of Directors

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President: 863-4422

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 **September 2021**

MONDAYS:

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

***SCNS Grab -N- Go*- 11:45 AM**
Grab-N– Go Claremont Location 11:15 am—11:30
Suggested donation $2 per meal

Sept. 6– CLOSED

Sept. 27—LSVNA Foot Care Clinic 9 am—2 pm
Call 748-1731 to schedule appointment

TUESDAYS:

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

***SCNS Grab- N- Go*- 11:45 AM**
Grab-N– Go Claremont Location 11:15 am—11:30
Suggested donation $2 per meal

Sept. 7 MEETING
Board of Directors 8 AM
Pitch– 1 PM—2 PM New Players Welcomed

Sept. 14– 5:30 PM -POW/MIA Chair of Honor Dedication presented by Rolling Thunder

WEDNESDAYS:

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

WEDNESDAY CONT.

***SCNS Grab -N- Go*- 11:45 AM**
Grab-N– Go Claremont Location 11:15 am—11:30
Suggested donation $2 per meal

THURSDAYS:

***Senior Transportation* – 9 am—3 pm**
Suggested donation $1 per trip
Sept. 23- LSVNA Flu Clinic—9:30 am—11:30 am
Call 748-1731 to schedule an appointment
***SCNS Grab -N-Go*- 11:45 AM**
Grab-N– Go Claremont Location 11:15 am—11:30
Suggested donation $2 per meal

FRIDAYS:

***Senior Transportation*– 9 am—3 pm**
Suggested donation $1 per trip
***SCNS Grab -N- Go*- 11:45 AM**
Grab-N– Go Claremont Location 11:15 am—11:30
Suggested donation $2 per meal
50 / 50 Drawing - 11:50 AM, $1.00 per ticket,
Tickets purchased throughout the week at Grab-N-Go
BINGO— 1 PM

SATURDAYS:

Sept. 4—Yard Sale 9 am—1 pm Details inside

SUNDAYS:

Sept. 26— Cornhole 1 PM—3 PM
Please bring your own water and Snacks to share.

In accordance to state regulations, any member aged 55+ is welcomed to join us for a fun game of bingo each Friday, at 1 pm. No admittance before 12:30 pm.

Mask requirement is in accordance with state and CDC guidelines. All unvaccinated individuals are required to wear a mask.

Rates:

Paper Games $6

Jackpot Cards- $2 each

FOOD ALLERGY DISCLAIMER

Please be informed that SCNS will do their best to accommodate food allergies to the best of our ability.

All participants are hereby notified that the possibility of Cross-Contact could occur and there is no guarantee that foods/meals will be free from potential allergens.

In an effort to better serve you, we will be requesting doctor certification of all reported allergies as part of your person centered plan created with our Outreach Professionals.

For your safety, please do not consume any product you are unsure about the content.

NSC Annual Yard Sale will be held on Sept. 4, from 9 am—1 pm. Volunteers are needed to help, please call 863-4422 if you are able to help.

We will be accepting donations for the yard sale beginning August 31st. Please call 863-4422 to make arrangements to drop off donations.

COMING SOON

LSVNA FLU CLINIC— Sept. 23—9:30 AM—11:30 AM

To schedule your flu shot, call 748-1731.

Masks will be required when obtaining vaccination.

Please visit the center prior to your vaccination appointment to obtain a form to complete and bring it with you to your appointment.

LSVNA FOOT CARE CLINIC RESUMES AT THE NEWPORT SENIOR CENTER

We are proud to announce that LSVNA will resume Foot Care Clinics on the 4th Monday of each month. Masks will be required during appointments.

LSVNA charges $25 per clinic. If you would like to schedule an appointment for your foot care or have questions, call 748-1731.

Age is an issue of mind over matter. If you don't mind, it doesn't matter.
Mark Twain

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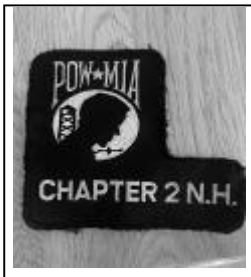
Newport Senior Center
Home of Sullivan County Nutrition Services



POW/MIA Chair of Honor Dedication

It is an honor and privilege to be entrusted by Rolling Thunder to help them with their mission to bring daily reminders of the POW/MIA issues to cities and towns across the nation.

This will be achieved by participating in Rolling Thunder's POW/MIA Chair of Honor Program. A chair will placed in our memorial corner that honors all of our members who are no longer with us.

A POW/MIA chair in any location is to remain perpetually empty to help people remember that even though our soldiers are not here, there is still a space for them. The chair inscription will include:

Let this empty chair serve as a memorial to those who served in the military of our great nation, but have not returned home to us.

They are Prisoners of War and Missing in Action.

America will forever be grateful for your bravery and sacrifice in service to our nation. We will never forget.

Please join us for this momentous occasion as Rolling Thunder dedicates this Chair of Honor, at the Newport Senior Center, on September 14, 2021, at 5:30 pm.

Light refreshments will be available as you witness such a memorable event honoring Veterans.

CRIBBAGE

We would like to resume cribbage. If you would like to play cribbage, we want to hear from you. Please call Larry at 863-4422 to let him know . If we are able to get enough players to participate, we will add cribbage to our scheduled activities.

National POW/MIA Recognition Day

National POW/MIA Recognition Day was established in 1979 through a proclamation signed by President Jimmy Carter. Since then, each subsequent president has issued an annual proclamation commemorating the third Friday in September as National POW/MIA Recognition Day.

A national-level ceremony is held on every National POW/MIA Recognition Day. Traditionally held at the Pentagon, it features members from each branch of military service and participation from high-ranking officials.

In addition to the national-level ceremony, observances of National POW/MIA Recognition Day are held across the country on military installations, ships at sea, state capitols, schools and veterans' facilities.

No matter where they are held, these National POW/MIA Recognition Day ceremonies share the common purpose of honoring those who were held captive and returned, as well as those who remain missing.

Please take a moment on September 17 to recognize National POW/MIA Recognition Day.

The NSC is planning a Craft Fair on November 6. This will be the second Craft Fair the center will hold as a fundraiser. Last years craft fair had to be canceled due to the pandemic.

An 8X8 space can be rented for $30 to sell your home-made craft item. Rent your space early, call 863-4422 and leave a message. Sandy will get return all calls.

HAM & BEAN SUPPER

In order to maintain center expenses, it is important that we hold a monthly fundraiser. We are looking for donations of baked beans in October for a ham and bean supper. If you can make some home-made backed beans, please call Sandy at 843-8364.

Scams Targeting Aging Adults Provided by NH Attorney General's Office at *https://www.doj.nh.gov*

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.

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Independent Living | Assisted Living | Memory Care

Monday	Tuesday	Wednesday	Thursday	Friday
September 2021	Meals-on-Wheels participants must be home to receive meals. Due to state and federal regulations, drivers are prohibited from leaving a meal without visual contact of the participant.	**1** Meat Loaf W/Gravy Red Potato Corn Chocolate Chip Cookie	**2** Macaroni & Cheese Chef Style Tomatoes Boston Cream Pie	3 Fish Fillet Seasoned Fries Chocolate Cake W/ Peanut butter Frosting
6 **Closed** 	**7** Stuffed Cabbage Mashed Potato Wax Beans Apple Juice	**8** Chicken Cacciatore Zucchini Pudding Cup	**9** Homemade Vegetable Soup Turkey Sandwich Fresh Fruit	**10** Shepard Pie Mixed Vegetables Strawberry Swirl Cheesecake
13 Breaded Veal Patty W/Mushroom Sauce Harvest Rice Pilaf Steamed Carrots Applesauce	**14** Broccoli Cheddar Soup BLT Oatmeal Raisin Cookies	**15** Mild Chili Toss Salad Corn Bread Fresh Fruit	**16** Chicken Divan Zesty Grilled Vegetables Apple Pie	**17** Spaghetti W/Meatballs Green Beans Raspberry-Peach Yogurt
20 Chicken Sandwich With Lettuce & Tomato Seasoned Steak Fries Coconut Cream Pie	**21** Tomato Bisque Garden Salad Cottage Cheese Garlic Breadstick Raspberry Cookies	**22** Ham & Cheese Grinder/W Vegetables Potato Chips, Pickles Cottage Cheese Fresh Fruit	**23** Pot Roast Mashed Potato Prince Blend Vegetables Mint Chocolate Cup	**24** Shrimp Alfredo W/ Egg Noodles Broccoli Diced Pears
27 Hot Dogs Baked Beans Cole-Slaw Jell-O Cup	**28** Italian Marinated Chicken Mashed red potato Peas & Carrots Fresh Fruit	**29** Ham Steak Potato Salad Pickled Beets Chef's Choice Dessert	**30** Chef's Salad Parmesan Ranch Biscuit Diced Peaches	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)***

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