



Senior Sizzler

VOLUME 1 ISSUE 2

NOVEMBER 2015

A Letter from the Chair

Greetings to you...from your Elder Affairs Committee! Here's to our second issue of our Senior Sizzler newsletter. We hope you enjoyed our Fall edition and will find some of the information in our Winter edition helpful .

Winter months will bring the majesty of our New England climate roaring in! Let's hope it comes on soft feet and not galloping in as many of our winter storms of 2015 did!! I, for one, would be happy to have no snow until after Christmas and then only during January...wishful thinking???

So what does winter mean to you? Gathering for holidays with family and loved ones? Are you a winter snowbird planning a trip to a warm, sunny location? Feeding the birds and critters in your back yard? Hunkering down and staying cozy in your home with a good book?

Whatever your plans, we want you to feel safe and secure. How can we help? Please let us know.

Remember we are a phone call away...need information regarding home heating products? Call Lori Sadewicz at the Town Hall, 603-382-5200 x230. Lori has a wealth of info regarding assistance to keep you warm and safe this winter.

Looking to get out and be social? Look at the listings of our sponsored activities through our Recreation Department and Library. I am sure you will find something to interest you.

Again we hope you enjoy our Newsletter . Should you know of a senior who did not receive the mailing, please call 603-382-5200 x 204 and leave a message with your name and home address and we will be sure to add them to our mailing list. Want your newsletter electronically delivered? Please email ccruz@plaistow.com.

Also, check out our new facebook page: [Plaistow Elder Affairs: Senior News](#)

Happy winter and stay safe and warm!

Sincerely,

Susan Sherman

Chairperson, Elder Affairs Committee



Winter Safety Tips from Plaistow FD

Check your carbon monoxide detector to make sure it is working, press the test button until it alerts. If you have a plug in CO detector, replace its backup battery. If you aren't sure about how to do this, call the fire department, non-emergency and we will check your smoke and carbon monoxide detectors for you. We will also look for any other hazards in your home that you may not be aware of.

If you're using a space heater remember that space heaters need space. Keep anything that can burn at least three feet away from the heater, and if you're looking to buy a new space heater get one that automatically shuts off if the heater falls over.

If you use a wood burning fire place make sure you have a glass front or screen large enough to

catch flying sparks and rolling logs and have chimney flue pipe checked once a year.

Have your heating system checked for proper operation. A well tuned furnace means less fuel consumption and limits the chance of CO poisoning in the home.

Get an all purpose "ABC" fire extinguisher for the home; learn how to use it and check it yearly to be sure is working. Make sure you have it where you can get to it in a hurry.



If you heat with a wood or pellet stove, have the chimney cleaned before the heating season. Dress for winter success. Layer your clothing if you are going out, even if you are simply going to the mailbox, wear a coat. A

quick trip can turn into an ordeal if you slip and fall. Take your cell phone with you where ever you go. When you travel, check the weather before you go, let someone know your plans, when you expect to arrive at your destination or when you plan on returning home.

Have your automobile serviced before the bad weather hits....tires, wipers, anti-freeze and belts.

Tips for Seniors

As we age we seem to lose our balance at times. Always sit on the edge of your bed for a few minutes before getting up. This will help prevent dizziness and falling first thing in the morning or after your afternoon nap.

When dressing in the morning put your clothes on your bed, stand with your back to the side or end of the bed to dress so that

if you lose your balance, you will fall backwards onto the bed.

Instead of stretching over or getting out of bed to shut the light next to your bed or getting up during the night in the dark, get a remote light control . You plug one part into your wall receptacle, plug your lamp into it and then keep the small remote control on your nightstand

within easy reach to turn it on or off during the night.

BE SAFE!

Recreation News

Tis the Season....there are so many activities going on to celebrate this season with our Community!

Recreation will take this time to invite all our seniors to the following events:

WREATH MAKING: December 2nd at 5:30 PM at the Pollard School. Learn to make a wreath for the Holiday Season. \$7.00 per person includes all supplies, space is limited you must register with Recreation at 382-5200 ext 204.

TREE LIGHTING: Come and join us at the Town Green, while we wait for Santa to come and light out tree. December 6th at 5:30 PM, Rain or Shine....after Santa lights our tree come on up to the Great Hall for a Christmas Concert, Crafts and Cookies!

PANCAKE BREAKFAST: Head on over to the Pollard School for a Pancake Breakfast. Support the Pollard PTA. Have the grandchildren? No problem,...let them enjoy making a few ornaments for your tree!

SENIOR TEAS are held the third Tuesday of every month, please contact Recreation if you would like to attend.

SENIOR TRIPS are offered-monthly, Recreation takes a Winter break during the months of January and February and will resume with trips in March. If you have a trip idea, contact Recreation at 382-5200 ext 204.



Vic Geary News

Christmas Special 12/17

Roast Sirloin w/ mushroom glaze,

Creamy Mashed Potatoes

Roasted Garlic Green Beans

Parker House Roll

Molasses Cookie

Winter Special 1/14

Ham with Pineapple Raisin Sauce and Biscuit

Southern Style Green Beans

Sweet Potato Casserole

Banana Pudding over Vanilla Wafers

Valentine's Day 2/18

Barber Stuffed Chicken

Wild Rice w/ wheat berries

Carrots w/Dill and Parsley

Pull Apart Roll

Strawberry Mousse

Winter Safety Tips from Plaistow PD

Keep a small supply of non-perishable food and other supplies handy (flashlights, etc.) in your home in case you cannot get out for a couple of days.



Be aware of where local shelters are

in the event of a power outage. If you need assistance getting to the shelter, call the PD or the FD.

Hire a contractor or a neighborhood kid to plow -

shovel – do not risk your health or

back!

Make sure that your medications are refilled consistently in case they cannot get out for a couple of days.

From the Nurse's Desk

Most of us have heard the stories about how painful shingles can be. HOWEVER, even with the many stories, I am not convinced most people have spoken with their physician about receiving the shingles vaccine.

Shingles is a disease that affects your nerves. It is first felt as tingling, shooting pain, burning or even itchiness. As it progresses, you will have a red rash that will turn into fluid filled blisters. It is so very important that you see your physician at the first sign of any of these symptoms.

If you have had chickenpox as a child, the virus that comes from that chickenpox can live in you and in later years become active as shin-



gles. In most people, it stays inactive and the scientists are not sure why it becomes active as shingles but in one of three persons, it does. Advancing age or a weak immune sys-

tem is thought to increase your risk for shingles.

Shingles will not cause shingles in someone else. HOWEVER, you can catch chickenpox from someone with shingles so if you have

not had chickenpox stay away from someone with shingles!

If you have any of the symptoms mentioned above, see your physician right away. If the rash or blisters are on your face, see your physician immediately as this is an urgent problem. It is important to start treatment

within three days after the rash appears. Although there is no cure for shingles, medication can help dry up the blisters if started within that three-day period and help with the severity of the pain.

The good news from the National Institute on Aging is there is a vaccine. All of us aged 60 and older, whether we have already had a case of the shingles or cannot remember if we have had chickenpox should be vaccinated. It is always best to check with your physician first especially if you have allergies to medications or a weak immune system.

This is just an overview. If you want more information about shingles, the problems and treatment and the long-term effects, please go the shingles website for more information or ask your physician at your next visit. The website is www.vzvfoundation.org.

Recipe Corner

Pineapple Cake

Ingredients:

1 box of Angel food cake

1 20 oz can of crushed pineapple

Mix together and bake at 350'

Chicken Wings

3-3 1/2 lbs chicken with w/one bottle teriyaki sauce

1/2 c sugar and 1 tsp powder sugar

Mix together and bake at 350 for 30-45 min

1/2 tsp garlic and ginger and 1/4 tsp accent

1/4 c of water

Mix all ingredients together except chicken, should be sweet. Heat oven to 425 and brown chicken for 30 min. Cover chicken with sauce, turn down heat to 375, occasionally turning chicken over.

When sauce sticks to chicken it is DONE!

Dental Care and Aging



In the history of dental care, there has been a parallel relationship with age and tooth loss. Due to the dental industry advances and technology of today, this correlation is in the past. As we look towards the future, we begin to focus on the importance of elderly dental care and associated symptoms. Dry mouth or the perceived loss of salivary flow is one of the most common symptoms elderly will experience. This is often due to an underlying condition or medication that the patient is unaware of.

Conditions that reduce salivary flow can have serious consequence on the oral environment, increasing susceptibility to root decay, increased tooth plaque and tartar buildup leading to gum disease and diminishing sense of taste. Needless to say, it is very important to consult your dentist if you are noticing dry mouth.

Solutions to common issues acquired with age:

*Reduced coordination, resulting in less efficient brushing.

Solution: electric toothbrushes

*Sensitivity due to root exposure or tooth decay.

Solution dental bonding, fluoride supplements and rinses

*Poor fitting dentures causing irritation and infection.

Solution soft tissue exam and refitting of dentures

*Dry Mouth.

Solution increased water consumption, reduce sugar

Snow Birds - Checklist

Before heading south for the season, snowbirds must take a few steps to secure and winterize their homes. Whether you are new to taking extended vacations or a veteran snowbird, creating your own customized checklist is a great way to keep track of your seasonal preparations. Remember, it will be much easier to enjoy your winter in the sun if you have taken steps to protect your home while you are away for an extended period of time.

Consider the following tips when creating your own winter-ready checklist:

1. **Adjust Heating Systems**
2. **Winterize the Plumbing**
3. **Empty the Refrigerator**
4. **Unplug Electronics and Appliances**
5. **Forward Mail and Stop Newspapers**
6. **Arrange Outdoor Maintenance**
7. **Arrange a Local Emergency Contact**
8. **Notify Trusted Neighbors**
9. **Lock Windows and Doors, Set the Alarm**
10. **Provide Contact Information**



This list is a good place to start, but you may have additional steps that you like to take in your own home.

A Green Thumb—Winter Edition

As winter begins to get closer and the temperature begins to slowly drop it's important to take action now to prepare your garden for the colder months that lie ahead. To keep your garden from becoming a casualty of the winter season, follow these simple tips to stay ahead of the cold so that your garden flourishes in the spring.

Once you realize the days are slowly becoming shorter, it's time to anticipate the first frost. Make sure that your garden is prepped for winter before the first frost hits. Once the frost hits, everything you worked for over the summer will be ruined. Begin by weeding your garden. Now that's its September, you probably haven't been showing your garden as much love as you used to. Most gardeners tend to get a bit lazy during the fall. That's right, you all know who you are. Get the grunt work done now or you'll have twice as much to pull out later when it's colder outside and even more work to do the following spring. Pull weeds, clear any debris, and rake dead leaves so that they don't suffocate other plants in your garden when they become damp and heavy. Be sure to compost any dead leaves around your garden and lawn to be used later the following year. This will give you nutrient rich soil for your perennials and annuals to grow. Another tip is to

lay down mulch. Laying down a layer of mulch can be very beneficial for your garden. Mulch is not just for decoration around your bushes in your front yard. It's also a natural protector for your garden bed when the ground freezes over in the winter. It keeps the ground from becoming too cold or drying out destroying any bulbs you may have left for spring. Another important tip to prepare your garden for winter is to pull your annuals and cut back your perennials. This will not only tidy up your garden, but it will also help the plants grow back stronger. Furthermore, if you are really lucky, your annuals will unexpectedly leave behind seeds that might grow back naturally in the spring.

Even though your evergreens can withstand the cold, they too may also need attention to avoid becoming brittle and dying during the coldest of winter months. Many people often wrap their evergreens in burlap to protect them from the snow and ice. Finally, once you have cleaned your garden and suc-

cessfully prepped it for winter, plant spring bulbs. Winterizing your garden is not just about cleaning and raking; it's about preparing for months that lie ahead so that your plants flourish in the spring. Plant spring bulbs now so that their roots take hold within the dirt and when the weather warms up, they are

ready to sprout from the earth and soak up the sun. Follow these simple tips to prepare your garden for the colder months ahead so that your garden awakens healthy and ready next spring.



Bird Feeding—A winter pastime

WINTER BIRD FEEDING

Feeding the birds is a rewarding and enjoyable hobby in the midst of chilly winter weather, and these easy winter bird feeding tips can help both novice and experienced backyard birders make the most of their feeders during the coldest months of the year.

Winter Backyard Bird Species

Depending on the climate, geography and landscape of your backyard and your region of the country, you could be visited by dozens of different backyard bird species during the winter months.

The most common winter birds include:

- House finches
- House sparrows
- Tufted titmice
- Dark-eyed juncos
- *American goldfinches
- *Pine Siskins
- *Downy Woodpeckers
- *American robins
- *Common redpolls
- *Black-capped chickadees
- *Northern cardinals
- *European starlings

Best Winter Birdfeeders

To attract the greatest number of species in the winter, it is important to have a number of different birdfeeders available. While easy birdfeeders such as hopper and platform designs are always popular, the feeders you use during the winter should have several characteristics in common.

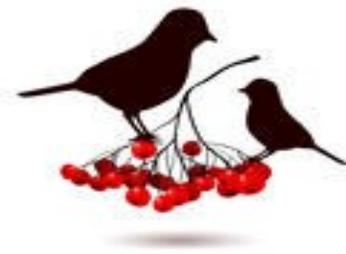
Cover: Feeders will be most useful in the winter if they have a wide cover over feeding ports, perches and dispensing trays so seed is not buried during snowfalls or storms. Fly-through platform feeders are especially good designs for winter bird feeding.

The cover should extend several inches over the edge of the feeder to ensure protection from all but the most serious storms.

Placement: Ideally, winter birdfeeders should be placed in sheltered locations out of the most severe winds. Placing feeders closer to the house will be effective and will help keep the birds visible for indoor birdwatching. At the same time, feeders should be placed near protective cover such as hedges or a brush pile to offer birds safety from predators. To minimize window collisions, place feeders no more than five feet away from a wall or window, and use window clings or other techniques to prevent collisions.

Capacity: For birders' convenience, large capacity feeders are preferred for winter feeding because they do not need to be refilled as frequently. This is only viable, however, if the seed is protected from moisture, otherwise it may grow mold before it is consumed. Covered feeders with large capacities are suitable, but platform feeders should be emptied and refilled daily to prevent mildew and spoilage.

Cleanliness: Because natural food sources are scarcer in the winter, more birds may be attracted to backyard feeders and those feeders will need to be cleaned and sterilized regularly. **Proper cleaning** will minimize mold, mildew and other unhealthy conditions that could foster disease among backyard bird populations. When cleaning, discard soggy seed or seed encased in ice, and let the feeder dry before refilling if possible.



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Foods for Birds in Winter

Most birds that visit backyards in snowy weather thrive on seeds, since insects and fruit are harder to find naturally during the winter. The best foods to offer birds in colder weather have a high fat or oil content that will provide abundant energy for winter survival. Nutritious winter foods for birds include:

- * Black oil sunflower seed
- * Hulled peanuts
- * Niger seed
- * Suet mixes with seeds or fruit

When choosing birdseed and other foods for winter feeding, take into consideration which bird species are present in the winter and what foods they prefer to avoid excess wasted seed. Many birders also prefer to use no-mess seed mixes such as hulled sunflower seeds in the winter to avoid several months' of hull accumulation beneath feeders in the spring.

Storing Birdseed

It is best to stock up on birdseed in the fall when many lawn and garden centers are discounting seed to make way for winter merchandise. Stored properly, seed can easily last for months, particularly seed mixes and sunflower seeds.

To properly store seed, it should be kept in a cool, dry place that is protected from bugs and rodents. Choose a storage bin that will be easy to access all winter, and one that can be easily manipulated while wearing gloves and bulky coats.

More Winter Bird Feeding Tips

- Clean off feeders, platforms and perches after each storm so seed is easily accessible.
 - Leave fruit and berries on trees, hedges and bushes to provide a natural source of food throughout the winter.
 - Add a heated birdbath to your backyard or place a safe heating element in a regular birdbath to provide birds with liquid water.
 - Stamp or shovel snow around feeders to provide easier access to spilled seed for ground feeding birds.
- Leave nesting boxes and birdhouses up all year round to provide winter roosting sites. With care and consideration, backyard birding can be an exhilarating hobby throughout the winter, with birdsong and backyard visits to brighten the coldest, darkest days of the season.



Library Events:

If you enjoy or want to learn CRIBBAGE come on Wednesdays each week from 1-3pm.

Do you want to learn to KNIT or CROCHET? Come on Tuesdays at 4pm.

December 2 at 6:30pm, Jo Radner will tell “Family Stories: and the importance of them

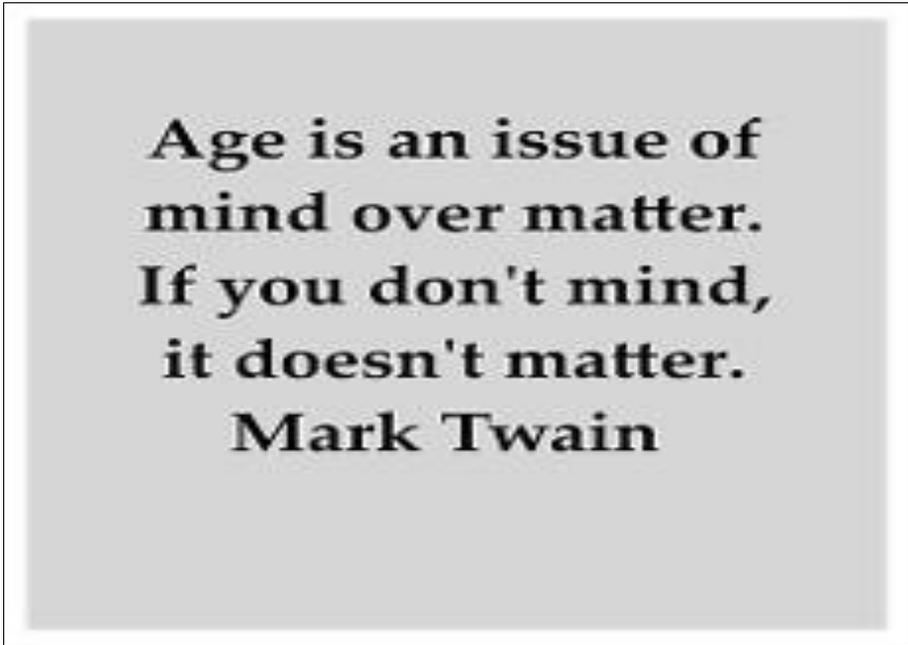
December 3 at 6:00pm, Mark Binder will present “Laugh Out Loud Holiday Stories”.

December 10 at 3pm there will be a “Holiday Sing-A-Long” with Steve Blunt and the students from our TRHS Music Department.

January 12 The author, David Rosenfeld, will be discussing his new books, which include a mystery series (the Andy Carpenter series) and his latest adventures with his many dogs. A favorite author of many, he combines his stories with his wit, which make for entertaining books and an even better author presentation!

Additional programs are added frequently. For an update, stop by the library, check our website - www.plaistowlibrary.com or call (382-6011).

Is there a program you would be interested in having the library arrange? Let Brianna Sullivan, our Adult Programming and Publicity Coordinator know more about it.



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

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