



SENIOR SIZZLER

TOWN OF PLAISTOW—ELDER AFFAIRS COMMITTEE

JUNE 2016

A NOTE FROM OUR CHAIRPERSON

Hello Seniors!

Hoping spring has been good to you! Are you gardening? Walking? Enjoying the fresh air?

This is our 4th edition to the Senior Sizzler.....it includes event and opportunities for you going into Summer and early fall.

Our summer band concert schedule looks amazing as always and I hope to see you at our first concert on June 22nd. Bring your lawn chair and a cold drink and enjoy the music on the Town Hall Green. Walk the Green and enjoy the Gardens! Walk over to First Baptist Church for some ice cream! Great way to enjoy Plaistow!

Old Home Day is around the corner....on June 18th! Join us on the Town Green beginning at 8:00 AM to kick off with the Car Show over at the Pollard School. Stand by and cheer on all the runners at 9:00 AM with the Lion's Club Annual Road Race. There will be all sort of vendors so come out and support local artisans. Wanna get out of the sun....join us under the BIG tent at 10:00 AM for a performance from the Sunset Tappers. Take a break and grab a sausage from the Lions Club and make your way back to the tent for Robert Clarke, Magician and Juggler! Tired, grab your lawn chair head over to Main Street and await the parade at 2:00 PM. Thank you to our Old Home Day Committee, always a good day!

Fireworks will be at the High School beginning at 9:00 PM

The Elder Affairs committee is working on new goals for the fall, hoping to include the pursuit of senior transportation.

Until later, enjoy the newsletter and the wonderful summer in New Hampshire!

Sincerely,

Sue Sherman
Chair, Elder Affairs Committee





NURSE'S CORNER

Summer is just around the corner and, with it, comes the summer heat. Unless your physician has advised you differently, you need to drink more during the heat of the summer to avoid dehydration. Dehydration can become a serious problem in the elderly and can lead to medical emergencies including confusion, falls, lowered blood pressure and a rapid but weak pulse. The body loses water as we age and elders may not feel thirst as we did when we were younger. Our kidneys age and are not as efficient as when we were in our 40's. Check with your physician about medications you take that may increase dehydration so you can be aware you need more fluids.

You can avoid dehydration by taking in more fluids during the day. Have full glasses of water (8 oz) each time you take your medica-

tion. Fill a water pitcher with ice and water and leave on the counter in the kitchen so you can pour a glassful each time you walk by. If there is someone elderly in your home that isn't able to get their own water, be sure they always have a glass full within reach. Make lemonade or add some fruit flavored soda to it to make a flavored water. An easy rule to follow for how much fluid you need is to take one-third of your weight and drink the equivalent amount in ounces of water daily. For example, if you weigh 120 pounds, you would need about 40 ounces of fluid or about 5 8-ounce glasses of water daily. Avoid alcohol and caffeine because of its diuretic effect resulting in losing more water than hydrating you.

Severe dehydration is a medical emergency. So drink, drink, drink during those hot summer days.

And it doesn't hurt to add an ice cream to that fluid list....I do!!

Rub on Sunscreen and Wear Hats!

Everyone, young and old, should wear sunscreen when outdoors. The elderly especially need the extra sun protection to help keep them healthy. Hats are also a great idea, especially for those with light colored hair and those with only distant memories of a full head of hair!

Apply Bug Spray!

The elderly are particularly prone to West Nile Virus and encephalitis, Because of the milder winter there may be a lot of mosquitoes this summer. If you spend a lot of time outdoors particularly at night or early morning, use mosquito repellent to help reduce the risk of getting bit by a mosquito carrying West Nile virus or encephalitis.

Summer Jello Pie

1 pre-made graham cracker crust

1 box of 4 oz jello (any flavor)

2 6oz of containers of yogurt, same flavor as your jello choice

1 container of cool whip

1/4 cup of boiling water

Mix jello packet with boiling water until dissolved, let cool a bit

Blend in your containers of yogurt and then your container of cool whip

Add jello cool whip mixture to pie crust and place in refrigerator for at least 4 hours.

ENJOY!





Lori Sadewicz—Employee Spotlight



Who Is She?

Lori is responsible for Human Services and Assessing Administration at the Plaistow Town Hall. This position provides general assistance to all community members. Besides assisting you to apply for financial assistance and other resources for different services needed, Lori also works with other social service agencies to problem solve issues. You can discuss with her some of the food commodity programs that will assist you in obtaining supplemental grocery items and holiday meals. These are just a few of the issues she can help you with but any difficulties you are having being comfortable in your home, seek information from her. She may just have the right answer!

Her roll with Assessing will answer your questions and help you in understanding your property assessment and taxation as well as assist you in completing the application for the elderly exemption.

Where Is She Located?

Lori's office is on the second floor of Town Hall which is elevator accessible. Her office hours are 8-4:30pm. She can be reached by telephone at 382-5200 x230

What Does Lori Enjoy Most About Her Job?

Lori enjoys working with people and identifying resources that may help solve your problem. She is easy to talk with and always has a ready smile to make you feel comfortable.

A Little About Lori:

Lori lives in Plaistow with her husband. They have three adult children and one very precious granddaughter. She loves to travel and Paris and London are her two favorite places to be. Most important to her is her family and friend time.

If you have a problem and think it could be helped with services or resources to make everyday living a bit easier, call Lori Sadewicz. Do you have a question about how to read your tax bill? Call Lori! You will be glad you did!





Library Programs

June

Songs & Stories of World War II, Tuesday, June 7, 2:00pm - This entertaining and informative program, focuses on some of the most beloved songs from the WWII era, including "Bluebirds over the White Cliffs of Dover," "Sentimental Journey," and "Praise the Lord and Pass the Ammunition." Richard not only sings the songs, accompanying himself on guitar, 5-string banjo, and baritone ukulele, but he tells their fascinating and unfamiliar stories as well.

Senior Tea featuring David Shikes, Tuesday, June 14, at 1:00pm - How 'bout a little humor and some laughs? Shikes, a local comedian, is a popular favorite throughout New England and promises to be funny while remaining appropriate! Please register for this program.

Sizzling Summer Kick Off Concert, Friday, June 17 at 7:00pm – Join us for live entertainment from Hungrytown

Local Harvest Cooking Program, Tuesday, June 21, at 6:30pm – Liz Barbour joins us to share ideas on using local foods in your cooking. Enjoy a cooking demonstration of two recipes and samples for all to taste.

The Mentalist, June 29 at 6:30pm – This will blow your mind! Preston Heller will demonstrate thought implantation, sixth senses, and telepathy to the audience. Participation is encouraged!

Senior Summer Trips / Summer Concerts

JULY – Join us aboard Mt Washington Cruise Lines, a dinner cruise, Swingin' to the Oldies on Monday evening July 18th. We will be meeting at the Plaistow Park & Ride at 5:00 pm and returning to Plaistow at 10:00 pm. (time may change) Residents are \$52.00 and non-residents are \$57.00. Please call Recreation at 382-5200 ext 204 to reserve your spot!

AUGUST – A trip to Cabbage Island in Boothbay Harbor! Meeting at the Plaistow Park & Ride at 10:00 AM for a bus ride up the coast, jumping on a beautiful boat over to Cabbage Island where you will feast on seafood! Then another boat ride and relaxation back to Plaistow. Residents \$90.00 and Non-residents are \$95.00. Please call Recreation at 382-5200 ext 204 to reserve your spot!

SEPTEMBER - One of our all time favorites: The Ogunquit Playhouse. Join us to see the play, Seven Brides for Seven Brothers. We will of course be stopping for lunch on your own, and maybe even stop at When Pigs Fly. We will be meeting at the Plaistow Park & Ride at 10:30 am and returning to Plaistow at 6:00 pm. Residents are \$50.00 and non-residents are \$55.00. Please call Recreation at 382-5200 ext 204 to reserve your spot!





Vic Geary Specials

Father's Day Special on Thursday, June 16th:

- BBQ Ribs
- Mac and Cheese
- Baked Beans
- Corn Bread
- Blueberry Crisp

July Special on Thursday, July 14th:

- Egg/Chicken Salad
- Sandwiches
- Pasta Vegetable Salad
- Fruit Salad
- Finger Rolls
- Hoodsie

August Special—TBD

- Waldorf Chicken Salad
- Lobster Roll (must pre-pay)
- Potato Salad
- Coleslaw
- Coney Island Roll
- Watermelon

Celebrate all the Dads!

SUMMER CONCERT SERIES

- | | | | | | |
|---------|-----------------------|---------|------------------|---------|----------------------|
| June 22 | Street Song | June 29 | Smoothies | July 6 | Tom Towler Band |
| July 13 | 4ever Fab | July 20 | The Works | July 27 | The B Street Bombers |
| Aug 3 | Community Band | Aug 10 | Volare Jazz Band | Aug 17 | Mark 209 |
| Aug 24 | The Legacy Swing Band | | | Aug 31 | Monkey Fist |

NEW HAMPSHIRE DEPARTMENT OF REVENUE ADMINISTRATION

Property Tax RELIEF

(May 1 to June 30)

➤ **Are you single with adjusted gross income less than or equal to \$20,000 ?**

➤ **Are you married or head of a NH household with adjusted gross income less than or equal to \$40,000 ?**

If you answered "yes" to one of those questions, and:

✓ **You own a homestead subject to the State Education Property Tax; and**

✓ **You resided in that homestead on April 1 of the year for which the claim for relief is made,**

You may be eligible for relief on your property taxes. Claims for state education property tax relief shall be filed with the Department between May 1 to June 30.

Contact the Department of Revenue Administration at (603) 271-2191 for more information or visit our website at www.revenue.nh.gov





Hats Off!
 Along the street there comes
 A blare of bugles, a ruffle of drums,
 A flash of color beneath the sky:
 Hats off!
 The colors before us fly....
 But more than the flag is passing by....
 Days of plenty and years of peace;
 March of a strong land's swift increase;
 Equal justice, right, and law,
 Stately honor and reverend awe;
 Sign of a nation, great and strong
 To ward her people from foreign wrong:
 Pride and glory and honor,-all
 Live in the colors to stand or fall.
 Hats off!
 Along the street there comes
 A blare of bugles, a ruffle of drums;
 And loyal hearts are beating high:
 Hats off!
THE FLAG IS PASSING BY!

(Henry Holcomb Bennett)

Another great newsletter
 brought to you by
 Plaistow Elder Affairs
 Committee

**WE ARE NOT SENIOR CITIZENS
 WE ARE RECYCLED
 TEENAGERS!**

TOWN OF PLAISTOW
 ELDER AFFAIRS COMMITTEE
 145 MAIN STREET
 PLAISTOW NH 03865

