



## Senior Sizzler



### Elder Affairs at it AGAIN!

Greetings! Welcome to the newsletter sponsored by the Plaistow Elder Affairs committee, founded in 2011.

We are an active, appointed committee of seniors whose motto is "we are recycled teenagers!" We meet monthly and have a number of goals, including the production of this newsletter.

Our accomplishments have included (reported in the town report): three years of successful Senior Service Fairs, increased and improved handicapped accessibility parking in front of the Town Hall. We have surveyed and researched the transportation needs of the elderly in town. We have worked with others; the library, recreation department and the Vic Geary Center to learn the best possible sources of information for seniors in Plaistow.

The three years of our Service Fair taught us that there are many services for seniors that seniors either do not know about or are unable to take advantage of. It is our hope that through partnering with Timberlane School District's Wellness and Health Fair, (early spring 2016), we can continue to offer our seniors up to date service information.

The purpose of this newsletter will be one of the methods used to engage our seniors in the activities available to them. We want you to feel comfortable attending sponsored events, seek help if you need it and gain the

well deserved respect of every neighbor in Plaistow.

Let's meet our committee:

Sue Sherman, a 43 year veteran teacher, Timberlane, now retired and serving on the Timberlane School Board. Sue has served on the Recreation, Cable and Recycling committees.

Brenda Major, was recently awarded Plaistow Woman of Leadership for 2015 for her many years of volunteerism in our community. Brenda is a good resource for NH.

Cathy Willis, RN, retired but still active as the chair of Library trustees. Cathy keeps us updated on senior health and library activities.

Tim Moore, is our expert on transportation needs as well as a knowledgeable resource. Tim is the host of many recreation trips.

Lori Sadewicz, our Human Resources and Welfare Director and resident of Plaistow. Lori is happy to take your call or you may visit her at her office with questions.

Christina Cruz, our kind and generous recreation director and resident of Plaistow.

Emily Low, Director of Meals on Wheels and our contact at the Vic Geary Center.

Barbara Tavitian, retired Town Clerk and our "lady around town". Barb is very knowledgeable regarding events and activities for Seniors in town.

Tom Cullen, a retired Selectman and one of our "mayors" of Plaistow. He is an incredible resource for all things Plaistow.

Cab Vinton, Library Director. Cab always graciously welcomes seniors to the events at the library. Stop in and say hello the next time you visit the library.

Tammy Bergeron, newest Selectman, serves as our liaison to the Board of Selectmen. Her kind and gentle attitude is most appreciated.

We want to thank the members of the committee who have recently retired and moved on to other activities. Their help has been greatly appreciated.

Thank you: Michelle Curran, Carlene Malette, Paul Surette, Laurie Houlihan, Roy Jeffrey and Dave Meaney.

We hope you will find this newsletter worthy of your time and enjoy the articles.

We are hoping to see you at an event, concert or "Senior Tea".

In good health,

Sue Sherman

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## Did you ask for your senior discount?

Did you know that you can get a senior discount? All you have to do is ASK. The following restaurants have Senior Discounts. Next time you visit one, inquire!

### RESTAURANTS:

Applebee's: 15%

Arby's: 10% off (55+)

Ben & Jerry's: 10% off (60+)

Boston Market: 10% off (65+)

Burger King: 10% off (60+)

Chick-Fil-A: 10% off or free small drink or coffee (55+)

Chili's: 10% off (55+)

Denny's: 10% off, 20% off for AARP members (55+)

Dunkin' Donuts: 10% off or free coffee (55+)

Fuddrucker's: 10% off any senior platter (55+)

IHOP: 10% off (55+)

KFC: free small drink with any meal (55+)

Krispy Kreme: 10% off (50+)

Long John Silver's: various discounts at locations (55+)

McDonald's: discounts on coffee everyday (55+)

Mrs. Fields: 10% off at participating locations (60+)

Sonic: 10% off or free beverage (60+)

Subway: 10% off (60+)

Taco Bell: 5% off; free beverages for seniors (65+)

TCBY: 10% off (55+)

Wendy's: 10% off (55+)

## SWEET PUMPKIN DIP - submitted by Barbara Tavitian

Serve this luscious Sweet Pumpkin Dip with a tray of ginger-snaps, vanilla wafers or lemon wafers. Trim the crusts from white bread, spread this mixture on to create delicate party sandwiches and cut out with cookie cutters.

### Ingredients

2 pkgs. (8 oz. each) cream cheese, softened  
1 can (15 oz.) Pure Pumpkin  
2 cups sifted powdered sugar.  
1 teaspoon of cinnamon  
1 teaspoon of ground ginger

### Instructions:

**BEAT** cream cheese and pumpkin in large mixer bowl until smooth. Add sugar, cinnamon and ginger; mix thoroughly. Cover; refrigerate for 1 hour. Serve with fresh fruit, cinnamon graham crackers, gingersnap cookies, toast slices, muffins or English muffins.

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## RECREATION TRIPS

OCTOBER: Join us on October 15th, a driving bus tour along the Mohawk Trail filled with historical sites. Then settle in with lunch at Old Mill Restaurant and of course, a stop at Yankee Candle! We will be leaving the Park & Ride at 9:30 AM and we will be returning to Plaistow at approximately 4:30 PM. Tickets to this event are \$21.00/residents and \$26.00/non residents.

NOVEMBER: On November 4th join us for the musical event of the year at North Shore Music Theatre.....SISTER ACT! We will be leaving the Park & Ride at 10:30 AM to North Shore for a lunch on your own, show begins at 2:00 and we will be returning to Plaistow at approximately 5:30 pm. Tickets to this event are \$55.00/residents and \$60.00/non residents. Please RSVP with Recreation at 382-5200 ext 204.

DECEMBER: The glitter of gold and the sparkle of silver will dazzle you as you tour three magnificent mansions decked out in Yuletide finery. Music, tours, and spectacular decorations highlight the celebration of Christmas at the Newport Mansions. On December 4, 2015, the bus will leave the Park & Ride on Westville Road in Plaistow at 7:45 AM and return to Plaistow at approximately 7:00 PM. You will have time to relish in the beauty of each mansion, visit the gift shop, and lunch will be on your own. Tickets for this event will be \$40.00/residents and \$45.00/non residents. Please contact Recreation to register at 382-5200 ext 204.

## VIC GEARY DINNER SPECIALS

The Vic Geary is a great place to find COMMUNITY! Each month the staff plan a wonderful themed meal, whether it is due to the season or the holiday, it is sure to be a GOOD time!

**On Thursday, September 17 come and celebrate the 37th Anniversary of the Vic Geary Center, as they take you through a beautiful luncheon reminiscent of "Little Italy".**

Chicken Saltimbocca

Pappardelle Noodles

Lemon Garlic

Broccoli

Garlic Bread

Limoncello Cake



### Halloween Special:

**Thursday, October 22nd**

Pumpkin Ravioli

Zucchini & Carrot Batons

Sourdough Roll

Apple Spice Cake

Don't forget to wear your spookiest costume!



### Thanksgiving Special:

**Thursday, November 19th**

Roast Turkey w/gravy

Herb Stuffing

Cranberry Sauce

Mashed Potatoes

Butternut Squash

Dinner Roll

Apple Pie



Any questions please contact, Emily Low at the Vic Geary at 603-382-5995

## Garden Care Submitted by: Tammy Bergeron

Fall can be a great time to refresh your garden; it is also a perfect time to revamp your summer containers with some fresh fall flowers. Garden mums are showing their cheerful earth tone colors, and the pansies and violas are flashing their happy faces. It is also a great time to think ahead to spring.

Fall and late autumn are a great time (once again) to CLEAN and MULCH. If you struggled with finding time during the summer and let the weeds get out of control now is the time to rid your beds of them. It is best to do



this before they set seed and flourish next spring and summer. This is also a great time to re-mulch your beds and protect your tender perennials. Most importantly though is to enjoy the amazing colors of fall.

Fall is also a great time for adding trees and shrubs to the landscape. The warm soil and cool air is great for root development. In some cases plants that are put into the ground in the fall tend to fair better than those planted in the spring. This is because they have all the fall and all of the following spring to get established before summer, as this is the most stressful season for plants.

Fall is the time you buy and plant spring flowering bulbs like tulips and daffodils. We have a good selection of bulbs available at the garden center throughout the fall. Keep in mind some bulbs are only available in limited quantities, so it is best to shop early, especially for new or unusual varieties. Even if you do shop early, the best time to plant your bulbs is in October, when the weather is cool and stays cool.

**As your summer flowers fade away, there are lots of plants that you can plant for fall color:**  
**Burning Bush**  
**Maples (Acers)**  
**Virginia Creeper**  
**(Parthenocissus quinquefolia)**



**Witch-hazel (Hamamelis)**  
**Garden Mums (Chrysanthemum)**  
**Asters**  
**Pansies/Violas**  
**Flowering Kale**

You can get two seasons from pansies if you plant them in the fall. They love the cool weather and will be very colorful throughout the fall. They will lie dormant through the winter, but will spring up on warm days and show off their faces. Next spring since they are established, they will be even bigger and more beautiful.

October by Robert Frost

O hushed October morning  
mild,  
Thy leaves have ripened to the  
fall;

Tomorrow's wind, if it be wild,  
Should waste them all.  
The crows above the forest call;  
Tomorrow they may form and  
go.

O hushed October morning  
mild,  
Begin the hours of this day slow.  
Make the day seem to us less  
brief.

Hearts not averse to being be-  
guiled,  
Beguile us in the way you know.  
Release one leaf at break of day;  
At noon release another leaf;  
One from our trees, one far  
away.

Retard the sun with gentle mist;  
Enchant the land with ame-  
thyst.

Slow, slow!

For the grapes' sake, if they were  
all,

Whose leaves already are burnt  
with frost,

Whose clustered fruit must else  
be lost—

For the grapes' sake along the  
wall

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## Inside Story Headline

### FALL LIBRARY EVENTS FOR ADULTS

Here are just some of the programs for adults coming this Fall. There will be others added as the Fall continues so be sure to check the website, stop in the library for an updated listing, or sign up for email reminders for the library events.

Please call the library to sign up and check on availability for all the programs you are interested in. Call 382-6011 to sign up or for any questions.

#### September, 2015

Thursday, September 3 from 6:30pm-7:30pm

“Shotgunned” Author Dana Owen; A Massachusetts police officer who was shot in the line of duty and left

for dead. The author is that police officer.

Tuesday, September 22 at 7:00 pm  
“Two Old Friends” Songs, tunes and stories from Ireland and America

Tuesday, September 29 at 6:30pm  
Animal Physical Therapy with Jennifer Brooks. An Equine Physical Therapist

#### October, 2015

Thursday, October 8 from 6:30pm-7:30pm

Steve Blunt: “Liberty is Our Motto: Songs & Stories of the Hutchinson Family Singers”

Wednesday, October 14 at 7pm

“Rescue Road: One Man, Thirty Thousand Dogs, and a Million

Miles on the Last Hope Highway” Author Peter Zheutlin

Book Club meets every second Wednesday of the month at 10:30. Books are available the month before Club begins.

Come and join us the third Tuesday of every month for a Tea. Enjoy dessert and community. A different Entertainment or Lecturer will be presented each month. Contact Recreation at 382-5200 ext 204 to register.

Ladies Night Out is the third Wednesday of every month at 7:00 pm, you must pre-register. Join the Ladies in service projects and learn new things!

## The Nurse's Corner - Submitted by Cathy Willis

### It is Time to Think Flu!

Now is the time of year you should be discussing with your medical professional (doctor, nurse practitioner, physician's assistant) when and which flu shot would be best for you.

Those of us 65 years and older have a choice of the regular dose flu vaccine or a newer, higher dose flu vaccine. The higher dose is associated with a stronger response for those 65 and older. The Center for Disease Control has stated the research to determine whether or not this stronger immune response leads to greater protection is still continuing. Check with your doctor for which flu vaccine is right for you.

The National Institute on Aging tells us getting a flu shot every year can help us stay healthy. Once you know which flu vaccine you should receive, flu shots can be obtained not only at your doctor's office but in pharmacies and even other stores like Wal-Mart. You will receive the same vaccine wherever you decide to have the flu shot.

Getting a flu shot doesn't protect us 100% but it greatly reduces our chances of having a severe case of the flu.

The Centers for Disease Control and Prevention, part of the Federal Government, says that people age 50 and older should get a flu shot every year. Anyone who lives with or takes care of people age 50 and older should also have a flu shot every year.

Most people get the flu between November and April. It takes at least 2 weeks for your shot to start working, so try to get your flu shot in October or early November, that is the best time to be sure you are protected during the flu season.

Always discuss with your medical professional any concerns or questions you may have regarding the flu, the flu vaccine type and when YOU should receive it.

**The Plaistow**

**Senior Sizzler is**

**brought to you by**

**the Elder Affairs**

**Committee**

**of**

**Plaistow**

**WE ARE JUST  
RECYCLED  
TEENAGERS**

## **A LIFE LESSON FOR SENIORS**

*The key to happiness is to have many friends, family and relationships. Actively sharing life's journey with others continues to be the most important component of a happy and content life.*

Thoughts by Bob Worden  
Administrator of  
Pinnacle Physical Therapy

**Town of Plaistow  
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