

# THE SENIOR SIZZLER

The Official Newsletter of the Plaistow Senior Community

Special Edition - Spring 2020 Volume 3

**Editor's Note: We are publishing this special edition of the Sizzler to help with store hours of operation, latest alerts and advisories. As you know, things are very dynamic, and we are placing a disclaimer at the bottom of each page that serve as a reminder of the changing conditions.**

## From the desk of a nurse

Catherine Willis, RN

CDC recommends hand washing as one of the first defenses against the coronavirus. Here are some pointers from the CDC on doing this frequently during the day and absolutely when you have touched areas such as the grocery cart in the grocery store, doorknobs of entrances and exits and any surface where more than one person has access to.

### Hand washing with Soap and Water (Preferred method)

Washing hands should be done with clean, running water. It can be either hot or cold. Using soap, scrub your hands for 20 seconds or sing Happy Birthday twice. Be sure you wash all sides of your hands and in between your fingers well. Using your thumb nails, run it under every one of your nails on both hands while washing.

Rinse well with clean, running water and dry them well with a clean towel or paper towel.

### Hand washing with Hand Sanitizers

Hand Sanitizers do not get rid of all types of germs, may not be as effective when hands are visibly dirty or greasy and might not remove harmful chemicals from hands like pesticides and heavy metals. They are handy when soap and water are not available, but you should re-wash your hands as soon as you are able. Read the label on the product to be sure it contains at least 60% alcohol.

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Apply the gel product to the palm of one hand (read the label to learn the correct amount).

Rub your hands together. Rub the gel over all the surfaces of your hands and fingers until your hands are dry. This should take around 20 seconds.

Caution! Swallowing alcohol-based hand sanitizers can cause alcohol poisoning if more than a couple of mouthfuls are swallowed. Keep it out of reach of young children and supervise their use.

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## **FOR IMMEDIATE RELEASE TO THE RESIDENTS OF PLAISTOW, NH**

### **Town Hall limited to the public beginning Tuesday, March 17, 2020**

As we actively work with our Emergency Management Team and Health Officer to monitor the COVID-19 event and State of Emergency, The Town is committed to the health and safety of our residents' and employees. The Town Manager, Board of Selectmen, Emergency Management Team and Health Officer have determined effective **Tuesday, March 17, 2020, Town Hall will be limited to the public until further notice.**

**March 23, 2020: Updated Town Hall hours: Monday through Thursday 8AM to 4PM. Closed for all people and events on Friday, Saturday, and Sunday. No late hours on Monday for the Town Clerk.**

The Town Hall foyer will be accessible for vehicle registrations and general business, but access inside the building is restricted to staff only!

A plan to assist and serve the residents of Plaistow has been implemented. Many services and transactions can be completed online or arranged by phone, email, fax or Drop Box located outside the Town Hall front doors. Town Hall employees will be working both remotely and on-site and will continue to serve the public to the best of our ability.

**FIRE AND POLICE:** Plaistow's Police and Fire Departments will continue to serve the residents of our Town. Please keep all non-emergency calls to a minimum so that they may devote their time to those residents in need of emergency services. **If you have non-emergency COVID-19 related questions, please call 2-1-1** (a state hotline manned 24/7 specifically for such questions).

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**PUBLIC MEETINGS:** All Town board and committee meetings in March have been cancelled. Updated information will be provided as it becomes available for April.

Our Emergency Management Team and Health Officer will be monitoring all local developments related to COVID-19, and as your Town officials, we are committed to communicating new and updated information regarding changes and status as well as recommendations to the public from public health and other government officials.

Please see the following pages for updates in current procedures.

**WEBSITE ACCESS:** The Town website address is [www.plaistow.com](http://www.plaistow.com). Check often for updated information.

**TOWN HALL MAILING ADDRESS:** Should you need to mail anything to Town Hall, the address is as follows:

(Specify which Department, if possible) Plaistow Town Hall  
145 Main Street  
Plaistow, NH 03865

**DROPBOX:** At the public entrance to Town Hall (front doors), there is a secure, brown Drop Box where you may drop off checks (NOCASH) or other applications and paperwork. Should your paperwork not fit, please refer to the list of contacts below to make alternative arrangements.

**TOWN HALL GENERAL TELEPHONE NUMBER: (603) 382-5200** See below for specific extensions:

**TRANSACTIONS:** The following transactions most often performed for our residents in Town Hall, and directions as to how each may be accomplished until the COVID-19 passes we and we reopen.

**Renewal of a car registration:** Should be done online via our website portal:  
<https://www.plaistow.com/town-clerk/pages/2020-online-motor-vehicle-registrations-dog-licenses-vital-records-links>

Registration and title transfers for a new vehicle purchase: We are awaiting word from the State DMV about how newly purchased vehicle registrations may be handled and will update this information as soon as we have it. Please contact Town Clerk's office with questions or concerns. The "limited access" lobby is available with checks and cash only!

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**Copies of vital records** (birth or death certificates): contact Town Clerk's office, [mfowler@plaistow.com](mailto:mfowler@plaistow.com) [jshields@plaistow.com](mailto:jshields@plaistow.com)

**Tax payments:** Can be made online via our website by credit card, by mail (checks ONLY; or by dropping your check in the secure brown drop box at the front door outside of Town Hall. Please do not use cash. Contact Tax Collector Julie McNamara [jmcnamara@plaistow.com](mailto:jmcnamara@plaistow.com) with questions.

**Dog licensing:** Renewals can be done online: <https://www.plaistow.com/town-clerk/pages/2020-online-motor-vehicle-registrations-dog-licenses-vital-records-links>. For registration of new dogs contact Town Clerk's Office, [mfowler@plaistow.com](mailto:mfowler@plaistow.com) ; [jshields@plaistow.com](mailto:jshields@plaistow.com)

**Boat licensing:** Renewals can be done online: <https://www.plaistow.com/town-clerk/pages/2020-online-motor-vehicle-registrations-dog-licenses-vital-records-links>; for registration of new boats contact Town Clerk Martha Fowler, [mfowler@plaistow.com](mailto:mfowler@plaistow.com) or Deputy Town Clerk, Jackie Shields [jshields@plaistow.com](mailto:jshields@plaistow.com).

**Voter Registration:** Contact Town Clerk Martha Fowler, [mfowler@plaistow.com](mailto:mfowler@plaistow.com). Abatement applications available on <https://www.plaistow.com/assessor>.

**Property Record Cards** are available online <https://www.axisgis.com/PlaistowNH/> or can be requested by calling or emailing the assessing department at [assessing@plaistow.com](mailto:assessing@plaistow.com)

**Filing for and renewals of Exemptions and Credits:** Information for verification or renewal can be sent by mail [assessing@plaistow.com](mailto:assessing@plaistow.com) or dropped off in the Drop Box outside town hall.

**Intents to Cut and Intents to Excavate:** Can be mailed or scanned / sent to [assessing@plaistow.com](mailto:assessing@plaistow.com). Verification of Owners on Abutters are available <https://www.plaistow.com/assessor>.

**Building permits:** Permit applications are available on the Town website and will be accepted by email, mail or Drop Box outside Town Hall. Payments are to be made by check payable to the Town of Plaistow. Should you need to drop off plans or applications which will not fit in the Drop Box, please contact Joyce Ingerson at [jingerson@plaistow.com](mailto:jingerson@plaistow.com).

**Burial plot sales and internments:** Contact Mark Gilford, Cemetery Sexton, [mgilford@plaistow.com](mailto:mgilford@plaistow.com).

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**Trash and Recycling general questions:** Contact Beth Hossack [bhossack@plaistow.com](mailto:bhossack@plaistow.com) or JRM Hauling at 800-323-4285

**For Planning Board or Zoning Board** including site plans, subdivision plans, etc. please contact Dee Voss [dvoss@plaistow.com](mailto:dvoss@plaistow.com).

**GIS/map questions:** visit our website [www.plaistow.com](http://www.plaistow.com)

## **IMPORTANT CONTACTS**

Have a question for a specific department? Please contact the following staff members.

Tax questions: Tax Collector Julie McNamara, [jmcnamara@plaistow.com](mailto:jmcnamara@plaistow.com) or Phone (603) 382-8611

Marriage Licenses, Vehicle or Boat Registration, Dog Licensing: Town Clerk Martha Fowler, [mfowler@plaistow.com](mailto:mfowler@plaistow.com) ; Deputy Town Clerk, Jackie Shields [jshields@plaistow.com](mailto:jshields@plaistow.com), Phone: (603) 382-8611

Assessing Department questions: Assessor Susan Henderson-Daniels, [assessing@plaistow.com](mailto:assessing@plaistow.com)

Building Department questions: Adm. Assistant, Joyce Ingerson, [jingerson@plaistow.com](mailto:jingerson@plaistow.com)

Health Department questions: Health Officer, Dennise Horrocks, [dhorrocks@plaistow.com](mailto:dhorrocks@plaistow.com)

Planning Department questions: Town Planner John Cashell, [jcashell@plaistow.com](mailto:jcashell@plaistow.com)

Finance Department questions: Finance Director Greg Colby [gcolby@plaistow.com](mailto:gcolby@plaistow.com)

Public Works Department questions: Water Department: [mpearson@plaistow.com](mailto:mpearson@plaistow.com)

Roadways: Highway Supervisor Dan Garlington, [hwysupervisor@plaistow.com](mailto:hwysupervisor@plaistow.com)

Cable Department Questions: <https://www.plaistow.com/cable-studio-access-center>

Welfare questions: <https://www.plaistow.com/human-services> or contact Lori Sadewicz [lsadewicz@plaistow.com](mailto:lsadewicz@plaistow.com)

Of course, should you have a general question and you are not sure who to call, please contact Administration officials as follows:

Town Manager Mark A. Pearson [mpearson@plaistow.com](mailto:mpearson@plaistow.com)

Assistant Town Manager Greg Colby [gcolby@plaistow.com](mailto:gcolby@plaistow.com)

Human Resources Lori Sadewicz [lsadewicz@plaistow.com](mailto:lsadewicz@plaistow.com)

Administrative Assistants Beth Hossack [bhossack@plaistow.com](mailto:bhossack@plaistow.com) and Susan Westin [swestin@plaistow.com](mailto:swestin@plaistow.com)

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## Plaistow's Response to COVID-19

The Town of Plaistow is closely monitoring the progression of COVID-19. In an effort to provide timely, up to date, and accurate information we have developed a [COVID-19](#) page on the Plaistow website, which includes links to NH DHHS, with data specific to NH, and for the CDC for national data. Our response, including our coordination with local and regional partners will continue to evolve in accordance with recommendations of NH DHHS, Bureau of Infectious Disease Control and any changes in the local situation. The following are steps that the public can take to help prevent COVID-19, as well as influenza and other respiratory illnesses, in general:

- Wash your hands often, for at least 20 seconds, with soap and water;
- Avoid close contact with people who are sick;
- If you get sick, stay home from work, school, or daycare until your fever has been gone for 24 hours without the use of fever-reducing medicines;
- Avoid touching your eyes, nose and mouth with unwashed hands;
- Cover your nose and mouth when you cough or sneeze and throw tissues in the trash after use;
- Clean and disinfect objects and surfaces that may be contaminated, such as shared dining areas and doorknobs, and all frequently used surfaces; and
- Adhere to all travel advisories issued at a federal level.

This is an emerging and rapidly evolving situation that will require residents to check frequently for the most up-to-date information. Please visit the Plaistow webpage on [COVID-19](#) for ongoing updates and information regarding the situation within NH. A 24/7 phone line has been established by NH DHHS to answer questions from health care providers and the public at 603-271-4496.

## COVID-19 What do Older Adults Need to Know?

Older adults over 60 are more likely to have serious COVID-19 illness. This may be because immune systems change with age, making it harder to fight off diseases and infection. Older adults also are more likely to have underlying health conditions that make it harder to cope with and recover from illness.

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Reducing exposure is especially important for these people at higher risk of complications!

**CDC recommends that you:**

- Stay home and away from public places.
- Wash your hands often.
- Avoid contact with people who are sick.
- Practice social distancing (allow 6 feet, which is about two arm lengths) between you and another person.
- Clean and disinfect frequently touched services.
- Make sure you have access to several weeks of medications and supplies in case you need to stay home for prolonged periods of time.
- Stay in touch with others by phone or email. You may need to ask for help from friends, family, neighbors, community health workers, etc.

Watch for symptoms and emergency warning signs

**COVID-19 symptoms include:**

- Fever
- Cough
- shortness of breath

If you feel like you are developing symptoms, call your doctor.

If you develop emergency warning signs for COVID-19 get medical attention immediately. These symptoms include:

- Difficulty breathing or shortness of breath
- Persistent pain or pressure in the chest
- New confusion or inability to arouse
- Bluish lips or face

This list is not all inclusive. Consult your doctor for any other symptom that is severe or concerning.

As COVID-19 becomes more common in our communities, testing every person who has mild symptoms of fever or respiratory illness becomes impractical, as testing does not change how the person's illness is managed.

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But anyone 60 years or older, or with chronic medical problems who is experiencing symptoms, call your doctor. If your doctor determines testing is indicated, they will order it and let you know where to get the test.

### **Self-Quarantine**

People who do **not** have symptoms but have been notified that they may have been exposed through close contact with a person with COVID-19 or a person presumed to have COVID-19 (without testing), should:

- Stay home (self-quarantine) for 14 days from the last day of potential exposure. It can take up to 14 days from the time someone is exposed to develop symptoms of COVID-19.
- Not be tested for COVID-19 because it doesn't change the need for a person to self-quarantine even if testing is negative.

### **Things you can do to support yourself:**

- Take breaks from watching, reading, or listening to news stories and social media. Hearing about the pandemic repeatedly can be upsetting.
- Take care of your body. Take deep breaths, stretch, or meditate. Try to eat healthy, well-balanced meals, exercise regularly, get plenty of sleep, and avoid alcohol and drugs.
- Make time to unwind. Try to do some other activities you enjoy.
- Connect with others. Talk with people you trust about your concerns and how you are feeling.

Please reach out to family or friends to help obtain your groceries, medicines or other supplies so you do not have to leave the house. **If you find you are in urgent need of food or medications, and have no one that can assist you, please contact Plaistow Police Dispatch at 382-1200 and leave your name, phone number, address and immediate need, and they will forward this information to our Emergency Management team to find assistance.**

## **Plaistow Public Library**

The library closed to patrons effective 7:30 PM on Tuesday the 17th upon a vote of the trustees. The book drop will be closed going forward and patrons will not be fined and can hold onto their books and materials.

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Our staff is still working and can be reached by phone (603-382-6011) or email ([admin@plaistow.com](mailto:admin@plaistow.com)).

In the meantime:

- NH Overdrive lets you download e-books, audiobooks, and popular magazines with your web browser or the Libby app for your smart phone or tablet.
- Hoopla Digital offers movies, music, audiobooks, e-books, comics, and TV shows for your computer, tablet, or phone – even your smart TV. With no waiting, titles can be streamed immediately, or downloaded to phones or tablets for offline enjoyment later.
- Kanopy is a video streaming service offering over 30,000 independent and documentary films, including The Criterion Collection, The Great Courses, and more.
- Universal Class offers over 500 different online continuing education courses.
- Medicine Plus, a service of the National Library of Medicine, features up-to-date information on the coronavirus and more.
- Tumblebooks adds animation, sound, music, and narration to popular children's books for an anytime story time.

## Delivery Services

There are several delivery services such as Grubhub ([grubhub.com](http://grubhub.com)) or Doordash ([doordash.com](http://doordash.com)) that will pick up orders from local restaurants and deliver your order to your door. Many of those same restaurants also have delivery service from the restaurant itself.

Instacart ([Instacart.com](http://Instacart.com)) gives you the opportunity to shop for groceries and have the groceries delivered to your door. Sue Sherman has offered to help anyone interested in using Instacart with the website that is very easy to use.

## Store/Restaurant Hours

Mini Express - Seniors 7 am-10 am. Public 7 am -7 am. Phone Number 603 378-0131.

Cumberland Farms - Open 24 hrs. phone 603 378-0185

Foods Plus - 7am-10pm; Fri-Sat 7am-11pm

Shaw's: Senior hours: Tuesday and Thursday 7am - 9am

Market basket: Senior hours: Daily, 6am – 7am, Stores now close at 6pm

Hannaford: Senior hours: Tuesday, Wednesday Thursday 6am - 7am

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Sushi Time: 603-382-8788. Monday – Sunday 11am – 9pm.  
Hawaiian Isle: 603-382-4746. Monday – Sunday 11:30am – 8pm.  
Casey’s Diner: 603-382-3663.  
Balanced: 603-782-0299.  
Papa Gino’s: 603-382-9204. Sunday – Thursday 10:30am – 9:30pm.  
Friday 10:30am – 10:00pm  
Saturday 11:00am – 10:00pm  
Plaistow Pizza: 603-819-4320. Sunday – Thursday 11:00am – 8pm.  
Friday – Saturday 11:00am – 9pm.  
Chicken Connection: 603-382-5150. Closed Monday.  
Tuesday – Sunday 11:00am – 8:00pm.  
Dano’s Pizza 603-382-4031. Saturday – Thursday 11:00am – 9:00pm  
Friday – 11:00am – 9:30pm.  
Chang Long: 603-974-2800. Sunday – Thursday 11:00am – 10:00pm  
Friday – Saturday 11:00am – 10:30pm.  
Early Bird Café: 603-382-2223.  
Louis Pizza: 603-382-1040. No change in operating hours.  
Moe’s Italian Sandwiches: 603-819-4133. 10:00am – 6:00pm.  
Crow’s Nest Pub and Grill: 603-817-6670. Monday – Sunday 5:00pm – 9:00pm.  
Café El Camino: 603-974-1652. Thursday – Sunday 11:00am – 7pm.

Walmart: 6 am to 7 am every Tuesday, Mar. 24 through Apr. 28. It will start one hour before stores open to the public, and pharmacies will be available during this time, as well. Vision centers will also be open to help with emergency and essential needs only.  
BJ’s:

Effective Sunday, March 22nd, our clubs will have a designated shopping hour every day from 8:00am – 9:00am for our members 60 and over.

Clubs will open at 9:00am for the rest of our members. Our teams continue to work hard to keep high-demand products in stock. Despite our best efforts, there have been and will continue to be situations where we are temporarily out of stock on an item. In addition to shopping in club, we offer the following services for those who may not want to spend as much time away from their home. These services may experience some delays due to high demand.

- Buy Online, Pick Up in Club
- Same Day Delivery<sup>§§</sup>
- Shopping [BJs.com](http://BJs.com) or our mobile app

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# Favorite Recipes

Catherine Willis

## Mr. Food Fish Cakes

2 cups (about  $\frac{3}{4}$  lb.) chunked, cooked white fleshed fish (like cod or sole)  
2 cups mashed potatoes  
1 small onion, finely chopped  
1  $\frac{1}{2}$  tsp salt  
 $\frac{1}{2}$  tsp pepper  
1 egg, well beaten  
Corn Flake Crumbs for dredging

Preheat oven to 400 degrees

In large bowl, break cooked fish apart and mash.

Mix in the potatoes and onions

Form mixture into patties; dip patties in the egg and then into the corn flake crumbs.

Place coated patties in a baking dish and bake for 10 minutes.

Yield 6 patties

NOTE: Adding a little chopped dill or parsley gives these a nice touch. And you can even use instant mashed potatoes here...that makes them even easier.

**OOH Its so GOOD!**



May love and laughter light your days,  
and warm your heart and home.  
May good and faithful friends be yours,  
wherever you may roam.  
May peace and plenty bless your world  
with joy that long endures.  
May all life's passing seasons  
bring the best to you and yours!

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**Town of Plaistow  
145 Main Street  
Plaistow, NH 03865**