

May 2024

# THE GEEZER GAZETTE



**Dedicated to nourishing the vibrant communities of Moultonborough and Sandwich, our Elderly Nutrition Program is committed to providing essential nutritional support for the well-being of our cherished seniors**

139 Old Route 109, PO Box 354, Moultonborough NH, 03254 | Tel: (603) 476-5110

HAPPY  
Mother's  
day





# May is High Blood Pressure Awareness Month



High blood pressure affects nearly half of U.S. adults and many people don't even know they have it. That's why it is important to have it checked at least once a year.

Blood pressure rises and falls during the day, but when it stays elevated over time it's called high blood pressure. This is dangerous because the heart is working too hard, and the force of the blood flow can harm arteries and organs.

Blood pressure is measured in units of millimeters of mercury (mmHg). The readings are given in pairs, with upper (systolic) value first, followed by the lower (diastolic) value.

- Systolic pressure is the pressure when the ventricles pump blood out of the heart- when the heart beats
- Diastolic pressure is the pressure between heartbeats when the heart is filling with blood. The diastolic pressure is always lower than the systolic pressure.
- Healthy blood pressure for most adults is usually less than 120/80 mmHg.

### Risk factors:

- Age: Our blood vessels naturally thicken and stiffen over time, so blood pressure tends to get higher as we get older.
- Sex: Before age 60, more men than women have high blood pressure. After age 60, more women than men have it.
- Genes: High blood pressure often runs in families
- Lifestyle habits: eating unhealthy foods, especially those with too much salt, or drinking too much alcohol or caffeine, being obese, smoking, and not getting enough exercise can raise blood pressure.

### Managing high blood pressure:

- Exercising and getting regular physical activity.
- Mindfully managing stress
- Cutting down on alcohol
- Quit smoking
- Talk to your doctor about medication
- Following the DASH eating plan

| Eat This                  | Limit This                |
|---------------------------|---------------------------|
| Vegetables                | Fatty meats               |
| Fruits                    | Full-fat dairy            |
| Whole grains              | Sugar sweetened beverages |
| Fat-free or low-fat dairy | Sweets                    |
| Fish                      | Sodium intake             |
| Poultry                   |                           |
| Beans                     |                           |
| Nuts & seeds              |                           |
| Vegetable oils            |                           |

For additional resources, please check out the National Heart, Lung and Blood Institute website:  
<https://www.nhlbi.nih.gov/resources/>

[www.nhlbi.nih.gov/DASH](http://www.nhlbi.nih.gov/DASH)



# Ossipee Concerned Citizens

## Moultonborough Sandwich Senior Meals

139 Old Route 109, PO Box 354,  
Moultonborough, NH 03254 (603)476-5110  
Ladjutantocc@gmail.com

### May 2024

| Monday  | Tuesday  | Wednesday  | Thursday   |
|---|--|--|--|
| Menu Subject to Change without Notice   |  | 1.<br>Roast Pork with Cranberry Glaze, Mashed Potatoes, Peas, Carrots, Orange                        | 2.<br>Hunters Stew, Brown Rice, Braised Greens, Biscuit, Yogurt, Uns. Applesauce                                   |
| 6.<br>Manicotti, Garden Salad w/ Lite Italian Dressing, Broccoli, Garlic Bread, Peaches           | 7.<br>Chicken & Sausage Pasta Bake, Collard Greens, Cauliflower, Dinner Roll, Unsweetened Applesauce     | 8.<br>Tamale Pie, Salsa, Sour Cream, Spanish Rice, Corn O'Brien, Fresh Melon                         | 9.<br>Chicken Salad on a Pita w/ Shredded Romaine, Carrot Sticks, Marinated Chickpea Salad, Cottage Cheese, Orange |
| 13.<br>Hot Ham & Swiss Sandwich on WW Bread, Mashed Sw. Potato, Green Beans, Pickle Spear, Banana | 14.<br>BBQ Pulled Pork, Mashed Potato, Coleslaw, Green Beans w/ Onion, Cornbread, Applesauce             | 15.<br>Burger on a Bun w/ Lettuce & Tomato, Baked Beans, Pickle Spear, Potato Salad, Carrots, Orange | 16.<br>Ham Salad w/ WW Crackers, Pasta Salad, Marinated Cucumber & Onion, Cantaloupe                               |
| 20.<br>BBQ Chicken Leg, Mashed Potato, Corn, Wax Beans, Pineapple                                 | 21.<br>Taco Salad, Salsa, Sour Cream, Tortilla Chips, Spanish Rice, Mexican Street Corn, Grapes          | 22.<br>Mac & Cheese, Stewed Tomatoes, Spinach, Garlic Bread, Orange                                  | 23.<br>Chicken & Broccoli Casserole w/ WW Pasta, Zucchini, Roasted Sweet Potato, Pear                              |
| 27.<br><b>Happy Memorial Day!!</b><br><b>CLOSED</b>   | 28.<br>Smothered Chicken, Mashed Potatoes, Brussel Sprouts, Carrots, Cottage Cheese, Dinner Roll, Banana | 29.<br>Shepherd's Pie, Peas & Mushrooms, Spinach, Biscuit, Fresh Melon                               | 30.<br>Chicken Caesar Salad Wrap, Pasta Salad, Marinated Cucumber Salad, Grapes                                    |



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& Meredith Bay Crematorium**

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**Peter G. Mayhew, Director  
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# 69% of seniors will need some sort of long-term care. What's your plan to pay for it?

- Could I lose my home and life savings to a nursing-home stay?
- What if my adult child divorces or dies?
- What if my adult child is battling creditors or addiction and inherits the estate?

If these, or questions like them, are keeping you up at night, don't miss this powerful educational session with key steps you can take to create a lasting legacy. Planning early is critical.



## Thursday May 30, 5:00-6:30 PM

Moultonborough Public Library  
4 Holland Street, Moultonborough, NH

To register, go to [docrlaw.com/seminars](http://docrlaw.com/seminars) or call 1-800-370-5010

Check our website for additional seminars being offered in Nashua, Concord and throughout the state.



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Attorney  
Edward Beasley



Special Guest:  
Greg Gagne, ChFC