

Laconia Senior Center

May Newsletter

Your Resource for Healthy Aging

2024

532 Main St
Laconia, NH 03246
(Parking located at 184
Beacon St. West)
603-524-7689
Heather Joubert
Resource Manager

Communities Served:

Belmont ★ Gilford
Gilmanton
Laconia ★ Tilton
Sanbornton
Meredith
Ctr. Harbor
New Hampton

**But ALL are
welcome!**

Hours:

**M, T, TH –8:30-2:30
W, F-8:30-1:00pm**

**Take Out Meals
To Go**

Monday – Thursday
11:30am-12:30pm

Meals on Wheels

Offered to anyone home-bound age 60 or to those who are unable to shop or cook a meal independently.

**Service Link
Resource Center
1-866-634-9412 or
528-6945**

May is National Blood Pressure Month



Facts About Hypertension

Blood pressure is the pressure of blood pushing against the walls of your arteries. Arteries carry blood from your heart to other parts of your body.

Blood pressure normally rises and falls throughout the day, but it can damage your heart and cause health problems if it stays high for a long time. Hypertension, also called high blood pressure, is blood pressure that is higher than normal.

In 2017, the American College of Cardiology and the American Heart Association published new guidelines for hypertension management and defined high hypertension as a blood pressure at or above 130/80 mmHg. Stage 2 hypertension is defined as a blood pressure at or above 140/90 mmHg.¹

Blood Pressure Categories:

Blood Pressure Category	Systolic Blood Pressure	and	Diastolic Blood Pressure
Normal	<120 mmHg	and	<80 mmHg
Elevated	120-129 mmHg	and	<80 mmHg
Hypertension			
Stage 1	130-139 mmHg	or	80-89 mmHg
Stage 2	≥140 mmHg	or	≥90 mmHg

Starting in May, the Laconia Senior Center will be closing at 1:00 on Wednesdays and Fridays.

Thank you!

We are adding another Congregate meal on Tuesdays, starting Tuesday, May 7th at 12:00pm. Come and join us for another meal with friends!

Having hypertension puts you at risk for heart disease and stroke, which are leading causes of death in the United States.²

- In 2021, hypertension was a primary or contributing cause of 691,095 deaths in the United States.²
- Nearly half of adults have hypertension (48.1%, 119.9 million), defined as a systolic blood pressure greater than 130 mmHg or a diastolic blood pressure greater than 80 mmHg or are taking medication for hypertension.³
- About 1 in 4 adults with hypertension have their hypertension under control (22.5%, 27.0 million).³
- About half of adults (45%) with uncontrolled hypertension have a blood pressure of 140/90 mmHg or higher. This includes 37 million U.S. adults.³
- About 34 million adults who are recommended to take medication may need it to be prescribed and to start taking it. Almost two out of three of this group (19 million) have a blood pressure of 140/90 mmHg or higher.

Whatever your age, you can take steps each day to keep your blood pressure in a healthy range.

You can help prevent high blood pressure—also called hypertension—by making healthy choices and managing other health conditions you may have.— cdc.gov



We are off to the races! May 2nd– Wear your favorite Kentucky Derby hat or outfit to the Senior center!



Come and Enjoy a wonderful meal provided by our chefs! Every Tuesday and Thursday at 11:30 am at the Laconia Senior Center. Please sign up at the center or by calling 603-524-7689 to RSVP. A \$3.00 donation per person is greatly appreciated



Our walking group meets Tuesdays at 1:00pm. The group meets at the Senior Center and walks around the city. Come and give it a try and walk as much as you would like. Weather permitted. We hope to see you there!



From your...

COMMUNITY RESOURCE CENTER

The EatingWell Cobb Salad

By: Eating Well Test Kitchen



This Cobb salad recipe is true to the original with all the good stuff- chicken, eggs, bacon, avocado and a tangy dressing. But we cut the saturated fat in half and doubled the amount of healthy monounsaturated fat.

Cook Time: 40 minutes Servings: 4

3 tablespoons white-wine vinegar

2 tablespoons finely minced shallot

1 tablespoon Dijon mustard

1 teaspoon freshly ground pepper

¼ teaspoon salt

3 tablespoons extra-virgin olive oil

10 cups mixed salad greens

8 ounces shredded cooked chicken breast, (about 1 large breast half; see Tip)

2 large eggs, hard-boiled (see Tip), peeled and chopped

(Continued)

2 medium tomatoes, diced
1 large cucumber, seeded and sliced
2 slices cooked bacon, crumbled 1/2 cup crumbled blue Cheese

Directions

Whisk vinegar, shallot, mustard, pepper and salt in a small bowl to combine. Whisk in oil until combined. Place salad greens in a large bowl. Add half of the dressing and toss to coat. Divide the greens among 4 plates. Arrange equal portions of chicken, egg, tomatoes, cucumber, avocado, bacon and blue cheese (if using) on top of the lettuce. Drizzle the salads with the remaining dressing.

Help with your Heating and Electric Costs!

You may be eligible for help with your energy bills. The Fuel Assistance Program will help pay your winter heating bills and the Electric Assistance Program can provide a discount on your electric bill if eligible. Please call the Area Center nearest you for more information or to make an appointment to apply. Home visits and mail-in applications are available for those unable to come in to a center.

- Concord Area Center** – 603-225-6880
- Laconia Area Center** – 603-524-5512
- Meredith Area Center** – 603-279-4096
- Franklin Area Center** – 603-934-3444
- Warner Area Center** – 603-456-2207
- Suncook Area Center** – 603-485-7824



Elder Services

Community Action Program, Belknap Merrimack Counties, Inc.

Suzanne Demers, Director, Heather O'Brien, Operations Wellness Manager

Consider donating a tax deductible contribution to the Meals on Wheels Program in tribute to someone special, or to celebrate a special occasion.

Name: _____

In Memory/Honor of _____

Address: _____

(circle one above)

Send Acknowledgement to _____

Phone # (if we have questions) _____

Address: _____

Please make checks payable to CAPBM and send to Community Action Program, Belknap-Merrimack Counties, Inc, P.O. Box 1016, Concord, NH 03302. *Thank you for your support.*



Senior News Publications



Are You A

Local

Business Owner?

Advertise Today

We connect local businesses with their residents

fullerrv.com

FULLER RV
RENTALS & SALES

usamotorhomerentals.com

150 Shrewsbury St, Boylston, MA 01505, RTE 140



1 (800) 338-2578

Family Owned and Operated Since '84

HELLO RV AND CAMPING COMMUNITY!



792 Mayhew Turnpike Bridgewater NH, 03222

CAMP AT NEWFOUND LAKE IS NOW ACCEPTING SEASONAL AND ALL OTHER RESERVATIONS FOR THE 2024 SEASON.

RESERVE YOUR RV/CAMPING SEASON!

Check us out at:
www.camp-nh.com



Or call us at:
603-744-3344

Allison Ferland
Medicare Sales Specialist

allison.ferland@wellsense.org
603-456-8696 (TTY: 711) | wellsense.org/medicare



Here to assist with your Medicare needs



Mayhew Funeral Homes & Meredith Bay Crematorium

603-279-4007
Peter G. Mayhew, Director
Route 3 & Cataldo Road
Meredith, NH 03253

AD Space for SALE

SENIOR NEWS PUBLICATIONS
603-601-8047

we bring community to you

INFO@SNPNEWSLETTERS.COM
WWW.SNPNEWSLETTERS.COM

Granite VNA

Serving New Hampshire Since 1899

Home Health & Hospice Provider

Helping people remain independent and live life to the fullest.

granitevna.org · (800) 924-8620



Laconia Senior Center 603-524-7689


MAY 2024 ACTIVITIES

Monday	Tuesday	Wednesday	Thursday	Friday
<p>*Calendar is subject to change</p> <p>*See other side for Thursday's Congregate meal menu</p>		<p>1 9-9:45 am- <u>Strength and Balance with Jena</u></p> <p>10:00am- Men's only coffee hour</p>	<p>2 Wear your Kentucky derby hat day! 10-11:15am: Fraud prevention with Meredith Village Savings Bank 11:30am- Congregate</p>	<p>3 9-9:45 am- <u>Strength and Balance with Jena</u></p> <p>10:45-11:15am: Chair Yoga with Russ</p>
<p>6 10-11:00am-Foot and Blood pressure Clinic – Granite VNA *By Appointment* 10-12:00pm- Corn Hole 1:00pm- Walking Group</p>	<p>7 9-10:00am- Ping Pong 9:30-11:30am- Bingo 11:45 Congregate</p>	<p>8 9-9:45 am- <u>Strength and Balance with Jena</u></p> <p>10-11:00am- Activities committee meeting</p>	<p>9 9:30-10:30am- Mother's Day Brunch</p> <p>11:30am-Congregate meal</p>	<p>10 9-9:45 am- <u>Strength and Balance with Jena</u> 11:00- cooking 10:45-11:15am: Chair Yoga with Russ</p>
<p>13 10-12:00pm- Corn Hole</p> <p>9-12:00pm- Board Games 1:00pm- Walking Group</p>	<p>14 9-10:00am- Ping Pong 9:30-11:30am- Bingo 11:45 Congregate</p>	<p>15 9-9:45 am- <u>Strength and Balance with Jena</u> 11am-12:00-National Chocolate Chip Cookie Day- bring your favorite recipe to share</p>	<p>16 10:30-11:30- Franklin VNA blood pressure clinic 10:00- Strategic Caring Solutions Talk 11:30am-Congregate meal</p>	<p>17 9-9:45 am- <u>Strength and Balance with Jena</u></p> <p>10:45-11:15am: Chair Yoga with Russ</p>
<p>20 10-12:00pm- Corn Hole</p> <p>9-12:00pm- Board Games 1:00pm- Walking Group</p>	<p>21 9-10:00am- Ping Pong 9:30-11:30am- Bingo 11:45 Congregate</p>	<p>22 9-9:45 am- <u>Strength and Balance with Jena</u> 10:00am- Artfully Aging Art class with Partnership for Public Health</p>	<p>23 10:00am- Book club and swap</p> <p>11:30am-Congregate meal</p>	<p>24 9-9:45 am- <u>Strength and Balance with Jena</u></p> <p>10:45-11:15am: Chair Yoga with Russ</p>
<p>27 The center is closed for the holiday.</p>	<p>28 9-10:00am- Ping Pong 9:30-11:30am- Bingo 11:45 Congregate</p>	<p>29 9-9:45 am- <u>Strength and Balance with Jena</u></p> <p>10am-12:00- Corn hole games</p>	<p>30 11:30am-Congregate meal</p> <p>12:30pm- May birthday celebration</p>	<p>31 9-9:45 am- <u>Strength and Balance with Jena</u></p> <p>10:45-11:15am: Chair Yoga with Russ</p>



LACONIA SENIOR CENTER

MAY 2024 MOW MENU

Mon	Tue	Wed	Thu	Fri
		1	2	3
<p><i>*=low sodium meals</i></p> <p>FOOD ALLERGY NOTICE: Please be advised that our food may contain these ingredients: Milk, Eggs, Wheat, Soy-</p>		<p>*Ground beef Patty w/ mushroom gravy</p> <p>Grilled Chicken</p>		<p>Scrambled Eggs</p>
6	7	8	9	10
<p>Sweet and sour meatballs</p> <p>Chicken tenders</p>		<p>*Ground beef patty w/mushroom gravy</p> <p>Chicken Provencal</p>		<p>Meatballs and Marinara</p>
13	14	15	16	17
<p>*Chicken Lasagna</p> <p>* Beef steak w/ Stroganoff Sauce</p>		<p>* Chicken Paprikash</p> <p>Beef and Pork meatloaf</p>		<p>* Orange chicken</p>
20	21	22	23	24
<p>Baked beans and Hot dogs</p> <p>French toast, eggs and sausage</p>		<p>*Ground beef patty w/ Port Jus</p> <p>* Turkey A La king</p>		<p>Buttermilk pancakes</p> <p>* Pork w/ applesauce</p> <p>* Thai style coconut curry chicken</p>
27	28	29	30	31
<p>AGENCY CLOSED</p> 		<p>Grilled Chicken w/Teriyaki sauce</p> <p>Sweet and sour meatballs</p>		<p>Scrambled eggs</p>