



**Horseshoe Pond Place
Senior Resource Center**
Serving Greater Concord Area Seniors
~ Your Resource for Healthy Aging ~



2024

**Richard Penney
Manager
228-6956**

26 Commercial St #105
Concord, NH 03301
rpenney@bm-cap.org

Hours:

Monday — Friday
8:00 am — 2:30 pm

HSPM MOW 931-0956

Meals on Wheels
Coordinator, Concord
**225-9092 or
225-3295**

Community Dining

Monday-Friday
11:30 am–12:00 pm
(Please RSVP by Tuesday
each week)

Senior Resource

Services:

- Health & Wellness
- Education
- Arts and Humanities
- Exercise
- Social Events
- Volunteer Opportunities

**Service Link
Resource Center**

1-866-634-9412

The first number to call for
senior services



NOTABLE SENIOR HEALTH CONCERNS *

The human body changes as it ages. While certain conditions are commonly associated with aging, some individuals may be surprised to learn of the more common health conditions that can affect seniors. The World Health Organization says one in six people will be 60 or older by 2030. With such a large portion of the population on the cusp of turning 60, it makes sense for individuals to familiarize themselves with the more notable issues affecting seniors.

Cognitive Decline: Certain degree of memory loss is a natural component of aging. However, dementias, like Alzheimer’s Disease, are not a side effect of aging. As many as one in five seniors experience mental health issues that are not associated with aging and it helps to learn the early warning signs of dementia.

Osteoarthritis: Aches and pains may come with aging, and often can be attributed to osteoarthritis, which is the most common form of arthritis, according to the Mayo Clinic. It is progressive and cannot be reversed, but maintaining a healthy weight and staying active can help alleviate pain and improve joint function.

Cataracts & Refractive Errors: It should come as no surprise to most that the eyes change as the body ages. Refractive errors like nearsightedness, farsightedness, astigmatism and presbyopia can make objects look blurry when viewed. Cataracts, which are a clouding of the eye’s natural lenses, affect about 20% of people age 65 and older. The National Eye Institute says half of all people over the age of 80 will get them. Cataract removal surgery and prescription eyeglasses can help.

Type 2 Diabetes: Unchecked diabetes can lead to a host of ailments, including vision problems, mobility issues, kidney damage and increased risk for heart disease or stroke. Many people can manage type 2 diabetes with diet and exercise.

Heart Disease: The National Institute on Aging says adults 65 and older are more likely than younger people to suffer from cardiovascular disease that affects the heart, blood vessels, or both. Conditions like high blood pressure and cholesterol need to be properly managed, and diet and exercise is important throughout life to help avoid developing issues in later years.

Balance Issues: Balance issues that can lead to falls are a major concern for seniors. Many things can adversely affect balance. These include nerve and brain problems, vision troubles, diabetes, arthritis, inner ear problems, and even dehydration. Dizziness or balance problems should be addressed, as there are serious health risks associated with falls.

* National Institute on Aging; HealthinAging.org.; Mayo Clinic 2023

ACTIVITIES CURRENTLY AT HSPP

BONE BUILDERS

Monday & Wednesday 10:00—11:00 am
Dance Studio 1

BRIDGE CLUB

Every Tuesday & Thursday 1:00—3:00 pm
Community Room

GENTLE CHAIR YOGA

Thursdays 10:00—11:00 am
Community Room (and yes Tom Sherman is back!)

CARE GIVERS GROUP

Wednesday 10:00—12:00 pm
Library (led by Kim Lavoie)
A second group and time to follow if numbers allow

READERS AND WRITERS DISCUSSION GROUP

Wednesdays 1:00—2:00 pm Library
Come and share what you are writing and currently reading. Always bring any suggestions you may have and be prepared to laugh a lot as we have fun.

CRIBBAGE CLUB

Tuesdays and Thursdays 1:30 pm
Dining Room We love to teach new players!
We are currently looking to start back up for our summer sessions.

SENIOR EXERCISE

Tuesdays 10:00—11:00 am
Dance Studio 1

TAI CHI

Tuesdays 10:00—11:00 AM
Dance Studio 2 \$5.00 per class

We are currently still looking for anyone who would like to instruct line dancing in the dance studio on either a Tuesday or Thursday morning. If interested, please call Rich at HSPP.

Please plan to join us for our Mother's Day Luncheon celebrated on Monday, May 13th at 11:00 AM. The meal is Chicken Stew with biscuit, vegetable, small garden salad, fresh fruit

We will be closed Monday, May 27th for Memorial Day Observance.



HSPP SPOTLIGHT

HSPP SENIOR RESOURCE CENTER FOOD PROVISIONS PROGRAM

Every **Wednesday and Thursday** HSPP gets food donations from Shaws, Hannafords, KFC, Panera and various church organizations. The food donated covers a wide variety including canned goods, breads, soups, deli meats, various desserts, etc. We have no knowledge of what is coming in for provisions until they deliver on that particular day. All are welcome to come and take only what you need and can use. In this way we can help to make sure as many people as possible can share in this program. This service is provided to help people get the food they need and helps with the rising costs of groceries. If you have questions please call Rich, he is in charge of the Food Provisions Program.



Join us for Take Out Meals or Dine In Monday – Friday at HSPP. Frozen Take Out Meals are available Mon—Friday any time from 8:00 am to 3:30 pm. Dine in hot meals are served at 11:15 am to 12:00 pm. Mon, Tue, Thur & Fri.

Granite VNA Personalized Homecare Services

We provide a large range of homecare solutions customized to your needs. We provide home care, hospice care, palliative care, personal home services, pediatric and maternal child health services, and wellness programming. Learn More at www.granitevna.org

WHAT DO YOU SEE FIRST ?



IF YOU SAW THE DOG'S TAIL & BACKLEG FIRST: You solve problems on your own & aren't afraid to think outside of the box. You're headstrong and don't like taking help from anyone else. You will do anything and everything to solve a problem.

IF YOU SAW THE DOG'S SNOUT FIRST: before trying to solve a problem you like to take everything in before coming up with a solution. You think more analytically in order to come up with a rational solution to whatever problem comes your way.

IF YOU SAW BOTH: you are able to use all your skills to arrive at a solution that is a creative one. You are capable of fully maxing out your potential when solving a problem.

Help With Your Heating & Electrical 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. You may contact them by phone at 603-223-0043, by email at FuelAssistance@capbm.org or 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 into a center.

Concord Area Center 225-6880

Laconia Center 524-5512

Meredith Area Center 279-4096

Suncook Area Center 485-7824



GRANITE VNA

Granite VNA is offering an online "Powerful Tools for Caregivers" a six-week educational program that helps caregivers learn to take care of themselves. The program is on Wednesdays beginning May 22 from 2 to 3:30 p.m.

Caregiving can add stress to our physical and emotional health. "Powerful Tools for Caregivers" is an educational program to help family caregivers learn to take care of themselves. This interactive workshop helps caregivers learn to: * Reduce personal stress * Change negative self-talk * Communicate more effectively * Handle different feelings * Make challenging caregiving decision

To register, call (603) 224-4093 or (800) 924-8620, ext. 85815 or visit www.granitevna.org. Registration is required and space is limited. This program is offered at no charge.

Are You a Senior Looking for Healthy Foods?

You may be eligible for the Commodity Supplemental Food Program (CSFP). CSFP is free nutritious foods such as cereal, cheese, fruits and vegetables, pasta, and juice for low-income seniors 60 years of age and older. In the summer months you will receive free fresh fruits and vegetables! For more information, call CSFP at Belknap-Merrimack CAP 1-800-578-2050 or 603-225-2050.



Elder Services Community Action Program, Belknap Merrimack Counties, Inc.

Suzanne Demers, Director, Heather O'Brien, Operations 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 / MOW and mail to Community Action Program, Belknap-Merrimack Counties, Inc, P.O. Box 1016, Concord, NH 03302. *Thank you for your support.*

COMMUNITY RESOURCE CENTER

- > Commodity Supplemental Foods, 225-2050
- > Meals On Wheels, 225-9092
- > ServiceLink, 228-6625
- > Senior Companions, 225-3295
- > Foster Grandparents, 228-1193, ext. 237
- > Retired Senior Volunteer Program (RSVP)
228-1193, ext. 238
- > Senior Bus/Volunteer Driver Program (CAT), 225-1989

GRANITE VNA IS AT HSPP

The office is back open and accepting clients. The current hours are: the first Thursday of the month from 9:00 – 3:00; the second Monday of the month from 9:00 - 12:00 & 1:00 -4:00, the fourth Wednesday of the month from 9:00-3:00, and the fourth Thursday of the month from 9:00-3:00

Call 224 - 4093 for appointments.

This month's dates are :

Thursday, May 2nd: 9:00 – 3:00

Monday, May 13th : 9:00 –12:00 & 1-4:00

Wednesday, May 22nd: 9:00 - 3:00

Thursday, May 23rd: 9:00-3:00

HOGAN'S HEROES Trivia Answers

- * They were in the United States Army
- * Commandant Colonel Klink and Sergeant Shultz
- * Shultz loved to eat any kind of food
- * Corporal Louis LeBeau was the gourmet cook
- * Fraulein Helga (Cynthia Lynn) left after one year due to an affair with Bob Crane and Fraulein Hilda (Sigrid Valdis) who Bob Crane ended up marrying a year later.

LET'S MAKE A DEAL

- * Who was the host of the show?
- * The contestants were referred to as what?
- * What did contestants do to try and get chosen?
- * A bad deal was referred to as what?
- * Can you name the famous prize model on the show?
- * What was a "quickie deal?"



Senior News
Publications



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www.camp-nh.com



Or call us at:
603-744-3344





MAY Menu 2024

HSPP Senior Center

Congregate & GNG Meals

<u>Weekly Take-Away Offerings:</u> *****	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Sweet and Sour Meatballs Chicken Provencal Hot Dog & Bean Casserole Chef's Choice	<i>Menus are subject to change without notice</i>		1 <u>MEALS CURRENTLY NOT SERVED ON WEDNESDAYS</u>	2 Chicken Corn Chowder Small Garden Salad Dinner Roll Fresh Fruit Cup	3 Brunch Menu Scrambled Eggs w/ Cheese, Potato Barrels, Salsa, Breakfast, Sausage Links, Fruit Cup, Tortilla Shells
Stuffed Pasta w/ Marinara Italian Sausage Pepper/Onion Teriyaki Meatballs Chef's Choice	6 Cinco de Mayo Taco Pie Topped w/ Cornbread, Rice, Sour Cream & Salsa, Mixed Vegetable, Fruit Cup	7 Chicken Teriyaki Rice Pilaf, Vegetable Wheat Bread, Fruit Cup	8	9 Pulled Pork and Onions Whole Grain Dinner Roll Coleslaw, Baked Beans Fresh Fruit Cup	10 Greek Gyro on Pita Bread, Tzatziki Sa, Tomato, Lettuce Couscous Salad, Fruit
Teriyaki Chicken Pulled Pork w Sauce Pub Burger w/ Gravy Chef's Choice	13 Mother's Day Celebrate Chicken Stew with Biscuit Vegetable, Small Garden Salad Fresh Fruit Cup Apple Pie Day	14 Sweet & Sour Meatballs Steamed Rice, Vegetables Fruit Cup WG Dinner Roll	15	16 Chicken Taco Salad, Shredded Cheese, Tomato, Cucumbers, Blk Bean Salad, Salsa/ Sour Cream Dressing, Dinner Roll, Fruit Cup	17 Kielbasa w/ Sauerkraut Rice Pilaf, Broccoli Florets WG Dinner Roll Fruit Cup
Kielbasa w. Sauerkraut Chicken Stew Sweet and Sour Meatballs Chef's Choice	20 Baked Fish Fillet w/Tartar, Potato Wedges Vegetables, Fruit Cup WG Dinner Roll	21 Chicken Broccoli Rice Casserole, Vegetable WG Dinner Roll, Fruit Cup	22	23 BBQ Chicken Strips Coleslaw, Potato Salad Fruit Cup, Dinner Roll	24 Chef Salad - Bed of Lettuce, Ham, Turkey, Eggs, Tomato, Cucumber, and Cheese Fruit Cup, Dinner Roll
Breaded Fish Fillet w Tartar Chicken Broc Rice Casserole American Chop Suey Chef's Choice	27 CLOSED FOR THE HOLIDAY  memorial DAY	28 MEMORIAL DAY BBQ** Chef Salad - Bed of Lettuce, Ham, Turkey, Eggs, Tomato, Cucumber, and Cheese Fruit Cup, Dinner Roll	29	30 Chicken and Rice Soup Vegetable, Dinner Roll Fruit Cup	31 Pizza Party Vegetable Salad, Cheese Stx Fruit Cup












**HORSESHOE
POND**
Rich Penney,
Mgr.
228-6956 or
931-0956



**MOW
MENU
2024**



Mon	Tue	Wed	Thu	Fri
		1	2	3
FOOD ALLERGY NOTICE: Please be advised that our food may contain these ingredients: Milk, Eggs, Wheat, Soybean, Peanuts, Tree nuts, Fish & Shellfish		Meatballs w/ Tomato & Basil Buttermilk Pancakes		Sweet & Sour Meatballs
6	7	8	9	10
Chicken & Rice Casserole LS Scrambled Eggs		Chicken Provencal Chicken w/ Honey Garlic Sauce LS		Shepherd's Pie LS
13	14	15	16	17
Chicken Lasagna LS Tilapia w/Florentine Sauce LS		Beef & Pork Meatloaf Waffles with Blueberry Compote		Orange Chicken LS
20	21	22	23	24
Shells & Cheese LS Baked Beans & Hot Dog		Grilled Chicken w/ Teriyaki Sauce Chicken Pot Pie LS		Beef Chili LS Penne Pase Primavera LS Turkey A La King LS
27	28	29	30	31
CAP & HSPP CLOSED 		Chicken Broccoli Cheese Sauce LS Meatballs w/ Tomato & Basil		Scrambled Eggs