

May 2024

# THE GEEZER GAZETTE



**To promote the growth and prosperity of the Town of Ossipee and its vicinity**

3 Dore Street, PO Box 426, Center Ossipee, NH 03814 | Tel: (603) 539-6851

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

3 Dore Street, P.O. Box 426 Center Ossipee, NH 03814 603-539-6851 Congregate

Meals: 12pm to 1pm Monday – Friday

Bingo- Every Monday at 1:30pm

Cribbage Game- Every Thursday at 1pm

## May 2024

Monday	Tuesday	Wednesday	Thursday	Friday
Menu Subject to Change without Notice		1. Pumpkin Chili, Corn, Salad w/ Lite Italian Dressing, Cornbread, Peaches	2. Roast Pork with Cranberry Glaze, Mashed Potatoes, Peas, Carrots, Orange	3. Hunters Stew, Brown Rice, Braised Greens, Biscuit, Yogurt, Uns. Applesauce
6. Manicotti, Garden Salad w/ Lite Italian Dressing, Broccoli, Garlic Bread, Peaches	7. Baked White Fish w/ Crumb Topping, Mashed Sw. Potato, Zucchini & Summer Squash, Lima Beans, Mandarin	8. Chicken & Sausage Pasta Bake, Collard Greens, Cauliflower, Dinner Roll, Unsweetened Applesauce	9. TamalePie,Salsa, Sour Cream, Spanish Rice, Corn O'Brien, Fresh Melon	10. Chicken Salad on a Pita w/ Shredded Romaine, Carrot Sticks, Marinated Chickpea Salad, Cottage Cheese, Orange
13. Hot Ham & Swiss Sandwich on WW Bread, Mashed Sw. Potato, Green Beans, Pickle Spear, Banana	14. Veggie Marinara over WW Pasta, Spinach, Corn, Garlic Bread, Cottage Cheese, Pineapple	15. BBQ Pulled Pork, Mashed Potato, Coleslaw, Green Beans w/ Onion, Cornbread, Applesauce	16. Burger on a Bun w/ Lettuce & Tomato, Baked Beans, Pickle Spear, Potato Salad, Carrots, Orange	17. Ham Salad w/ WW Crackers, Pasta Salad, Marinated Cucumber & Onion, Cantaloupe
20. BBQ Chicken Leg, Mashed Potato, Corn, Wax Beans, Pineapple	21. Pork Stir-fry, White Rice, Broccoli, Carrots, Dinner Roll, Peaches	22. Mac & Cheese, Stewed Tomatoes, Spinach, Garlic Bread, Orange	23. Taco Salad, Salsa, Sour Cream, TortillaChips, Spanish Rice, Mexican Street Corn, Grapes	24. Chicken & Broccoli Casserole w/ WW Pasta, Zucchini, Roasted Sweet Potato, Pear
27. Happy Memorial Day!!  CLOSED	28. Smothered Chicken, Mashed Potatoes, Brussel Sprouts, Carrots, Cottage Cheese, Dinner Roll, Banana	29. Shepherd's Pie, Peas & Mushrooms, Spinach, Biscuit, Fresh Melon	30. Pork Cacciatore w/ WW Pasta, Braised Cabbage, Broccoli, Dinner Roll, Orange	31. Chicken Caesar Salad Wrap, Pasta Salad, Marinated Cucumber Salad, Grapes



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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