



Forever Young

*Activities, Opportunities, Travel, Exercise,
Programs, News, and Friendships
for the Town of Atkinson's Mature Citizens*

Note from Director of Recreation and Community Services

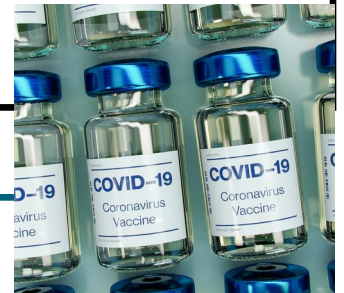
Special edition January 2021

#43

Happy New Year!!! As we enter a brand new year I am excited to share with you that the Board of Selectmen adopted to be combining Recreation, the Community Center & Elder Services under my direction. 2021 will be a year of resilience and self care for Atkinson Recreation, community Center and Elder Services. The year 2020 had been uniquely difficult on each one of us, but things are beginning to see the light now the vaccination will be available to all of us and we are excited to forge ahead.

Sending Healthy 2021 wishes to all.

Noriko Yoshida-Travers
603 362-1098



INSTRUCTIONS FOR REGISTERING FOR VACCINATION

Here is the summary of information from the State of NH
<https://www.vaccines.nh.gov/>.

Coronavirus Disease 2019 (COVID-19) Outbreak, Update #34 Instructions for Registering Medically Vulnerable Patients for Vaccination

Key Points and Recommendations;

The New Hampshire (NH) Division of Public Health Services (DPHS) continues to distribute vaccine under the Phase 1b vaccine allocation guidelines.

- **Vaccination for Phase 1b eligible vaccine recipients will begin on January 26th through various locations. Phase 1b includes:**

- **Persons who are 65 years of age or older**
- Persons who are under 65 years old with defined **medical conditions***** (see page 2) that put them at significantly higher risk for severe COVID-19 illness and death

- **Registration for NH residents in Phase 1b will begin on January 22nd at 8:00am.**

The registration and scheduling process for vaccination will vary depending on the person's prioritization criteria and location of vaccination clinic:

Persons 65 years of age and older should register to be vaccinated at a fixed site by visiting <https://vaccines.nh.gov>. Persons without internet access should call 2-1-1 to get assistance with registration.

- Persons under 65 years of age who are prioritized due to medical conditions need to register through their healthcare provider to confirm eligibility and facilitate vaccination through one of the processes outlined below. There is no requirement to retain any verification forms, but a person's associated medical conditions should be documented in their health record.

TOWN MEETING AND ELECTION

Our Election Officials have begun preparing for the 2021 Atkinson Town Meeting & Town Election. If you are not currently registered to vote in Atkinson, please visit the Town Clerk's Office to register. You can find more information regarding this election including the Absentee Ballot Application on the Town Clerk website <http://www.town-atkinsonnh.com/clerk.html>. Upcoming important deadlines include: *****Covid-19 Safety Protocols will be enforced: Masks/Face Coverings are required and Social distancing will be enforced at the Deliberative Session in the Atkinson Academy Building*****

Supervisors of the Checklist Meeting: Saturday, February 27th 11:00 am ~11:30 am at Atkinson Community Center 4 Main St.

Filing Period for Candidacy for an Elected Town Position: January 20th -January 29th 5:00pm. Town Clerk's Office

Town Deliberative Session: Saturday, January 30th, 10:00 am. (SNOW DATE, Saturday, February 6th) at Atkinson Academy Dyke Auditorium, 17 Academy Ave.

TRSD Deliberative Session: Thursday, February 4th, 7:00 PM (SNOW DATE, February 5th) TRHS Gymnasium, 36 Greenough Rd, Plaistow

Town Election: Tuesday, March 9th, 7:00am-8:00pm, 4 Main Street, Community Center

REREATION DEPARTMENT

Recreation Office / Senior Program - Atkinson Community Center 4 Main Street, Atkinson NH
Office Hours: Mon.~ Fri. 8:30 ~ 4 pm (please call ahead to check) **603-362-1098**

Noriko Yoshida-Travers - Director

Email: commrec@atkinson-nh.gov

Web: www.town-atkinsonnh.com

www.facebook.com/atkinsonrecreation

Recreation Commission Members;

Jason Lewis—Chairman,

Cris Pignatiello—vise Chairman

Dave Spera— Secretary

Traci Adams

Anthony Cantone



HOLIDAYS

All the Town offices and services are closed.

Martin Luther King, Jr. Day Monday, 1 /18

President's Day - Monday, 2/15



From page 1 Medical condition*** List of Underlying Medical Conditions (adapted from CDC):

- Phase 1b: Two or more conditions
- Phase 3a: One or more conditions
 - Cancer
 - Chronic Kidney Disease
 - COPD (Chronic Obstructive Pulmonary Disease) and other high-risk pulmonary disease
 - Down Syndrome
 - Heart Conditions, such as heart failure, coronary artery disease, or cardiomyopathies
 - Immunocompromised states
 - Obesity (body mass index of 30 kg/m or higher)
 - Pregnancy
 - Sick cell disease

Elder Services

Elder Services Office is at Atkinson Community Center

Office Hours: Monday ~ Friday 8:30 am ~ 12 pm **603-362-9582** , elderservices@atkinson-nh.gov

Contact to schedule your services

Assistant Director & driver : Ted Houlihan

Scheduling Coordinator: Denise Andrews

Drivers; Bill Clarke, Bob Lang, Joe Pelosi,
Lisa Scheller, Mike Healey, Ralph Steere,
Tammy Harmer, Tom Cunningham

If you are sick, please stay home. If it is emergency , please call 911.

Before get in our transportation vehicles, drivers will take your temperature and ask COVID-19 screening questions regarding your health and record will be kept for contact tracing and sanitize your hands. During the transportation, please wear a mask / face covering.

PROGRAMS AT COMMUNITY

PHASE 3 PROGRAMS - Some of the program including exercise / dance programs are now held **INSIDE** and also 'Virtual'. For entering our facility and during the class, you are required to wear mask and keep social distancing. please bring your own water if you wish. Preregistration is encouraged to participate any of on-site the programs. Contact Noriko by phone at 362-1098 or email commrec@atkinson-nh.gov to register or if you need more information.

Temple Exercise (Tai Chi): Mondays 9:00 am ~ 9:30 am Donation \$1 / class— Banquet Room—suspended

Line Dancing: Mondays 10 am ~ 11:30 am \$5/ class—Banquet Room

Tai Chi: Tuesdays 10:30 am ~ 11:30 am. Coming up in March. Banquet Room and Zoom

Yoga: Tuesdays 4 pm ~ 5 pm \$10 / class - Banquet Room

Contact Mary Krikorian 978 837-1738 for more information.

Boot Camp ONE: Hybrid Classes. Contact Vanessa Underwood
603 382-7460 / fitnessa@aol.com for more information

Jacki's Aerobic Dance: ZOOM classes only.

Contact Rosemary Graham 978 314-8146 for more information.

Monthly / bimonthly Programs

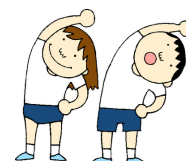
Bingo: 3rd Mondays 10 am~ 12 pm small fee 10/19 - suspended
Minimum of 6 people and up to 12 people

Veterans Club: 1st Tuesday each month 9 am ~10 am 2/2 Banquet Room

Bereavement Support Group for parents: 1st Tuesday of each month suspended.

Contact Beth Hendershot 603 887-4302.

Foot Clinic: Contact 603-580- 6668 for schedule your own appointment Suspended.



Atkinson Historical society is hosting virtual **Humanities to Go** program on Thursday, Feb. 11th. **The Finest Hours** by Michael Tougias: The True Story Behind the U.S. Coast Guard's Most Daring Sea Rescue. Register online, <https://www.nhhumanities.org/programs/284/the-finest-hours-the-true-story-behind-the-us-coast-guards-most-daring-sea-rescue> If you have any question, [lease contact Robert Gustafson, 603-553-0531.

Forever Young

Town of Atkinson Recreation
Senior Program
19 Academy Avenue
Atkinson, NH 03811



OTHER USEFUL SERVICES

Kimball Library 603-362-5234: www.kimballlibrary.com. The Library re-open to browsers on Monday the 25th! They will continue to offer Take Out service;. Any question, please call library.

Police Department - 603-362-4001- non-emergency number Call 911 for emergency.

Fire Department - 603-362-5611 - non-emergency number): To help them better help you, they recommend you have a "FILE OF LIFE" information card on or near your refrigerator and small card in your bag when you travel.

Town Recycling Station at Woodlock Park– Wed. 12 ~ 4, Sat. & Sun. 9 ~ 4

Trash and Recycling: Learn more at www.casella.com or www.town-atkinsonnh.com.

ServiceLink Resource Center -1 -866-634-9412: www.servicelink.org

Vic Geary Senior Center– 18 Greenough Road, Plaistow. Meals on wheel Lunch program: 603-382-5995. Closed for activities and programs; 603-382-9276.

SNAP (Supplemental Nutrition Assistance Program) Outreach: Also known as Food Stamps, SNAP provides \$15 to \$189/per month to eligible individuals for the purchase of groceries. Apply by phone the NH Food Bank or online at www.nheasy.nh.gov Contact Katy SNAP Outreach Coordinator NH Food Bank and leave a message! 603-669-9725 ext. 124.



Pickleball player wanted

On sunny days, some players are still playing Pickleball at tennis courts at Woodlock Park. We are looking for more Pickleball players. Pickleball paddles and ball are available to rent. If you would like to know about renting the paddles and balls also you would like to play Pickleball, contact Noriko.