



Orford Area Senior Services

617 NH 10, Orford, NH 03077



A location of Grafton County Senior Citizens Council, Inc., whose main office is located at 10 Campbell Street, Lebanon, NH 03766, (603) 448-4897, www.gcsc.org and also on Facebook. Serving the communities of Orford and Lyme.

Our Mission is to develop, strengthen, and provide programs and services that support the health, dignity, and independence of older adults and adults with disabilities living in our communities.

We're Open

Monday 8:30 - 1:30

Thursday 8:30 - 1:30

(and by appointment)

Contact Us

(603) 787-2539

(603) 353-9107

Fax: (603) 536-2090

Lisa Adams, Director

Sue Hinchliffe, Bus Driver

Bus Driver, Peter Giunta, Bill Smith

~ OUR SERVICES ~

Home-delivered meals; we deliver nutritious meals 5 days per week. If you or someone you know could benefit, **please call (603) 787-2539 and speak to Keelei.**

Transportation; is available 5 days a week.

To request a ride, please call Lisa at (603) 787-2539.

ADRC; provides an invaluable service for helping individuals and their family members find resources to help them maintain independence and stay healthy; call (866) 634-9412 or (603) 448-1558 for more information.

RSVP; RSVP AmeriCorps Seniors volunteers' activities focus on helping older adults (age 60+) veterans and their families, family caregivers, and adults with disabilities to age in place. For info call (877) 711-7787 or email rsvp@gcsc.org.

Virtual activities; book club and special events through GCSCC or many options through the Aging Resource Center (ARC) at Dartmouth-Hitchcock. Check out the latest schedule at www.gcsc.org.

Our website www.gcsc.org has more information regarding these and other services that we offer!

" Full of water,
full of sweet, juicy
messy treat to eat



Dessert for Summer
picnic jewel
ruby red and oh so cool!"
- **Tricia Stohr-Hunt**

Upper Valley Senior Center:



Kitchen Assistant. Part-Time, 20 hours. Non-Exempt position. Assist in washing dishes, and preparing/serving meals for home-delivered and congregate settings. Training provided. Must be able to lift 40+ pounds. Kitchen preparation and cooking experience preferred. HS diploma or the equivalent.

Kitchen Coordinator. Part-Time. 35 hours. Non-Exempt position. Orders, receives, reheats, and serves meals from the Central Kitchen. Maintains the kitchen in accordance with health and sanitation codes. Directs kitchen employees and volunteers.

For more information or to apply, please contact hr@gcsc.org.

VOLUNTEER DRIVERS NEEDED

Help us deliver a warm meal to a senior in need! It only takes an hour or two to deliver a kind greeting and nutritious meal. Take that time to make a positive impact in someone's life, you won't regret it!

Email ladams@gcsc.org for more information about volunteering.

Any readers out there?

Do you love to read? Want to enjoy reading with others? How about a book club! You can participate in our GCSCC-Wide book club, or maybe you're more interested in starting one in Orford! If any book lover out there is interested in starting their own book club please reach out to us!



JULY MENU



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>A bread item is available at every meal</p> <p>A juice item is available at every meal</p>	<p>1 Chicken Taco's Lettuce, Tomato, cheese Corn and Black Bean Salad/Juice/Milk</p>	<p>2 BBQ Pork Chops Baked Potato Baked Beans Brussel Sprouts Fruit /Milk</p>	<p>3 JULY 4TH BBQ Hamburgers Pasta Salad with Veggies Cole Slaw Juice /Milk</p>	<p>4 Happy 4th of July! All GCSCC sites closed</p> 
<p>7 Chef's Choice Carrots/Fruit Milk</p>	<p>8 Chef's Choice Broccoli Juice /Milk</p>	<p>9 Chef's Choice Peas /Fruit /Milk</p>	<p>10 Chef's Choice Cauliflower Juice /Milk</p>	<p>11 Chef's Choice Green Beans Fruit /Milk</p>
<p>14 Chicken Parm Casserole/Egg Noodle Cauliflower & Pepper /Fruit/Milk</p>	<p>15 Tuna Sandwich on WG Broccoli Salad Chips /Juice /Milk</p>	<p>16 Chop Suey Garlic Bread Green Beans Fruit /Milk</p>	<p>17 Baked Fish Peas /Rice Pineapple /Milk</p>	<p>18 Chicken Sandwich on WG / Baked Beans/Carrots / Oranges /Milk</p>
<p>21 Roasted Pork Sweet Potato Broccoli Applesauce /Milk</p>	<p>22 Sweet and Sour Meat balls Brown Rice/Green Beans/Juice/Milk</p>	<p>23 Sausage, Pepper & onion/Mashed Potato /Peas/ Fruit / Milk</p>	<p>24 Mac & Cheese Spinach/Stewed Tomato Juice /Milk</p>	<p>25 Hot Dogs/French Fries/Carrots Fruit /Milk</p>
<p>28 Breakfast Buffet Fruit /Milk</p> 	<p>29 Spaghetti with Meat Sauce Peas /Rolls Juice /Milk</p>	<p>30 Sliced Turkey with Gravy/Carrots Baked Potato Fruit/Milk</p>	<p>31 Chicken Nuggets Baked Sweet Potato Spinach Juice /Milk</p>	

Menu is subject to change without notice.

Lunch, at the Orford site, **served Mondays and Thursdays at 11:30 am**; Grab n' Go is available Monday and Thursday **after congregate is served, at approximately 11:45** - call ahead (603) 353-9107 or (603) 787-2539) and we'll have it ready for you.
Visit Horse Meadow Senior Center for lunch, from this menu, 5 days per week.

What's happening at the center?

Health/Wellness Events

"Ask a Nurse" is here on the first Thursday of each month. The next visit is **July 3rd 11:30-12:30**. Get your blood pressure checked and ask questions!



Foot Clinic: **August 11th**, please call (603) 787-2539 to make your appointment. Services are offered by **Sheila Keating**. *(There is a charge for this service.)*

Tech Help

If you struggle with to-days technology please join us **July 17th** for a tech help day! From 10:30-1pm Keelei will be at the center to help with tech issues! Feel free to stop in if you have any questions regarding your phone, tablet, or computer!



Activities

Morning Stretch: Monday July 14th @ 10am.

A gentle seated or standing stretch class to start you're day.

Cribbage: Thursday July 24th @ 10am.

Join us in some cribbage games. Don't know how to play? We'll teach you!

Bingo: Thursday July 31st @ 10am.

Come play a few rounds of bingo with us!



Bus Trips!

Please call us to sign up for trips, spots are limited!

July 9th - Trip to Horse Meadow Senior Center to see *The BOYZ*

Enjoy a day of great music, delicious food, and wonderful company!

Come see *The BOYZ* perform live at HMSC.

PICK UP: Orford Senior Center - 10:00am **OR** Call us to schedule a pick up



July 22nd - Trip to Market Basket with lunch at Plymouth Senior Center

We'll head to Market Basket for grocery shopping, followed by lunch at the Plymouth Senior Center. Coolers and cold bags will be available on the bus.

PICK UP: Orford Senior Center - 9:50am **OR** Call us to schedule a pick up

All rides are subject to change in the event of a medical appointment or emergency, in which case trips will be rescheduled. Thank you for your understanding!

Ice Cream Social

Join us **July 21st** after lunch for a ice cream social! Ice cream and toppings will be provided!



Breakfast Buffet

On **July 28th @ 11:30a** we will be holding a breakfast-for-lunch buffet! There will be plenty of breakfast items to choose from!

Did you know that contributions from donors like yourself make it possible for GCSCC to provide the programs and services essential for older adults living in communities throughout Grafton County. Only half of our budget comes from state and federal funds. The rest is from local communities and individuals who donate to GCSCC to support us. **Thank you!**



To donate:

~ please visit www.gcsc.org/donate OR

~ to donate by check, please mail to GCSCC, PO Box 433, Lebanon, NH 03766

We appreciate your consideration and support!

Thanks to your incredible generosity, we raised \$6,570 in just 24 hours during NH Gives, our most successful campaign since we began participating in 2016. Your support helps us continue providing essential programs and services across Grafton County, and we're so grateful to have you in our corner. From all of us at GCSCC, thank you for making a real difference.



Staying Hydrated During Summer

Staying hydrated during the summer time is a difficult task for someone of any age. Water is an essential part of many bodily functions, such as lubricating joints or pumping blood to the heart. However, a study done by UCLA School of Nursing found that seniors are 40% more likely to be dehydrated. Dehydration is a serious medical condition that can harm your bodily functions and put you at higher risk of things like heat stroke, urinary track infections, and kidney failure.

What does dehydration look like?

Dizziness, dark colored urine, less frequent urination, feeling lightheaded, fatigue, headaches, irritability, muscle cramps, and dry mouth.

How can I prevent dehydration?

- **Choose foods with higher water content.** Things like tomatoes, cucumbers, and water melons can help keep you hydrated.
- **Keep water with you, always.** Invest in a portable water bottle to keep with you.
- **Avoid alcohol intake.** Alcohol can actually cause dehydration, so it's best to avoid.
- **Make hydration a part of your routine.** Setting goals for daily water intake, making times to drink water, and having hydration at the front of your mind will help keep you healthy.

GCSCC-Wide Book Club

July - "Lady Clementine" by Marie Benedict
Discussion July 16th @ 10:00 am.



August - "Run, Rose, Run" by Dolly Parton and James Patterson
Discussion August 20th @ 10:00 am.

September—"The Last Thing He Told Me" By Laura Dave
Discussion September 17th 10:00 am.

Call (603) 787-2539 to sign up and get a book.

Discussion is virtual or in person at HMSC.