

AGE STRONG! LIVE LONG!

Here is our updated list of senior community supports in Deerfield! If you have any questions about senior issues or resources, please call Denise Greig at 463 8811 x310.

1. TRANSPORTATION

Lamprey HealthCare - Senior Transportation -- 1 800 582 7214.

This program offers transportation for senior and disabled Deerfield residents every Tuesday!! Transportation is offered for medical appointments, shopping trips or a monthly recreational trip. It is FREE but if you can afford it, there is a suggested donation of \$3.

Transportation to medical appointments **outside** of the weekly schedule can be made if you call the Lamprey office at least 2 weeks in advance. The Transportation Office will help set up the appointment and transportation at the same time for convenience. Call **1 800 582 7214**.

2. NUTRITION

Deerfield Food Pantry – call Faith at 463 7800.

The Food Pantry distributes FREE fruits and vegetables, meats and canned/boxed goods to eligible seniors. Distribution is the final Friday of the month from 10:00 am-12 noon, rear entrance, Deerfield Community Church, 15 Church St. Summer – fresh produce, Thursdays, 5:00-5:30 pm.

Meals on Wheels Program – call 679 2201.

Nutritious meals are delivered Monday through Friday to senior and disabled Deerfield residents. If needed, special diets are available. If you can afford it, there is a suggested donation of \$2. (If you cannot, please note The Town of Deerfield gives money to this organization every year).

Deerfield Farmers' Market. Fridays (summer), 3:00-6:00 pm, Fairgrounds.

3. INFORMATION

ServiceLink Resource Centers -- call 1 866 634 9412 (toll free).

FREE information, referrals and assistance for older adults, adults with disabilities and chronic illnesses, and for those who love and care for them. Call **1 866 634 9412 (toll free)** or go to www.servicelink.org.

4. LIBRARY

Philbrick-James Library, 4 Church Street – call 463 7187.

The Library offers a wide array of FREE services including large print books, books on tape/CD; video & DVD movies, hi-speed internet and computers. Come enjoy the new books, daily newspapers or one of 17 magazines! The Library also has NH museum passes for the public. Don't forget to ask about TALKING BOOKS, a free service offered by the NH State Library to all NH residents who are physically unable to see, handle or process printed material comfortably.

5. EXERCISE

Deerfield Parks & Recreation Department -- call 463 8811 x 305.

The Town offers programs for seniors including Line Dancing, Living Strong Exercise Program, Yoga and Tai Chi. Look for other events! Call 463 8811 x 305 or go to www.townofdeerfieldnh.com.

Deerfield Trail Map. The Town has a wonderful variety of walking trails. A copy of the Guide is available at the Library or go to the town website.

6. SOCIAL EVENTS

Just a Sampling!

Senior Luncheon – call 463 5761.

The Senior Luncheon is open to all seniors and is held the second Thursday of the month (March through December) at 12 noon. The Luncheon is held in the Parish Hall of the Deerfield Community Church, 15 Church Street.

Deerfield Women's Club – call 463 9720.

This social group is open to all women and it meets the third Tuesday of the month at 12:30 pm. Contact Lorraine for more information.

Deerfield Historical Society, Town Hall, fourth Thursday at 7:00 pm.
Enjoy guest lectures – open to all!

For general information or disaster preparedness info, call Denny at 463 8811 x310. For local news, check out the monthly *Communicator* (delivered to your home) or *The Forum* at www.forumhome.org.

For additional State information, contact the NH Bureau of Elderly and Adult Services – call 271 4680 or go to www.dhhs.nh.gov/DHHS/BEAS.