

Summer 2007

Construction Begins At Plymouth Regional Senior Center

Thanks to support from the state Department of Transportation and many philanthropic contributors, construction is now underway to complete the renovation of the Plymouth Regional Senior Center.

A historic railroad station, the building has served as a GCSCC Senior Center since the early '90s. This project will fully renovate the 3,000 square foot second floor for program use, add an elevator so that the second floor is handicapped accessible, and improve safety features and insulation to protect and enhance the entire building.

TPD Construction, Sanford, ME, began work in June according to plans developed by architect Tom Samyn, Ashland, who has worked with GCSCC to restore and renovate the building over the past 15 years. Key volunteers are Wes Gardner, Wil Townsend, Bob and Jean Bergeron, Bob and Mary Crowley, and Mary Ruell, assisted by Barry Walker, who is serving as a marketing and development consultant for GCSCC.

In 2006, the Plymouth Regional Senior Center produced and delivered 35,612 home delivered meals, served 20,367 meals in the dining room, provided 7,720 rides on its lift-equipped bus, offered 2,664 hours of licensed adult group day care, and provided social work assistance for older adults and family members on 2,288 occasions.

Fund-raising for the \$600,000 project will continue through the summer to ensure that all costs are covered and furnishings and equipment are in place in time for a grand opening later this year.

Check out www.gcsc.org

Our website includes links to the senior centers' current newsletters

It also includes a secure link to JustGive, a nonprofit with which we collaborate to enable contributors to donate to GCSCC on-line with a credit card.

Our 30-second PSA has also "gone live" on www.gcsc.org!

Board Transitions

We thank a number of Board members who completed their Board service this spring: **Edith Celley**, Haverhill, **Terry Fuller**, Lebanon, **Wes Gardner**, Plymouth, **James Hemphill**, Lebanon, and **Mike Schibley**, Lebanon. Several have agreed to continue serving GCSCC through Board committees or at the local level.

Welcome to new Board members **Pepper Enderson**, Littleton, **Bill Gabler**, Hebron, **Annie LaBrecque**, Canaan, **Molly Scheu**, Hanover, **Frank Stiegler**, North Haverhill, and **Jim Varnum**, Etna.

The full list of GCSCC Board members is on the front page of this newsletter.

Staff Transitions

Best wishes to departing staff: social workers **Sandie Hoff**, Upper Valley Senior Center, and **Karen Stark**, Plymouth Regional Senior Center; cook Irene Hanslin, Mascoma Area Senior Center, and assistant cooks **Lillian Pillsbury**, Upper Valley, and **Keith Smith**, Mascoma; bus drivers **Steve Jordan**, Littleton Area Senior Center, and **Peter Lessard**, Mascoma; and dishwasher **Jocelyn Crate**, Plymouth.

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Welcome to new staff: bus driver **Paul Fernald**, Littleton; dishwasher **Susan Ledoux**, Upper Valley; cook **David Powden**, Bristol Area Senior Services; maintenance assistant **Mike Brown**, Horsemeadow Senior Center

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Cook **Laura Clang** has moved from the Bristol program to Mascoma; former dishwasher **Gerald Hayes** has assumed the assistant cook position at the Upper Valley Center; **Brenda DeLong**, adult day coordinator at the Upper Valley, has assumed additional convening and continuing education responsibilities for the overall GCSCC adult day care program; Upper Valley Director **Jill Vahey** has assumed additional health and wellness responsibilities Council-wide.

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We are pleased to welcome back “snowbirds” who return each summer to augment and support our year-round staff—**Ellen Rocke**, who is helping spearhead activities for Mascoma; and **Ginny Loring**, who is assisting with social services for Plymouth.

Clip and Save Coupon

This coupon entitles the bearer to
ONE FREE RIDE
On the Senior Center bus

Contact the Center to reserve a spot on the bus.

Try it!

You'll like it!

Or use this coupon to invite a friend to join you for a ride this summer.

Please note:

Suggested donation for a ride varies from \$1.50 to \$5.00 depending upon miles traveled.



GCSCC Puts Plans in Place Thanks to Special Funding

The storm of April 16, 2007 wreaked severe damage to Grafton County forests and buildings. Some areas of the county were without power for a week, and some neighborhoods were inaccessible for days because of downed trees and power lines.

Several GCSCC senior centers offered emergency provisions, emergency shelter, and extra care for homebound clients during the aftermath of the storm. One of our vendors told staff that he wished the public could see the good work we were doing to take care of community members after the storm—including putting together bags of food staples for those who had lost their food supplies and working with local police departments to check on homebound clients. All of this at a time when some of our staff members, also community members, were struggling with the same emergency-related issues.

As an agency, we are developing a comprehensive disaster preparedness and emergency operations plans appropriate to each of our locations. A 2007 grant from Upper Valley United Way's emerging needs programs has enabled us to dedicate agency resources to the development of an agency-wide plan and local senior center template for preparedness.

The GCSCC emergency plan will include policies and procedures for both internal and external emergencies, from fire safety to preparing for a winter storm. It will update and consolidate agency policies and forms developed over the years with templates for accessing detailed information efficiently.

We serve many frail individuals who live in rural, remote areas. Our commitment is to develop a plan to make sure that our clients are as safe as possible and that our agency is as functional as possible during times of emergencies.



Grafton County Senior Citizens Council, Inc. is a private nonprofit organization that was incorporated in 1972. It is supported by government grants and contracts, contributions from local towns and Grafton County, contributions from participants, bequests, private grants, charitable donations and the three United Ways that serve our region.

GCSCC's purpose is to develop, strengthen and provide programs and services which support the health, dignity and independence of older adults and adults with disabilities living in our communities. GCSCC achieves its purpose through programs and services offered at locations throughout Grafton County.

New Bill-Paying Program Slated to Start

Later this summer, RSVP and the Volunteer Center will be training volunteers to assist older adults to pay their bills in a timely and accurate manner. RSVP has agreed to work with the state Bureau of Elderly and Adult Services to implement this AARP-developed program to help elders who need some assistance to pay their bills. For further information, call RSVP toll-free at 1-877-711-7787.

Facts and Figures

During this decade in New Hampshire, the population over age 65 is growing by 32%. Vermont, Maine, and New Hampshire have the fastest growing older populations, proportionately, in the country.



GCSCC serves more than a quarter of all Older Americans Act-supported congregate meals in the state. With a focus on senior centers, GCSCC has emphasized the importance of bringing people together, encouraging community connectedness, preventing the isolation of rural elders and offering a range of programs, services, and activities along with the meal.



Nationally, nonprofit organizations' budgets comprise 8% of the gross domestic product; in New Hampshire, nonprofit organizations' budgets account for 16% of the state economy. GCSCC, a private not-for-profit organization, must raise more than \$1 million locally each year in order to keep services in place for older adults in the community.



During a season of volunteer recognition events at GCSCC senior centers, we thank the 858 enrolled volunteers who delivered meals, provided medical transportation (including long-distance transportation), assisted with clerical tasks, helped with yard work and building maintenance, took care of chores for elders in their homes, and offered to share their expertise through special programs and classes.

A Special Thank you to GCSCC Corporate Sponsors

Keene Medical Products, Inc.

Timken Aerospace

Family Pharmacy of Enfield

Mascoma Savings Bank

Quail Hollow

Central Supply—Lebanon and Woodsville

Home Partners

Ledyard National Bank

Armistead Caregiver Services

Comfort Keepers

Watch for our corporate sponsors' messages—on signs on our buses, on placemats in the Senior Center dining room, on the home delivered meals bags, and more!