

## “Nurses Notes” from the Tamworth Community Nurse Association

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This year TCNA celebrates its 95th year of service to Tamworth residents. Our challenges in 2016 are much different than they were in 1921. TCNA needs to re-find and redefine itself every day to meet the ever-changing needs of our town and the society we live in.

- Childhood obesity is at epidemic proportions. TCNA is answering this challenge with the help of a generous grant from Harvard Pilgrim Healthcare Foundation. Jenny Pettiti, our Registered Dietician, is providing individual consultations as well as cooking demos at the Farmers Market, the Brett school, the Tamworth community food center and more.
- Tragically, Tamworth is also dealing with an unprecedented number of **suicides** and suicide attempts. This spring we teamed up with NH Mental Health Assoc. and offered a day long gate-keeper workshop teaching folks what signs to look for and what steps to take to intervene and save lives.
- In 1921 there was no **opioid addiction crisis**. Today, it is our biggest challenge. TCNA will not be left behind in answering this challenge. Recovery court is coming to Carroll County. TCNA is part of the planning to help addicts recover here in our home town. We are actively working with the **Tamworth Police Department** and Lance Zak of White Mtn. Restorative Justice to provide a support network to our friends and neighbors struggling with addiction.
- We are living longer! After years of work and planning we are closer than ever to making **Senior Housing** a reality here in our village.

All of these challenges and more require your support in order to have successful outcomes. This year's Annual Appeal fell \$4,000.00 short of our goal. There is still time for you to help. So please consider making a generous gift.

### What's Goin' On?

*You're invited to the TCNA Holiday Gala!*

*Please join us to kick off the Holiday Season. This year's gala will be held in the main house of the Preserve at Chocorua (formerly the Brass Heart Inn) on Friday, December 2nd at 6PM. It will be catered by Kim and Neysa Packard. They will be offering a choice of three entrées including: Roast Pork with fig and port wine reduction, Chicken Verielle, and Baked Fish followed by a scrumptious dessert. The evening will be enhanced by holiday music performed for us by Becky VerPlank, including a spirited sing-a-long of seasonal favorites. It's an evening guaranteed to be festive and fun! Tickets are \$55.00 per person all inclusive. Seating is limited, so don't delay. **Call TCNA at 323-8511 to make your reservation.***

