

“Nurses Notes”

from the Tamworth Community Nurse Association



You're invited to the TCNA Holiday Gala! Please join us to kick off the Holiday Season. The gala will be held at Chequers Villa on Friday, December 4th, beginning at 6:00 pm. The five-course dinner buffet and scrumptious dessert 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.



Thank You Harvard Pilgrim Health Care Foundation

The Tamworth Community Nurse Association (TCNA) and the Tamworth Farmers Market (TFM) recently collaborated and were awarded a generous grant from Harvard Pilgrim's Healthy Food Fund. This summer the TFM started an innovated program that allowed persons receiving Supplemental Nutrition Assistance Program (SNAP) to double the value of their food subsidy. The Harvard Pilgrim grant will ensure that this program will continue plus much, much more. TCNA will provide educational forums on healthy eating, give cooking classes to which attendees will sit down to a delicious meal, help eligible individuals and families apply for SNAP dollars and hire a registered dietician to help

with classes and programs as well as provide individual counselling to those who feel they could benefit from it.

We will be kicking this program off at the Harvest Dinner which will be held at the Brett School Tuesday, November 10th at 5:30PM. This event is open to the public and will feature delicious food, great music and fun with your friends and neighbors. Don't be shy! Please join us. This year's event is co-sponsored by Harvard Pilgrim's Healthy Food Fund, The Tamworth Farmers Market, TCNA and the Brett School.



Harvard Pilgrim
HealthCare Foundation



**Your Health
is Your
Biggest
Asset**

If you're 65 years or older, getting a flu shot is the best way to protect yourself and those around you from flu.
**Get Your Flu Vaccine.
Not the Flu.**