

## Laconia Links

March 27, 2020 - Edition #431

## Helping Hands: Senior Support for the Lakes Region

Are you a senior or at risk member of our community? See [pg 4](#) for more information...



These are certainly unsettling times for us all, including our friends and neighbors who own and operate local businesses. As America seemingly shut down overnight, the loss of local customers has severely impacted our City's small businesses.

We now need to step up and show support as a community, and take advantage of what makes our local businesses special. It is up to us!

Take some time to research the many creative ways businesses have come up with to allow all of us to still take advantage of their services and products. Order take-out from local restaurants or buy gift cards for future use, order on-line from stores even if the items you order won't be available until later, or take advantage of the delivery or curb-side services that many other local businesses offer. There are lots of ways we can all show our support while staying safe. See [page 3](#) for some fun ways to help!

Let's make sure that our business community will still be here for us when this is all over by doing our part now and supporting them as much as possible.

**Welcome to Laconia Links** a weekly email newsletter update devoted to keeping you informed of City of Laconia department news, City projects, useful links, activities and events!

Look for a new edition of the newsletter each Friday. If you have already signed up to be on our distribution list to receive your newsletter by e-mail, thank you for your interest! If you would like to be added to our e-mail list (or to unsubscribe), please click [here](#).

As always, we welcome your ideas and comments as to what you would like to see included in future issues. Just give us a call in the City Manager's office at 527-1270, or contact us by e-mail at [info@laconianh.gov](mailto:info@laconianh.gov)

*We look forward to keeping  
you up to date on our  
beautiful City!*



## Press Conference

**A City of Laconia press conference regarding the COVID-19 virus will be live streamed on Monday, March 30th at 11 am. Please use this [link](#) to view the broadcast on LRPA's website.**

**Call the City Manager's Office at 527-1270 with questions.**



## Look what's happening at the Laconia Public Library!



Please note that the Laconia Public Library and the Goss Reading Room are both closed to the public at the current time. See our new information on ["How to Enjoy the Library From Home"](#).

Library staff are now providing the ability to pick up and return materials at the Laconia Public Library.

Details of this service (as well as other Library related information) are updated regularly and can be found on their website [here](#).

Library staff are continuing to work in the building at this time and can answer questions and help you access materials.

Please call 524-4775 for questions or for

## Upcoming Meetings...

Keeping the public updated and aware of what's going on in our community and receiving residents' feedback is an important goal of the City Council. Check each issue of *Laconia Links* for a schedule of the upcoming week's meetings. As agendas become available, they will be posted to the City's website.

You can also contact any of the City's departments for more information on a meeting or to obtain a printed copy of the agenda. All City departments continue to be staffed, and they will be happy to provide you with any information you may need.

Follow this [link](#) to the "Calendar" page of the City of Laconia's website. Please check the "Calendar" page often for updated information and changes.

*Become involved in  
your City and  
make a difference!*



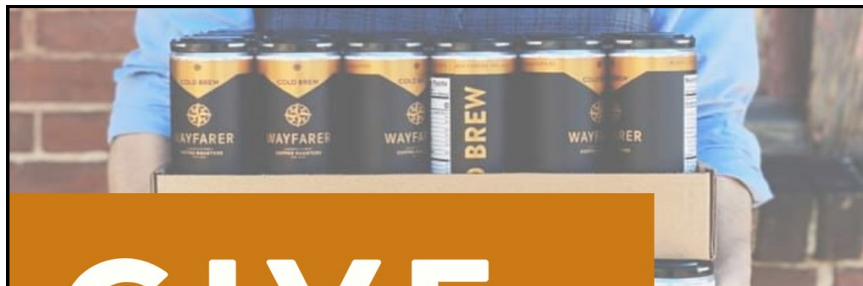
## MEETINGS

*All meetings are held in the  
Armand A. Bolduc City Council  
Chamber in City Hall (formerly  
Room 200A) unless otherwise noted*

**All City public  
meetings have been  
cancelled for the week of  
3/23-3/27/2020.**

***If you have meeting-related  
questions please contact  
the specific departments  
listed on the last page of  
this newsletter.***

***Thank you for your  
understanding.***



# GIVE

## to the Laconia Local Food Project

Wayfarer Coffee Roasters has teamed up with other Laconia businesses to help facilitate delivering food and fresh flowers to healthcare workers, service workers, and families in our community that are affected the most during the COVID-19 crisis.

### How to GIVE:

1. Visit our on-line store: [www.WayfarerRoasters.com](http://www.WayfarerRoasters.com)
2. Click "Shop"
3. Click "GIVE to the Local Food Project - Laconia"
4. Choose Items to Give
5. Complete Transaction
6. We will deliver these items daily to those who need it most!



**WAYFARER**

Laconia Village  
Bakery



Sign Up For  
Alerts and  
Notifications



## Please sign up for City of Laconia Notifications and Alerts!

We encourage you to sign up for our Alerts and Notifications email list! Receive up-to-date information on important City news via e-mail as it occurs. Click [here](#) to access our website. Look for the "Notify Me" image as shown above at the top of the page to set up your account. In addition to breaking news and important notifications, you can also sign up to receive other City government related information.

Questions? Call 527-1270.



## Downtown Laconia Business Relief - Fundraiser Tee



This is a great way to help the businesses we depend on to keep doing what they do!

Proceeds of tees sold will be distributed among the businesses shown on the back of the shirt.

Please click [here](#) to order and for more information.

Downtown Laconia has made some great strides over the last few years and let's do what we can to help it continue.

*Thank you from your  
Downtown Laconia  
business community!*





## *Updated Information for our residents regarding City services*

To keep our residents informed regarding City services and operations during this public health situation, please see the information below:

- With the safety of all of our citizens and employees in mind, City Hall has been closed to the public until further notice.

Please note that City staff will continue to work and are available to answer phone calls and respond to emails during our regular business hours. We will do our best to continue to provide essential services to our residents. Please click on this [link](#) to see additional information and details, including contact phone numbers. Please share this information with your friends and neighbors who may not have access to our website or this newsletter.

- The Community Center and all City park houses are closed to all programs. All of the City's playgrounds, courts and ball fields are also closed until further notice. City parks remain open to the public at this time for social distancing recreation like walking, running and biking. Call the Community Center at 524-5046 for more information.
- Library buildings are closed until further notice. They are operating a "take-out" service. Please visit the Library's [website](#) or call 524-4775.
- The Water Department is now closed to the general public. Please visit their website [here](#) for information on how to pay your bill, or call 524-0901.
- The Public Works office is now closed to the general public. Details of services provided can be found on [page 8](#) of this newsletter. Please call the Department of Public Works at 528-6379 for additional information.

Stay updated on all City news by visiting our [website](#) where alerts will be posted, or sign up to receive notifications via email. (See [page 3](#) of this newsletter for instructions). For questions of a general nature, please call the City Manager's Office at 527-1270.

Please also check the [SAU website](#) for school closure details and related information on remote learning, lunch deliveries, etc.

*Thank you for your patience and understanding as we continue to try and provide the best possible service to our residents during this time.*



## *Helping Hands: Senior Support for the Lakes Region*

We are a group of volunteers that have come together to help the elderly and at risk citizens in our community during this time of need. Volunteers are able to help run errands, find daily needs and necessities, go grocery shopping, and provide any and all support we are capable of.

If you would like to volunteer your time or request our help, please go to <https://forms.gle/jFP6qt8NNLovGWP8> and fill out the form. All information will be kept confidential. If you are unable to access the form or require assistance doing so, please call the number below and leave a message.

We are also currently seeking donations from the community. Please contact us if you are able to donate supplies or would like to make a monetary donation. Commonly requested items include non-perishable food items, paper goods and cleaning supplies.

### Contact Us

**Email:** [senior.atrisk@gmail.com](mailto:senior.atrisk@gmail.com)

**Google Voice:** (802) 242-1574. Please leave a message and someone will get back to you as soon as possible!

**Facebook:** <https://www.facebook.com/groups/2611445905792257/>

*Your help is greatly appreciated!*

# STAY AT HOME. SAVE LIVES.

## DO:

- Stay at home, only leaving for the essentials
- Exercise outdoors, practicing social distancing
- Check in on your neighbors, bringing supplies like groceries to those who can't go out

## OPEN:

- Grocery and convenience stores
- Pharmacies
- Doctor's offices and hospitals
- Gas stations
- Banks and credit unions
- Takeout & delivery from restaurants
- School lunch program deliveries
- Essential businesses

## DON'T:

- Gather in large groups or get together with friends
- Have play dates for kids
- Travel unnecessarily
- Stop practicing healthy social distancing

## CLOSED:

- Non-essential retail stores and malls
- Barbershops, hair salons, cosmetic stores, and tattoo parlors
- Movie theaters, bowling alleys, and arcades
- Concerts, sporting events, and festivals
- All State beaches along the Seacoast

@GOVCHRISSUNUNU

#GraniteTough

## Reminder!

*Curbside recycling will be  
picked up the week of March 30*

**Remember:**  
**"Glass is Trash"**

'When in doubt,  
**THROW** it out'

**Deadline for  
Applying is  
April 1, 2020**



### SCHOLARSHIP ELIGIBILITY

- Graduates of Laconia High School, Gilford High School, or Belmont High School in New Hampshire
- Legal residents of Laconia, Gilford, or Belmont, New Hampshire
- Those qualified for a specific donor preference or requirement; [some local clubs and civic organizations offer awards to a wider range of students who are residents of Belknap County. Check out our website for more details.](#)
- The scholarship foundation donors often follow students through their years of college or trade school, so if you have applied when you graduated high school, you can apply again now that you are in college.
- If you are returning to school as an adult, and are a resident of Laconia, Gilford or Belmont, you are eligible as well.

Only one application is necessary to apply for all the scholarship funds administered by the

**Lakes Region Scholarship Foundation.**

Application deadline April 1, 2020



**NH Humane Society**

Over a century of love for those without a voice.

## Some of our longer-term pets at NH Humane Society are still in need of homes!

FROM NEW HAMPSHIRE HUMANE SOCIETY:

Hello, Laconia and Lakes Region Friends,

The current health crisis has been a lot to take in and I hope each of you is well and taking necessary precautions for your health and the health of others. Both personally and as the leader of New Hampshire Humane Society, I am taking the path of being as cautious as possible. My partner and I have self-quarantined after exhibiting some symptoms but we are stable and well, all things considered. The Board of Directors, with leadership from Tony Matos, is fully supportive of our difficult decision to temporarily close the facility to the public. Some animals have moved to foster care and others are still at the facility with a drastically reduced staff.

If anyone is considering adoption, now is a great time. You have plenty of time at home to become acquainted with your new loved one and allow them to get acclimated to their new home and family. We are still available to prospective adopters and we have streamlined the process to be almost exclusively online. You can see available pets on our [Facebook](#) page or at [nhHumane.org](http://nhHumane.org).

Stay well and loved, my friends.

*Charles Stanton, Executive Director*



The NH Humane Society is working through its Pet Compassion Project to provide pet food and additional services at this time. Please click [here](#) to read the press release in the Laconia Daily Sun regarding this program. You can also find up-to-date information about COVID-19 as it relates to their organization on their [Facebook](#) page.

Please note that the Shelter is not taking donations of food at this time to minimize the number of people in and out of the facility. Those interested in supporting them can either make a financial donation online, or hold their donations of food until the risk is mitigated.

Although the Shelter is closed down in response to the virus, they remain open by appointment only to keep the ongoing threat of COVID-19 at bay. There are plenty of animals available for adoption! Check their website at [www.nhhumane.org](http://www.nhhumane.org). If you're interested in adopting one of the animals, fill out an application beforehand and send it in via fax or email and they will be happy to schedule your visit!

### **CONSIDER SAVING A LIFE TODAY!**

***Please visit our [website](#) to view all of our adoptable animals looking to find their "forever" homes! Also visit our [Facebook](#) page for our latest news. Questions? Please contact us at 524-3252.***



# News from the Public Works Dept.

Our Public Works Department is currently closed to the public for the protection of our visitors and employees. Please use email, telephone and the City's [website](#) for questions about how to transact your City business. Please see below for some helpful information:

- The solid waste pickup schedule for the year is on the City's website, and is available [here](#).
- The Public Works Department will mail recycling decals to City residents upon request. Just call us at 528-6379.
- Seasonal weight limit permit applications are available on the City's website (see below). Please fill out the application and email it to us at [publicworks@laconianh.gov](mailto:publicworks@laconianh.gov). We will return the permits to you that day by e-mail.  
[One-time permit](#)  
[Blanket permit](#)
- Please note that plumbing, driveway, sidewalk and excavation permits still need to be completed at Public Works.
- Until the Coronavirus pandemic is under control, day passes to the Transfer Station may be purchased at the Transfer Station by check, cash or credit card. Proof of residency is required. Annual dump stickers may be obtained from the City Clerk or Tax Office by mailing a \$20 check made payable to the City of Laconia and a copy of your valid vehicle registration to: City of Laconia, PO Box 489, Laconia, NH 03247. There is also a drop box located on the outside of City Hall on the Belknap Mill side of the building. Annual dump stickers are good for the calendar year and apply to the Transfer Station and the Brush Dump. Please call the City Clerk's Office at 527-1265 with questions.

Please call our Department of Public Works office at 528-6379 - we are happy to help.

*Thank you for your cooperation and understanding!*

The logo for the Laconia Fire Department is a red shield with a white border. Inside the shield, the word "LACONIA" is written in large, white, bold, sans-serif capital letters. Below it, the words "FIRE DEPARTMENT" are written in smaller, white, bold, sans-serif capital letters. At the bottom of the shield, the words "NEW HAMPSHIRE" are written in even smaller, white, sans-serif capital letters.

**LACONIA**  
**FIRE DEPARTMENT**  
NEW HAMPSHIRE

## Changes at Laconia Fire Department During COVID-19 Pandemic

Until further notice, in response to the COVID-19 pandemic, the Laconia Fire Department has changed the way we are issuing outside burning permits and mechanical permitting.

For outside burn permits you can call 524-6881 and obtain a permit by phone. You must be the property owner, and still meet all applicable laws. We can answer specifics at that time.

For mechanical permits, contractors can go online to the City's web site at [www.laconianh.gov](http://www.laconianh.gov). Go to the Fire Department tab, and under Fire Prevention you will find the permitting section. You can fill out the form adding a current email address, and fax to 524-0437. You will then be contacted for approval and to set up an inspection. You will be billed and an invoice will be sent to you.

If you have any questions, please feel free to call the number above and we will be glad to help you navigate the permitting process.



# Colonial Theatre Updates...



*Our thanks to City Councilor Robert Hamel  
for providing these photos!*



# Public Works Dept.

## TOILETS ARE NOT TRASH CANS



**REMINDER: Be kind to your plumbing!**

Please do not flush wipes, paper towels and tissues down the toilet. Doing so can cause a blockage in the sewer system.

**Any blockage occurring in the service line from a property to the main line is the responsibility of the property owner, and repairs can be very costly.**

For a comprehensive list of what NOT to flush, please click [here](#).

Thank you for your cooperation!



**Need some  
fresh air  
and  
exercise?**

**Get out of the house with your family and enjoy some time on the WOW Trail!**

**Gates are open from dawn  
until dusk.**

**Questions? You can access the WOW Trail's website [here](#) and also keep up to date on their [Facebook](#) page.**

**Be sure to follow appropriate social distancing guidelines when you are out in our community.**



LACONIA WATER DEPARTMENT  
988 UNION AVENUE  
(603) 524-0901



# HYDRANT FLUSHING NOTICE

As part of our continued effort to maintain drinking water quality, Laconia Water Department will be flushing hydrants

**March 30th through April 10<sup>th</sup> 2020**

While this may produce discolored water, it is not harmful. Simply run the cold water until it clears. There could also be some fluctuation in pressure for a short period of time. If you have any questions, please don't hesitate to contact us.



# Our yesterdays

*Our thanks to Warren D. Huse, the Laconia Historical and Museum Society, and the Laconia Daily Sun for providing a glimpse into our community's past....*



## THEN . . .

At 10 a.m., Tuesday, March 24, 1970 — 50 years ago this week — the new O'Shea's Department Store opened on the Downtown Laconia Mall. Citizen reporter Aline Jacobs described 'the magnificent structure of steel and concrete foundation with masonry exterior walls' encompassing 20,000 square feet on the main floor, with an additional 5,000 ft. on the second floor housing the executive offices, lounge, bookkeeping department and the outstanding new 'Beauty Boutique.' It 'features 22 departments all richly decorated in beautifully blended colors running the gamut of the rainbow.' The photo was taken some years later, after completion in 1974 of the Municipal Parking Garage, glimpsed at left. (Laconia Public Library)



## . . . AND NOW

O'Shea's closed for good, May 31, 1991. Thereafter, the former department store space was vacant for a while but since the mid-1990s has been home to various other businesses, currently the Family Dollar Store and, to the left, the Granite State Music Hall. Main Street was opened to one-way traffic and limited parking, July 8, 1994. (Adam Drapcho/The Laconia Daily Sun)



## Laconia Parks & Recreation NOTICE

All of the City's playgrounds, courts and ball fields are closed until further notice due to the COVID-19 virus and the Governor's recent declaration.

At the current time all Laconia parks are open for social distancing recreation like walking, running and biking.

Thank you for your cooperation!



## News from Public Works:

**ROADWORK  
AHEAD**

### Road Construction Updates!

**Court Street from Keasor to Main Street** is scheduled for final paving on the road and driveways this spring. Preparation for the paving will begin in April, which includes raising manhole covers and trimming driveways. The plan is to complete paving by the first week of May. Cleanup, loaming and seeding and punch list work will follow. Prep work will take two to three weeks, paving will be two to four days, depending on the method used, and clean-up will be two weeks.

Busby Construction is planning to complete repair work to a sewer manhole at the intersection of Court and Fair St. starting on **March 23**. Traffic will be detoured on Court St. and Fair St. as needed during the week of March 23 and during paving operations.

***Thank you for  
your cooperation.***

Please contact Krista Larsen,  
Assistant Public Works Director,  
at 528-6379, Ext. 306, or  
email at [klarsen@laconianh.gov](mailto:klarsen@laconianh.gov)  
if you have any questions.



**Please see the information below, provided by Belknap Economic Development Council:**

We know many of you are facing a very stressful situation during the Covid-19 pandemic and are trying to figure out the best way to get your company through these challenging times. Below, we have outlined several business resources that may be helpful during this evolving time. We will get through this challenge together.

New Hampshire is making immediate and broad expansions to its unemployment benefits program. This will enable more people to access resources quickly and is information you can pass along to businesses and employees. This information is evolving, so we are bringing you what we know now and encourage you to keep checking New Hampshire Employment Security's website for more details: [LINK](#)

**Layoffs and business closures:** If your business faces a potential layoff, the State of New Hampshire offers services through its [Rapid Response program](#). Rapid Response is a comprehensive, collaborative and immediate initiative to respond to and mitigate layoffs and closures. Rapid Response benefits both employers and employees through services to workers who are laid off, as well as layoff aversion information for businesses.

Employers facing potential layoffs or closures contact Joe Doiron, [Joseph.Doiron@livefree.nh.gov](mailto:Joseph.Doiron@livefree.nh.gov), 603-271-0146, to activate a Rapid Response team. More information can be found at [NH Works](#).

The U.S. Small Business Administration (SBA) is offering a direct federal loan program to aid in recovery. Small businesses, private non-profit organizations of any size, small agricultural cooperatives and small aquaculture enterprises that have been financially impacted as a direct result of the Coronavirus (COVID-19) since Jan. 31, 2020, may qualify for Economic Injury Disaster Loans of up to \$2 million to help meet financial obligations and operating expenses which could have been met had the disaster not occurred. Loans may be used to pay fixed debts, payroll, accounts payable and other bills that can't be paid because of the disaster's impact. This is a direct program, meaning you will need to create an account and apply directly. More details: [LINK](#)

**Public Health and Support:** New Hampshire Department of Health and Human Services (DHHS) provides services to ensure the health and well-being of citizens during a layoff. Dislocated workers can discuss healthcare options, apply for food stamps, cash assistance, medical assistance, childcare and medical savings. Individuals can apply online at [NHEasy](#) or by calling 603-271-9700. Employees experiencing layoffs: The State of New Hampshire offers a number of services for employees who have been laid off. [New Hampshire Employment Security](#) has a list of available services. Individuals will need to file for unemployment each week of temporary unemployment and this can and should be done [online](#) or by calling 603-271-7700.

**Unemployment Benefits:** Individuals who are unable to work or who have reduced hours due to the COVID-19 pandemic will have immediate access to unemployment benefits. Anyone in the following situations will now be eligible for state unemployment: If your employer temporarily closes due to COVID-19; Individuals that need to self-quarantine or are directed to quarantine at the instruction of a healthcare provider, employer or government official; Individuals that need to care for a family member that has COVID-19 or is under quarantine; Individuals that need to care for a dependent because of school closures, child care facility closures or other similar types of care programs; Self-employed individuals that are temporarily unable to operate their business because of any of the above listed situations will also be eligible. More details: [LINK](#)



## **HAPPY EASTER FROM LACONIA PARKS & RECI**

**Bags of Easter Eggs are available for *Drive-Thru* pickup at Laconia's Community Center—306 Union Ave  
They will be available weekdays 8:30a-4:30p  
beginning Thu 3/26 until they are gone!  
Please limit only one bag per child**



U.S. Small Business  
Administration

## **NEWS RELEASE**

### **Disaster Field Operations Center East**

#### **SBA Offers Disaster Assistance to New Hampshire Small Businesses Economically Impacted by the Coronavirus (COVID-19)**

The U.S. Small Business Administration is offering low-interest federal disaster loans for working capital to NH small businesses suffering economic injury because of the Coronavirus (COVID-19). Please click [here](#) to read the entire News Release.



# WAYS YOU CAN HELP

## **Volunteer to provide health services:**

[nhresponds.org](http://nhresponds.org)

## **Assist your neighbors:**

[volunteernh.org](http://volunteernh.org)

## **Critical Equipment Portal:**

[nheconomy.com/ppehelp](http://nheconomy.com/ppehelp)

#603GRATITUDE

@GOVCHRISSUNUNU

## Other ways to help:

### **Give blood.**

The American Red Cross in New Hampshire desperately needs help. Get more information at [www.redcross.org/local/new-hampshire-vermont.html](http://www.redcross.org/local/new-hampshire-vermont.html)

### **Donate food or toiletries.**

Donate to a local pantry or homeless shelter. You can drop food right at the front door. No need to go in.

### **Help a senior citizen in your neighborhood.**

Help with shoveling, food shopping or other errands.

### **Donate or make masks and gloves.**

Help our first responders and donate them to your hospital, fire station or police department.

### **Look for opportunities in your local neighborhood.**

Review Facebook and town message boards for local volunteer needs.

#603GRATITUDE

@GOVCHRISSUNUNU

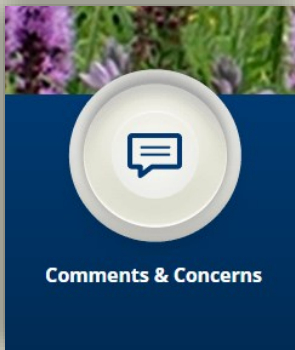
## Assessing

### Exemption and Credit Deadline to File

To assure exemptions and credits are applied to the current tax year, all new applications typically must be received by April 15<sup>th</sup>. In light of the current situation, taxpayers who wish to apply are encouraged to do so by July 15<sup>th</sup> so that enough time is available to return to normal operations and complete the approval process. Applications that are received after the statutory deadline but before the tax rate is set by the NH Department of Revenue Administration will be accepted and can be considered under the law. Incomplete applications will result in a request for information and may ultimately be cause for denial.

If you have any questions, please call the Assessing Department at 527-1268 or email [assessing@laconianh.gov](mailto:assessing@laconianh.gov).





Please consider using our "Comments & Concerns" option as another easy and convenient way to reach out to us with requests for information or to report issues.

This section of our website is checked daily and we will respond as quickly as possible. Just click the image above to use this service.

Questions? Please call the City Manager's Office at 527-1270.



## 2020 CURBSIDE SPRING LEAF PICKUP

Week of May 4 – May 8, 2020 and  
Week of May 18 – May 22, 2020

THE CITY CONTRACTOR WILL PICK UP AN  
ADDITIONAL **10 BAGS** DURING THESE  
2 WEEKS.

(Pick Up is on your normal trash day.)

All materials MUST be placed in PAPER  
COMPOST BAGS.

Please note that Curbside Leaf Collection will be collected by a separate truck, not the normal trash collection truck.

# Laconia Water Works



Please note that our main driveway, will be under construction starting Monday, March 23, 2020 and last for several weeks. All Laconia Water Works traffic will be rerouted to our secondary driveway during this construction. Signs will be posted to direct you around the building to the front door.

It may be more convenient to pay water and sewer bills online, by mail or at City Hall.

Thank you for your cooperation during this construction.

Laconia Water Works



The NH Division of Economic Development provides a comprehensive list of COVID-19 resources for businesses and individuals; the list is updated regularly. Click on the image (above) for information.



# REMOTE LEARNING RESOURCES

## Laconia School District Family/Student Remote Learning Resources

Follow us on Facebook @laconiaschools

March 25th, 2020

"Take care of yourself. Your mental, physical, and spiritual wellness is so important. Prioritize it!"

- M. Abbott



### HOW TO SET UP ZOOM

FOR PARENTS AND STUDENTS

## OFFICE OF SCHOOL WELLNESS WINTER 2020 NEWSLETTER



### 10 TIPS TO IMPROVE YOUR HEART HEALTH

With Valentine's Day fast approaching, many of us are thinking about the month of love. But it is also heart health month. Heart disease is the leading cause of death in the United States, claiming the lives of 2.2 million people each year. In addition, 100 million adults have high blood pressure, and 1.1 million are living with heart failure. With genetic blood disorder as part of cardiovascular disease, the good news is 80 percent of cardiovascular disease may be prevented with education and action. Simple lifestyle changes can have a big impact when it comes to heart health.

#### IN THIS ISSUE

Tips to Improve Heart Health 1  
Heart Healthy Foods 2  
Heart Healthy Recipes 3

#### Show your heart some love with these 10 tips.

##### 1. Stop smoking

Quitting smoking is the best thing that can be done for the heart and for overall health. Smoking is the most preventable cause of premature death in the United States, and smokers have a higher risk of developing many chronic diseases, including atherosclerosis, or the buildup of fatty substances in the arteries. When combined with other heart disease risk factors, smoking increases the risk associated with those factors. Quitting is never easy, but there are lots of helpful resources for those looking to quit.

##### 2. Know your numbers

The Office of School Wellness, in partnership with all of our schools in Laconia, is working to support you and your family as we all adjust to remote learning. We have created new web pages on our website with resources for families. Please go to our website and click on "New! Remote Learning Resources" at the top of the page: <http://laconiaschoolwellness.weebly.com/>

Our goal is to support the health and well-being of our students, staff and families, and we will continue to add resources and information on our website moving forward.

We also encourage you to follow us on Facebook at <https://www.facebook.com/laconiaschools/> for daily tips and resources to help us all through these challenging times!

Take care of yourself and each other!

Be well,  
The Staff of Laconia School  
District's Office of School Wellness



# Medication Disposal

## Do you have expired or unused medication?

The Laconia, Gilford and Franklin Police Departments offer permanent medication collection boxes to help you dispose of your expired or unused medication safely. The collection box is accessible **24-hours days/7 days a week**, and is **FREE!**

Click here for information on disposal guidelines: <https://lrgh.org/prescription-medication-resources/>



## Can I Flush Medicine Down the Sink or Toilet?

Flushing medication is NOT recommended. Do not flush medicines down the sink or toilet unless the prescription drug labeling or patient information that accompanied the medicine **specifically instructs** you to do so. Research shows that certain medications are not thoroughly flushed out during water treatment, and can contaminate groundwater.

Sources: Environmental Protection Agency, How to Dispose of Medicines Properly, 2011: Food and Drug Administration, Disposal of Unused Medicines: What You Should Know, 2017.



**What:** Notification of Road Closure/Detour

**Where:** Endicott St. Bridge carrying US3 over the NH Railroad

**When:** 30 consecutive days between April 6th-May 6th, 2020

**Please visit the project websites:**

[www.nh.gov/dot/projects/laconia16144](http://www.nh.gov/dot/projects/laconia16144)

[www.laconianh.gov/RoadUpdates](http://www.laconianh.gov/RoadUpdates)

**If you have comments or concerns about this project, you may contact:**

Michael Donnelly, Contract Administrator  
NH Department of Transportation  
PO Box 483, Concord, NH 03302  
603-219-6693 [Michael.Donnelly@dot.nh.gov](mailto:Michael.Donnelly@dot.nh.gov)

**The Endicott St. Bridge carrying US3 over the NH Railroad will be closed for 30 days between April 6th-May 6th, 2020. A detour using US3, US3B and NH106 will be in place. Please plan accordingly.**



The 2020 Census is underway. Due to the COVID-19 outbreak, the Census Bureau has adjusted their operations to ensure the health and safety of the public and their staff.

Households across America are strongly encouraged to respond on-line. There are also options for responding by phone or mail. Detailed information regarding the Census can be found [here](#).



Now is a good time to encourage your friends and neighbors to sign up for Laconia Links.

This will allow as many residents as possible to receive updated information about our community. Just email [info@laconianh.gov](mailto:info@laconianh.gov) to receive the newsletter each week.



# Assessing

In the coming weeks the Assessing office will be conducting EXTERIOR reviews of properties recently constructed or currently under construction.

If you have any questions please do not hesitate to call the office at 527-1268.



# City Manager Updates

The following updates have now been posted to the City's website to keep you up-to-date and informed on what's happening in your City!

First, be sure to check out the [Project Updates](#) report which provides a concise update of projects in the community. In this report you will find everything from road projects to the latest information on the Master Plan update.

Next, check out the current version of the [Monthly Economic Development Report](#). This report contains information pertaining to Laconia's unemployment rate and wages, as well as business and economic development partnerships.

*We hope you find these reports helpful and informative!*



Contact the City Mgr's office at 527-1270, or [info@laconianh.gov](mailto:info@laconianh.gov)

## BELKNAP MILL

WHERE ART AND HISTORY COME TO LIFE

25 Beacon Street East Laconia NH 03246 (603) 524-8813

[Subscribe](#) to our News of the Week and Monthly Newsletter

During this time of school closure, the Belknap Mill is dedicated to supporting families with students by offering a series of activities. These activities will be accessible through the Belknap Mill [website](#), [Facebook](#), or by subscribing to the Mill's weekly newsletter that will be sent out each Sunday, featuring activities for the coming week. See the link (left) to subscribe! Shown below are a couple current offerings:

### COMMUNITY



Get out your crayons, markers, paint, etc. & make a rainbow! Place it in your window, put one on your lawn - be as creative as possible - and remember, a rainbow is a promise of sunshine after the storm. Take a photo & post it on social media! Check out the rainbows on Facebook [here!](#)



Click [here](#) to learn about Kaleidoscope - a new collaborative project between Lakes Region schools and the Belknap Mill.

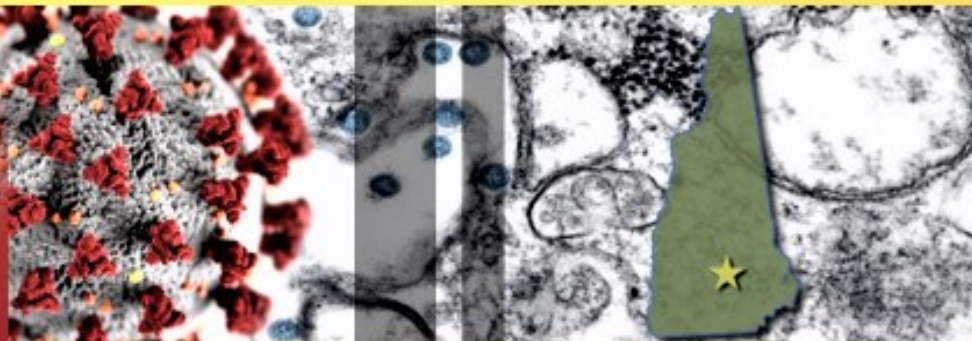






# COVID-19 AVOIDING **SCAMS**

Scammers may take advantage of COVID-19 outbreak fears by selling bogus "treatments" and "prevention" products, establishing fake charities, and sending seemingly legitimate emails with malicious links or attachments.



## **BEWARE OF FALSE CLAIMS**

Do not be tempted by claims and advice on social media or websites that a product or treatment can cure or prevent COVID-19.

Currently, there are no prescription or over-the-counter pills, vaccines, oils, lotions, or other products available to treat or cure COVID-19. Always check with your health care provider before buying such products.

## **BE CAREFUL WHEN MAKING DONATIONS**

Before making donations to support those who are ill or suffering financially because of the COVID-19 outbreak, **DO YOUR HOMEWORK:**

- If the appeal claims to be from a charity, make sure that it is registered with the Attorney General's Charitable Trusts Unit. The list may be found here: [www.doj.nh.gov/charitable-trusts/](http://www.doj.nh.gov/charitable-trusts/)
- If the appeal is for an individual, think hard about donating unless you know the person needing help and that person's circumstances;
- Do not let anyone rush you into making a donation;
- Check that you are dealing with a legitimate charity or individual and not an "imposter" with a deceptively similar name;
- Do not assume that social media recommendations for donations are legitimate.

## **BE ON THE LOOKOUT FOR PHONY CDC EMAILS**

Be careful about opening emails claiming to be from the Centers for Disease Control and Prevention (CDC) or from others claiming to have information about COVID-19. Clicking on links or attachments could cause a computer virus to infect your device.

## **FOR MORE INFORMATION OR TO REPORT SCAMS OR FRAUD**

Contact **1-888-468-4454**  
or **DOJ-CPB@doj.nh.gov**

Visit the NH Department of Justice website:  
**[www.doj.nh.gov](http://www.doj.nh.gov)**

## **STAY INFORMED**

Visit **[nh.gov/covid19](http://nh.gov/covid19)** for up-to-date information about the COVID-19 outbreak in New Hampshire.







Don't forget !  
ServiceLink  
Resource Center  
(1-866-634-9412 or  
528-6945)....it's the first  
number to call for  
senior services.



Centers for Disease Control and Prevention  
CDC 24/7: Saving Lives, Protecting People™

The CDC is urging individuals (of any age) to stay calm and "Share Facts, Not Fear" during the COVID-19 outbreak.

Please click [here](#) to read their advice and common-sense tips to help keep us all safe. For up-to-date information visit the CDC's Coronavirus Disease [situation summary page](#). Stay well!

*Laconia Senior Center is located at  
17 Church Street in Laconia.  
Questions? Call 524-7689*

*We hope you have enjoyed this  
Edition of Laconia Links*

*We welcome your input, comments  
and suggestions!*

Feel free to contact us at the  
City Manager's office, 527-1270,  
or by e-mail at [info@laconianh.gov](mailto:info@laconianh.gov)

*Have a great weekend!*



Scott Myers,  
City Manager  
City's Website:  
[www.laconianh.gov](http://www.laconianh.gov)



## CITY OF LACONIA PHONE DIRECTORY

Airport .....	524-5003
Airport Manager - Marv Everson	
Assessing .....	527-1268
Assistant Assessor - Tara Baker	
City Clerk.....	527-1265
City Clerk - Cheryl Hebert	
City Manager .....	527-1270
City Manager - Scott Myers	
Code Enforcement.....	527-1293
Planning & Zoning Dir. - Dean Trefethen	
Conservation .....	527-1264
Conservation Technician - Ashley Ruprecht	
Finance .....	524-3877
Finance Director - Glenn Smith	
Licensing .....	528-6331
Licensing - Lindsey Allen	
Planning & Comm. Dev. ....	527-1264
Planning & Zoning Dir. - Dean Trefethen	
Fire Dept. (Central Station) .....	524-6881
Fire Dept. (Weirs Station) .....	366-2229
Fire Chief - Kirk Beattie	
Library .....	524-4775
Library Director - Randy Brough	
Parks & Recreation.....	524-5046
Parks & Rec. Director - Amy Lovisek	
Personnel .....	524-3877
Personnel Administrator - Paula Baumel	
Police (Administration) .....	524-5257
Police (Crime Line) .....	524-1717
Police Chief - Matthew Canfield	
Public Works (Main Office) .....	528-6379
Public Works (Transfer Station) .....	528-5822
Public Works Director - Wes Anderson	
Tax .....	527-1269
Tax Collector - Lindsey Allen	
Water.....	524-0901
Superintendent - Ben Crawford	
Welfare .....	527-1267
Welfare Technician - Cathy Raymond	

### City Council Contact Info:

Mayor Andrew Hosmer.....	496-2078
Bruce Cheney (Ward 1).....	491-8946
David Bownes (Ward 2) .....	524-4330
Henry Lipman (Ward 3).....	528-0191
Mark Haynes (Ward 4) .....	524-3605
Robert Hamel (Ward 5) .....	524-6360
Tony Felch (Ward 6).....	524-7185

E-mail: [citycouncil@laconianh.gov](mailto:citycouncil@laconianh.gov)

Visit the City's website at:  
[www.laconianh.gov](http://www.laconianh.gov)