

Laconia Links

April 3, 2020 - Edition #432



Summer is coming! Please consider participating in the City's "[Adopt-A-Spot](#)" program

CITY OF LACONIA TRANSITIONS TO ON-LINE MEETING FORMAT

link and necessary password included on the agenda of the meeting you are interested in. Follow the link (or cut and paste it into your browser) and use the password to access the meeting. Using this platform, you will be able to both see and hear the meeting and have the opportunity to speak during any public portions of the meeting.



Due to the Covid-19 crisis and in accordance with Governor Sununu's Emergency Order #12 and Executive Order #2020-04, Laconia will be conducting its public meetings on line for the duration of the health crisis. The City will utilize the Zoom platform to allow the public to listen to and participate in meetings of the City Council, Planning Board and other public bodies. If you are interested in viewing, listening to, or participating in a meeting, you can do so using any of a number of platforms.

- Each meeting will be conducted as a webinar using the Zoom platform. To access the meeting using Zoom, simply download Zoom to your desktop computer, laptop, tablet or smartphone. Next, find the link and necessary password included on the agenda of the meeting you are interested in. Follow the link (or cut and paste it into your browser) and use the password to access the meeting. Using this platform, you will be able to both see and hear the meeting and have the opportunity to speak during any public portions of the meeting.
- If you don't have access to a computer or smartphone you can still access the meeting with Zoom using a traditional telephone by dialing the number provided on the meeting agenda and entering the Webinar ID number when prompted. With this platform, you will only be able to listen to the meeting.
- If you are an Atlantic Broadband customer, you will still be able to see and listen to the meeting live on Channel 26. If you regularly watch meetings on Channel 26 please be aware that things will look a little different than you are used to, as many participants will be contributing remotely instead of being physically present at the table.
- You may also watch the meeting live on YouTube. This is a new feature. YouTube videos were not previously available until the day after the meeting. Meetings are now streamed live to YouTube and you may watch them by going to the [City website](#) and following the link to the City's YouTube page.

Questions? Please call the appropriate department for the meeting you are interested in.

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

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





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.

Be sure to read our 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 more information.

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

Planning Board

April 7, 2020, 6:30 pm

**Please note important
information included on the
agenda regarding how to
view and/or participate in this
meeting electronically.**

[Agenda](#)

**All other City public
meetings have been
cancelled for the week of
4/6 - 4/10/20.**

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



Lakes Region Mental Health Center (LRMHC) remains fully-committed to serving patients during this unprecedented time. In an effort to limit the spread of COVID-19 in our communities and protect the health of our patients and staff, the majority of our services will be conducted remotely; either by telephone (audio-only) or by using audio-visual technology (i.e. computers with cameras, smart phones with cameras, video-conferencing equipment, etc.) so that the patient and provider can see each other. In-person services are available on a limited basis as we continue to comply with COVID-19 recommendations.

LRMHC will maintain hours of operation in Laconia and Plymouth:

Monday – Friday 8am – 5pm.

For Emergencies: Crisis support is always available and you can reach our Emergency Services staff by calling 528-0305.

If you are an existing patient, our staff will reach out to you about how we can continue to support you and how those services may best be delivered.

For individuals who are new to us and want to seek treatment, we ask that you please call us during normal business hours at 603-524-1100 to schedule an initial appointment by phone or by alternative telehealth options. We will conduct a brief mental health assessment and provide you with options for appropriate care.

If you are receiving in-person services such as medications, injections or have a primary care appointment, here is what to expect when you arrive at LRMHC:

Upon entering the office, you will be asked a number of questions that screen for illness, recent travel and ask you about the reason for your visit. We will also take your temperature. We will instruct you to maintain safe distancing from others and answer any questions you might have. Your provider will greet you in the lobby.

These are difficult and confusing times. Many are feeling overwhelmed and we are here to support you. LRMHC is only a phone call away.

Press Conference

A City of Laconia press conference regarding the COVID-19 virus was held on Monday, March 30th.

Please use this [link](#) to view the rebroadcast on LRPA's website.

We will publish information as to the dates of any future press conferences that may be scheduled.

Please call the City Manager's Office at 527-1270 with questions.

Laconia City Hall Extended Hours!

Please note that at the present time we are no longer offering extended hours in City Hall for residents to come in and transact City business. Extended hours were offered on the first and third Tuesdays of the month until 6 pm, and we will let you know when this service will resume.

Although City Hall is closed to the public, all departments are staffed and we can be reached during our normal business hours, Monday - Friday, 8:30 am to 4:30 pm.

Thank you for your understanding.



Help us pick recipients of our Front Porch Award! Nominate someone in our City who has shown pride by positively impacting and improving the appearance of their property. Photos (before and after) are appreciated but not required.

Contact the City Manager's Office at 527-1270 or email Nbrown@laconianh.gov for more information.



While you are out getting exercise and walking around our neighborhoods (following appropriate social distancing guidelines), this is the perfect time to take notice of improvements that have been made to properties in our community!

See the information (left) describing our Front Porch Award Program.

We will gather all nominations received and when things get back to normal, we will honor recipients at a City Council meeting.

Nomination forms are available [here!](#)
Thanks for your help!

Reminder!

***Curbside recycling will be picked up
the week of April 13th***

Remember: "Glass is Trash"





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 8](#) 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.

Click [here](#) to read the City Manager's comments that were presented during the most recent press conference. In this document you will find a great deal of useful information to help you and your family during this difficult time.

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



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

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!

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 links below). Please fill out the application and email it to us at 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!



Learn to play. Play to Learn.

2020-2021 PRESCHOOL REGISTRATION

APRIL 1 - MAY 1, 2020

**If you have a child 4 years of age by September 30, 2020
it is time to register them for Preschool.**

Laconia School District preschool registration packets will be available via email from the Superintendent's Office on Wednesday, April 1, 2020 through Friday, May 1, 2020 between 8:00 A.M. and 4:00 P.M. Please call or email Regina Theberge at rtheberge@laconiaschools.org or 603-524-5710 to request a packet. A copy of your Child's Birth Certificate, Proof of Laconia - Residency, Immunization Records and most recent Physical Examination is required for registration. Parents are asked to call the SAU to register and obtain a packet. Please call the SAU with any questions or for further information regarding the registration.

**School Administrative Unit 30 • 39 Harvard Street • Laconia, NH 03246
(603) 524-5710**

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 "Sign Up" image as shown above at the top of the page to set up your account. Questions? Please call 527-1270.

Colonial Theatre Updates...



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



OPECHEE DAY CAMP

Mon - Fri 7:30 - 5:15

Beginning June 24th through August 21st

Registration Forms and Parent Handbook found:

<https://www.laconianh.gov/211/Programs>

Questions? Call Laconia Parks and Rec at 524-5046 or e-mail Parks@LaconiaNH.gov

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

#Granite**Tough**

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 . . .

Construction on this Rowe Court Parking Lot — replacing a number of old houses — began in April 1957, with the lot opening in Late August. That same month, Lougee's Department Store opened its 'Park 'N Shop' in a two-story addition to the Tilton Block (seen in distance) which had earlier been used for storage. The back end of Laflamme's Bakery is to the right of the Tilton Block, with the steeple of the First Methodist Church on Union Avenue glimpsed between them. The former 'Gen. Knight' House, at extreme right, had been moved from its original location at the corner of Main and Court streets in June 1948. The three-story brick Harriman Block, at the corner of South Main and Court streets, is seen in the distance at right, to the left of the Knight House. (Laconia Historical and Museum Society)



... AND NOW

Most of the area was cleared during the city's Urban Renewal Program of the late 1960s and early 1970s and today's Best Western Plus Landmark Inn (in distance at left) opened, as a Ramada Inn, in October 1974. Following further demolition of remaining structures, a Walgreens Pharmacy at 45 Court St. (the red-brick building right of center) opened, Oct. 9, 2009. The Mount Lebanon Lodge No. 32 Building, built by the Independent Order of Odd Fellows in 1952, is obscured by the cement-block structure, also now owned by the lodge, at right. Southgate Condominiums and Sunrise Towers are seen in distance, left of center. (Adam Drapcho/The Laconia Daily Sun)



2020-2021 KINDERGARTEN REGISTRATION APRIL 1 - MAY 1, 2020

If you have a child 5 years of age by September 30, 2020
it is time to register them for kindergarten!

Laconia School District kindergarten registration packets will be available via email on Wednesday, April 1, 2020 through Friday, May 1, 2020. A copy of your Child's Birth Certificate, Proof of Laconia Residency, Immunization Records and most recent Physical Examination is required for registration. Parents are asked to call their neighborhood school to register and obtain a packet. Please call or email respective schools with any questions or for further information regarding the registration. If you register after May 1, 2020, please call the SAU office: 524-5710

Pleasant Street School	524-2168	sstore@laconiaschools.org
Elm Street School	524-4113	cpoire@laconiaschools.org
Woodland Heights School	524-8733	kmull@laconiaschools.org

"Ensuring success for every student, every day, in every way"



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.

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 will be completing repair work to a sewer manhole at the intersection of Court and Fair St.. Work was scheduled to begin on **March 23**. Traffic will be detoured on Court St. and Fair St. as needed during paving operations.

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

Please contact Krista Larsen,
Assistant Public Works Direc-
tor, at 528-6379, Ext. 306, or
email at klarsen@laconianh.gov
if you have any questions.

Business resources and help currently available in New Hampshire

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 time. We will get through this challenge together.

SBA Paycheck Protection Program

The SBA Paycheck Protection Program is a loan designed to provide a direct incentive for small businesses to keep their workers on the payroll. SBA will forgive loans if all employees are kept on the payroll for eight weeks and the money is used for payroll, rent, mortgage interest, or utilities. The Paycheck Protection Program will be available on 4/3/20 through 6/30/20. For details of this program [CLICK HERE](#)

NH Working - WorkShare Program

As employers navigate new challenges created by COVID-19, one way to help maintain their trained workforce is the State's WorkShare program. Employers can temporarily reduce their workforce in a particular unit, shift or company 10%-50% and avert a layoff. They can then recall the employees when business increases. As employees are retained morale, productivity and flexibility in the workplace are maintained. Affected employees have a softer landing as their hours are reduced rather than eliminated, and they keep their health insurance and can collect wages for hours worked plus unemployment compensation benefits for the reduced hours. WorkShare plans may be submitted by any New Hampshire employer whose taxes are currently up to date and they are in good standing with the NH Department of Labor. Find more information on the [NH WorkShare program](#).

SBA Economic Injury Disaster Loan Program

U.S. Small Business Administration (SBA) low-interest federal disaster loans can provide working capital to New Hampshire small businesses and private, non-profit organizations suffering substantial economic injury as a result of COVID-19.

- SBA's Economic Injury Disaster Loans offer up to \$2 million in assistance to help overcome the temporary loss of revenue.
- These 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.
- The interest rate is 3.75% for small businesses and 2.75% for non-profits.
- SBA offers loans with long-term repayments in order to keep payments affordable, up to a maximum of 30 years.

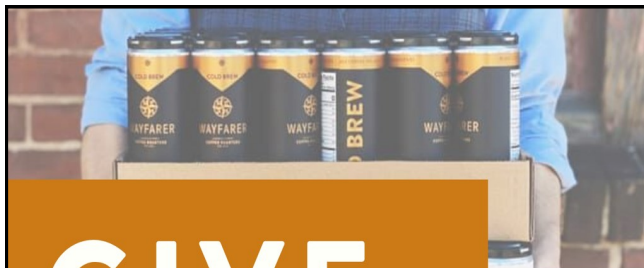
Click [HERE](#) to visit the SBA Disaster Assistance website or connect with their customer service center at 1-800-659-2955 (TTY:1-800-877-8339) or email disastercustomerservice@sba.gov.

Unemployment Benefit Relief

Per Emergency Executive Order #5, 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.**

Individuals will need to file for each week of temporary unemployment. People can do all of this online from your home internet connection or your phone without ever having to go into a state office. For more information and to file for unemployment benefits, visit the [NHES website](#)



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 online store: 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



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
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!

SBA Offers Disaster Assistance to New Hampshire Small Businesses Affected by the Coronavirus



U.S. Small Business
Administration

Click [here](#) for
information



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.

Downtown Laconia Business Relief - Fundraiser Tee

Order your t-shirt today! 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.
Let's do what we can to help it continue!



Never underestimate the power of supporting our local small businesses by shopping local. 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!

There are many ways we can still take advantage of services and products provided by our local businesses while staying safe. 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 curbside services that many other local businesses offer. 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.

*Thank you for your support of
our Laconia
business community!*



Who Can **ADOPT - A - SPOT?**

- Individuals
- Businesses

- Non-Profits
- Sports Teams

- Anyone who like to see how beautiful we can make Laconia



To learn more, call Laconia Parks and Recreation at 524-5046
or e-mail at parks@laconianh.gov

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. 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.

Assessing

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



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 15th. In light of the current situation, taxpayers who wish to apply are encouraged to do so by July 15th 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.

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.

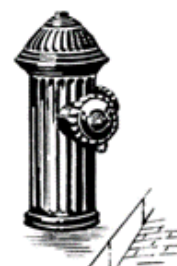
Thank you for your cooperation during this construction.

Laconia Water Works



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 10th, 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.



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.

WAYS YOU CAN HELP

Volunteer to provide health services:

nhresponds.org

Assist your neighbors:

volunteernh.org

Critical Equipment Portal:

nheconomy.com/pphelp

#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

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

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

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



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 a time to think about heart health. 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 1.2 million are living with heart failure. With genetic factors playing a part in 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



Laconia Parks & Recreation UPDATE



Although Parks remain open, all **courts, playgrounds, and fields** are **CLOSED** to prevent the spread of Covid-19 here in Laconia.



If you have any questions please contact Laconia Parks & Rec at 524-5046 or parks@laconianh.gov

We strongly encourage people visiting our parks to practice appropriate social distancing.

Thank you!



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

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

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.



Reminder: Have you completed your 2020 Census form yet? It's vitally important to our community and State that everyone be counted.

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](#). It's quick and easy!



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 to receive the newsletter each week.

BELKNAP MILL

WHERE ART AND HISTORY COME TO LIFE

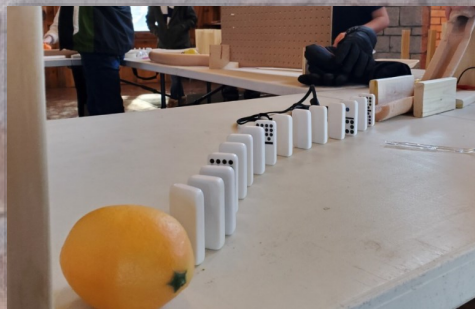
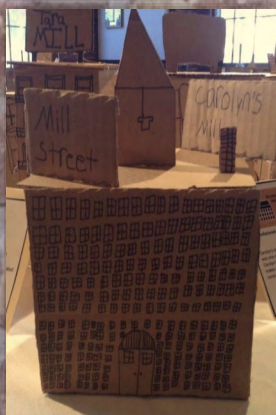
25 Beacon Street East Laconia NH 03246 (603) 524-8813

[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 fun 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 and join the fun!

HISTORY

EDUCATION



COMMUNITY



Public Works Dept.

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](#).

TOILETS ARE NOT TRASH CANS



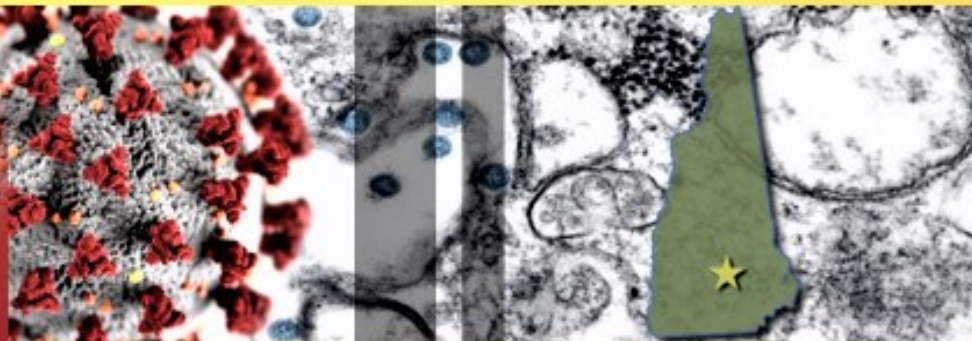
THINK BEFORE YOU FLUSH

*Thank you for your
cooperation!*



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/
- 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

STAY INFORMED

Visit **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.

COVID-19 Resources for Older Adults & Caregivers

The National Council on Aging provides the latest information for older adults and caregivers during the COVID-19 crisis. Click on the image (above) to explore the NCOA's website, get answers to your most commonly asked questions, and find links to resources to help our community's residents. Stay safe and 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

Have a great weekend!



Scott Myers,
City Manager
City's Website:
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

Visit the City's website at:
www.laconianh.gov