

## New Hampshire Circle Of Home And Family

By Judy Perreault

### New Hampshire Circle of Home & Family

Our annual craft meeting was held at Jane Martin's home where 11 ladies met for our usual sandwich lunch. One particular sandwich was very popular: chicken and cranberry on a cranberry nut bread. Mmm, I was one of the lucky ones to get a section. Jane also made a delicious vegetable soup. There was some mixup on dessert and we had two, but there weren't any complaints.

After lunch we tried our hand at needle felting. Our notice said to bring a dollar and a box of band-aids. I thought the band-aids were a joke, but I brought a box just in case.

The whole idea of this craft is to take

a pile of nice fluffy 100% wool and, by folding and repeatedly stabbing a four- or five-inch needle into it and adding more wool and stabbing some more, you end up with something.

Most of us decided to make the snowman, as the birds looked too difficult for beginners. One member opted for a pumpkin.

We began the process under Jane's able leadership. There was a lot of hilarity as our snowmen took shape. A number of yelps and demands for band-aids were heard as we missed the wool and got our fingers instead.

Amazingly, a couple of hours later we went home with an assortment of snowmen, all sizes and shapes, and one lonesome pumpkin.

## Flu Shots At Franklin Hospital

Flu season is fast approaching, and now is the time to get your flu shot. Flu shots are one of the best ways we can protect ourselves and our families from the flu. The New Hampshire flu season typically peaks in February or March, so it is wise to get a flu shot between October and the end of December for maximum protection against the flu. There is no shortage of flu vaccine this year.

### Who Should Get A Flu Shot?

According to the Centers for Disease Control (CDC), anyone who wants to reduce their chances of getting the flu can get vaccinated. However, certain people should get vaccinated each year either because they are at high risk of having serious flu-related complications or because they live with, or care for, high-risk persons.

Here are the CDC guidelines for people who should get vaccinated each year:

- People at high risk for complications from the flu, including:
  - Children aged 6 months to 59 months of age
  - Pregnant women
  - People 50 years of age and older
  - People of any age with certain chronic medical conditions
  - People who live in nursing homes and other long term care facilities
- People who live with or care for those at high risk for complications from flu, including:
  - Household contacts of persons at high risk for complications from the flu (see above)
  - Household contacts and out-of-home caregivers of children less than 6 months of age (these children

are too young to be vaccinated)

- Health care workers
- Anyone who wants to decrease their risk of influenza

If you have questions about pediatric flu vaccine, please call your child's pediatrician.

Franklin Regional Hospital's policy is to not vaccinate pregnant women in their first trimester. While the CDC provides a general recommendation that flu vaccine is a good idea for women who are or will be pregnant during flu season, we feel that women in their first trimester should be vaccinated only under the recommendation and care of their own provider. If you are in your first trimester, please call your primary care provider or ob/gyn to discuss this issue with him or her.

Flu shots are now available through many local providers' offices. Please call your provider's office for more information.

### Flu Shots At FRH

They are also available on a walk-in basis at Franklin Regional Hospital's Infusion Transfusion Department by appointment only between the hours of 8 AM and 6 PM, Monday through Friday, and Sundays from 9 AM to 1 PM. To make an appointment, please call 934-2060, ext. 850.

Flu shots cost \$40 at Franklin Regional Hospital. Patients who choose to pay at the time of service can access a 20% discount through our Patient Advantage Program, so the cost will be just \$32. Please note that many insurance plans will cover a flu shot.

For more information, call the LR-GHealthcare Flu Information Hotline at 527-7069, or ServiceLink at 528-6945.

## Wilmot Learning Place

Turn off your ovens and let the Wilmot Learning Place, a non-profit preschool in Wilmot, do your holiday baking for you!

There will be a Holiday Bake Sale to benefit the Wilmot Learning Place

at Blackwater Junction Restaurant on Sunday, December 24, starting at 8 AM. The sale will feature delicious, freshly-made pies, cakes, and cookies made by parents of the kids who attend Wilmot Learning Place.



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