

News from the South Danbury Christian Church, May 2020

Public gatherings are still on hold

Linda Wilson

South Danbury Christian Church

Because of the COVID-19 crisis, it's uncertain when public gatherings at the South Danbury Church are able to resume, so we will do our best to use social media and e-mail to keep everyone updated. If you would like to receive our weekly e-mail news, or to be notified of church events, please let us know with a short message to SouthDanburyChurch@gmail.com or a text message to 491-3196. You're also invited to follow us on Facebook at "Friends of the South Danbury Christian Church."

Even when we don't gather on a

Sunday, the church and its friends are busy all week long. Some of our current Missions activities are supporting the Danbury Community Center's services and its Danbury Food Pantry; the Blazing Star Grange's Neighbor Helping Neighbor program; Listen Community Services programs; and New Hampshire Wish List of the Kearsarge area.

The South Danbury Church, located at 1411 US Route 4 in South Danbury, is listed in the National Register of Historic Places. We are an Open and Affirming Congregation of the United Church of Christ, UCC. Please contact us if you need a ride or other assistance to attend worship or events. We'll be happy to help.



Distance Programs Bring Live Animals and Nature to Schools

Squam Lakes Natural Science Center

Press release

Squam Lakes Natural Science Center announces its new Virtually Wild School Programs to provide distance learning science education to schools. Virtually Wild School Programs bring a Science Center naturalist and two live animal ambassadors to a teacher's virtual classroom.

With schools closed for the remainder of the school year and Science Center trails closed until further notice, what would typically be a busy time for field trips will be quiet. Science Center naturalists have been busy developing the most effective ways to bring distance learning education programs to schools. Naturalists understand that keeping students engaged in science and nature while teaching online can be difficult, so they have adapted popular programs to meet those needs.

Programs include Fur, Feathers, and Scales; Have to Have a Habitat; Marvelous Mammals; Stories on the Wild Side; and more. Virtually Wild School Pro-

grams connect securely with students and teachers and engage with students for a 45-minute program. Interaction between students and the naturalist encourages the students to discover more about animals in New Hampshire. Post-visit activities are also included and programs correlate to Next Generation Science Standards.

Naturalists have also created Nature Journal Pages. The pages encourage students and children to get outside and start a nature journal. Nature Journal Pages include directions so parents can easily help younger children with the activities and older children can do them on their own. The only materials needed are the journal page and something to write with.

Teachers can learn more at NHnature.org/teachers or Schools@NHnature.org.

About the Science Center

The mission of Squam Lakes Natural Science Center is to advance understanding of ecology by exploring New Hampshire's natural world. The Center is located on Route 113 in Holderness. For further information, visit NHnature.org or call 968-7194.



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AndoverCommunityNH.org

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During Stroke Awareness Month, Be Aware Of Symptoms

Fifth leading cause of death in United States

Franklin VNA and Hospice
Press release

May is Stroke Awareness Month and, as the fifth leading cause of death in the United States, understanding what can cause stroke, signs to look for, and ways to reduce the risk of stroke are important steps we can take.

A stroke occurs when blood flow to part of our brain is interrupted. This interruption causes a loss of oxygen delivery to our brain cells in that part of the

brain, and if it goes on more than a few minutes those cells start to die.

All strokes are a medical emergency and can be life threatening. People who survive a stroke may still be left with a range of effects including weakness and paralysis, changes in their memory, attention and perception, vision problems, changes in their personality or behavior, depression, and fatigue.

The National Stroke Association suggests the acronym FAST to help remember the symptoms of stroke. Stroke symptoms come on suddenly, without warning. The sooner we can get medical attention to treat the blockage in the brain, the better the chance of survival, so if you see any of these symptoms in yourself or anyone else act FAST.

F: Facial drooping or uneven smile on a person's face

A: Arm numbness or weakness, most likely on one side

S: Slurred speech

T: Time to act now! Call 911!

Kristin Jordan, Director of Home Health & Hospice Services at Franklin VNA & Hospice notes, "By taking some sensible steps to reduce our risk of stroke, and knowing how to recognize the signs of stroke we can help decrease the number of strokes each year." For more information, call Franklin VNA and Hospice at 934-3454 or visit FranklinVNA.org.



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