

# TAMWORTH DAILY BULLETIN

Published by the Cook Memorial Library, Monday through Friday afternoons during the COVID-19 pandemic.

Send updates for the next edition to [mary@tamworthlibrary.org](mailto:mary@tamworthlibrary.org) or call 323-8510 and leave a message.

Find previous editions at [www.tamworthlibrary.org](http://www.tamworthlibrary.org)

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Monday, April 20, 2020

**Ask UNH Cooperative Extension:** Have a question about gardening, lawns, pests, fruits and vegetables, wildlife, backyard livestock, soil, or even food preservation? Ask UNH Extension staff are available each weekday (9 a.m. – 2 p.m.) to research and answer your questions and connect you with UNH Extension's resources and expertise. For research-based information you can trust, contact the Education Center at 1-877-EXT-GROW (398-4769), via email at [answers@unh.edu](mailto:answers@unh.edu), or on Twitter, Facebook, and Instagram.

**Need help with shopping or errands?** Tamworth Community Nurse Association can connect you to their wonderful volunteers! Contact Jo Ann Rainville at 651-9496, e-mail [rainvillej@roadrunner.com](mailto:rainvillej@roadrunner.com) or at the office at [tamworthnurses@yahoo.com](mailto:tamworthnurses@yahoo.com).

**Healthcare.gov Marketplace Coverage and Coronavirus:** If you lost your job-based health plan: You may qualify for a Special Enrollment Period if you lost health coverage through your employer or the employer of a family member in the past 60 days OR you expect to lose coverage in the next 60 days, including if you lose health coverage through a parent or guardian because you're no longer a dependent. Note: Losing coverage you have as a dependent doesn't qualify you for a Special Enrollment Period if you voluntarily drop the coverage. You also don't qualify if you or your family member loses coverage because you don't pay your premium.

More COVID-19 related conditions and Marketplace coverage information can be found at <https://www.healthcare.gov/coronavirus/>, including answers related to: if your employer reduced the hours you work and you're enrolled in a Marketplace plan; if you were furloughed; if you have COBRA continuation coverage; if your former job didn't offer coverage.



## NH Disaster Behavioral Health Response Team

*"Volunteers don't get paid. Not because they're worthless, but because they're priceless." - Sherry Anderson*

### Health Care Workers/First Responders Stressed Out? Need to Talk? We Can Help

We are:

- **Trained Crisis Counselors/Support People**

- **Confidential**

We will not request identifying information other than your first name and town unless safety is an issue of concern

- **Available 7 am to 9 pm DAILY**

- **Here for you**

**Just Call:**

(603) 892-8924

(603) 892-8086

(603) 892-8504