

TAMWORTH WEEKLY BULLETIN

Published by the Cook Memorial Library, on Wednesday afternoons during the COVID-19 pandemic.
Send updates for the next edition to mary@tamworthlibrary.org or call 323-8510 and leave a message.
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April 29, 2020

This is the first issue of the Tamworth WEEKLY Bulletin. This replaces the Tamworth Daily Bulletin that was published from March 16-April 24, 2020.

All issues of the **Tamworth Daily Bulletin** and the **Tamworth Weekly Bulletin** are/will be available to view and download at <https://tamworthlibrary.org/find-info/reference/tamworth-daily-bulletin/>.

If you have an announcement for the next **Tamworth Weekly Bulletin**, send it to mary@tamworthlibrary.org.

Town Clerk news: Do Not Forget to License Your Dog by April 30, 2020!

According to the State Veterinarian dog licenses WILL NOT be extended. Licenses will expire on April 30, 2020 as usual. Veterinarians are open for business. You can renew licenses online at <https://www.eb2gov.com/scripts/eb2gov.dll/TownLaunch?towncode=230>. Call the Town Clerk at (603) 323-7971 with questions.

Selectmen's news: Selectmen are adding a Zoom component for the public to be able to participate at their meetings on Thursdays at 6:00 p.m. Check out the Town Website for information on how to join. Using Zoom will allow the public to comment in a safe way during the meetings. The April 30 meeting login can be found at

<https://www.tamworthnh.org/home/news/selectmens-meeting-april-30-2020-600-pm-public-participation-zoom>.

Supervisors of the Checklist news: June 2 is the last day that registered voters can change their party affiliation until after the September 8 State Primary. The Supervisors of the Checklist will be meeting from 7:00 – 7:30 the evening of June 2 and voters may come at that time with change of party requests. However,

because the option of doing this prior to June 2 with the Town Clerk is not possible during the COVID-19 crisis, the Supervisors plan to have a table set up at the Farmers' Markets, held in the parking lot of the Unitarian/Universalist church, on May 16, 23, and 30. At this table you may make this request, which will then be approved at the June 2 meeting. If you are not sure of your current party designation, we will have a copy of the current checklist at the table, where this can be checked. Also, people who are not currently registered voters may register to vote at this table. The Supervisor(s) will answer any other concerns you may have regarding voting. Please note that any forms accepted at this table will not be approved until the June 2 meeting. Our presence at the voter table is simply to accept your changes—not to approve them.

Survey for Business owners: The NH Department of Business and Economic Affairs is conducting a confidential survey to learn how businesses are affected by the COVID-19 pandemic. The survey is being taken online. Fill it out at <https://www.nheconomy.com/survey?fbclid=IwAR1h-R73toFa9eV3DWp-pRAJc-HPQ961RdN9155pkFzGyQHx7wUWd7a64Us>.

ServiceLink shares an official message from Medicare: Unfortunately, scam artists are using the coronavirus pandemic to try to steal your Medicare Number and other personal data, but you can protect yourself. If you get a call or email offering COVID-19 items like a test kit or a mask and they ask for your Medicare number, hang up or delete the email! Guard your card.

Learn more about scams and how to report suspected Medicare fraud at [medicare.gov/fraud](https://www.medicare.gov/fraud) and call your local ServiceLink at 323-2043 X 5882.

Mental Health link for the week: *Self-Compassion Guided Meditations and Exercises* offered by Dr. Kristin Neff is a series of short videos and audios. As Dr. Neff points out, “Instead of mercilessly judging and criticizing yourself for various inadequacies or shortcomings, self-compassion means you are kind and understanding when confronted with personal failings – after all, who ever said you were supposed to be perfect?” Learn more and begin practicing at <https://self-compassion.org/category/exercises/>.

Questions about COVID-19? Call the NH Hotline at 2-1-1.