

CITY OF PORTSMOUTH



City Newsletter: Thursday, January 5, 2023



CITY ACCEPTING APPLICATIONS FOR 2023 PRESCOTT PARK SEASONAL BOAT SLIP RENTALS LOTTERY DEADLINE TODAY AT 4 PM -- To download the application package, go to: <https://tinyurl.com/yc6adh59> Slips are first awarded to Portsmouth residents in a lottery drawing on Friday January 6, 2023 at 9 am.



TOMORROW! PORTSMOUTH NH 400 KICKOFF PARTY ON FRI 1.6.23! GATHER IN PRESCOTT PARK PUBLIC FORUM AREA CLOSEST TO MEMORIAL BRIDGE – Though South Church is at capacity, all are welcome at Prescott Park at 4 pm, whether registered or not. The bridge lights up in blue at 4:23 pm (16:23 by the 24-hour clock. (Image: Jay Benjamin)

HANOVER GARAGE -- Concrete pour scheduled Jan 9-13. Work takes place between 8 am and 5 pm, Mon-Fri. Subscribe to the weekly emails and submit questions on the [Hanover Garage Project page](#). **Go to current work schedule:** <https://tinyurl.com/yc8tcbhv>

NEW CITY PUBLIC ART REVIEW COMMITTEE SEEKING APPLICANTS – The applicants should demonstrate their experience in art and design-related fields, or demonstrate a strong interest in the visual arts and civic improvement. **Interested candidates should complete the application form:** <https://tinyurl.com/yh5fm88r>

For more information on PARC, go to: <https://tinyurl.com/h9krxwp8>

EDC ANNOUNCES RESULTS OF BUSINESS SURVEY AND FUTURE PLANS – Now the team is working to analyze the results and plan its Working Group's ongoing actions to benefit the City's business community. For survey details go to: <https://tinyurl.com/bd3men76>



CITY SELECTS CLIMATE ACTION PLAN CONSULTANTS -- The City has selected VHB, Resilience Planning & Design LLC and the Rockingham Planning Commission to create the City's first Climate Action Plan in partnership with the City Planning and Sustainability Department and the local community to identify short-, medium- and long-term strategies to address, mitigate and adapt to ongoing and future climate change impacts in an effective and equitable manner.



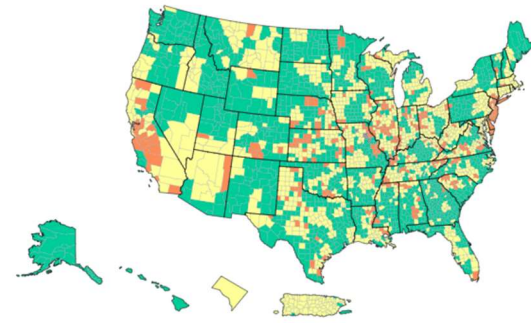
LIBRARY PRESENTS BABYSITTING COURSE FRIDAYS JAN 6-FEB 3, 3:30-5:15 PM-- This free, 5-session course is open to students entering 6th grade through high school. Registration required – registration for the first day covers all 5 sessions. Go to: <https://tinyurl.com/yf59j664>



PORTSMOUTH PUBLIC LIBRARY COAT SWAP PICKUP NOW THRU JAN 7 -- Anyone who would benefit, can stop by the Library (175 Parrott Ave.). Free & open to all.

I GOT BRIDGED HOSTS SPECIAL GUEST JOHN BRODERICK ON SAT JAN 7, 8:30-10 AM -- John Broderick, Dartmouth-Health

Senior Director of External Affairs and former Chief Justice of the NH Supreme Court, speaks on the R.E.A.C.T. Mental Health Awareness Campaign at the monthly "Time4Joy" Fellowship Group at the First United Methodist Church (129 Miller Ave.). The event is free and open to the public, with a complimentary breakfast and La Mulita coffee. For more information on *I Got Bridged*, go to: www.igotbridged.com



TRAVELING? CDC TOOL FOR ASSESSING COMMUNITY RISK. CARROLL, BELKNAP, MERRIMACK, HILLSBOROUGH, CHESHIRE AND ROCKINGHAM COUNTY, AND MOST OF MASSACHUSETTS ARE LISTED AS "MEDIUM RISK." -- CDC recommends using its online COVID-19 tracker: <https://tinyurl.com/57p5j3ba>

Please note that hospitalization levels and staff shortages are high in NH. Health professionals advise residents to take extra care – and get a flu shot as well as a COVID-19 booster.

VACCINE CLINIC WED JAN 18 AT SENIOR ACTIVITY CENTER, 9 AM–3 PM – Free and open to the public, 125 Cottage Street. Pfizer and Moderna boosters as well as initial series and vaccines for children available.

COVID-19 BOOSTER SITES! Find locations offering the new booster by going to the interactive map at [vaccines.gov](https://www.vaccines.gov) NH DHHS advises that everyone over 5 who completed the primary series vaccination 3 months ago or more should receive the current booster.

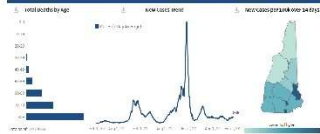
BOOSTERS FOR HOMEBOUND INDIVIDUALS – Call On-Site Medical Services, the company contracted by NH to provide homebound boosters, at 603.826.6500 to make an appointment, or go to <https://www.on-sitemedservices.com/vaccine>

GO TO FAQs ON THE "COVID-19 BOOSTER VACCINE" <https://tinyurl.com/4smxnj7>

PORTSMOUTH DPW WASTEWATER SAMPLING FOR COVID-19 -- The City continues to receive weekly reports on samples from the Pease and Peirce Island Wastewater Treatment Facilities. **New updates are posted** on the [COVID-19 Sampling page](#) on the City website.

SUICIDE PREVENTION HOTLINE LOCAL CONTACTS -- Recent tragedies in Portsmouth prompt the City to remind everyone: If you need help, please call or text the Suicide Hotline Number AT 1-833-710.6477 or reach out to nh988.com. PLEASE NOTE that the new federal

HEALTH BULLETIN BOARD 1/5/23



NH DHHS is reporting another 16% increase in the number of cases for the 7 days ending January 4, compared to the previous 7 days. <https://www.nh.gov/> CDC is classifying CARROLL, BELKNAP, MERRIMACK, HILLSBOROUGH, CHESHIRE AND ROCKINGHAM COUNTY, MUCH OF MASSACHUSETTS ARE LISTED AS "MEDIUM RISK." (Maps at right) Go to: <https://tinyurl.com/3u9c5w>



COVID-19 Booster Doses

The best way to protect yourself from COVID-19, including Omicron is to get vaccinated and boosted.

Who? Everyone ages 18 and older should get a booster.

When? At least 3 months after your second Pfizer or Moderna shot or 2 months after Johnson & Johnson.



PORTSMOUTH VACCINE CLINIC WED JAN 18 at the Senior Activity Center (125 Cottage Street) from 9 am to 3 pm. Pfizer and Moderna boosters as well as initial series and vaccines for children available.

NH DHHS AND CDC RECOMMEND EVERYONE OVER 5 RECEIVE FALL COVID-19 BOOSTER VACCINES – The CDC has approved the FDA-FDA for a modified booster: Pfizer vaccine for age 5+ and one from Moderna for 6+ that combine protection against the original strain P.1. S. protection against Omicron BA.1-BA.5 now circulating. Go to <https://www.cdc.gov/newsroom/fall-2022-covid-19-boosters-faq>

COVID-19 BOOSTERS: MORE SITES AVAILABLE! Find the new booster by going to the interactive map at <https://www.vaccines.gov/>

SURGES IN FLU AND RSV AFFECTING SENIORS – For most healthy people, RSV, or respiratory syncytial virus, is a coldlike nuisance. But for the very young, the elderly and people with certain health problems, it can be serious, even life-threatening. The virus can infect deep in the lungs, causing pneumonia, and in babies it can impede breathing by inflaming tiny airways. Several companies are creating RSV vaccines but Pfizer and Moderna are further along. Both companies plan to seek regulatory approval in the U.S. by the end of the year, as well as in other countries. **NH DHHS RECOMMENDS** this season's FLU shot for everyone. The formulation is proving effective against this year's strains and protective for all who have had limited exposure to flu over the past years of the pandemic.

COVID-19 Vaccination for People NOT Moderately/Severely Immunocompromized

COVID-19 Vaccination for People Who ARE Moderately/Severely Immunocompromized

REGIONAL HEALTH BULLETIN BOARD – Go to a larger PDF. <https://tinyurl.com/yey48j52>

988 system routes callers to the crisis center closest to their area code, not their physical location. So, if your phone is not an area code 603 number you should call the New Hampshire crisis center directly for immediate help.

CROSS ROADS HOUSE WARMING CENTER FOR ROCKINGHAM COUNTY HOMELESS -- Starting immediately the warming center will open from 7 pm to 8 am on any day the forecast temperature or wind chill dips to 28 degrees Fahrenheit or lower, or if heavy snowfall accumulates to six inches.

OPERATION BLESSING WARMING CENTER, WEEKEND HOT MEALS AND FOOD PANTRY/CLOTHING ROOM -- Operation Blessing, INC at 600a Lafayette Rd opens its 8-bed warming center from 7 pm to 7 am when the temperature is 25 degrees or below. **Weekend Hot Meals - just walk in - on Saturdays from 11 am to 12:30 pm and Sundays from 3 pm to 4:30 pm.** The Operation Blessing, INC Food Pantry and Clothing Room is open Mon-Fri 10 am to 4 pm and Saturdays from 9 am to 12 noon. Any questions? Please call 603-430-8561 or 603-988-2671.

WEEKLY FREE LUNCH REMINDERS:

- **Middle Street Baptist Church** – Seacoast Community Lunch brown bag lunches from the parking lot (18 Court St.), 12 noon to 1 pm on Wednesdays. For more information call 603-436-2337 or email lunch@middle.st
- **St. John's Episcopal Church** -- Common Table bag lunch, Thurs, 12 noon to 1 pm dine inside. 12:30 pm for bag lunch pickup in the St. John's parking lot (100 Chapel St.). **NEW! STARTING MON JAN 9 FREE HOT BREAKFAST AT ST. JOHN'S EPISCOPAL CHURCH, 7-8 AM. The Breakfast Club will serve a hot, sit-down breakfast in Thaxter Hall, every Monday.**
- **GATHER COMMUNITY MARKET, FRIDAYS, 10 am – 1 pm** – A FREE food market for all. No paperwork. No ID. No one is ever turned away. Located at the NH National Guard building, 801 McGee Drive in Portsmouth.

PORTSMOUTH STANDS WITH UKRAINE

There are many recognized relief agencies responding to the humanitarian crisis in Ukraine. You might consider one of these:

<https://tinyurl.com/2mtsejuh>

CITY HALL FACEBOOK PAGE:

Like and follow us to get news as it's posted:

<https://www.facebook.com/CityHallPortsmouthNH>

Questions about a City-related matter? Email to hotline@cityofportsmouth.com and we'll get you an answer.

Want to know more about what's happening in the City? Click to sign up for the City

Newsletter <https://tinyurl.com/y2p67par>