COMMUNITY RESOURCE NETWORK

2020 - 2021 AGENCY INFO

►Please note that I have tried to update all these blurbs but haven't heard back from some of them to ascertain changes. Please tell your clients to call the agency to make sure hours and information is still valid.

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211NH

211NH is an easy-to-remember, free and confidential phone service that links people throughout the state of NH with health services, human services and other community resource information. Our service became available in June 2008 with support from the United Ways of NH, Public Service of New Hampshire, the State of New Hampshire as well as various other contributors.

By simply dialing 3 numbers, 2-1-1, people residing anywhere within the state are connected with a professionally certified information and referral specialist who will take the time to listen to the caller and help them determine the type of assistance needed. In turn, the caller will be provided referrals targeted to his/her specific needs. Service organizations- like yours- receive only appropriate referrals and are able to identify community needs based on our call center data.

Nick Joslin, Database Resource Manager, 211 New Hampshire; Dial 211, Fax 603-634-3875, email nick.joslin@211nh.org Website http://www.211nh.org/

603 Legal Aid (formerly NH Pro Bono Referral Center)

603 Legal Aid streamlines access to civil legal aid with a single point of entry. After assessing financial eligibility and identifying the issue, 603 Legal Aid will connect individuals with the appropriate information, resources, and organizations. If an individual requires representation, 603 Legal Aid may provide direct representation, referrals to a volunteer attorney through our pro bono program or to New Hampshire Legal Assistance (NHLA). Collectively, 603 Legal Aid and NHLA serve a client population with incomes up to 200% of the federal poverty level. And 603 Legal Aid and NHLA work exclusively with clients facing civil legal issues - not criminal cases. These issues include: rental housing and home ownership; domestic violence, sexual assault, stalking, and human trafficking; family law; public benefits; utilities; consumer issues; older adults; and youth.

You can connect with 603 Legal Aid at: nhlegalaid.org Call center - 800-639-5290

A Perfect Move

For two generations our movers have been customizing perfection with convenient carefree relocations as the end product. Our success depends on our ability to continually improve and customize our services to meet needs of our clients. Communication is the key to maintaining a smooth and virtually seamless process. A Personal Moving Expert is assigned at the onset of every move and stays with the individual or family until the final detail has been executed. Our professional experience and insight are invaluable. Pricing and services are professional and competitive. The features we have described are always included in our basic service! Our clients are extremely valuable to us and deserve a service designed especially for individual needs. Please contact us today so we can assist you with your upcoming relocation, and be on your way to A Perfect Move. (866) 630-6740

Genevieve J. Benton gbenton@aperfectmover.net

A Perfect Move, Inc. 240 US Route 1 Kittery ME 03904

AARP-NH

AARP is currently involved in a long term campaign centered around creating a right for seniors and disabled adults to receive care in the community. This will be a multi-year campaign to focus on this issue.

Douglas McNutt, Associate State Director - Advocacy
45 S. Main St. Suite 202
Concord, NH 03301 DMcNutt@aarp.org
Phone: 603-230-4106 cell: 603-858-4640

ACT 2 Recovery

ACT 2 Recovery is a life-change program that promotes emotional health and supports long-term recovery through peer mentoring, life skills training and by connecting people to community through the ACT 2 Café*.

The program is available to adults recovering from substance use disorder and other life controlling issues who are seeking help and support as they seek to build a personal recovery plan. The program is part-time and consists of a core relapse prevention curriculum, as well as electives, which allows for flexibility while also providing structure.

•ACT 2 Recovery is offered at no charge to qualified adults.

•ACT 2 Recovery is part of the life-change program at New Frontiers Church, 1 Gosling Road, Portsmouth. For more information www.act2recovery.com; or email info@act2recovery.com

***ACT 2 Café** is a series of weekly drop-in sessions hosted by our ACT 2 life-change program. The café runs on Wednesday's from 11:30am to 1:00pm and is for anyone who would appreciate a chance to get to know others in a non-judgmental atmosphere or check out what's on offer through the program, including art classes and The Rack.

The Rack at ACT 2 is a boutique style store where women in transition situations can "shop" for free for gently loved and in-style clothing.

Bring your own packed lunch, but coffee, tea and cold drinks are served, as well as individually wrapped snacks at no charge.

www.newfrontierschurch.com/act-2-café

Program Director: Raye Forsey raye@act2recovery.com

Addiction Recovery Services Intensive Outpatient Program

Addiction Recovery Services Intensive Outpatient Program offers evidence based group therapy, family education and psychiatric services to people with substance use disorders and co-occurring substance use and mental health symptoms.

Our program offers a **non-judgmental** and **inclusive** environment to everyone seeking help, welcoming people at various points in the recovery process. We provide an individualized counseling approach, using motivational interviewing, that respects and honors all belief systems and various paths to recovery.

We also provide psychiatry and medication assisted treatment as part of the group with no additional charge. There are no waiting lists for treatment, someone will be admitted to group within 72 hours and see a psychiatrist within one week.

All group therapy sessions are led and supervised by licensed therapists (LICSW or LCMHC). Inquiries can be made by email: info@arsnh.com, or cell: 814-515-9896. There are two office locations: 1145 Sagamore Ave., Portsmouth, NH 03801 P: 603-433-6250 F: 603-433-6350 and 23 Stiles Rd ste. 108 Salem, NH 03079 P: 603-212-9037 F: 603-212-9039 Website: arsnh.com

AIDS Response Seacoast (ARS)

AIDS Response Seacoast (ARS) is a non-profit community-based HIV/AIDS Service Organization (ASO), based in Portsmouth, NH, dedicated to providing education, direct assistance and advocacy to persons and communities affected by HIV infection. We provide direct service to clients at all stages of HIV infection who live in Rockingham and Strafford Counties in New Hampshire and educational programs throughout Seacoast New England. ARS evolved as a grassroots response to the epidemic in 1987 to offer vital emotional and practical support to people living with HIV infection and AIDS. Services provided by ARS are free of charge to persons living with HIV.

Our Mission

- To honor the inherent dignity and strength of people living with HIV/AIDS

- To support and assist persons infected with and affected by HIV/AIDS in maintaining a high quality of life through direct assistance, education and advocacy
- To prevent new HIV infection and promote safer practices through education/prevention activities for local and regional communities
- To counteract myths and stereotypes about HIV/AIDS
- To increase and diversify the network of HIV/AIDS related service providers in the communities we serve
- To play an active role in affecting local, state and national policies on civil rights, discrimination, HIV/AIDS prevention, education, research, and direct care

Phone Number: 603-433-5377 Email: info@aidsresponse.org website: http://aidsresponse.org/

Alcoholics Anonymous

Alcoholics Anonymous is a fellowship of men and women who share their experience, strength, and hope with each other that they may solve their common problem and help others from alcoholism. AA is self-supporting and is not allied with any sect, denomination, politics, organization, or institution. AA does not wish to engage in any controversy and does not endorse nor oppose any causes. The primary purpose is to stay sober and help other alcoholics to achieve sobriety. There are a variety of AA meetings offered daily throughout the seacoast area. For further information and a list of meeting times and locations please contact the following:
New Hampshire Area Assembly
1330 Hookset Road
Hookset, NH 03103
603-622-6967 www.nhaa.net NHAA Hotline: 800-593-3330

AmeriHealth Caritas New Hampshire

AmeriHealth Caritas New Hampshire (AC-NH) is a managed care organization serving enrollees in New Hampshire's Medicaid Care Management program. AmeriHealth Caritas New Hampshire helps the state's Medicaid population get care, stay well, and build healthy communities by addressing the acute and broader social factors that drive health outcomes. For more information, visit www.amerihealthcaritasnh.com or call 1-833-704-1177.

AmeriHealth Caritas New Hampshire **partners** with non-profits and organizations throughout the state to meet with their members and staff. We are particularly interested effecting the Social Determinants of Health and the areas of substance use, homelessness, transportation, and mental health and offer an progressive SUD/Mental Health program. AC-NH offers: **Care Managers** who work to help members understand their medical/behavioral health conditions, learn about their medicines, and find community support; **Health programs** for members with specific concerns/illnesses; **BrightStart™** prenatal/pregnancy care; **Community Health Navigators** to help find community resources; and **Community Outreach**, working with local groups and providers to support members.

AmeriHealth Caritas New Hampshire members receive additional Value-Added Benefits: **dental benefits for adult members**, including cleanings and restorations*, **WW**® (formerly Weight Watchers) memberships, **Mission GED ®** (HiSet) exam assistance, **infant car and booster seats**.

AC-NH offers a **24/7 Member Services line** with access to bilingual staff; **Nurse Call Lines**; **a Rapid Response and Outreach Team**; **Health education** to promote healthier lifestyles; **Member portal access** and **mobile apps**; **Member and Provider Newsletters** providing education and information.

Arts in Reach

Founded in 1997, the mission of Arts In Reach (AIR) is to empower underserved teens through inclusive, creative community. Our arts-based programs and mentoring take place when teens are out of school. AIR focuses on social and emotional development and skill-building through the arts to improve teens' confidence, resilience, and self-reliance. We offer multi-session programs year-round for approximately 100 teens age 11-22-years-old from the NH Greater Seacoast region. We are committed to diversity, equity, and inclusion by providing programs free of cost to all participants, including supplies, access to transportation, and use of technology, and by welcoming differences in ability, culture, ethnicity, gender expression, race, religion, sexual orientation, and socioeconomic status. We prioritize registrations for teens from lower-resource households and marginalized communities.
604-433-4278, info@artsinreach.org, www.artsinreach.org,
PO Box 236 Portsmouth, NH 03802

Ascentria Care Alliance

Good News Garage

Good News Garage was one of the first nonprofit social enterprise car donation programs in the U.S. Its mission is to create economic opportunity by providing affordable and reliable transportation options to low-income individuals and families. Since its founding in 1996, Good News Garage has provided over 5,000 New England families with donated vehicles, empowering them to move out of poverty and into financial independence and social stability. Vehicle donations allow Good News Garage to award safe, reliable refurbished cars to New Hampshire individuals and families in need. 325B Merrill St., Manchester, NH 03104. 603.669.6937. Fax 603.626.7763. www.GoodNewsGarage.org

Language Bank

Language Bank is a high quality communication-access services provider offering in-person and remote interpretation and translation services to some of the state's largest health care facilities, government agencies, legal firms, technology companies, insurers, educational systems, and financial institutions, as well as individuals and families. Services are offered 27/7 in over 60 languages and dialects, including American Sign Language (ASL). Over-the-phone interpretation is also available 24/7 in over 200 languages and video-remote interpreting can be provided through all major video-conferencing platforms, including Cisco Webex, Doximity, Doxy.me, Google Meetings, GoToMeeting, MS Teams, Skype, WhatsApp, Zoom, and more. Additionally, Language Bank conducts interpreter training courses for bilingual individuals interested in careers as professional medical interpreters. 340 Granite Street, 3rd Floor, Manchester, NH 03102. 844.579.0610. Fax 603.410.6186. www.thelanguagebank.org

Therapeutic Family Connections

Ascentria places children with caring families in Massachusetts and New Hampshire. Our children are like most others, with one exception – they need a nurturing family to provide a stable and supportive home environment. Our specialized foster care program differs from general foster care. We focus on developing the strengths, interests, and abilities of each and every child, and providing a higher level of support to foster families. We offer 24/7 clinical support, case management, financial compensation, ongoing training, and social opportunities. We are always seeking foster families to help support children in need of a safe, loving home. 261 Sheep Davis Road, Suite A-1, Concord, NH 03301 (603) 224-8111, Ascentria Care Alliance - Foster Care in New Hampshire.

In-Home Care

Ascentria In-Home Care is a Licensed Home Health Care Agency dedicated to providing superior quality nonmedical home care services in New Hampshire. Ascentria has been providing services to people in need for over 140 years. As the largest provider of nonmedical, self-directed care in New Hampshire, we assist over 450 elderly and chronically ill clients each

week to meet their daily needs, preserve their independence and remain in their homes. Our services include light housekeeping, meal assistance, grocery shopping/errands, transportation to appointments, neighborhood or community outings, mail assistance, bathing, personal care assistance, and medical reminders. Please call Sabrina Moore at 603-410-3301 or visit us online at Ascentria Care Alliance - In-Home Care or call 603-224-3010, toll-free 800-244-8119.

Assisted Living Locators

We believe that our seniors and their families should be able to obtain quality information and hands on assistance, at no charge, when having to make decisions about care. We offer a FREE service for families who need help researching, touring and choosing the safest, healthiest and most appropriate Assisted Living and/or Memory Care Community. We cover all of New Hampshire as well as the greater Portland Maine area and Eastern Massachusetts. We have pre-screened the majority of area Communities and are able to match the senior with the best living environment. We will meet the senior and/or their families in the hospital, rehab or home setting to get a solid understanding of their needs and wishes.
Glen Badger, glenb@assistedlivinglocators.com, 603.393.6452

Atlantic Homelife Senior Care

Atlantic Homelife Senior Care is a local, privately owned licensed medical home care company. We treat all of our clients as individuals and customize our care to your unique needs. We are dedicated to help keep our clients in the homes they love. We believe no one should be forced to give up their home life just because they need a helping hand. Our team of dedicated professionals work closely with you to decide what services will best suit your needs, allowing you to maintain your independence and quality of life!! All care givers at Atlantic Homelife Senior Care are carefully screened and background checks performed. They also undergo extensive training, and share the same common goal of helping seniors maintain quality of life. Unlike many Home Care Companies which can only provide non-medical care, we are a licensed home health care provider. As such we are able to work directly with your physician to provide in home medical care as well as non-medical care. Our nurses not only perform an initial assessment to help determine what services are needed but also provide ongoing visits to ensure clients changing needs are being met. We will work with you to set up the most appropriate plan of care. Whether that is having someone stop by 1-2 times a week to check in, or providing 24hours a day care. Please visit our web site at **www.atlantichomelifeseniorcare.com**
Contact information:
Martha Berk, RN 603-343-4434
Coordinator of Client Services

Austin17House

Located in the heart of Brentwood, Austin17House offers you and your family the opportunity to engage with other members from your community while taking part in recreational activities, workshops, and special events. Our center also aims to develop and cultivate good values and skills that will lead to positive behavior in all our young members.

If you're looking to make a difference in your community and provide support for our youth and families this is the spot for you! We're always looking to add new members to our team, come join us on a Friday or Sunday to learn more and check out the space!
austin17House.org
Youth Serving Organization Sector Representative
M: 603-418-5864

Avita of Newburyport

Avita of Newburyport is a Northbridge Assisted Living Community in the coastal town of Newburyport, Massachusetts. Our 70 apartment community is located across the way from Anna Jaques Hospital. The name, Avita, which translates to "For Life," was inspired by our desire to create a safe and fulfilling environment where nurturing caregivers recognize each resident as a special and unique individual. Just because an individual may be coping with physical challenges or memory impairment does not mean they have lost their spirit. Our goal is simple—to make a positive difference in people's lives by creating a special place where residents can thrive and families can have peace of mind. That place is Avita.

Alison Kolozsvary
4 Wallace Bashaw Jr. Way | Newburyport, MA 01950 D: (978) 225.7000
alison@avitaofnewburyport.com | www.avitaofnewburyport.com

Aware Recovery Care

Aware Recovery Care is a pioneer in the in-home mental health and substance use disorder treatment industry, representing true innovation. Supported by a specially-trained team of addiction professionals, Aware offers a best-in-class in-home addiction treatment program backed by both logic and data.

We provide a full continuum of home-based care including in-home withdrawal management, medication-assisted treatment (MAT) and management, individual therapy, family therapy, and coordinated medical and behavioral healthcare.

By transforming the home and local community into the treatment setting, we help you recover in your environment. With our treatment process, you can recover from addiction while getting the right amount of healthcare - all in the safety and comfort of your home.

We are now serving clients in Connecticut, Florida, Indiana, Maine, Massachusetts, and New Hampshire.

For questions, please contact Adam Carey, Clinical Outreach Manager: New Hampshire
Email: acarey@awarerecoverycare.com
Office: 603.769.8462 Mobile: 603.451.8900
Website: awarerecoverycare.com

Beacon Hospice a Division of Amedisys

Beacon Hospice has been serving Rockingham County and the Seacoast area since 1978; we are Medicare and Medicaid Certified, providing superior end-of-life care services. Beacon's holistic approach to Palliative and Hospice care creates a patient and family environment of hope, comfort, and dignity for patients with life-limiting illness. We serve patients in their home, assisted living, nursing home, hospital, and Hyder Family Hospice House. Our caregivers include: physicians, nurse practitioners, nurses, licensed nursing assistants, social workers, spiritual care coordinators, bereavement counselors, and trained volunteers.

Our unique programs and team strengths include:

- Palliative Nurse Practitioner, helping patients control symptoms and pain when faced with life limiting illness
- Specialized programs for patients with dementia, including non-pharmaceutical therapies for managing anxiety, bathing aversion, and other behaviors
- Volunteers with a variety of skills: music and bedside singing, pet therapy, Reiki, Veteran-to-Veteran volunteers, and vigil volunteers
- We Honor Veteran's program, Level IV (highest level achieved)
- Education & Grief support for patients, families, medical practitioners and caregivers
- Fastest response time for patient needs, including referral to admission within four hours
- Community Involvement, supporting local initiatives: (Alzheimer's, End 68 Hours of Hunger, Adopt a Platoon)

Please contact Beacon Hospice for more information about our Palliative and Hospice services: Diane Bilodeau, RN, Director of Operations, 25 New Hampshire Ave., Suite 272, Portsmouth, NH. PH: 603.433.2480 FX: 603.433.4185

Bethany Christian Services

Community & Faith Based Initiative (CFBI) - partnership with NH Division for Children, Youth & Families to recruit foster and adoptive and respite homes for children in state care, and other supports for the children and families
Safe Families for Children (SFFC) - helps families in crisis by providing temporary homes for children and pregnant women at no cost, and providing community support and resources through family friends, coaches, and volunteers.
www.safe-families.org
Bethany Christian Services of Northern New England
PO Box 320, 183 High Street, Candia, NH 03034
(603)483-2886 www.bethany.org/candia
Cindy Thomas, Community Liaison CFBI & SFFC NH State Coordinator
cthomas@bethany.org
Meg Downey, Pregnancy & Adoption Counselor mdowney@bethany.org

Big Brothers Big Sisters

Big Brothers Big Sisters of New Hampshire (BBBSNH) exists to create and support one-to-one mentoring relationships that ignite the power and promise of youth. For more than 50 years, we have been the premier youth mentoring organization in the Granite State, having served tens of thousands of children. We are improving communities, one relationship at a time. Our prevention programs are cost-effective and evidence proves that the single most important factor to a child reaching their potential is having a mentor invested in them.
Big Brothers Big Sisters of New Hampshire
3 Portsmouth Avenue, #2, Stratham, NH 03885
www.bbbsnh.org, Tel: 603.430.1140
Regional offices serving: Greater Keene & Sullivan County (West Region) Greater Nashua & Manchester (Central Region), Lakes Region (Laconia Area)

The Birchtree Center

Our nonprofit organization promotes independence, engaging relationships, and productive lives for children and youth with autism at home, at school, and in the community. Our day school in Portsmouth offers a year-round special educational day program for students with autism in grades preK-12. Our autism experts also provide consultation, training, assessments, direct services and support for students, families, schools and community agencies in New Hampshire, Maine, and Massachusetts. We also offer public Autism Workshops a few times per year that discuss practical techniques for parents, caregivers, educators, and service providers working with students with autism.
215 Commerce Way, Suite 300, Portsmouth, NH 03801
603-433-4192; www.birchtreecenter.org

Brookhaven Hospice

Brookhaven Hospice serves the greater Seacoast area (Rockingham and Strafford counties) from our Portsmouth-based office. We provide care wherever the patient calls home. Our team helps patients and families make informed decisions about caregiving, teaches the necessary skills for "hands-on" care, and provides health care and end of life education. Our mission is to provide physical, emotional, social and spiritual support to the patients we serve as well as their families and loved ones. We are focused on helping patients and families to live with dignity and comfort.

We care about our neighbors and our community, considering our highest priorities to be patient care and service along with excellent communication and responsiveness. We are Medicare and Medicaid Certified and our caregivers include physicians, nurse practitioners, nurses, licensed home health aides, social workers, spiritual counselors, bereavement counselors, and trained volunteers.
Program highlights and team strengths include:

- Rapid response to initial referral within 2 hours
- Transitions program for those not quite ready for hospice
- We Honor Veteran's program
- Pet Therapy
- Social and spiritual support programs and memorials specific to COVID loss

Contact Brookhaven Hospice:
1 New Hampshire Avenue, Suite 209, Portsmouth, NH 03801
PH: 603-373-0198 F: 603-373-8138 Brookhavenhospice.com

CarePatrol

CarePatrol has been helping families find assisted living, independent living, memory care and in-home care for over 20 years. CarePatrol Corporate head quarters is located in Gilbert, AZ. I am a franchisee of CarePatrol and live in Stratham, NH. I will be servicing the Southern NH and Northeastern MA area. CarePatrol is a free community service. We review the care and violation history of the communities we work with. We tour our clients to our recommended facilities much like a realtor shows families to new homes.
Contact info:
CarePatrol of Great Merrimack Valley
PO Box 276, Exeter, NH 03885
Office: 603 580-4835 Fax: 603 658-5894
Cell: 603 781-9856
JeffS@CarePatrol.com www.CarePatrol.com

Caring Companions of Easter Seals NH

Caring Companions is one of the state's trusted sources of non-medical home care services for seniors, disabled and chronically ill persons. We serve individuals statewide and have qualified, screened and trained Easter Seals employees ready to assist. Flexible hours, consumer choice, consistency, individualized care and follow through are keys to our success. Our goal is to work together to enable consumers and/or their loved ones to live at home safely and independently. Services we provide include: housekeeping; personal care; transportation; meal preparation and companionship.
Contact person: Tracy Gillick, Director
603 621-3497 866-553-3939 Website: www.caringtgillick@eastersealsnh.org companionsnh.com

The Carriage Barn Adaptive Therapy Programs

The Carriage Barn Adaptive Therapy Program offers respite care and social integration programs for all those who love being with horses. Bring a Fall snack and enjoy the horses in the fields of Kensington. We are next to the Town Park with our own indoor arena, and tables, music and activities with the horses will make you,Live,Love,Laugh and be Happy, call 603-378-0140.
Email carriage-barn@comcast.net

The Chase Home for Children

Residential: The Chase Home residential facility is licensed by the State of New Hampshire to provide residential treatment for a maximum of 18 at risk male and female youth. These

adolescents, for a variety of reasons, cannot live at home. Residential treatment services include behavior modification interventions, individual, family, and group therapy, psycho-educational groups, family outreach, educational and independent focused interventions.
Length of stay for residential services varies depending on the individual treatment. Length of stay on average is six months. Emergency placements range from 24 hours to 2-3 weeks. All residents receive fully integrated program services.
As an Intermediate Level Residential Treatment Program, The Chase Home focuses on community-based interventions. All residents attend public schools as determined by their referring districts. Additionally, all therapeutic services including medication management and individual therapy are provided by the community mental health agency. Medical services are completed within the community. All residents must receive a wellness exam within 30 days of placement.
Residential services offer youth a place to live. This helps them develop the skills necessary to stabilize across multiple settings. Through learning the acquired independent living skills and mental health interventions, residents can reintegrate back into the local communities.
Independent Living Services: The Independent living (IL) program is a part of our residential program, but allows for more freedom and independence for the resident. We have four IL suites with a shared living room and kitchenette area. Youth are required to maintain a job and save a portion of their income, keep their living space clean, and inform staff of their whereabouts at all times. The IL program allows youth the ability to make their own schedule, budget and save their money, and prepare for living on their own. IL residents work closely with the Independent Living Coordinators to ensure they are following programmatic responsibilities, and maintaining safety.
Home based services: Home-based services offered through The Chase Home support youth transitioning from our residential program to reunify with their families or works as a preventative intervention to avoid residential placement services. Our two programs include the Intensive Service Option (ISO) and Home-Based Therapy (HBT). ISO services allow for the clinician to meet with the family 2-3 times per week depending on the client's needs. These interventions include crisis management, individual and family interventions using psychoeducation and client-centered interventions. Additionally, ISO allots for a guaranteed 10-day respite bed with 24-hour care. HBT allows for clinicians to meet with client and family 1 time a week within the home or local community to support family dynamics of high-risk youth.
The Seacoast Community Diversion Program: The Seacoast Community Diversion Program (SCDP) is a state accredited, court diversion program. Youth ages 11-17, who have been charged with a misdemeanor level offense such as possession of marijuana, assault, criminal threatening, etc., are eligible for diversion instead of court. The program is roughly 12 weeks but may be extended on a case-by-case basis, if the participant struggles to complete their contract in the allotted time. An individualized contract is created for each youth with the aid of the participant, their parent(s)/guardian(s), the SCDP Coordinator, and the contract committee. This is a voluntary program, so if the youth opts not to complete it, or struggles to follow their contract, the case is referred back to the juvenile prosecutor, who brings the case to court. If the juvenile successfully completes the program, however, the case is not brought to court, and they avoid having a juvenile record.
Chase Home main number: (603) 436-2216
Meme Wheeler, Executive Director at Ext. 102, or email mwheeler@chasehome.org

The Center on Aging and Community Living

The Center on Aging and Community Living (CACL) is a collaboration between the Institute on Disability (IOD) and the New Hampshire Institute for Health Policy and Practice (NHIHPP) at the University of New Hampshire (UNH). These two institutes have been actively engaged in projects related to aging and long term care for many years.

Jointly, IOD and NHIHPP provide ongoing support in designing, implementing and evaluating systems change initiatives to the Bureau of Elderly and Adult Services, the ServiceLink Resource Center Network and various other partners in the Aging Network. In light of these efforts the CACL was established to coordinate the work of both institutes, maximize the resources available and provide assistance to the state of NH. This will ensure that the state will benefit from an integrated center of applied research, evaluation and trainings on issues related to aging and long term care.

Contact:

Durham Office
4 Library Way
Suite 202, Hewitt Hall
Durham, NH 03824
phone: (603) 862-5031
fax: (603) 862-4457

Concord Office (Mailing Address)
56 Old Suncook Road, Suite 2
Concord, NH 03301
phone/tty: 603.228.2084 or 1.800.238.2048 (NH Only)
fax: 603.228.3270

email: cacl.chhs@unh.edu website: http://www.chhs.unh.edu/cacl/index.html

Children's Museum of NH

Since 1983, the Children's Museum has been a family resource and has partnered with many community organizations. We strive to inspire all to become the next generation of innovators and creative thinkers.

The Children's Museum of New Hampshire's mission is to actively engage families in hands-on discovery. The Museum is free of physical barriers and provides many ways to access the Museum's 19 exhibits, educational programs, and in-house art gallery, including:

- *Exploring Our Way*, a free monthly program for children on the autism spectrum and their families, first Sundays, 10am – 12 noon
- Free monthly Alzheimer's Café, third Thursdays from 2 – 4 pm
- Free visits for Head Start classes
- Discounted admission of $1 per person for families who show their SNAP/EBT and ID
- Free admission for military families from Memorial Day through Labor Day, and 50% admission from September to June
- Free admission passes to most of the organizations in this directory through our Funded Admission Program To apply: http://www.childrens-museum.org/things-to-do/programs/inreach
- 50% discount passes available at most public libraries

Children's Museum of New Hampshire 603-742-2002
6 Washington Street, Dover NH 03820 www.childrens-museum.org
For more information contact Paula Rais: paula@childrens-museum.org

COAST (Cooperative Alliance for Seacoast Transportation)

COAST is committed to providing affordable public transportation to all. All of our buses are fully accessible and ADA-compliant. All COAST staff are fully prepared to operate their equipment and extensive training is required for every bus operator.

Most COAST buses have modern, high-visibility destination signs, and many also provide automated stop announcements. On buses that do not automatically announce stops, operators will make the announcement themselves.

As required by the Americans with Disabilities Act (ADA), COAST provides curb-to-curb paratransit service for passengers who live within a set distance from the bus route and whose disability prevents them from independently using the fixed route bus system for at least some of their trips. For more details on our paratransit service, please call 743-5777 ext. 107.

COAST also offers demand response transportation in Exeter and Newmarket with its Route 7 On Demand service, as well as service to seniors and individuals with disabilities in Portsmouth with its Portsmouth Senior Transportation service.
Call TripLink at 603-834-6010 to request a ride.
42 Sumner Drive, Dover, NH 03820 (603) 743-5777; info@coastbus.org www.coastbus.org

ComForcare Home Care

We specialize in delivering affordable, guaranteed home care services to your community. Our comprehensive range of non-medical care services have helped hundreds of people recover and prosper in the comfort of their own homes. Our highly experienced and trained caregivers have received outstanding marks from families just like yours. Their training and background give them the knowledge and experience necessary to provide your or your loved one with a wide range of services, from advanced levels of personal care to safety supervision, ensuring a happy and healthy recovery. Caregivers are available 24/7/365 providing bathing, grooming, hygiene, transfers, meal preparation, medication reminders, safety supervision, transportation, light housekeeping, family respite and more customized to each client's needs. Servicing Strafford and Rockingham counties.
ComForcare Home Care SENH@ComForcare.com
90 Washington Street - Suite 216
Dover, NH 03820 web site: http://senh.comforcare.com
Mandy O. Mullen
Tele: 603-842-4088 Fax: 603-842-4082

Community Action Partnership of Strafford County

Home Visiting: Provides services to pregnant women, new mothers and families in crisis with regular home visits, educational support and connections to resources. Contact: 603-435-2500 ext. 8108
Head Start and Early Head Start: Provide early education and preschool for children up to age 5. We also serve prenatal mothers and children up to age 3 in their homes. Contact: 603-652-0990
Childcare: Farmington Children's Center provides child care and Head Start education services to children age 6 weeks to Kindergarten from 6:30 a.m. to 5:30 p.m. daily, including vacations and during the summer. Breakfast, lunch and snacks provided in fee. Contact: 603-755-2883
Food and Nutrition: We administer the delivery of commodity food in Strafford County through the federal Temporary Emergency Food Assistance program. Also, we operate a Summer Meals Program to provide children age 18 and under free breakfast and lunch. Contact: 603-435-2500 ext. 2339
Community Outreach Services
Fuel Assistance: The Low Income Home Heating Program (LIHEAP) provides certified eligible households with assistance in paying their energy bills during the winter. Benefits are calculated on household income, energy costs and housing type. Contact: 603 435-2500
Electric Assistance: The New Hampshire Electric Assistance Program gives eligible customers a discount on their monthly electric bills depending on gross household income, household size and electricity use. Contact: 603-435-2500.
Weatherization: We perform energy audits on eligible clients' home and may make improvements to reduce the overall dependency on fuel assistance as funding allows. Contact: 603-435-2500 ext. 2350

Food Pantries: We operate food pantries in Dover and Farmington to provide short-term supplies of food to eligible households. Contact: 603-435-2500
Senior Transportation: Provides door-to-door, low-cost transportation to grocery stores and shops to anyone age 60 and over, and the vehicle is wheelchair accessible. Contact: 603-817-8207
Homeless Outreach: We provide aggressive outreach and intervention services to the unsheltered homeless throughout the county. Contact: 603-543-0731
Housing Services: We assist income-eligible clients to retain or obtain housing that can include first month's rent, back rent and utility assistance. The Housing Security Deposit program is a state assistance program in the form of a guarantee certificate to the landlord and a loan to the client. Contact: 603-534-1813
Training and Employment
Workplace Success: Provides job-skill training and volunteer placement for the New Hampshire Employment Program with clients who are receiving Temporary Assistance for Needy Families (TANF). Contact: 603-285-3464Referrals come from Department of Health and Human Services. Please contact your district office for more information.
Workforce Development: We help unemployed people find jobs and can provide training for in-demand occupations through New Hampshire Works offices. Contact: 603-742-3600 or 603-435-2500 ext. 8195

Community House Calls

Community House Calls assist Seniors and Adults with Disabilities with home safety, accessibility, repairs and maintenance. The company has received awards for Marketplace Ethics - which recognize a business' high ethical standards of behavior towards customers, employees, suppliers, and communities in which they do business. They also provide educational seminars and workshops to seniors, health professionals and the public at large. This private-pay company is additionally a Medicaid approved provider for HCBC (Medicaid Home & Community Based Care)/ Choices for Independence and a VA approved contractor. They also are an accepted dealer for home modification riders on most Long Term Care insurance policies.

Community House Calls believes in treating every client on an individual basis, listening well to not only their needs, but also their desires, and in so doing is making a substantial difference to clients, one client at a time - maximizing their independence at home.

Community House Calls offers start to finish service and reliability. Services, both one-time and on-going, include: home safety & accessibility assessments & reports; home safety modifications such as ramps, hand rails, doorways widened & thresholds removed; bathroom safety modifications such as barrier free showers and grab bars; routine and preventative maintenance programs; seasonal home adjustments; minor home repairs & improvements- as well as a variety of other services.

The "Healthy Homes Today" division of Community House Calls offers help and support to those of any age with hoarding, cluttering and organizing challenges. They help return a home to a safe and comfortable environment while being compassionate and understanding of the individuals and the issues involved.

Their service area encompasses the greater Concord, Manchester, Nashua & Seacoast areas of NH. They may be reached at: 603-606-8905 Fax 603-935-7925 and email anne@communityhousecalls.com

Community Partners

Community Partners is the state designated Community Mental Health Center and Area Agency for Developmental Services in Strafford County.

Community Partners serves those who experience emotional distress, mental illnesses, substance use disorders, developmental disabilities, chronic health needs, acquired brain disorder, as well as those who are in need of information and referral to access long-term supports and services. Most of our developmental programs and administrative functions are located in our Dover office. Other offices are located throughout Strafford County for behavioral health, ServiceLink and other developmental program offerings.

►Developmental Services

Early Supports and Services: providing developmental supports and therapy services to eligible children birth to age three years, who have special developmental needs, delays or disabilities.

Family Support: Our Family Support team provides invaluable services and supports to the families of individuals with disabilities, including respite, recreation, in-home support, and transition from school to work and/or adult services.

Partners in Health: assisting families who have a child with chronic health conditions. Services provided include identifying needs, connecting families to resources, respite, collaboration with schools, and more.

Spectrum Connection: Strafford County's first autism clinic. This is a fee for service intervention program provided by a Board Certified Behavior Analyst for children and adults with behavioral challenges, autism or other developmental needs.

•Developmental Service Programs

These programs are available to individuals funded by a Medicaid waiver (Developmental Disabilities (DD) and Acquired Brain Disorder (ABD)). Please call us to find out more.

Community Participation Services: meaningful day programming for adults, including vocational activities, creative arts, wellness, and life skills development. Services can also include educational, recreational, social and functional skill acquisition activities for adults who either live with their families or on their own.

Case Management: coordinating developmental services and supports and helping adult consumers become active participants in their communities.

Participant Directed and Managed Services: self-directed programs for individuals who have a developmental disability or acquired brain disorder.

Residential Services: assisting adults with disabilities to meet their living needs while offering the opportunity for full community participation.

•Supported Employment: vocational services, including assistance with applications, resume writing, interviewing, and placement in meaningful and often times, paid positions.

In Home Supports: serves families who have extensive needs for their child with a disability and allows families to put together a plan that addresses the needs of their child in different areas of care. Budgets can include money for personal care, respite, recreation, therapies, consultations and environmental modifications

Respite Services: provides short-term care for a person with a developmental disability who lives at home with his or her family. Respite gives family members time to rest, recharge, and renew their energy without worry or interruption.

►Behavioral Health Services

Youth, Family and Adult Services: offering mental health services for children, teens, adults and families, including individual, family and group therapy, community based functional support services, psychiatry, nursing, medication monitoring and case management.

Emergency Services: available 24 hours a day, every day, to provide crisis support services, including emergency assessment, phone consultation, and referral to mental health services.
Choices for Independent Living: A home and community-based program funded by Medicaid, providing a wide range of services designed to help eligible individuals remain in their own homes, as an alternative to a skilled nursing facility. Community Partners is a designated Case Management provider for this program.

►**ServiceLink**

No Wrong Door access to all Community Partners services. In addition, ServiceLink offers long term supports, services and information for the elderly, physically disabled, as well as family caregiver supports, regarding Medicare and Medicaid.
Referral Education Assistance and Prevention (REAP) : a free program that is available on a short term basis for elders who are experiencing difficulty in their daily living but do not meet state eligibility criteria. It is designed to help older adults regain control of their lives, to live happy, healthy and independent lifestyles. REAP provides free, confidential counseling and educational services to help people better understand and deal with the many life changes they encounter in their older years.

Community Partners
113 Crosby Road, Suite 1, Dover, NH 03820
603-516-9300 www.communitypartnersnh.org

Community Resource Network

CRN provides:

- ●Networking meetings and workshops
- ●A compilation of services and contact information in hardcopy and on the CRN website
- ●A unique opportunity for orientation of new staff to the resources in the region:
- ●Starting point to coalesce around issues/barriers to services/community needs:

How do you weigh the benefits of the learning opportunities the CRN affords your staff? What is it worth to you and your agency to have up to date information about other agencies in Rockingham, Strafford and lower York Counties?
► CRN runs on donations from participating agencies/organizations. We need fiscal help to be able to continue networking and learning from each other in these changing times. See the CRN website www.crnnh.org for a donation form or contact:
Susan Turner at sturner@familiesfirstseacoast.org Cell: 969-5318

Companion Care Partners LLC

Companion Care Partners LLC is fully-independent and locally- based home care provider in Seabrook, New Hampshire. We are happy to be a part of the community and be given the opportunity to make lives better with the care you can count on.
Growing old has no warnings. In the same way, disability and other illnesses will have no basis as to when it strikes. We always have to be read your, but in more cases than not, we are not prepared to face the challenges of old age or caring for a loved one who is growing older.
Fortunately with the help of **Companion Care Partners LLC**
you can have fewer worries about this aspect in your families life.
Companion Care Partners LLC also offers transitional care that focuses on the comfort and the safety of the individual. There are also live-in and hourly care options. With home care, it is the family's needs that cause the design for care services.
We provide personal care, elderly care and errands assistance. Home care services are affordable and can be paid with insurance or private pay.

Can we assist your family in any way? Call us at **603 814-1589** to plan your home care services and schedules soon. We can now take on Medicaid, CFI clients
www.companioncarepartnersllc.com Isabella.koenigs@companioncarepartnersllc.com

Connections for Health

Connections for Health serves Medicaid and Medicaid eligible adults in Strafford and Eastern Rockingham counties. Our care coordinators work with clients referred to the team using the Critical Time Intervention (CTI) model: a time-limited evidence-based practice for vulnerable individuals during periods of transition; a time that can be difficult for the client to know how best they can access needed supports.

The care transitions team coordinators use the CTI case management model to focus on goals defined by the client to integrate them into the community by developing independent living skills and building effective support networks.

To make a referral to the CfH team please contact Tammy Whalen at twhalen@cfhnh.org

•**The Region 6 Integrated Delivery Network (IDN)** now known as Connection's for Health, is an alliance of stakeholders who serve as the infrastructure for transforming Behavioral Health services delivery throughout the Strafford County and Seacoast area to improve population health for Medicaid members. Through a series of coordinated initiatives, CfH develops and incentives integrated models of service delivery that aim to maximize our region's mental health, substance use, primary care and social services capacity to ensure that the right care is available, accessible and delivered at the right time and place for the consumer. The CfH seeks to develop agile and responsive models of service delivery to reward improved outcomes that are valued by consumers and providers alike.

Tammy Whalen, Care Transitions Team Leader, twhalen@co.strafford.nh.us 603-534-0979
Integrated Delivery Network Region Six (Strafford/Seacoast)

Connections Peer Support Center

Connections Peer Support Center (CPSC) serves individuals who have had mental health issues in the past, currently have them or are at risk of having them in the future. The mission of CPSC is to promote health, wellness, and hope-based recovery for all those who visit the center. We do this by providing a safe environment for self-reflection using Intentional Peer Support, and a variety of groups and educational opportunities to support movement towards self-determination and empowerment. The center is open to all adults who live or work in Eastern Rockingham County.

CPSC provides an alternative and/or complement to traditional treatments for mental health issues, whether acute or chronic. There are no therapists or other providers at CPSC. Instead, staff have "lived experience" of their own which provides the foundation for peer support to be an essential element of the success of the center. There is no judgment or attempts to give advice or fix the other. We all learn together and share those insights, supporting each other during the difficult passages. All groups, programs and activities are free.

We have **recovery-oriented groups** in which support and encouragement are essential to the participant's goals of moving toward what they want in life. Examples include nutrition, stretch and balance, hands-on meal preparation and planning, stress management, journaling, mindfulness, painting, advocacy and outreach, anger management, vocational, and men's and women's groups. We also have Intentional Peer Support Groups and WRAP which assists participants in creating their own Wellness Recovery Action Plan.

Our peer-supported **Warmline**, a service provided directly by our agency, can be accessed 7 days a week, from 5pm–10 pm, at 1-800-809-6262. Give us a call if you are feeling

lonely, or sad, or you just want to talk to someone. Warmline staff are fully trained to provide peer support over the phone.

Another goal of CPSC is to educate the community about the impact of stigma associated with mental Illness, as well as some misconceptions about mental illness held by many in our society. Shame, fear and avoidance often prevent individuals from seeking the help they need to get through a crisis or heal the impact of a trauma. Staff members are available for workshops/presentations on stigma and mental health as well as the steady emergence of peer supports centers in our communities.

Greg Burdwood, Executive Director
Nina Jenssen, B.S., Program Coordinator
544 Islington Street, Portsmouth NH 03801
Hours: Monday-Thursday, 8am-5:30pm. Friday, 8am-5pm
Warmline: 1-800-809-6262, available 7 days a week, 5pm-10pm
Phone: 603-427-6966
Fax: 603-373-1519 info@connectionspeersupport.org http://connectionspeersupport.org/

Connor's Climb Foundation

Connor's Climb Foundation works to prevent suicide, the second leading cause of death for youth ages 10-24, in New Hampshire. Our foundation supports the evidence-based SOS Signs of Suicide Program through community trainings, specialized trainings and we provide the SOS program and any necessary supplies to any NH school or organization committed to implementation at no cost. For more information visit www.connorsclimb.org or email Contact Information: Candice Porter, Executive Director candice.porter@connorsclimb.org.

Constellation Health Services

Constellation Health Services is a certified Home Care and Hospice agency serving the senior populations of Essex County MA as well as Rockingham and Strafford Counties of NH. What sets us apart is our commitment to superb customer service, our compassion and individualized plans of care for each patient, and our array of services.

Along with RN, rehab, home health aide, and social work services that are standard with VNA, we also have respiratory therapy to support patients with complicated respiratory diagnoses. Knowing that respiratory complications account for a high number of rehospitalizations, we want to create an effective plan of care to ensure the success of the patient at home and avoid a trip to the emergency room. For those patients with psychosocial concerns, which also contribute to rehospitalization, our social workers are available to meet with the patient and discharge planner, whether in rehab or at the hospital, to begin the process of linking them with community resources before they even return home.

Our Hospice services include not only RN, home health aide, social work, and chaplain services, but all of our staff are trained in Reiki, aromatherapy, as well as our Connections Program which is a unique service to enhance the quality of life for our patients with dementia.

Finally, we have a Palliative Nurse Practitioner who provides education, assessment, and symptom management along with support when appropriate to transition to Hospice.
For more information, please call 978-904-3095.

Cornerstone VNA

Cornerstone VNA is a nonprofit home, health and hospice organization currently serving Rockingham, Strafford, Belknap and Carroll Counties in New Hampshire and York County in Maine. For 105 years, Cornerstone VNA has been committed to bringing services to people of

all ages so that families can stay together at home, even when facing the challenges of aging, surgical recovery, chronic or life-threatening illnesses or end of life care. The team at Cornerstone VNA provides skilled nursing, rehabilitative therapies, social work as well as volunteer and support services through five distinct programs: **Home Care, Hospice Care, Palliative Care, Life Care-Private Duty and Community Care**. Specialty programs include Wound, Ostomy and Incontinence Care, Diabetes Management and Education, Chronic Care Management, Behavioral Health, Intravenous Therapy, Maternal Wellness, and a Balance Therapy and Fall Prevention Program. Cornerstone VNA also offers a sophisticated Telehealth Program, which is an in-home health monitoring system for patients who have a chronic illness.

Cornerstone VNA is a center of excellence in home health and hospice care and has received numerous awards for our commitment to providing high quality care. For more information about our services or to see a listing of community programs and wellness clinics in your area, visit www.cornerstonevna.org, find us on Facebook or call 1-800-691-1133.

Cross Roads House

Founded in 1982, Cross Roads House provides emergency and transitional shelter to homeless men, women, and children from Rockingham and Strafford Counties, NH and Southern York County, ME. We provide homeless families and individuals with basic necessities, as well as the tools and guidance they need to return to permanent housing. The shelter is open 24 hours a day, 7 days a week, and our 100 beds are nearly always full.

Cross Roads House residents have access to a wide array of services, including:

- Emergency and transitional shelter
- Three meals a day
- Needs assessments and case management services
- Access to a variety of services on-site (including mental health counseling and psychiatric services, medical and dental care, AA & NA meetings)
- Referrals to services throughout the community (including public housing, substance use disorders programs, mental health counseling, parenting support, Community Action Programs and more)
- Support and direction for returning to permanent housing
- "Rent Ready" and "Ready to Work" seminar classes
- Post-shelter case management to help maintain housing

Cross Roads House is located at 600 Lafayette Road, in Portsmouth, NH. We can be reached by phone at 603.436.2218 or email at info@crossroadshouse.org. For more information about our programs or how you can help Cross Roads House, visit our website at www.crossroadshouse.org.

Please Note: Individuals and families seeking admission to emergency shelters should call 211 from any NH phone (or 866-444-4211 from any phone line), as well as their town welfare office. Cross Roads House staff are also available 24/7/365.

Crotched Mountain Community Care

Crotched Mountain Community Care (CMCC) provides care management services to elders and adults with chronic illness and disabilities. CMCC has worked with individuals on the Home and Community Based Care (HCBC) program, also known as Choices for Independence for the past 22 years and is a statewide program. We also provide care management for families and individuals on a private pay basis offering assessment and care plan development, ongoing care management and consultation. Our care managers have established strong professional relationships with home care providers and community providers statewide. Our goal is to

provide support, advocacy and care coordination to allow individuals to remain living in their own homes where they want to be.
Contact Jackie Williams at Jackie.Williams@crotchedmountain.org 30 International Drive Suite 202 , Portsmouth, NH 03801

Department of Veterans Affairs/VA Regional Office/VA Medical Center

We have a variety of benefits for Veterans and their beneficiaries

VA Regional Office handle all claim related benefits

* Pension benefits are based on war time service and income is a factor
* Compensation is based on service connected disabilities and income is not a factor
* Burial benefits
* Surviving spouse benefits
* Burial benefits
* Fiduciary Program to protect Veterans and their families ,who need help managing their financial affairs
* and more

Toll free nation wide number is: 1-800-827-1000

VA Medical Center handles all medical issues.

* In order to use the VA Medical Center you must have basic eligibility and be enrolled in their system
* There are different priority groups
  * Women Veteran programs
  * Homeless programs
  * and more

Nationwide toll free number is: 1-800-892-8384; local 603-222-5740
Sherry Gianitsis, VBAMANC sherry.gianitsis@va.gov VARO, Manchester NH 03101

Veterans and Servicemembers

Do you need assistance with preparing for, obtaining, or maintaining employment? On the other hand, do you need assistance to enable you to live more independently? The Department of Veterans Affairs (VA) Veteran Readiness and Employment (VR&E) program offers services to assist Veterans who have service-connected disabilities reach these goals. Find more information at the Chapter 31 VR&E Fact Sheet hyperlink.

The VR&E program provides vocational testing and counseling to assist you in identifying occupations that match your interests, abilities, and skills. A counselor will work closely with you to develop a plan of services that will enable you to reach your employment goal. If you qualify to receive the full benefit of VR&E services, your counselor will work closely with you to implement your training plan, if needed, and employment plan by using some or all of the following services:

- Retraining, which includes the cost of tuition, books, fees, supplies, and a monthly subsistence allowance
- Job placement assistance
- Resume development
- Interviewing skills
- Assistance with starting a small business, if approved
- Counseling, Medical and dental services
- Assistance with Independent living

Ways to Apply!

1. Online: Applications can be completed online at *eBenefits*

2. Fax: Complete our application, VA Form 28-1900 (Application for VR&E) and fax to 603-629-3244
3. Mail: Department of Veterans Affairs Vocational Rehabilitation & Employment (VR&E) Intake Center PO Box 5210, Janesville, WI 53547-5210

Need Assistance?

Please contact our Employment Coordinator, Amy Brady, for the New Hampshire, Vermont and Massachusetts locations at amy.brady@va.gov.

VETERANS CRISIS LINE: 1-800-273-8255 PRESS 1 OR TEXT TO 838255 TO GET HELP NOW!

The Doorway

The Doorway is operated by Wentworth-Douglass Hospital and is one of nine regional Hubs in the state of New Hampshire designed to assist with the ongoing drug and alcohol concerns in our State. The Doorway's staff is made up of MLADC's, Care Coordinators and CRSW's. The MLADC clinicians perform a full biopsychosocial assessment to establish an accurate clinical level of care relative to the clients substance use. From here, they work on creating a full care plan that is patient oriented that will enhance the chances of recovery and remove barriers that hinder recovery. In accordance to the patient centered plan, our team works together to get the patient connected with the most appropriate, viable and accessible level of care for that patient. The Care Coordinators are tasked with following the client throughout the entire process of recovery and aiding with any/all social service needs the client may have. The CRSW's on staff assist with any and all peer recovery related services they can assist with.

Peter Fifield Ed.D MLADC, LCMHC Peter.fifield@wdhospital.org
Substance Use Disorder Program Manager
Behavioral Health Department
789 Central Ave, Dover, NH 03820
(603)-609-6312 Main Office (603) 609-6690 HUB location

Easterseals

•**Day Out Program** Easterseals Homemakers & Health Services in Rochester, NH is currently accepting applications for our adult day program. The adult day program offers a professional, compassionate setting where older adults receive person centered, social, and health services during the day. At Easterseals, we believe in person-centered programming which incorporates an individual's specific interests, preferences, abilities, lifestyle, habits, routines, spiritual needs and cultural considerations while focusing on choice and independence. The adult day program is also an essential source of support for family caregivers, providing respite for caregivers so they can run errands, go to work, visit friends or fulfill other personal and family commitments. For more information please contact Easterseals Homemaker & Health Service (Elaine Dunton) in Rochester, NH at 603.335.1770.

• **Easter Seals/New Hampshire Foster Care Licenser** Make a difference in the life of a child - become a foster parent. Easter Seals is looking for a few good people in the southern New Hampshire and Maine area to welcome a child who needs a little extra care into their home. We offer 24 hours-a-day, 7 days-a-week support, training, and reimbursement. Call Tracy Gillick Easter Seals/New Hampshire Foster Care Licenser
1-800-870-8728 or 603-436-2704 tgillick@eastersealsnh.org People can contact us at our main number which is 603-621-3497 or our toll free number at 866-553-3939.

•**Living Well with Dementia** is a new program through Easterseals NH for Strafford county residents who are living with Alzheimer's Disease or other related dementias. Funded in part by

grant number 90ADPI0018 through the Administration for Community Living, the goal of the program is to increase dementia capability within the community while also supporting those living with dementia and their caregivers to live at home as long as safely possible. Eligible residents can access free services such as: Community Care Coordination (Eric Grainger), Caregiver Coach (Ryen Gallagher) and Well Connected – an activities program (Linda Howard). For more information please call Easterseals Homemakers & Health Services in Rochester, NH at 603-335-1770

ElderPet

ElderPet strives to facilitate the human-animal bond by providing various services to low income elders, people with disabilities, and hospice families having difficulties. The physical services are provided in the Strafford and Seacoast Rockingham County areas only; consultations are provided statewide.

Services provided include:

•Pet Food Assistance

ElderPet provides limited pet food assistance to low income elders and people with disabilities. We are only able to do his in the Strafford and Seacoast Rockingham County areas.

•No Interest Loans for Unexpected Veterinary Care

No-interest loans are provided to income-qualified pet owners.

•Veterinary Prescription Assistance

ElderPet will reimburse income-qualified pet owners for long term care medications and prescription diets.

•Short Term In-Home Care

On occasions where a pet owner has an unexpected hospitalization, ElderPet volunteers may be able to care for pets in their homes until alternate arrangements can be made or the owner returns home. Volunteers may also be able to help owners who are recovering at home.

•Consultations About Pet Related Problems If a social service provider or care worker is concerned about the care of pets of a client, ElderPet will be happy to discuss the situation. All consults will remain confidential.

➢For more or detailed information, see our website or contact:

Jerilee Zezula, Service Coordinator, ElderPet

PO Box 624, Durham, NH 03824

Elder Living Solutions, LLC elderpet@gmail.com; 603-767-6856 www.elderpet.org

Elder Living Solution

Elder Living Solutions provides consultation to seniors and families seeking answers to elder care questions. Once care needs are reviewed, we specialize in family centered planning to review the pros and cons of various care options, with focus on living at home, when possible. Should alternative housing be desired, we assist with a variety of placement options, including affordable housing, assisted living, memory care, etc.

Mary Keefe, Senior Care Specialist

Elder Living Solutions, LLC , Serving Maine & New Hampshire

(207) 282-4975 mary@elderlivingsolutionsllc.com www.elderlivingsolutionsllc.com

Endurance Behavioral Health

Endurance Behavioral Health offers two intermediate levels of care, a Partial Hospitalization Program (PHP) and an Intensive Outpatient Program (IOP), for adolescents between the ages of 13 and 20. In an effort to stabilize adolescents while they remain in the community, Endurance

utilizes a therapeutic milieu and provides skill-based and relational group therapy, in-vivo coaching, family support, case management, and psychopharmacological assessment as our primary interventions. The diagnostic profile of our clients may include but is not limited to: anxiety and panic disorders, depression and suicidality, family discord, self-harming behaviors, trauma and PTSD, mood instability, dysphoria related to gender and or sexual orientation, substance use, grief and loss, high functioning autism, poor body image and self-esteem, and behavioral issues at home and school.
To begin the referral process, give us a call at 603-760-1942. We provide one-way transportation to our facility in Seabrook and we accept most private insurance, MBHP and Well Sense. For more information, please visit our website www.endurancebehavioralhealth.com

The Epping/Newmarket Coalition for Youth and Families has been established to bring quality evidence based programs, training and prevention materials and resources to the communities of Epping and Newmarket with the goal of providing healthy and positive living choices for our youth and families.

Established in the fall of 2008, the coalition - managed by the advisory board panel, has diligently been working to develop a solid foundation that will enable the coalition to grow and sustain the goals laid out in the mission statement:

The Epping/Newmarket Coalition for Youth and Families is a collaborative organization dedicated to empowering our youth to make healthy and positive lifestyle choices through awareness campaigns, education, coordinated activities, and resources.

Currently funded under the NH Strategic Prevention Framework (SPF) State Incentive Grant (SIG) and a member of the Allies in Substance Abuse Prevention (ASAP) coalition, the Epping/Newmarket coalition for Youth and Families is actively promoting the goals of the coalition, recruiting members and financial sponsors and working to establish baseline working relationships with the businesses and providers that serve our two communities.

The coalition is reaching out to the community to invite all to join us at an upcoming monthly meeting. Join us to learn more details regarding the work we are seeking to do, the community support we feel is vital and learn how your input and involvement will have a positive impact on our youth and community.

Monthly meetings are generally held on the second Wednesday of each month. For times and locations call: 603.686.6844 or check out our web site @ www.eppingnewmarketcoalition.org or email us @ connect@eppingnewmarketcoalition.org

Every Day Money Matters

We've all been in that uneasy position – trying to remember if the bills are paid and financial papers are in order. At Every Day Money Matters, we help our clients find that peace of mind.

We cater to people trying to enjoy their everyday lives without the hassles of keeping up with confusing and ever mounting paperwork. Services also include monthly bill pay if desired. we don't sign the checks of course. We set up a neat schedule for the client to glance at, to help them keep this task as simple as possible.

Whether the need is collecting and organizing bills and statements for monthly review and payment, untangling Medicare and Medigap statements and payments due or just getting checks out the door on time, we can help.

We start with an initial complimentary consultation, helping potential clients develop a plan that fits their individual needs and budgets. Call today to see how we can help!
Dianne McMillen (c) 603-801-5210 dianne@everydaymoneymatters.org
3 Gage Street, Dover, NH 03820 www.everydaymoneymatters.org

EvoLve At Rye

Evolve at Rye is a beautiful and caring community dedicated to those with all levels of Alzheimer's or dementia. The Seaside neighborhood is devoted to those with early to moderate stages of memory disorders, while The Dunes wing is devoted to those in the later stages to end-of-life care coordinated with a local hospice. Failure-free activities and weekly entertainment and bus trips allow for residents to have an enjoyable and quality life surrounded by loving staff and caregivers.

Beth I. Gandelman, Director of Community Relations
EvoLve at Rye, 295 Lafayette Road (Route 1), Rye, NH 03870
O: (603) 379-1898 C: (978) 239-6410
E: marketing.rye@evolvesl.com www.EvolveatRye.com

Exeter Adult Education

Exeter Adult Education offers free and affordable classes and services that support individuals to gain confidence and academic skills to land that next job or go to college.
FREE Academic Skills (morning & evening)
FREE English (ESL) Classes (multiple levels morning & evening)
FREE one to one and small group tutoring (flexible time and location)
HiSET® Testing (passed practice test and advanced registration required)
For more information or to make an appointment to register call (603) 775-8457.

- FREE morning and evening **Academic Skills** classes are available for adults to learn or improve reading, writing, English and math skills or to prepare for the HiSET (high school equivalency) exam.
- Multiple levels of FREE morning and evening **English for Speakers of Other Languages (ESL)** classes are available for adults to improve their English speaking, listening, reading, writing, grammar and pronunciation skills. Ongoing enrollment.
- FREE one to one and small group **tutoring** available for adults. Flexible time and location available. Volunteer tutors are available to teach reading, writing, math, ESL, citizenship preparation, HiSET preparation, and the knowledge test for the NH driver's license.
- **High School Completion** has two options: HiSET preparation and testing to earn a NH High School Equivalency Certificate or Adult High School Diploma evening courses. HiSET preparation has ongoing enrollment. Adult High School Diploma has two semesters/year beginning in early September and late January and includes some online options.
- **Adult Career Pathways and Post-Secondary Transition:** Many adults want or need to return to school for job advancement or a career change but have rusty skills or a lack of confidence. ACP services include career exploration, Accuplacer college entrance exam, advising, and coursework. Algebra, Biology, and Chemistry classes for college prerequisites available.
- A wide variety of **Community Education and Enrichment** classes are available to adults including computer technology training, cooking, personal development, handcrafts and one night workshops.

For complete and updated information, check out our website: **adulted.sau16.org.** For more information or to make an appointment to register call (603) 775-8457. Exeter Adult Education is open to all adults, regardless of residency and is located at the Tuck Learning Campus, 30 Linden Street, Entrance D. Exeter, NH.

Exeter Alzheimer's Café and Support Group

The Exeter New Hampshire Alzheimer's Café and Support Group was established for those affect by Alzheimer's disease and other types of Dementia and the their caregivers.

The Alzheimer's Cafe is a social setting for individuals with Alzheimer's and other forms of dementia. Individuals living with Alzheimer's disease are welcomed, along with their family members and/or caregivers, to gather in a supportive, non-clinical setting to chat, relax, socialize and participate in fun activities over a cup of coffee and snacks. Some of our past activities include:

Sing-Alongs
Group Cross Word Puzzles
Bowling
Musical Entertainment
Socializing
Holiday Themed Activities

The Alzheimer's Support Group is a place where family caregivers can connect with other caregivers who truly understand what they are going through in a safe, supportive and confidential environment. Alzheimer's disease is life-changing for both those who are diagnosed and those close to them.

The Support Group is a place to:

Exchange practical information on caregiving problems and possible solutions
Talk through challenges and ways of coping
Share feelings, needs and concerns
Learn about resources available in the community

Our support group is facilitated and hosted by Alzheimer's Association Certified Support Group Facilitators.

The Alzheimer's Café meets the 2nd Tuesday of each month from 2:00pm-4:00pm.
The Alzheimer's Support Group meets the 3rd Thursday of each month from 6:45pm – 8:00pm.
Both are held at the Exeter Senior Center, 30 Court Street, Exeter, NH 03833
For more information call Kim Fortuna 603-967-4477 or email info1@alzheimerssupportnh.org
http://www.alzheimerssupportnh.org/

Exeter Hospital

1. HealthReach Community Education

As an integral part of the community, we make it our responsibility to educate, inform, and empower the people we serve. That is why our health educators are committed to providing up to date, evidence-based information and programs for disease prevention and management. Their goal is to promote a sense of health and well-being in our community. If you would like to speak with one of our educators about our programs, please call The Exeter Hospital Information and Referral Line at 603-580-6668 or visit our website at www.exeterhospital.com.

Our programs:

- ***Better Choices, Better Health* chronic disease self-management workshops**
  This is a six week workshop that uses group participation and the support of trained leaders and peers to empower adults with stable, ongoing health conditions and their caregivers with life skills, techniques and confidence to become better self-managers of their health. Each weekly session is 2 1/2 hours long to allow for brainstorming, action planning and discussion of general information, such as nutrition, stress management, problem solving, and communication skills, helpful to anyone regardless of their specific health condition.

- ***Your Weigh to Wellness*** **weight management program**

  This is an innovative, 8-week adult weight management program which is, first and foremost, a wellness program. Whether you are currently at your healthful body weight or you want to lose weight, each week topics and skills will be introduced that support today's consumers in making better choices to fit fast-paced lifestyles. This interactive program will discuss the latest evidenced-based nutrition and exercise science in an upbeat, user-friendly format giving the participants helpful facts and tips they can easily use at home, at work, and on-the-run.

2. Senior Outreach Initiatives

Sponsored by the operating affiliates of Exeter Health Resources (Exeter Hospital, Core Physicians, Rockingham VNA and Hospice). Our organization's goal is to foster a network of collaborative community relationships that supports the health and wellbeing of seniors in our area through:

1. Connecting seniors to community based programs offered by our HealthReach Community Education department:
   - "Better Choices Better Health" chronic disease self-management workshops
   - "Your Weigh to Wellness" weight management program

2. Providing information and promoting access to all age-appropriate services and programs provided by the operating affiliates of Exeter Health Resources through the Exeter Hospital Information and Referral Line at 603-580-6668, and through our website, www.exeterhospital.com and its online calendar of classes, workshops, and support groups. These centralized resources also provide access to physician referrals and class and support group registration

***3. Drive*Ability at Exeter Hospital**

For most people driving is an essential activity that keeps them independent and connected to the people and events that bring them meaning. When age, disease, injury or developmental disabilities impact your ability to drive, your personal freedom and independence are affected. Exeter Hospital's *Drive*Ability program provides a comprehensive driver rehabilitation program that gives you the opportunity to gain or maintain your ability to safely operate a motor vehicle and keep your independence. If you have a medical condition or disability you may benefit from the *Drive*Ability program.

For more information you can call: (603)580-7927, e-mail: driveability@ehr.org or visit our website: https://www.exeterhospital.com/Services/DriveAbility-Program

Exeter Presbyterian Church

The Outreach Committee of the Exeter Presbyterian Church offer contributions/help to individuals living in Exeter who are outside the worshiping community of our church.
Our desire is to help those in need and in doing so show them God's loving hand.

- Each contribution will, to the extent possible, be "short-term" in the sense that the contribution will resolve the identified need.
- Specific contributions may be given to individuals or to organizations approved by the Committee for distribution.
- We have helped individuals who needed a month's rent, security deposit, a food or gas card, diapers, money to help bury a loved one etc.

Church Phone # 603-772-7475.

Exeter Together, Fighting Addiction, Supporting Recovery

Exeter Together, Fighting Addiction, Supporting Recovery is a group of stakeholders in the community who see to mobilize the empower the Exeter Community to elininate the stigma of addiction, reduce substance misuse, and support recovery through education, collaboration and action. We generally meet the last Thursday of each month, 6:30. at the Tuck Bldg. A, 30 Linden St., Exeter. All are welcome. Contact: Linda Haskins 978-578-5670. lindajhaskins@gmail.com.

Extended Family

Extended Family's mission is to help people age on their own terms by promoting independence, good health, and engagement in life. Our Home Care Company has provided hundreds of individuals since 2005 with the care they needed to live as independent and full a life as possible.

From our initial comprehensive assessment to top-notch care management, Extended Family helps you feel in control to approach aging on your terms.

We provide the usual home care services such as personal care assistance, meals, light housekeeping, and transportation. In addition, we provide home repair and modification, personal training, massage therapy and accompaniment to a night at the theatre just to name just a few.

If you are a family member trying to decide how to help your loved one manage the challenges of aging, or if you are an older adult trying to mange these same challenges, our experienced Care Managers can help. Through on-site or telephonic coaching we will help you prepare a plan and find the resources that you need.

We are available 24 hours a day, 7 days a week to respond to any request that helps you lead the fullest life possible. For more information,
visit www.extended-family.net or call (603) 430-6863.

Fair Tide

Fair Tide's mission is to reduce homelessness by providing housing and supportive services to individuals and families in the Seacoast. We work to bring more permanent, affordable housing options to the area for people who are homeless. Once housed, Fair Tide offers those households the targeted case management services that result in long-term success.

Fair Tide also operates a thrift store which is both a resource for individuals in need of clothing and house wares, and a critical source of funding for our housing program. We gladly accept donations of gently used goods and clothing.

www.fairtide.org
15 State Road Kittery, ME 03904 Office: 207-439-6376 Thrift Store: 207-439-2427

Families First Health & Support Center

Services include:

- **Primary care:** A family practice, open to all ages and income levels, plus access to care coordination and all the services listed below. Sliding fee scale offered for uninsured patients. Telehealth appointments (phone and video) available. Child care normally offered during appointments, but not during the pandemic. Call (603) 422-8208.
- **Behavioral Health Counseling:** For adults and children (ages 6 and up) who are primary-care patients at Families First. Telehealth appointments (phone and video) available. Call Karen Frarie (603) 422-8208 x3321.
- **Substance Use Disorder Treatment:** Recovery groups are open to all adults. **Medication-Assisted Recovery** (also known as Medication-Assisted Treatment) and

one-on-one counseling are offered for established Families First patients. Call Karen Frarie (603) 422-8208 x3321.

- **Prescription assistance:** For patients of Families First Health Center (including Mobile Health patients) and Portsmouth residents only. Call Maria Dagan at (603) 422-8220.
- **Insurance Enrollment Assistance:** Help for New Hampshire residents understanding and enrolling in Medicaid and Marketplace Insurance. Leave a message at (603) 422-8208 (press 8).
- **Breast and cervical cancer screenings.** Free for eligible women in Eastern Rockingham County and southern York County, Maine. Call (603) 422-8208.
- **Mobile health care services:** For people in temporary or unstable housing and others with low incomes. Services include health care, social work services and access to dental care and behavioral health care. Normally visits sites in Portsmouth, Hampton Beach, Dover, Exeter and Rochester but sites and schedule are subject to change. Call (603) 776-9220 or visit tinyurl.com/FFMobileHealth for the current schedule.
- **Dental Center**: Open to all children and adults (but temporarily closed to adults as of spring 2021). Emergency care is limited to established patients. Medicaid and some private insurance are accepted (check the website to verify), and there is a sliding fee scale for the uninsured or underinsured. Call (603) 422-8208.
- **Parenting Classes and Support Groups:** We offer a rotating schedule of parenting classes and support groups using the Zoom app. Spring 2021 programs include: ACT for Strong Families, Parent Café for Dads, Helping Children (and Parents) Manage in Uncertain Times, Mother-to-Mother Group, Relative Caregiver Recharge Group. Call (603) 422-8209 or visit tinyurl.com/FFParenting. Option 3
- **Individualized Family Support (aka Home Visiting):** Voluntary one-on-one support helps families identify needs, obtain services, learn skills to reduce stress and improve family life, and learn about child development and children's needs. For families living in eastern Rockingham County and in Somersworth who face challenges such as having trouble meeting the family's basic needs, or wanting to improve parenting skills. During the pandemic, we are *offering both in-person and virtual home visits (depending on individual circumstances).* Call (603) 422-8209 Option 3
- **Grandparent and Relative Caregiver Support (aka Kinship Navigation):** Guiding kinship and relative caregivers to resources to help their families thrive. Call Jo Ann Clement at (603) 422-8209. Option 3

For updated printed information on any of the above services, please contact Lisa Zhe, at lzhe@familiesfirstseacoast.org or (603) 422-8208 x3311 or visit http://www.familiesfirstseacoast.org/contact/request-brochures/

Families First is a part of Greater Seacoast Community Health. Please visit **GetCommunityHealth.org** to access the websites of individual agencies (Families First Health & Support Center; Goodwin Community Health and Lilac City Pediatrics) and program partners (Strafford County Public Health Network and SOS Recovery Community Organization).
100 Campus Drive, Suite 12, Portsmouth, NH 03801
(603) 422-8208 (Health Center, Dental Center, administration); (603) 422-8209 (Family Center)
www.FamiliesFirstSeacoast.org

Families In Transition-New Horizons

Families in Transition-New Horizons (FIT-NH) serves those most in need in Manchester, Concord, Dover, and Wolfeboro, NH. We provide hunger relief, emergency shelter, safe

affordable housing, supportive services, and substance use treatment to individuals and families who are homeless or in need, enabling them to gain self-sufficiency and respect.
Pantry services
Location 176 Lake Ave, Manchester
Hours Mon 1-4pm
Tues – Friday 10 AM – 12 PM and 1 PM – 4 PM
Walk-ins welcome and please wear a mask
Pantry on the Run offers: produce, backed goods, and other perishable tems available everyday on a first come First served basis

To utilize housing and program services email: intake@fitnh.org
www.fitnh.org | www.newhorizonsnh.org
For more information, please contact our Resource Development Offices: 603.641.9441 ext. 324 or donate@fitnh.org

Farmsteads of New England

Farmsteads of New England (FNE) provides supportive services to individuals who have autism, developmental disabilities, and others with varying abilities. We work primarily with adults providing both Community Participation (Day) Services and Residential Services, but we also provide Transition Services to older students. FNE focuses its services in rural areas and provides people with the opportunity to participate in a variety of agriculturally based activities on our farms in Hillsborough and in Epping as well as numerous activities within the greater community. We have a unique residential model on our farmsteads where we give each person his/her own one bedroom apartment within a cluster of apartments and provide whatever level of support the individual needs. This model offers maximum privacy while also providing easy access to peers for socialization.
Farmsteads of New England 38 Plumer Road, Unit A, Epping, NH 03042
603-464-2590; info@farmsteads-ne.org; www.farmsteads-ne.org

Fleet and Family Support Center (FFSC).

FFSC is located on Portsmouth Naval Shipyard and recognizes that being in the military presents unique challenges and opportunities. The Center provides quality of life services supporting active duty service members, family members and retired service members and their families. Services in clinical and crisis counseling, marriage and family counseling, deployment support, employment assistance, family advocacy programs, information and referral assistance, life skills education, parenting, personal financial management and relocation assistance.
For more information, please contact 207-438-1835.
Fleet and Family Services, Building 241, Portsmouth NH 03804
Office Hours – Mon-Fri 7:30 – 4:00

The Freemen House

The Freemen House is a faith-based, 12-Step, substance-free community in the greater Dover, NH area for men and women in recovery from alcoholism and/or substance use disorder. Freemen Houses are not facilities. Our residents interact as members of a large, supportive family in which each individual is valued and respected. Our homes offer the safety, structure, and peer mentoring that fosters growth through the 12 Steps of Alcoholics Anonymous.
Ben Sprunger, Operations Manager
The Freemen House

978-358-1349 (office)
603-312-6283 (cell)
admissions@thefreemenhouse.com; www.thefreemenhouse.com

Friends RSVP

- Friends **Retired and Senior Volunteer Program (RSVP)** mobilizes senior volunteers, age 55+, who provide meaningful services that address important community needs. RSVP recruits and matches volunteers with opportunities that make a difference for seniors and families in their communities. Over 500 volunteers serve each year at local nonprofit organizations in Rockingham, Strafford and Merrimack Counties. Numerous opportunities are available for seniors to choose from according to their interests, talents and availability. RSVP members, themselves, gain health benefits by keeping active, connected and adding new purpose to their lives. They address issues such as senior independent living; nutrition, health and wellness; education and literacy; basic human needs (food, shelter, clothing); organizational capacity building that helps non-profits and public agencies provide more services to more people; and more. Friends RSVP also operates its own signature programs that include RSVP Bone Builders Senior Exercise classes that are provided free of charge to seniors to improve strength, balance, overall health and prevent or reduce osteoporosis. And Friends RSVP Caregivers Program provides transportation for frail seniors to medical appointments and for basic needs such as grocery shopping, as well as visitation and other assistance in order to enable them to stay at home longer.

Please call Addie Tarbell, Program Coordinator at 228-7614, or email her at **atarbell@friendsprogram.org for more information.**

Director of Senior Programs Lily Wellington. 228-7603 lwellington@friendsprogram.org
Friends Program/RSVP 603-228-7606 npaul@friendsprogram.org
www.friendsprogram.org (603) 228-7606 202 North State Street, Concord, NH 03301

Future In Sight – previously known as NH Association for the Blind

The NH Association for the Blind is a private statewide non-profit direct service agency. It is 77% funded by charitable contributions and is fully accredited by the National Accreditation Council. Referring persons who are blind and visually impaired for service can be done by calling toll free 1-800-464-3075.

DIRECT SERVICES include: Social Work, Rehabilitation teaching, Low vision services, orientation and mobility instruction, assistive technology service, educational services, volunteer services and public education.

For additional information about any of our services, please contact:

McGreal Sight Center OR
25 Walker Street, Concord, NH 03301
Call, Fax, Email **MAIN:** (603) 224-4039 **FAX:** (603) 224-4378
TOLL-FREE IN NH: 1-800-464-3075
EMAIL: SERVICES@FUTUREINSIGHT.ORG

Gather

We strive to fulfill the needs of low-income individuals and families with food, personal care items and education for healthy living. We provide these services in both an emergency and on-going capacity, respecting the dignity of each individual.

Our catchment includes Greenland, Hampton, Hampton Beach, Hampton Falls, Portsmouth, Rye, New Castle, Newington, North Hampton, Seabrook, Stratham and Kittery ME in the greater Seacoast area.

Current Services & Programs:

- Year round food pantry
- Emergency Food assistance
- Personal Care Products
- Fresh produce, milk, eggs, cheese and meat
- Confidential guidance and referral to other local service agencies
- Education and Outreach programs including our Summer Meals 4 Kids, Meals 4 Seniors and Community Supported Agriculture, (CSA)
- Member of NH Food Bank and Food Providers Network

Deb Anthony, Executive Director DAnthony@gathernh.org
210 West Road, Portsmouth, NH 03801 603-436-0641 **www.gathernh.org**

General Assistance/Local Welfare

Per RSA 165, every city and town in NH has an individual or elected body who is designated to be the administrator of general assistance in that town. It is the right, by law, of any individual to make an application for assistance. The objective of the welfare officer is to assist individuals in their town, in accordance with NH Law and the Welfare Guidelines adopted by that town, who are temporarily unable to provide for their own documented shelter, food, medication, utility, or other emergency need. All funding for the Welfare Departments is provided from local property taxes. The welfare administrator will leverage existing resources and explore avenues to maintain costs, while simultaneously meeting their clients' needs, by working closely with federal, state, and local agencies and charities to maximize services and benefits to their clients. Contact the town hall for contact information regarding welfare administration in your town.

Goodwin Community Health

Goodwin Community Health is the only FQHC (Federally Qualified Health Center) in the Strafford County area to provide access to primary, dental, prenatal, and behavioral health care as well as community wellness and public health services. We strive to deliver innovative, compassionate, integrated health services and support which are accessible to all in our community, regardless of ability to pay.

Primary Care, Dental Care, Pediatrics, Integrated Behavioral Health, Prenatal Care and OB/GYN, Substance Use Disorder Treatment and Recovery, Parent Education and Family Programs, Home Visiting, Chronic Disease Management, Women, Infants and Children Program (WIC), Commodity Supplemental Food Program (CSFP) Breast and Cervical Cancer Screening Program, onsite Pharmacy, Quest Lab and Public Health Services are all available under one roof.

Goodwin accepts private insurance, Medicaid (both NH & ME) and a sliding scale fee is available to those without insurance. Give us a call at 603-749-2346.

►Visit Goodwin Community Health at 311 Route 108 in Somersworth, NH, 03878. Find us online at GoodwinCH.org, and be sure to follow us on Facebook: @GoodwinCommunityHealth.

SOS Recovery Community Centers https://straffordrecovery.org/ 603-841-2350
Dover: 4 Broadway St. Dover, NH 03820
Rochester: 63 South Main St. Rochester, NH 03867

The Strafford County Public Health Network 603-994-6357
311 Rt. 108 Somersworth, NH 03878 http://www.scphn.org/

Granite Pathways

Granite Pathways is a 501(c)(3) subsidiary organization of The Fedcap Groups.
Originally founded in 2009, Granite Pathways began as a grass-roots initiative that introduced the "clubhouse model" in New Hampshire, an evidence-based, peer community
aimed at eliminating isolation and providing support, dignity, and ongoing recovery options for people with mental illness.

Granite Pathways' programs support individuals with mental illness and substance use disorders in rebuilding personal equity and achieving their life goals as productive members of their communities. During this fiscal year we expect to serve well over 7,000 NH residents.
Corporate Office: 60 Rogers St. Suite 205 Manchester NH 03103
Learn more about us at www.granitepathwaysnh.org Description of Granite Pathways' programs:
•Seacoast Pathways
A supportive, community-based non-profit program for adults living with mental illness. Seacoast Pathways is a structured evidence-based recovery program for adults 18 and over living with mental illness (and co-occurring substance use disorders) who strive to re-engage with others and the community. The program follows the Clubhouse International Model of Psychosocial Rehabilitation and provides opportunities to utilize strengths, interests, and skill development to get back on track for employment, education, improved housing, and wellness – all hallmarks of mental health recovery. Participants, called members, work side-by-side with staff to operate the 'clubhouse' and volunteer for clerical work, reception, lunch preparation, and planning and organizing activities. Art, music, writing, yoga, and nutrition are incorporated for wellness and learning. Members are actively supported in their employment, housing, and educational goals by increasing skills, pursuing resources and finding fellowship with others. In addition, we offer occupational therapy services and host a bi-weekly co-occurring recovery support group.
To become a member, call or email to schedule a visit and tour. New members need a confidential referral from a clinician and will meet with a staff member for orientation. After this, the diagnosis is "left at the door" and the individual starts the exciting work of reaching their goals.
Seacoast Pathways is located at 155 Brewery Lane, Suite 102, Portsmouth. We are open Monday, Wednesday, and Friday from 9:30-3:30. Membership is free and for life.
In response to the health concerns due to Covid-19, Seacoast Pathways is now offering a hybrid virtual and physical program. Individuals may join us from the safety of their homes using Zoom. Please call or email for Zoom link information, like us on Facebook or go to our website: www.seacoastpathways.org
Contact information: Seacoast Pathways direct line: 603- 812-9031 Email: info@seacoastpathways.org or seacoastpathways@gmail.com
Executive Director: Ann Strachan, astrachan@granitepathways.org 603-748-8955

- Safe Harbor Recovery Center:

  Safe Harbor is a non-clinical peer led community resource which is open to all those who are compassionate towards and impacted by alcohol and drug addiction. It exists to foster long term recovery, empower individuals, families, and broader communities throughout the Greater Seacoast. Services include peer mentoring and coaching, recovery resource connections, recovery group facilitation, community building, family support services, vocational services and workforce building, telephone, and text recovery support, along with 2 art classes & various recovery support meetings each month. Check out our SHRC Facebook and GP website to review our monthly calendar!
  Location: 865 Islington Street, Portsmouth, 03801 Hours: Monday – Friday, 9am-6pm Saturday, 9-2pm Main Line: 603-570-9444
  Center Director: Dustin Ward, DWard@granitepathways.org www.granitepathwaysnh.org/shrc/
  Strength to Succeed:
  provides peer services to individuals who are working with DCYF and suffer from/with substance use disorder. The goal is to help the individuals navigate working with DCYF in addition to providing peer recovery support services and focusing on achieving sustainable recovery in an effort to unify and restore the family. Individuals with lived experience are designated as Parent Partners to provide peer-to-peer support and guidance. Parent Partners help individuals assess the need for services; utilize community supports to work on setting goals for recovery; reduce and lessen harmful trauma to children exposed to substance use in their family.
  Contact Program Director: Lori Hebert

email: lhebert@granitepathways.org

Parenting Journey in Recovery

Parenting Journey in recovery is a program facilitated by Granite Pathways that helps parents explore past family patterns, begin to heal past wounds, and seize the opportunity to take a new path that involves personal responsibility, sobriety, and the mobilization of hope through focused action. Location: 865 Islington St, Portsmouth
Duration: 2 hours a week for 14 weeks
Cost: FREE; complimentary child care, transportation and family-style meal provided Contact: Call 603-570-9444 or email: tvarney@granitepathways.org

Job Launch

Are you in recovery and looking for work or to further your education? Launch your career path with us! Services are free and confidential. We work closely with Recovery Friendly Workplace designees. We will help you to build recovery capital – a combination of personal, social, family, and community resources to help you achieve and sustain recovery and develop a healthy lifestyle. Attend this exciting program virtually or in person.
Contact: Whitney Brown, Contract Manager @ wbrown@granitepathways.org 603-570-9444

Granite State Independent Living (GSIL) - New Hampshire's Independent Living Center

Granite State Independent Living (GSIL) is a statewide nonprofit organization whose mission is to promote quality of life with independence for people with disabilities and seniors through our 5 core services: Advocacy, Information and Referral, IL Services, Peer Support and Transition Services, with offices in Concord, Dover, Keene, Littleton, Manchester and Nashua.

Since 1982, GSIL has been providing Consumer- Directed Personal Care Services built on the belief that individuals needing services and supports know their needs and are in the best position to plan and manage their supports.

GSIL offers three (3) different Personal Care Services:
1. Personal Care Attendant Services (PCA) - Consumer Directed - Medicaid
2. Personal Care Services Program (PCSP) - Consumer Directed - CFI Waivered
3. Payroll Program

Additional Programs:

- Nursing Facility Transition Services
- Independent Living Services: Assist in achieving independent living goals, Access Modification Programs
- Transportation: Wheelchair Van Transportation, Travel Reimbursement, Non-emergency Medical Transportation
- Employment Services: NH at Work Economic Development, Ticket to Work Program *(Employment Network)*, Work Incentives Planning & Assistance, Medicaid for Employed Adults

GSIL, 22 Chenell Drive, Concord NH 03301
Phone: 603.228.9680; Toll Free 800.826.3700
www.gsil.org**;** info@gsil.org

Great Bay Community College

Great Bay Community College Business & Training Center (BTC)- BTC offers short-term workforce training for those transitioning to the workforce and professional development courses for career advancement. The BTC partners with area businesses and agencies to provide training for in-demand positions. Programs include CNC Production, Machining, Medical Office Assistant and Office Administration. In one year or less, students are able to complete training

and be job-ready. The BTC also offers Project SEARCH, a nationally recognized transition program for young adults with disabilities in partnership with Portsmouth Regional Hospital. For more information call 603-427-7652 or email greatbaybtc@ccsnh.edu

WorkReadyNH- see WorkReadyNH.

The Center for Academic Planning and Support (CAPS) is a multi-service center designed to support students with their academic needs. CAPS services are free of charge to students enrolled in credit-bearing courses and most are available on both the Portsmouth and Rochester campuses. Career Services are also available to those in non-credit programs.

Note for summer and fall 2021: Great Bay will engage in a phased reopening. Most classes at Great Bay will be on-line only, many with specific meeting times on Zoom. Some courses will be available in-person with a Zoom option. Access to the campus facilities will be limited, requiring pre-screening, masking, and distancing.

CAPS services will be provided remotely during the summer and fall, with in-person academic coaching available by appointment only. CAPS computer lab and study space will be available on a limited basis by reservation, or drop-in as space allows. Summer in-person hours will start at M/W/Th 11am-3pm for computer lab/study space and T/F 9am-4pm for academic coaching. Additional hours will be added as the summer and fall progress.

Services include:

Tutoring via Zoom; limited in-person options in the fall.
Academic counseling via zoom and limited in-person.
Specialized support for students with disabilities, ESOL and international students, and adult learners via Zoom, with some limited in-person appointments on request for summer; expanded access in fall.
Placement testing and other assessments remotely via zoom and other technology, with some in-person testing coming soon.
Workshops offered remotely, as scheduled.
Peer mentoring in the fall; largely remote.
Referrals for community resources through all of the above and the website.
Career exploration, electronic Job Board, and assistance with job search techniques available remotely at this time.

Project GRAD (Goals, Results, Aspirations, Distinction) is a joint effort of Campus Compact for New Hampshire and Great Bay Community College to provide peer mentoring, guidance, and support to incoming students of modest financial means during the enrollment process and/or throughout their first year of college. To refer a student to Project GRAD or to make a tax-deductible donation of school supplies, digital devices, gift cards, or cash for the direct benefit of Project GRAD participants during remote operations, contact **Kimberly Cartier Bradford directly via email at** kcartier@ccsnh.edu **or mobile phone (603-731-0184). The office phone (603-427-7745) continues to be available during remote operations for messages.**

Great Bay Services

Great Bay Services, Inc. is a non-profit 501(C)(3) human services organization providing support for adults with Intellectual/Developmental Disabilities. Founded in 1954 by a group of concerned parents, the organization has grown to become one of the most recognized and trusted service providers on the NH Seacoast and Southern Maine. Today, Great Bay Services enriches and enhances the lives of the individuals served, by promoting greater independence and self-determination through meaningful and purposeful activity choices daily. Programming is focused on providing community integrated opportunities, eliminating barriers, and respecting the rights

of each individual. Our New Hampshire office location is 23 Cataract Avenue, Dover while our Maine office is located in Sanford at 61 Washington Street.
For more information contact 603-842-5344 or visit our website at **www.greatbayservices.org**

Greater Seacoast Salvation Army

The Salvation Army's ministry is motivated by the love of God, its mission is to preach the gospel of Jesus Christ and to meet human needs in His name without discrimination. As a leader in Christian faith-based human services, The Salvation Army is committed to serving the whole person, body, mind and spirit, with integrity and respect, using creative solutions to positively transform lives.
Our Portsmouth and Hampton corps have merged and we now are called the Greater Seacoast Salvation Army serving the following towns: Seabrook, Hampton Falls, Hampton, North Hampton, Portsmouth, Pease AFB, Newington, Greenland, New Castle, Eliot, Kittery, Kittery Point.
We currently offer the following programs:
Breakfast - Monday through Friday - 7:00-8:00 am
Dinner - EVERY NIGHT - 5:00-6:00 pm
Family service programs help families and needy individuals with emergency food, utility assistance and other temporal needs. Please call the office to talk with the Caseworker.
Sunday Worship for ALL: 11:00 am
Holiday Assistance: Christmas Food Baskets and Gifts for Children
Summer Camp: For low-income families
Young Adult Group: Weekly meeting. Contact Jamie Crowell for information.
Weekly Adult Bible Study: Taking a closer look into the Holy Bible and developing a relationship with God, unearthing His message for us. Call the office for times.
Greater Seacoast Salvation Army offices:
15 Middle Street, Portsmouth, NH 03801 603-436-2606
28D Depot Square, Hampton, NH 03842 603-929-1729
Contacts:
Major DonnaMarie Reed, Commanding Officer, DonnaMarie_Reed@use.salvationarmy.org
Lt. Jamie Crowell, Assistant Corps Officer, Jamie.Crowell@use.salvationarmy.org
Laura O'Brien, Office Manager, Laura.O'Brien@use.salvationarmy.org
Marion Harris, Caseworker, Marion.Harris@use.salvationarmy.org
Website: http://nne.salvationarmy.org/seacoast-nh/

Greenleaf Woods Counseling

Greenleaf Woods Counseling sees clients with issues of anxiety, depression, sexual abuse, substance abuse, relationship imbalance, sexual orientation, and trauma. Both Peg Correia, M.Ed., M.L.A.D.C, and Sally Wool, M.Ed., M.L.A.D.C. offer After Care to those who have completed an Impaired Driver Intervention Program and are seeking reinstatement of their Driver's Licenses. We also offer a sliding fee scale and accept some insurances.
427-5392 - s_g_wool@yahoo.com

Griswold Home Care

Griswold Home Care is a home care agency that serves aging adults and individuals battling chronic diseases in Rockingham and Strafford counties. Our dependable and compassionate caregivers assist our clients with all their personal care needs such bathing, dressing and toileting;

along with meal prep & planning, light housekeeping and laundry. They also provide companionship, safety supervision and transportation to errands and appointments.
We work with each client to develop a care plan that meets their unique needs, weather it is a onetime 2 hour visit to live-in care and everything in between. Our pricing is simple and doesn't vary depending on the type or level or care, there are not up charges for nights and weekends. All our caregivers are thoroughly screened and trained; we only hire about 10% of the individuals we interview. If I wouldn't trust them to care for my loved one I certainly wouldn't trust them to care for your loved one. Call us today to schedule a free in-home consultation.
Griswold Home Care
Kim Fortuna, Director
1 Liberty Lane East, Suite 12, Hampton, NH 03842
603-967-4477 Office 603-918-7744 Cell Kim.Fortuna@GriswoldHomeCare.com
http://www.griswoldhomecare.com/rockingham-hillsborough-county/

Harbor Care new name for Harbor Homes, Inc.

The Partnership for Successful Living is now Harbor Care, the new shared name and brand of Harbor Homes, Keystone Hall, Harbor Care Health and Wellness Center, Healthy at Home and Southern NH HIV/AIDS Task Force. We have built success through innovation, collaboration and an unwavering commitment to our most vulnerable community members. Over the next months, we will continue our journey and become Harbor Care, a recognition of our roots, and a glimpse of where we are heading. Learn more at harborcarenh.org

HAVEN

HAVEN is dedicated to the prevention of sexual assault, domestic violence, stalking and human trafficking while supporting and empowering women, men, youth and families to heal from abuse and rebuild their lives. **HAVEN advocates provide free, confidential, 24-hour support via our hotline; in-person support at hospitals, courts, police departments, and Child Advocacy Centers; support groups, safety planning, education and resources for survivors, their families, and the community.** HAVEN serves everyone in the Seacoast community in need of support people of all marginalized genders and identities.

HAVEN's **Safe Kids Strong Teens (SKST) prevention education programs** for students in grades K-12 provides programming in personal body safety, healthy relationship building, respect & consent, and media literacy. The SKST programming also has a teacher/administrator/camp personnel training for adults who work with children.
Adult professional trainings in trauma informed response, sexual harassment prevention and Adverse Childhood Experiences education is available.

HAVEN is the largest violence prevention and support services agency in the state, serving 48 cities and towns in Southeastern NH with offices in Portsmouth, Rochester and Epping, as well as a confidentially located emergency shelter. Additionally our **Housing First Program** helps survivors of domestic violence access safe, affordable housing with case management to help survivors navigate through their trauma as they heal and offering support to landlords to ensure housing stability for our clients.
To learn more please visit our website: www.havennh.org
24 Hour free & confidential hotline 1-603-994-SAFE (7233)
Chat service available Monday- Friday | 9 am- 4

Health Care Resource Centers Newington

Health Care Resource Centers Newington helps patients reclaim their lives from opioid addiction. Our team of addiction specialists provides methadone maintenance and other supportive services in a compassionate setting. We personalize every treatment plan according to the patient's substance use history and recovery path. At HCRC, we believe that all people are capable of change and that they are more than their addiction. Give us a call — we are here to help! Our main number is #603.436.0448 – Ask for information, what we need for a referral, or an Intake!

Health Care Resource Centers like HCRC Newington specialize in medication-assisted treatment (MAT) with methadone. MAT involves medicine and counseling to help you recover from opioid use disorder. Methadone has more than 50 years of demonstrated effectiveness as a core treatment for opioid addiction. It decreases your withdrawal symptoms and the effects of other opioids to reduce cravings that commonly cause people to relapse.

Every patient who receives our services has an individualized treatment plan that takes their unique needs into account. Your first appointment will include medical and clinical intakes that provide the foundation for your care plan. When you visit our clinic, the staff will treat you with respect and dignity. Our evidence-based approaches to treatment will ensure you get the highest quality care possible.

We are COVID Aware, we take temperatures upon entry to the clinic, there is social distancing and mandatory mask wearing. All of our staff are either in the process of receiving their vaccine, or they have received it (awaiting the second).

We look forward to speaking with you further! Stay safe and healthy!

Treatment Center Hours:

Monday –Friday - 5:30am – 1:30pm

Sunday - Closed

Medication Hours:

Express Line Monday – Friday 5:30am – 5:45am

Monday – Friday 5:45am – 12:30pm

Saturday 5:30am – 10:00am

Sunday & Holidays Closed

Sarah E. Neilson *Treatment Center Director, Newington*

O: 603.334.1185| F: 603.436.0668

https://www.hcrcenters.com/health-care-resource-centers-newington/

Home Field Advantage, PLLC.

Founded in 2016, Home Field Advantage, PLLC, provides home accessibility assessments to promote aging in place. We work with homeowners to modify their current home and help with planning for future requirements to promote safety and function in their home. HFA consults with builders and architects regarding your remodel and renovation plans to prolong the utility of your renovation. We also provide assessments for employers to promote accessibility for employees and customers with mobility issues.

As a licensed Occupational Therapist, Dr. Blackington uses her 8+ years of professional experience in the acute care and acute rehabilitation to provide a comprehensive assessment of your home and recommendations for modifications. We cover New Hampshire, Maine, and Massachusetts.

For more information contact:

Ashley Blackington, OTD, OTR/ ashley@homefieldadvantageot.com

(603) 957-0582 **www.homefieldadvantageot.com**

Home Instead Senior Care

Home Instead Senior Care is the world's trusted source of non-medical home care services for seniors. The foundation of the company is a trusted franchise network of more than 800 independently owned offices in the United States and around the world. Locally, our office has been serving seniors on the Seacoast and in Southern New Hampshire since 2002. Our approach to senior care is personalized for each client and family. Our goal is to promote quality of life and independence. Website: homeinstead.com/scnh

Homeless Center for Strafford County

The Homeless Center for Strafford County, serves Strafford County Residents, NH Seacoast Residents and Maine Seacoast residents in a new ten family room shelter located in Rochester, New Hampshire just off the Spaulding Turnpike.

Intakes and wait lists can be done by calling 603-332-3065 and intake counselors will respond as quickly as possible. The Center serves many children and entry requirements includes the ability to self care and no usage of substances that are not medically prescribed.

The programming exists with the mission to shelter and to bring families and individuals to permanent housing and help them maintain that stability over time. We do not take "walk in clients" at this location.

Our website is located at www.homelesscenterforstraffco.org and we have an active Facebook Page as well.

We encourage all potential clients to call in October through May for services/sheltering and full case management.

Our mailing address is P.O. Box 7306 Rochester, NH 03839 and our physical address will soon be: 202 Washington Street, Rochester, NH 03867 at "Home for Now" a building created by The Homeless Center for Strafford County.

The Homeless Veterans Reintegration Program – Harbor Homes

(HVRP) was established by the Department of Labor to help homeless veterans get back on their feet by assisting them in their efforts to return to work.

Whether you served in the Vietnam War, the Gulf War, or the current conflict in Iraq, this employment training and placement program is for all homeless veterans who want to be gainfully employed in their communities.

There is no cost to you. The Department of Labor has awarded the grant to Harbor Homes

Services Offered:

- Resume Writing
- On the Job Support
- Connections to Community Resources
- Job Search/Job Counseling
- Job Skills Development Workshops
- Money Management Training

Is there any extra paperwork required? Our Supportive Employment Specialist will provide you with a form, help you set goals, and assist in completing forms.

•You must be a homeless veteran and other than dishonorable. (Hud vash applies and GPD) or 14 days from eviction or 60 days homeless prior to entering into vash housing.

•You must be a veteran who served in the active U.S. military and was honorably discharged or released under conditions other than dishonorable.

•You must be motivated and willing to search for work and to connect to the necessary benefits.

Andrea Reed, JD, BS, Program Manager

Harbor Homes Incorporated and Affiliates, 335 Somerville Street, Manchester, NH 03301
1-603-816-6370 x1243 Fax: 603-595-7414

Homewatch Caregivers Seacoast Region

Our Companion Care services include housekeeping, laundry, meal preparation, medication reminders, socialization and general assistance with activities around the home. Personal Care services, provided by Licensed Nursing Assistants, involve helping with the Activities of Daily Living, including bathing, toileting, dressing, grooming, oral care and mobility assistance. Transportation services can include errands and trips to Doctor's appointments, shopping, social events or a ride to a favorite place.

Exceptional home caregiver services deliver peace of mind. Exceptional caregivers are a product of only hiring trained and experienced caregivers who pass numerous background checks on a state/ federal basis, selected on the basis of their character/sensitivity, thorough reference checks, and who are bonded and insured and who understand and adhere to the Homewatch Caregivers standards of quality. With us, families and clients come first and customized care plans provide flexible home care services tailored to your needs and schedules. Also, there is no minimum amount of time required. It is common for our clients to receive a care plan consisting of a combination of Companion and Personal Care services, based on their specific needs and preferences.
We serve all of Rockingham County.
92 Portsmouth Ave Suite 20 Exeter, NH 03833 603.580.1595
www.homewatchcaregivers.com/portsmouth

In Home Senior Services, Inc.

In-Home Senior Services, Inc. was established in 1993. We were one of the first Home Care agencies in the area. The company employees on average 45 Personal Care Attendants or Personal Support Specialists – all of whom are certified in Personal Care. We service the Greater Portland area and York County. Our service provides the elderly an opportunity to live independently in their own homes. The duties of a PCA/PSS range from light housecleaning, laundry, meal prep, to assisting with bathing, dressing and respite for the primary caregiver. Our service can cover a 2 hour period once a week and go up to a 24-hour period seven days a week. We take great pride in our attendants and the work that they perform and feel each client/attendant relationship is like adding someone to their family.
658 Main St, Gorham, ME 04038
207-856-1212 1-800-689-4311

Infinity Peer Support

Tri-City Co-OP has a new name – it is now Infinity Peer Support!
Infinity Peer Support is a Peer Support Agency providing an alternative, non-medical approach to mental health wellness and recovery for adults eighteen (18) years and older who reside in Strafford County.

We offer a non-judgmental, non-critical, safe, supportive and educational environment for individuals struggling with and recovering from a variety of mental health issues. Staff and member share leadership and decision making.

The agency is a place where people practice relational skills, patience, respect and tolerance for diversity. Members learn to see themselves as citizens of the greater community.

Infinity Peer Support is located at 55 Summer Street in Rochester NH. Our hours of operation are Monday – Friday, 8:00 AM- 4:00 PM and Saturday 8:00 AM – 12:00 PM. We do

provide transportation for our members and all services are free. Contact information (603) 948-1043 or 948-1036.
Melissa Silvey is the new Executive Director - melissa@infinitypeersupport.org

The Inn at Deerfield
Providing "emotional support" for seniors with dementia, in a home like setting.
A 32 bed licensed supported residential care home for elders with memory disorders located in the beautiful country setting of rural Deerfield, New Hampshire. The Inn at Deerfield was established to provide quality care to elders with Alzheimer's and other forms of dementia.
Mission Statement
The Inn at Deerfield is dedicated to improving the quality of life of elders with dementia by providing care in a secure environment utilizing the social model of care, through supported residential care, respite and day care with an emphasis of the residents of Deerfield and its contiguous communities.
Alexandria McGrath, Administrator Phone: 603-463-7002 fax: 603-463-9721
The Inn at Deerfield Inc., 34 Ridge Rd, P.O. Box 87, Deerfield, NH 03037

Keep Your Brain Fit for Life ™
Lucie Arbuthnot, Ph.D., shares the latest scientific findings on how baby boomers and seniors can keep their noggins nimble as they age. Lucie is a former researcher and educator with the Alzheimer's Association and a leading authority on age-related memory loss and Alzheimer's disease. Her upbeat presentations combine the rigors of medical research with the personal insights of a daughter who cared for her mother with Alzheimer's disease. She lives in Sanford, Maine. Lucie can be reached at alz@metrocast.net and (207) 324-9569. To learn more about how to keep your brain fit for life, visit her web site at www.LBAseminars.com.

Kittery Estates
A Holiday independent retirement community, Kittery Estates provides an all-inclusive lifestyle for seniors for one monthly payment. With a choice of studio, one or two bedroom apartments with kitchenettes and handicapped accessible bathrooms, all utilities, cable television, activities 365 days a year, weekly housekeeping with linen and towel service and three chef-prepared meals per day are included. Live in managers attend to an emergency call system 24/7. A van provides transportation to shopping, banking and other errands; and to medical appointments and weekly outings. Kittery Estates is a pet-friendly community. Our residents have access to a free travel program whereby they can vacation in one of Holiday's 350+ communities in the U.S. and Canada. For more information, to join us for a complimentary meal and/or tour, call (207) 438-9111. We are located just 5 minutes from downtown Portsmouth on Route One, 220 State Road, Kittery, Maine 03904. Visit us on the web at www.kitteryestates.com.

Krempels Center
Krempels Center is a nonprofit organization dedicated to improving the lives of people living with brain injury. In partnership with universities and community volunteers, the Krempels Center offers programs that engage members in meaningful and productive experiences and provides ongoing support and resources to those impacted by brain injury. In addition, the organization's community outreach initiative provides education to the public about brain injury and brain injury prevention. To learn more about Krempels Center please contact us: info@krempelscenter.org or Phone 603-570-2026

Since mid-March, Krempels Center has been offering virtual programming over Zoom for individuals living with brain injury with great success.

After much thought and planning, Krempels Center has made the decision to postpone the planned reopening of our in-person programming, with the **hope that we are able to reopen our in-person program in early 2021.**

Krempels Center continues to offer robust virtual programming over Zoom for individuals living with brain injuries. Since going virtual, we have welcomed new members into our community. We also have members "logging in" from across the country.

As always, Krempels Center staff remains fully committed to the health and well-being of our members and providing support, meaningful & engaging groups, and a sense of community during these difficult times. **www.krempelscenter.org**

Lamprey Health Care

Lamprey Health Care is a non-profit community health center providing health care services to individuals of all ages regardless of ability to pay. We offer primary care for all ages, including COVID-19 testing and support services, comprehensive prenatal and obstetrical care, integrated behavioral health services, substance use disorder treatment, including Medication Assisted Treatment (MAT), diabetes education, care coordination, health education programs, medication assistance, and application assistance for the Health Care Market Place and NH Medicaid. Lab services, radiology, and physical and occupational therapy are available on-site. For additional information, visit www.lampreyhealth.org or follow us on social media.
207 So. Main St.; Newmarket (603) 659-3106 and 128 Route 27; Raymond (603) 895-3351

Life Coping, Inc

Life Coping, Inc is an independent, licensed case management agency that arranges comprehensive assistance to the elderly and adult disabled individuals. Life Coping case management provides trustworthy, ongoing local liaison for families with aging parents, closing the gaps between medical services, home and nursing care, and assistance with the financial questions surrounding health care.

Life Coping Inc.'s mission is to assist elderly and adult disabled individuals and their families in identifying needs and seeing that those needs are met with the ultimate goal of keeping individuals in their homes. Our Staff is made up of licensed professionals with extensive experience in nursing, public health, and home care administration. We have built a solid reputation for quality care and service throughout the state of New Hampshire, and because of our services many seniors continue to live healthy, independent lives in their own homes.
Angie Papa apapa@lifecoping.org www.lifecoping.org
266A Main Street Nashua, NH 03060 1-800-403-7993

Living Innovations

Providing support for people with developmental and physical disabilities from childhood, transition years and through adulthood.

Living Innovations is a mission-driven agency dedicated to the belief that we all deserve lives of quality and dignity at home and in the community. A company with strong local roots, we have grown from one small, seacoast New Hampshire office to a network of over ten locations that provide compassionate, competent care to hundreds of people with disabilities living in New Hampshire, Maine and Rhode Island.

We recognize that people with disabilities and their family members want the same things in their lives that we all seek – close relationships, connections to community, satisfying

work, and a pleasant home. All of our services are highly personalized to meet the needs and goals of each individual and family.

Our Core Services include:

●Community Connections: Our Community Connections program is all about developing relationships and helping the individuals we support **connect with people and activities** out in the community. These activities run the gamut – social, recreational, educational, vocational, and community service – and can include any opportunity that helps people live as full a life as possible.

●Shared Living Residential Options: While many people choose to remain with their families, others prefer to "move out" on their own. While many thrive in a group home environment, others enjoy our innovative Shared Living model, in which an individual lives with a carefully selected and trained host family.

●Job Skills & Career Support: Many of the people we support are gainfully employed, while others build valuable job skills as volunteers. Employers have seen that hiring people with abilities, despite their disabilities, is mutually beneficial and rewarding.

●In-Home Supports: Our In-home Support is designed to give each individual and family the support they need to manage their busy lives. We can provide assistance on an as-needed basis - as few as 4-5 hours a week or as much as round the clock.

●Transition from School to Adulthood: Living Innovations helps students make the move from being a young teen to being a young adult. Developing skills such as communicating clearly, solving problems, keeping one's house clean and using public transportation help to prepare teens for the next phase of life. The goal is for them to feel confident and at home in the world.

●Respite Support for Families: Providing and receiving care can be a challenging situation for all involved. Living Innovations offers a range of respite options so that everyone can have a change of pace when needed.

Our staff members have the skills, the training, and the heart to look at the big picture, and put in place whatever supports are needed to help people experience what we all want – a full and happy life. Please look for us online at www.Livinginnovations.com or call us at 603-319-660 for more information.

Longevity Planning

Health is valuable and changes as we age. You have spent a lifetime raising your family and planning for your retirement. The last thing you want is to have a sudden accident or illness drastically change you or your family's financial future. Many clients turn to Longevity Planning for help with Medicare Supplement Plans and Long Term Care insurance. As an independent broker, I represent the client not just one particular insurance company. My object is to provide information and choice.

Longevity Planning, Patricia Bennett, 875 Greenland Road, Suite B-4, Portsmouth, NH 03801
(603) 427-0101 pat@longevityplanning.com www.longevityplanning.com

Lovering Health Center

The Lovering Health Center (Joan G. Lovering) is back open 5 days a week. Our hours are 8:30am-4:30pm M-Th and 8am-4pm Fridays. We are doing both telemedicine and in person appointments depending on need. Our programs and services include:

wellness exams,
gynecological care,
1st trimester abortion (both the "pill" method and the vacuum aspiration method),
STI testing and treatment,

HIV testing and prophylaxis prevention program with PrEP, and
Gender Affirming Hormone therapy.

Our covid precautions include telemedicine education and consultations, updated cleaning protocols, new staggered scheduling calendars and appropriate PPE is worn by staff and visitors while in the building.

Our website has been updated recently for the addition of transgender care information as well.

Local: (603) 436-7588 Fax: (603) 431-0451

https://joangloveringhealthcenter.org/ **Email Us:**lisa@jglhc.org

Lydia's House of Hope

Lydia's House of Hope in Somersworth, NH is a program for women and their children. **We do not allow men in our program**. The program requires a 12-month commitment and helps to empower women to be self-sufficient, find a job, enroll in school, and/or learn life skills such as cooking, parenting, and emotional regulation.

There is weekly mandatory programing on Mondays and Wednesdays from 7am-3pm. Additionally, there is required programing scheduled late mornings on Fridays and Saturday mornings some weeks in the month.

Our residents receive weekly counseling and work directly with a case manager to create a plan while they're in the program of goals as well as their after care plan. We create individualized plans based on the needs of the woman, this could include one on one meetings outside of the program as needed. We are a substance-free facility and perform random drug screens.

If someone is currently struggling with substance use issues, **we do require that they fully complete a 28-day program before applying** for our program and we would need proof of the successful completion. Program applicants must be highly motivated to change their life, willing to work with us to achieve their goals and be an active participant in their plan for the 12-months they are here.

Conditions:

•There is a $300/monthly rent fee upon acceptance and admission; there is also a $300/security deposit for the room, which results in $600/move-in cost.

•We require that residents are at least 18 years of age.

•We do not provide transportation, typically CTS and public transportation is utilized.

•Women share a room with their children, limiting the amount of belongings and storage available.

•Domestic Violence situations: current domestic dispute between the applicant and their spouse/partner, active restraining orders, or otherwise unsafe relationships that they may or may not be fleeing, does not necessarily disqualify them from the program, but it will be a thorough discussion before a decision on their acceptance is made to ensure that our home for the other women remains a safe and secure place.

•**Completing the application is the first step of our process**. https://seedsoffaithnh.org/wp-content/uploads/2016/02/Application-for-Residency.pdf

Applicant gets a phone call from staff, then a face-to-face interview and a urine drug screen. The drug screen needs to be clean outside of their prescribed medications. **Please be aware that barbiturates, benzodiazepines, opioids, and narcotics, prescribed or not, are not allowed in the home and will result in an immediate denial of acceptance**. If an applicant is on a maintenance substance, this will be discussed during the interview process; it does not necessarily disqualify them from the program.

After all of the above steps are completed, the team discusses the applicant to decide if it would be a good fit. The process typically takes about a week from start to finish depending on applicant availability for the screens and interview.

Completed applications can be e-mailed to Shannon Margera; postal mailed to: Lydia's House of Hope PO Box 738 Somersworth NH 03878,
or faxed to 1-833-801-1116.

Martins Point / Tricare

Martins Point Health Care is contracted with the Department of Defense to manage the US Family Health Plan (USFHP) for ME, NH, VT, & NY. The USFHP is a Managed Care, Tricare Prime plan, available to all active duty family members, as well as military retiree's & their family members (up to age 65). As one of the top rated plans in the country, we provide a large civilian network of over 1,000 primary care providers & 1,800 specialists throughout New Hampshire & Southern Main. We offer excellent benefits at low or no cost to our members. One of the most important services we provide is individual counseling, educating military beneficiaries on all their Tricare options, so they can better understand Tricare, and be assured they are using the benefit in a way that suits their families' health care needs the best.

John Reed – USFHP/Tricare Health Benefits Specialist
603-430-5057 e-mail: john.reed@martinspoint.org
web site: https://tricare.martinspoint.org/

Monarch School of New England

With over 35 years of innovation and experience, the Monarch School of New England is a unique, comprehensive year-round private, non-profit, special education day school for students with severe intellectual, physical, medical and developmental disabilities, ages 5 – 21. Some of the disabilities we serve include: Autism, Deaf-Blindness, Developmental Delay, Emotional Disturbance, Mental Retardation, Multiple Disabilities and Visual Impairments. Students aged 5 – 15 attend the Foss site on Eastern Avenue while older students up to age 21 attend the Williams site which includes a vocational program; both schools are located in Rochester, New Hampshire.

Rooted in the belief that each child deserves an environment in which they can flourish, the school designs programs based on the individual needs and capabilities of each student. Students here are seen for their *abilities* – for the capacity to learn and grow.

Teachers, program assistants, education technicians, behaviorists, the school's psychologist, occupational therapists, nurses, physical therapists and speech/language pathologists are all involved in supporting a child's learning. It's an integrated team approach in which the needs of the whole person are addressed.

Monarch School of New England
Diane Gagnon, Executive Director 61 Eastern Ave, Rochester, NH 03866
603-332-2848 http://www.monarchschoolne.org

NAMI NH

NAMI New Hampshire is a grassroots organization working to improve the quality of life for all by providing support, education and advocacy for people affected by mental illness and suicide. Comprised of a network of affiliate chapters and support groups, staff and volunteers, NAMI NH provides information, education and support to all families and communities affected by mental illness and suicide. To connect with resources and support, contact NAMI NH's Info

& Resource Line at 1-800-242-6264 or info@NAMINH.org. Visit www.NAMINH.org for additional information.

National Able Network®

National Able Network® is a nonprofit employment and training agency that administers the SCSEP (Senior Community Service Employment Program) in New Hampshire. The SCSEP program is designed to help individuals 55 years and older obtain "on-the-job" training and/or "gain work experience" in order to successfully find unsubsidized employment.

WIN-WIN Situation

What does National Able Network® do:

* Pays min wage for 20 hours per week to our Participants up to 1 year in one training assignment
* Tracks and reviews with Training Site Supervisor the progress of the Participant
* Provides training opportunities for the Participant to strengthen the successful outcome of obtaining employment

What do you have to do to become a Community Partner and Training Site provider:

* Meet with National Able Network to review and sign the agreement
* Provide a "job" description aka TAD (Training Assignment Description)
* Provide 20 hours per week of training and work experience for a participant performing their TAD
* Assign a Training Site Supervisor to manage the Participant and sign time sheets

Other Options:

Employment Services (promise of employment agreement) OJE (On the Job Employment) National Able Network® pays 100% wages (usually minimum wage) for an approved "on-the-job" training for 4 weeks and 100% (part time position), 50% (full time position) up to 12 weeks. Workman's Compensation Insurance is paid by Able until actual employment starts.

The entire community benefits by the following:

* The Community Partner gets that "helping hand" and is "serving" their community
* The Participant is receiving the "training and experience" necessary to find employment
* National Able Network® fulfills their mission statement by "helping people get back to work and life"

Are YOU Ready to Start?

For more information or to schedule an intake, call Lori Mader at 603-860-4222 today!

Lori J Mader, Program Manager
997 Elm Street, Manchester, NH 03101
Office: 603-836-0912 Fax: 603-623-5277 Mobile: 603-860-4222
Email: lmader@nationalable.org Web: www.nationalable.org

Naval Branch Health Clinic (NBHC) Portsmouth

Naval Health Clinic New England (NHCNE) is the health care system for the Navy in the Northeast Region, providing medical care to over 70,000 beneficiaries. The command headquarters is located in Newport, RI, with Navy Branch Health Clinics at Groton, CT, Portsmouth, NH, and Saratoga Springs, NY.

Naval Health Clinic New England (NHCNE), Naval Branch Health Clinic (NBHC) Portsmouth is an outpatient medical treatment facility that provides primary medical care and coordinates access to other levels of health care services for active duty, retirees and eligible family members from all branches of service, entitled to care prescribed by Title 10 U.S. Code.

Outpatient pharmacy, laboratory, basic x-ray, audiology and optometry services are also available within the facility. The clinic additionally supports the Portsmouth Naval Shipyard industrial complex through comprehensive occupational health and safety surveillance programs, medical examinations and treatment of occupationally related injuries and illnesses.

Address: **Hours: Monday - Friday 0730-1600**

Naval Branch Health Clinic , One Ayres Circle, Bldg. H-1, PNSY, Portsmouth, NH 03804-5000

*General Phone: (207) 438-4940 *Appointments (888) 628-9633

*Managed Care: 207-438-2032 *Case Management 207-438-2354

http://www.med.navy.mil/sites/nhcne/NHCNE/locations/ponh/ponh.htm

➢Additional resources available at **Portsmouth Naval Shipyard- School Liaison Officer**

The School Liaison Officer serves as the liaison between the installation commander, military agencies and schools by providing assistance in matters pertaining to student education. The School Liaison Officer also implements the Navy's Strategic Planning for Education Advocacy K-12 recommendations in order to ensure Navy families have access to quality educational opportunities. School Liaison Officers level the playing field for military children by ensuring maximum educational opportunities for academic success.

Kristen Ferullo Tel: (207) 438-2466

Kristen.ferullo@navy.mil

The Neurodevelopmental Institute of New Hampshire Foster Care Program

NINH foster care program is aimed at making a difference in the foster care crisis in New Hampshire. Through this program, individuals will become foster care licensed and have continued support from trauma informed care trainings to car seat trainings, continued education, 24-hour crisis support and direct contact with case managers and therapists every step of the way. Be the change. **Let's make a difference together.**

Contact: Lindsey Huskey Lhuskey@NINHLLC.com

New England Emergency Response Systems

NEERS is a locally based provider of personal emergency response systems (commonly called help buttons, or Lifelines, or medi-alerts) for people who are elderly, disabled or in some way at risk. If these people want to stay at home safely, we provide a personal emergency response system which allows them to access help instantly, 24/7, 365 days a year. A trained operator will check on them whenever they send in a signal by pushing the button; if help is needed, it will be dispatched immediately. The service is surprisingly affordable, $39 to set it up and $39 per month with discounts available for Senior Friends members. For information or to order service call: 1-800-888-0338. www.neers.com/

New England Quality Innovation Network

Introducing the New England Quality Innovation Network- Quality Improvement Organization (NE QIN-QIO). Since 1984, Medicare Quality Improvement Organizations (QIOs) have been a driving force for quality improvement throughout the country. The Centers for Medicare & Medicaid Services (CMS) recently transformed the state-based QIO program to create multistate, regional organizations called Quality Innovation Network-Quality Improvement Organizations (QIN-QIOs). Under this new structure, QIN-QIOs are implementing strategies to facilitate quality improvement throughout their regions and across the U.S. health care system.

The New England QIN-QIO – Administered by Healthcentric Advisors in partnership with Qualidigm – is serving all six New England states. While overseeing the administration of the overall New England QIN-QIO contract, Healthcentric Advisors will focus its efforts in

Maine, Massachusetts and Rhode Island. Qualidigm will serve as the lead organization for Connecticut, New Hampshire and Vermont. Across the region, the New England QIN-QIO will work with health care providers and stakeholders to enhance care, experience and outcomes for Medicare beneficiaries.

Our areas of focus include:

- Cardiovascular Health and Million Hearts
- Health for Life – Everyone with Diabetes Counts: rachel.eichenbaum@area-n.hcqis.org
- Meaningful Use and Health Information Technology
- Healthcare-Associated Infections in Hospitals and Psychiatric Facilities
- Nursing Home Quality Improvement
- Safe Transitions of Care
- Medication Safety Quality Reporting and Incentive Programs

Our team of clinical, analytic and quality improvement experts is providing tools, education and assistance to support New England health care providers. This regional approach, affords health care communities the opportunity to connect, learn from others and share their innovations and successes throughout New England. By working together, we hope to create the healthiest region in the United States.

To learn more about the NE QIN-QIO, please visit: www.healthcarefornewengland.org

Rachel S. Eichenbaum, MSN, RN
Everyone with Diabetes Counts
Project Coordinator

New Futures

New Futures is a nonprofit, nonpartisan, advocacy organization working to reduce underage alcohol problems and increase access to treatment and recovery in New Hampshire. New Futures does not provide direct services. Rather, their focus is on changing public policy with the support of community members who advocate for change.

The Community Leadership Initiative (CLI) is a statewide, informal network of advocates concerned about these issues. Participants in CLI attend a one-day leadership retreat which prepares them to be effective advocates primarily focused on the state legislature. Applications and info: www.new-futures.org or 225.9540.

New Generation, Inc.

New Generation was founded in 1987 to provide support to homeless women who were pregnant or parenting young children. Located in a historic farmhouse in Greenland, NH, our shelter and support center provide services for up to seven women and their children.

More than 800 women and 500 children have received shelter and/or comprehensive programming at New Generation over the past 30 years.

We have seen women who did not have high school diplomas achieve bachelor's degrees, women who had no work history advance into managerial positions, women who were survivors of abuse become advocates. Most importantly we have seen countless women get connected to community resources and become the kind of mothers they wanted to be, but did not know they could be, due to a lack of support and education.

We are more than just a shelter – we offer full programming to help prepare women for long-term, independent living. In addition to shelter, meals, education and job assistance, we help our women with:

Parenting skills via our Nurturing Parenting Learning Program
Financial literacy courses skills

Nutrition and meal preparation
Recovery support access when needed
Securing permanent housing
Transportation to appointments, job interviews, school

We also have a transitional apartment located within the shelter for one woman and up to two children for up to 18 months. Residents must work or attend classes or do community service work. www.newgennh.org.

► Brandy Rickaby, Case Manager casemanager@newgennh.org
►Amy Michaels, Family Service and Program Director
parentinged@newgennh.org
Main Number 603-436-4989 Fax Number 603-570-245
P O Box 676/568 Portsmouth Avenue, Greenland, NH 03840

NH Army National Guard Family Program

The Family Assistance Centers help support Service Members, Veterans and their Families, from any branch or component of Military Service. They simplify the process of accessing a variety of services and supports. The primary mission of the Family Assistance Specialist is to connect the people they serve with the resources and referrals they need in order to enhance their quality of life. We can assist with referrals for legal services, financial assistance referrals, Tricare benefits, Military ID cards, community information, and more.

Specialists are available in the following locations:
Donna Berube in Portsmouth NH 603-715-3730 email: donna.m.berube2.ctr@mail.mil
Megan Frost in Manchester NH 603-715-3106 email: megan.s.frost.ctr@mail.mil
Shirley Martin in Nashua NH 603-715-3127 email: mary.s.martin48.ctr@mail.mil
Barbara Hartlen in Littleton NH 603-715-3454 email: barbara.a.hartlen.ctr@mail.mil
Keri-Ann Daycock in Concord NH 603-225-1203 email: keri-ann.h.daycock.ctr@mail.mil

NH Bar Association - Announces Foreclosure Relief Clinic

For the hundreds of New Hampshire homeowners who are facing foreclosure or foreclosure-related financial and legal problems, free help is now available.

Home Retention clinics, hosted by the collaborative NH Foreclosure Relief Project will be taking place throughout the state.

Homeowners who attend this FREE clinic will meet one-on-one with an attorney who specializes in mortgage and foreclosure cases to formulate a plan to avoid, cope with or fight foreclosure, depending on individual circumstances.

Because seating is limited, pre-registration for this clinic is required. To register, contact Vanessa Beauchesne, Project Coordinator of the NH Foreclosure Relief Project at the NH Bar Association, at (603) 715-3255 or FRP@nhbar.org.

Funded by a portion of New Hampshire's share of the national mortgage settlement, the NH Foreclosure Relief Project is a collaboration of the NH Bar Association's Legal Services Department, New Hampshire Legal Assistance and the Legal Advice and Referral Center of New Hampshire.

NH Children's Trust

NH Children's Trust is Governor's designated statewide community-based child abuse prevention agency. We ensure parents have easy access to high quality resources and support to help children develop the skills they need to thrive. We educate providers, advocate for better

policies to support parents, and connect with local agencies to strengthen families and lay the foundation for their children's success.

To do this NHCT designed and supports the statewide Kinship Navigation Program, bringing services and support to kin-families and relative caregivers. NHCT works with Family Support New Hampshire (FSNH), Family Resource Centers, state agencies and other community agencies to train and support the Strengthening Families Framework and 5 Protective Factors to increase awareness and education around Primary Prevention. Trainings are offered on a variety of topics including Period of Purple Crying, My Voice Matters, Strengthening Families Framework, Standards of Quality and regular PASTA groups.

To learn more about the services and opportunities NHCT provides to community agencies, please visit www.NHChildrensTrust.org or contact Karen Pellicano at kpellicano@nhchildrenstrust.org .

NH Connections Seacoast Region Network

Our Mission is to strengthen and expand family/school/community partnerships to improve the educational outcomes for all children and youth with disabilities and to facilitate access to supports and services statewide.

Our Goals are to strengthen and expand family/school/community partnerships, to support family involvement in the special education process, and increase awareness of resources to help children succeed.

Contact Kyle Szczepanik Seacoast Facilitator to partner together to improve the educational outcomes of all children and youth with disabilities in the seacoast region and statewide. Join the email list serve and receive and share resources on trainings, workshops, NH rules and special education updates. NH Connections partners to provide trainings and workshops around special education and disability awareness. We hold monthly regional meetings to collaboratively examine resources, services and create action plans to address needs identified by the seacoast regional network.

Join us by calling Kyle at 978-6651, email her at kylenhcs@yahoo.com or visit website: www.nhconnections.org

The New Hampshire Department of Health and Human Services (DHHS)

The New Hampshire Department of Health and Human Services (DHHS) is the agency in New Hampshire state government responsible for the health, safety and well being of its citizens. DHHS provides services for individuals, children, families and seniors.

At DHHS you may apply for:

SNAP – Supplemental Nutrition Assistance Program, also known as food stamps, provides eligible individuals and households with benefits to buy food items.

Cash Assistance - provides cash assistance to families with dependent children

Medicaid –provides eligible adults and children with access to needed health care services by enrolling and paying providers to deliver covered services to eligible recipients

Child Care –helps with the cost of child care. Parents must be working, looking for work or in a training program

Medicare Savings - assists low-income elderly or disabled individuals by paying for some or all of the associated costs of Medicare, specifically the Medicare Insurance Premiums and deductibles

Apply online at **https://nheasy.nh.gov**

After completion of the application, applicants will scheduled for a **telephonic interview**.

For any questions regarding application call 603-271-9700

We are currently conducting all necessary interviews telephonically. Applicants may indicate if they will need assistive communication, language interpretation or assistance for the deaf or hard of hearing for the purpose of interviewing, and the Department of Health and Human Services will provide free of charge.

NH Department of Health and Human Services - BEAS

NH Dept. of Health and Human Services - The Bureau of Elderly and Adult Services - BEAS investigates reports of abuse, neglect, self-neglect, exploitation, emotional abuse and sexual abuse of elderly and vulnerable adults under RSA 161-F:42-56, the Protective Services to Adults law. Anyone suspecting any Self-Neglect, Abuse, Neglect and Exploitation is obligated to make a report to BEAS through Central Intake in Concord at 1-800-949-0470. All protective reports are now being taken at that Central Intake number rather than the local offices.
19 RYE STREET, Portsmouth – at PEASE
Phone Number: 334-4325

New Hampshire Department of Health and Human Services - DCYF

The Division for Children, Youth and Families (DCYF) is the unit within the Department of Health and Human Services that provides protective and preventative services to children, youth and their families. DCYF strives to protect children from abuse and neglect and to help families nurture their children into physically and emotionally healthy adults.

Child protection and family support services are provided by Child Protective Service Workers (CPSWs) in 11 District Offices throughout New Hampshire. CPSWs join with families to provide both contracted services and referrals to community agencies to assist in correcting the conditions that lead them to DCYF.
433-8300. For DCYF, Option 5
19 RYE STREET, Portsmouth NH 03801 603-334-4320

NH Department of Health and Human Services, Office of Health Equity, (OHE)

Joan Marcoux, MA, the Hearing, Speech, and Vision Specialist promotes Communication Access within DHHS, as well as for clients who are applying for services from the Department. Additionally, the specialist is able to provide one on one sessions to NH residents about Hearing Assistive Technology to educate them about the availability of Assistive Listening Devices as well as the Alerting Devices that may best meet their needs to alert them to the sounds in the environment. On site or virtual group trainings (free) are available for any groups that may be interested in learning about effective Communication Strategies, Hearing Loss, Hearing Assistive Technology, as well as Communication Access apps.
Joan Marcoux, MA Joan.Marcoux@dhhs.nh.gov
DHHS –OHE –W227
97 Pleasant St., Concord, NH 03301

New Hampshire Employment Security

NH Employment Security (NHES) is a federally funded state agency. Today NHES has 13 local offices located across the state to provide services to job seekers and employers.
The mission of NHES is to:

- Operate a free public Employment Service through a statewide network of Job and Information Centers, providing a broad range of assisted and self-directed employment and career related services, and labor market information to all customers.
- Pay Unemployment Compensation benefits in a timely manner to eligible claimants and

collect the tax which funds these payments.

- Develop and disseminate labor market information and provide measurements of labor market outcome to assist local and state officials, private employers, educators and trainers and the public in making decisions which promote economic development and the efficient use of state labor resources.

Please Call: 603 436-3702 www.nh.gov/nhes
2000 Lafayette Road, Portsmouth, NH 03801

NH Food Bank

Help Applying for SNAP (Food Stamps) - April Purinton is the SNAP Outreach Coordinator for the NH Food Bank, and is available to help people apply for the SNAP (food stamp) program through the State of NH. April can visit your location to provide one on one assistance to individuals and families, is available to speak to provider groups, can supply you with SNAP outreach materials, and helps people apply over the phone. She can be reached at *apurinton@nhfoodbank.org* or at 669-9725, ext. 124. It is okay to provide this contact information directly to individuals you work with.

NH Foster and Adoptive Association

The NH Foster and Adoptive Association (NH FAPA) is committed to enhancing the lives of our youth in care and the families who serve our children. We are a non - profit whose mission is to support foster and adoptive parents and remain a consistent voice on behalf of all children. NH FAPA partners with NH Children, Youth and Families, community organizations and local businesses to help provide support and resources to ensure that these families can thrive. These local groups provide direct support, networking, and fun activities for our foster and adoptive families across the state. We recognize unique challenges and rewards that are presented to foster and adoptive parents. We are here to help these families have the strength, the support and the resources needed to nurture our youth in care.

Cheryl Wachter 603-271-4711 acpcheryl@metrocast.net www.nhfapa.org
Recruitment and Retention Coordinator
NH Foster and Adoptive Parent Association

The New Hampshire Harm Reduction Coalition

The New Hampshire Harm Reduction Coalition (NHHRC) is 501(c)(3) whose mission is to promote compassionate care for people who use drugs through harm reduction by supporting syringe service programs (SSPs), utilizing best practices, and advocating for human rights. The New Hampshire Harm Reduction Coalition (NHHRC) operates and provides assistance to all syringe service programs in the state. NHHRC believes that reducing the harmful consequences of substance use and misuse requires direct, pragmatic, respectful and compassionate engagement. Furthermore, people who use substances are the primary agents of reducing the harms of their use. NHHRC seeks to empower users to share information and support each other in strategies which meet their specific conditions of use. NHHRC does not attempt to minimize or ignore the real and tragic harm associated with diverted and illicit substance use but rather recognizes that it is part of our world requiring forthright attention. According to the CDC<**https://www.cdc.gov/ssp/index.html#:~:text=Syringe services programs (SSPs) are, and treatment for infectious diseases**.>, "Nearly thirty years of research shows that comprehensive Syringe Service Programs (SSPs) are safe, effective, and cost-saving, do not increase illegal drug use or crime, and play an important role in reducing the transmission of viral hepatitis, HIV and other infections."

Palana Belken 603-333-6547 palana.belken@nhhrc.org

New Hampshire Healthy Families

NH Healthy Families

NH Healthy Families™ is a managed care organization serving the needs of New Hampshire residents through the state Medicaid program and Ambetter™ marketplace exchange product. Our locally based employees and fully integrated Medical, Behavioral Health and Wellness programs provide innovative health solutions to every region of the state with the express purpose of *transforming the health of the community, one person at a time*. We offer a large, diverse provider network featuring over 30 hospitals and thousands of PCPs and specialists. This means you get the healthcare that you and your family need, where and when you need it. Our members also enjoy extras such as: *My Health Pays®,* our incentive program that provides reward dollars for completing healthy behaviors; *Ready for my Recovery,* a substance misuse recovery program; *Start Smart for your Baby®,* our support program for pregnant and new moms; *Healthy Kids Club,* an educational program with fun activities for members age 12 and under; and our nicotine cessation program, helping members quit cigarettes, smokeless tobacco, or vaping products. NH Healthy Families is a wholly-owned subsidiary of Centene Corporation, a diversified, multi-national healthcare enterprise. Information is available by calling 1-866-769-3085 or visit us at www.NHhealthyfamilies.com.

NH Insurance Department

The NH Insurance Department is an agency of NH state government that regulates the insurance industry. The NH Insurance Department is located in Concord, NH and licenses and regulates insurance agents, insurance companies and other insurance-like entities. The Department ensures insurance companies are financially sound and that they comply with NH's insurance laws. The Insurance Department maintains a consumer services division to assist NH residents with insurance complaints and insurance information. Some other consumer programs administered by the Department include appeals of health insurance and long term care insurance claim denials, an enforcement unit to ensure agent and company compliance with insurance laws, and a fraud prosecution program for criminal violations of insurance laws. In addition, the Insurance Department publishes and distributes numerous informational brochures about a wide range of insurance products and topics, and takes part in a variety of outreach programs and events. Following is a partial list of insurance products regulated by the Insurance Department:

- Health Insurance
- Homeowner Insurance
- Auto Insurance
- Life Insurance
- Annuities
- Long Term Care Insurance
- Medicare Supplement Insurance
- Commercial Insurance
- Continuing Care Retirement Communities
- Title Insurance
- Surety Bonds
- Consumer Guaranty Contracts (Warranties)
- Premium Finance Companies
- Motor Clubs
- Renters Insurance
- Boat Insurance

"The mission of the NH Insurance Department is to promote and protect the public good by ensuring the existence of a safe and competitive insurance marketplace through the development and enforcement of the insurance laws of the state of New Hampshire. The Insurance Department is committed to doing so in an honest, effective and timely manner."
State of New Hampshire Insurance Department

21 South Fruit St., Suite 14
Concord, NH 03301
www.nh.gov/insurance
1-800-852-3416

New Hampshire Job Corps

Job Corps is a federal program that is administered by the U.S. Department of Labor that assists low income and at-risk youth aged 16-24 with free housing, education (high school diploma or high school equivalency test (HiSET), free driver's license, and a variety of technical trainings such as culinary arts, facilities maintenance, electrical, clinical medical assisting, nurse assisting, hotel and lodging, manufacturing and machinery, and so much more! In addition to free housing and meals, students receive a stipend for being enrolled in the program and can also receive up to $1000 when they graduate. Students receive support with writing resumes, interview skills, job placement and more!

There is also a wellness center so that some students can receive medical, basic dental, counseling, smoking cessations classes and soon we will have a LDAC provider for students. We have some child care incentives for single parents and will match up to 5x the amount the parent has deducted from their stipend.

Contact Carey Clark: careyclark@jobcorps.org
Also Angela Roberts: Roberts.angela@jobcorps.org .
www.jobcorps.gov

New Hampshire Legal Assistance

NHLA provides legal advice and representation to low income individuals on issues such as public benefits, housing, family law/domestic violence, youth law, and senior consumer, nursing home, and assisted living rights.

We ask potential clients to please contact the Legal Advice and Referral Center (LARC) to determine whether you are eligible for our services. You may contact LARC online at www.nhlegalaid.org
or if you are unable to apply online, call 1800 639 5290 or 603 224 3333.

LARC will screen you for eligibility and determine what legal services might be available for you, including a referral to New Hampshire Legal Assistance if appropriate.

If agency representatives have additional questions about what Legal Assistance can do, please contact NHLA Litigation Director/Portsmouth Managing Attorney Kay E. Drought via e-mail (kdrought@nhla.org) or via my direct phone number 206-2253.

Normal business hours of 8:30 to 5:00 Monday through Friday.
We can be reached at 603-431-7411 or 1-800-334-3135.

New Hampshire Office of the Child Advocate

The Office of the Child Advocate is an independent, impartial state agency mandated to oversee all state executive agency-provided, contracted, or agreed upon, services for children to ensure children's best interests are protected (RSA 21-V).
If a citizen complaint is unresolved by the involved state agency personnel, including the DHHS Ombudsman (603-271-6941), the Office of the Child Advocate may listen to complaints, investigate and seek resolution in the interest of the child.
Moira O'Neill, The Child Advocate
Office of the Child Advocate Toll Free: 833-NH CHILD, 603-271-7773
State of New Hampshire, 107 Pleasant Street, Johnson Hall, Concord, NH 03301

childadvocate@childadvocate.nh.gov https://childadvocate.nh.gov

Newmarket Counseling

Marci Morris, LICSW, Clinical Social Worker. Adult, Child and Family Therapist. Private practice. Extensive experience working with trauma, sexual abuse, parenting, children, and family issues. All people have the ability to make changes and deserve to have the opportunity to become the person they want to be. I provide strengths based therapy with a Family Systems approach employing Cognitive Behavioral, Solution Focused, and Psychodynamic techniques. I have advanced training in Family Systems and EMDR, and have had specialized training in working with children.
Enrolled with many insurance companies including Tricare, NH Medicaid, and Medicare. Located in downtown Newmarket, contact information is below.
141 Main St,., Ste 6, Newmarket, NH 03857 mmorris@newmarketcounseling.com
603-292-3477 office 603-659-6999 fax

Northeast Addiction Consultants

Northeast Addiction Consultants will help stop the active **drug addiction** or **alcohol abuse** by guiding families in critical decisions that will lead their family member into addiction treatment and recovery.

We coach families with proven strategies that effectively stop the **drug or alcohol abuse** and *lead the loved one* into addiction treatment.

We will *give you the truth* about **drug addiction and alcoholism** so they understand what they are going through.

Most importantly we educate families with empowering tools that eliminate constant fear and worry so they *can sleep at night.*

All of our services are completely confidential and will be provided by licensed professionals. When finished with our staff you will feel strong, *encouraged and in control*. Families will gain the knowledge of what addiction treatment resources are right for their loved one to recover from drug addiction or alcohol abuse.
Our consulting services include coaching, education, empowerment, screening and assessment of the addict or alcoholic and placement into addiction treatment.
1800.723.1073, Info@NortheastAddictionConsultants.com, www.NortheastAddictionConsultants.com, or Ian Koch, MS, CAS, LADC 802.316.8766 Ian@NortheastAddictionConsultants.com

Northeast Deaf and Hard of Hearing Services (NDHHS)

NDHHS offers an array services to Deaf and Hard of Hearing individuals, their families, and consultations for community-based organizations/school districts that serves any Deaf-Hard of Hearing population. NDHHS uses a team approach in delivering the following services: ●Information Referral: Provides information related to Deaf and Hard of Hearing community. ●Communication Access: Provides statewide referrals for American Sign Language, oral interpreters and Communication Access Realtime Translation. ●Service Coordination/Advocacy: Community support, health education and advocacy. ●Outreach Services/Community Education: Educational workshops and seminars on Deaf and Hard of Hearing issues. ●Family Sign Language Program: Offers American Sign Language training to families with Deaf /Hard of Hearing, nonverbal children or who benefits from using visual language. ●Educational Support for Children: Supports for parents and school districts relating to Deaf/Hard of Hearing relating to educational services. ● DeafBlind Intervener services ●Teacher of the Deaf: Licensed teacher

of the deaf to provide consultation, training and advocacy for families or school district. ●Birth to 5: Guidance for families and service providers relating to newly identified hearing loss. CRN Spring Meeting 57 May 21, 2021 ●Postsecondary Transition: Guidance for Deaf/Hard of Hearing students between ages 14-21 with developing their postsecondary transition goals. ●Emergency Medical Interpreting Service: Provides after hours Interpreting Services for medical emergencies to contracted hospitals. ●Relay New Hampshire: Information and supports on Telecommunication Relay Services. ●The National Deaf-Blind Equipment Distribution Program: Telecommunication equipment for NH residents that have both hearing and vision loss. ●Deaf Senior Citizens' Social Gathering: Monthly informational and social networking group for Deaf/Hard of Hearing seniors. ●For information or current events; check our websites: www.ndhhs.org or www.nhdeafed.org 56 Old Suncook Road, Suite 6/Concord NH 03301 (603)224-1850 (603)968-5889 (603)224-0691 (603)856-0242 E-Mail: info@ndhhs.org

Oasis Senior Advisors

Oasis Senior Advisors assists families with options for Assisted Living, Independent Living, Residential Care Homes, Memory and Respite Care. We offer a free, confidential, unbiased, and independent advisory and placement service that helps seniors and their families navigate the labyrinth of senior care options. We offer our resources, knowledge and expertise, and we will be by your side the whole way.

Oasis Senior Advisor's mission is to positively impact families during a difficult time in their lives. We do this by providing a free, personal and compassionate service to help our families find the right assisted living for their loved ones with compassion and care. While serving as both guide and educational resource, we recognize that each of our seniors is unique. We strive to create an intimate partnership with each family in order to match them with a community that is perfectly suited to their individual needs. We are experts in local senior living options and resources and use our *knowledge and skills* for the enhancement of the lives of seniors and families. Our goal is to offer guidance and options which will allow families to make informed decisions. We service Rockingham and Strafford counties in NH as well as York and Cumberland counties in Maine.

Kelly Wilsey, 207.994.9558 www.oasisseniorадvisors.com/Maine-NH
KWilsey@YourOasisAdvisor.com Maine.OasisSeniorAdvisors.com

One Sky Community Services

One Sky Community Services the state designated Area Agency for Rockingham County. One Sky services individuals with developmental disabilities or acquired brain disorder living in Rockingham County from birth through end of life. One Sky strives to ensure that individuals with developmental disabilities or acquired brain disorders have the same opportunities as everyone else to be successful and live a happy and fulfilling life in their community.
755 Banfield Road, Suite 3
Portsmouth, NH 03801 Phone: 603-436-6111 Fax: 603-436-4622
https://www.oneskyservices.org/

Opening New Doors

Opening New Doors personally works with seniors and/or their families to locate assisted living communities in New Hampshire. Working with over 65 assisted living communities in the Lakes, Seacoast and Merrimack Valley Regions, we are able to offer a wealth of information

about the services offered by each. Our Senior Living Consultants have visited each property we *represent and have a good working knowledge of the resident population.*

Senior Living Consultants will meet the senior and/or their families in the hospital, rehab or home setting once assisted living has been deemed appropriate by medical staff. Based on their medical needs, financial status and location desired, we are able to locate appropriate communities and set up tours on the spot. Our services are offered at no charge.

Dawn Dumont dawn_openingnewdoorsnh@yahoo.com
Senior Living Consultant P.O. Box 1492, Concord, NH 03302 603-303-1436

Operation Blessing

Operation Blessing is a nonprofit organization that works with individuals, local churches and human service organizations to serve the community within a 30-mile radius of our Portsmouth, NH location. We offer free of charge food, clothing and household items to individuals and families in need. We offer a drive-up food pantry as well as a weekly mobile food pantry to the elderly/disabled residents of Portsmouth, NH. To the homeless, we offer non-perishable food, warm clothing, batteries, tents, sleeping bags, and other helpful camping equipment.
Our hours of operation are Wednesday through Friday, 10am-4pm. For an appointment, please call our office at **603-430-8561**. For more information visit our website at www.operationblessingnh.org.

Other resources offered at Operation Blessing:

Emergency Warming Center: Located at 600A Lafayette Rd., Portsmouth, NH, our warming center is a safe, warm option for the homeless anytime the temperature drops below 25 degrees. Hours of operation are from 7 pm until 7 am. For more information, please call Tammy Joslyn at 603-988-2671.

Seacoast Adopt-A-Block is Operation Blessing's outreach program, which serves our community on Saturday mornings through a variety of outreach projects and events, such as our Mobile Food Pantry, Homeless Camp Cleanup Days, One Day to Serve, Thanksgiving Basket Giveaway, Christmas Gift Giveaway, and many more. We also provide opportunities for individuals needing to fulfill community service hours, whether educational or court appointed. For more information, please contact Tammy Joslyn at 603-988-2671 or email outreach@theobnh.org. For volunteer opportunities, call Sharon Gaudet at 603-430-8561 or email volunteer@theobnh.org.

Greenleaf Recreation Center facilitates after school, evening and weekend programs during the school calendar year. In addition to weekly family community dinners, we offer a fun packed 8-week summer program called *Summer Kickoff* and our end of summer *Back to School Bash* which helps families provide much needed school supplies for a successful school year.
The Greenleaf Recreation Center also exists to provide adequate space for other agencies to facilitate beneficial services in hopes of meeting the needs of families in the seacoast area. Specifically, we look to offer programs such as *Bridges Out of Poverty* that will enhance educational, social, and recreational enrichment to broaden opportunities for all residents of the seacoast region. For more information, please contact Tammy Joslyn at 603-988-2671 or email admin@theobnh.org.

Personal Touch Home Health Services

At Personal Touch we provide home health care personnel and related services to individuals in their home, 7 days per week, up to 24 hours per day. Our staff are highly skilled, dedicated caregivers who exhibit genuine concern for the well-being of our clients, truly reflecting our motto of …*the people with a heart!*

Personal Touch Home Health Services has been providing medical and non-medical home health services in NH for over 17 years. Personal Touch is a Medicare-certified, CHAP accredited, State licensed home health care provider. Personal Touch provides a continuum of care including short term rehab or recovery from medical procedures to ongoing day-to-day assistance with bathing, dressing, meal preparation, incontinence and skin care.

Personal Touch also provides professional caregivers (personal care service providers and homemakers) when services are not covered under Medicare, Medicaid or private insurance. Our services can cover a 2 hour period once per week and go up to a 24 hour period, 7 days per week. The duties of a personal care service provider range from light housekeeping, laundry, meal preparation, to assisting with bathing, dressing and respite care for the primary caregiver.

With offices located in Auburn and Berlin, NH we cover the majority of NH towns in the following counties: Rockingham, Strafford, Hillsborough, Merrimack, Belknap, Carroll, Sullivan, Hillsborough, Coos, Grafton.

Contact us at 1-800-916-9744 for further information. Web site: www.pthomecare.com
Maggie Burke, MS, Regional Administrator mburke@pthomecare.com
5 Dartmouth Drive, Suite 303, Auburn, NH 03032
Office: (603) 437-8239 Fax: (603) 437-8549 or (603) 437-8902

Planned Parenthood of Northern New England

Planned Parenthood of Northern New England (PPNNE) is the largest reproductive health care and sexuality education provider and advocate in northern New England. Founded in 1965, PPNNE is now seeing patients at 21 locations across Vermont, New Hampshire, and southern Maine.

Mission of PPNNE: To provide, promote, and protect access to reproductive health care and sexuality education so that all people can make voluntary choices about their reproductive and sexual health.

The Planned Parenthood Promise: Creating hope for humanity: the freedom to dream, to make choices, and to live in peace with our planet.

PPNNE Services: Abortion Referral, Birth Control Services, Emergency Contraception, HIV Testing, HPV & Hepatitis Vaccines, Men's Health Services, Patient Education, Pregnancy Testing, Options & Services, STI Testing & Treatment, Women's Health Services.

•Payment Information: Medicaid accepted. If you are uninsured, you may qualify for a state-funded program or a lower fee scale. Please bring the following documents: pay stubs. Fees for services are based on your household income. Please bring proof of income when you arrive for your visit. We accept the following forms of payment: cash, checks, major credit/debit cards, or money orders. Payment is expected at time of service. Visit us on the web at www.PPNNE.org
Contact Information: Phone 603.772.9315 X2301
•Exeter Location: 108 High Street
Hours:

- Tues: 10 am – 5 pm
- Wed: 11 am – 7 pm
- Thurs: 11 am – 7 pm
- Fri: 10 am – 5 pm
- Sat – Mon: closed

Portsmouth Adult Education Program

The **SNHS - Portsmouth Adult Education Program** provides quality adult education services to the greater Portsmouth community. Instruction is available for adults (18 years and older) in

need of improving basic academic skills (reading, writing, and math), as well as high school equivalency test preparation (Academic Skills/HiSET Preparation classes). Additionally, instruction in English language skills (speaking, listening, reading and writing) for speakers of other languages (ESL classes) are provided.

- Academic Skills/HiSET Preparation Classes
- Academic Skills for English Language Learners class
- Day & Evening Level 1 ESL Classes
- Day & Evening Level 2 ESL Classes
- Conversation Cafe

All classes are currently being held online using Zoom. All classes are FREE!
Employment and training resources, as well as career and college planning services are available to learners enrolled in classes.
There is an open entry/open exit policy, allowing learners to join classes at any time during the September to June program year. New students must register before attending classes.
Call 422-8233, for more information and to schedule a registration appointment.

Portsmouth Catholic Share Fund

The Portsmouth Catholic SHARE Fund is a non-denominational emergency financial program for individuals and families who have exhausted all other avenues of support. The Fund is aimed at those who do not qualify for help provided by traditional outreach programs in the Greater Portsmouth community. Requirements of the program include:

--Serves individuals and families in Portsmouth, New Castle, Greenland and Newington.

--Funds can be used for the following: clothing, housing, utilities, transportation, medical/dental. Examples include back rent and utilities, car repairs, clothing, etc.

--Financial assistance available to any one individual or family is capped and may fluctuate, depending on total amount of monies available for distribution.

--Payments are made directly to the service provider

--The program is geared to individuals and families who have exhausted all other means of assistance provided by traditional outreach programs in our community. Potential recipients must show evidence of having worked with the other local programs.

The Portsmouth Catholic Share fund office is open every Tuesday from 9:00 am until 12:00 noon and on Friday's from 10:00 am until 1:00 pm. The office is located at 98 Summer Street in Portsmouth and is in the Lower Level of the Immaculate Conception Rectory.

Contact the Fund office for assistance and/or specifics at 603.436.4947

Portsmouth Housing Authority

Since 1953 the Portsmouth Housing Authority has provided housing to thousands of low and moderate income families, seniors and people with disabilities in the City of Portsmouth. The PHA currently owns and operates 11 developments around the City, with over 600 apartment units and over 1,700 people receiving our services. We also manage 406 vouchers as a part of our Housing Choice Voucher (Section 8) program. See www.porthousing.org for more information.

Portsmouth Public Library

Portsmouth Public Library serves people of all ages, all backgrounds, and all circumstances. The library is now open for browsing at limited capacity! Please check the website for updated services. In addition, the library hosts many online events each week, including story times, meditation, workshops, language discussion groups, lectures, and book groups for all ages.

Outdoor events will be added over the summer! No library card is necessary to attend programs. The library offers online materials like ebooks, audiobooks, magazines, films, music, and research tools to all library cardholders. Library cards are free to all Portsmouth residents, and the library offers a three month card for temporary addresses, including shelters. The library does not charge any late fees! Find out more at cityofportsmouth.com/library. Questions may be directed to Laura Horwood-Benton, Public Programming and Community Relations Librarian, at Lkhorwood-benton@cityofportsmouth.com or 603-766-1711.

Portsmouth - Senior Services and Senior Activity Center OPEN MAY 17, 2021!!!!!

The City of Portsmouth's Senior Service Office strives to connect older adults in the Portsmouth area to activities, programs and resources that are healthy, helpful and enriching. We manage the Portsmouth Senior Activity Center located at the newly renovated Army Reserve building at 125 Cottage Street, Portsmouth, NH 03801. Open to people ages 50+. We offer a variety of fitness, social, educational, healthy and helpful activities.
Brinn Sullivan, Director. Office: 603-610-4433 Cell: 603-767-2697 Email: bsullivan@cityofportsmouth.com Web: www.cityofportsmouth.com/recreation/senior.htm

Raymond Coalition for Youth

The Raymond Coalition For Youth (RCFY) empowers the community to promote positive youth development and reduce youth substance use and suicide risk.

RCFY has been in operation since 2002 promoting positive healthy choices for youth. This is accomplished by our community working together with RCFY to share resources, support and opportunities for the youth and families in our community.

Monthly networking meetings, the 2nd Thursday of every month, 9 – 10:30 am at Lamprey Health Care, are open for all to attend. The public, parents, businesses, law enforcement, schools and service organizations are all welcome to share in the networking and planning that take place.

Youth Action, our middle and high school student group, is a big part of RCFY and the driving force behind our work. Youth are actively involved and have weekly meetings to discuss ideas and concerns with trusted adults and plan activities to raise awareness to their peers and the community.

Annual programs and activities include: Project Safeguard, Family Fun Night, Operation Raymond Clean Up, Summer Fun Series, Annual Prevention Summit and community forums and trainings to address current trends and concerns (i.e. Heroin, Marijuana, Alcohol, Suicide prevention and more.)

RCFY functions on grants, donations and fundraisers. Each spring we have a Fundraising Gala that is our primary source of capital.

To learn more about RCFY, get involved, volunteer, present at a meeting or share our information with others you can sign up for our newsletter, visit www.rcfy.org, follow us on Facebook/RCFYouth, Twitter/RCFY, or Youtube/RaymondCoalition.

Our office is located in the Raymond Town Hall, 4 Epping St. You also may contact us at 603-895-7061 or info@rcfy.org.
Celeste Clark, Executive Director cclark@rcfy.org

Ready Rides

Ready Rides is a volunteer driver program providing free transportation to medical appointments for elderly and disabled residents of Durham, Lee, Madbury, Newfields, Newmarket, Barrington, Northwood, Nottingham, and Strafford. This service is provided by volunteers using

their own vehicles and requires at least one week notice to schedule a ride. readyrides.org info@readyrides.org (603) 244-8719

Recovery Friendly Workplace Initiative

Launched in 2018 by Governor Sununu, New Hampshire's Recovery Friendly Workplace (RFW) initiative promotes individual and workplace wellness by creating work environments that further the mental and physical well-being of employees. This is accomplished by providing businesses with tools and resources to create supportive workplace cultures where people in or seeking recovery from substance use disorder (SUD) can grow and succeed. The initiative also provides support for those who may have a loved one with an SUD.

Through this initiative, workplaces…

Receive support and guidance from Recovery Friendly Advisors, regional Public Health Networks, Recovery Community Organizations, and peer Champions of Recovery Friendly Workplace.

Get connected to SUD-related information, trainings, and services that are tailored to meet the needs of organizations of all sizes and levels of readiness.

Gain access to tools and resources to better support employees and create a culture where conversations about issues related to mental health and SUD are encouraged.

All RFW services are offered at no cost and are tailored to meet the unique needs of each workplace.

To become a Recovery Friendly Workplace or learn more, please visit our website at recoveryfriendlyworkplace.com

Contact information:

Shannon Bresaw, Program Director; Email: shannon@recoveryfriendlyworkplace.com

Sam Lewandowski, Assistant Program Director; Email: sam@recoveryfriendlyworkplace.com

Jeanne Venuti, Recovery Friendly Advisor; Email: Jeanne@recoveryfriendlyworkplace.com

Karen Morton-Clark, Recovery Friendly Advisor; Email: Karen@recoveryfriendlyworkplace.com

Amy Donle, Recovery Friendly Advisor; Email: amy@recoveryfriendlyworkplace.com

Facebook: RecoveryFriendlyWorkplace **LinkedIn:** Recovery Friendly Workplace

YouTube: Recovery Friendly Workplace **Twitter:** Recovery_NH

REAP - Referral Education Assistance Prevention Program

The Referral Education Assistance & Prevention (REAP) program has been established to address the problem of substance misuse and abuse and to identify early signs of mental health problems among older adults living in New Hampshire. REAP services are also available as well to disabled persons living in Senior Housing.

The basic REAP Program, provides prevention education and related services to assist eligible individuals with concerns about substance abuse/misuse, including prescription and over-the-counter medications, and identifying issues that interfere with achieving a better quality of life.

Recently the program was expanded to include an Enhanced REAP option for individuals who screen positive for depression or alcohol abuse. In the Enhanced REAP program, individuals receive an appropriate evidence based intervention and can be seen for up to six additional visits.

The program is state-wide, state funded, confidential and free to anyone who is eligible and uses the program. Clients can be seen in their home, the community or the REAP counselor's office location. The program is administered by Seacoast Mental Health Center.

Across the state of New Hampshire, REAP counselors work out of the 10 regional mental health centers.

The program is also available to family members and caregivers who are concerned about an older adult. In addition the program offers:

- **Education Sessions**. Education sessions are conducted by REAP counselors and are held in senior housing complexes, senior and community centers, and other places where older adults gather in the community.
- **Technical Assistance**. Technical assistance is offered when an area professional, which includes senior housing mangers and service coordinators, contacts a REAP counselor for assistance and guidance in dealing with specific elderly issues. For example, a housing manager may notice some recent changes in a resident's disposition, increased isolation, or sudden weight loss, and may not know if or how to approach his/her concern with the resident. The REAP Counselor can brainstorm a way to approach the resident with his/her concerns while respecting the persons privacy. He or she might introduce the idea of a "friendly visit" by the REAP counselor who could assess the situation further. Thus, technical assistance may facilitate counseling referrals when appropriate.
- **Community Outreach Interventions/Mediation**. Community interventions/mediations are conducted when a conflict arises at a local housing complex. The REAP counselor is contacted to help deescalate the situation, determine the source of the problem, and facilitate a resolution.

Want to learn more or have questions about how to make a referral to REAP?

- ServiceLink can connect you to the REAP counselor who serves your catchment area. Call 1-866-634-9412 to reach your regional ServiceLink office.
- **In Rockingham County**, you can reach the REAP program by contacting Jennifer Kinsey, LICSW and REAP Coordinator at 603-957-5926.
- **In Strafford County,** you can reach the REAP program by contacting Lauranne Wingard, REAP Counselor, at 603-605-4660/603-516-9300 or lwingard@communitypartnersnh.org

****Individuals who are currently living in a nursing home or are active clients of one of the community mental health centers are not eligible for the REAP program.*****

Rehab 365

At Rehab 365 we believe in making a difference for our patients. We provide outpatient physical, occupational, and speech therapy services specializing in the care of people 65 and older.

With advanced elder care knowledge, we work hard to coordinate communication with all members of a person's care unit. We are focused on reducing readmissions and are dedicated to informing seniors of ways to stay well and prevent falls.

As a direct access provider for patients with Medicare, we are able to offer services without requiring a doctor's order for treatment. We also accept patients with private insurance. Care can be provided at our clinic in Amesbury, MA or anywhere in the community where a person wants or needs care.

Dr. Renee Noel, DPT, Director Partnership Services
Arete Rehab and Rehab 365 a division of Arete Rehab
978-971-6551 Cell | 855-390-7774
Arete Rehab | 978-378-3358 Rehab 365 | 855-734-2274
Fax rnoel@areterehab.com mailto:rnoel@areterehab.com

The Richie McFarland Children's Center

The Richie McFarland Children's Center is an early intervention program whose purpose is to help young children reach their full developmental potential and to support their families through that process. We provide developmental and support services for children with special needs, assistance to their families and assistance in the use of community and health resources. Our agency offers the following services:

Family-Centered Early Supports and Services Program (ESS)—home-based intervention services for infants and toddlers (ages birth to three) who meet the criteria of the entitlement program mandated through the Individuals with Disabilities Education Act (IDEA); supported in part by state and federal funding. Eligibility for this program is based on the child's developmental profile, an established condition or at-risk characteristics.

Early Learning Programs—inclusive, developmentally enriched group experiences at our facility in Stratham or in other community settings. These group experiences provide children with valuable social opportunities that include developmentally appropriate activities as well as individualized educational and therapeutic support as needed.

Pediatric Therapies—play-based therapy for children (ages birth to five) who warrant therapeutic intervention but do not qualify for entitlement programs such as Early Supports and Services Program or Preschool Special Education. The therapeutic services offered include occupational therapy, physical therapy, speech and language pathology, and special education. Visit our website at www.richiemcfarland.org, call the Center at 778-8193, or contact Sue Ford, M.Ed. for more information about all programs at her email: sford@richiemcfarland.org

Rochester Recreation & Arena

Rochester Recreation & Arena is a municipal department of the City of Rochester. "Rec & Arena" is committed to providing programs, services and facilities that promote a healthy lifestyle and foster meaningful community connections. Programs are offered for all age groups, including young children, teens, adults and seniors. Activities range from low to no cost, with a large selection of free, drop in programs for families and senior citizens. Most programs are open to non-Rochester residents, some with an additional registration fee. Popular offerings include Youth Day Camps, Senior Yoga Classes, Learn to Ice Skate, Youth Basketball, Senior Art, Adult Volleyball and Public Ice Skating. For more information give the Rec a call at (603) 332 4120 or check out the program newsletter at www.RochesterRec.com.

Rockingham Community Action (A component of Southern New Hampshire Services)

Please go to: **www.rcaction.org for detailed info on each program**

●**Community Action Centers** provide the following services to income-eligible individuals and families in need: Homeless prevention (utility/rent/mortgage), security deposit/rent assistance, Food, supplemental food/personal care products, Crisis, Financial Capability programming, Fuel/Energy Assistance, holiday assistance/referral, Personal Emergency Response System, and information/referral/advocacy. Portsmouth Office - (603 - 431-2911), 4 Cutts St, serving Greenland, New Castle, Newington, Newmarket, Portsmouth, and Rye. The Seacoast Action Center (474-3507) 146 Lafayette Road, Seabrook serves the following communities: Hampton, Hampton Falls, Kensington, North Hampton, Seabrook, South Hampton, and Stratham. All services provided and site offers a full Emergency Food Pantry. 1-800-979-3507 The Greater Raymond Action Center (895-2303) serves the following communities: Brentwood, Candia, Deerfield, East Kingston, Epping, Exeter, Fremont, Kingston, Newfields, Northwood, Nottingham, and Raymond. All services provided and site offers a full Emergency Food Pantry. 1-800 974-2303 The Greater Salem Action Center (893-9172) serves the following communities: Atkinson, Auburn, Chester, Danville, Derry, Hampstead, Londonderry, Newton, Plaistow, Salem, and Sandown. This site offers Energy programming and a food pantry on an appointment only basis. 1- 800 939-9172 The Greater Derry Action Center (965-3029) serves the following

communities: Auburn, Atkinson, Chester, Danville, Derry, Hampstead, Londonderry, Plaistow, Sandown and Windham. All services available. No on-site Emergency Food Pantry.

●**Financial Capability Program:** Note: This program is available for referrals from ALL community partner agencies. Since 2005 the CA$H Coalition of Southeastern NH has been making available Financial Capability programming through its partnerships with Rockingham and Strafford county providers and in collaboration with Rockingham Community Action (RCA). The program works toward financial behavior change through the use of appropriate programs and resources that promote economic stability and long-term financial health. Using appropriate strategies and curriculums the clients are able to cover monthly expenses with income, track spending, plan ahead and save for the future, gain and exercise financial knowledge as well as receive personalized programming that is client-centric to the specific situation. For income under $64,000 individuals or households can visit a free tax preparation site supported by the CA$H Coalition of Southeastern NH in Rockingham and Strafford County. Important free resource for completing tax returns used for income verification for benefits and FAFSA. For more information, or to refer a client, please contact Ray Beeson at 603-431-2911 or rbeeson@snhs.org.

●**Head Start Preschool Program:** Head Start is a free comprehensive preschool program for low income children and families with a focus on school readiness. Children must be 3 or 4 years old and families must meet income eligibility guidelines. The program provides nutritious meals, family support and opportunities for family involvement. For more information or to complete an application contact your local center or call 1-800-322-1073 ext 6098. Head Start Locations: Derry Head Start 9 Crystal Ave. Derry NH 03038 (603) 216-8864 Portsmouth Head Start Community Campus 100 Campus Dr., #22 Portsmouth NH 03801 (603) 422-8231 Raymond Head Start 108 Fremont Rd. Raymond, NH 03077 (603) 244-2937 Seabrook Head Start 146 Lafayette Rd. Seabrook, NH 03874 603-474-3507

●**Fuel Assistance/ Electric Assistance Programs:** Fuel Assistance benefits from $158 to $1575 may be available to homeowners or renters during the winter heating season. Eligibility and benefit amounts are determined by GROSS household income for a 30-day period, household size, and annual heating costs. Some income is counted back 365 days. Fuel Assistance benefits are a grant and do not have to be repaid. The Fuel Assistance Program MAY PAY a portion of your rent if the heat is included in the rent and your rent is not subsidized. Subsidized tenants who pay their own heat may qualify for a benefit.

The Electric Assistance Program (EAP) provides customers of participating electric utilities with discounts on their monthly electric bill. Renters, subsidized renters and homeowners who receive an electric bill can apply for EAP. Save from 8% to 76% on your monthly electric bill!

Apply for both programs now by calling for an appointment today!

NOTE: If you don't qualify for Fuel Assistance, but are in a hardship situation, we may have other programs that could help you pay for your fuel bill or electric disconnect. CALL US!

www.SNHS.org

Main Office-Manchester 800-322-1073

4 Cutts St Ste 1A, Portsmouth 603-436-3896 or 800-639-3896

55 Prescott Road, Raymond 603-895-2303 or 800-974-2303

146 Lafayette Road, Seabrook 603-474-3507 or 800-979-3507

•**Literacy Services:** Rockingham Community Action (RCA) offers Literacy Services aimed at promoting an early love of reading, access to high quality, age appropriate books and engaging, interactive literacy activities and opportunities for low-income children, their caregivers and families. Through its offices RCA makes available new books and encourages families to begin their own home libraries.

•**Women, Infants, and Children Program (WIC):** WIC provides basic, healthy foods to assure that families are getting the nutrition they need. Foods such as milk, cheese, eggs, juice, peanut butter, and cereal are available. In October of 2009 new foods such as fruits and vegetables, whole grain breads and cereals, and soy options became available. The WIC Program also provides nutrition, breastfeeding, and health education as well as other services for pregnant women, new mothers, infants and children up to the age of five. WIC is for all kinds of families: married and single parents, working or not working. A father, mother, grandparent, foster parent, or other legal guardian of a child under five can apply for WIC. Call for eligibility screen: Derry/Rockingham County Towns 603-965-3029 or 855-295-4105 Seabrook/Rockingham County Towns 603-895-2303 or 1-800-974-2303 Raymond/Rockingham County Towns 1-800-974-2303 or 895-2303

•**The Commodity Supplemental Food Program (CSFP) The** Commodity Supplemental Food Program (CSFP) provides nutritious foods to families with new mothers, children up to their sixth birthday, and seniors 60 years of age or older. CSFP foods are purchased by the US Department of Agriculture from national manufacturers, and are the same quality of name brand foods. Nutrition education and useful recipes are available to help plan meals using CSFP commodities. Call for eligibility screen: Derry/Rockingham County Towns 603-965-3029 or 855-295-4105 Seabrook/Rockingham County Towns 603-895-2303 or 1-800-974-2303 Raymond/Rockingham County Towns 1-800-974-2303 or 895-2303 The Fresh Fruits and Vegetables Program (FF&V) The Fresh Fruits and Vegetables Program provides an enhancement to the Southern NH Services, Inc. CSFP food package. In addition to the USDA commodities, each month SNHS participants also receive fresh produce to bring home to their families. Many different locations including but not limited to: The New Hampshire Food Bank, growers from the Community Gardens Project, and private local donations. Call for eligibility screen: Derry/Rockingham County Towns 603-965-3029 or 855-295-4105 Seabrook/Rockingham County Towns 603-895-2303 or 1-800-974-2303 Raymond/Rockingham County Towns 1-800-974-2303 or 895-2303 • Child and Adult Care Food Program (CACFP) CACFP Sponsorship is available to Family Child Care Homes, Child Care Centers, and Adult Care Centers to receive reimbursement for the meals that they serve to children in their care. Participating in Child and Adult Care Food Program is Win! Win! Win! for everyone… You WIN because the financial reimbursement helps with your food expenses The children WIN because they are eating nutritious meals and snacks Your childcare business WINS because families will appreciate knowing that their children are receiving well-balanced meals Should you have any questions, please contact Amy Allen - 603-895-2303 x20

● **Summer Food Services Program (SFSP)** Boasting the slogan ―Food that's in when school is out! SFSP provides free meals to youth during the summer months. Southern NH Services, Inc. (serving Hillsborough and Rockingham Counties) sponsors over 20 meal service locations in 5 cities and towns across 2 NH counties. Meals are available at open site locations for the duration of school summer break or during structured summer programming. All meals are prepared following USDA guidelines and unitized for each individual child. Breakfast, Lunch and Supper meals are available at designated locations and times, so find the site nearest you and bring your kids by for a meal. Should you have any questions, please contact Valerie Carignan 668-8010 x6045. Please go to: www.snhs.org for detailed info on each program

Rockingham Nutrition & Meals On Wheels Program

The Rockingham Nutrition & Meals On Wheels Program is a nonprofit agency dedicated to providing nutritious meals, transportation and beneficial support services to older and disabled residents of Rockingham County, who need assistance to help them preserve long-term health,

well-being, and independence. We offer lower sodium alternatives, diabetic substitutions, ground and pureed meals, as well as night and weekend meals. Any senior over 60 or spouse, under 60, is welcomed to eat at one of our 12 luncheon centers. The centers are great places to eat a healthy meal, get out of the house, be with your friends, and take part in activities or volunteer. Homebound delivery service is available to any senior over the age of 60 regardless of income. Adults under 60 that are low income may qualify for home delivered meals. To be eligible for home delivery, you must be unable to shop or cook for yourself for reasons such as, a disability, chronic disease, recuperating from an operation or illness. We offer wheelchair accessible van service at a number of our centers to bring seniors shopping, doctor appointments or to a center for lunch. Suggested donation is $3.00 per meal.

Administration Office, 106 North Road, Brentwood, 603-679-2201

WWW.RockinghamNutritionMealsonWheels.org

Local dining facilities for senior luncheon or home delivery service

DERRY: Marion Gerrish Center, 39 West Broadway, 603 434-5148
Van Service Available

EPPING: The Community Church, 4 Pleasant Street, 603 679-1609
Wheelchair Van Service Available

EXETER: Exeter Senior Center, 30 Court Street, 603 778-8196
Wheelchair Accessible Van Service Available

HAMPTON: United Methodist Church, 525 Lafayette Road, 603 929-1108
Wheelchair Accessible Van Service Available

LONDONDERRY: Londonderry Senior Center, 535 Mammoth Road, 603 434-9663
Van Service Available

NEWMARKET: Sunrise Senior Center, 2 Terrace Drive, 603 659-3150

PLAISTOW: Vic Geary Center, 18 Greenough Road, 603 382-5995
Wheelchair Van Service Available

PORTSMOUTH: Portsmouth Senior Center - 125 Cottage Street, Portsmouth 603-766-4448

RAYMOND: Ray-Fre Senior Center, 64 Main Street, 603 895-3258
Wheelchair Van Service Available

SALEM: Ingram Senior Center, 1 Sally Sweet Way, 603 893-2137

SEABROOK: Seabrook Community Center, 311 Lafayette Road, 603 474-2139
Wheelchair Accessible Van Service Available

WINDHAM: Windham Sr. Citizen Center, 3 North Lowell Street, 603 434-2411

Rockingham Village Apartments

Located in Seabrook, New Hampshire, Rockingham Village is an apartment community offering studios, one, two and three bedroom apartments for rent. Professionally managed by Chartwell Management, Rockingham Village offers residents a variety of amenities including community laundry, newly renovated kitchens and bathrooms, free heat and hot water, a refreshing swimming pool, a basketball court and 24 hour emergency maintenance service. We have newly incorporated a resident services program into our community. Our resident service coordinator is an integral part of the leasing team and supports residents in creating safe living environments and building support networks amongst themselves. Rockingham Village has also begun to develop community based programming that is responsive to residents needs and preferences. Rockingham Village Apartments is pleased to announce that we are a pet friendly community, breed restrictions apply. Our beautiful community is just minutes away from the

New Hampshire Seacoast, shopping centers and restaurants. Contact our Leasing Team to schedule a tour of your new home.
116 Cimarron Dr Seabrook NH 03874 603-814-1572

Rockingham VNA and Hospice

Rockingham VNA & Hospice is an affiliate of Exeter Health Resources and a community based non-profit Medicare certified home health agency. We serve Rockingham County and the communities of Lee, Madbury, Dover, Rochester, Durham and Barrington. We work with the patient's doctor to develop an individualized plan of care that promotes wellness and helps patients achieve maximum independence.

The **Home Health Care Program** provides Skilled Nursing, Physical Therapy, Occupational Therapy, Speech Therapy, Medical Social Work, Home Health Aide, Registered Dietician, Certified Diabetic Educator, IV therapy, Wound Care Management, Ostomy Care, Lymphedema management and Pre-operation orthopedic visits to the adult population.

The **Advanced Illness Program** provides all the services but emphasizes palliative care to address the many ways that a serious illness affects the patients and their families. Our skilled clinicians are able to assist patients with pain management and other distressing symptoms while providing the families with support and resources to navigate the complex choices and decisions.

The **Hospice Program** provides all the services while seeking to treat and comfort Terminally-ill patients and their loved ones. Hospice is a philosophy of care that accepts death as a part of life, seeking neither to hasten nor to prolong the dying process. As a *We Honor Veterans* partner, RVNA will implement ongoing Veteran-centered education for their staff and volunteers to help improve the care they provide to the Veterans they proudly serve. To learn more about *We Honor Veterans*, please visit www.wehonorveterans.org.

The **Behavioral Health Program** provides all the services and is available to assist patients who require services related to Depression, Anxiety and Dementia. These specialty trained staff work with patients, families and community partners to provide comprehensive supports.

Rockingham VNA & Hospice also provides the communities with clinics to help our adult residents stay well and be well. Such clinics include, blood pressure, foot care and community health education on Diabetes Management, Ostomy Care and Bereavement. For more information about our services or to make a referral, call us at 1-800-540-2981

Rockingham VNA & Hospice also provides the communities with clinics to help our adult residents stay well and be well. Such clinics include, blood pressure, foot care and community health education on Diabetes Management, Ostomy Care and Bereavement.

For more information about our services or to make a referral, call us at 1-800-540-2981 or visit our web site at www.rockinghamvna.org.

Salvation Army - Rochester

Worship Center and Social services; 10 Olde Farm Lane, Rochester (603) 332-2623
Captains Frank & Melissa Nataluk
Social services, Elizabeth Watson (Mon, Wed, Fri. 9-2)
Soup Kitchen, Connie Turcotte (M, W, F, 12:00)
Holiday applications for residents of Rochester, East Rochester, Gonic
November 4-8 ONLY 9:30-11:30, & 1-3Scanlon

Safe Harbor Patient Advocacy

The health care system is a complex business and can be difficult to understand. We can assist you with navigating this complicated system. Hiring an RN Patient Advocate provides the assurance that you have someone working for you and/or your loved one personally and privately. It's as if you have your own personal nurse by your side through whatever health situation you or your loved one find yourself in!
Julie Caruccio RN, IRNPA, BCPA
My website address is: www.safeharboradvocacy.com
My business number: 978-705-1346
Email: safeharborrn@gmail.com

Safe Harbor Recovery Center - (See Granite Pathways)

Seacoast Community School

Founded in 1967, Seacoast Community School (SCS), formerly the Community Child Care Center of Portsmouth, has a mission *to provide nurturing care and exceptional education for all children of the seacoast*. SCS provides early childhood education, inclusive preschool, before & after school programming and full-day summer camps to children age 8 weeks through 12 years old. SCS provides school-readiness, and measures social/emotional, cognitive, physical, and language development regularly. SCS is accredited by the National Association for the Education of Young Children (NAEYC), and has programs at Community Campus, in all three Portsmouth Elementary Schools, and Greenland Central School. The school serves more than 260 children daily. SCS partners with DHHS, DCYF, USDA, Portsmouth & Greenland School Districts, The City of Portsmouth, and more, to serve all families. Tuition assistance and scholarships are available for those who qualify (currently 23% of our 250 families receive assistance). Learn more at www.seacoastcommunityschool.org or call 603-422-8223. Active Waiting List so call today!

Seacoast Eat Local

Seacoast Eat Local is a registered 501(c)3 nonprofit organization founded in 2006. We cultivate a thriving food economy by building bridges between regional food producers and consumers. Our vision is that the Seacoast Region will have a vibrant, diverse community of successful farms and food producers and ever-expanding access for consumers.In dedication to this mission we operate four primary programs: Seacoast Harvest, Winter Farmers' Markets, SNAP/EBT acceptance and incentives services, and the Seacoast Area Mobile Market (SAMM). Learn more about our organization, programs, and how to get involved at www.seacoasteatlocal.org
●SNAP/EBT Farmers' Market Program: Use SNAP/EBT benefits at the farmers' markets and farm stands! We also operate an incentive program that helps to stretch SNAP/EBT dollars at the farmers' markets and farm stands: Granite State Market Match which gives SNAP/EBT recipients a dollar for dollar match (with no limit) in FREE fruit/vegetable coupons to be redeemed at participating farmers' markets both in the summer and winter. We also are able to help SNAP recipients to purchase CSA shares with their benefit and additional incentives. For more details go to www.seacoasteatlocal.org/snap or contact our Program Coordinator, Morgan Morani at morgan@seacoasteatlocal.org.
●Seacoast Harvest: A free yearly publication that serves as a resource for local food in the Seacoast, including a directory of farms, farmers' markets, and a guide to fruit and vegetable seasonality. The guide also indicates which farmers' markets and farm stands accept EBT.
●Winter Farmers' Markets: We host a winter farmers' market series (November - April)

alternating locations between Exeter (Exeter High School) and Rollinsford (Wentworth Greenhouses). Markets are held on Saturdays from 10-2, typically every other week. For more information and a schedule, visit www.seacoasteatlocal.org or email marketmanager@seacoasteatlocal.org

●Seacoast Area Mobile Market (SAMM): We operate a mobile farmers' market that has community stops to serve those who cannot access their local farmers' market and to educate the public how and where to access local food throughout their community. We offer a number of different types of site visits including schools, corporate/business offices, community centers, low-income housing, senior living centers, and more! Check our website www.seacoasteatlocal.org/samm for more details or contact our Mobile Market Coordinator, Celeste Gingras, at celeste@seacoasteatlocal.org.

SAU 52 (Portsmouth) – Family/Preschool Outreach Specialist

Working with the Portsmouth School Department, my role is to ensure that any eligible child of preschool age (3-5 years) in the Portsmouth school district, is able to access early education opportunities. As Liaison between families and community partners, relationships are created to support families in an effort to eliminate barriers and secure placement in an educational environment. The health and welfare of the child is at the forefront of our goal so that success in their school years lends itself to learning in a manner that benefits the child, family , school and community. Please contact:

Cindy Bishop-Alex, Family/Preschool Outreach Specialist Portsmouth School Department
Cbishop-alex@sau52.org 603 812-4398

SAU 90 and SAU 21 Preschool Outreach

My name is Jackie Firmin and I am the Preschool Outreach Specialist for both SAU 21 (Hampton Falls, North Hampton, South Hampton, Seabrook) and SAU 90 (Hampton). I work with the districts Pre-K Committee and community partners to identify and build relationships with target families of preschool age children who do not have current access to preschool/pre-K services. The goal of our program is to work with families to overcome potential barriers in accessing public or private pre-K services and child care programs thus creating a supportive community-wide referral network for early care, education, and families in need.

Jackie Firmin, MS Preschool Outreach Specialist
SAU 90 and SAU 21 (603) 926- 4560 x313 jfirmin@sau90.org

Seacoast Family Promise

The Mission of Seacoast Family Promise is to empower families with children experiencing homelessness to achieve sustainable independence through a community-based response.

Seacoast Family Promise provides family plans, financial management, community service resources and more to assist families who wish to evaluate and overcome obstacles to their success. Working with numbers of up to 14 people or 5 families, this unique program offers solutions. Part of the national Family Promise, the local success rate for SFP is currently 92% with a national success rate of 85%.

SFP leverages 2 dollars for every 1 dollar donated in goods and services by local support faith communities, which calculates to running a program for around $160,000 that would otherwise cost $457,000. This program works!

Pati Frew-Waters, Network Director director@seacoastfamilypromise.org 603-658-8448
27 Hampton Road, Exeter, NH 03833

Seacoast Family Support Group

Granite Pathways Family Support group provides emotional peer support for loved ones of people experiencing Substance Use Disorder.
We provide a safe, confidential environment for participants to share experiences, struggles, information, and successes.
We meet the 2nd & 4th Tuesdays, 6:30, Exeter Baptist Church, 2 Spring St., Exeter.
Contact: Linda Haskins 978-578-5670. lindajhaskins@gmail.com

Seacoast Mental Health Center

The mission of Seacoast Mental Health Center (SMHC) is *to provide a broad, comprehensive array of high quality, effective, and accessible services to residents of the eastern half of Rockingham County.*

With offices in Portsmouth and Exeter, SMHC is one of ten NH state-designated community mental health centers. Communities included in our catchment area are: Brentwood, Deerfield, East Kingston, Epping, Exeter, Fremont, Greenland, Hampton, Hampton Falls, Kensington, Kingston, Newcastle, Newfields, Newington, Seabrook, North Hampton, Northwood, Nottingham, Portsmouth, Raymond, Rye, Seabrook, South Hampton, and Stratham.

SMHC delivers a wide range of behavioral health and community support services to children, adolescents, adults and families, regardless of financial circumstance. Depending on the clinical diagnosis, severity of symptoms and age of the client, the accessible services may range from 24-hour emergency care to individual and group therapy, outpatient substance use disorder treatment for adults, psychiatric services, neurological testing, targeted case management, physical health guidance, outreach services for people experiencing homelessness and employment support. Depending on the clinical diagnosis, clients' circumstance and eligibility, services are provided at our offices in Portsmouth and Exeter, in the client's home, or in a variety of community settings.

Emergency Services are available to individuals in crisis, including assessment, crisis intervention, and stabilization services on an outpatient basis. Emergency clinicians and our staff psychiatrists are available 24/7/365. In addition, we manage a 24/7 supervised group home for eight adults who have persistent mental illness.
For more information on our services go to www.smhc-nh.org. To make an appointment call us in Portsmouth at 431-6703 or in Exeter at 772-2710.

Seacoast Outright

Seacoast Outright is a support and advocacy service for gay, lesbian, bisexual, transgender, queer, questioning, intersexed, and allied youth in the Greater Seacoast Area. For nearly twenty-six years, Seacoast Outright has provided a safe space in which youth can meet, socialize, support one another, find relevant resources, and interact with supportive role models. We currently provide weekly, adult-facilitated support group meetings in Portsmouth; twice-a-month meetings in Manchester via Manchester Outright; and monthly meetings in Nashua through Nashua Outright.

We provide cultural competency training for organizations, companies, school districts, government entities, and other groups, as well as referrals for all things LGBTQ+. Seacoast Outright is also a member of the Seacoast Youth Suicide Prevention Network and provides presentations regarding LGBTQ youth suicide prevention. Finally, we produce LGBTQ+ events throughout the year, most notably the Portsmouth PRIDE event – both a march and a marketplace - on the third Saturday in June.

Coming soon: We have launched a partnership Big Brothers Big Sisters of New Hampshire to provide adult mentoring to youth throughout New Hampshire. Check out website for more details.

Weekly Meeting Times:

Youth Support Group (youth aged 11-21). Every Friday 7:00-9:00pm, South Church, 292 State Street, Portsmouth (use side door).

Parents [of LGBTQ youth] Support Group, First Friday of the Month, 7:15-8:45pm, Safe Harbor, 865 Islington St, Portsmouth

Manchester Outright (youth aged 11-21). 2x/month. Fridays 6:30-8:30pm, Manchester YWCA, Manchester. Check dates online.

Nashua Outright (youth aged 11-21). 1x/month. Fridays. 6:00-8:00pm. Arlington Street Community Center, 36 Arlington St, Nashua. Check dates online.

Please check at www.seacoastoutright.org and the Seacoast Outright Facebook page for up-to-date meeting schedules, current events, and volunteer opportunities. (603) 552-5824, mail@seacoastoutright.org.

Seacoast Pathways (see Granite Pathways and SOS)

Seacoast Public Health Network:

The Seacoast Public Health Network is one of 13 public health regions in the State of NH that focuses on public health emergency preparedness, Seacoast Medical Reserve Corps, Substance Misuse Prevention and building a Continuum of Care across Prevention/Treatment/Recovery. Our region serves 23 towns in eastern Rockingham County and is a program of Lamprey Health Care, Inc. Together with our community partners, we developed a Community Health Improvement Plan with priority areas in obesity/heart disease/falls in seniors prevention as well as the focus areas listed above. Please join us in these health initiatives and making residents in our region healthier!

Please visit our website at www.seacoastphn.org for more information and calendar of events.

Staff:

Mary Cook, M.Ed, CHES, Public Health Emergency Preparedness Manager,
603-231-9986 mcook@seacoastphn.org

Maria Reyes, BA CADC, Continuum of Care Facilitator,
603-244-7312 mreyes@seacoastphn.org

Julie Irwin, Seacoast Medical Reserve Corps Volunteer Coordinator,
603-997-6002, jirwinmrc@gmai.com

Lindsey Messina, Substance Misuse Prevention Coordinator
603-244-7313 lmessina@seacoastphn.org

Julia Meuse, Program Coordinator jmeuse@snhahec.org

Seacoast Village Project

The Seacoast Village Project is a community of older adults working together to get connected, get smart and help each other out as they age in place in their homes and community. With the Village as their partner, older adults can continue to actively participate in the communities they love as they continue to live in their own homes.

The Seacoast Village Project is a member of the national Village to Village Network. The movement started with Boston's Beacon Hill Villages (founded in 1999); there are now more t

We are a member-run organization. Members pay an annual fee to access benefits and services. Benefits include services that range from transportation to errands, as well as social events and access to our list of member-recommended vendors. Our service area in the Seacoast

region of New Hampshire is comprised of neighboring towns around Exeter, Portsmouth and Dover.

Our office is located in the beautiful Carey Cottage in Portsmouth – a new hub for nonprofits. The walking trails are amazing, and we're looking forward to hosting some outside and COVID responsible events for our members this summer.

To find out more about the Village and all we have to offer, check out our website. You can sign up for our monthly e-newsletter, see our calendar of upcoming (mostly Zoom) events and learn more about what Village membership has to offer. We have 70+ members, and we are growing!

The Seacoast Village Project is a NH Nonprofit 501(c)(3) organization
Address – 400 Little Harbor Road, Suite 133, Portsmouth, NH 03801, Phone -603-373-8429
https://www.seacoastvillageproject.org info@seacoastvillageproject.org

Seacoast Wholistic Occupational Therapy

Whole Person Health & Rehab
We provide occupational therapy and wellness care in the home for those who need ongoing support after discharging from a home or outpatient therapy program. We focus on promoting exercise and health, increasing independence within the home and community, and safety strategies to prevent falls and hospital re-admissions. We provide services to those with neurological disorders including Parkinson's Disease, stroke, and brain injury- along with others dealing with physical and cognitive limitations.
Lauren Sheehan has over 5 years of occupational therapy experience working on neurological units and in varying inpatient and outpatient settings including working on the stroke unit in one of the top rehab hospitals in the country. She is an ACE senior fitness specialist and LVST BIG Certified. She has a passion for providing long-term, ongoing health and wellness services for adults on the road to recovery after a medical set back.
Serving the greater seacoast of New Hampshire. Accepting Medicare Part B, out of network insurance, and private pay.
Website: *www.seacoastwholisticOT.com;* **Phone:** *603-865-7145*
Email: *Lauren@seacoastwholisticOT.com* **Hours:** By appointment

Seacoast Youth Services

Seacoast Youth Services provides home-based therapeutic services for adolescents and their families, an Intensive Outpatient Program (IOP) for adolescents with co-occurring mental health and substance abuse issues, and individual adolescent and family counseling (at no cost through a Department of Health and Human Services grant for qualified families). SYS also offers parent/grandparent support groups which includes group discussions and facilitated forums exploring adolescent substance abuse, developmental stages of adolescents, mental health issues, and ways to communicate more effectively with your teen -Tuesdays 5-5:45pm 63 S. Main St., Rochester (First Congregational Church) and Thursdays 5-5:45pm at 867 Lafayette Rd., Seabrook. For more information, please call: (603) 474-3332 maria@sys-nh.org .

Senior Community Service Employment Program

Senior Community Service Employment Program (SCSEP) assists year round NH residents 55 years old or better, living on a limited income with developing job skills, obtaining part-time, paid opportunities in government or non-profit organizations, and finding future unsubsidized jobs as required. Benefits include paid holidays, vision care, and more. We are currently recruiting in Belknap, Merrimack and Rockingham Counties. For more information, please call

us at 1-800-856-5525, SCSEP is a program of Community Action Program Belknap-Merrimack Counties, Inc., P.O. Box 1016, Concord, NH 03302-1016.
Senior Community Service Employment Program
Community Action Program Belknap-Merrimack Counties, Inc.
2 Industrial Park Dr., PO Box 1016
Concord, NH 03302-1016
603-225-3295 Ext. 1206 603-228-1898 Fax
1-800-856-5525 in New Hampshire

Senior Companion Program Of New Hampshire

Do you need or could your loved one use a Senior Companion?
Senior Companion volunteers are active older adults who visit socially isolated and frail seniors or adults with disabilities within their communities. They enable those they visit to live independently by helping with errands, providing transportation to medical appointments, encouraging exercise, assisting with simple tasks, giving supportive friendship, and providing respite for caregivers.

The benefits of having a Senior Companion volunteer are numerous. Aside from a chance to get out and stay active in your community, you can also gain an opportunity to develop a trusting relationship with someone who truly cares. You or your loved one will feel less lonely and isolated from their community and be able to affirm maintaining dignity and personal independence.

As a family member or caregiver, you will a reduction in stress and tension often associated with caring for a frail elder. You will have more access to time to either get your errands done or treat yourself to some time with a friend. No fees are charged for the basic Senior Companion service, other than a suggested donation for rides to run errands.
For more information call (800)856-5525 or (603)225-3295.

Senior Move Consultants, LLC

Combining over 40 years of experience in transportation and senior housing work experience, Jim and Beth Ann Scanlon are providing senior move services to assist older adults and their families with the emotional and physical aspects of relocation and/or "aging in place." As Senior Move Managers, they offer services to develop an overall plan to move or downsize, customized floor plans, organizing, sorting and distributing of items, arranging for the estate sale, auction or disposal of items, supervison of professional movers, resettlement of new home and clean up of the home to be sold. Each client is unique, therefore a plan to suit the individual needs and wants of a client are discussed at a free consultation. Let our experience and knowledge of resources save you time, money and reduce your stress while transitioning. Please contact Scanlon Senior Move Consultants, LLC, Jim Scanlon 978-479-0446 or Beth Ann Scanlon at 603-642-5886 or ScanlonSeniorMove@comcast.net www.ScanlonSeniorMove.com

ServiceLink Resource Center of Rockingham County

Service Link Resource Center is a free statewide service for older adults, adults with disabilities and family caregivers. Our mission is to promote independence and quality of life by providing information and support regarding community resources and services. Families often have questions on long term care issues such as housing, transportation, prescription medications, in home care, etc. and ServiceLink is available to help. ServiceLink also provides Medicare Counseling for those who have questions about Medicare, Supplements, Medicare Prescription Drug coverage, fraud, etc. Through a toll free telephone number 1(866)634-9412, office

appointments, home visits and public education we can provide information, guidance, support and education. There are offices in Atkinson and Portsmouth, both offices offer local, knowledgeable staff available to assist in accessing services, assessing needs and offering follow up. Any questions relating to Rockingham or Strafford County please call Tammy Smith, Director (TSmith@Servicelinksc.org) at 603-516-9300 or you can call the Seacoast Office located at 72 Portsmouth Ave, Stratham at 603-334-6594 or the Atkinson Office located at 8 Commerce Drive, Unit 802, Atkinson
Website: www.servicelink.nh.gov

Sight Services for Independent Living

Sight Services for Independent Living (SSIL) is a comprehensive program for people, aged 55 and older with vision loss who live at home. SSIL provides information, adaptive aids, training and support at no cost. Services include the areas of low vision, personal and household management, independent travel, benefits planning, communication and community integration. SSIL sponsors peer support group meetings at many locations throughout the state which provide an outlet for the visually impaired person to find support and understanding from persons with similar conditions who live in their geographic areas.
To be eligible for SSIL, a New Hampshire resident must be 55 or older and have a significant visual loss.
Sight Services for Independent Living, 21 South Fruit St. Suite 20, Concord NH 03301
1-800-581-6881
http://www.ed.state.nh.us/education/doe/organization/adultlearning/vr/SSIL.htm

SilverSneakers

SilverSneakers® Fitness Program is the nations leading exercise program designed exclusively for older adults. We work with 12 fitness centers across the state of New Hampshire where we offer at least 2 classes per week. These classes consist of 45-60 min of exercise where we use a chair, small ball, tubing and weights. We have fun moving to the beat of the music.
www.silversneakers.com Amy LeComte amy.lecomte@healthways.com
Mobile: 603-512-1208 Fax: 603-218-6723

Sober Parenting Journey (see Granite Pathways and SOS Recovery Community)

Society of St Vincent de Paul - Exeter

The Society of St. Vincent de Paul, Exeter, NH, serves our neighbors in need in Exeter, Stratham, Newfields, E. Kingston, Kensington and Brentwood NH. The Society operates an area-wide Community Assistance Center and Food Pantry. We also provide senior home food delivery to residents of 277 Water Street and Meeting Place. Among other services, we offer an —Advocacy Program which provides budget coaching, referral guidance and emergency financial help for those individuals and families who need assistance. We also host Families First Medical services each Wednesday.
Our Community Assistance Center Hours:
Mon. 8:30 am - 4:00 pm
Wed. 8:30 am - 4:00 pm
Fri. 8:30 am --4:00 pm
Food Pantry Hours:
Monday: 10:00 am - 12:00 pm
7:00 pm - 8:00 pm
Wednesday: 10:00 am- 12:00 pm

Friday: 10:00 am – 12:00 pm

http://www.svdpexeter.com E-mail svdp@svdpexeter.com
Phone: (603) 772-9922 153 Lincoln Street Exeter, NH 03833

Society of St. Vincent dePaul – Hampton

The Society of St Vincent de Paul Hampton serves the needy in Hampton, Seabrook, Hampton Falls, North Hampton, and Rye.

The Pantry is open from 10:00-12:00 on Mon, Tues, Thursday for food orders to be picked up that evening. On Friday we are open 10:00-12:00 for immediate pickup of food orders.

The Clothes Closet and Community Kitchen are now open at its new location, 441R Lafayette Rd, Hampton.

The Clothes Closet is open from 10:00-12:00 Mon, Tues, Thurs, and Friday. All are welcome.

The Community Kitchen serves hot take-out meals on Mon, Tues, Thurs, and Friday nights from 5:00-6:00.

Phone 603-929-4427 http://svdphampton.com
Physical address: 289 Lafayette Road, Hampton NH 03842

SolAmor Hospice

At SolAmor Hospice, we are dedicated to supporting patients with terminal illnesses as well as their families. Our mission is to preserve each patient's dignity and to alleviate the fear associated with dying through pain control, comfort care and symptom management.

Kathleen C. Borsh, CSA, Community Liaison KBorsh@solamorhospice.com
SolAmor Hospice/Life Choice Hospice
65 Lafayette Road, Suite 302, North Hampton, NH 03862
Phone: 603-303-5376 Fax: 603-964-5280

The Sonatina Center for Creative Arts Therapy

The Sonatina Center is a multidisciplinary creative arts therapy practice that offers music therapy, art therapy, and creative arts enrichment programs to children and adults in New Hampshire. Our primary focus is to empower individuals of all ages, improve self-esteem, promote a positive sense of self-worth, support development, enhance wellness, inspire creative self-expression, and connect with the community through music, art, movement, storytelling, and play. We provide individual art and music therapy sessions for both children and adults, both in-person and via teletherapy. We also have several music and art therapy support groups for children and adults. We provide services at our center located in Dover, NH and we also travel to schools, hospitals, assisted living facilities, and behavioral health settings to bring our services to the community. We are private pay and offer a sliding fee discount. We also offer free individual and group therapy services for Black, Indiginous & People of Color. One can get started with our services by scheduling a free 30-minute consult.

Website: www.thesonatinacenter.com **Hours:** By appointment
Phone: 603-978-4808 **Email:** info@thesonatinacenter.com

SOS Recovery Community Organization

The mission of SOS Recovery Community Organization is to reduce stigma and harm associated with substance use and misuse by providing safe space and peer based supports for people in all stages of recovery.

SOS Recovery Community Organization envisions a world where recovery from addiction to alcohol and other drugs is possible and widely embraced through low-barrier access to inclusive and respectful support, and where all who seek long-term recovery have access to the care and resources they need to achieve their self-defined goals.

SOS provides various non-clinical peer-based addiction recovery supports. This includes crisis navigation, peer-assisted recovery support services, telephone recovery support services, meetings and outreach events respectful of multiple pathways of recovery which include 12-step supports, SMART Recovery, Yoga, Art in Recovery, Music in Recovery, Family Recovery supports including a 14-week parenting program titled Sober Parent Journey which assists parents in recovery with small children in an empowerment based model to balance recovery while learning parenting skills. SOS also offers a robust peer-assisted criminal justice program, providing support and outreach at Rockingham County and Strafford County Correctional facilities

Locations:

14 Signal St Rochester, NH 03867 603-841-2350 x1
4 Broadway, Dover, NH 03820 (603)841-2350 x2
1 Lafayette Rd., Building One, Hampton, NH 603-841-2350 x3
Email: info@sosrco.org

Southern District YMCA

The Southern District YMCA is a cornerstone of our community, leading individuals and families of all backgrounds to connect, be active, learn, and thrive.

Exeter Area YMCA serves over 3,000 membership units and over 6,500 active members at its 33,000 square foot multi-generational health and wellness facility in Exeter, NH. The Y is a place for socializing, discovering wellness, exercising, getting support, finding freedom, and so much more.

YMCA Camp Lincoln serves more than 600 youths each week during summer programming for ages 3 to 15, and offers youth leadership programs for ages over 14. Located in Kingston, NH, Camp Lincoln provides a traditional camp experience supported by enthusiastic and capable staff, incredible activity choices and a healthy environment. Campers grow to achieve self-confidence, learn new skills and build lasting friendships.

YMCA School Age Child Care serves more than 700 children each school year in before and after school programs at 13 different locations throughout the region. These state-licensed programs include homework time, physical activity, a healthy snack, and positive relationships. Y staff members create a welcoming environment where caring, honesty, responsibility, respect and wellness are exercised daily.

As a local, independent 501(c)(3) non-profit organization, the Southern District YMCA stands for Youth Development (nurturing the potential of every child and teen), Healthy Living (improving our communities' well-being), and Social Responsibility (giving back and providing support to our neighbors).

The Y believes no one should be turned away due to the cost of programming, and offers extensive Financial Assistance to all families in need, providing life-changing programs for those in our community who need it most. From preschool to wellness for older adults, no other organization can impact as many, as powerfully, as the Y does every day.

Exeter Area YMCA | YMCA Camp Lincoln | YMCA School Age Child Care
56 Linden Street, Exeter, NH 03833
(P) 603 642-3361 (D) 603 319-5929
Kimberly Meyer - Kimberly@sdymca.org
(E) | (W) sdymca.org

Southern Maine Agency on Aging

Southern Maine Agency on Aging (SMAA) is the statewide sponsor of Maine Senior Games and the "1st Stop for Answers on Aging" for the residents of Maine's Cumberland and York counties. SMAA's mission is to offer older adults and adults with disabilities and their family caregivers information and resources including opportunities to volunteer to help seniors or in community non-profits or health care. SMAA's programs and services are designed to foster independence, reduce the burden on family and caregivers, and promote an active and healthy lifestyle throughout the aging process.

Services offered by SMAA include, volunteer placement; family caregiver support through one-on-one consultation, classes and support groups; Medicare and health insurance counseling; Truslow Adult Day Care Center in Saco, Maine; Meals on Wheels; discounted dining out; workshops on "Living Well for Better Health" and "A Matter of Balance" check writing assistance and more. FMI see www.smaaa.org or call 1-800-427-7411.

The Southern Rockingham Coalition for Health Youth (SoRock)

The Southern Rockingham Coalition for Healthy Youth (SoRock) is a community coalition serving the towns of Atkinson, Danville, Fremont, Hampstead, Kingston, Plaistow, Newton and Sandown NH. Our mission is to promote, support, and sustain healthy choices for youth and families in our communities by actively working to reduce and prevent alcohol, marijuana, prescription and other drug misuse. We carry out our mission through collaboration with parents, youth, business, civic and volunteer groups, healthcare professionals, law enforcement, the faith community, media, schools, state, local and other governmental agencies, youth serving organizations and substance misuse prevention organizations around the state and country. Our office is currently located in Sanborn Regional High School Rm 111, 17 Danville Road Kingston NH 03858. Contact us to see how we can partner in prevention!
Charlotte Scott, Coordinator Phone: 603-642-3341 x196
website www.sorocknh.org email sorocknhcc@gmail.com
facebook.com/SoRockNH twitter.com/SoRockNH Instagram @sorocknh

Spring Village at Dover

Spring Village at Dover is a new 56-bed assisted living community specializing in memory care. We are dedicated to providing our residents a safe, supportive, nurturing home, in their own private suite where they are able to age in place. Spring Village at Dover recognizes that our families need the comfort that comes from trusting that we always have their loved one's overall well-being as our first priority. The intimate relationships we build are the key to the success of our community. Our staff are carefully selected and above all else, they must have a serving heart. In addition to a beautiful building, delicious meals and snacks, and compassionate nursing services, Spring Village at Dover also provides a full engagement program that encourages residents to do the things they like to do as independently as possible for as long as possible. For more information visit us in person at: 35 Pointe Place, Dover, NH 03820, online at: www.springvillagedover.com, call: (603) 842-4908, or email: info@springvillagedover.com. Spring Village at Dover is a Woodbine Senior Living Community.

St. Michael's Parish

St. Michael's Parish has three (3) Outreach Programs that helps the Stratham, Exeter, Brentwood, East Kingston, Newfields and Kensington people who are struggling just to make ends meet. These programs are:

- **Back to School** where each child is provided a backpack, school supplies according to their grade, a shirt, pants, socks, underwear and sometimes gift cards for shoes.
- **Thanksgiving Baskets**, each family is provided with a Turkey and all the trimmings that go with a Thanksgiving feast.
- **Christmas Basket**, each child receives 3 gifts that each gift is $35 or less, a shirt, pants, socks and sweatshirt. The family receives a Christmas dinner basket.

We have several churches in the SAU-16 District area step in and help us with the Thanksgiving and Christmas Baskets along with the Exeter Fire Department for gifts. Please list St. Michael's Parish for these programs so that we can help as many people that we can in our area.
Leah Grant, Pastoral Minister 603 772-2494 ext. 209 PastoralMinster@stmichaelparish.org

Step Up Parents

Step Up Parents offers financial assistance and support to relative caregivers who have stepped up to raise the children of parents struggling with substance use disorder. With the explosion of the opioid epidemic, there are now estimated to be 12,000-14,000 grandparents raising grandchildren in NH. This number has doubled since the 2015 census. Step Up Parents recognizes the sacrifice and selflessness of these everyday heroes and was created to support their efforts in raising these children.

Families may apply directly through our website or through a community validator. We work collaboratively with schools, family resource centers, health centers, and other social service agencies. Step Up Parents does not give money to families directly but pays vendors and service providers on their behalf. We assist with expenses not covered by traditional resources and pay for things such as summer camp, music lessons, daycare, bedroom furniture or anything that our families need to make things better for their families.

Step Up Parents also supports the many kinship care related supported groups throughout the state. These groups including a list of helpful resources can be found on our website. www.stepupparents.net
For more information, please contact:
Denyse Richter, 603-319-4746 drichter@stepupparents.net
Step Up Parents PO Box 1603, Portsmouth, NH 03801

StilMee Alzheimer Coaching Services

When a diagnosis of Alzheimer's is given, the whole family needs care. Stil**Mee** coaches provide care for the caregiver, teaching about the disease, what to expect in changes in ability and behavior, and help caregivers develop workable strategies to address those changes in a supportive learning environment. This training gives back control of the disease to the caregiver and the care recipient. A Stil**Mee** Coach is a specially trained professional who teaches caregivers effective strategies that improve quality of life for the person with memory loss and the caregiver.

In addition to our coaching services, Stil**Mee** offers a variety of professional trainings complete with CEU's, support group services and public speaking. The company has contracts with 12 of the 27 Massachusetts State funded elder service agencies and holds federally funded grant programs with Bristol Elders. Since 2006, Stil**Mee** has served Developmental Disability Services coaching their professional and paraprofessional caregivers in dementia care, as well as coaching their consumers. The DDS group home care managers in particular have requested education in responding to the changes in behavior and ability of the resident who develops dementia.
Joanne Sheehan, StilMee Alzheimer Coach joanne.sheehan@stilmee.com

617-908-6345

Strafford County Public Health Network:

Health And Safety Council of Strafford County

We coordinate regional public health and emergency planning and preparedness in Strafford County. Our priorities include engaging stakeholders across the regional public health system to identify health priorities and expand organizational capacity to address public health problems. We offer trainings in community emergency preparedness and opportunities to volunteer with the Strafford County Citizen Corp.
mail@hscstrafford.org 603 335-0168

Strength to Succeed (see Granite Pathways)

Supportive Services for Veteran Families

A grant funded by the Department of Veteran Affairs, the statewide initiative known as SSVF serves 300 low-income veteran households throughout NH. Through case management and subsidies it enables veteran households to gain or maintain their housing.
SSVF can help any veteran who:

- Has 24 or more hours of active duty.
- Is in economic hardship.
- Is homeless or in a housing crisis.
- Lives in New Hampshire.

We offer intensive case management and housing assistance which may include:

- Assistance with obtaining VA and other benefits.
- Housing counseling services.
- Referrals for financial planning, health care, and legal services.
- Potential financial assistance to support case management goals.

Please contact Samuel Dahlberg, Intake/Rapid Resolution Coordinator.
s.dahlberg@nhpartnership.org 603-305-1122.
Or Program Manager Erin Segaloff.

TASC (Transportation Assistance for Seacoast Citizens)

TASC (Transportation Assistance for Seacoast Citizens) TASC helps people maintain their health, independence, and dignity by mobilizing volunteer drivers to provide rides to eligible adult residents of Brentwood, East Kingston, Exeter, Greenland, Hampton, Hampton Falls, Kensington, North Hampton, Rye, Seabrook, & Stratham, NH.. Eligible adults are age 55 or better or have a disability that prevents them from driving. There are no restrictions on destination as long as there is an available volunteer driver willing to provide the ride. Accessible rides are available. We are always looking for volunteer drivers. It‘s a flexible volunteer opportunity that can fit into even the busiest schedules. Call us to help TASC make a difference one ride at a time! For information about registering for rides or about volunteering: Call (603) 926-9026 or email coordinator@tasc-rides.org

The Homemakers Health Services

The Homemakers is a full service charitable home health care agency located at 215 Rochester Hill Rd, in Rochester, NH.

Serving all of Strafford County and parts of Rockingham and Carrol Counties, we provide Skilled Nursing, Rehabilitive Therapies (OT, PT,) Wound Care, Infusion Therapy and Medical Social Work), as well as Home Support and Adult Medical Day Care.
Our RNS, LNAS, Homemakers, Personal Care Providers and In Home Care Providers help deal with challenges due to aging, chronic illness and getting back on your feet after a hospital stay. Medicare and Medicaid certified. Other funding sources are available to persons who meet eligibility guidelines. 603-335-1770

The Housing Partnership

PROGRAMS Affordable Housing Rental
Affordable Housing Development
Homeward Bound – Free Homebuyer Education Seminar Series
SERVICE AREA Greater Seacoast region of New Hampshire and Maine, encompassing Rockingham and Strafford Counties in New Hampshire and York County in Maine.
Affordable Housing Rentals – Available Rentals & Application, www.housingpartnership.org, Alliance Asset Management 603-516-0590
Affordable Housing Development, Hershey Hirchkop, Hershey@housingpartnership.org 603-766-3131
Free Homebuyer Education, Renee Woodard, renee@housingpartnership.org, 603-766-3129
Free 1 on 1 Pre-purchase Counseling Renee Woodard, renee@housingpartnership.org 603-766-3129

The Right Transition

We are trained professionals that assist with the emotional, physical and logistical aspects of senior transitions whether you are relocating or "right-sizing" your current home.

We design customized floor plans for your new space and help minimize the chaos and stress by coordinating all the players of the moving game (Realtors, Auctioneers, Estate sales, Movers and more.)

This can be an overwhelming process! We help assist you make decisions with your belongings- what to keep, gift, auction, sell, donate, duplicate, discard and destroy.

Our Goal is to help manage your entire moving process from start to finish with care and compassion. We help sort, schedule and simplify, so you can settle in!
For a FREE consultation contact:
Kristin Pacelli 603-775-3031 info@TheRightTransition.com www.TheRightTransition.com
The Salvation Army *see Greater Seacoast Salvation Army*

The Upper Room

The Upper Room - A Family Resource Center offers supports and services to individuals, families and the community. Our mission: *strengthening individuals and families by providing them with education and resources needed to live healthy self-sufficient lives.* Our 14 programs offer education, support and answers to questions and concerns. We are a place to seek resources, to connect with others, to gain ideas, and skills if needed. Our center is a welcome place offering programs that strengthen individuals and families.

Offering:
HiSET (Formerly GED classes and testing)
Parent Education, and support groups
Grandparent Programs

Adolescent Wellness Programs – Anger Management, Drug and Alcohol Support, Community Service, Counseling, Teen parenting, and Diversion Programs
Family Wellness- Includes home visiting, parent education, parent-child playgroup and case management
Resource and Referral
Visit our website www.URTeachers.org or call 603-437-8477 for more information.
Kinship Navigation for grandparents raising their grandchildren
Connect is a weekly parent-caregiver, child play group
Young Adult Strategies- Support for 180 25 year olds seeking ideas and connection related to substance free, health living
Tutor Time- Free tutoring services for students in Middle and High school including students who may have an IEP
On Demand Parenting Classes- Visit our website

Tri-City Coop is now Infinity Peer Support

TripLink

TripLink is the regional transportation call center for Strafford County, eastern Rockingham County, Wakefield, and Brookfield. TripLink provides information and referral services for transportation options, focusing on services for seniors and individuals with disabilities. TripLink also manages the trip requests for COAST, Ready Rides, Rockingham Nutrition & Meals on Wheels, and Community Rides. Call us for assistance at 603-834-6010 or email triplink@communityrides.org.

TripLink hosts a Community Transportation Directory that is available in print or online at www.communityrides.org

United Way of the Greater Seacoast

1. We believe in a strong, stable community.
2. We understand that a sustainable community is possible when…
   - Families are lifted out of poverty and avoid homelessness
   - Youth are encouraged to be leaders and avoid risky behaviors
   - Children enter school ready to learn
3. We know the only way to make this happen is through collaboration. Working together and harnessing the passion of donors, organizations, and policy makers allows United Way to create long term, system change.

The United Way is excited to announce Volunteer HQ on Get Connected.
This new, user friendly volunteer system will replace the Volunteer Acton Center and will be available to volunteers in February 2016.
Volunteer HQ meets the mission of the United Way by:

- Connecting people with opportunities to volunteer, goods donations, and upcoming agency events.
- Engaging in activities that build the capacity for effective local volunteering including the ability to track volunteer hours and activities.
- Promoting and fostering volunteerism.
- Participating in strategic initiatives that mobilize volunteers in the areas of Children, Youth, and Families.

Sarah Tremblay, Volunteer Engagement Manger.
603-373-9117 or stremblay@uwgs.org.

112 Corporate Drive | Portsmouth, NH 03801
603.373.9118
Give. Volunteer. LIVE UNITED. Connect with us on: Twitter. Facebook. Blog.

University of NH Cooperative Extension

UNH Cooperative Extension is the outreach arm of UNH, bringing practical education to citizens, communities, businesses and organizations with a presence in all 10 counties. For information about all UNH Extension programs, visit extension.unh.edu. For our UNH Extension Rockingham County programs, see: https://extension.unh.edu/locations/rockingham-county-office or call our local office at (603) 679-5616. Specific program/contact info is here:

- **Nutrition Connections** – No-cost, hands-on nutrition education program that provides limited-resource families the knowledge and skills they need for better health. Nutrition Connections is New Hampshire's home for the Expanded Food and Nutrition Education Program (EFNEP) and Supplemental Nutrition Assistance Program Education (SNAP-Ed). Programs are offered at no cost to low-income families, adults with children, and seniors who receive food stamps, WIC, CSFP, TANF, or SSI. Contact: Haeley Morin, Extension Teacher, haeley.morin@unh.edu https://extension.unh.edu/topics/nutrition-healthy-living
- **4-H Youth Development** – 4-H empowers young people with the skills to lead for a lifetime. 4-H programs bring positive learning experiences to youth between the ages of 5 and 18 through clubs, afterschool programs, camps, teen conferences, and other events aimed at expanding knowledge and encouraging community engagement and leadership. Contact: Mike Harris, 4-H Program Manager, michael.harris@unh.edu, https://extension.unh.edu/tags/rockingham-county-4-h
- **Youth and Family Resiliency**– Extension provides professional development, technical assistance, community trainings, best practice curriculum and demonstration programming with youth and adults. Our focus is on promoting youth and family resiliency including social, emotional and mindful learning and trauma-informed efforts. Contact: Rick Alleva, Ed.D., Field Specialist, rick.alleva@unh.edu, https://extension.unh.edu/topics/youth-family-resiliency
- **Food & Agriculture** – Our Dairy, Livestock & Forage Crop team offers education programs on animal health, production, quality, crop practices, and field meetings to meet the needs of NH farmers. The Agriculture Business Management team assists farmers, agriculture tourism businesses with planning, and risk management. Contact: Elaina Enzien, Dairy, Livestock & Forage Crops Field Specialist, Elaina.Enzien@unh.edu, https://extension.unh.edu/programs/dairy-livestock-forage-crops; or Nada Haddad, Agricultural Business Management Field Specialist, Nada.Haddad@unh.edu, https://extension.unh.edu/programs/agricultural-business-management
- **Master Gardener Program** – Through community projects, public presentations and our Ask UNH Extension InfoLine, Master Gardeners bring education about gardening, plants, soil, insects and more to the people of New Hampshire. Master Gardener training, and resources to support school and community garden projects are available. Contact: Ruth Smith, Master Gardener Program Coordinator, ruth.smith@unh.edu, https://extension.unh.edu/programs/new-hampshire-master-gardeners
- **Natural Resources –** Forests & Trees & Land Conservation – We help citizens and landowners care for NH forests, trees, wildlife, and habitats, providing assistance to achieve land objectives including forestry, recreation, wildlife habitat, water resources, scenic beauty, and income. **We provide professional development and community**

education workshops. Contact: Greg Jordan, Forestry Field Specialist, greg.jordan@unh.edu; or Emma Tutein, Natural Resources and Land Conservation Field Specialist, emma.tutein@unh.edu, https://extension.unh.edu/topics/natural-resource

University of New Hampshire Carsey School of Public Policy

The Carsey School of Public Policy at the University of New Hampshire offers three public service graduate degrees – Master of Public Administration, Master in Community Development, and Master in Public Policy. Our programs offer a special mix of academic rigor and real-life expertise to prepare students for careers with impact. We pride ourselves on faculty that combine leading policy, development, and management professionals with academic scholars to bring the best combination of hands-on experience and scholarly expertise to the classroom. Students partner with local nonprofit and public sector organizations to engage in applied learning through internships and capstone projects. Our graduates are ready to succeed in careers in government and nonprofit organizations because they have gained the knowledge required for interdisciplinary problem-solving, insightful analysis, effective advocacy, strong leadership skills, compelling communications, and winning strategies that lead to public policy change and stronger communities.

Additional resources at the Carsey School include the Evaluation Program and NH Listens. The Evaluation Program conducts program evaluation and applied research to provide programs and their funders the information they need to best serve individuals, families and communities, as well as technical assistance to organizations seeking to expand their internal capacity for evaluation. NH Listens, the Carsey School's civic engagement initiative, helps NH residents talk and act together to create communities that work for everyone. More information can be found at carsey.unh.edu, or 862-0214.

VA's Caregiver Support Program

VA's Caregiver Support Program was developed to support Caregivers of Veterans, our partners in ensuring the best care of Veterans. The Program offers a wide range of services to Caregivers of eligible Veterans of all eras.

The Program provides additional services, including a monthly stipend, to Caregivers of Veterans (or Service members undergoing medical discharge) who incurred or aggravated a serious injury (including Traumatic Brian Injury, psychological trauma or other mental disorders) in the line of duty on or after September 11, 2001.

Caregivers of eligible Veterans are urged to apply for the Program through our website (www.caregiver.va.gov) or directly through the local Caregiver Support Coordinator:
Manchester VA Medical Center
Lisa Martel , LCSW, CBIS, Caregiver Support Coordinator (603) 624-4366 ext. 2524

The VA Medical Center: Healthcare for Homeless Veteran's Program

The healthcare for homeless veterans (HCHV) staff engages homeless veterans through outreach and linkage to a full range of services that can facilitate a break in the cycle of homelessness.

The HCHV program provides outreach to shelters or referrals to transitional housing programs along with referrals to physical and psychiatric examinations with follow up for primary, psychiatry, and specialty care. Homeless veterans with mental health and chemical dependency problems may also receive ongoing case management.

The ultimate goal is to link veterans to VA services as well as to services provided by other community agencies serving the homeless; the HCHV program has three components:

1. outreach and referral services 2. grant and per diem programs 3. supported housing services. All of which are important parts of the seamless system of care.
To make a referral or for additional information, please contact:
Lori Iraheta-Yem VA Medical Center, 718 Smyth Road, Manchester, NH 03104
603.624.4366 x 2701 (office) 603.657.5613 (cell)

VA Visual Impairment Services

The Visual Impairment Services Team (VIST) Coordinators are case managers who coordinate services for severely visually impaired Veterans who are enrolled in the VA. They provide and/or arrange for various services, tools, and treatment in order to enhance functioning and maximize adjustment to vision loss. The VA Blind Rehabilitation Service model of care includes an array of rehabilitative services, extending from the patient's home to the local VA care facility, and to regional low vision clinics and inpatient training programs.
Families are valued members of the treatment team and provide a unique perspective on the history, values and goals of the individual. They play a critical role in the adjustment and rehabilitation process.
Jacqui Dion, VIST Coordinator
VA Medical Center, 718 Smyth Road, Manchester, NH 03104
Jacqueline.dion@va.gov http://www1.va.gov/blindrehab/
603-624-4366 x 6475 1-800-892-8384 x 6475

Victims, Inc

Victims, Inc. Check the website for future trainings coming up for Trauma Intervention Volunteers in Strafford and Rockingham Counties.
Call 335-7777 for more information. http://www.victimsinc.org

Victoria's Victory Foundation

Victoria's Victory Foundation is helping people achieve their own personal victory. Through the Victory Scholarship program, VVF provides wheelchairs, home & vehicle modifications, in-home nursing services, training & recovery sessions and more to those living with mobility challenges and special needs. We believe in giving people access to the services and products that will help them lead more independent lives. VVF is funded through the generosity of sponsors and donors.
Contact Information: Susan Stover / Chief Executive Officer - Executive Director
Victoria's Victory Foundation victoriasvictory.org
director@victoriasvictory.org / 617.918.7979

Visiting Angels

Visiting Angels is a non-medical homecare agency that provides personal care and companion care services to elderly and older adults in their homes. Our range of services include assistance with hygiene, medication reminders, light housekeeping, meal preparation, errands, shopping, transportation, companionship and respite for family caregivers. Care options range from 1 hour visits to full 24 hour care. Visiting Angels also provides care on weekends, overnights and 24/7 live-in care if needed.

Our family owned and operated agency was founded in 2004 with the mission to provide personalized service to each client we serve. We recruit only experienced caregivers and the clients have the opportunity to choose their caregiver with our personalized screening system.

All of our caregivers are thoroughly screened, background checked, bonded and insured. We are licensed in both New Hampshire
and Massachusetts.

Visiting Angels of Stratham provides services throughout the New Hampshire Seacoast from Plaistow to Portsmouth and the Merrimack Valley of Massachusetts.
Please contact us at for more information or a free in-home consultation:
John Spellman Director email: jspellman@visitingangels.com www.visitingangels.com/stratham
118 Portsmouth Ave, B2C, Stratham NH 03885 Tel: 603-583-4890; Fax: 603-583-4892

WAYPOINT

WAYPOINT (formerly Child and Family Services of NH) is a statewide, private, nonprofit organization, dedicated to empowering people of all ages through an array of human services and advocacy. Established in 1850, Waypoint is the longest-running social service/children's charitable organization in New Hampshire and is accredited by the Council on Accreditation, meaning that the agency adheres to the highest standards of practice.

Waypoint offers services for people at every age and stage of life. An overview of services available in the SEACOAST region is as follows:

Early Childhood & Family Support

Adoption Services
Birthparent Counseling
Parent Education & Support Groups
Home Visiting / Family Empowerment
Services for Children with Developmental Concerns

Family Support Warm Line - The Waypoint Family Support Warm Line is a free phone-in service where callers can talk confidentially to a family support professional to get help with everything from coping strategies, child behaviors, family dynamics, household management and emotional distress, to gaining access to tools, resources, and services that can help navigate life during challenging times. Callers may need advice or just a trusted, nonjudgmental ear. Either way, it's a good way for families to feel less isolated and more supported. 1-800-640-6486, Monday - Friday 8am-4:30pm
Family Resource Center

Family Preservation & Strengthening

Intensive Home/Community-Based Services
Parent Aide/Supervised Visitation
Foster Care

Homeless Youth & Young Adult Services

Street 0utreach
Runaway Homeless Youth Services - expansion projects are underway throughout the state, to include opening a Youth Drop-In Center in Rochester Winter 2022.
Transitional Living & Rapid Rehousing
Youth Resource (Drop-in) Center

Community Based Volunteer Services:

DCYF referred family support program, with a warm hand-off to Waypoint
In the home and community
Voluntary, time limited, and solution focused

Advocacy

Services in other Areas of the State:

Home Care for seniors and adults with disabilities
Child Care

Kinship Navigator
Services for Children with Chronic Health Conditions

The cornerstones of the Waypoint brand are STAFF, COMMUNITY, SOLUTIONS, and IMPACT.

Our dedicated staff is known for compassion, professionalism, and ingenuity, and we work collaboratively in the community to create a social safety net for all who live here. Through our dual roles as practitioners and advocates, we strive to make a positive impact that improves lives and communities.

Our promise to you: As you go along the journey of your life, whatever challenges you face, at whatever stage, we'll be there for you, providing HELP ALONG THE WAY.

Visit us at www.waypointnh.org

Waypoint's Seacoast Family Resource Center
9 Hampton Rd.
Exeter, NH 03833
603-772-3786
Fax: 603-772-3787

Waypoint Statewide Headquarters
464 Chestnut St., P.O. Box 448, Manchester, NH 03105
800-640-6486 or 603-518-4000 Fax: 603-668-6260
Email (general): info@waypointnh.org

Well Sense Health Plan

Well Sense Health Plan is a not-for-profit managed care organization (MCO). We are a health plan selected by the State of New Hampshire to offer high-quality healthcare coverage to Medicaid enrollees throughout the state. Choose Well Sense Health Plan and you'll have access to a large network of doctors, hospitals, pharmacies and other providers throughout New Hampshire. With more than 2,000 doctors across New Hampshire and more coming on every day, you'll be able to choose a doctor or nurse practitioner who is located near you and who you probably already know. Well Sense is operated by Boston Medical Center Health Plan, Inc., which also operates BMC HealthNet Plan, a Massachusetts-based health plan serving more than 250,000 members."

Contact Info:
Member Services 877-957-1300
Care Management number 1-855-833-8119
www.wellsense.org

To find out if you're eligible for Medicaid or to learn how to apply, visit the NH DHHS at www.dhhs.nh.gov or call 1-800-852-3345 ext. 4344

Wentworth Hospice, an Amedisys Company

Wentworth Hospice has a joint venture with Wentworth Douglass Hospital; serving the Strafford County, Southern Maine and Seacoast areas. We are Medicare and Medicaid certified providing superior end of life care services. Wentworth Hospice's holistic approach to Palliative and Hospice care centers around creating a patient and family environment of hope, comfort and dignity for patients with life limiting illness.

We serve patients in their homes, assisted living facilities, nursing homes, hospitals and the Hyder Family Hospice House. Our caregivers include; physicians, nurse practitioners, nurses, licensed nursing assistants, social workers, spiritual care coordinators, bereavement counselors and trained volunteers.

Our unique programs and team strengths include-

- •Hospice care supporting all life-limiting diagnoses
- •Specialized programs for patients with dementia, including evidence-based, non-pharmaceutical therapies including a weighted blanket for managing anxiety, comfort bathing technique and supportive tools for feeding.
- •Palliative therapies that can include PT, OT and Speech evaluations.
- •Trained volunteers with a variety of skills; music and bedside singing, Chart-of-life posters, pet therapy, Reiki, Veteran-to-Veteran volunteers and vigil support.
- •We honor our Veteran's Program- Level IV; Highest Level of achievement.
- •Education and grief support for patients, family, medical practitioners and caregivers.

Community involvement; supporting local initiatives; Alzheimer Assn., End 68 Hours of Hunger.
Meet with families and patient on request to discuss the services of hospice care.
Please contact Wentworth Hospice for more information about our Hospice and Palliative Care services; Office; 603.692.0220. FAX; 603.692.0232.
Address; 9 ANDREWS Road, Somersworth NH 03842

Wentworth Senior Living

Wentworth Senior Living (formerly known as the Mark Wentworth Home) is a nonprofit senior living community dedicated to supporting seniors' health, independence, relationships, and interests in a connected environment. As an active participant in the greater community, WSL is committed to ensuring all local seniors are fully engaged in living better lives longer. Located in the heart of Portsmouth's historic South End, WSL has been in operation since 1911. The community features studio and one-bedroom apartments and a dedicated Memory Care program. We invite you to call and set up a private tour, 603-436-0169 or Visit http://wentworthseniorliving.org.

WestRoc Collaborative Partners Coalition

Focused on the communities of Western Rockingham County the WestRoc Coalition has a mission: *To provide programs focusing on prevention, treatment and Recovery which encourage healthy living.* This is a newly reorganized group which is Partner-centric with the goal of bringing partners together for discussion, working on issues and developing programs and initiative that highlight the strength of the partners within the continuum of care model. The group meets once a month typically on the third Friday of each month. For meeting location and more details about the coalition please check out our web site: www.westrockcoalition.org (set to launch winter of 2011) or email us @ info@westrockcoalition.org

Women Supporting Women

The Women Supporting Women Center is a wellness and enrichment center, open since 1996, serving both women and men. Although currently taking a Pandemic Pause (as of this writing, in early January 2021), in normal times WSW offers lectures, workshops, support groups, a lending library, and psychotherapy, all aimed at the emotional, spiritual and personal growth of adults. A quarterly newsletter details the 10-15 different programs offered each cycle, as does the web site, www.wswcenter.com. The programs offered run the gamut from important informational groups (ie, legal aspects of divorce, financial literacy, etc) to topical support groups, book and movie discussion groups, uplifting community builders (wine and food tasting, introductory watercolor class), spiritual (personal purpose, divine identity, energy healing), personal growth (communication skills, forgiveness, journaling) and whimsical angel and fairy classes. WSW is

also a safe, supportive place for women to learn and practice leadership skills, following the 12-hour leadership training class offered. New leaders are encouraged and assisted in their conception, development and implementation of a topic they want to offer a class in. The WSW philosophy is informed by the empowering work of the Co-counseling Community, incorporating such concepts as No Advice Giving, One Person Speaks at a Time (for about the same amount of time), Speak From Your Own Experience, etc. The typical participant ranges in age from 30-something to 70-something. It is a model for well people; those needing more specific help and attention are directed to the fine agencies in our community already doing crisis work and offering emergency services. Claire Houston, Director, MS, LCMHC, Lic. Psychotherapist (603) 772-0799 111 Water St, Exeter, NH 03833 www.wswcenter.com

Workplace Success

Workplace Success is a work experience and training program that provides participants in the NH Employment Program with the skills, knowledge, and support to obtain unsubsidized employment. The Workplace Success concept comprises two components: Service Bureau volunteer activities and basic work skills training, all of which develop and polish job skills needed by participants in the workforce. Most of our clients participate in Service Bureau, which undertakes short-term projects for community organizations and local government agencies meant to build specific work skills. After successfully completing Service Bureau, our participants are placed in longer-term supervised volunteer positions (WEP) in the community for 16 weeks to continue to build job skills needed to find employment.

Workplace Success is a part of Southern NH Services. Participants are referred by their State of NH Employment Program case manager.

WorkReadyNH

WorkReadyNH is a practical, tuition-free program designed to meet the needs of job seekers and career builders. The online version of our course includes the same in-depth curriculum of our in person classes while offering flexibility to meet your schedule. To effectively learn soft skills, such as communication, collaboration, and problem solving, they need to be practiced. Through 10 hours a week of virtual class time, participants will work with a group and our skilled instructors to participate in discussions of varying topics, collaborate on team activities, and analyze case studies.

This is a tuition-FREE program and available only to NH residents that are 16+. Want to learn more? Please go to: www.ccsnh.edu/workreadynh to see our list of virtual information sessions and class schedules!

Y of the Seacoast

Membership for All

There is a unique combination at the YMCA of the Seacoast as it is place where generations gather. A place where everyone from infants to seniors, adults and families socialize, share interests, and engage in programs for healthy living. The Y allows people from all walks of life to learn, grow and thrive with a state-of-the-art fitness center and wellness classes including yoga, Silver Sneakers®, Zumba, cardio, cycling and stretch, and a full aquatics program in our indoor pool including swim lessons to Rusty Hinges for seniors. We are also proud to offer on off-site summer day camp, Camp Gundalow, which offers healthy fun and adventure, and an opportunity for personal growth, new friendships and great memories to youth in our community.

At the Y we are for youth development, healthy living and social responsibility. We nurture the potential of every youth and teen, improves the nation's health and well-being, and provide opportunities to give back and support neighbors. At the Y, membership means more!
550 Peverly Hill Road, Portsmouth, NH 03801 **603 - 431.2334**

Senior and Active Older Adult programs

At the Granite YMCA, we believe our memberships, programs, and services should be accessible to all. We welcome anyone regardless of age, race, sex, ethnicity, religion. In addition to our Senior Membership pricing, we also offer income-based membership rates and we are proud to say that more than 30 percent of our membership pays a rate less than the full rate for their membership category.

Zebra Crossings

Zebra Crossings offers empowerment programs for youths and teens with chronic medical conditions. Whether it is a week-long camp or weekend activities, care is always provided by trained medical staff. We aim to lessen the burden of chronic medical conditions by connecting kids through play and giving respite for caregivers. Zebra Crossings is a fun, safe place to be where kids just get to be kids.

The connections that participants make at Zebra Crossings programs are unlike any made on a sports team, in a musical ensemble, or boy/girl scouts. Because everyone understands the fear of being different, judged, or in medical crisis, the freedom to fully be oneself emerges.

Our programs are for youth and teens, and their siblings, ages 6-17 living with a chronic medical condition, such as diabetes, asthma, Lymes disease, celiac disease, congenital heart defect, epilepsy, severe allergies and auto-immune disorders. Current programs include:

- Fun Friday Night programs for ages 6-17
- Annual weekend teen getaway for ages 13-17
- Weekend camp for families with children with Down syndrome
- Weekend camp for families with children with congenital heart defects
- Weekend camp for families with CLOVES syndrome
- two Week long summer day camps
- 6-day Residential camp for children with asthma
- Skyhawk (leader in training program) for teens ages 16-17
- Monthly Family Wellness series in conjunction with Wentworth-Douglass Hospital

Register at our online portal https://zebra-crossings.campbrainregistration.com/
For more information visit our website www.zebra-crossings.org

Thank you to our 2020 - 2021 CRN Donors *

Arts in Reach
Lamprey Health Care
One Sky Community Services
UNH Cooperative Extension – Rockingham County

We could sure use some monetary support.

Please encourage your agency/organization to help keep the CRN going….

***www.crnnh.org* for dues forms**

***as of 4/23/21**