

**COMMUNITY RESOURCE NETWORK
 SERVICELINK OF ROCKINGHAM COUNTY
 SENIOR PROVIDERS NETWORKING MEETING
 10/22/10 AGENCY INFO**

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.
 P.O. Box 251
 Kittery Point, ME 03905



A Safe Place

The mission of A Safe Place – Domestic Abuse Support Services - is to break the cycle of domestic abuse by providing crisis intervention, support services, education and advocacy to survivors, their families, and the community. We serve all of Rockingham and Strafford Counties and have outreach offices in Salem and Rochester. We also have a 24 hour hotline and a 24 hour emergency shelter in a confidential location. Our advocates provide support in the courts for Restraining orders, Divorce and Custody issues, and assist victims in obtaining legal services and provide advocacy with various social service agencies. We also have weekly support groups in each of our office locations. All the services A Safe Place provides are FREE and Confidential. Seeking help is the first step for victims of domestic abuse who want to take back their lives and journey forward from victim to survivor!"

603-890-6392
 Administrative Office Line: 603.436.4619
 Rochester, NH
 24-hour Hotline: 603.330.0214
 Salem, NH
 24-hour Hotline: 603.890.6392
 24-hour TOLL FREE (in NH): 1.800.854.3552
Website: www.asafelacenh.org

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-Community Outreach
900 Elm St., Suite 702, Manchester, NH 03101
phone: 603-621-1004 fax: 603-629-0066 cell: 603-858-4640
dmcnutt@aarp.org www.aarp.org

The Adult Learner Services Program of Rockingham County

The Adult Learner Services Program of Rockingham County offers adults free, confidential, one-to-one and small group instruction in basic reading, math, writing, English for Speakers of Other Languages (ESOL) and preparation for the high school equivalency exam (GED). Volunteer tutors receive training, materials and ongoing support as they work in partnership with their students to reach individual educational goals. Customized small group instruction can be arranged where there is a need in the community

Katie Walker kwalker@sau16.org Adult Learner Services Coordinator
Tuck Learning Campus, 30 Linden Street, Exeter, NH 03833
tel (603) 775-8458 fax (603) 775-8430 www.sau16.org/adult.htm

Ageless Dreamer

Making dreams come true by reminding Caregivers and Adult Children to encourage our oldest generation to dream out loud enhancing their quality of life - *then watch the magic unfold*. We help bring awareness to the wisdom, talents, and unspoken dreams of our elders, engaging them in meaningful conversations.

Ageless Dreamer aims to get louder than the common day discussion about wheelchairs, walkers, hearing aids, life lines, RX prescriptions, doctors appointments, what'd you have for breakfast today, and did you have a bowl movement?

One day at a time. One dream at a time.

Laurie Widmark, Founder/Full Time Volunteer CED [*Chief Executive Dreamer*]
56 Sixth Street, Ste. 2, Dover, NH 03820
PO Box 457, Dover, NH 03820-0457
Office (603) 953-0006 Cell (603) 988.3563
www.agelessdreamer.org

AgeQuest, LLC

AgeQuest, LLC provides consultation and support to individuals and families who are facing aging concerns. Whether it's assessing and planning (to stay independent and in charge) or helping to manage a difficult conversation or transition, *AgeQuest* can provide practical and flexible strategies that work. We offer a complimentary ½ hour initial phone or in-office consultation for first time callers. The *AgeQuest* office is conveniently located in the heart of downtown Portsmouth – 18 Congress Street, Suite 208. Call 603-334-6565 for an appointment, or visit our website at www.agequest.com.

Amedisys Hospice of Portsmouth

Amedisys' specialized team of hospice professionals works with the patient, family members, and attending physician to develop a plan of care that will best meet the patient's individual needs. Early involvement of hospice care is beneficial to patients as well as their loved ones. Amedisys is the right choice for your hospice needs. A relationship of trust can develop over several months, allowing time for all who are involved to more fully understand the patient and family's needs, resulting in greater comfort and quality of life. Hospice services are widely

available and covered by Medicare Part A. It is also covered by Medicaid in most states and many other private or managed-care insurances. For more information, please contact us at 800.435.1243 or 603.431.5442

95 Brewery Lane, #14

Portsmouth, NH 03801

Website: www.amedisys.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, disables 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: Laurie Duff, Director lduff@eastersealsnh.org
603 621-3497 1-800-870-8728 Website: www.nh.easterseals.com



Child and Family Services Seacoast 2010

ADOPTION AND EARLY CHILDHOOD

- **Adoption Services**—Unbiased, confidential counseling for parents facing unplanned pregnancy; expert adoption planning services available. Home studies for domestic and international adoptions; consultation and mediation. Post-adoption search and reunion coordination including counseling and support for birth parents, adoptees and siblings.
- **Early Supports & Services/Early Intervention**—Provides family-centered early supports and services and therapies to infants and toddlers who have developmental disabilities, developmental delays, or who are at risk of developmental delays. Birth to three. Services are provided in the child's natural environment.
- **Healthy Families Home Visiting Program**—Serves pregnant women through an array of services that work to ensure good prenatal care, successful birth outcomes, positive early parent/child relationships and optimal early childhood development.

TEEN AND YOUNG ADULT SERVICES

- **Student Assistance Program**—An array of school based programs dedicated to ensuring positive academic and social outcomes for students. Focuses on substance abuse prevention, violence prevention, successful home-school partnerships, positive peer leadership, goal development and life skills training. Provides individual, family and/or group counseling and case management.
- **Transitional Living Program**—Safe, stable housing and supportive services provided to homeless youth ages 18-21. Services include mentoring, life skills training that helps with cooking, laundry, budgeting, educational support and more.
- **Street Outreach**—Assistance to street youth, homeless youth and those at risk of homelessness. Provides direct relief and opportunities for runaway and homeless youth to stay safe while finding stable home environment.
- **Housing Support Program**—Works to re-house young adults who are at risk of becoming homeless. Provides security deposits, subsidizes utility bills, assists with employment and building independent living skills and covers rent while individual becomes self-sufficient.

COUNSELING

Therapeutic counseling for children, youth and adults, couples and families. Help with child behaviors, problems in school, divorce and step-family adjustment, family violence, relationship conflicts, emotional complaints, stress, self-defeating behaviors, addictive behaviors, loss and trauma, anxiety, phobias, compulsions.

► Clinicians can also provide services within local elementary schools. Most insurances accepted. Generous sliding fee scale available.

FAMILY SUPPORT

• **Permanency Solutions/Foster Care**—Multi-faceted program that tailors a spectrum of therapeutic, social and community services to the specific needs of a child and his/her family. Facilitates permanence through family stabilization or reunification. Includes foster care services such as placement, foster parent training and family support.

• **Integrated Home Based Services**—A 90-day service designed to restore positive family functioning by providing intensive support and intervention. Includes family therapy, tracking and/or parent support.

• **Turnabout**— Intensive tracking, supervision and/or mentoring of adjudicated youth (age 11-17). Community based.

• **Parent Aide (Child Health Support Services)**— Provides supervised visits between parents and children and offers practical help with parenting and household management.

• **Deployment Cycle Support Program**—A military-civilian partnership designed to assist service members and their families before, during and after deployment.

Care coordinators work with families to provide anything from mental health counseling, home-based family support, transportation, housing, emergency financial assistance, counseling for children at home and school, child care and respite services, employment assistance, help with accessing and navigating the healthcare system, and more.

SUMMER CAMP

• **Camp Spaulding**—An overnight summer camp for boys and girls ages 8-14. Activities include an equine program, arts & crafts, archery, canoeing, fishing, swimming lessons, hiking, field trips, activity days, campfires, a wilderness camp program and high and low ropes courses. Four 2-week sessions each summer.

COMMUNITY EDUCATION & OUTREACH

• **ParentLine**—Free and confidential parenting advice that is accessible by emailing parentline@cfsnh.org or by calling a toll-free warm-line, 1-800-640-6486.

ADVOCACY

• **NH Children's Lobby**—Improving the lives of children and families through legislative, judicial, and public policy initiatives. Members receive newsletter and action alerts during legislative session.

1-800-640-6486 www.cfsnh.org

The Community Diversion Program

The mission of the Community Diversion Program is to provide youth and families in the Greater Seacoast with alternatives to court. Since 1995 we have provided youth with psycho-educational programming and assistance in completing community service hours. Finding youth educational and meaningful community service opportunities is a top priority for our organization. This is why we are reaching out to organizations that cater to senior citizens to find volunteer opportunities for youth. Some of benefits that I've seen range from agencies being able to accomplish more and "check off" tasks on their to do list to youth gaining self esteem, developing competencies, and connecting with caring adults. If such opportunities are available

at your agency, whether one-time events or on-going, please call William Meub, Youth Service Coordinator at 603-430-8570 ext. 12 or e-mail at willcdp@aol.com.

Community House Calls **

Community House Calls of Chester, NH has been in business since 2003. They 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 have also been recently appointed an accepted dealer for home modification riders on 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.

A new division called "Healthy Homes" was just added to Community House Calls in December 2009. It offers help and support to those 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: 603-887-7878 or 1-888-887-0688, or on the web at: www.communityhousecalls.com.

Community Partners

Community Partners is designated by the State of New Hampshire as the Community Mental Health Center and Area Agency for Developmental Services in Strafford County.

REAP is a free program that is available to all older adults in the community. 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. Contact Roni Shea, REAP counselor at rshea@communitypartners.org.

Elder Services provides mental health services, including intake and assessment, psychiatric evaluation and medication monitoring, nursing services, case management, home- and community-based supports to older adults, (age 60 and above), who are eligible for state-supported services. Services are individualized, with some older adults receiving daily wrap-around supports, while others may be seen weekly, monthly or quarterly. Family supports, and individual and group IMR (illness management and recovery) training can be provided as needed. Psychiatric consultation is available to contracted nursing homes. Mental health services are closely coordinated with medical providers, HCBC, housing programs and assisted living facilities and other community providers and resources.

Developmental services include case management; residential and day programs; community support services; family supports, including respite and transition planning; and nursing.

Advance Employment Services (AES), a subsidiary of Community Partners, provides vocational services and supports for any client or resident of Strafford County interested in pursuing employment.

For more information about Community Partners and its services, please call 603-516-9300 or visit the website at www.communitypartnersnh.org.

Community Resource Network

CRN provides:

- Networking meetings
- 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 dues/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 sturner@rcaction.org Cell: 969-5318

► Does your organization or committee need help pulling a group together to work on an identified need – call Susan at the RCCR and see how we can help organize/facilitate the efforts.

Community Wellness Coalition

The CWC works to develop and support individual, family and community well-being in all the interdependent dimensions of life: physical, emotional, intellectual, spiritual, social, cultural, occupational, financial/material and environmental.

The CWC has as its primary activity the promotions of collaboration among individuals and organizations in Kittery, Eliot, York, and South Berwick, ME.

The CWC is available to help the community to identify and fill any resource gaps which prevent maintenance or restoration of well- being.

Contact information: <http://www.keysregion.org/cwc.htm>

Glen MacWilliams, president gmacwill@maine.rmm

Nancy Farron, coordinator [nanef@comcast.net](mailto:nanf@comcast.net)

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.

Ann Schwartzwalder, Program Director 431-3042
30 International Drive Suite 202 , Portsmouth, NH 03801
ann.schwartzwalder@crotchedmountain.org www.crotchedmountain.org

Dover Community Senior Center

McConnell Center
61 Locust Street, Suite 226
Dover, NH 03820
Senior center (603) 516-6436 - Hours of operation Monday through Friday 9a-4p
Senior travel (603) 516-6437 - Hours of operation Tuesday and Thursday 9a-4p
Donna Torressen, Recreation Program Supervisor

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
3 Gage Street, Dover, NH 03820

Exeter Adult Education **

Exeter Adult Education is located at the Tuck Learning Campus (old Exeter High School building) 30 Linden Street entrance D in Exeter.

Exeter Adult Education Program has day and evening programs to assist adults in learning or improving basic reading, writing, English and math skills or to prepare for the GED exam.

Class schedule for basic skills and GED:

DAYS: Monday, Wednesday, Friday, 9:00 AM - 12:00 noon

EVENINGS: Monday & Thursdays, 6:30-9:00 PM

ESOL classes are:

DAYS: Monday, Wednesday, Fridays (Beg, Int, & Adv)

EVENINGS: Monday, Tuesday, and Thursdays (placement test at registration determines level for enrollment and schedule).

Exeter Adult Ed also has an Adult High School Diploma Program with courses that meet once a week on Monday, Tuesday, and Thursday evenings from 6-9 pm. Enrollment is only in early September and January.

Enrichment classes also available for personal & professional development and fun!

For complete information of courses & times go to <http://adulterdw.sau16.org>

Please call 775-8457 with any questions.

Exeter Hospital:

1. HealthReach Community Education

As an integral part of the community, we make it our responsibility to educate, inform, and help The people we serve. That is why our health educators are committed to providing you with up

To date 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 include:

- **American Heart Association CPR and First Aid certification classes**
- **Better Choices, Better Health**

This is a six week workshop that uses group participation and the support of trained leaders and peers to help people with stable, ongoing health conditions learn life skills and techniques to manage their own condition. Each class is 2 1/2 hours long to allow for brainstorming and discussion of general information that is helpful to anyone regardless of their specific health condition, such as nutrition, stress management, problem solving, and communication skills.

- **Your Weigh to Wellness**

An innovative 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.

- **“Building Strength Together” Bone Health Education and Support Group**

Free for men and women of all ages interested in an energetic, informative, and interactive discussion about bone health, osteoporosis prevention and osteoporosis self-care. Quarterly meetings facilitated by an Exeter Hospital-affiliated health professional.

2. Senior Outreach Initiatives

Sponsored by the operating affiliates of Exeter Health Resources (Exeter Hospital, Exeter Healthcare, Core Physicians, Rockingham VNA and Hospice, Synergy Health and Fitness Center). 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. Providing health education and screening programs, coordinated by Exeter Hospital's HealthReach Community Education department, to community senior centers in our service area such as:

- Newmarket
- Plaistow
- Exeter

2. Connecting seniors to community based programs offered by our HealthReach Community Education, such as

- Better Choices Better Health Workshops
- Your Weigh to Wellness weight management program

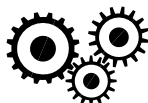
- “Building Strength Together” Bone Health Education and Support Group

3. Promoting access to all age-appropriate health promotion programs provided by The operating affiliates of Exeter Health Resources and community senior Programs through an array of centralized communication resources:

1. e-newsletter (*E-Perspectives*)
2. Direct mail newsletter (*Healthy Perspectives*).
3. Services
4. Education programs
5. Health of Month campaigns
6. Monthly class/event calendar

Call center: Exeter Hospital Information and Referral line, 580-6668

1. Physician referral
2. Class and support group registration



Families First Health & Support Center

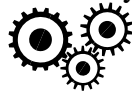
Located at the Community Campus in Portsmouth, Families First is the Seacoast’s community health center, providing a broad range of health and family support services to individuals and families, regardless of ability to pay. For the latest information about Families First, please sign up for our monthly E-newsletter: <http://www.familiesfirstseacoast.org/enewsletter.html>

Services include:

- **Medical care:** Medicaid, Medicare and private insurance are accepted and there is a sliding fee scale for uninsured or underinsured residents of New Hampshire and Maine. Includes primary care for men, women and children of all ages; prenatal care; well-child care and immunizations; social services coordination (including help enrolling in New Hampshire Healthy Kids and Medicaid); health education and counseling (including managing chronic illnesses, drug & alcohol addiction, nutritional services, and behavioral health); on-site lab services; free breast and cervical cancer screenings for eligible women; access to prescription assistance; and developmental screening for children. Call 603-422-8208 ext. 1.
- **Dental Care:** For all children and teens living in New Hampshire and Maine who do not have a regular dentist; clients of Steppingstones or AIDS Response Seacoast; and established patients of Families First Health Center. Accepts Medicaid and private insurance and has a sliding fee scale for the uninsured or underinsured. Call 603-422-8208 ext. 1.
- **Parenting classes and family programs** are offered year-round at the Community Campus in Portsmouth, and also regularly in the Lower Seacoast region and Western Rockingham County region. Many programs are free; some have a charge but it is waived for clients of Families First Health Center or home visiting programs. **Parenting classes** include topics such as anger management, 1-2-3 Magic, reasonable expectations, communication, and effective discipline. Co-Parenting, a four-week series offered to separated or divorced parents, is offered several times a year. **The Mother-to-Mother Connections** group runs Thursday mornings for moms with postpartum depression, anxiety or other challenges beyond everyday postpartum adjustment issues and is facilitated by certified doula Susan Remillard and Andrea Rutherford. Advance signup required; call Joanna at 603-422-8208 ext. 123. **Family programs** include parent/child playgroups for babies, toddlers and preschoolers; and programs where parents and kids spend some time together and some separately. call 603-422-8208 ext. 2 or visit www.FamiliesFirstSeacoast.org/calendar.html.
- **Individualized support for families coping with a wide variety of stressors** such as financial, housing, transportation, family issues, behavioral issues and much more. Families First

home visitors and care coordinators offer support, education and links to needed services and benefits, and assistance completing applications for NH Healthy Kids, SeaCare and housing. Call 603-422-8208 ext. 125.

- **Partners in Health** provides individualized assistance to families who have a child with a chronic illness such as allergies, asthma, diabetes, genetic disorders, cancer and more. Call 603-422-8208 ext. 146.
- **Mobile health care for people who are homeless.** Mobile health teams travel to sites in Portsmouth, Hampton, Dover, and Rochester, including shelters, soup kitchens, churches and Salvation Army locations. The teams provide health care, substance abuse counseling and social work services and dental care. Call Emily, 603-422-8208 ext. 129. For a van schedule, call 888-922-0005 or visit www.familiesfirstseacoast.org/health_care_for_homeless.html.
- **Seacoast Healthy Grins**, a school-based oral health education, dental screening, cleaning and referral program. Call Cindy Bishop 603-422-8208 ext. 138.
- **Professional Development** is available to groups on a variety of child and family topics. The cost is \$150 for a 1.5-hour session. Call the Family Center at 422-8208 ext. 123.



Feminist Health Center – Portsmouth

The Health Center is a free-standing non-profit clinic. We are fully licensed and operate with board certified doctors, licensed nurse practitioners, registered nurses and well trained staff. We provide quality reproductive health care counseling in a confidential, safe and supportive environment. Services we provide are:

- Well woman care – Our family practice advanced registered nurse practitioners offer a full range of routine health care including, but not limited to pap smears, birth control, vaginal & urinary tract infections, PMS and menopause consultation, and the morning after pill.
- Contraceptive counseling and pregnancy testing – Individual counseling on the pros and cons of the range of contraceptive methods and finding the one that would best meet individual needs.
- We also offer in-depth pregnancy options counseling which supports the right of each woman to make her own informed decision. We also offer ultrasounds to determine gestational size and inter-uterine pregnancy.
- First trimester abortions – Either surgical, performed by a board certified physician or early pregnancy abortion by medication are available by appointment.
- STD/HIV testing – Walk-in clinics on Wednesday evenings are for men and women. We provide STD testing and treatment, as well as HIV counseling and rapid testing.

General information about our services is available over the phone (436-7588) Mon, Tue, Thu, Fri 8am to 5pm and Wed 8am to 7:30pm.

The Feminist Health Center of Portsmouth – Brigit Ordway – Brigit@fhc-p.org

POB 456 436-7588

559 Portsmouth Avenue

Greenland NH 03840

Email: mail@fhc-p.org website: www.fhc-p.org

Gateways for Seniors

New Hampshire's Choice for Senior Care in Hillsborough and Rockingham County

For nearly three decades Gateways Community Services has been providing service to the community. In 2002 we became New Hampshire's first licensed Other Qualified Agency to provide Consumer Directed Services for seniors. That was the beginning of what is now called **Gateways for Seniors**, and today we offer a full range of personal care and homemaker services in your home, with your work, and on your schedule.

At **Gateways for Seniors** our staff work with you to assess your non-medical, daily living needs and to design the kind of support and care that fits you. Our personal care service providers and homemaker service providers have eight hours of training and are certified professional care service providers. They undergo complete background and medical screenings, have clean driving records, have participated in annual training and field supervision.

If you want New Hampshire's Choice for in-home personal care and homemaker services call Jane Keay at Gateways for Seniors at 809-0426

Sharon Stephens, Director

144 Canal Street.

Nashua, NH 03064

P: 603-459-2742 F: 603-889-5460

Email: mail@fhc-p.org website: www.fhc-p.org

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 AfterCare 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

Homeless Center for Strafford County

Homeless Center for Strafford County is a 6 bedroom home converted into an emergency overnight shelter for Strafford county residents. We provide shelter, food, clothing, support and case management to individuals who find themselves homeless during the months of October through April. Referral based intakes only; we cannot accept walk ins nor call ins; this maintains the safety of our families staying with us.

Jan Walsh-grande, Director 332-3065

homelesscenter@peoplepc.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

Carey Fitzgerald, Community Liaison - careyfitzgerald@homeinstead.com - 603.433.5959

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, York County and the Rockingham and Strafford county areas of New Hampshire. 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

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

The Inn at Deerfield Inc.

Phone: 603-463-7002

fax: 603-463-9721

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 noggin 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.

Lamprey Health Care



Lamprey Health Care is a non-profit community health care center that provides prenatal through geriatric healthcare services regardless of a persons ability to pay. We offer primary care for all ages, comprehensive prenatal and obstetrical care, nutrition counseling, chronic care management and education for diabetes and asthma. We offer on site lab services, radiology- including x-ray, mammography and bone density screening and physical and occupational therapy. Additional services offered are Care Coordination, Substance Abuse Counseling, Health Education, Medication Assistance Program (MAP), school-based preventive dental care, Healthy Kids /Medicaid application assistance, and senior transportation. Our InfoLink program also offers two prescription programs, one for chronic conditions and one for short term prescriptions which can be accessed at: #422-8220. For further information: www.lampreyhealth.org Or call Office located in Newmarket: 207 Main Street; #659-3106 and Raymond: 127 Route 28; #895-3351.

Lamprey Senior Transportation provides weekly shopping trips for seniors and those with disabilities in 28 seacoast towns. Our handicap accessible busses visit each town once a week and provide door to door service. There is also a once a month day-long outing that includes lunch and a seasonal point of interest. Rides to medical appointments are available but must be scheduled several weeks in advance. Transportation may be reached at 1 800 582-7214.

Living Innovations **

Providing Support for Elders and People with Disabilities

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 elderly and disabled people living in New Hampshire, Maine and northeastern Massachusetts.

Living Innovations Home Care is focused on the particular needs of elders and their families. We believe that each person, and each situation, is unique and we strive to develop individualized care plans and make strong caregiver matches that optimize the client's ability to stay happy, healthy, and safe at home. What does this mean?

Living Innovations Home Care has:

- Developed care plans of as little as two hours per week of homemaking services for those needing help with light housekeeping, shopping and transportation
- Developed care plans to help with bathing, dressing and hygiene as well as homemaking and meal preparation
- Developed 24/7 care plans for frail seniors who wish to "age in place" and require comprehensive care to remain in their home
- Developed care plans for those needing medication reminders and even for those requiring skilled nursing services in their home

At *Living Innovations Home Care*, we value our elders and the richness they bring to our lives. We know that every caregiver is a companion as well and we look for that special blend of compassion and competence in every member of our staff. Please look for us online at www.Livinginnovations.com or call us at 866-665-9778 for a free in-home care assessment.

LSS In-Home Care

LSS In-Home Care is a Licensed Home Health Care Agency dedicated to providing quality nonmedical paraprofessional home care services to residents of New Hampshire and Maine. Each day we help over 500 people meet their daily needs, remain in their homes, and preserve their independence. Our services include:

- Light housekeeping tasks
- Meal assistance
- Grocery shopping and other errands
- Transportation to appointments
- Neighborhood or community outings
- Mail assistance and organization
- Bathing, and other personal care assistance
- Medical reminders
- And more.....

Please visit us online at www.lssinhomecare.org, call 603-224-8111, or call toll free 800-244-8119.

More Than Wheels

More Than Wheels is an award-winning nonprofit organization that helps people get the best deal on a reliable and fuel-efficient car. Since its establishment in 2001, More Than Wheels has helped nearly 1,400 New England residents get the best deal on a new or nearly new car by negotiating with dealers to secure the lowest price and providing the lowest interest rate available. We provide personal financial education by giving people the tools and knowledge they need to improve and maintain their financial stability—now and in the future.

As a result of the new car and empowered with the knowledge and skills, many are able to improve their job prospects, their family's health and well-being, their credit and overall financial stability. A survey conducted by the Carsey Institute at the University of New Hampshire showed that among More Than Wheels clients surveyed:

- 75 percent reported spending less on car repairs.
- 73 percent reported a better overall financial outlook.
- 50 percent are better able to get to their jobs.
- 52 percent had improved access to health care.
- 38 percent have improved access to nutritious food options.

Get the Best Deal on a New Car

Whether you have good credit or need help with your finances, our car-buying experts will:

- Help you find the car that fits your needs.
- Negotiate with the dealer and the bank on your behalf to get the lowest price and interest rate.
- Help you save on gas and repairs with a reliable, fuel-efficient car.
- Improve Your Finances

For people who need help with their finances, More Than Wheels' award-winning program features a comprehensive [Financial Fitness](#) course that can help you raise your credit score and improve your financial planning. Our program has helped nearly 1,400 New England residents save money and plan for the future.

Please call 866-455-2522 or visit our website at www.morethanwheels.org for client qualification to the program.

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

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 Futures

New Futures Announces its 2010-2011 Leadership Retreat Schedule!

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. Retreats are scheduled for December 9, 2010; February 10, 2011; and April 6, 2011. Applications and info: www.new-futures.org or Linda King, lking@new-futures.org or 225.9540.

New Futures to Host Advocacy Workshops!

Designed to provide prevention, treatment and recovery advocates with the most current information on issues ranging from the state budget process to the impact of federal health care reform on the field, these workshops are open to all at no charge.

All workshops will be held in Concord from 9:00 a.m. to 12:00 p.m.

The series begins on November 4th with "The State Budget Process: What You Should Know" with presenters Steve Norton of the NH Center for Public Policy and Jeff McLynch of the NH Fiscal Policy Institute. To view the full schedule, visit www.new-futures.org or call 225.9540. Register by email, adminasst@new-futures.org.

The New Hampshire 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	Denise Caruso, Low Vision Therapist / Rehabilitation Therapist
25 Walker Street		127 Parrott Avenue
Concord, NH 03301		Portsmouth, NH 03801
1-800-464-3075		603-431-9401 ext. 360

NH Department of Health and Human Services - BEAS

The Bureau of Elderly and Adult Services investigates reports of abuse, neglect, self-neglect, exploitation, emotional abuse and sexual abuse of elderly and incapacitated adults under RSA 161-F:42-56, the Protective Services to Adults law. Anyone suspecting any abuse 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 the Central Intake rather than the local offices. NEW ADDRESS 50 International Drive, Portsmouth – at PEASE NEW Phone Number: 334-4325

New Hampshire Legal Assistance

New Hampshire Legal Assistance represents low-income and elderly people in civil cases involving housing, health care, public benefits, consumer problems, and domestic violence. Three attorneys, two secretaries, and two paralegals are based in Portsmouth.

Normal business hours of 8:30 to 5:00 Monday through Friday.

We can be reached at 431-7411 or 1-800-334-3135

154 High Street, Portsmouth, New Hampshire.

Kay E. Drought, Litigation Director

Tel. 603-431-7411, extension 2503 Fax 603-431-8025

KDROUGHT@NHLA.ORG

One Sky Community Services

One Sky Community Services is a non-profit agency that contracts with the state of N.H. to assist people with developmental disabilities or acquired brain disorders to live as valued and participating members in their communities. One Sky is one of ten regional agencies that contract with the state of New Hampshire's Bureau of Developmental Services to provide developmental services throughout the state. In Region VIII (northern Rockingham County), One Sky offers supports such as:

- Service Coordination for adults and high school students making the transition to adult life;
- Community Services for individuals living independently or in shared homes in the community;
- Early Supports and Services for children under age three and Family Support Services that include respite care and information/referral for a variety of needs;
- Family Support services that include help in securing benefits, obtaining adaptive equipment, networking with parents of children with developmental delays and disabilities and emotional support for the entire family.

For more information, call 603-436-6111 or 1-800-660-4103. Fax: (603) 436-4622
Family Support Services -- Lenore Sciuto, ext. 107
Adult Service Coordination -- Karen McLaughlin, ext. 135
Community Services – Leslie Hanson, ext. 143
Intake for persons aged 3 and above -- Eliza Hobson, ext. 115
Intake for Early Supports and Services for children up to age 3 -- Jennifer Warchol, ext. 147
One Sky is located at 755 Banfield Road, Suite #3, Portsmouth, NH 03801. Visit our website,
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
Senior Living Consultant
P.O. Box 1492
Concord, NH 03302
1-603-303-1436

Judith A. Palais **

I meet with Senior individuals, couples, and with families to help in seeing if any services are needed. I am available as a Licensed Clinical Psychiatric Social Worker to serve as a therapist, to share resources that are available in the community and elsewhere, for medical, social, and familial needs, and to help resolve ongoing issues and emergencies that need an informed and educated non-judgmental approach.

It is important that Seniors are given every opportunity to choose what they feel is preferable, and I often serve as a mediator with families and friends who have concerns re: choices that Seniors are making for themselves as they reach retirement age, think of moving to new areas, enter new relationships, need help and support perhaps, face new health issues, while wishing to remain as independent as possible.

As an active Senior, age 75, still in practice, in Portsmouth and Dover, NH I bring an informed and supportive stance to this portion of our lives when we make new choices for ourselves on a variety of issues.

I accept both Medicare, Medicaid and other Insurances, and see people by appointment at either office, and make home visits, and meet clients in Extended Care Facilities, Nursing Homes, Hospitals - which ever will work best for the client. All information shared is private unless the client specifically asks that others be involved in planning concerns or choice-making.

Let me know if I can be helpful.

Judith A. Palais MSW, LICSW, DCSW (603) 431-3434
118 Maplewood Avenue/Bldg C, Unit 8, Portsmouth, NH 03801-3787

REAP - Referral Education Assistance Prevention Program **

REAP is a statewide prevention program managed by Seacoast Mental Health Center. It provided free counseling (up to six sessions), and educational services to help elders and their CRN Senior Providers Fall Networking 17 10/22/10



caregivers better understand and deal with the many changes they encounter. REAP is also available the professional community to help in identifying people who might benefit from counseling services but who may be reluctant to make that first appointment.

Lucille Karatzas LICSW, Director, Elder Services

REAP Director, Trainer and Counselor

Seacoast Mental Health Ctr.

1145 Sagamore Ave., Portsmouth, N.H. 03801

lkaratzas@smhc-nh.org 431-6703

Rochester District Visiting Nurse Association **

Rochester District Visiting Nurse Association is a full service Home Health Care Agency serving Strafford, No. Rockingham and So. Carroll Counties in New Hampshire since 1913. Rochester District VNA has many certified specialists inc; Wound/Ostomy, IV, Psychiatric, Maternal Child Health, Lactation Consultation and Diabetes, on staff to provide the best care possible. Services Include; Nursing, Rehabilitative Therapies, (Physical, Speech, Occupational) Licensed Nursing Assistants, Medical Social Worker, Support Services and Adult Day Center.

Rochester District Visiting Nurse Association's Adult Day Center is the perfect balance between healthcare and socialization in a safe environment. The center provides individualized care for adults in need of medical, therapeutic and social intervention. The Center is open Monday through Friday from 8 a.m. to 5 p.m. to accommodate caregiver's work schedules. Participants are involved in a caring and stimulating environment. Each participant receives an individualized plan of care from specialized staff members. Services provided include nursing, therapies, personal care, group exercise and wellness programs, healthy meals, socialization and counseling. Transportation Available.

For more information please contact Judy Ouellette, Community Relations Director at (603) 332-1133 or visit our website at www.yourvna.org.



Rockingham Community Action please go to: www.rcaction.org for detailed info on each program *RCA Administrative office has moved to 4 Cutts Street in Portsmouth.*

► **Community Action Centers** provide the following services to income-eligible individuals and families in need: Homeless prevention (utility/rent/mortgage), security deposit/rent assistance, emergency food, supplemental food/personal care products, IDA (Individual Development Accounts), holiday assistance/referral, Personal Emergency Response System, and information/referral/advocacy and fuel and electric assistance programs.

The Seacoast Action Center (474-3507) serves the following communities: Hampton, Hampton Falls, Kensington, North Hampton, Rye, Seabrook, South Hampton, and Stratham.
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, Newmarket, Northwood, Nottingham, and Raymond. 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. 1-800 939-9172

• **Asset Development Program**

The RCA Asset Development Program comprises three main areas focused on improving financial stability for individuals and families. The Individual Development Account Program (IDA) is a federally-funded matched savings program for low to moderate income persons who

are pursuing one of four asset purchasing goals: (1) home purchase, (2) development of a small business enterprise, (3) pursuing a post-secondary education program, and (4) purchase of a car.

RCA works with home purchase and education candidates, while applicants seeking the other asset goals are referred to other area community partners. Participants meeting the program's training and savings requirements earn a 3:1 match on their savings, assisting them to achieve their asset-purchase goals. The maximum amount of one's own money is \$2,000, which could be matched with \$6000, for a potential total of \$8000 towards their asset goal.

Various financial education workshops are held throughout the region and focus largely on gaps in available information and current issues facing low to moderate income families.

Lastly, we promote the free tax preparation services provided through the CASH Coalition, including the VITA and AARP Tax Aide resources. CASH Coalition's Portsmouth VITA site is housed at Northeast Credit Union with additional temporary locations in the community. The VITA site is proud to have served over 330 people in the 2009 tax season.

The Asset Development Program's mission is to expand the number of persons pursuing these opportunities, assist them in building savings and assets, and to strengthen their financial stability and wellbeing. The contact person is Heather Weste, Asset Development Coordinator, Rockingham Community Action, 4 Cutts Street, Portsmouth, NH 03801, (603) 431-2911, hweste@rcaction.org.

●**The Fixit Program**

Helps seniors and disabled persons remain independent and in their own homes.

Providing minor maintenance and repair to the homes of persons living in Rockingham County Service provided by volunteers from local communities.

The homeowner is charged a set amount for cost of materials used. There is no set charge for the labor but the homeowner is expected to make a donation in accordance with their ability to pay. The donation enables the program to provide services to additional individuals in the community.

This program is open to any citizen, 60 years or age or older or any disabled person regardless of age whose disability hinders their ability to maintain their homes. No income eligibility standards.

For information or assistance call: Elaine Wiesman ewiesman@rcaction.org

Portsmouth (603) 431-2911 or 1-800-556/9300

●**Fuel Assistance/ Electric Assistance Programs**

Fuel Assistance program operates from September 1 through April 30. The program assists income eligible households pay their heating bills during the winter months. Grants range from \$120.00 to \$975.00 per household for the heating season. Applications are taken in person in Portsmouth, Raymond, and Salem offices and other sites when available. For appointments in Portsmouth call 436-3896; for appointments in Salem, call 898-8435; for the remainder of the county, call 1-800-639-3896.

The Electric Assistance program assists income eligible households with a discounted rate. This program operates on a year round basis. For appointments in Portsmouth call 436-3896; for appointments in Salem, call 898-8435; for the remainder of the county, call 1-800-639-3896.



Rockingham County Community Resource Network

The Rockingham County Community Resource Network, Inc. is the parent organization for the CRN. RCCRN is fiscally sponsored/supported by Families First Health and Support Center.

RCCRN's mission is to build partnerships, expand resources and eliminate barriers so that every community member can realize complete physical, emotional and social well-being.

RCCRN promotes and supports individual, family and community well being in all the interdependent dimensions of wellness: physical, emotional, intellectual, spiritual, social, cultural, occupational, financial/material, and environmental. RCCRN can play a specific role in bringing entities together to find solutions to the issues facing our region. The RCCRN partners are currently working in coalitions on Mental Health Integration, Prevention and Wellness, Health Care for the Homeless, Suicide Prevention, Veterans Conference and the planning for a Supervised Visitation Center. For more information on our initiatives or to join the collaborative contact:

Susan Turner

Cell: 969-5318

sturner@reaction.org

www.crnnh.org

Rockingham Nutrition & Meals On Wheels Program

The Rockingham Nutrition & Meals On Wheels Program is a nonprofit agency dedicated to providing nutritious meals 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. Suggested donation is \$2.00 per meal.

Local dining facilities are located at:

BRENTWOOD: Brentwood Baptist Church, 201 North Road, 679-4696

DERRY: Marion Gerrish Center, 19 West Broadway, 434-5148

EXETER: Exeter Senior Center, 30 Court Street, 778-8196

HAMPTON: United Methodist Church, 525 Lafayette Road, 929-1108

LONDONDERRY: Londonderry Senior Center, Mammoth Road, 432-7509

NEWMARKET: Newmarket Community Center, 1 Terrace Drive, 659-3150

PLAISTOW: Vic Geary Center, 18 Greenough Road, 382-5995

PORTSMOUTH: NEW DIGS in Atlantic Heights - 40 Bedford Way, 431-0561

RAYMOND: Ray-Fre Senior Center, 64 Main Street, 895-3258

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

SEABROOK: Seabrook Community Center, 311 Lafayette Road, 474-2139

WINDHAM: Windham Sr. Citizen Center, 5 North Lowell Street, 434-2411

Please call the home office at **679-2201** for more information.

Rockingham VNA and Hospice

Rockingham VNA and Hospice is a community based non-profit Home Health agency that serves Rockingham County as well as the communities of Lee, Durham and Barrington. We provide Skilled Nursing, Physical Therapy, Occupational Therapy, Social Work, Home Health Aide, Registered Dietician, specialty services for Diabetes, Wound Care Management and Falls prevention to the adult and elderly population. Our Tele-Health component, the Health Buddy can help monitor the status of our patients and remotely sends information to our Tele-Health RN who reviews the information received and works with the doctor in coordination of care.

The Advanced Illness Program emphasizes palliative care to address the many ways that a serious illness affects the patients and their families.

Hospice is a comprehensive team oriented program of care that seeks 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.

Our mission is to assist in improving the health of the community by promoting well being and independence by providing patient centered healthcare services in the comfort of the home and within the communities we serve.

Rockingham VNA and Hospice also provides the communities with clinics to help our adult and elderly residents stay well and be well. Such clinics include, blood pressure, foot care, seasonal flu clinics and community health education.

For more information about our service please feel free to call us at 1-800-540-2981 or visit our web site at www.exeterhospital.com.

RSVP The Friends Retired and Senior Volunteer Program

Serving: Rockingham and Strafford County

The Friends RSVP

The Friends Retired and Senior Volunteer Program (RSVP) is a Corporation for National and Community Service Senior Corps program that works to engage men and women, age 55 and over in meaningful volunteer service opportunities to address critical community needs in Rockingham, Strafford and Merrimack Counties. RSVP offers a personalized, one-to-one placement service by matching skills and interests with the volunteer service needs of local nonprofit organizations.

RSVP members provide service through a variety direct service roles and at community-based organizations addressing issues such as: independent living of seniors; health and wellness; education and literacy development; basic human needs (food, shelter, clothing) and organizational capacity building. Signature programs include: RSVP Bone Builders – an Osteoporosis Exercise and Prevention Program; RSVP Pen Pals; Super Savers; America Reads and in the Concord area only the Interfaith Caregiver Program.

Telephone: 603-373-6144

rsvp@friendsprogram.org

Contacts: Program Director: Donna Odde, MA dodde@friendsprogram.org

Program Coordinator: JoAnn Alessi jalessi@friendsprogram.org

The Friends RSVP
140 Court Street
Portsmouth, NH



Scanlon 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, supervision 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

SeaCare Health Services



SeaCare Health Services serves 21 towns in Rockingham County providing:

- **Medical Access program** - for people at or below 185% of poverty level;
Access to primary and specialty care physicians, nurse practitioners, mental health therapists, chiropractors and holistic care providers

- **Care Coordination** - Nancy Sauter, Marian Smith, Carrie Tammik and Stephanie Van Kleeck help participants navigate the health care system and establish personal health goals.
- **The Medication Bridge Program** - Kellie Pollard and Deb Dupont assist eligible uninsured and underinsured participants of all ages to receive needed prescription medications free of charge or at a low cost from pharmaceutical companies.
- **The Children's Connection** – Karen Rowell and Danielle Clivio provide home visiting services to promote growth and development in children including NH Health Kids enrollment, Medical Homes, Parenting, ADD, ADHD, Asthma Management and much more!

Contact SeaCare Health Services 772-8119

Hours of operation are: 8:30 - 4:30

11 Downing Court, Exeter, NH 03833

Appointments can be made through the above number for our Exeter, Portsmouth or Seabrook offices.

Seacoast Family Food Pantry

SFFP strives to fulfill the needs of low-income individuals with food, personal products and education for healthy living. We provide these services on an emergent and on-going basis, respecting the dignity of each individual. Current services:

- Emergency Food Aid
- Food Pantry, year round
- Confidential guidance and referral to all other local service agencies
- Collaboration with all local service agencies
- Personal Care products
- Holiday distribution to needy individuals and families
- Education and outreach programs
- Serve NE Food Co-op

SFFP serves Portsmouth and the greater Seacoast area, including New Castle, Greenland, Newington, Rye, N. Hampton, Hampton, and Stratham.

7 Junkins Avenue, Portsmouth, NH

Diane Giese, Executive Director dgiese13@comcast.org

Margie Parker, Assistant Executive Director

Food Pantry 436-0641 Office 436-6161 Fax 1-866-388-1582

Seacoast Family Promise

Mission: to empower families experiencing homelessness to regain independence by working in partnership with local congregations and community resources.

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 603-658-8448

6 Emery Lane, P.O. Box 233, Stratham, NH 03885

sihnh@comcast.net

The Seacoast Family YMCA

The mission of the Seacoast Family YMCA is to put into practice the positive Values of respect, caring, honesty & responsibility through programs that build spirit, mind and body for all. Through this mission, we strive never to turn anyone away on inability to pay.

The Seacoast Family YMCA offers programs for health seekers of all ages from infant to seniors. The facility offers an Olympic size heated indoor pool, fitness center, Adult and Youth fitness classes including Yoga, Nia, Ballroom dancing, Youth Fit, Stretch -N-Strengthen ,youth sports and gymnastics. A full aquatic program from swim lessons to Rusty Hinges. After school childcare and summer camp.

Alexis Mason amason@seacoastymca.org
550 Peverly Hill Road, Portsmouth, NH 03801
431.2334

Seacoast Hospice, A Division of Beacon Hospice

Seacoast Hospice is a community of caregivers providing case management and practical care to children, adults, seniors and families coping with terminal illness

Often people choose Seacoast Hospice after having undergone numerous invasive, usually exhausting, disease-fighting treatments. Once in hospice care, we make our patients as comfortable and pain free as possible and help them refocus on the joys in life that may have been pushed aside during the time of treatment.

Seacoast Hospice serves patients in their homes, hospitals, assisted living facilities, nursing homes, and at the Hyder Family Hospice House. Seacoast Hospice focuses exclusively on end-of-life issues, so each patient benefits from an experienced team of specialized caregivers: physicians, nurses, licensed nursing assistants, social worker, spiritual care coordinators, bereavement coordinators, homemakers and trained volunteers to help patients and families with the specific challenges of coping with terminal illness.

Bernice Ducharme, Regional Clinical Director
10 Hampton Road
Exeter, New Hampshire 03833
1-800-Hospice
Email: info@beaconhospice.com

Seacoast Mental Health Center **

Elder Services Department at Seacoast Mental Health Center provides comprehensive mental health services to residents age 60 and over. This can range from individual therapy and psychiatric medication evaluations and monitoring for people experiencing depression or anxiety to more comprehensive case management and functional support services for people with chronic and persistent mental illnesses. For more information contact:

Lucille Karatzas, Director, Elder Services 957-5780
Seacoast Mental Health Ctr.

1145 Sagamore Ave., Portsmouth, N.H. 03801
Portsmouth, NH 03801

lkaratzas@smhc-nh.org

For Information on support groups contact: Diane Cyr, Family Advocate

603-431-6703 x3167 dcyr@smhc-nh.org

1145 Sagamore Ave
Portsmouth, NH 03801

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.

Candace Whittemore, Program Manager

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. 1156

603-228-1898 Fax

1-800-856-5525 in New Hampshire

Senior Companion Program Of New Hampshire

For more information, please call Bill Dearborn, Senior Companion Program Coordinator at (800) 856-5525 or (603) 225-3295.

Senior Moments

Senior Moments has been on the road, with 25 performances this year including a statewide Public Health conference in Augusta, Maine and two Sociology classes at UNH. Two days were spent in the North Country in partnership with the Northern New England Poison Center with local actors presenting skits on safe medication use. Whitefield and Berlin have started in-house play reading groups using material supplied by Senior Moments. Our group has also worked with REAP on a number of projects.

For more information, please call Joanne Dodge at 603 749-2084. joannedodge@comcast.net



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 Salem and Portsmouth, both offices offer local, knowledgeable staff available to assist in accessing services, assessing needs and offering follow up. Contact:

Becky May bmay@rockingham servicelink.com 270 West Road in Portsmouth, 334-6594

Connie Young cyoung@rockingham servicelink.com, 287 Lawrence Rd in Salem 893-9769

ServiceLink Resource Center of Strafford County

ServiceLink 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. We are the “single point of entry” into the Long Term Care System, assisting caregivers, providers, and persons planning for future long

term support needs. You can reach us by our toll free telephone number 1-866-634-9412, or at our local number 332-7398. We can provide information, guidance, support, and education. We're here to help! We are conveniently located in downtown Rochester at: 1 Wakefield Street, Suite 306.

Sexual Assault Support Services (SASS) **

The summer of 2008 has been a time of growth for SASS. We have spent a lot of time in the community, out and about connecting with local residents. We have also been involved in innovative trainings for the NH National Guard, the Birth Center of Wentworth Douglass Hospital and other various groups around the seacoast. It has been a brilliant season full of progressive steps. As fall approaches, we will be extending our connection efforts back to all the wonderful past volunteers to invite them back for a Volunteer Appreciation Night which will be held on Jan 30th 2009 at the Masonic Temple in Portsmouth 351 Middle St. This event will also help us kick off our 30-year anniversary of serving survivors in the seacoast area. If you are interested in volunteering or attending this event please contact Olivia at 603.436.4107.

Our Mission: Sexual Assault Support Services is dedicated to supporting victims/survivors in their effort to heal from the trauma of sexual assault and childhood sexual abuse, and stalking, while striving to prevent the occurrence of sexual violence in local communities and in society at large.

Our services:

- * Confidential 24-hour sexual assault crisis hotline
- * 24-hour advocacy and support at police stations, hospital emergency rooms and the courts
- * Support groups for rape survivors, sexual abuse survivors, parents, and others affected by sexual violence
- * Professional training and consultation to police departments, hospitals, schools and others in the community
- * Sexual abuse and sexual assault prevention education in the schools for children, teens and parents

HOTLINE 1-888-747-7070

www.sassnh.org

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.

Amy LeComte www.silversneakers.com

amy.lecomte@healthways.com

Mobile: 603-512-1208

Fax: 603-218-6723

Southern Maine Agency on Aging

We can be contacted at 1-800-427-7411 or through their website, www.smaaa.org.

Squamscott Community Commons

Robin Drunsic, Executive Director

PO Box 521, Exeter NH 03833

Phone: 603-778-4722 Cell: 603-978-1436

robin@squamscott.org www.squamscott.org



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 603-772-3916 ext. 12 PastoralMiinster@stmichaelparish.org

The St. Vincent de Paul Society **

The St. Vincent de Paul Society Exeter NH Conference serves the needs of the poor in Exeter, Stratham, Newfields, E. Kingston, Kensington and Brentwood NH. The Conference operates an area-wide food pantry that serves those communities as its primary focus. Our facilities are located at the Michael House, 11 Linden St. in Exeter, NH 03833. Among other services, we provide an "Advocacy Program" which renders coaching, counseling, guidance and emergency financial help for those individuals and families who need assistance. We also connect with the many other agencies offering similar services in our area including the network of St. Vincent de Paul Societies that exist nationwide. Our website carries complete information on our services at: <http://www.svdpexeter.com>.

We are sponsored and receive generous support from [St. Michael's Catholic Church](#) in Exeter, NH. We are also fortunate and thankful to receive support from several other non-Catholic religious, public, business and private entities - both individuals and groups – throughout our service area. Over the past several years, with a sour economy, our client base has grown extensively. But, our motto says it all: We Help People.
Herb Salls, SVdP Client Services Volunteer 603-772-3916 Ext 15
11 Linden Street
Exeter, NH 03833

The Homemakers Health Services

When dealing with difficulties due to aging, chronic illness, or getting back on your feet after surgery or a hospital stay, the professional, knowledgeable staff at The Homemakers Health Services can help make your life easier. Located 215 Rochester Hill Road, in Rochester, The Homemakers is a charitable home health care agency that provides quality, comprehensive nursing, physical and occupational therapy, home support and adult day care services to adults throughout Strafford County. Home care services provided include nursing IV therapy, wound care; physical and occupational therapy, medical social work and home health aides, as well as home support services such as homemakers, in-home care providers and Alzheimer's respite. The Agency also operates the oldest and most diverse adult day care program, in Strafford County – the Day Out program, which includes transportation services to and from the program.
www.TheHomemakers.org

Contact: René J. Philpott, 603.335.1770, rphilpott@thehomemakers.org; or
info@thehomemakers.org

Kathy Sessler, Community Nurse Liaison, ksessler@thehomemakers.org

The Salvation Army

The Salvation Army, an international movement, is an evangelical part of the universal Christian church. Its message is based on the Bible. Its 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. Welcome to the Seacoast: Capt. Debora Coolidge and Lt. Erin Rischawy
The Salvation Army Portsmouth, NH
Middle Street
Office Phone 603-436-2606 Laura O'Brien - Secretary for appointments

United Way of the Greater Seacoast **

United Way of the Greater Seacoast is working to advance the common good by focusing on education, income and health. These are the building blocks for a good life—a head start on quality education that leads to success in future jobs, enough income to support a family through retirement, and good health. Our goal is to create long-lasting changes that prevent problems from happening in the first place.

The United Way Volunteer Action Center provides: Volunteer Management training and consultation , On-line volunteer recruitment , GoodsMatch product donation program , BoardMatch referral program , Promotion of volunteerism though a weekly Herald column, Fosters on-line, volunteer fairs , Spirit of the Seacoast quarterly volunteer award.

Robin Albert, Director
Volunteer Action Center
112 Corporate Dr., Portsmouth, NH 03801

Office: 603.436.5554 x 136 Fax: 603.436.6349

www.uwgs.org



University of NH Cooperative Extension

UNH Cooperative Extension provides programs and resources for families and youth in the following areas:

● **Family and Consumer Resources** programs are in the areas of parenting, stepfamilies, money management, media literacy, food safety and healthy lifestyles. Contact Claudia Boozer-Blasco, M.Ed. or Karen Blass, M.Ed., Extension Educators in Family and Consumer Resources, at claudia.boozer-blasco@unh.edu or karyn.blass@unh.edu.

● **Nutrition Connections** brings nutrition knowledge and food skills to limited-resource people of all ages. Instruction is available through small group instruction, in-home visits, newsletters and correspondence courses, and youth programs. Contact Terri Schoppmeyer, B.S., Educational Program Coordinator, Food and Nutrition at terri.schoppmeyer@unh.edu.

● **4-H Youth Development** provides opportunities for youth to enhance their skills and abilities in a wide variety of interest areas and offers expertise in community youth development. Contact Rick Alleva, Ed.D, Extension Educator, 4-H Youth Development, rick.alleva@unh.edu.

UNH Cooperative Extension also provides programming through **Agricultural Resources,**

● **Forestry Resources, Marine Resources, and Land and Water Conservation.** For more information, contact UNH Cooperative Extension, Rockingham County, 113 North Rd., Brentwood, NH 03833, 603-679-5616 or visit our web site at www.extension.unh.edu.

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:

Lisa Jacobus, Homeless Coordinator Lisa.jacobus@va.gov

VA Medical Center, 718 Smyth Road, Manchester, NH 03104

603.624.4366 x 3622 (office) 603.657.5613 (cell)

VA Visual Impairment Services

The Visual Impairment Services Team (VIST) Coordinators are case managers who have responsibility for the coordination of services for severely visually impaired Veterans and active duty Service Members. VIST Coordinator duties include providing and/or arranging the provision of appropriate treatment in order to enhance functioning and maximize adjustment to vision loss. The VA Blind Rehabilitation Service model of care encompasses 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 interdisciplinary 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.

Irene Kaye, VIST Coordinator

VA Medical Center

718 Smyth Road

Manchester, NH 03104

Irene.Kaye2@va.gov

603-624-4366 x 6475

<http://www1.va.gov/blindrehab/>

1-800-892-8384 x 6475

Victims, Inc **

Victims, Inc. Spring Training coming up for Trauma Intervention Volunteers in Strafford and Rockingham Counties. Check the website.

Call 335-7777 for more information. <http://www.victimsync.org>

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 3 hours once a week up to 24 hour care. Visiting Angels also provides care on weekends, overnights and 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 Newburyport 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.homecarema.com

3 Cherry Street, Suite 101

Newburyport MA 01950

Tel: 603-427-6162; Tel: 978-462-6162; Fax: 978-462-6164

Wentworth Connections

The community center for people sixty or better. We offer:

Social Connections: Here are is a sampling of activities from our recent schedule:

Fitness –Stretch Class, Yoga, Tai Chi, Strength Training, RSVP Bone Builders

Dancing & Music - Tap, Line Dancing, Heart Rhythms (Drumming)

Arts & Crafts - Drawing, Oil & Watercolor Painting, Crocheting

Games - Bridge, Whist, Bingo, Scrabble

Computer Classes

Lunch and a movie every Wednesday

Daily homemade lunch

Supper & Speaker Club held at 4:30pm the first and third Tuesday of the month

Become a member and receive reduced pricing on Social Connections activities, benefits at Portsmouth Regional Hospital, discounts at dozens of local businesses and other benefits. Visit

CRN Senior Providers Fall Networking 29

10/22/10

our web site at WWW.WentworthConnections.org for the latest Activity Schedule & Lunch Menu - or just stop in!

Transportation Program: For seniors needing transportation within the City of Portsmouth, we provide curb to curb service at affordable rates, and our vans are wheelchair accessible. Call 603-431-8677 for details.

The Day Program: A safe, social, stimulating environment for those unsafe alone. Provides a full day of coverage (8:00 - 4:30) from one to five days per week. Breakfast, lunch & snacks are included, as are nursing and personal care and a full range of ability appropriate activities.

Thrift Shop: Open Monday-Friday 9:00am -5:00pm. Great clothes, jewelry and household items at great prices!

Contact Information:

Call 430-0070, visit us on-line at: WWW.WentworthConnections.org or stop in and visit us at 127 Parrott Ave in downtown Portsmouth, Monday through Friday, 9:00 – 5:00

Women Supporting Women

The Women Supporting Women Center is a wellness and enrichment center, open for more than 13 years, now serving both women and men. 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 15-25 different programs offered each cycle, as does the web site, www.wswcenter.com.

WSW began opening some of our groups to men for the first time this year. 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 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

Working Futures - Second Start Career Guidance

Second Start Career Guidance is a new Second Start service that provides career counseling to individuals or groups. We offer a menu of individualized services including assessment, career exploration, and job search preparation. The workshops we provide cover a variety of topics, and can be customized to meet a group's particular needs. A discounted rate is available to clients who are referred by non-profit organizations. Contact: Heather Carson for Rockingham & Strafford Counties at 344.8076 or hcarson@second-start.org .

PLEASE NOTE

**** CRN Member – urge your agency to become a member - GET YOUR STARS!!!**

It is Membership time again – invoices have been sent to your Executive Directors – please remind them that the CRN meetings are an important part of providing services to your clients! Please become a member agency. Thanks to the agencies that have already sent in their donation. See the stars!



Major Contributor to CRN/Serves on RCCR Board - want to get one of these?

Talk with Susan or any of the RCCR Board members:

Kathy Crompton, SeaCare Health Services	kcrompton@seacarehealthservices.org
Helen Taft, Families First Health and Support Center	hraft@familiesfirstseacoast.org
Peggy Small Porter, Richie McFarland Children’s Center	psmallporter@richiemcfarland.org
Linda Griebisch, Feminist Health Center,	lindag@fhc-p.org
Becky May, ServiceLink of Rockingham County	bmay@rockingham servicelink.com
Ron Cohen, Child and Family Services	cohenr@cfsnh.org
Deb Bartley, Lamprey Health Care,	dbartley@lampreyhealth.org
Rick Alleva, UNH Cooperative Extension,	rick.alleva@unh.edu

RCCR has had many community partners to thank for their support throughout the years. Special thanks to Rockingham Community Action for doing the heavy lifting! They have provided support, fiscal sponsorship and funding throughout the last 10 years. Beginning October 1, 2010, the RCCR has moved to Families First. We look forward to continuing our work under the auspices/fiscal sponsorship of Families First Health and Support Center!



