

**COMMUNITY RESOURCE NETWORK  
 SERVICELINK OF ROCKINGHAM COUNTY  
 SENIOR PROVIDERS NETWORKING MEETING  
 6/11/10 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](mailto: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](http://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](mailto:dmcnutt@aarp.org) [www.aarp.org](http://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](mailto: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](http://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](http://www.agelessdreamer.org)

### **AgeQuest, LLC**

*AgeQuest, LLC* provides support and consultation to aging individuals and their families. Whether it's planning and strategizing (to stay independent and in charge) or helping to manage a difficult situation or transition, *AgeQuest* can provide assessment, planning and transition strategies that work. Complimentary ½ hour initial phone or in-office consultation. Conveniently located in downtown Portsmouth – 18 Congress Street, Suite 208. Call 603-334-6565 for an appointment, or visit our website at [www.agequest.com](http://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](http://www.amedisys.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](mailto: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](http://www.cfsnh.org)

### **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](mailto: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](http://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](mailto: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](http://www.communitypartnersnh.org).

### **Community Resource Network**

What is it that the CRN provides?

CRN Senior Providers Networking

- Networking meetings
- A compilation of services and contact information available in hardcopy and on the CRN website
- A unique opportunity for orientation of new staff to the resources in the region:
- A 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](http://www.crnnh.org) for a donation form or contact: Susan Turner [sturner@rcaction.org](mailto:sturner@rcaction.org)

► Does your organization or committee need help pulling a group together to work on an identified need – call Susan at the RCCRN 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.rrm](mailto:gmacwill@maine.rrm)

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](mailto:ann.schwartzwalder@crotchedmountain.org)

[www.crotchedmountain.org](http://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

CRN Senior Providers Networking

### **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 \*\***

Summer Class Registration

GED, Adult Basic Education, Monday, May 24 at 9:00 AM or 6:30 PM

English (ESOL) class registration, Monday, June 14 at 9:00 AM or 6:30 PM.

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.

Summer schedule for basic skills and GED (until July 28<sup>th</sup>):

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

EVENINGS: Monday & Wednesdays 6:30-8:30 PM

ESOL classes are also held during the summer both day and evening.

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 see [www.sau16.org/adult.htm](http://www.sau16.org/adult.htm)

Please call 775-8457 with any questions.

### **Exeter Hospital \*\***

#### **●OASIS (Older Adult Services and Information Systems)**

At Exeter Hospital we recognize and care about the needs of older adults in our community. The OASIS Program provides a network of information and resources for folks over the age of 55.

When you enroll in this free program, you will join other older adults living in the seacoast area who want to live life to the fullest. As a member you will receive: a quarterly newsletter highlighting monthly activities and events, educational presentations focused on healthy living and aging well, free monthly health screenings, information and referral assistance from the HealthReach Information Center.

For more information about the Oasis Program, or to receive a newsletter call (603)-778-6520 or visit the Exeter Hospital website at

[www.ExeterHospital.com](http://www.ExeterHospital.com).

#### **●HealthReach Community Education of Exeter Hospital**

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 about disease 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 please call Community Educators at 1-800-4-EXETER.

### ●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 support the health and wellbeing of seniors in our area by:

- Providing health education and screening programs to community senior centers in our service area such as:
  - Newmarket
  - Plaistow
  - Exeter
- 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:
  - "Print" media (Newsletters)
    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: HealthReach Information Center, 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:

●**Health Services:** Primary care is offered to men, women and children of all ages. Medicaid, Medicare and private insurance is accepted and there is a sliding fee scale for people who are uninsured or underinsured. Families First also offers a prenatal program, 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. Families First also offers a monthly allergy/asthma clinic and a monthly diabetes disease management group for primary care patients. For more information on the Health Center, call 603-422-8208 ext. 1.

●**Dental Care:** Families First Dental Center is open to 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. In addition to regular hours, the Dental Center is open at least one Saturday per month, and offers Wednesday evening appointments throughout the school year. For more information on the Dental Center, call 603-422-8208 ext. 1. Families First also runs **Seacoast Healthy Grins**, a school-based oral health education, dental screening, cleaning and referral program. For more details, contact Cindy Bishop 603-422-8208 ext. 138.

● **Parenting classes and family programs** are offered year-round at the Community Campus in Portsmouth, and also regularly in Hampton, Seabrook, Exeter and the Raymond/Epping area. Most groups are free; if not, financial assistance is usually available.

**Parenting classes:** Families First offers over 20 different parenting series each year covering topics such as anger management, reasonable expectations, communication, and effective discipline. Co-Parenting, a four-week series offered to separated or divorced parents, is offered four times a year.

**Grandparenting classes:** For grandparents, step-grandparents, great grandparents or those about to become grandparents: meets the first and third Wednesdays each month 9:30 -11:00 at the Community Campus (603-422-8208 (press 2)).

**The Mother-to-Mother Postpartum Group** runs Tuesday mornings, 10:00 to 11:30 beginning October 13 for mothers experiencing depression or anxiety following childbirth. Those interested in attending can call Liz Gaudette at 207-363-1379 x-2. Or, to refer a client, call Joanna at 603-422-8208 x-123.

**Family programs** include parent/child playgroups, like Babytime, designed for new parents; Family Morning Out, for parents and their kids ages birth to six; and Family Fun Night for families under stress. For more information on these classes and programs and a current schedule, call 603-422-8208 (press 2), or visit [www.FamiliesFirstSeacoast.org/calendar.cfm](http://www.FamiliesFirstSeacoast.org/calendar.cfm).

● **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 x-2.

● **Individualized support, often provided in the home, for families under stress.** Our Partners in Health program coordinator provides assistance to families who have a child with an illness lasting 6 months or longer such as allergies, asthma, diabetes, genetic disorders, cancer and more. To find out more, call 603-422-8208 ext. 146. Our At Home program serves families 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.

● **Mobile health care for people who are homeless.** Mobile health teams travel in two vans to sites in Portsmouth, Hampton, Dover, Rochester, and Farmington including shelters, soup kitchens, churches and Salvation Army locations. The teams provide health care, substance abuse counseling and social work services. The van also provides monthly dental services at Cross Roads. Call Emily, 603-422-8208 ext. 129. For a van schedule, call 888-922-0005 or see our website: [http://www.familiesfirstseacoast.org/health\\_care\\_for\\_homeless.html](http://www.familiesfirstseacoast.org/health_care_for_homeless.html).



### **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](mailto:Brigit@fhc-p.org)

POB 456 436-7588

559 Portsmouth Avenue

Greenland NH 03840

Email: [mail@fhc-p.org](mailto:mail@fhc-p.org) website: [www.fhc-p.org](http://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 Key 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](mailto:mail@fhc-p.org) website: [www.fhc-p.org](http://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](mailto:s_g_wool@yahoo.com)

**Home Health VNA (was Seacoast VNA)**

Sharon Sheehan [ssheehan729@comcast.net](mailto:ssheehan729@comcast.net)

**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](mailto: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](http://homeinstead.com/scnh)

Carey Fitzgerald, Community Liaison - [careyfitzgerald@homeinstead.com](mailto: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

**Keep Your Brain Fit for Life™**

Lucie Arbuthnot, Ph.D., shares the latest scientific findings on how baby boomers and seniors can keep their noggins nimble as they age. Lucie is a former researcher and educator with the Alzheimer's Association and a leading authority on age-related memory loss and Alzheimer's disease. Her upbeat presentations combine the rigors of medical research with the personal insights of a daughter who cared for her mother with Alzheimer's disease. She lives in Sanford, Maine. Lucie can be reached at [alz@metrocast.net](mailto: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](http://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](http://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**

**Living Innovations** provides a wide range of residential and supportive services for seniors, as well as children and adults with developmental or acquired disabilities or chronic illness. Together with family members, we work to maximize each individual's well-being, independence and participation in the community. Our client relationships are flexible and responsive to their individual needs and goals. In home support provided can range from two hours per week to various options for 24/7 care and shared living. For further information contact Marlene French at 603-436-1586.

[www.Livinginnovations.com](http://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](http://www.lssinhomecare.org), call 603-224-8111, or call toll free 800-244-8119.

## **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](mailto:lmader@nationalable.org)      Web: [www.nationalable.org](http://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/](http://www.neers.com/)

#### **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 /
25 Walker Street		Rehabilitation Therapist
Concord, NH 03301		127 Parrott Avenue
1-800-464-3075		Portsmouth, NH 03801
		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 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](mailto: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;
- Community Services for individuals living independently or in shared homes in the community, and high school students making the transition to adult life;
- 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.

Family Support Services -- Lenore Sciuto, ext. 107

Adult Service Coordination -- Karen McLaughlin, ext. 143

Community Services – Leslie Hanson, ext. 125

Intake for persons aged three and above -- Eliza Hobson, ext. 115

CRN Senior Providers Networking 14

6/11/10

Intake for Early Supports and Services for children up to age three -- Jennifer Warchol, ext. 147  
One Sky is located at 755 Banfield Road, Suite #3, Portsmouth, NH 03801. We appreciate your  
patience while we rebuild our website, [www.oneskyservices.org](http://www.oneskyservices.org)  
Our fax number is (603) 436-4622

### **Opening New Doors**

**Opening New Doors** helps families locate and explore assisted living communities in New Hampshire. Working with over 53 assisted living communities in the Lakes, Seacoast and Merrimack Valley Regions; we are able to offer a wealth of information. Our Senior Living Consultants have seen all the properties we represent and have a working knowledge of the services they provide.

After an initial phone conversation, our Senior Living Consultants meet seniors and or their families in their homes. Based on their needs, we are able to present information that will help families narrow which communities may best fit their needs. There is a nominal consultation fee, refundable once a client enters into a residency agreement with a facility Opening New Doors has referred them.

Dawn Dumont  
Senior Living Consultant  
P.O. Box 1492  
Concord, NH 03302  
1-603-303-1436



### **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 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](http://www.yourvna.org).



### **Rockingham Community Action**

**RCA's administrative office in Portsmouth which also houses Fuel Assistance Program will be moving to 4 Cutts Avenue later this summer. Stay tuned....**

● **Community Action Centers** provide the following services to income-eligible individuals and families in need: Homeless prevention (utility/rent/mortgage), homeless intervention (shelter), 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: Greenland, Hampton, Hampton Falls, Kensington, New Castle, Newington, North Hampton, Portsmouth, Rye, Seabrook, South Hampton, and Stratham.

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.

The Greater Salem Action Center (893-9172) serves the following communities: Atkinson, Auburn, Chester, Danville, Derry, Hampstead, Londonderry, Newton, Plaistow, Salem, Sandown, and Windham.

#### ● **Asset Building Program**

The RCA Asset Building Program comprises three areas of work. The primary focus is to serve as partner with the Community Loan Fund in administering the Individual Development Account Program (IDA). This is a specialized 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 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 matching funds is \$6000, which would represent a total account of at least \$8000, plus accumulated interest. Development of a viable Seacoast Financial Education Network is another area of focus. The various financial education providers and resources will be cataloged in order to facilitate and expand the number of referrals. Any gaps in services will be identified and addressed. Lastly, we will promote the free tax preparation services provided through the CASH Coalition, including the VITA and AARP Tax Aide resources. The Asset Building mission is to expand the number of persons pursuing these opportunities, assist them in building savings and assets, and to strengthen the connections between the three areas of work. Asset Building Coordinator, Heather Weste [hweste@reaction.org](mailto:hweste@reaction.org) Rockingham Community Action, 7 Junkins Avenue, Portsmouth, NH 03801, (603) 431-2911

#### ● **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@reaction.org](mailto:ewiesman@reaction.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 Rockingham Community Action.

**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, and Suicide Prevention.

For more information on our initiatives or to join the collaborative contact:

Susan Turner Cell: 969-5318 [sturner@reaction.org](mailto:sturner@reaction.org)  
7 Junkins Avenue, Portsmouth, NH 03801 [www.crnnh.org](http://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**

For more information about the services provided by RVNA and Hospice please call 1-800-540-2981 or go to our web site at [www.exeterhospital](http://www.exeterhospital)

### **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](mailto:rsvp@friendsprogram.org)

Contacts: Program Director: Donna Odde, MA [dodde@friendsprogram.org](mailto:dodde@friendsprogram.org)

Program Coordinator: JoAnn Alessi [jalessi@friendsprogram.org](mailto: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](mailto:ScanlonSeniorMove@comcast.net) [www.ScanlonSeniorMove.com](http://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](mailto:dgiese13@comcast.org)

Margie Parker, Assistant Executive Director

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

### **Seacoast Family Promise ( new name for Seacoast Interfaith Hospitality Network) \*\***

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

[sihnnh@comcast.net](mailto:sihnnh@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.

Katie Lewis [klewis@seacoastymca.org](mailto:kewis@seacoastymca.org)  
550 Peverly Hill Road, Portsmouth, NH 03801  
431.2334

### **Seacoast 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.

Contact Whitney Blethen, Community Development Manager [blethenw@seacoasthospice.org](mailto:blethenw@seacoasthospice.org)  
10 Hampton Road, Exeter [www.seacoasthospice.org](http://www.seacoasthospice.org)  
Phone: 603 778-7391 Fax 603 418-0040

### **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  
Seacoast Mental Health Ctr.

1145 Sagamore Ave., Portsmouth, N.H. 03801  
Portsmouth, NH 03801  
431-6703 x 3180

[lkaratzas@smhc-nh.org](mailto:lkaratzas@smhc-nh.org)

For Information on support groups contact: Diane Cyr, Family Advocate  
603-431-6703 x3167 [dcyr@smhc-nh.org](mailto:dcyr@smhc-nh.org)

1145 Sagamore Ave  
Portsmouth, NH 03801

### **Senior Community Service Employment Program**

Senior Community Service Employment Program (SCSEP) assists NH residents 55 years old and over, on limited incomes 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  
1-800-856-5525 in New Hampshire  
603-228-1898 Fax

### **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 is once more on the go preparing a new educational show in partnership with the Northern New England Poison Center. Plans are to be on the road with this project in late spring of 2009. The skits will focus on safe medication use.

The fourth annual show presented by the “We Ain’t Down Yet Players” was a tremendous hit. Even more exciting is the number of locations that now have an in-house theater program. Participating groups include Langdon Place, Riverside Rest Home, The Homemakers of Strafford County, Sunbridge of Exeter, Edgewood Center, Wadleigh House and Dearborn House. Senior Moments has compiled a book of skits and short plays that has been made available to these groups.

► The next show is the OZ NURSING HOME, Sunday, June 6<sup>th</sup> at 7pm and Monday, June 7<sup>th</sup> at 2pm.

For more information, please call Joanne Dodge at 603 749-2084. [joannedodge@comcast.net](mailto:joannedodge@comcast.net)



### **ServiceLink Resource Center of Rockingham County**

ServiceLink 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](mailto:bmay@rockingham servicelink.com) 270 West Road in Portsmouth, 334-6594  
Connie Young [cyoung@rockingham servicelink.com](mailto: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 30<sup>th</sup> 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](http://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](http://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](http://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](mailto:robin@squamscott.org) [www.squamscott.org](http://www.squamscott.org)

### **St. Vincent de Paul Society \*\***

St. Vincent de Paul Society (SVdP) Exeter Conference is affiliated with St. Michael's Catholic Community and is a non-profit organization. We assist people who are in grave need of help in managing and coping with the difficulties of daily life when no one else can assist them. We offer our wide range of services to people living in SAU 16 - Exeter, Newfields, Brentwood, Kensington, East Kingston and Stratham. SVdP performs these works anonymously and without fanfare. Our four core services are: Food Pantry, Referrals and Counseling, Materials Goods, Advocacy and Financial Assistance.

Leah Grant, St. Michael - 603-772-3916 - Ext 12

Herb Salls, SVdP Client Services Volunteer

11 Linden Street, Exeter NH. 603-772-3916 Ext 15 [www.svdpexeter.com](http://www.svdpexeter.com)

### **Tammy Svenson and Judith Palais**

[tammy.svenson@gmail.com](mailto:tammy.svenson@gmail.com)

[therainter@aol.com](mailto:therainter@aol.com)

### **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](http://www.TheHomemakers.org)

Contact: René J. Philpott, 603.335.1770, [rphilpott@thehomemakers.org](mailto:rphilpott@thehomemakers.org); or

[info@thehomemakers.org](mailto:info@thehomemakers.org)

Kathy Sessler, Community Nurse Liaison, [ksessler@thehomemakers.org](mailto: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.

Majors Chet and Joy Emmons, MA - will be leaving the SA at the end of June and we will have a new leader - Captain Deb Coolidge

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 Resources to area nonprofits including:

Volunteer Management training and consultation , On-line volunteer recruitment , GoodsMatch product donation program , BoardMatch referral program , Promotion of volunteerism through a weekly Herald column, Fosters on-line, volunteer fairs , Spirit of the Seacoast quarterly volunteer award.

Robin Albert, Director [ralbert@uwgs.org](mailto:ralbert@uwgs.org)

Volunteer Action Center

112 Corporate Dr., Portsmouth, NH 03801

Office: 603.436.5554 x 136 Fax: 603.436.6349

[www.uwgs.org](http://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](mailto:claudia.boozer-blasco@unh.edu) or [karyn.blass@unh.edu](mailto: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](mailto: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](mailto: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](http://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 Winn, Homeless Coordinator [Lisa.winn@va.gov](mailto:Lisa.winn@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**

Irene Kaye, VIST Coordinator

VA Medical Center

718 Smyth Road

Manchester, NH 03104

[Irene.Kaye2@va.gov](mailto: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](mailto:jspellman@visitingangels.com) [www.homecarema.com](http://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**

**Wentworth Connections** is the place where all Seacoast seniors are welcome. From our beautiful building at 120 Parrott Ave in downtown Portsmouth we offer:

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

**Fitness** -Stretching, Yoga, Strength Training, RSVP Bone Builders

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

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

**Games** - Bridge, Whist, Bingo, Wii Bowling

**And** - Introduction To Computer Classes, Men's Discussion Club and lots more.

Drop in for a class and join us for a delicious and affordable homemade lunch.

**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 our web site at [WWW.WentworthConnections.org](http://WWW.WentworthConnections.org) for the latest Activity Schedule & Lunch Menu - or just stop in!

**Out 'N' About:** For seniors needing transportation within the City of Portsmouth, we provide door to door service at affordable rates, and our vans are wheelchair accessible. Visit our web site or call for further information.

**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.

#### **Contact Information:**

Call 430-0070, visit us on-line at: [WWW.WentworthConnections.org](http://WWW.WentworthConnections.org) or stop in and visit us at 127 Parrott Ave in Portsmouth, Monday through Friday, 9:00 - 4:30 (And don't forget to check for the latest bargains at Nancy's Boutique - our thrift shop to help support Wentworth Connections activities.)

### **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](http://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

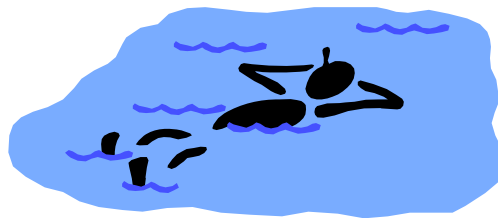
111 Water St

Exeter, NH 03833

[www.wswcenter.com](http://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](mailto:hcarson@second-start.org).



\*\* CRN Member



Major Contributor to CRN/Serves on RCCRN Board