



**COMMUNITY RESOURCE NETWORK
 SERVICELINK OF ROCKINGHAM COUNTY
 SENIOR PROVIDERS NETWORKING MEETING
 1/22/10 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

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 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.

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

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.

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

What is it that the CRN provides?

- 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 for a donation form or contact: Susan Turner sturner@rcaction.org

► 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.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

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.

Our fall classes have begun. However, we continue to accept students in ABE/GED/ and ESOL throughout the semester.

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, Friday, 9:00 AM - 11:00 AM (Beg, Int, & Adv)

EVENINGS: Beginner level - Monday & Thursdays, Intermediate level- Monday & Wednesdays, Advanced level, Tuesday & Thursdays 6:30-9:00 PM (placement test at registration determines level for enrollment).

- 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

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.

●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*).
 - Web-based: www.exeterhospital.com
 1. Clinical services
 2. Education programs
 3. Health of Month campaigns
 4. 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

Families First is an independent nonprofit agency that provides support for families and affordable health care for all. Health services are open to people of all ages, and include affordable primary care and dental care, all under one roof at the Community Campus in Portsmouth. Families First accepts Medicare, Medicaid and private insurance, and has a sliding

fee scale for people who are uninsured. Medicare will cover a yearly physical at Families First! Social service coordination, transportation assistance and prescription assistance are available. Free breast and cervical cancer screenings are offered in periodic clinics for income-eligible women ages 40-64.

In addition to primary care and dental care, Families First also offers prenatal care; parenting classes, support groups and family programs; one-on-one support for families facing particular challenges; and mobile health care for people who are homeless. For more information, visit www.FamiliesFirstSeacoast.org or call 603-422-8208. For the Health Center, press 1; for family support, press 2; for breast and cervical cancer screenings, ext. 222. For a health care for the homeless van schedule: 1-888-922-0005.

Don't miss Families First "Grandparenting class" which now meets every 1st and 3rd Wednesday of the month from 9:30 – 11:00 at the Community Campus in Portsmouth (call 422-8208 press 2 to sign up).

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



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

In Home Senior Services, Inc.

CRN Senior Providers Networking

In-Home Senior Services, Inc. was established in 1993. We were one of the first Home Care agencies in the area. The company employs 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 noggin's 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 person's 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 Smart Care

LSS SmartCare 603-224-3010 1-800-244-8119 email: info@smart-care.org
261 Sheep Davis Road Suite A-, Concord, NH 03301

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/

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
25 Walker Street
Concord, NH 03301
1-800-464-3075

OR

Denise Caruso, Low Vision Therapist /
Rehabilitation Therapist
127 Parrott Avenue
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 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
KDROUGHT@NH.LA.ORG

Fax 603-431-8025



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

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

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.

Rockingham Community Action

●**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), clothing/household goods (Seacoast only), 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. The contact person is Wayne Croteau, Asset Building Coordinator, Rockingham Community Action, 7 Junkins Avenue, Portsmouth, NH 03801, (603) 431-2911, wcroteau@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: 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

7 Junkins Avenue, Portsmouth, NH 03801 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

RSVP The Friends Retired and Senior Volunteer Program

Serving: Rockingham and Strafford County

Contact: Telephone: (603) 373-6144

E-mail: rsvp@friendsprogram.org

Project Director: Donna M. Odde, MA dodde@friendsprogram.org

The Friends RSVP

140 Court Street, Portsmouth, NH 03801

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

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
10 Hampton Road, Exeter www.seacoasthospice.org
Phone: 603 778-7391 Fax 603 418-0040

Seacoast Interfaith Hospitality Network NAME CHANGE to Seacoast Family Promise

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

Seacoast IHN 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 SIHN is currently 92% with a national success rate of 85%.

SIHN 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

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

SMHC - Support Groups

- Grandparents and Relatives as Parents Group

Every Thursday

Seacoast Mental Health Center conference room

30 Prospect Ave, Exeter, NH

some meetings education, some meetings support

For Further Information on other 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

The Senior Community Service Employment Program (SCSEP) which assists unemployed NH seniors, age 55+, and who meet our eligibility requirements, by placing them with non-profit organizations to provide training for specific tasks while receiving a stipend. This allows them to enhance their skills and have recent employment on their resumes while they continue their job search for unsubsidized employment.

SCSEP is part of the Workforce Development Program at Community Action Program Belknap-Merrimack Counties, Inc. (CAP) which includes the Workforce Success, Workforce Investment Act, as well as SCSEP. Our funding comes from the Department of Labor in Washington, DC, and to whom we report.

We are presently recruiting in the Belknap, Merrimack and Rockingham counties. If you have any questions, or would like to refer an individual, please contact us at 1-800-856-5525.

Helping People. Changing Lives.

Candace Whittemore, Program Manager cwhittemore@bm-cap.org

P.O. Box 1016

Concord, NH 03302-1016 (603) 225-3295 extension 1156 FAX (603) 228-1898

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 6th at 7pm and Monday, June 7th at 2pm.

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. www.sassnh.org

Our services:

- * Confidential 24-hour sexual assault crisis hotline HOTLINE 1-888-747-7070
- * 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

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

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. 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.svdpeyeter.com

Tammy Svenson and Judith Palais

tammy.svenson@gmail.com

therainter@aol.com

The Homemakers Health Services

We are A Homecare Agency, located at 215 Rochester Hill Road, in Rochester, The Homemakers, is a full service, charitable health care agency which provides comprehensive, quality, and cost effective home health, home support and adult medical day care services. When dealing with difficulties due to aging, chronic illness, or getting back on your feet after a hospital stay, the professional, knowledgeable staff The Homemakers Health Services can help make your life easier. www.TheHomemakers.org

Contact: René J. Philpott, 603.335.1770, rphilpott@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.

Majors Chet and Joy Emmons, MA

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

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.boozar-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 Winn, Homeless Coordinator 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

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. <http://www.victimsinc.org>

Call 335-7777 for more information.

Call 335-7777 for more information.

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

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 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 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.

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 .

