COMMUNITY PARTNERS

Special Community Resources Newsletter

Volume 9

FAMILY SUPPORT PROGRAM

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RESOURCES FOR ANOTHER EXPENSIVE WINTER...

Due to the increased cost of necessities, the Family Support Program has once again updated our list of available community resources to assist families.

As a team, we have compiled resources in areas such as: Food, Clothing, Fuel, Medical, Dental, Finances, Vision, along with other areas. We strive to make this a valuable resource to help families in Strafford County.

While we are providing these resources in hopes they will be of help, we cannot vouch for all of them.

We did our best to check all information and believe it to be accurate.

Please contact Marcela Rhodus (mrhodus@communitypartnersnh.org) if you discover something inaccurate, or if you know of another resource we should include in future editions.

ABOUT COMMUNITY PARTNERS

Community Partners has been in operation for over 32 years. Established as the Area Agency for Developmental Services in 1983, Community Partners sought and was awarded the contract to provide behavioral health services in Strafford County in 2001. We also contract with the State of New Hampshire for the Service Link Resource Center and the Partners in Health Program

We have a long and rich history of providing critical supports and services for individuals and families living with developmental disabilities and/or behavioral health challenges, and are one of the only two places in the state where people can find both behavioral health and developmental supports and services within one agency.

Last year Community Partners served over 4,700 individuals and families. The agency's mission is to promote respect, wellness, full inclusion, and empowerment of individuals and their families who experience mental illness, emotional distress, developmental disability, chronic health need, or acquired brain disorder.

ASSISTANCE WITH FOOD

Food Stamps: NH Health and Human Services Community Center 150 Wakefield Street, Rochester NH (603) 332-9120 ext. 2, then ext. 3.

Barrington

- **Community Food Pantry:** 105 Ramsdell Lane *(Residents only)* Thurs 6—7:30 pm **(603) 664-0233**

Dover

- **Food Pantry at First Parish Church:** One Silver Street Tues 3—5, Thurs 9—11 Proof of residency needed. ID or utility bill. **(603) 742-5664**
- **Food Pantry at St. Joseph's Church:** 150 Central Ave. Tue & Wed 9—11:50, Sat 10:30—11:50 **(603) 742-4837**
- **CAP Outreach and Food Pantry:** 61 Locust St. 2nd floor McConnell Center. Food Pantry Mon- Fri 9-3pm. Outreach Office Mon-Fri 8-4:30pm **(603) 460-4237**
- **St. Thomas Episcopal Church:** 5 Hale Street Soup kitchen Tues & Thurs 5—6pm **(603) 742-3155**

Durham

- **Cornucopia Food Pantry** : 15 Mill Road Tues 4—5:30 Fri 12—1 Call for more information: Mon-Fri 1–5 **(603) 862-1165**
- **St. Thomas Moore Food Pantry :** 6 Madbury Road Thurs 4—6pm **(603) 868-2666**

Farmington

- **Interfaith Food Pantry:** First Congregational Church Last Sat of month 9:30—10:30am **603) 755-4816**
- **CAP Outreach Office and Food Pantry** 527 Main St. Food Pantry Mon- Fri 9-3pm. Outreach Office Mon-Fri 8-4:30pm **(603) 460-4313**
- **Grace Place Food Pantry :** 9 Mechanic St. Call ahead. Thurs 9:30—11:30am **(603) 833-7541**

Lee

- **Wilkinson Food Pantry in Congregational Church:** 17 Mast Road (*Lee, Madbury, Durham, Nottingham and Newmarket residents only*) 1st & 3rd Monday of the month 6—7pm **(603) 659-2861**

New Durham

- **Food Pantry** 5 Main Street — Sat 9-10am Residents only **(603) 817-0372**

Rochester

- **Salvation Army Food Pantry:** 10 Olde Farm Lane Mon, Wed, Fri 9-2pm (*Rochester, E. Rochester, Gonic, and Barrington residents only*) **(603) 332-2623**
- **Gerry's Emergency Food Pantry:** *Rochester ID Needed* 150 Wakefield St, Mon.& Fri 1—3:15, Wed 10—3:15 (*Ro & Farm. only*) **(603) 330-3468**
- **E. Rochester Bethany Methodist Church:** Food Pantry 24 Main Street . Thurs 10-12pm (603) 332-3618
- **Joseph's Storehouse at Journey Baptist Church**: 124 Milton Rd, 3rd Sat. of the month 9-12pm Call Lisa first to see what verification is needed. **(603) 300-7064**
- **Food Stamps: NH Health and Human Services** Community Center 150 Wakefield Street, Rochester NH **(603) 332-9120 ext. 2, then ext. 3.**

Somersworth

- **The Community Food Pantry :** 176 West High Street First Parish Church Mon 10—12pm, Wed 6—8pm, and Thurs 3–5pm. Proof of residency/ID required **(603) 692-2907**

Strafford

- **Food Pantry:** 30 Strafford Rd. in the Christian Center of the Third Baptist Church in Center Strafford. Thurs 8—10am Residents only. **(603) 664-7750**

Women, Infant and Children (WIC) : Federally funded free program to improve nutritional health for low income new mothers, infants, children to age 6 . Available through Goodwin Community Health in Somersworth. By appointment only. For more information call **(603) 332-4358**

Commodity Supplemental Food Program (CSFP): Federally funded free program to improve nutritional health for seniors 60+. Available through Goodwin Community Health in Somersworth. For more information call

(603) 994-6368

End 68 Hours of Hunger: Parents of children can contact their school's guidance counselor to see if their school is participating and request a backpack of food to take home over weekends or holiday breaks.

NH Food Bank: SNAP/Food stamp application assistance and advocacy. **(603) 669-9725x224**

United Way of the Greater Seacoast: list of all local food pantries **www.uwgs.org**

Meals on Wheels: 9 Bartlett Ave. Somersworth, NH 03878-1802 **(603) 692-4211**

COMMUNITY MEALS

- **Dover Friendly Kitchen: A Shared Community Meal** St. Thomas Episcopal Church Tues and Thurs 5-6pm (Corner of Locust and Hale) **(603) 743-4988**
- **Rochester First United Methodist Church:** 34 South Main St. Tues, Thurs & Sun 5-6pm **(603) 332-4170**
- **Salvation Army Soup Kitchen in Rochester:** 10 Old Farm Lane — Mon, Wed & Fri 12-1pm **(603) 332-2623**
- **Table of Plenty:** 37 School Street—Berwick United Methodist Church Wed 4:15-6pm **(207) 698-1065**
- **Farmington Community Meals: (FREE)** 51 Main St Farmington Rec in Town Hall — Wed 5—7pm
- **House of Hope** Community Meals, 6 Sullivan Square, Berwick, ME. Mon, Tues, Thurs. 4:30-7pm.
- **Mustard Seed Café:** First Congregational Church of Farmington. Community Sunday Dinner on first and third Sunday 3-5pm. The public is invited—donations are welcome
- Community Action Partnership of Strafford County: – Summer Meals Program – The Summer Meals Program provides free breakfast and lunch for children ages 0 to 18 during the summer months only. For locations and times, visit the website at www.straffordcap.org or call 603-435-2500 x2339.
- **Bethany Methodist Church** 24 Main St. E. Rochester Free luncheon on specific Sat. Call for schedule. **(603) 332-3618**

FUEL, ELECTRIC AND CAR ASSISTANCE

- **Fuel Assistance; Community Action Partnership of Strafford County:** The Low Income Heating Program (LIHEAP) provides eligible households with assistance in paying their energy bills during the winter. Benefits are calculated on household income, energy costs, and housing type. Applications are taken through our Outreach offices in Dover, Rochester and Farmington, and at selected sites around Strafford County. To make an appointment or learn more, contact **(603) 435-2500**
- **Electrical Assistance** - The New Hampshire Electric Assistance Program gives income eligible customers a discount on their monthly electric bills depending on gross household income, household size, and electricity use. Applications are taken through our Outreach offices in Dover, Rochester and Farmington, and at selected sites around Strafford County. To make an appointment or learn more, contact **(603) 435-2500**
- ****Note: Eligible households can apply for and receive both fuel and electrical assistance.**
- **Citizens Energy Corporation:** www.citizensenergy.com Utility energy efficiency programs and rebates. Residents of NH can apply for this based on eligibility. **(877) 563-4645**
- **Stay Warm NH:** www.staywarmnh.org, email: warmhome@nh.gov
- **Our Town Electricity:** www.OTElectricity.com www.otchoice.com **(603) 776-2500**
- Traveling to **CHaD** in Lebanon? Check in with the Family Center at the hospital for a gas card. **(603) 653-9899**
- **Gasbuddy:** Find the cheapest gas in your area www.gasbuddy.com
- **Natural Gas:** for eligible Unitil and National Grid customers. Typical savings are $200 per year. www.unitil.com
- **NH Electric Co-op** www.nhec.com **(800) 698-2007**
- **ENH POWER:** residential electricity for less www.residentpower.com **(800) 549-6160**
- **Assistance in obtaining a car** ww.freecharitycars.org
- **More Than Wheels:** Assistance obtaining a car for low income individuals and families www.morethanwheels.org **(866) 455-2522**
- **Good News Garage:** Assistance with getting a car so you can get to your job-www.goodnewsgarage.org **(877) 400-6065** or **(603) 669-6937**

CAR REPAIRS

- **Somersworth High School:** Students provide automotive repairs to general public at significantly reduced rates. **(603) 692-2242**
- **Dover High School Career Technical Center:** Students provide collision and automotive repairs to the general public at significantly reduced rates. **(603) 516-6975**

DENTAL SERVICES

- **Dental Hygiene Clinic at NH Technical Institute:** 31 College Drive in Concord **www.nhti.edu/dental-clinic** **(603) 230-4023**
- **Dental Center at Goodwin Community Health** Accepts Medicaid, most insurance and has a sliding scale fee **(603) 841-2025**
- **Wentworth-Douglass Community Dental Center:** For low-income, Medicaid, & uninsured children and adults in the WDH catchment area **(603) 749-3013**
- **NH Dental Society:** Assistance finding on-going dental clinics www.nhds.org **(603) 225-5961**
- **CARECREDIT** No interest credit plans for dental, vision, auditory and other specific health care needs. Low interest loans for larger amounts. www.carecredit.com **(800) 677-0718**
- **Dentists with a Heart Program** – Participating dentists offer free services to a limited number of people in the community. www.dentistryfromtheheart.org **(727) 849-2002**
- **Easter Seals Manchester Dental Clinic** accepting Medicaid. Also Sliding Fee Scale. **(603) 621-3482**

OTHER RESOURCES

- **Social Security Administration:** 80 Daniel St, Portsmouth, NH SSI and SSDI www.ssa.gov **(800) 772-1213**
- **NH Department of Health and Human Services:** 150 Wakefield St, Rochester (Medicaid, MEAD, APTD, Food Stamps, QMBY, TANF, Child Support Services, Child Protection Services, Bureau of Adult and Elderly Services) **(603) 332-9120**
- **NH Employment Security:** 6 Marshwood Dr., Somersworth — www.nhworks.org **(603) 742-3600 .** New telephone self-service option for customer service **1-844-ASK-DHHS (1-844-275-3447)**
- **FREECYCLE:** www.freecycle.org post wants/ needs — participants offer items they no longer need for FREE or request needed items.
- **Green Path Debt Solutions:** 90 Washington St, Suite 213, Dover, NH **(603) 749-1496 or (800) 550-1961** www.greenpath.com
- **Craig's List NH:** provides local classifieds and forums for jobs, housing, items for sale, services, and events http://nh.craigslist.org
- **211 Info line**: (Dial **211** from any NH Phone) or www.211nh.org
- **IRS—Tax prep assistance** **(800) 829-3676** www.IRS.gov
- **Tax highlights for persons with disabilities** ask IRS for publ. 907 - www.IRS.gov/pub907
- **AARP Tax Aide** – free income tax preparation for low/middle income tax payers. www.nhtaxhelp.org
- **Benefits Checkup for Seniors:** www.nhla.org
- **Consumer Credit Counseling:** Free budget, debt, and housing counseling **(800) 327-6778**
- **Asset Development:** Federal savings plan (IDA) and free tax preparation help (VITA) contact Rockingham County Community Action for these programs in Strafford County. **(603) 430-4919**
- **Veteran's Affairs Regional Office (800) 827-1000**
- **Veterans Inc.** wwwveteransinc.org (603-401-2537
- **Operation Blessing:** 600A Lafayette Road, Portsmouth - clothing, furniture & more www.theobnh.org **(603) 430-8561**
- **Community Toolbox** : Serves veterans, seniors, people with disabilities and those who have fallen on hard times within 30 miles of Portsmouth. Volunteers will provide small basic repairs for cost of material. Will need to be referred by CAP, Welfare offices and/or other non-profit. www.commtoolbox.org **(603) 294-0479**

ASSISTANCE WITH CLOTHING

- **Clothes Closet:** Berwick Methodist Church, 37 School Street– Wed 10-6pm Sat 9-12pm **(207) 698-1065**
- **Yankee Thrift Shop**: First Parish Federated Church, 150 Main St, South Berwick Thurs 2-8pm Fri 10-6pm Sat 10-2pm **(207) 384-4091**
- **What's New? Second Hand Shop** 393 Franklin Pierce Hwy, Barrington Tues-Sun 10-5pm www.whatsnewsecondhandstore.com **(603) 793-7639**
- **CERV:** Route 108 /96 New Rochester Rd. Dover, NH Call first, Mon– Sat 9-5pm **(603) 516-2378**
- **First Parish Church Thrift Store:** 218 Central Ave, Dover Thurs 1-4pm Fri & Sat 10-3pm **(603) 742-5664**
- **Echo Thrift Store:** Community Church of Durham, 17 Main St. Mon to Fri 10—5pm Sat 10—2pm. Entrance in back of Church . **(603) 868-1230**
- **Blessed Bargains:** 400 Main Street, Farmington. 2nd & last Saturday of the month 9:30–2pm **(603) 755-4816**
- **Salvation Army:** 25 Signal St, Rochester Mon, Thurs & Sat 9-6pm Tues & Wed 9-8pm **(603) 332-2698**
- **Needful Things:** 3 Front Street Suite B, Rollinsford, NH Thurs-Sun 9-5pm **(603)-343-1052**
- **Community Clothing Thrift Shop** 150 Wakefield Street, Rochester Mon. 9-12pm Wed. 9-3pm Sat. 9-12pm. 40 free items for families in need with referral letter from community agency. **(603) 994-3199**
- **Trinity Anglican Church:** Thrift and Consignment 180 Rochester Hill Rd (Route 108) Thurs-Sat 10-2pm **(603) 332-4121**
- **E. Rochester Bethany Church:** 24 Main St, East Rochester Tues & Thurs 10-12pm, Sat 10-1pm **(603) 332-3618**
- **Goodwill:** 450 High St Somersworth **(603) 343-5560** Mon–Sat 9-9pm Sun 10-7pm
- **Savers:** Woodbury Ave adjacent to Fox Run Mall, Newington Mon-Sat 9-10pm Sun 10-8pm **(603) 427-0814**
- **Seacoast Birthright:** 323 Islington St, Portsmouth They may be able to provide layettes for new moms in crisis and occasionally diapers **(603) 436-5558**
- **Operation Blessing:** 600 Lafayette Rd, Portsmouth Mon to Fri 10-4pm, call for appointment **(603) 403-8561**

VISION & HEARING RESOURCES

- **SIGHT FOR STUDENTS:** www.sightforstudents.org **(888) 290-4964**
- **VISION USA:** www.nheyedoctors.org **(800) 766-4466**
- **New Eyes for the Needy:** **(973) 376-4903** www.new-eyes.org
- **Lion's Club:** Sight & Hearing Foundation—get applications at www.nhlions.org For hearing aids & cataract surgery contact Sandra **(603) 424-8922.** For eyeglass assistance contact Judith **(603) 458-1908.**
- **CARECREDIT:** No interest credit plans up to $1000 for dental, vision, auditory and other specific health care needs. Low interest loans for larger amounts. www.carecredit.com **(800) 677-0718**
- **The HIKE FUND:** www.TheHikeFund.org For questions contact Claudia at cbclaud@aol.com **(636) 928-2101**
- **HEAR NOW – STARKEY FOUNDATION: (800) 328-8602** www.starkeyhearingfoundation.org
- **Alexander Graham Bell Association:** www.agbell.org
- **Dorothy Ames Trust Fund Key Trust Company of Maine:** P.O. Box 1054, Augusta ME 04332-1054 Attn: Christina Cook Provides help for kids who need hearing aids, FM systems, etc. Open only to New England residents **(207) 623-5527**
- **Disabled Children's Relief Fund (DCRF):** P.O. Box 89 Freeport, New York 11520
- **Miracle Ear Children's Foundation:** **(800) 464-8002** www.miracle-ear.
- **Coastal Contacts:** cheapest contact lenses—see coupons online. www.coastal.com
- **Buy Glasses on-line: www.39dollarglasses.com www.Framesdirect.com www.glassesUSA.com**
- **Zennioptical.com:** can get glasses for under $20

ASSISTANCE WITH HEALTH CARE AND PRESCRIPTIONS

- If you can't afford your prescriptions, ask your doctor for samples.
- **Patient Advocate Foundation—Financial Assistance with Co-Pays:** with specific diagnoses www.patientadvocate.org **(800) 532-5274**
- **"The Medicine Program:"** Free Prescription Medications to those who qualify. **(573) 996-7300**

  Www.themedicineprogram.com
- **Medication Assistance Program at Wentworth Douglass Hospital: (603) 740-3376**
- **Medication Assistance Program at Frisbie Memorial Hospital: (603) 332-3100 x8628**
- **Prescription Drug Savings Card Program:** Save an average of 20% www.familywize.com
- **Target, Hannaford and Wal-Mart:** hundreds of $4.00 prescriptions—Check their websites or ask the pharmacist.
- **New Generation, Inc.:** 586 Portsmouth Ave, Greenland Transitional shelter for pregnant women and new mothers/babies age 18+ **(603) 436-4989**
- **Goodwin Community Health:** 311 Rte. 108, Somersworth. Healthcare for the uninsured and underinsured—adults, elders, children and teens. Assist with open enrollment for the marketplace. Open enrollment begins Nov 1, 2016 through Jan 31, 2017. To have coverage on Jan 1, 2017 one must apply before Dec 15, 2016. www.goodwin.org **(603)749-2346**
- **CHILDREN'S MEDICAID UNIT: (800) 852-3345**
- **NH DHHS Rochester Office:** www.dhhs.nh.gov **332-9120 or (800) 852-3345**
- **NH Medication Bridge:** www.healthynh.com **(603) 225-0900**
- **Let No Woman be Overlooked:** Low income breast and cervical screening **(800) 852-3345 x4931**
- **NH Partners in Health:** if you have a child with a chronic health condition (to age 21), resources may be available. Call Community Partners for more information. **(603) 516-9300**
- **Needy Meds:** No cost meds to eligible participants **www.needymeds.org** Also lists grants and foundations that can provide financial help specific to a variety of diagnoses.
- **Recycled Equipment Marketplace (REM):** Clean, refurbished equipment. Buy It/Try It , no hassle! 7 day return w/30 day warranty. Open Monday—Friday 8:30-4:30pm www.rem.crotchedmountain.org or shopREM.com **(603) 226-2900**
- **Granite State Independent Living** See classified section for used equipment, modified vans, etc. Senior services, personal care services for people w/disabilities and support for family, friends and caregivers. 228-9680
- **Veterans Prescription Program (800) 892-8384 x6771**
- **The Joan G. Lovering Health Center:** 559 Portsmouth Ave, Greenland. Offers pregnancy resources, contraceptive education, confidential testing and confidential counseling **(603) 436-7588**
- **Healthcare for the Homeless:** Not only for people living in shelters or on the street, but for anyone living in temporary housing, including those "sofa-surfing", living in a campground or a winter rental. Patients seen on the van can pay with Medicaid or other insurance if they have it; if not, there is no charge.
  Sponsored by Families First **(888) 922-0005**

  DOVER: Train Station, Chestnut Street
  Wednesday 9—11am

  STRAFFORD COUNTY COURTHOUSE: 259 Country Farm Rd. (side parking lot). Monday 8:30-11:00am

  ROCHESTER: Salvation Army, 10 Olde Farm Lane
  Monday & Wednesday 12–2pm

Eat Smart
Drink Water
Sleep Enough
Exercise Often
Be Healthy

(continued) ASSISTANCE WITH HEALTH CARE AND PRESCRIPTIONS

- **ServiceLink—Aging and Disability Resource Center** for seniors 60 and older, and adults 18 and older with a disability or chronic illness, their caregivers, and anyone interested in long term care. Also help with fraud prevention, Medigap and Medicare counseling. Check **www.servicelink.org** for extensive list of other resources. ServiceLink is located at Community Partners 25 Old Dover Road, Rochester **(603) 332-7398**
- **Annie's Angels** - 501(c)3 non-profit helps families with the financial challenges of life threatening diseases and disabilities through fund raising networks. Www.anniesangels.net
- **Transfer prescriptions** to a new grocery or drug store when it offers a gift card for store credit and use that to help pay for prescriptions.
- **Find the lowest-cost place to purchase prescription drugs.** Check not only your local pharmacies, but also local supermarkets, area discount centers and mail order pharmacies.
- **Skip the ER** if you have non-life-threatening medical issues such as fevers, cuts, minor burns or headaches. A more affordable alternative is a walk-in urgent care center open 7 days a week, no appointments necessary. If you are not sure—call the ER and talk to a nurse before hand.
- **Free Tests**— Get basic health tests by attending free health fairs in your area. Many drug stores offer free blood pressure checks.
- **When overnight hospital stays are necessary for your child**, ask a social worker about free or discounted housing for the family (i.e. David's House at Dartmouth Hitchcock Medical Center).

ASSISTANCE WITH LEGAL SERVICES

- **New Hampshire Legal Advise and Referral Center**: free legal assistance to those who meet financial eligibility www.nhlegalaid.org **(800) 639-5290**
- **Disabilities Rights Center**: Legal assistance for individuals with disabilities. **(603) 228-0432**
- **NH Pro Bono Referral Program:** Help for low income folks w/non-criminal legal problems and needs (divorce, domestic violence, evictions, foreclosures and more). **(603) 224-3333 or (800) 639-5290**
- **The DOVE Project:** provides legal assistance to victims of domestic abuse who meet financial eligibility. Contact local domestic violence support center* for referral: **1-866-644-3574** (available 24hrs).
- **Haven:** (formerly A Safe Place & SASS) Mon-Fri 9-5pm 20 International Dr., Suite 300 Portsmouth NH 03801 Main off: 603-436-4107 www.havennh.org 24hr confidential line: **(603) 994-7233**
- **Senior Citizens Law Project /Tax Relief:** www.nhla.org/legal/seniors-17 **(888) 353-9944**
- **GLAD—Gay and Lesbian Advocates and Defenders:** 30 Winter St, Suite 800, Boston, MA www.glad.org or gladlaw@glad.org **(617) 426-1350**
- **Strafford County Family Justice Center:** support and resources to victims of domestic violence, sexual assault, elder abuse and stalking. Located at Community Center 150 Wakefield Street, Rochester, NH 03867 info@scfjc.com Office phone; **(603) 509-1916.** 24hr confidential line: **(603) 994-7233**

TRANSPORTATION

- **Contact NH Medicaid Transportation Coordinator:** to see if you qualify for mileage reimbursement for medical/dental appointments. Transportation may be available as well if you have Medicaid. **(800) 852-3345 x 3770 .**
- **Wheelchair Van Services:** can be provided for NH Medicaid recipients who need accessible transportation to medical appointments. For prior approval contact Client Services at **(800) 852-3345 x4238**
- **Wellsense:** Non Emergency Medical Transportation and mileage reimbursement call **(855) 739-4775**
- **New Hampshire Healthy Families:** Non Emergency Medical Transportation and mileage reimbursement call **(866) 769-3085**
- **Frisbie Memorial Hospital's Patient Care-A-Van:** offers transportation to and from a number of Frisbie affiliated health care facilities for patients living in Rochester, East Rochester, Milton, Somersworth, Barrington and Farmington. Mon—Fri 8am—430pm. To schedule a pick-up call **(603) 335-8882**
- **Alliance for Community Transportation (ACT):** c/o COAST Online community transportation directory that lists a variety of services, including buses, volunteer driver programs for trips to doctor, shopping shuttles, tax services and more. **www.communityrides.org (603) 743-5777 x120**
- **COAST:** Cooperative Alliance for Seacoast Transportation **www.coastbus.org** Monthly bus passes available. **(603) 743-5777**
- **COAST ADA Paratransit** Curb to curb services for individuals with disabilities due to a mobility or vision impairment . Only within 3/4 miles of fixed route and only when fixed bus route is operating. Fee applies. **(603) 743-5777 option 2 www.coastbus.org/ada.html**
- **Community Action Partnership of Strafford County Senior Transportation:** Transportation to grocery stores and shopping for people 60 and over. Wheelchair accessible. Suggested fare donation $2.00 per round trip. Call to arrange for service. **www.straffordcap.org (603) 817-8207**
- **Patient CARE VAN:** for medical appointments at Wentworth Douglass Hospital **(603) 740-2520**
- **Granite State Independent Living** may be able to provide van transportation for people with disabilities. **www.gsil.org (603) 228-9680**
- **Rideshare: www.nh.gov/dot/programs/rideshare/**. Personalized matches for regular commute and car pooling, as well as, one time trips. Email: coordinator@dot.state.nh.us
- **READY RIDES** Transportation assistance for Barrington, Durham, Lee, Madbury, Newfields, Newmarket, Northwood, Nottingham, Strafford . Utilizes volunteer drivers. Contact info@readyrides.org or call **(603) 224-8719**

FINANCIAL ASSISTANCE

- Barrington Welfare Office – 664-0155
- Dover Welfare Office – 516-6500
- Durham Welfare Office – 868-8043
- Farmington Welfare Office – 755-3100 x35
- Lee Welfare Office – 659-4528
- Madbury Welfare Office – 742-5131
- Milton/Milton Mills Welfare Office – 652-4501 #9
- New Durham Welfare Office – 859-0204
- Rochester Welfare Office – 332-3505
- Rollinsford Welfare Office – 742-2510 (Tuesday)
- Somersworth Welfare Office – 692-9509
- Strafford Welfare Office – 664-2192
- Middleton Welfare Office – 473-5230
- Wakefield Welfare Office – 522-6970

HOUSING ASSISTANCE

- **WEATHERIZATION:** Services to income eligible homeowners to reduce their dependency on fuel assistance by making homes more energy efficient. Program funded by federal grants from the U.S. Departments of Energy and Health and Human Services Low Income Home Energy Assistance Program. For more information, contact **603-435-2500 ext. 2350**
- **HOUSING SERVICES:** Community Action Partnership of Strafford County—assistance with rent, utilities vehicle repairs as funding allows and where assistance not available through other sources. Contact: **(603) 435-2500 x8155**
- **Security Deposit Loan Program:** NH Security Deposit Loan Program is assistance in the form of a guarantee certificate to the landlord and a loan to the client, which must be paid back to CAPSC. For more information, contact **603-435-2500 ext. 8148.**
- **Homeless Outreach** - The Homeless Outreach and Intervention Program (HOIP) offers outreach and intervention services to the unsheltered homeless throughout Strafford County. HOIP is a state-wide initiative designed to help the homeless obtain emergency shelter, provide referrals, and get connected to other emergency services. For more information, contact **603-435-2500 ext. 8153.** **Greater Seacoast Coordinated Entry: 603-435-2448**
- **USDA Rural Development:** Helps NH families to achieve housing goals with creative financing and other funds. **(603) 223-6035**

HOMELESS EMERGENCY SERVICES

Greater Seacoast Coordinated Entry Homeless prevention & diversion services. Shelter referrals for individuals /families in Strafford and Eastern Rockingham counties who are homeless or at risk of becoming homeless. **For more information, contact 603-435-2448.**

***My Friend's Place in Dover (603) 749-3017**

***Homeless Center for Strafford County (603) 332-3065**

Referral needed. (See Greater Seacoast Coordinated Entry Program above)

HAVEN: Short-term emergency shelter. Provides women and their children with a safe environment to heal from abuse and to rebuild their lives. **24 Hour Hotline: 603-994-7233**

Lydia's House of Hope A transitional housing & training program for homeless families and single women. **Phone 692-3100**

NH Housing Authority (Section 8): www.nhhfa.org **800 439-7247**

⇒ **Dover Housing Authority** ~~(603) 742-5804~~

⇒ **Rochester Housing Authority** **(603) 332-4126**

⇒ **Somersworth Housing Authority** **(603) 692-2864**

- **Community House Calls:** Provides home safety modifications, home accessibility evaluations and modifications, home repairs and home improvements. (603) 606-8905 www.communityhousecalls.com
- **Habitat for Humanity's ReStore:** Donated new and reusable building materials such as kitchen cabinets, appliances, doors, windows, tile, hardwood flooring, light fixtures, etc. Available at low cost. 29 Fox Run Road, Newington, NH (next door to Wal-Mart). Open Tues—Sat 9-5pm www.senhhabitat.org/restore/ (603) 750-3200
- **Counseling for at-risk homeowners** www.HomeHelpNh.org
- **Emergency Housing:** www.Home4Hope.com
- **Subsidized Housing for Elderly and Disabled:** Stewart Property Management **(603) 641-2163**
- **Property tax credits** for disabled and elderly home owners, veterans or their widows may be available through the tax office in your town.
- **Child and Family Services: Rental Assistance Program:** Provides assistance with a security deposit and 1st month's rent to adults aged 18—21 **(603) 769-0620**
- **Seacoast Street Outreach Program:** Provides intervention and outreach services for 12—22 year olds experiencing housing instability. **(603) 716-6083**
- **Veterans Inc. wwwveteransinc.org (603-401-2537**
- **Seeds of Faith:** Community Outreach for those at risk of homelessness, food pantry, clothing, diapers, advocacy. 36 Canal St Somersworth www.seedsoffaithnh.org **(603) 692-0100**

Families in Transition - New Horizons
641·9441 / www.fitnh.org / info@fitnh.org

FINANCIAL ASSISTANCE

- **Modest Needs Foundation:** on-line opportunity for individuals to request financial assistance. **www.modestneeds.org**
- **Rochester Share Fund: 183 N. Main St** (*Roch/E. Roch/Gonic/Farmington residents only*) Must call for appt. **(603) 335-0011**
- **Somersworth Share Fund:** 1 Market St. (*Somersworth residents only*) **(603) 609-5710**
- **Dover Share Fund:** PO Box 385 (*Dover residents only*) **(603) 617-6942**
- **Internet (Comcast):** $9.95/mo. internet service and inexpensive computers to eligible families. New computers for $149.99 if eligible and free internet training. **www.internetessentials.com (855) 846-8376**
- **Netwish:** A non-profit group of business people who provide a financial helping hand when it is needed the most **www.netwish.org**
- **Harry Alan Gregg Foundation:** small grants for special equipment or other treatment for individuals with disabilities including camperships. Based on need. **www.crotchedmountain.org**

HOLIDAY ASSISTANCE

Please call to confirm!!!

Barrington: Food Pantry - contact **(603) 664-0233**

Dover Residents: "Toys for Tots"- Applications will be available from the City Welfare Office at City Hall, 61 Locust St. Suite #334 beginning mid-Nov, any weekday from 8am—4pm. ***MUST apply in person.***

Somersworth Residents: "Toys for Tots" Applications Contact Somersworth Fire Dept. **(603) 692-3457**

Rollinsford: Contact Fire Dept. at **(603) 742-2803**

Rochester/Gonic Residents: Call Fire Department w/questions. Toy Bank 11/07– 12/19. **(603) 332-3505**

Strafford County Community Action Partnership; Provides holiday food baskets for eligible individuals and families. For application deadlines contact: (603) 435-2500

Check with Welfare offices, local police/fire departments regarding food baskets for Thanksgiving and Christmas. If your town is not listed, call the Salvation Army (603) 332-2623—they may be able to assist you further.

Money Saving Ideas for the Holidays

- Keep track of gift ideas.
- Don't wait until the last minute.
- Search for coupon codes for online buying.
- Make a list, set a spending limit, and **stick to it**!!!
- Use cash.
- Give handmade treats such as granola, a tin of cookies, or pumpkin bread.

FREE BIRTHDAY GIFT

For families of children between the ages of 1 and 12 who could use a little extra help during these challenging economic times. Call Bethany Methodist Church at 24 Main St. in East Rochester at **(603) 948-1278 (ask for Eleanor for appointment)** or email bethanykidskorner@yahoo.com Birthday child will receive a free birthday gift, birthday cupcake, photo and coupon for a McDonald's sundae.

NH Care PATH

Connections to better living

In New Hampshire, there are many paths available to help people of all ages live better in their communities. NHCarePath is designed to be New Hampshire's "front door" that quickly connects individuals to a full range of community services and supports. Once you have entered NHCarePath you will find a collaboration of state wide partners, including:

- Department of Health and Human Services (DHHS)
- ServiceLink
- Area Agencies offering developmental services
- Community Metal Health Centers

Caregivers, families, older adults, and persons living with a disability are invited to explore the website or call the toll-free number to find assistance with individualized needs.

www.nhcarepath.org

1-866-634-9412

Community Action Partnership of Strafford County

(603) 435-2500

Head Start and Early Head Start

Home Visiting

Child Care (Farmington Children's Center)

Nutrition Services

Parent Education

Fuel and Electrical Assistance

Weatherization

Senior Transportation

Food Pantries

Housing Stability Services

Homeless Outreach

Workplace Success

Workplace Development

Visit us at www.straffordcap.org

community Action PARTNERSHIP of Strafford County

ASSISTANCE WITH TELEPHONES

SafeLink: Free cell phone if income eligible.
www.safelinkwireless.com or **(800) 723-3546**

Link-up: Telephone programs can reduce installation fees and reduce your telephone bills.
Call 211 or www.freegovernmentcellphones.net/states

Free Telephone Directory: (800) 373-3411 or 411

HAIR CARE

- **Empire Beauty School:** Low cost Services. Route 108, Somersworth **(603) 692-1515** and Route 1 South, Portsmouth **(603) 433-6664** www.empirebeautyschools.com
- **Dover High School Cosmetology Program:** very reasonable rates! **(603) 516-6975**

ASSISTANCE WITH PETS

- **Reduced fee spaying and neutering:** and pre-surgery immunizations for pets of NH residents who receive Food Stamps, Medicaid, TANF, APTD, ANB, OAA and/or SSI. Obtain a "Plan B" application from Human Services, NHSPCA, or call Animal Population Control Program at **(603) 772-2921 x147**. www.nhspca.org/spay-neuter-information
- **Animal Population Control: (603) 271-3697**
- **COCHECO Valley Humane Society:** www.cvhsonline.org **(603) 749-5322**
- **Elderpet:** provides various services to low income elders, persons with disabilities and hospice families. Services include limited transportation, pet food assistance, pet grooming, short term pet care, pet medication assistance & consultations. www.elderpet.org **(603) 767-6856**
- **The Pet Fund:** www.thepetfund.com
- **Feline Emergency veterinary assistance:** www.fveap.org
- **Care Credit:** For veterinary services **(866) 768-3850**
- **Pet grooming:** By students at Dover High School Technical Center **(603) 516-6975**

ASSISTANCE WITH RECREATION

FREE passes to local and out of state museums may be available through your local library.

NH Fish and Game Department offers several hunting and fishing permits for people with physical disabilities. Free or nominal fee. **(603) 271-3422**

Zebra Crossing: inexpensive programs offered for children with chronic health issues. Each program allows children to renew their spirits through diverse opportunities for play and to connect with others who are facing the same chronic health condition, and build lasting friendships. www.zebra-crossings.org **(603) 312-2052**

Check with your local recreation departments: scholarships may be available for eligible children.

Cut back on kids' extracurricular activities or research scholarship programs to help with cost.

Research free or inexpensive entertainment in your community. Use local newspapers and websites to learn about free or inexpensive parks, museums, film showings, etc. your family would enjoy.

Volunteer to usher at local community theatres—you'll get to see the shows for **FREE**!

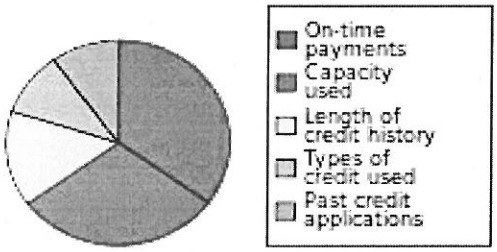
DISCOUNTED RESTAURANT COUPONS

- Go online to **www.restaurant.com** for coupons to a variety of local restaurants.

Your Credit Score...

What is a **credit score**? It's a number representing the creditworthiness of a person, the likelihood that person will pay his or her debts. Lenders use credit scores to evaluate the potential risk posed by lending money to consumers.

CREDIT SCORE FACTORS



35% — Payment History
Bills paid on time will improve your score.

30% — Credit Utilization
The ratio of current revolving debt (such as credit card balances) to the total available credit limit. The lower the ratio, the better your credit.

15% — Length of Credit History
A long credit history can have a positive impact on your score.

10% — Types of Credit Used
You can benefit by having a history of managing different types of credit, such as mortgage, credit card, car loan.

10% — Recent Searches for Credit
inquiries, which occur when you are seeking new credit, can hurt scores.

*For instant access to your FREE credit report, visit www.annualcreditreport.com and www.creditkarma.com for your credit score.

Mini-Money Lessons for Kids

- Discuss with your children the difference between **needs** and **wants**. As basic as it sounds, many financial difficulties could be avoided if people understood that it is merely impossible to have *everything* you want, and that some things are more important than others.
- Help a child understand there is no such thing as a free lunch. If a child wants an item, help them earn and save money to purchase it without going into debt.
- Give your children the opportunity to hand money to cashiers, bank tellers, parking attendants, etc.
- Saving is an important habit to begin early—early in life and early in a budget. Teach your children to pay themselves first. This means the first money to come out of a paycheck or allowance goes into savings.
- Remember that one of the best ways to teach is by example—do your best to practice what you preach.
- Give your children advice, but allow them to make their own decisions—good or bad. Children will learn the most from personal experience, perhaps especially mistakes.
- Turn grocery shopping into a teachable moment. This is a great opportunity to teach kids about comparison shopping. Teach children how to shop by value rather than brand. Remember to always shop with a list. Shopping with a list helps children understand how prior preparation can lead to great savings in the end.

Free Income Tax Preparation

You may be eligible to get your taxes prepared for free and you may be entitled to tax credits you don't even know about.

Look for VITA tax sites and AARP tax sites online, or free preparation services at your local library.

Call 221 for more information.

35 Ways to Winterize Your Home

1. Replace any old or inefficient windows. Windows are one of the major ways heat leaks out of your house.
2. Seal off drafty windows and patio doors with clear plastic.
3. Insulate the hot water lines around your hot water heater and turn down the temperature of the water heater to the "warm" setting (140 degrees F).
4. Consider "blanketing" your water heater with faced fiberglass insulation. (Do not do this if you have a gas-powered water heater)
5. Wrap any hot water pipes that run through unheated areas of the house. Also, you can insulate cold water pipes to help prevent them from freezing during the winter.
6. Replace your furnace filter about every 6 months.
7. Make sure your cold air returns aren't blocked. Your furnace needs these to operate efficiently.
8. Try replacing the weather stripping around the doors in your home.
9. A generator can run your furnace and well pump and coffee pot, if you lose power.
10. Uncover all south-facing windows to let all possible sunlight in your home.
11. Keep all vents and baseboard heaters clean.
12. If you have a fireplace, close the damper when the fireplace is not in use.
13. Consider replacing all of your lightbulbs with energy-saving bulbs.
14. Install foam insulators behind the face plates of light switches and electrical outlets.
15. Reverse the direction of ceiling fans to push hot air downward
16. Check windows for leaks. Windows with wooden frames often warp and become inefficient.
17. Caulk both sides of the trim around your windows. This is an area where a lot of air can get in.
18. Try not to use space heaters to heat large areas of your house.
19. If you spend most of your time in one room in a large house, consider setting your thermostat low and using a small heater to heat where you are going to be.
20. Remove any window-unit air conditioners.
21. Keep all closet doors closed when possible. There's no need to heat space that isn't in use as long as it doesn't contain water pipes. (Continued next page)

More Ways to Winterize Your Home

22. Make sure that your garage isn't too drafty.
23. Try to use the clothes dryer for consecutive loads of laundry. This conserves the energy that would be needed to heat up the dryer several times.
24. If your home has folding attic stairs, consider insulating the door with a cover made of rigid foam.
25. Dress warmly when you are inside so that you won't be tempted to raise the temperature on the thermostat.
26. Make sure that there aren't any drafts coming in under doors. If there are, consider using a rubber strip to seal them off.
27. Seal any cracks in the foundation of your house.
28. Wear socks and slippers. If your feet are warm, you will feel warmer and can keep the thermostat set low.
29. Install a programmable Energy Star thermostat that will lower the temperature at night and when no one is at home.
30. Close off rooms that aren't used and shut the vents.
31. Clean your gutters—reduce ice dams
32. Add insulation to your attic.
33. Invest in a home energy audit.
34. Research rebates and credits for heating system upgrades.
35. Tune up your heating system annually.

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