



PHONE: 603-497-4440

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WEB SITE: www.medvilcooperative.com

Established 2006

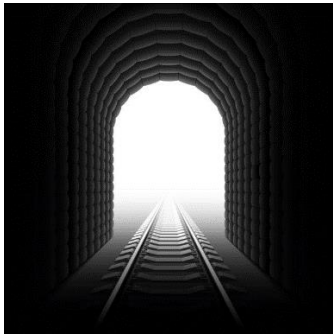
E-MAIL ADDRESS: medvil@comcast.net

THE MEDVIL MESSENGER

For all the Medvil community since 2008.
April 2021

Medvil pride.....shows inside!
Edition 140

BOARD NOTICES



AS THE VACCINATIONS ROLL ON. . .

Well, Neighbors, we have endured a long year *plus* of relative isolation. I wish I could report that

we are at the end of this ordeal, unprecedented in our lifetime. However, as a community, we may at least have the end in sight. With Covid-19 vaccinations becoming readily available (I have had both of mine) we can consider that as an isolated community we may be able to start opening up some activities with caution as soon as we can get comfortable with our own herd immunity. Covid-19 and the variants that are now part of this epidemic are still alive and well and remind us we still need to be vigilant. No one knows from month to month when normal will be back, but we remain hopeful.

The Board of Directors have tossed around an idea and eventually approved a plan that might help us to determine what herd immunity might look like in Medvil Cooperative. We don't have a number yet, but if we could track the percentage of our population that has been vaccinated, we might be able to better determine with some certainty when we might safely be able to open some of what we are used to doing as a community along with events that might take place safely.

Having said that, the plan is to ask for a volunteer registration of your vaccination status. This is a

simple process of you reporting via a copy of your vaccination card turned into the board office mail slot, or even easier, a simple phone call to the Admin/Finance office with your name and address, reporting your vaccination status, after the two shots as required or the one shot of the Johnson and Johnson.

This information helps us make educated decisions on how best to open certain activities with confidence while we remain vigilant at protecting our most vulnerable residents. It may seem we are being over cautious, but we all know that lives can be at stake and there is no such thing as being too careful about that.

Please help us with your cooperation and know that your information is always private. Anything we report will be generic in numbers as a population, otherwise not broken down any further in any reporting.

As a very active community, we want to get back to business as usual as soon as possible, but only if the risks are minimal. The office number for reporting to is 497-4440 Ext 1 (finance) office. Please leave your name(s) and address and acknowledge you have been fully vaccinated. It's that easy and your information stays private. Stacey, our Admin Assistant, will be the only one with the information and will give the board the tally numbers only.

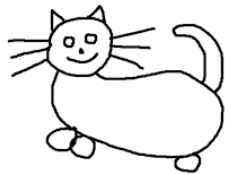
Stay safe and thanks for your cooperation.

Kim Capen, President and your Board of Directors



FERAL CATS

Medvil is currently participating in a "Catch and Release" program with the Manchester Animal Shelter. They are supplying the food, sleeping area and traps. They are also constantly monitoring the site by camera. In addition to a shelter staff person, there is a small group of Medvil volunteers tending the feeding station. ***Please do not visit the site or feed the cats. If you are currently feeding feral cats at your home, please stop doing this immediately.***



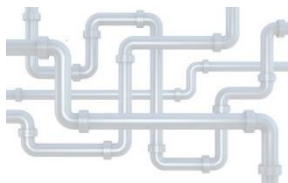
Trap, Neuter, Return (TNR), is designed to get our feral cat population under control. Once a cat is trapped, it will be picked up by the Manchester Animal Shelter. They have a vet that will neuter/spay the cats, vaccinate them and clip one ear for identification purposes. They will then return the cat to Medvil. Unable to reproduce, the cat colony should decline in size over time. Spaying and neutering also reduce nuisance behaviors such as fighting, yowling and marking territory by spraying. The cats remain healthier and less likely to spread disease, and they help to keep the rodent population in check.

If you have any questions, please call me.

Lucille Pelletier VP

603-622-4084

RECENT SEWER ISSUES



Though this is not a pleasant topic, it is something that needs to be reviewed.

Last week we had a major sewer issue on Donald Drive resulting in the need to have the sewer pipe "jetted." When the technician was finally able to clear the blockage to the manhole what we found

was solidified grease, which had attached itself to the opening of the sewer pipe, and approximately six inches of wipes that never broke down.

We were informed by the technician that even though the manufacturers of wipes are now saying they are flushable, **THEY ARE NOT**. They may be thinner in texture, however, they do not break down. The same was said for Charmin toilet paper. A substitute he recommended was Angel Soft which states on the package that it is septic friendly. Another brand that is biodegradable is Scott.

Since the service to clear this problem is costly, but one that can be avoided, I am asking that you please reconsider before you pour grease down the drain or toilet and never under any circumstances flush wipes. If we all do our part in adhering to these guidelines it will help to keep the cost of unnecessary repairs down and will potentially save our septic systems.

Thank you for your understanding and cooperation in this matter.

Odie/ OD

OPERATIONS

SPRING IS OFFICIALLY HERE!

Though winter was not too difficult this year, it's still exciting to welcome the spring season. To me, there's something exciting about the return of the chirping birds in the morning.

Something not so exciting may be the thought of spring yard clean up. It's now time to put away the snow blower (if you dare) and bring out the lawn mower and lawn chairs.

I'm sure many of you are asking, "When are you going to start picking up lawn bags?" In answer to that question, we are going to be starting on



Thursday, the official pickup day of the week, April 1st--and no, it's not an April Fools joke.

That being said, I would like to take a moment to remind you of a few of the rules regarding yard waste disposal and make a few requests as well.

Grass clippings and leaves are to be put in biodegradable bags for pickup on Thursdays. Large branches are to be placed in a pile at the edge of the road. Shrub trimmings and small branches are to be placed in a separate bag with the top left open. It is never permissible to dump yard waste on **Medvil** grounds. Never plant, relocate, cut, trim or remove trees without prior approval from the Board. These reminders were taken directly from the **Medvil** rules book should you want to review for yourselves under *Section D. Sites*.

My requests are these. If it is raining, please do not place your bags by the roadside if you have a carport. They become saturated which make them heavier than normal and at times the bottoms fall out creating more work for the Maintenance team and volunteers than is necessary. Leave the bags at the end of your carport and they will be picked up from there. My second request is this. I know the lawn bags have a "fill to here" line on them, however, please keep in mind the weight of the bag. As we all know **Medvil** has more than its share of acorns. When they are added to the leaves, the bags become heavy very quickly. I know some of you may be saying that this would require buying more bags, but please remember, the people picking up these bags have to toss them up and over the back of the trucks, so please consider using another bag rather than filling to the top and make their jobs a little less back breaking.

Let's talk about irrigation systems for those of you who have them. When you have your systems turned on, please be sure to check the sprinkler heads and make the proper adjustments. I often see neighbors' carports, roads and sidewalks being watered unnecessarily. Be sure to adhere to the watering guidelines as specified under the rules *D*.

Sites. As watering begins, remember lawns must be kept trimmed and mowed, not allowing the grass to get any higher than 6 inches.

As more people are enjoying the outdoors, another reminder is: fire pits are not allowed. Chimineas are permitted as allowed by local ordinances. Outside burning of leaves is not permitted.

Let's move on to the subject of parking on Constitution. The paved parking spaces are reserved for visitor parking and daily use (non-recreational) vehicles of members. All other registered vehicles such as campers, trailers and boats that are not in regular use must be parked in the field.

For those who are contemplating additions, porches, adding or extending carports and sheds, remember a detailed plan must be submitted to the Board. The guidelines can be found in your rules book under *C. Buildings and Sites*, on the website under documents. There are also copies in the package room of Donald Drive Clubhouse for you to take. Please remember to check with the Town of **Goffstown** Building inspector, Marc **Tessier** on whether or not a building permit is required.

I'm hoping this article doesn't come across as a lecture. After being on the Board for four years I've come to recognize the areas that sometimes surface as problems. Perhaps this is a good time for all of us to reread the rules and refresh our memories?

As an update I would like to say that all the tables at the Partridge clubhouse have been refinished and they look amazing, and the handicap railings have been installed front and back.

Thank you all and if there are any questions, please don't hesitate to reach out.

As always, thank you, Jeff and Stan, for all your hard work!

Odie/OD



GOT EMPTY INK CARTRIDGES?

You can recycle your empty ink cartridges at the Donald Drive club house mail room in the box designated for them. Medvil brings them to Staples for credit towards the purchase of new ink used for administration, cutting Medvil costs and allowing rents to remain stable. And it keeps a hazardous waste out of the trash!

Treasurer Fred Plett



OTHER NOTICES

UNWANTED MAGAZINES. . .

Until further notice, due to the Covid-19 protocols, please do not drop these off at either of the clubhouses. In addition, this seems like a good time to remind people that magazines, books, and unwanted items of all kinds are *never* to be left in the mailhouses, regardless of the public health situation. Thank you for your cooperation.

The Medvil Messenger

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April 2021



PLEASE FIND FLYERS. . .



(Nope, not this kind!)

Be sure to look for the flyers included with this document, stapled to the back if you are reading hard copy—or just keep scrolling down if you're reading from email. We have for you this month information about birds and bears, contact info

on statewide resources for New Hampshire's 50+ citizens, and an updated list of Goffstown municipal phone numbers, such as police, fire, transfer station, etc. Those two flyers you might want to print and pin up somewhere where they are always handy, and thanks to Deb Cyr

AND Irene Gagne, respectively. There's also a list of Medvil office phone extensions for you to print and put beside your phone. Finally, our representative at ROCNH

has sent us comprehensive information on the NH Emergency Rental Assistance Program, in case it might be of some use to any of our neighbors at this time.



(Nope, try again!)

Edition 140

COMMITTEE REPORTS

EVENTS COMMITTEE

First, let's all take a moment to consider the loss of Sonja Fuller, who was an integral member of the Events Committee. She died unexpectedly of an infection at Catholic Medical Center in early March. Her absence on the committee and throughout the Medvil community will be felt deeply and she will be remembered fondly indeed.

Meanwhile we are still social-distancing and wearing our masks to make sure that our neighbors are safe from the nasty Covid-19 virus, but we are slowly starting to bring some programs to the community, starting with a remote cooking segment in May. Here's how Marilyn Mills, Elliot dietician extraordinaire, describes it:

Which is your tried-and-true-kitchen cooking gadget?

If it's a slow cooker that comes to mind, then join us May 19th at 6PM for a Virtual Class on Slow Cookery.

Hot summer night? Make it in the morning—no need to heat the house.

We will discuss the pros of cooking with a slow cooker, choosing the right size for a family of one or two, including slow cooking tips. Plus: a DEMO of a recipe with a focus on heart health and gut health.

Marilyn Mills, RD, LD, CDE —Elliot Clinical Dietitian, in partnership with Hannaford.

Watch for reminders and log-in info, coming to mail houses and email soon.

We have more events in the pipeline and they will be available as things begin to open up.

Until next time, stay safe, stay well, and enjoy our beautiful springtime!

CP



FUNDRAISING COMMITTEE

Contact Irene Gagne at 622-1869

MONTHLY POOL

The 3/1 winner was Eveleen Barcomb for \$250. All numbers are being played with a guaranteed winner.

There is currently one resident on the wait list. Please call Irene Gagne at 622-1869 to place your name on the list. It's only \$5/month and you can play more than one number.

Yard Sale – Our yard sales for last year were cancelled. We hope to have another yard sale later this year. This will depend on where the country stands on the coronavirus.



If you have items to donate, please hold onto them. Call Irene to let her know you have items so you are on a list to contact when a new date is scheduled. If you do not have room to store your items, let Irene know & she will see if other arrangements are available.

However, we do not take electronics, TVs, large appliances, furniture, or exercise equipment.

Committee Members – We are a committee of nine with two individuals interested. We are looking for more members with fresh ideas that will benefit the Medvil community.

Ideas Needed – However, you don't have to be a committee member to give us suggestions for projects to use our funds – call Irene with suggestions, including costs.

Monthly Pool— We have set up 4/5 as the date to collect the May – August pool money.

IG

REAL ESTATE COMMITTEE



We have one new listing. For the month of March we have had 10 showings, one closing and four under contract. DK

If you are thinking of selling your home, the first

step is to fill out the Intent to Sell form. **This form can be found on our website at medvilcooperative.com**, filled out and sent to the office. The second step is to locate a realtor. Please consider Medvil Real Estate to help you sell your home. Sales benefit Medvil community.

NOTE: If any resident has a friend or relative who would be interested in viewing any of our listings, please inform them that the way to contact us would be to call the office at 603-497-4440 EXT 2 only, not our real estate representatives' personal phone numbers. Thank you.

Medvil RE Committee - 497-4440 Prompt 2

Website: www.medvilcooperative.com Homes for Sale

Dorrie Kossuth, Chairperson

IN SYMPATHY



Heartfelt condolences to those who have recently lost a loved one:

- The family of Sonja Fuller
- The family of Gigi Clement

We meet them in the lives they've shaped. We enjoy them in the jokes and wisdom they've passed down. Be active in the community they've built. It is a way of walking with them into the future. It is a way of never losing them.

Linda Robinson, Sunshine Lady (603) 851-5209



It is not uncommon for a person to find themselves in need of a little help from time to time.

If you could benefit from a little friendly assistance, **don't** hesitate to reach out to the Helping Hands Committee.

Need a prescription picked up? Maybe a few groceries? Or even a ride to/from a doctor's appointment?

Safety and health are of great concern and importance to everyone so gloves and masks will be available.

If you need help or have questions about the committee and what they do, please reach out to Anita O'Brien at akelliher38@gmail.com or by phone at (603)494-4246.



THE STATE WE'RE IN

THINGS YOU MAY NOT KNOW ABOUT THE GRANITE STATE Part 3

Arnold Schwarzenegger and Paintball

Arnold was an aspiring body-builder-turned actor in the 1970s, but it wasn't until a book and a bodybuilding documentary titled "Pumping Iron" boosted his image and made him into a folk hero. That film and book were largely the creation of local filmmakers George Butler and Charles Gaines. They teamed up a few years later to invent the game of paintball by staging a game of "capture the flag" in the woods with some friends using paint guns designed for marking cattle.

"Pick-things-up-and-put-them-down"

Hampton-based Planet Fitness pioneered the concept of the No Judgement Zone fitness with bountiful banks of equipment meaning you (almost) never have to wait in line for a good elliptical machine.

Balloons with Ears

English scientist Michael Faraday invented the modern rubber balloon in 1824. It was more than 100 years before rubber researcher Neil Tillotson figured out how to make affordable latex balloons in different shapes. His cat-head balloons led to new designs, including the invention of latex gloves, and he founded the Tillotson Rubber Company in 1931 to manufacture them. Tillotson bought and moved to the Balsams Grand Resort

Hotel in Dixville Notch in 1954 where he created a polling location for the tiny town and arranged for himself to be the first voter in every American presidential primary and election for 40 years until his death at age 102.

The Quicker Picker-Upper

An invention by William Corbin in 1922 got the whole concept of convenient cleanups rolling. The brown "Nibroc" (his name backward) paper towels he developed were folded into metal cabinets that could be mounted where needed, but this product of the Brown Company in Berlin soon became one of the most recognizable paper products in the country.

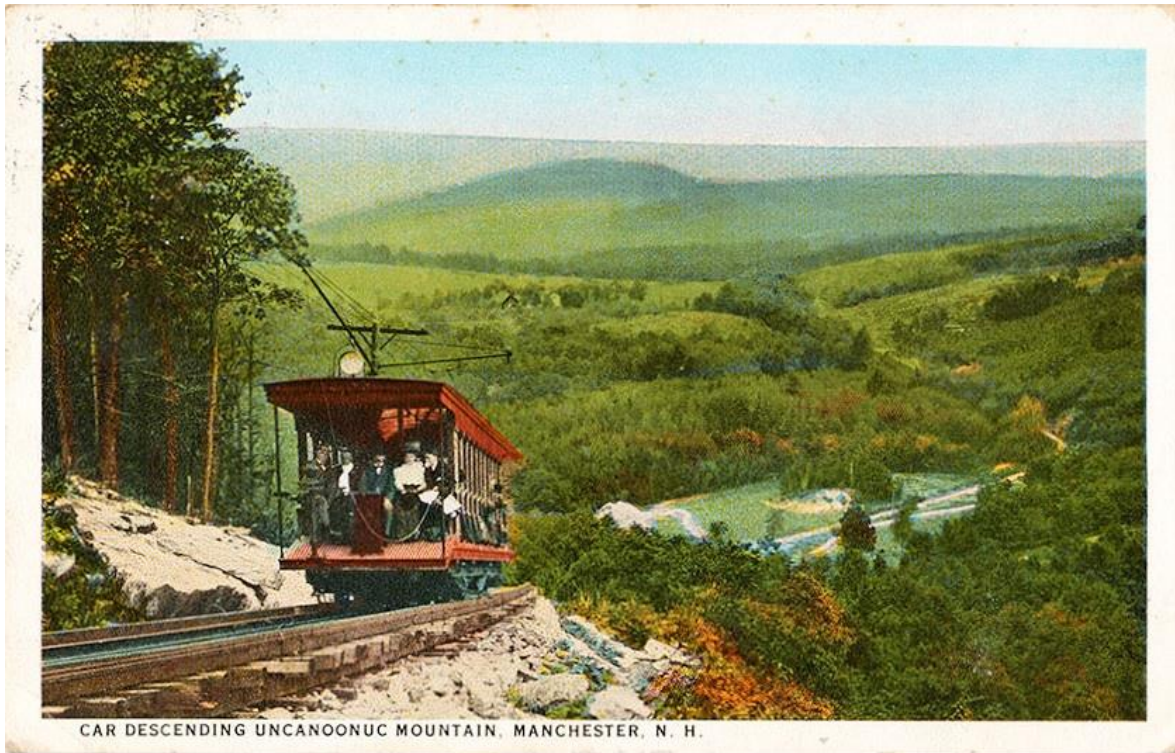
The Granite State

The Library of Congress in Washington, DC, was built from more than 30,000 tons of New Hampshire granite. So were Boston's Quincy Market and countless other monuments and landmark structures throughout the world. You're welcome, but as the bumper sticker reads, "Don't Take NH for Granite."

We Are the Original Land Conservationists

Before the National Park Service was getting all the glory for preserving natural wonders, New Hampshire was already on board with the idea that destroying nature (albeit on a somewhat smaller scale) was not such a great idea. In February 1901, the Society for the Protection of New Hampshire Forests was formed, the first such society in the US. The group of nine conservationists came together after witnessing the dire toll industrial innovation was taking on the White Mountains region – hills were stripped of trees, and streams were clogged with sawdust and silt.





Uncanoonuc Mountain Railway ran from 1907-1941

The society sought the support of Massachusetts congressman John W. Weeks, and in 1911, the eponymous Weeks Act was passed, allowing the federal government to buy private land if the purchase was deemed necessary to protect rivers, watersheds, and headwaters. It also allowed the acquired land to be preserved and maintained as a national forest, leading to the creating of the White Mountain National Forest – and much more. According to the Forest History Society, “To date, nearly 20 million acres of forestland have been protected by the Weeks Act, land that provides habitat for hundreds of plants and animals, recreation space for millions of visitors, and economic opportunities for countless local communities.”

Taken, in part, from the January/February 2021 edition of NH Magazine.

NH FIRSTS IN THE NATION

The first snowmobile was built in Ossipee, NH.

The Marquis de Lafayette was the first person to call New Hampshire the Granite State.

Captain John Smith was the first European to discover the Isles of Shoals. He wanted to call them the Smith Islands, but they were named after the "shoals" or schools of abundant fish found there.

AND FINALLY...

The Chinook is the state dog. It is one of a few dog breeds created in the United States. Route 113A is called the Chinook Trail and is believed to be the only highway named after a dog! For several years Guinness Book World Records named the Chinook as the rarest breed of dog.

From Tracy Wyman



WE CONTINUE WITH GOFFSTOWN HISTORY

A Bit About the Uncanoonuc Mountain Railway

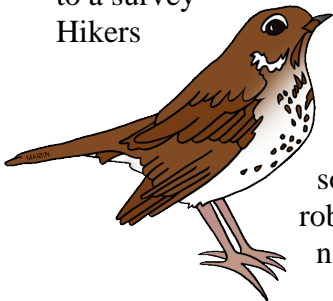
Did you know. . .As early as 1850 a passable road had been built to the summit of the southeasterly Uncanoonuc Mountain, and the U.S. Coast Survey established a station there that year and also occupied the same in 1860. Likewise, Professors Hitchcock and Quimby had stations there afterwards. The mountain had become quite a resort for pleasure and observation of the surrounding country. *Did you know.* . .Built atop Uncanoonuc Mountain south in 1907 and accessed by the Uncanoonuc Incline Railway, the Uncanoonuc Hotel was a five and a half story building with 37-38 guest rooms and a dining room that accommodated 120. It also offered outstanding views of the surrounding valley, including Manchester, connected by electric trolley to the railway's base station. The hotel burned down in 1923, and the train was later used to transport skiers to the top.

From Ellyn Barnard, courtesy of the Goffstown Residents Association

Editor's note: This has been a continuing series, in no particular order, but at some point we'll cover history specific to the area now occupied by our very own Medvil Cooperative.

HEALTHY CORNER

From the Royal Society of Birds: Bird songs - real or recorded- may help elevate your mood, according to a survey of 665 Colorado hikers. **Hikers** who heard 7-10 minutes of birdsongs reported having a lift in their sense of well-being. These songs included songs from wrens, goldfinches, robins, nuthatches, and other native birds.



The Medvil Messenger

Timing Your Meals: 1) Eat breakfast early. Try to eat within one or two hours of rising. This will prevent you from having a low fasting glucose level for too long. 2) Eat dessert before 3PM. Your body processes carbohydrates best in the morning and early afternoon. 3) Dial back your dinner hour. Try to finish dinner between 6-8PM. As bedtime approaches, melatonin output increases and insulin output begins to drop. 4) Slim down your supper. Most Americans eat about 45% of their calories at dinner. A healthier goal is 30%. One way to do this is to try to eat more vegetables. The fiber from these foods will also help you feel fuller.



From Ellyn Barnard, courtesy of *Consumer Reports on Health*

DEADLINES



and other stuff

YOU want to know about

The Medvil Messenger wants material! Recipes, helpful hints, reminiscences, jokes, poems—please keep it upbeat and positive. Original material will take precedence over reprints from other sources,

including printouts of email pass-arounds. If you submit previously published material, please try to cite a source. We reserve the right to reject material that may offend, divide our community or cause political arguments. Please submit your items to our email: medvilnewsletter@comcast.net Or place a copy in the Messenger mailbox in the Reception Office in the DDC. (During our Covid-19 lockdown, you may slide it under the office door and we will ask our office volunteers to let us know that it's there.)

Deadline for submissions is noon on the Monday after the Board Meeting. (BOD meets on the 3rd Tuesday of the month.)



Medvil Messenger Staff:
Debbie Cyr and MB. Wulf

Medvil Messenger Writers and/or contributors this issue: *Ellyn Barnard, Debbie Cyr, Irene Gagne, Dorrie Kossuth, Lucille Pelletier, Odie Perron, Fred Plett, Linda Robinson, Len Stuart, Tracy Wyman*



The Birds.



The Bears.



We Can Have Both.

The following recommendations provide opportunities to enjoy watching birds without the conflicts with bears that feeders often produce, resulting in bears losing their natural fear of humans and sometimes the unnecessary destruction of a bear.

In early spring, provide natural nesting materials such as human or animal hair, wool, cotton, feathers, and even dryer lint. Fill small mesh onion or lemon bags with these materials and hang them in trees and bushes around your property.

Make a dust bath in a sunny spot close to a window. Mix equal parts of fine sand and wood ash together in a bird bath or wooden planter tub. Small songbirds will flutter around in it and throw the dust all over their bodies to get rid of their insect parasites.

Landscape for wildlife by planting fruiting shrubs for natural bird food and a variety of tall and short vegetation in patches, while leaving some areas of bare ground to provide the diversity that insects and birds need.

During the heat of the summer, provide water not only in the traditional bird bath, but also use a soaker hose or set a hose to spray softly upward in a leafy bush to make a shower the birds will flock to.

Watching a single pair of birds nest and fledge their young on your property can be more satisfying than watching dozens of birds squabble at a feeder. Natural attractants keep our bears out of trouble and are healthier for birds than feeders, which can concentrate numbers of birds in one spot and facilitate the spread of disease and parasites among them.

From the USDA, APHIS, Wildlife Services, Concord, NH



IT'S TIME FOR THEM TO WAKE UP!

As snow disappears in the early spring hungry bears leave their winter dens. Early spring offers the promise of abundant bear foods, but yields no such benefit until grasses grow, bulbs sprout and flowers bloom. Hungry bears lack the option to wait for spring growth. Although bears are generally shy and usually avoid humans, their need for food and their fondness for sunflower seeds often draw them to New Hampshire bird feeders.

If you still have your bird feeders out overnight (NH Fish & Game recommends NOT to feed the birds between April 1st and November 1st) you are one of the reasons the bears roam our neighborhoods. If an easy food source is made available (and what's easier than a bird feeder) the

bears will continue to hang around and feed. If you must have bird feeders, please consider bringing them inside at night.

Here are some suggestions from NH Fish & Game to prevent your bird feeder from becoming a bear feeder:

- Complete your bird feeding activities by April 1 each year. Don't feed the birds until late fall (the birds will do just fine). If you must have bird feeders, please consider bringing them inside at night. Bears are clever. This, coupled with their strength and agility, make it very difficult to establish bearproof bird feeders.
- Purposeful feeding can result in the bears getting accustomed to humans. This "habituation" of bears may cause a variety of conflicts with humans. The end result may be the removal (most often with lethal consequences) of the offending bear. Here's something to keep in mind; once the USDA visits you regarding a bear complaint should they have to come back a second time it could result in a \$1,000 fine for the homeowner.
- Encourage your bird-feeding friends and neighbors to adhere to these guidelines. Be reminded that many people have an irrational fear of bears. A black bear's presence in a residential area may create fear among neighbors and lead to negative consequences for the bear.
- You should also be aware if you are one of the many residents who take advantage of the early morning or evening hours to walk through our quiet neighborhoods; if a bear is foraging and moving from yard to yard you might not see it until you are too close for comfort (your comfort, not the bears). If you see a bear, just make some noise; clap or sing, anything to let the bear know you are there and it will most likely turn tail and run.

NH Emergency Rental Assistance Program

Application for the NH Emergency Rental Assistance Program will be available starting **March 15th at 12 PM**. Below is some further information about how the funds can be accessed, as well as FAQs etc. that can be downloaded, emailed or printed and sent out widely in your communities. I wanted to especially point out the last bullet point below: landlords (that is, the cooperative corporation that owns the land in your ROC, run by the Board) can apply for assistance on behalf of tenants, so the Board can note who in particular may need help and approach them directly as well.

This program is being managed by the NH Housing Finance Authority (NHHFA) and the funds are being administered through NH's five Community Action Partnership (CAP) agencies. An overview of the program: [New Hampshire Emergency Rental Assistance - New Hampshire Housing \(nhhfa.org\)](https://www.nhhfa.org) Answers to frequently asked questions: [NHERAP-FAQ-web-final \(nhhfa.org\)](https://www.nhhfa.org) Your local CAP agency: [COVID Housing Splash Page | CAPNH](https://www.capnh.org) And more information about the program and how to apply: [Overview of the NH Emergency Rental Assistance Program - Housing Action NH](https://www.housingactionnh.org)

Eligibility:

To be eligible for rental or utility assistance, at least one person in the household must have qualified for unemployment benefits, had their income reduced, had significant costs, **OR** had other financial hardship due to COVID-19. The household must be at risk for homelessness or housing instability and meet certain income requirements. *This program is for renters and landlords, not homeowners.*

NHERAP will:

- Pay current and past due rent, as well as utility and home energy costs for eligible households. This assistance is available retroactive to April 1, 2020 through the date of application, and the applicant may also receive assistance for these same future expenses, for a total of 12 months.
- Pay for current and past due utility and home energy costs for eligible households, even you are not receiving rental assistance.
- Pay grants directly to the landlord or utility provider on behalf of the household.
- Work with a landlord, with the tenant's permission, to apply for assistance on behalf of their tenant.

Please feel free to reach out if I can help, or if you have any questions.

Best,

Molly Snell-Larch

ROC-NH Technical Assistance Consultant

msnelllarch@rocnh.org

(585) 794-1855

GOFFSTOWN TELEPHONE DIRECTORY

EMERGENCY

FIRE & AMBULANCE SERVICE	911
POLICE	911
NORTHERN NEW ENGLAND POISON CENTER	(800) 222-1222

TOWN HALL 497-8990 - PRESS 1

Administration/Selectmen	Ext. 100
Assessor	Ext. 113 or Ext. 114
Building	Ext. 112
Finance	Ext. 100
Planning & Zoning	Ext. 117
Sewer	Ext. 116
Tax Collector	Ext. 110
Town Clerk	Ext. 109
Welfare	Ext. 100
IF NOT SURE OF WHAT DEPARTMENT	Ext. 100

TOWN DEPARTMENTS 497-8990

Fire (Church St. - Station 18)	497-3619
Fire (Pinardville - Station 19)	622-6713
Library	497-2102
Parks & Recreation	497-3003
Police (non-emergency)	497-4858
Public Works	497-3617
Transfer Station	497-4824

VILLAGE DISTRICTS

Goffstown Water	497-3621
Grasmere Water District	497-8346

POST OFFICE

Church Street	(603) 497-9907
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Medvil Cooperative 603-497-4440

Extensions:

- Reception Office. dial Ext. 0
- Real Estate. Ext. 2
- Membership. Ext. 3
- Maintenance. Ext. 4
- Board of Directors. Ext. 5
- Emergency. Ext. 6

To reach the person in charge of the department that you need, please dial these extensions and only these extensions. Please try not to call the Board of Directors or Maintenance when you need Real Estate or Emergency, etc. And please don't contact anyone at their personal number or go to their home.

Thank you for being considerate.



SOMETHING OF INTEREST

These are just some of the resources available to you, from housing and health needs to veterans' services and legal aid. The list is by no means comprehensive but is meant to provide some information on statewide resources for New Hampshire's 50+ citizens.

FINANCIAL STABILITY

NH Elder Abuse & Financial Exploitation Unit

Prevents, investigates, and prosecutes crimes involving elderly victims of abuse, neglect, and financial exploitation. Website lists location and phone numbers of county offices.

doj.nh.gov/consumer/elder-abuse/index.htm

(800) 949-0470

Federal Trade Commission, NH Office

Issues complaints about fraud, scams, phishing, identity theft, unwanted telemarketing, credit or debt issues and other unfair business practices.

ftccomplaintassistant.gov

Consumer Protection Bureau, Office of the Attorney General

Protects consumer from unfair or deceptive trade practices in New Hampshire.

(603) 271-3658

NH Legal Aid Self-help Guides

Free legal help to low-income residents.

nhlegalaid.org/self-help-guides

HEALTH SECURITY & CAREGIVING

ServiceLink NH

Aging services and support in your community for caregivers.

servicelink.nh.gov/caregivers/index.htm

(866) 634-9412

NHCarePath

Caregiving resources and services from issues such as aging, disability and independent living to counseling and financial planning tools.

nhcarepath.dhhs.nh.gov

Granite State Independent Living

Advocacy, information, education, support and transition services for people as they age.

gsil.org

(603) 228-9680

211

Speak with trained information and referral specialists who can connect you to local resources for free.

211nh.org

Call 211

HOUSING

Bureau of Elderly & Adult Services

Resources, programs, and information for elder services.

dhhs.nh.gov/dcbcs/beas/index.htm

ServiceLink

Financial and home care program resources.
servicelink.nh.gov

New Hampshire Department of Revenue Administration

Property tax relief programs for seniors.
revenue.nh.gov/faq/low-moderate.htm

LEGAL ASSISTANCE**New Hampshire Legal Aid**

nhlegalaid.org

New Hampshire Legal Assistance, Senior Law Project

nhla.org

MEDICARE**ServiceLink**

Trained and certified Medicare specialist support.
servicelink.nh.gov/medicare/index.htm
(866) 634-9412

MILITARY & VETERANS SERVICES**NH State Office of Veterans Services**

nh.gov/nhveterans

Liberty House

Helping homeless and struggling veterans
(603) 669-0761

NH Care Path

Services and support for service members and their families.
nhcarepath.dhhs.nh.gov/veterans-military/index.htm

Veterans Count

Resources and services for veterans and their families.
vetscount.org
(603) 621-3570

SOCIAL SECURITY**Social Security Administration**

Ssa.gov/benefits
Manchester Office
1100 Elm St., Suite #201
(800) 772-1213

This information was selected from a recent, special issue of New Hampshire Magazine. The information was provided by AARP; if you have any additional questions or needs you might consider checking their website, aarp.org.