

Special Community Resources Newsletter

Volume 8

FAMILY SUPPORT PROGRAM

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2015-2016: 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 all our Community Partners' families. As always, if you have a need not covered by these lists or have any questions, feel free to contact anyone in Family Support.

It is perfectly OK to ask for and accept help when times are tough. Talk with others who work to make ends meet—they may be able to share additional ideas and resources.

While we are providing these resources in hopes they will be of help, we cannot vouch for all of them. Please exercise caution in using them and/or contact us for our experience with them.

We did our best to check all information and believe it to be accurate. Please let Denice Albert (dalbert@communitypartnersnh.org) know if you discover something inaccurate, or if you know of another resource we should include in future editions.



ABOUT COMMUNITY PARTNERS

Community Partners is a non-profit organization that is overseen by a Board of Directors. Our agency provides both Behavioral Health Services and Developmental Services and Supports to eligible individuals and their families who live in Strafford County. These services are provided through a variety of programs.

Developmental Services programs include Early Supports and Services, Family Support, Partners in Health, ServiceLink, Case Management, Residential, Day and Vocational Services.

Behavioral Health Services programs include Youth & Family Services, Adult Outpatient Counseling, 24-hour Emergency Services, Community Support Programs for people who live with a severe or persistent mental illness and Counseling Services for Elders.

Community Partners can be reached at 516-9300.

ASSISTANCE WITH FOOD

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 9–12, Sat 10:30–12 (603) 742-4837
- **CAP Outreach and Food Pantry:** 61 Locust St. 2nd
floor McConnell Center. Mon, Tues, Wed, Fri 9-3pm
(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.
Mon, Wed, Fri 8:30–12:00pm (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

- **E. Rochester Bethany Methodist Church:** Food Pantry
24 Main Street . Mon 12-2pm (603) 332-3618
- **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
(Roch, E. Roch, Gonic & Farm. only) (603) 330-3468

- **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) 509-0591

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

Rollinsford

- **Seeds Of Faith Food Pantry:** One Front Street #160
Monday 10-12pm. (603) 692-2907

Somersworth

- **The Community Food Pantry :** 176 West High Street
First Parish Church Mon 10–12pm, Wed 6–8pm, and
Thurs 3–5pm (603) 692-2907
- **Christian Believers Fellowship:** 32 Chapel Lane (off
Indigo Hill Road) - every 4th Saturday of each month
between 11–12pm (603) 692-9320
- **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. 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

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

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

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 5-6pm **(207) 698-1065**
- **Farmington Community Meals: (FREE)** 51 Main St Farmington Rec in Town Hall – Wed 5–7pm
- **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, free breakfast and lunch to children ages 0-18 (summer only). For locations and times: www.straffordcap.org **(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:** Fuel & electrical assistance, weatherization programs, and utility discounts (must be income eligible) Guidelines & forms found on website — www.straffordcap.org For general info & to make an appointment call **(603) 435-2500** or outreach offices:
Dover – (603) 460-4237 Farmington – (603) 460-4313
- **NH Electrical Assistance Program:** www.straffordcap.org (need to make appointment w/CAP for heat 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 **(603) 271-2155** 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** www.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 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
- **FREecycle:** www.freecycle.org post wants/needs — participants offer items they no longer need for FREE or request needed items.
- **Green Path Debt Solutions:** 61 Locust St., 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
- **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
- **Community Action Partnership of Strafford County Workforce Development:** 243 Rt. 108 Somersworth (603) 435-2500 x8195 or directly (603) 742-4290

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
- **Seeds of Faith:** Assistance with household items and clothing (207) 475-2155
- **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 516-2378
- **First Parish Church Thrift Store:** 218 Central Ave, Dover
Thurs and Fri 9-3pm Sat 10-3pm 742-5664
- **Echo Thrift Store:** Community Church of Durham, 17 Main St. Wed 10–5pm Sat 10–2pm. Entrance in back of Church . (603) 868-1230
- **Blessed Bargains:** 400 Main Street, Farmington — 2nd and last Saturday of the month 10-2pm 755-4816
- **Salvation Army:** 25 Signal St, Rochester Mon, Thurs & Sat 9-6pm Tues & Wed 9-8pm (603) 332-2698
- **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)
Wed-Sat 10-2pm (603) 332-4121
- **E. Rochester Bethany Church:** 24 Main St, East Rochester
Tues & Thurs 10-2pm, Sat 10-1pm (603) 332-3618
- **New Beginnings Thrift Boutique:** 82 High Street Somersworth Tues-Sat 9-5pm (603) 841-7041
- **Goodwill:** 450 High St Somersworth (603) 343-5560
Mon–Sat 9-9pm Sun 9-7pm
- **Savers:** Woodbury Ave adjacent to Fox Run Mall, Newington
Mon-Sat 9-9pm Sun 10-7pm (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
Wed, Thurs, Fri 10-4pm (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 (516) 377-1605
- **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
- **Strafford Learning Center** in Somersworth Offers vision and hearing services to students. Referral through school district. Wwww.straffordlearningcenter.org

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 through Jan 31, 2016. To have coverage on Jan 1, 2016 one must apply before Dec 15, 2015. 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 Medicine Cabinet—**Compare pharmacy drug prices at www.gov.nh.gov/medicine-cabinet
 - **NH Medication Bridge:** www.healthynh.com (603) 415-4297
 - **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 at (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 (877) 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:** Mondays 8:30-11:00am
- ROCHESTER:** Salvation Army, 10 Olde Farm Lane
Monday & Wednesday 12–2pm

Eat Smart
 Drink Water
 Sleep Enough
 Exercise Often
 Be Healthier

(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](http://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.nhla.org **(800) 639-5290** or **(800) 334-3135**
- **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:
- **Haven:** A merged agency between A Safe Place & SASS Mon-Fri 9-5pm 20 International Dr, Portsmouth NH 03801 Main off: 603-436-4107 www.havennh.org 24hr confidential line: **(603) 994-7233**
- **Senior Citizens Law Project /Tax Relief:** SCLP@nhla.org **(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:** Are you in a troubled relationship? Free Legal help for those who qualify—divorce, custody and protective orders. To talk confidentially to an advocate today call **(603) 509-1916**



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, Gonic, Somersworth, Barrington and Farmington. 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**
- **NORTH BUS:** a service of COAST provides rides from Northern Strafford County to Rochester pharmacies and supermarkets. Priority is given to the elderly and person with disabilities (Round trip rides are \$5.00 and one way rides are \$2.50) **www.coastbus.org/northbus.html** To arrange for a ride or for more information call **(855) 736-4287**
- **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.straftordcap.org (603) 817-8207**
- **More Than Wheels (formerly Bonnie CLAC):** Helps New England residents get the best deal on a new or nearly new car by negotiating with dealers to secure the lowest price and providing the lowest interest rate available. **www.morethanwheels.org (866) 455-2522**
- **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, Northwood, Nottingham and 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

HOMELESS EMERGENCY SERVICES

Greater Seacoast Coordinated Intake Program through the Community Action Partnership of Strafford County provides prevention and diversion services as well as shelter referrals to individuals and families in Strafford, eastern Rockingham counties and Kittery and Eliot, ME who are homeless or at risk of becoming homeless. Call **(603) 516-8143** Mon–Fri between 9–5. **After hours or holidays, call 2-1-1.**



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

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

*** Referral needed. See Coordinated Intake Program above.**

HOUSING ASSISTANCE

- **Community House Calls:** Provides home safety modifications, home accessibility evaluations and modifications, change of season support services, home repairs and home improvements. **(603) 887-7878** www.communityhousecalls.com
WEATHERIZATION: Energy audit for income eligible clients to reduce fuel needs (*must qualify for LIHEAP through CAP*) **(603) 435-2500 x8118**
- **HOUSING SERVICES:** through Community Action Partnership of Strafford County—will assist income-eligible clients to retain or obtain housing that can include 1st month's rent, back rent and utility assistance. **(603) 435-2500 x8139**
- **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**
- **Foreclosure Helpline:** ServiceLink Resource Center **(603) 332-7398**
- **Counseling for at-risk homeowners** www.HomeHelpNh.org
- **NH Security Deposit Loan Program:** Contact the Community Action Partnership of Stafford County (up to 2 wk processing period) **(603) 435-2500 x 8139**

- **USDA Rural Development:** Helps NH families to achieve housing goals with creative financing and other funds. **(603) 223-6035**
- **NH Housing Authority (Section 8):** www.nhhfa.org
(800) 439-7247
⇒ **Dover Housing Authority (603) 742-6692**
⇒ **Rochester Housing Authority (603) 332-4126**
⇒ **Somersworth Housing Authority (603) 692-2864**
- **Homeless Outreach and Emergency Shelter:** The Homeless Outreach & Intervention Program provides aggressive outreach & intervention services to the unsheltered homeless throughout Strafford County through Community Action Partnership of Strafford County. **(603) 435-2500 x8153**
- **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 18–24 years. **(603) 769-0620**
Seacoast Street Outreach Program: Provides outreach & intervention services for 12–22 year olds experiencing housing instability. **(603) 716-6083**

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
- **www.wishuponahero.com:** Grants wishes from newborns to senior citizens. Financial assistance with health care, basic needs.
- **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: Toy program - contact Police Dept at (603) 664-7679

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 8:30—4pm. **MUST apply in person.**

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

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

Rochester/Gonic Residents: Call Welfare Department w/questions. Toy Program 11/4-12/14. (603) 332-3505

Salvation Army 'Wish Upon A Star' Program: (603) 332-2623 Applications closed 10/23/15

Farmington: Community Action Partnership office of Strafford County takes applications for Christmas food baskets—open to income eligible residents. (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) 332-3618** or email bethanykidskorner@yahoo.com

Birthday child will receive a free birthday gift, birthday cupcake, photo and coupon for a McDonald's sundae.



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 Mental 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

CAP Can Help!

(603) 516-8130

CAP Offers:

- Training & Employment Services
- Housing & Homeless Outreach
- Security Deposits & Loan Program
- Fuel & Electrical Assistance
- Head Start & Early Head Start
- Home Visiting for:
 - Families and Teen Moms
 - Expectant Mothers
- Child Care
- Food Pantries
- Nutrition Programs
- Senior Transportation
- Weatherization
- Family Resource Center

Visit us at www.straffordcap.org



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 x100. 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.

Strafford County recreation guide. Call Family Support at (603) 516-9300.

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

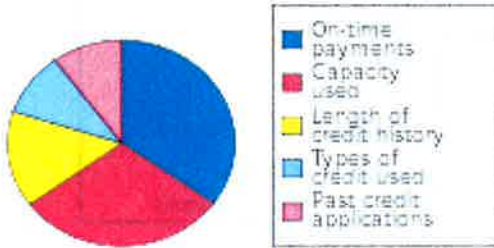
- Go online to www.restaurant.com for coupons to a variety of local restaurants.



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.

WHEN ARE ITEMS OFTEN ON SALE?

January
Food:
 Chocolate
 Soda
 Oatmeal
 Diet foods
 Frozen finger foods
Non-food:
 Linens
 TVs
 Electronics
 Cameras
 Computers
 Small appliances
 Air conditioners
 Carpeting and flooring
 Furniture
 Winter clothes
 Toys
 Bicycles
 Christmas decorations
 Sneakers
 Exercise equipment
 Motorcycles
 Houses
 Boats
 Motorcycles
 Gift cards
 Vacation Packages
 Anything from thrift stores

February
Food:
 Canned Foods
 Chocolate
 Steak
 Seafood
 Oatmeal
Non-food:
 Big screen TVs
 Cameras
 Motorcycles
 Dental care products
 Air conditioners
 Recliners
 Furniture

March
Food:
 Frozen foods
Non-food:
 Luggage
 Boats

April
Food:
 Candy (Easter clearance)
 Eggs
 Ham
 Cheese
 Mustard
 Ready-made dough
 Dinner rolls
 Frozen pies
 Cake mix
 Cake frosting
 Organic/natural foods
 Pie crusts
 Mushrooms
Non-Food:
 Electronics
 Vacuums
 Cookware
 Tires
 Auto parts
 Car care supplies
 Sneakers
 Organic/natural cleaners
 Beauty products (spring)
 Home improvement

May
Food:
 Hotdogs
 Ground beef
 Hamburger/hot dog buns
 Condiments
 Salad dressing
 Chips
 Ice cream
 Popsicles
 Frozen pies
 Soda

Bottled water
 Mushrooms
Non-food:
 Party supplies (disposable)
 Grill supplies
 refrigerator
 Vacuums
 Cookware
 Mattresses
 Pet supplies
 Gym memberships
 Anything from flea markets

June
Food:
 Ice cream
 Popsicles
 Soda
 Bottled water
 Iced tea mix and bags
Non-food:
 Dishes
 Tools (Father's Day)
 Women's undergarments

July
Food:
 Hot dogs
 Ground beef
 Hamburger/hot dog buns
 Condiments
 Salad dressing
 Chips
 Ice cream
 Popsicles
 Soda
 Bottled water
 Iced tea mix and bags
Non-food:
 Grill supplies
 Party supplies
 Furniture

WHEN ARE ITEMS OFTEN ON SALE?

<p>August</p> <p><u>Food:</u></p> <p>Cereal</p> <p>Breakfast bars</p> <p>Peanut butter</p> <p>Jelly</p> <p>Lunch meat</p> <p>American cheese</p> <p>Yogurt</p> <p>Chips</p> <p>Cookies</p> <p>Ice cream</p> <p>Soda</p> <p>Bottled water</p> <p>Iced tea mix and bags</p> <p>Drink boxes</p> <p><u>Non-food:</u></p> <p>Pool supplies</p> <p>Outdoor toys & furniture</p> <p>Bathing suits</p> <p>Summer clothes, shoes</p> <p>Sunglasses</p> <p>Linens</p> <p>Pillows</p> <p>School supplies</p> <p>Office supplies</p> <p>Underwear</p> <p>Socks</p>	<p>Frozen pies</p> <p>Soda</p> <p>Drink boxes</p> <p>Mushrooms</p> <p><u>Non-food:</u></p> <p>Grill supplies</p> <p>Party supplies</p> <p>School supplies</p> <p>Office supplies</p> <p>Underwear</p> <p>Socks</p> <p>Undershirts</p> <p>Large appliances</p> <p>Cars</p> <p>Lawn mowers</p> <p>Grills</p> <p>Trees, shrubs & bulbs</p>	<p>Cake frosting</p> <p>Pie filling</p> <p>Spices</p> <p>Nuts</p> <p>Dried fruits</p> <p>Oatmeal</p> <p>Candy</p> <p>Marshmallows</p> <p>Soup</p> <p>Broth</p> <p><u>Non-food:</u></p> <p>Aluminum foil</p> <p>Plastic wrap</p> <p>Trees, shrubs and bulbs</p> <p>Cookware</p> <p>Electronics</p> <p>Tools</p> <p>Carpeting and flooring</p>
<p>September</p> <p><u>Food:</u></p> <p>Cereal</p> <p>Breakfast bars</p> <p>Peanut butter</p> <p>Jelly</p> <p>American cheese</p> <p>Yogurt</p> <p>Cookies</p> <p>Hot dogs</p> <p>Ground beef</p> <p>Hamburger/hot dog buns</p> <p>Condiments</p> <p>Salad dressing</p> <p>Canned fruits & veggies</p> <p>Soups</p> <p>Broth</p>	<p>October</p> <p><u>Food:</u></p> <p>Canned fruits & veggies</p> <p>Dried fruits</p> <p>Soups</p> <p>Broth</p> <p>Mushrooms</p> <p>Fair Trade products</p> <p>Seafood</p> <p><u>Non-food:</u></p> <p>Large appliances</p> <p>Lawn mowers</p> <p>Grills</p> <p>Tires</p> <p>Jeans</p> <p>Trees, shrubs & bulbs</p>	<p>December</p> <p><u>Food:</u></p> <p>Ham</p> <p>Butter</p> <p>Cheese</p> <p>Baking supplies</p> <p>Pie crusts</p> <p>Ready-made dough</p> <p>Dinner rolls</p> <p>Frozen pies</p> <p>Cake mix/frosting</p> <p>Pie filling</p> <p>Cookie dough</p> <p>Spices</p> <p>Nuts</p> <p>Dried fruits</p> <p>Oatmeal</p> <p>Soda</p> <p><u>Non-food:</u></p> <p>Gift cards</p> <p>Tools</p> <p>Aluminum foil/Plastic wrap</p> <p>Electronics</p> <p>Computers</p> <p>Batteries</p> <p>Carpeting and flooring</p> <p>Cookware</p>
<p>November</p> <p><u>Food:</u></p> <p>Turkey</p> <p>Butter</p> <p>Cheese</p> <p>Baking supplies</p> <p>Pie crusts</p> <p>Ready-made dough</p> <p>Dinner rolls</p> <p>Frozen pies</p> <p>Cake mix</p>		

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Future Reference**