

LEE AREA SENIOR RESOURCE LIST

Caring Companions of Easter Seals NH Caring Companions is one of the state's trusted sources of non-medical home care services for seniors, disabled and chronically ill persons. We serve individuals statewide and have qualified, screened and trained Easter Seals employees ready to assist. Flexible hours, consumer choice, consistency, individualized care and follow through are keys to our success. Our goal is to work together to enable consumers and/or their loved ones to live at home safely and independently. Services we provide include: housekeeping; personal care; transportation; meal preparation and companionship. Contact person: Laurie Duff, Director lduff@eastersealsnh.org **603 621-3497** or **1-800-870-8728** Website: www.nh.easterseals.com

Community Partners Community Partners is designated by the State of NH as the Community Mental Health Center and Area Agency for Developmental Services in Strafford County. **REAP** is a free program that is available to all older adults in the community. It is designed to help older adults regain control of their lives, to live happy, healthy and independent lifestyles. REAP provides free, confidential counseling and educational services to help people better understand and deal with the many life changes they encounter in their older years. Contact Roni Shea, REAP counselor at rshea@communitypartners.org. **Elder Services** provides mental health services, including intake and assessment, psychiatric evaluation and medication monitoring, nursing services, case management, home- and community-based supports to older adults, (age 60 and above), who are eligible for state-supported services. Services are individualized, with some older adults receiving daily wrap-around supports, while others may be seen weekly, monthly or quarterly. Family supports, and individual and group IMR (illness management and recovery) training can be provided as needed. Psychiatric consultation is available to contracted nursing homes. Mental health services are closely coordinated with medical providers, HCBC, housing programs and assisted living facilities and other community providers and resources. **Developmental services** include case management; residential and day programs; community support services; family supports, including respite and transition planning; and nursing.

Advance Employment Services (AES), a subsidiary of Community Partners, provides vocational services and supports for any client or resident of Strafford County interested in pursuing employment. For more information about Community Partners and its services, please call **603-516-9300** or visit the website at www.communitypartnersnh.org.

Dover Community Senior Center McConnell Center 61 Locust Street, Suite 226 Dover, NH 03820 Senior center (603) 516-6436 - Hours of operation Monday through Friday 9a-4p Senior travel (603) 516-6437 - Hours of operation Tuesday and Thursday 9a-4p Donna Torressen, Recreation Program Supervisor

The Friends RSVP The Friends Retired and Senior Volunteer Program (RSVP) is a Corporation for National and Community Service Senior Corps program that works to engage men and women, age 55 and over in meaningful volunteer service opportunities to address critical community needs in Rockingham, Strafford and Merrimack Counties. RSVP offers a personalized, one-to-one placement service by matching skills and interests with the volunteer service needs of local nonprofit organizations. RSVP members provide service through a variety direct service roles and at community-based organizations addressing issues such as: independent living of seniors; health and wellness; education and literacy development; basic human needs (food, shelter, clothing) and organizational capacity building. Signature programs include: RSVP Bone Builders – an Osteoporosis Exercise and Prevention Program; RSVP Pen Pals; Super Savers; America Reads and in the Concord area only the Interfaith Caregiver Program. Telephone: 603-373-6144 rsvp@friendsprogram.org 140 Court Street, Portsmouth, NH

Homeless Center for Strafford County Homeless Center for Strafford County is a 6 bedroom home converted into an emergency overnight shelter for Strafford county residents. We provide shelter, food, clothing, support and case management to individuals who find themselves homeless during the months of October through April. Referral based intakes only; we cannot accept walk ins nor call ins; this maintains the safety of our families staying with us. Susan Ford, Director 332-3065 homelesscenter@peoplepc.com

Lamprey Health Care Lamprey Health Care is a non-profit community health care center that provides prenatal through geriatric healthcare services regardless of a person's ability to pay. We offer primary care for all ages, comprehensive prenatal and obstetrical care, nutrition counseling, chronic care management and education for diabetes and asthma. We offer on site lab services, radiology-including x-ray, mammography and bone density screening and physical and occupational therapy. Additional services offered are Care Coordination, Substance Abuse Counseling, Health Education, Medication Assistance Program (MAP), school-based preventive dental care, Healthy Kids /Medicaid application assistance, and senior transportation. Our Info Link program also offers two prescription programs, one for chronic conditions and one for short term prescriptions which can be accessed at: phone 422-8220. For further information: www.lampreyhealth.org Or call Office

located in Newmarket: 207 Main Street; #659-3106 and Raymond: 127 Route 28; phone 895- 3351.

Lamprey Senior Transportation provides weekly shopping trips for seniors and those with disabilities in 28 seacoast towns. Our handicap accessible busses visit each town once a week and provide door to door service. There is also a once a month day-long outing that includes lunch and a seasonal point of interest. Rides to medical appointments are available but must be scheduled several weeks in advance. Transportation may be reached at 1 800 582-7214.

Living Innovations *Providing Support for Elders and People with Disabilities*
Living Innovations is a mission-driven agency dedicated to the belief that we all deserve lives of quality and dignity at home and in the community. A company with strong local roots, *At Living Innovations Home Care*, we value our elders and the richness they bring to our lives. We know that every caregiver is a companion as well and we look for that special blend of compassion and competence in every member of our staff. Please look for us online at www.Livinginnovations.com or call us at 866-665-9778 for a free in-home care assessment.

The NH Association For The Blind The NH Association for the Blind is a private statewide non-profit direct service agency. Referring persons who are blind and visually impaired for service can be done by calling toll free 1-800-464-3075.

NH Department of Health and Human Services - BEAS The Bureau of Elderly and Adult Services investigates reports of abuse, neglect, self-neglect, exploitation, emotional abuse and sexual abuse of elderly and incapacitated adults under RSA 161-F:42-56, the Protective Services to Adults law. Anyone suspecting any abuse is obligated to make a report to BEAS through Central Intake in Concord at 1-800-949-0470. All protective reports are now being taken at the Central Intake rather than the local offices. NEW ADDRESS 50 International Drive, Portsmouth – at PEASE NEW Phone Number: 334-4325

NH Legal Assistance New Hampshire Legal Assistance represents low-income and elderly people in civil cases involving housing, health care, public benefits, consumer problems, and domestic violence. Three attorneys, two secretaries, and two paralegals are based in Portsmouth. Normal business hours of 8:30 to 5:00 Monday through Friday. We can be reached at 431-7411 or 1-800-334-3135 154 High Street, Portsmouth, New Hampshire. Kay E. Drought, Litigation Director Tel. 603-431-7411, extension 2503 Fax 603-431-8025 KDROUGHT@NHLA.ORG

Opening New Doors Opening New Doors personally works with seniors and/or their families to locate assisted living communities in New Hampshire. Working with over 65 assisted living communities in the Lakes, Seacoast and Merrimack Valley Regions, we are able to offer a wealth of information about the services offered by each. Our Senior Living Consultants have visited each property we *represent and have a good working knowledge of the resident population*. Senior Living Consultants will meet the senior and/or their families in the hospital, rehab or home setting once assisted living has been deemed appropriate by medical staff. Based on their medical needs, financial status and location desired, we are able to locate appropriate communities and set up tours on the spot. Our services are offered at no charge. Dawn Dumont Senior Living Consultant P.O. Box 1492 Concord, NH 03302 **1-603-303-1436**

REAP - Referral Education Assistance Prevention Program ** REAP is a statewide prevention program managed by Seacoast Mental Health Center. It provided free counseling (up to six sessions), and educational services to help elders and their caregivers better understand and deal with the many changes they encounter. REAP is also available the professional community to help in identifying people who might benefit from counseling services but who may be reluctant to make that first appointment. Lucille Karatzas LICSW, Director, Elder Services REAP Director, Trainer and Counselor Seacoast Mental Health Ctr. 1145 Sagamore Ave., Portsmouth, N.H. 03801 lkaratzas@smhc-nh.org **431-6703**

Rochester District Visiting Nurse Association Rochester District Visiting Nurse Association is a full service Home Health Care Agency serving Strafford, No. Rockingham and So. Carroll Counties in New Hampshire since 1913. Rochester District VNA has many certified specialists inc; Wound/Ostomy, IV, Psychiatric, Maternal Child Health, Lactation Consultation and Diabetes, on staff to provide the best care possible. Services Include; Nursing, Rehabilitative Therapies, (Physical, Speech, Occupational) Licensed Nursing Assistants, Medical Social Worker, Support Services and Adult Day Center. Rochester District Visiting Nurse Association's Adult Day Center is the perfect balance between healthcare and socialization in a safe environment. The center provides individualized care for adults in need of medical, therapeutic and social intervention. The Center is open Monday through Friday from 8 a.m. to 5 p.m. to accommodate caregiver's work schedules. Participants are involved in a caring and stimulating environment. Each participant receives an individualized plan of care from specialized staff members. Services provided include nursing, therapies, personal care, group exercise and wellness programs, healthy meals, socialization and counseling. Transportation Available. For more information please contact Judy Ouellette, Community Relations Director at **(603) 332-1133** or visit our website at **www.yourvna.org**.

Senior Companion Program of NH For more information, please call Bill Dearborn, Senior Companion Program Coordinator at **(800) 856-5525** or **(603) 225-3295**.

Service Link Resource Center of Strafford County Service Link is a free statewide service for older adults, adults with disabilities and family caregivers. Our mission is to promote independence and quality of life by providing information and support regarding community resources and services. We are the —single point of entry— into the Long Term Care System, assisting caregivers, providers, and persons planning for future long term support needs. You can reach us by our toll free telephone number **1-866-634-9412**, or at our local number **332-7398**. We can provide information, guidance, support, and education. We're here to help! We are conveniently located in downtown Rochester at: 1 Wakefield Street, Suite 306.

The Homemakers Health Services When dealing with difficulties due to aging, chronic illness, or getting back on your feet after surgery or a hospital stay, the professional, knowledgeable staff at The Homemakers Health Services can help make your life easier. Located 215 Rochester Hill Road, in Rochester, The Homemakers is a charitable home health care agency that provides quality, comprehensive nursing, physical and occupational therapy, home support and adult day care services to adults throughout Strafford County. Home care services provided include nursing IV therapy, wound care; physical and occupational therapy, medical social work and home health aides, as well as home support services such as homemakers, in-home care providers and Alzheimer's respite. The Agency also operates the oldest and most diverse adult day care program, in Strafford County – the Day Out program, which includes transportation services to and from the program. **www.TheHomemakers.org** Contact: René J. Philpott, **603.335.1770**, rphilpott@thehomemakers.org; or info@thehomemakers.org Kathy Sessler, Community Nurse Liaison, ksessler@thehomemakers.org