



 *Elliot Senior Health Center*

SENIOR SERVICES

*Resource
and
Planning
Guide*

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Section I

Human Services

City of Manchester Elderly Services Department
151 Douglas Street
Manchester, NH 03102
603-624-6533

The department is a vehicle by which the Board of Mayor and Alderman plans and coordinates local municipal elder services. The office also helps seniors through case management by using existing services within the city to get help for elderly individuals and their families.

211 New Hampshire
Dial 211

No cost information line to access health and human services resources in your area.

Elder Care Locator Service
National Association of Area Agencies on Aging
927 15th Street NW
Washington, DC 02005
open 9 a.m. – 8 p.m. Eastern Time
1-800-677-1116

A national public service of referrals to local area and state agencies to find community services. Provides linkage to information on similar services in other states.

Generations
138 Webster Street
Manchester, NH 03104
603-645-5977

Services offered include evaluation and treatment, inpatient treatment, partial hospitalization program, individual and group psychotherapy, family therapy, neuropsychological evaluations, pharmacological treatment, electro convulsive treatment, nursing home consultation, case management, community outreach, day treatment programs, memory disorder clinic, and crises intervention.

Elliot Senior Health Center
138 Webster Street
Manchester, NH 03104
603-663-7030

A dynamic healthcare center, offers comprehensive senior health services. The center provides a resource center, community education, caregiver support, information/referral, and case management services in addition to healthcare.

Mental Health Center of Greater Manchester
1555 Elm Street
Manchester, NH 03103
603-668-4111 • www.mhcgm.org

Provides community services to persons who are 60 and over who are willing to accept our services. Transportation is provided for those who are able to go to the Center. Clinicians do outreach in homes, hospitals or nursing homes, wherever the individual is located. Direct services include individual and group therapy, family therapy, diagnostic individual and group therapy, diagnostic and psychiatric evaluations, medication evaluations, and psychopharmacological follow-up. Indirect services include psychiatric consultation and in-services and other educational workshops on aging issues to the elder individuals, families, and staff of other agencies and institutions working with elderly clients.

Elliot Senior Health Primary Care at Londonderry
40 Buttrick Road
Londonderry, NH 03053
603-552-1530

Provides comprehensive medical services to individuals age 65 and up.

CLM Behavioral Health
43 Birch St. • Derry, NH
434-1577

Provides comprehensive mental health services, psychiatric treatment, emergency intervention and family support services. Specialized programs address the mental health needs of children, teens and families, adults and seniors.

New Hampshire Catholic Charities
325 Franklin Street
Manchester, NH 03101
603-624-4717

Provides services to people of all ages, regardless of race or religious affiliation.

- Two nursing homes are available to both private paying and publicly assisted elder people. They provide spiritual and supportive services to citizens of Manchester that need 24 clinical care and/or supervision.
- Apartments provide quality independent retirement living to the elderly of Manchester in a spiritual and supportive community.
- Diocesan Bureau of Housing and its subsidiary companies provide federal housing subsidiary to elderly handicapped and disabled persons in three locations around the state: Manchester, Derry and Peterborough.
- Elderly support services provide services to the elderly in the Greater Manchester Community and their families, including needs assessment and/or cases management, referrals to other agencies and information and education with financial matters related to Medicare and Medicaid.
 - Provides three support groups:
 - * Adult Children of Aged Parents/Relatives
 - * Caregivers Caring for Someone at Home
 - * Community Spouse, dealing with a loved one in a nursing home
- Supervised station for the Senior Companion Program
- Assists elderly and their families in locating

alternate housing

- Provides counseling to elderly and their family
- Pocketbook Therapy is an innovative program, which helps seniors take advantage of existing prescription assistance programs for medications. This program can make a real difference for seniors by finding subsidies for their medications and other monthly expenses such as rent, utilities, etc. that drain their already limited income.

New Hampshire Division of Human Services
Division of Health and Human Services
195 McGregor Street
Manchester, NH 03102
603-668-2330 • 1-800-852-7493

Division of Health and Human Services
Salem District Office
154 Main Street
Salem, NH 03079
893-9763
Derry, Londonderry, Salem and
Windham residents

Division of Health and Human Services
Nashua District Office
19 Chestnut Street
Nashua, NH
893-4753
Hudson and Litchfield residents

- **Bureau of Elderly and Adult Services**
Social Service Programs: The Bureau of Elderly and Adult Services provides services to elderly and disabled adults under three programs:
 - Adult In-Home Support
 - Alternate Care
 - ProtectionA broad range of services are provided, including direct services and purchased services. There are financial eligibility standards for the first Adult In-Home Support and Alternate

Care. Protective services are provided without regard to income and law mandates protective investigations.

• **Bureau of Human Services**

Economic Services: Medicaid, Food Stamps, Old Age Assistance, and Economic Services are administered by the assistance payments Unit. For access to both Economics and Social Services, contact the NH Division of Human Services and ask to speak to an intake worker.

Elderly & Adult Services
State Office Park South
129 Pleasant Street
Concord, NH 03301-3843
1-800-351-1888 or 603-271-4687
www.nh.us/dhhs/ofs/ofscstlc.htm

Free brochures and lending library. Speakers on Alzheimer's and dementias, health and wellness, HIV/AIDs, sexuality, alcohol, legal and financial planning, caring for aging parents, etc.

New Hampshire Help Line
79 Sheep Davis Road
Pembroke, NH 03275

1-800-852-3388 • www.nhhelpline.org

NH Help Line provides information and referral service on a 24 hour a day, seven days a week basis, statewide.

ServiceLink
Co-sponsored by Easter Seals of NH & Prime Time
555 Auburn Street
Manchester, NH 03103
866-634-9412 (toll free) or 603-644-2240
www.state.nh.us/servicellink

Offers supportive information and referral. Family education for caregivers is offered. The service offers information on programs and services in the Manchester & Hillsborough area.

ServiceLink of Rockingham County
287 Lawrence Rd.
Salem, NH 03079
1-866-634-9412 • www.servicelink.org

Seniors Count
555 Auburn Street
Manchester, NH 03103
603-621-3587

Information, referral, case management, and advocacy.

VNA Long Term Care Management
1850 Elm Street
Manchester, NH 03104
603-622-3781

Geriatric Case Management services include Needs Assessment, short term and long term planning and coordination of care.

New Hampshire State Veterans Council
275 Chestnut Street, Room 517
Manchester, NH 03101
603-624-9230

This service is provided by the State of New Hampshire, working to obtain for the veteran or family, the benefits to which they are entitled. This service is free of charge.

Alzheimer's Association
10 Ferry St, Suite 419
Concord, NH 03301
603-606-6590 • www.nhalz.org

Information and referral helpline. Free brochures, educational programs and speakers available. The Alzheimer's Association is a member of the Alzheimer's Coalition. The coalition provides information about memory disorders, referrals for more help, safe return program (prevent wandering), geriatric physician specialists, geriatric case managers, legal and financial advice, family support groups, personal companions, homemakers, help with chores, meals

and transportation, housing assistance, home health nurses and aides, respite care (a few hours or a few days), adult day care, brief foster care, residential care facilities, supported residential care facilities, nursing care facilities, special care units in nursing care facilities, assisted living programs and security products and programs. Call a member of the NH Alzheimer's Coalition for detailed information about any of these services.

National Institute on Aging Information Center
1-800-222-225

Information on healthy aging. Literature and referrals to organizations dealing with specific age related illnesses.

Section II

Financial Assistance

City of Manchester Welfare Department
1528 Elm Street
Manchester, NH 03101
603-624-6484

City Welfare provides emergency financial assistance first by utilizing all available resources and then in the form of rent vouchers, medical vouchers, and food vouchers. Individuals must meet income criteria to qualify for assistance. This is available ONLY to Manchester residents. Those in need of permanent income assistance should be referred to the New Hampshire Division of Human Services.

Community Health Services of Greater Derry
41 Birch Street
Derry, NH
425-2545
Derry, Londonderry, Salem, Windham and
Chester residents.

Offers medical, mental health and prescription services for low income, uninsured residents. Serves as the welfare dept. for the town of Londonderry.

Derry Human Services
14 Manning Street
Derry, NH
432-6753

Derry residents only

Provides emergency financial assistance to those who meet the income criteria.

Windham Town Welfare Dept.
4 North Lowell Road
Windham, NH
432-7732

Windham residents only

Provides emergency financial assistance to those who meet the income criteria.

Salem Town Welfare Dept.
287 Lawrence Road
Salem, NH
890-2130

Salem residents only

Provides emergency financial assistance to those who meet the income criteria.

Community Caregivers of Greater Derry
58 E. Broadway
Derry, NH
432-0877

Provides a volunteer network to support and assist the elderly as well as temporarily or permanently disabled people in maintaining independence in the community and in the home. Assists with visiting and transportation.

Community Action Program
of Rockingham County
1-800-556-9300
Derry Office: 432-5573
4 Crystal Ave.

Derry, NH
Portsmouth Office: 431-2911
7 Junkins Ave.
Portsmouth, NH

Salem Office: 893-9172 or 9173
287 Lawrence Road
Salem, NH

Provides services for low-income people; includes home fuel, weatherization assistance, food pantry, and crises intervention.

Medicaid/Medicare Assistance Program
(HICEAS)

Elliot on-Call – 1-800-235-5468
NH Help Line – 1-800-852-3388
Prime Time – 603-663-6333

HICEAS is a counseling program for Medicare beneficiaries and their families when they need help understanding Medicare, medical bills,

supplemental insurance or Medicaid. The HICEAS counselors are specially trained in Medicare law and regulations and volunteer their time to help individuals through the medical insurance maze. Volunteers can help process doctor and hospital bills, prepare Medicare insurance claims, file Medicare appeals, review Medicare supplemental insurance and explore Medicaid eligibility. This is a free service and is co-sponsored by the Elliot Hospital and Catholic Medical Center. Appointments can be made with volunteers by calling the number above.

**New Hampshire Division of Human Services
Department of Health and Human Services
Bureau of Elderly and Adult Services
195 McGregor Street
Manchester, NH 03102
603-668-2330**

Social Service Programs: The Division of Elderly and Adult Services provides services to elderly and disabled adults under three programs:

- Adult In-Home Support
- Alternate Care
- Protection

A broad range of services are provided, including direct services and purchased services. There are financial eligibility standards for the first Adult In-Home Support and Alternate Care. Protective services are provided without regard to income and law mandates protective investigations.

Alzheimer's Disease & Related Memory Disorders

Respite Grant: This grant is available to NH residents for services provided in NH and is available through The NH Dept. of Health & Human Services, Division of Elderly and Adult Services' Alzheimer's Disease and Related Memory Disorders Program. For information on how to apply, call DHHS/DEAS at 1-800-351-1888 ext. 4687 or 603-271-4687.

**Department of Health and Human Services
Bureau of Elderly and Adult Services
Salem District Office
154 Main Street
Salem, NH
893-9763
Derry, Londonderry, Windham
and Salem residents**

**Department of Health and Human Services
Bureau of Elderly and Adult Services
Nashua District Office
19 Chestnut Street
Nashua, NH
893-4753
Hudson and Litchfield residents**

**Office of Community Based Care
1-800-351-1888**

Family Caregiver Support Grant: This program offers limited funds for respite care to enable full time family caregivers to receive temporary breaks from their caregiving responsibilities as well as limited supplemental services to aid in the care they are providing.

Office of Economic Services: The assistance payments unit administers Medicaid, Food Stamps, Old Age Assistance, and Economic Services. For access to both Economics and Social Services, contact the NH Division of Human Services and ask to speak to an intake worker.

**Office Of Medical Services
Catastrophic Illness Program
1-800-852-3345, ext. 4495**

The CIP provides services to adults with cancer, end stage renal disease, cystic fibrosis, spinal cord injuries, hemophilia, and multiple sclerosis, who require extensive medical treatment and are in need of financial assistance.

**Social Security Administration
2 Wall Street, Suite 301
Manchester, NH 03101
603-641-2180**

**Hours: 9 a.m. to 7 p.m. (Monday-Friday)
7 a.m. to 7 p.m. (Monday-Friday)**

Social Security provides monthly income protection for 96% of the country's workers and their families in any one of the following situations:

- Retirement: The worker must meet age and length of work requirements and be sufficiently retired. Spousal and child benefits also are possible.
- Disability: The worker must meet strict criteria for impairment severity and have worked recently to qualify.
- Survivors: The deceased worker must have worked under the Social Security's system to provide benefits for his/her surviving family members.
- Medicare: Basic healthcare insurance for individuals over age 65 and for most disabled beneficiaries on benefits for 24 months. Part A (Hospital Insurance is generally free with Part B (Medical Insurance) and Part D (Prescription Coverage) each costing a monthly premium.
- Supplemental Security Income: For individuals over age 65, blind or disabled who have few resources or little or no income. Pays a flat monthly rate. There are no work requirements.

**Senior Community Service
Employment Program (SCSEP)
Community Action Program
PO Box 1016
Concord, NH 03302
1-800-856-5525 • 603-225-3295**

The Senior Community Service Employment Program is an AARP sponsored program. The program provides meaningful jobs for persons on limited incomes through placement in various community service agencies. The purpose is

to develop permanent employment opportunities whenever possible to those 55 and over determined by income guidelines.

Pocket Book Therapy

Pocket Book Therapy is an innovative program that helps seniors take advantage of existing prescription assistance programs for medications. This program can make a real difference for seniors by finding subsidies for their medications and other monthly expenses such as rent, utilities, etc. that drain their already limited income. Sites with trained volunteers are:

- **Manchester Housing and Redevelopment Authority**
198 Hanover Street, Manchester, NH 03101
Contact: **Melvin Spierer, MSW, 603-624-4780**
- **Wm B Cashin Senior Activity Center**
151 Douglas Street, Manchester, NH 03102
Contact: **Doris Tousignant, 603-624-6535**
- **First Congregational Church**
508 Union Street, Manchester, NH 03101
Contact: **Rev Chris Emerson, 603-625-5093**

**Southern New Hampshire Services Inc.
40 Pine Street
Manchester, NH 03108
603-668-8010 • www.snhs.com**

- Commodity Supplements Food Program (CFSP): Provides eligible low-income elderly with free nutritious foods on a monthly basis.
- The Personal Emergency Response System Program: Provides immediate 24 hour access to community medical and emergency services through the use of a communicator at home and a portable button which can be pushed to send an electric message to an emergency response center where trained personnel initiate emergency response procedures.
- FEMA Energy Assistance: Enables individuals whose emergency heating needs cannot be met under the regular Fuel Assistance

- Program to receive emergency assistance.
- Fuel Assistance Program: Provides the elderly, handicapped and low-income residents with the financial assistance necessary for them to meet vital heating and utility expenses.
 - Neighbor Helping Neighbor: Is a charitable fund supported by customers and employees of PSNH, Granite State Electric, and Energy North. Neighbor Helping Neighbor provides energy assistance to needy individuals who have a disconnect notice pending.
 - New Hampshire Cares: Is an emergency program sponsored by the Governor's Office of Energy and Community Services and provides grants to individuals in need of heating fuel on an emergency basis.
 - Residential Low Income Conservation Program: Is sponsored by PSNH and offers a special conservation program designed to reduce residential space heating and water heating expenses. The services are provided at no cost to a limited number of qualified numbers of low income PSNH customers residing in electrically heated homes.
 - Weatherization Program: Is designed to apply energy conservation measures such as wall and attic insulation, storm window, and some repair to heating systems in order to improve energy efficiency of the home.

Retired Senior Volunteer Program (RSVP)

1915 Front Street #111

Manchester, NH 03102

603-668-8010 • www.seniorcorps.org

Mailing Address: PO Box 5040

Manchester, NH 03108

Involves persons 55 and older with meaningful opportunities to volunteer skills, expertise, and talent in service to non-profit or public community organizations. RSVP provides professional skills assessment, placement, support and recognition, insurance and travel reimbursement.

**Consumer Credit Counseling Services
of New Hampshire and Vermont
20 Merrimack Street
Manchester, NH 03103
800-660-5609**

Free home budgeting to families and individuals in need of assistance in the day-to-day management of their incomes.

Section III

Food and Nutrition

St. Joseph Community Services
PO Box 910
395 Daniel Webster Highway
Merrimack, NH 03054

603-424-9967 • www.mealsonwheels.org

St. Joseph community Services Inc. is a non-profit corporation. The purpose of this corporation is to provide frail and older Americans with low-cost nutritionally sound meals, both congregate and home delivered. In addition to providing hot meals, St. Joseph Community Services Inc. provides social support services for the participants in the programs. For more information on elderly nutrition services contact:

- **Carpenter Center**
323 Franklin Street, Manchester, NH 03101
603-669-1699
- **WBC Senior Activity Center**
76 North Main Street, Manchester, NH 03102
603-668-0254
- **First Congregational Church**
508 Union Street, Manchester, NH 03104
603-625-5093

SERVE New England
62 Brook Street
Manchester, NH 03101
603-625-5505

SERVE lets a participant exchange community service for a discount on groceries. Foods include fresh vegetables and fruits, frozen meats, and other staple items at about 30% savings. Vegetarian, meat only and seasonal food packages are available. Packages cost \$8 to \$16, and are available monthly.

Sonshine Soup Kitchen
First Baptist Church
4 Crystal Ave.
Derry, NH
437-2833

The kitchen is open each Monday through Thursday from 4:30 to 5:30 p.m. to persons in need of a nutritious meal. Clothing is also distributed at no charge.

Southern New Hampshire Services Inc.
40 Pine Street
Manchester, NH 03108
603-668-8010 • www.snhs.com

- **Commodity Supplements Food Program (CFSP):** Provides eligible low-income elderly with free nutritious foods on a monthly basis.
- **The Personal Emergency Response System Program:** Provides immediate 24 hour access to community medical and emergency services through the use of a communicator at home and a portable button which can be pushed to send an electric message to an emergency response center where trained personnel initiate emergency response procedures.
- **Food Pantries:** These sites stock food and household items for those in need. Contact individual sites to confirm pantry hours and determine eligibility. Most sites limit visits to one time per month.
 - **Blessed Sacrament Food Pantry**
14 Elm Street, Manchester, NH 03013
Contact: Leona, **603-622-5445**
 - **First United Methodist**
961 Valley Street, Manchester, NH 03103
Contact: Rose, **603-622-8863**
 - **Manchester Christian Church**
1308 Wellington Rd, Manchester, NH 03104
603-622-9677

- **Manchester Church of Christ**
66 Mammoth Road, Manchester, NH 03109
Contact: Sue, **603-623-5559**
- **New Horizons for NH**
199 Manchester St, Manchester, NH 03103
Contact: Mary, **603-668-1877**
- **Salvation Army Food Pantry**
121 Cedar Street, Manchester, NH 03101
Contact: Jane, **603-627-7013**
- **St. Andrews Episcopal Church**
102 North Main St, Manchester, NH 03102
603-622-8632
- **St. Anthony Church**
172 Belmont Street, Manchester, NH 03103
603-625-6409
- **St. Augustine Church**
St. Vincent de Paul
383 Beech Street, Manchester, NH 03013
603-625-5655
- **St. Joseph's Church**
St. Vincent de Paul
145 Lowell Street, Manchester, NH 03101
Contact: Church Office
603-622-6404
- **St. Marie Parish Church**
St. Vincent de Paul
133 Wayne Street, Manchester, NH 03102
603-622-4615
- **St. Pius Church**
St. Vincent de Paul
575 Candia Road, Manchester, NH 03013
603-669-4547 or 603-622-6510
- **St. Raphael Food Pantry**
103 Walker Street, Manchester, NH 03102
Contact: Bob or Elaine, **603-623-2604**
- **St. Vincent de Paul Society**
37 Manchester St, Manchester, NH 03103
603-627-1412
- **First Baptist Community Church**
2 Crystal Ave., Derry, NH
603-432-3482 – Call for hours
- **St Thomas Aquinas Church**
26 Crystal Ave., Derry, NH
603-432-5000 – Call after 1 p.m. on M,W,F
- **St Jude's Church**
435 Mammoth Rd., Londonderry, NH
603-434-1827 – Call first
- **Shepard's Food Pantry**
Windham Presbyterian Church
Church Street, Windham, NH
603-432-2150 – Call first
- **Pleasant Street United Methodist Church**
8 Pleasant Street, Salem, NH 03079
603-898-4933 – Call first
- **Bread of Life Food Pantry**
Triumphant Cross Lutheran Church
171 Zion's Hill Road, Salem, NH 03079
603-893-0305 – Call for time
- **St. Josephs Church**
40 Main Street, Salem, N.H.
603-898-4933 – Call first
- **Chester Congregational, Baptist Church,**
St. Jerome's Church
P.O. Box 306, Chester, NH
603-887-4799
- **Meals on Wheels**
Rockingham Nutrition
St Luke's Church
63 East Broadway, Derry, NH
603-434-5148
- **Meals on Wheels**
Rockingham Nutrition
Salem and Windham Residents
603-893-2137
- **Rockingham Community Action**
Offers the same services as Southern New Hampshire Services to residents of Rockingham County
1-800-556-9300

**New Horizons for New Hampshire
199 Manchester Street
PO Box 691
Manchester, NH 03105
603-668-1877**

New Horizons is a low-income advocacy organization that sponsors programs such as:

Soup Kitchen: Provides those in need with a place to sit down, have hot soup, sandwiches and coffee. The soup kitchen is open 4:30 to 5:45 p.m. 7 days a week. Senior hours are Monday through Friday 3 to 3:45 p.m.

Emergency Shelter: There is a man's shelter, which also has a day program and Angie's Place for women. Both sites offer case management to get people back in community.

Food Pantry: This is an optional service that is available to those who feel that the Soup Kitchen is not for them. Recipients must register, have proof of residency and number of people in the household from the City of Manchester. The hours are Monday, Tuesday, Wednesday, Friday 1:30 to 2:30 p.m. and Thursday 6 to 7 p.m.

Bread Line: This is a service that distributes perishables and bread daily from 1:30 to 2:30 p.m.

**Salvation Army
121 Cedar Street
Manchester, NH 03103
603-627-7013**

The Salvation Army provides emergency food and clothing.

**Salvation Army Family Service Center
Summit Café
Broadway
Derry, NH
603-434-7790**

Offers full service food pantry. Open Wed. and Thurs. from 3 to 9 p.m. and Fri/Sat. from 3 to 10 p.m. Clothing, household goods and necessities available for a donation.

Section IV

Health

Elliot Hospital One Elliot Way

Manchester, NH 03101

603-669-5300 • www.elliethospital.org

The Elliot Hospital is a private, not for profit hospital, founded in 1890 to serve the Greater Manchester area. The hospital offers general, medical, and surgical services, along with maternity, pediatrics, home health, rehabilitation services, ambulatory services for geriatric psychology unit, psychiatry, and the regions designated Trauma Center. In addition, several advanced technologies are available at the Elliot, such as cardiac cauterization, neonatal intensive care, radiation therapy, and MRI, Lithotriptic and laser surgery.

VNA of Manchester 603-622-3781

Provides Medicare certified services. Visiting Nurse Services offers skilled nursing, physical, occupational and speech therapy, medical social workers, hospice services, spiritual counseling, memorial services, certified nursing assistants, homemakers, IV therapy, DME, respiratory therapy, private duty, and maternal/child health. The hours are Monday to Friday 7:30 a.m. to 5 p.m. (services are available 24 hours a day.) VNA is a private non-profit, Medicare certified, JCAHO accredited.

- *Eligibility:* Some services require physician's order.
- *Fees:* Vary according to service/free care available to those who qualify.
- *Accepted method of payment:* private insurance, Medicare, Self-pay
- *Referral process:* Call the office intake coordinator at 603-622-3781.

VNA Personal Services 603-663-4663

Helps to develop a personalized plan from a number of options. Services are designed to meet your specific needs and plan for future ones. Nurses, homemakers, social workers and physical therapists.

Elliot Adult Day Care Center 1070 Holt Avenue Manchester, NH

603-663-2405 • www.elliethospital.org

This program, affiliated with the Elliot Hospital, provides a broad range of social and nursing services that support aging adults and their family caregivers. Specific services include nursing care, assistance with walking and personal care, socialization activities, hot lunches and snacks, daily exercise and services of physical therapists, occupational therapists, occupational therapist, and registered dietitians on an as needed basis. The Elliot Adult Day Care Center is fully covered for Medicaid clients and eligible veterans. Call our office for more information on fees and services.

Elliot On-Call

603-663-4567 • www.elliethospital.org

A 24-hour information service developed to support your healthcare needs through assessment, education, referrals, and support.

Elliot Hospital Wellness Center 1070 Holt Avenue Manchester, NH 03107

603-663-2835 • www.elliethospital.org

Provides worksite wellness programs including single topic health risk appraisals and health

screenings, (Osteoporosis, hand germ, cholesterol, glucose, body composition, etc.) health education, (CPR, stress management, nutrition, smoking) fitness testing, services and health fairs. Speakers bureau at Elliot On-Call at 663-4567.

**Elliot Senior Health Center
138 Webster Street
Manchester, NH 03104**

**603-663-7000 • www.elliorthospital.org
and**

**The Elliot Medical Center at Londonderry
40 Buttrick Road • Londonderry, NH
552-1530 • www.elliorthospital.org/Londonderry**

The Elliot Senior Health Center is a department of Elliot Hospital, and is affiliated with Elliot Health System, a leader in health services delivery, and in community health and wellness programs throughout Southern NH. The Senior Health Center is the combination of medical, health, and community services in one building. Patients receive healthcare, rehabilitation, lab and radiology services, aerobics, fitness training, wellness screenings, community education programs, and access to reliable health information.

**Elliot Behavioral Health Services
445 Cypress Street, Suite 8
Manchester, NH 03103**

603-669-4079 • www.elliorthospital.org

Therapy services are available independently or in conjunction with other treatment modalities, to provide an integrated treatment approach to most problems. Providing care for couples, families and individuals.

**Child and Family Services
Home Care Program**

**99 Hanover Street • Manchester, NH 03101
603-668-1920 • www.cfsnh.org**

Provides in home assistance to the elderly, disabled people and young families while the usual caregiver is incapacitated. In addition to practi-

cal assistance with simple household tasks, homemakers, home health aides, and companions offer personal care instruction and emotional support in the greater Manchester area.

**Prime Time
195 McGregor Street
Manchester, NH 03102
603-663-6333**

An informational and educational center for elderly individuals and their families and agencies.

**Parish Nurse Program
603-663-8004**

This program is a cooperative effort of the Greater Manchester congregations of various faiths and Catholic Medical Center Community Health Services. The Parish Nurses provide health counseling, advice, health promotion, wellness programs, blood pressure screenings, referrals, and advocacy for clients. Most services are free or low cost. Parish Nurses promote wellness by providing holistic care to the clients that they serve. They address physical, emotional and spiritual needs. The program is interdenominational and open to all residents of the Greater Manchester area.

**VA Medical Center
718 Smyth Road
Manchester, NH 03104
603-624-4366**

The VA Medical Center-Manchester offers inpatient and outpatient medical, surgical and substance abuse treatment. Psychiatric care is offered to eligible Veterans on an outpatient basis. Physical rehabilitation and respite cares services are offered in the nursing home care unit. A variety of programs geared to the needs of the elderly veteran are offered. Contact a Health Benefits Advisory at ext. 6091 for eligibility and admission information.

**American Diabetes Association
New Hampshire Office
249 Canal Street
Manchester, NH 03101**

603-627-9579 • www.diabetes.org

Free brochures and educational materials about diabetes the disease, what diabetes is, preventative measures, health and nutrition regarding diabetes, advocacy, legislative issues. Speakers on "Living with Diabetes"

**American Heart Association, NE Affiliate
20 Merrimack Street, Suite 1
Manchester, NH 03101-2244
1-888-907-6933 or 603-669-5833
www.americanheart.org**

Free brochures and posters. Wellness programs include school site, workplace and CPR. Speaker's bureau.

**American Lung Association of NH
9 Cedarwood Drive, Unit 12
Bedford, NH 03110
1-800-835-8647 or 603-669-2411
www.nhlung.org**

Free brochures. Wellness programs include "No Butts About It" and "Samantha Skunk". Speakers available to discuss asthma, smoking prevention, and cessation. 2-week asthma camp for kids.

**American Red Cross
Concord Area Chapter
167 North Main Street
Concord, NH 03301
1-800-464-6692 or 603-225-6697
www.crossnt.org • www.redcross.org**

Free posters & brochures. Wellness programs on HIV/AIDS education, CPR, and First Aid. Speakers on CPR and First Aid, HIV/AIDS, and Protect Your Back.

**Arthritis Foundation
6 Chennell Drive, Suite 260
Concord, NH 03301**

603-224-9322 • www.arthritis.org

Educational literature, video loan library. Wellness programs, support groups, aquatic programs, exercise programs, self-help activities, referrals, and speakers available.

**Breast and Cervical Cancer Screening Program
Let No Woman Be Overlooked**

**6 Hazen Drive • Concord, NH 03301
1-800-852-3345, ext. 4931 or 603-271-4931**

Free gynecological exams, Pap smear test and Mammograms for eligible woman age 50-64. Educational materials and speakers available.

**Diabetes Education Program
NH Department of Health & Human Services
Office of Community and Public Health**

**6 Hazen Drive
Concord, NH 03301
603-271-5199**

**Diabetes Center of NH
1 Pillsbury Street, Suite 200
Concord, NH 03301-3570
603-225-6633**

**Easter Seals
Adult Medical Rehabilitation**

**555 Auburn Street
Manchester, NH 03103
603-623-8863 • www.eseals.org**

- The Day Health Programs, 603-621-3550
- NH Lifeline Program, 1-800-888-0338

Lifeline is a service provided to residents by Easter Seals New Hampshire and New England Emergency Response Systems. For more information please call our office.

- Caring Companions, 603-3565

Medic Alert Foundation
2323 Colorado Ave • Turlock, CA 95382
1-800-432-5378

Emergency services for people who, because of injury, illness or disability, may be unable to speak for themselves. Members wear numbered Medic Alert bracelets or necklaces.

**National Alliance for the
Mentally Ill, NH (NAMI NH)**
10 Ferry Street, Unit 314
Concord, NH 03301
1-800-242-6264 or 603-225-5359
www.nami.org

Educational information about mental illness provided through newsletters, conference, agency referrals, presentations, support groups, and access to additional library materials.

**National Heart, Lung and Blood Institute
Information Center • PO Box 30105**
Bethesda, MD 20824-0105
301-251-1222
www.nhlbi.nih.gov/nhlbi/nhlbi.htm

Publications online include asthma, blood disorders, cholesterol, heart attacks, high blood pressure, obesity, physical activity, smoking & more.

**Mental Health Center of Greater Manchester
Senior Counseling Services**
1555 Elm Street
Manchester, NH 03103
603-668-4111 • www.mhcgm.org

The Senior Counseling Services at the Mental Health Center of Greater Manchester provides community services to persons who are 60 and better who are willing to accept our services. Transportation is provided for those able to come to the Center. Clinicians do outreach in homes, hospitals, or nursing homes, wherever the individual is located. Direct services include individual and group therapy, family therapy,

diagnostic individual and group therapy, diagnostic and psychiatric evaluations, medication, and psychopharmacological follow up. Indirect services include psychiatric consultation and in-services and other educational workshops on aging issues to the elderly individual, families, and staff of other agencies and institutions working with elderly clients.

CLM Behavioral Health
43 Birch Street • Derry, N.H.
434-1577

24-Hour Emergency Number – 432-2253

Provides comprehensive mental health services, psychiatric treatment, emergency intervention, and family support services. Specialized programs address the mental health needs of children, teens and families, adults, and seniors.

Community Health Services of Greater Derry
41 Birch Street • Derry, NH
425-2545

Offers medical, mental health and prescription services for low income, uninsured residents. Serves Derry, Londonderry, Windham and Salem.

Community Caregivers of Greater Derry
58 E. Broadway
Derry, NH
432-0877

Provides a volunteer network to support and assist elderly or temporarily or permanently disabled people in maintaining independence in the community and in the home. Assists with visiting and transportation.

Farnum Center
Substance Abuse Treatment & Rehabilitation
235 Hanover Street
Manchester, NH 03104
Residential: 622-3020 • Outpatient: 669-6777

Sobriety Maintenance Center
93-101 Manchester Street
PO Box 1477

Manchester, NH 03105

625-6980

Drug and alcohol shelter, individual and group counseling, education sessions.

Tirrell House

15 Brook Street

Manchester, NH 03104

603-628-2971 or 603-628-2976

A 90-day residential & supportive living for men.

Pastoral Care Counseling

2013 Elm Street

Manchester, NH 01304

603-627-2702

Manchester Community Health Center

1415 Elm Street

Manchester, NH

603-626-9500

NH Minority Health Coalition

25 Lowell Street

Manchester, NH 03014

603-627-7703

NH Educational Services for

the Hearing Impaired

117 Pleasant Street

Concord, NH 03301

603-226-2900 (Voice & TTY)

Low Vision Services for the Elderly

603-224-4039

New Hampshire Association for the Blind

McGreal Sight Center

25 Walker Street

Concord, NH 03301

1-800-464-3075 or 603-224-4039

www.sightcenter.com

Free brochures and other material. Wellness programs include rehabilitation services for par-

tially and totally blind. Speaker's bureau.

Refurbished Equipment Marketplace (REM)

84A Ironworks Road

Concord, NH 03301

1-800-427-3338 • www.neatexchange.org

Sale of quality refurbished equipment, rentals, service and repair, information, and referral services.

Cancer Helpline

Norris Cotton Cancer Center

at Dartmouth Hitchcock Medical Center

One Medical Center Drive

Hanover, NH 03755

1-800-639-6918

Cancer Resource Line

Elliot Hospital

One Elliot Way

Manchester, NH 03103

603-663-5787

A health information and support line for cancer patients and their family and friends. Cancer Resource line is staffed by oncology nurses Monday through Friday 8:30 a.m. to 5 p.m.

Section V

Housing

Manchester Housing & Redevelopment Authority
198 Hanover Street
Manchester, NH 03104

603-624-2100 • www.manchesterhousing.org

The Manchester Housing and Redevelopment Authority (MHRA) provides housing and social services for low-income eligible families and seniors. Federally subsidized by the United States Department of Housing and Urban Development, MHRA offers a number of housing alternatives including Section 8 and Public Housing and Congregate Services. MHRA owns and operates 1,249 apartments located in five hi-rises and scattered sites throughout the City, housing approximately 4,000 tenants.

Social Service Programs include Congregate Housing Services Program – units of specialized housing with daily support services and case management provided. Afternoon and evening meals are available on sites.

Derry Housing Authority
17A Peabody Road
Derry, NH
603-434-8717

Rental Assistance and house referral.
Emergency loans for owner occupied property.

Salem Housing Authority
70 Telfer Circle
Salem, NH
603-893-6417

Operates low rent housing program for the elderly, disabled, handicapped, and low-income families.

N.H. Housing Finance Authority
32 Constitution Drive • Bedford, NH
1-800-640-7239 or 472-8623

Provides single-family low interest mortgages and rental assistance to those who qualify on a low-income basis, oversees low rent housing projects, and assists in processing housing discrimination complaints.

SUBSIDIZED HOUSING

The federal government has assisted in the development of many apartments throughout New Hampshire. These developments were generally established specifically to meet the needs of senior citizens. In subsidized housing, the tenant pays no more than 30% of his/her adjusted income for rental cost.

One of the strongest advantages that are offered by this type of housing is the increased opportunity for companionship, recreation and social interaction.

Amoskeag Apartments LLC
79 State Street
Manchester, NH 03101
Contact: CP Management Inc.
3 Mound Court • Merrimack, NH 03054
603-624-1700

Amoskeag Millyard Apartments
32 Mulsey Street
Manchester, NH 03101
Contact: Amoskeag Liquidators

Carpenter Center
323 Franklin Street • Manchester, NH 03108
603-625-5422

Cedar House
372 Beech Street
Manchester, NH 03103
Contact: Stewart Property Mgt.
PO Box 10540
Bedford, NH 03110
603-641-2163

Fr. Louis Ramsey House I&II
176/178 Mitchell Street
Manchester, NH 03103
Contact: East Point Property
PO Box 4190 • Manchester, NH 03108
603-669-8551

Francis Warde House
436 Union Street
Manchester, NH 03102
Contact: Stewart Property Management
PO Box 10540 • Bedford, NH 03110
603-641-2163

Pearl Street School Apartments
332 Pearl Street
Manchester, NH 03103
Contact: Metropolis Property Mgt Group, Inc.
33 South Commercial Street
Manchester, NH 03101
603-666-4518 • www.metropolispmg.com

Piscataquog River Apartments
Agnes Street
Manchester, NH 03102

30 Elderly Apartments
Contact: Metropolis Property Mgt Group, Inc.
33 South Commercial Street
Manchester, NH 03101
603-666-4518 • www.metropolispmg.com

Southside Manor
78A Manor Drive

Manchester, NH 03108
Contact: East Point Property
603-669-8551

State Street Apartments
79 State Street
Manchester, NH 03101
603-669-2486

Sundance Village- SNHS
1915 Front Street
Manchester, NH 03102
603-634-0033

The Meetinghouse at River Front
60 Riverfront Drive
Manchester, NH 03102
603-623-7000

Varney School Apartments
84 Varney Street
Manchester, NH 03102
603-668-5050

Pine Village Estates
Ridgewood Road
Bedford, NH 03110
Contact: John Sullivan Corp.
Kilton Road
Bedford, NH 03102
603-666-3255

Edward J. Roy Apartments
27 College Road
Goffstown, NH 03045
Contact: apply on site
603-622-7317

The Meeting House
Goffstown Village
Contact: Finley Properties
603-668-8000

**Placid Woods
Mountain Road
Goffstown, NH 03045
Contact: Metropolis Property
Management Group, Inc.
33 South Commercial Street
Manchester, NH 03101
603-666-4518 • www.metropolispmg.com**

CONGREGATE HOUSING

Independent living with personal care and support services provided including meals, house-keeping services, and congregate activities.

**Manchester Housing and Redevelopment
Authority – CHSP
200 Hanover Street • Manchester, NH 03104
603-624-2100**

**Gallen Building – 200 Hanover Street
Pariseau Building – 55 Amory Street
O'Malley Building – 259 Chestnut Street
Kalivas Building – 175 Chestnut Street
Burns Building – 55 South Main Street**

**NH Catholic Charities
353 Franklin Street
Manchester, NH 03101
603-624-4717**

**Bishop Primeau Apartments
519 R. Bridge Street
Manchester, NH 03104
603-668-7703**

ASSISTED LIVING FACILITIES

A place operated on a 24 hour basis to provide residential accommodations, personal care, and recreational services to a person whose health and safety requires continual supervision.

**Arbors of Bedford
70 S. Hawthorne Drive • Bedford, NH 03110
603-647-9300**

**Bentley Commons
66 Hawthorne Drive
Bedford, NH 03110
603-644-2200**

**Aynsley Place
80 Lake Street
Nashua, NH 03060
603-881-4190**

**Courville at Manchester
44 West Webster Street
Manchester, NH 03104
603-647-5900**

**Carlyle Place
40 Route 101
Bedford, NH 03110
603-472-2000**

**Epsom Manor Nursing Center
Route 28
Epsom, NH 03234
603-736-4772**

**Greystone Farms
242 Main Street
Salem, NH 03079
603-898-5393**

**Inn at Parker Station LLC
46 Parker Station Road
Goffstown, NH 03045
603-497-5300**

**Isle of Ledgewood
43 Ledgewood Drive
Milford, NH 03055
603-672-5037**

**Laurel Place
203 Lowell Road
Hudson, NH
883-2419**

**Windham Terrace
3 Church Road
Windham, NH
437-4600**

**Pearl Manor at Hillcrest Terrace
200 Alliance Way
Manchester, NH 03102
603-645-6500**

**Pine Hill Retirement Home
P.O. Box 26
Windham, NH
434-8827**

**Rose Haven
8 Jennifer Drive
Merrimack, NH 03054
603-424-5919**

**Villa Crest Nursing & Retirement Community
1276 Hanover Street
Manchester, NH 03104
603-669-1810**

**Vintage Grace
12 Peabody Road
Derry NH
425-6339**

**Warde Health Center
21 Searles Road
Windham, NH
890-1290**

**Wellstone House
125 Langford Road
Manchester, NH
603-895-9303**

RESIDENTIAL CARE FACILITIES

This type of housing is for less independent seniors. Most group housing projects are small, individually operated, private businesses. This arrangement provides help with daily chores, but allow you to come and go as you please. Supporting health services are also offered in some homes. Most homes include room, board, housekeeping, laundry, and regular contact with staff members.

**Myrtle Manor II
83 Myrtle Street
Manchester, NH 03104
603-641-6626**

**Family Inn
1001 Harvey Rd., RTE. 110
Manchester, NH 03101
603-625-2662**

**The Villager
50 North Mast Road
Goffstown, NH 03045
603-497-4225**

NURSING/REHABILITATION CENTERS

If you need extensive and/or extended health care, a nursing home may best suit your needs. A nursing home is for people who have difficulty caring for themselves. A physician's order is needed for admittance. Different types of care are provided by nursing homes. They are:

- Intermediate Care – for those who don't require constant care, but who cannot live independently. This level of care provides daily care needs and is not covered by Medicare.

- Skilled Nursing – when extensive care is needed, but hospitalization is not required; may be either a short or extended periods of time. The Skilled Nursing level of care focus is on rehabilitation. Medicare provides coverage for this level of care following a qualifying three day stay in an acute care hospital.

Bel-Air Nursing Home
29 Center Street
Goffstown, NH 03045
603-497-4871

Derry Health Care and Rehabilitation
20 Chester Road
Derry, N.H.
432-3801

Hanover Hill Health Care
700 Hanover Street
Manchester, NH 03104
603-627-3826

Hacket Hill Health Care Center
191 Hackett Hill Road
Manchester, NH 03102
603-668-8161

Maple Leaf Health Care Center
198 Pearl Street
Manchester, NH 03104
603-669-1660

Mount Carmel Nursing Home
235 Myrtle Street
Manchester, NH 03104
603-627-3811

Villa Crest Nursing & Retirement Community
1276 Hanover Street
Manchester, NH 03104
603-669-1810

Courville at Manchester
44 West Webster Street
Manchester, NH 03104
603-647-5900

Fairview Nursing Home
203 Lowell Road
Hudson, N.H.
882-5261

Harborside Health Care – Northwood
30 Colby Court
Bedford, NH 03110
603-625-6462

Hillsborough Cty. Nursing Home
Rt. 2, 400 Mast Road
Goffstown, NH 03045
603-627-5540

Laurel Center
480 Donald Street
Bedford, NH 03110
603-627-4147

Masonic Home
813 Beech Street
Manchester, NH 03104
603-669-7361

Pleasant Valley Nursing Center
8 Peabody Road
Derry, N.H.
434-1566

Rockingham County Nursing Home
117 North Road Brentwood, N.H.
679-5335

Ridgewood Center
25 Ridgewood Road
Bedford, NH 03110
603-623-8805

Salem Haven Nursing Home

**23 Geremonty Drive
Salem, N.H.
893-5587**

St. Theresa's Manor

**519 Bridge Street
Manchester, NH 03104
603-668-237**

Warde Health Center

**21 Searles Road
Windham, N.H.
890-1290**

RETIREMENT COMMUNITIES

A retirement community is a form of senior citizen housing. A retirement community can be defined as a small, self-contained complex that provides minimal in-unit services to the residents. Retirement communities offer a sense of community spirit, convenience and security.

Hillcrest Terrace

**200 Alliance Way
Manchester, NH 03102
603-645-6500**

Medford Farms

**Goffstown Back Road
Goffstown, NH 03045
603-627-1800**

Village of Glen Falls

**Goffstown Back Road
Goffstown, NH 03045
603-627-1800**

VETERANS' HOUSING

Liberty House

**75 W Baker Street
Manchester, NH 03103-7235
603-669-0761**

New Hampshire Veterans Home

**139 Winter Street
Tilton, NH 03276-5415
(603) 527-4400**

Shiloh Christian Church

**55 Edmond Street
Manchester, NH 03102
603-627-7729**

Wednesday 6:30-8:00pm

Families in Transition

**74 West Merrimack Street
Manchester, NH
603-641-9441**

Section VI

Protection

Manchester Fire Department

100 Merrimack Street

Manchester, NH 03101

603-669-2256 • Emergency 911

The Manchester Fire Department provides emergency aid in case of fire. The department also provides education on fire prevention.

Manchester Police Department

351 Chestnut Street

Manchester, NH 03101

603-668-8711 • Emergency 911

The Manchester Police Department handles emergency calls to protect citizens against crimes. Special programs are in the Neighbor Watch and Crime Line. Some educational work is done to instruct groups in crime prevention.

Londonderry Police Department

432-1118 • Emergency dial 911

Londonderry Fire Department

432-1124

Derry Police Department

432-6111 • Emergency dial 911

Derry Fire Department

432-6121

Windham Police Department

434-5577

Windham Fire Department

434-4907

Salem Police Department

893-1911

Salem Fire Department

890-2200

New Hampshire Legal Assistance

1361 Elm Street • Manchester, NH 03101

603-624-6000

www.mv.com/ipusers/larc/NHLASCLP.htm

New Hampshire Legal Assistance, and its Senior Citizens Law Project (SCLP), are state-wide programs which provide free legal advice, counseling and representation in civil cases relating to housing, health care, nursing care, and public benefits. If a client is over 60 years of age, there are no asset or income eligibility limits. New Hampshire Senior Advice Line hours are Monday, Tuesday, Thursday, and Friday from 9 a.m. to noon. Wednesday hours 1 to 4 p.m.

Elder Abuse Hotline

1-800-949-0470

To report elderly and adult abuse and neglect in New Hampshire.

Poison Control Center

1-800-562-8236

New Hampshire Bar Association

112 Pleasant Street • Concord, NH 03301

Toll Free 1-888-353-9944

603-624-6000

• **Lawyer Referral Services – 603-229-0002:** This program will provide an experienced attorney in your geographic area who has experience in the area of law relating to your legal problem. You will receive a half-hour consultation with the referred attorney at no additional cost. If you choose to hire the attorney, a fee must be

arranged between you and the attorney. Hours are Monday through Thursday 9 a.m. to 4:30 p.m. Friday hours are 9 a.m. to 1 p.m.

- **Reduced-Fee Referral Program – 603-229-0002:** This is a program providing reduced-fee legal services for financially eligible clients whose income and assets may exceed financial guidelines for the Pro-Bono Program, yet who cannot afford to pay an attorney's regular rate.
- **Pro-Bono Referral Program – 603-224-0942:** The Pro-Bono Program provides civil legal services to low-income persons through volunteer attorneys primarily in family law, but also in areas of consumer finance, bankruptcy, landlord/tenant, guardianship, and other matters. The Legal Advice and Referral Center (LARC) screen clients for eligibility.
- **Toll Free #1-888-353-9944 or 624-6000 (NH only):** You may call this number to have your legal questions answered by volunteer lawyers free of charge.
- **Legal Advice & Referral Center – 1-800-639-5290 or 603-224-3333:** LARC provides legal advice and referrals in the following area of law: family, benefits and welfare, housing, and bankruptcy and consumer. LARC evaluates clients for eligibility, gives legal advice over the telephone and provides ongoing support for clients who represent themselves. Appropriate cases are referred for pro-bono legal services or to appropriate state agencies or independent organizations.

**New Hampshire Division of Human Services
Division of Health and Human Services
195 McGregor Street • Manchester, NH 03102
603-668-2330 or 1-800-852-7493
www.dhhs.state.nh.us**

- **Bureau of Elderly and Adult Services Social Service Programs:** The Bureau of Elderly and Adult Services provides services to elderly and disable adult under three programs:

- Adult In-Home Support – Alternate Care
- Protection

A broad range of services are provided, including direct services and purchased services. There are financial eligibility standards for the first Adult In-Home Support and Alternate Care. Protective services are provided without regard to income and law mandates protective investigations.

- **Bureau of Human Services Economic Services:** Medicaid, Food Stamps, Old Age Assistance, and Economic Services are administered by the assistance payments unit. For access to both Economics and Social Services, contact the NH Division of Human Services and ask to speak to an intake worker.

**Department of Health and Human Services
Salem District Office • 154 Main Street
893-9763**

Derry, Londonderry, Salem & Windham residents

**Department of Health and Human Services
Nashua District Office • 19 Chestnut St
893-4753**

Hudson and Litchfield residents

**Long-Term Care Ombudsman
129 Pleasant Street • Concord, NH
1-800-442-5460**

**YMCA Crises Services
Derry Office • 6 West Broadway, #22
432-2687**

**YMCA Crises Service
70 Concord Street • Manchester, NH 03101
603-625-2299**

A volunteer program of the Manchester YMCA, provides a 24-hour crises line, emergency housing, court advocacy, hospital accompaniment, support groups, education/information.

Section VI

Recreation and Socialization

Londonderry Senior Center
Mammoth Road
Londonderry, N.H.
432-7059

Marion Gerrish Community Center
39 W. Broadway
Derry, N.H.
434-8866

Ingram Senior Center
1 Sally Sweet Way
Salem, N.H.
890-2190

National Able Network
997 Elm Street
Manchester, N.H.
623-5627

AARP
900 Elm Street, Suite 702
Manchester, NH 03101
603-627-5627

Senior employment for people over 55.

Caregivers, Inc.
960 Auburn Street
Manchester, NH 03103
603-622-4948

Provides outreach through volunteer services such as transportation, chore services, friendly visits, and respite care. Hours of operation are 9 a.m. to 2 p.m. (A coalition of churches and organizations).

Foster Grandparent Program
1361 Elm Street – Suite 400
Manchester, NH 03101
603-668-1990

The Crotched Mountain Foster Grandparent Program provides people 60 or better with the opportunity to volunteer in their communities' schools, day cares, or rehabilitation center with children with special needs. The role of the Foster Grandparent is to role model providing individual attention, unhurried help and encouragement to children, one-on-one or in a group setting and at the direction of a teacher. Volunteers receive tax-free stipend, transportation, meals, insurance, monthly social interactions through in-services, trips, holiday parties. After determining the best match for the volunteer (in terms of age group and location) a successful, positive experience is also enhanced after the volunteer is placed through ongoing support by Program staff.

Manchester City Library
405 Pine Street
Manchester, NH 03104
603-624-6550

Beyond traditional library services, the library has available large print books for those with impaired vision. Talking books are available through the New Hampshire State Library. Winter hours: Monday & Thursday 8:30 a.m. to 8:30 p.m.; Tuesday, Friday & Saturday 8:30 a.m. to 5:30 p.m.; Wednesday, 12:30 to 5:30 p.m.

National Able Network
997 Elm Street
Manchester, NH 03101
1-800-652-8808

West Side
76 North Main Street
Manchester, NH 03102
603-624-6560

Winter hours: Tuesday, Thursday, Friday, Saturday 8:30 a.m. to 5:30 p.m.; Wednesday, 8:30 a.m. to 8:30 p.m. Summer hours:

Prime Time
195 McGregor Street
Manchester, NH 03102
603-663-6333

Prime Time is a comprehensive resource for people over 50 and their families, friends, caregivers, and others who work with older adults. It includes a library of health, lifestyles, sports, and travel resources, a full time health advisor and educational facilities.

Senior Companion Program
PO Box 1016
Concord, NH 03301
603-225-3295

Senior Companions visit other seniors to provide companionship and friendly visits. They encourage emotional and physical independence. They may also provide respite for caregivers. Senior companions earn a tax-free stipend for a 2-hour commitment. They must meet age and income guidelines to be eligible for the program. Stations in Manchester are the City of Manchester's Elderly Services Department, NH Catholic Charities, the Manchester Housing and Redevelopment Authority, and the VA Medical Center.

Foster Grandparent Program
1361 Elm Street – Suite 400
Manchester, NH 03101
603-668-1990

The Crotched Mountain Foster Grandparent Program provides people 60 or better with the

opportunity to volunteer in their communities' schools, day cares, or rehabilitation center with children with special needs. The role of the Foster Grandparent is to role model providing individual attention, unhurried help and encouragement to children, one-on-one or in a group setting and at the direction of a teacher. Volunteers receive tax-free stipend, transportation, meals, insurance, monthly social interactions through in-services, trips, holiday parties. After determining the best match for the volunteer (in terms of age group and location) a successful, positive experience is also enhanced after the volunteer is placed through ongoing support by Program staff.

William B. Cashin Senior Activity Center
151 Douglas Street
Manchester, NH 03102
624-6536

Serves senior citizens age 60 and over. The drop-in center provides socialization and recreation and hosts St. Joseph Community Services' community dining program.

New England Elderhostel
877-486-8056 • www.elderhostel.org

Residential and commuter adult education programs. Catalogs brochures and videos. Speakers available.

ADULT DAY PROGRAMS

Elliot Adult Day Program
1070 Holt Avenue • Manchester, NH
603-628-2405

This program, affiliated with the Elliot Hospital, provides a broad range of social and nursing services that support aging adults and their family caregivers. Specific services include nursing care, assistance with walking and personal care, socialization activities, hot lunches and snacks,

daily exercise and services of physical therapists, occupational therapists and registered dieticians on an as needed basis. The Elliot Adult Day Program is fully covered for Medicaid clients and eligible veterans. Call for more information on fees and services.

Alvirne High Adult Day Program
200 Derry Rd
Hudson, NH
603-883-0994

Beacon Landing (Day Program)
79 Sheep Davis Road
Pembroke, NH
603-225-9694

Here On Earth Adult Day Services
9 Crosby Lane
Londonderry, NH
603-425-1770

Rockingham County Nursing Home
117 North Road
Brentwood, NH
603-669-5335

Saint Josephs Adult Day Program
460 Amherst Street
Nashua, NH
603-598-2470

SarahCare
201 Route 111
Hampstead, NH
603-329-4401

Silverthorne Adult Day Program
23 Geremonty Drive
Salem, NH
603-893-4799

TLC Adult Medical Day Care
211 Loudon Road, #1
Concord, NH
603-224-8171

Vintage Grace Adult Day Center
12 Peabody Road
Derry, NH
603-425-6339

Retired Senior Volunteer Program (RSVP)
1915 Front Street #111
Manchester, NH 03102
603-668-8010

Mailing Address: PO Box 5040
Manchester, NH 03108
www.seniorcorps.org

Involves persons 55 years of age and older with meaningful opportunities to volunteer skills, expertise, and talent in service to non-profit or public community organizations. RSVP provides professional skills assessment, placement, support and recognition, insurance, and travel reimbursement.

St. Joseph Community Services
PO Box 910

395 DW Highway • Merrimack, NH 03054
Administrative Office 603-424-9967

St. Joseph Community Services Inc. is a non-profit corporation. The purpose of this corporation is to provide frail and older Americans with low-cost, nutritionally sound meals; both congregate and home delivered. In addition to providing hot meals, St. Joseph Community Services Inc. provides social support services for the participants in the programs.

Carpenter Center
323 Franklin Street
Manchester, NH 03101
603-669-1699

**Town of Bedford Senior Services
603-472-5242**

**Elliot Hospital Volunteer Department
663-2298
City of Manchester
Parks and Recreation Department
624-6565**

**Sunshine Club
First Methodist Church
962 Valley Street
Manchester, NH 03103
Contact: Beverly • 603-622-4375**

The Sunshine Club is a social organization that meets every 3rd Wednesday of the month at 1 p.m. (subject to change).

**Elliot Senior Health Center
138 Webster Street
Manchester, NH 03104
603-663-7000**

Provides scheduled educational programs, support groups and health and wellness activities for the older adult.

Section VIII

Support Groups

BEREAVEMENT

- VNA of Manchester and Southern New Hampshire 622-3781
- Mount Calvary Cemetery, Donna Connare 622-3215
- Elliot Medical Center at Londonderry 552-1533
40 Buttrick Road, Londonderry

ALZHEIMER'S

- Alzheimer's Association 800-750-3848
- Generations 645-5977

DIABETES

- Elliot Senior Health Center 663-7056
- Londonderry Senior Center 432-7059

CANCER

- American Cancer Association 800-640-7101
- Cancer Support Group, Derry, NH 421-2130
- Elliot Cancer Resource Line 663-5787

CAREGIVER

- Catholic Charities 6244-717
- Easter Seals 621-3565
- Londonderry Senior Center 432-7059
- Elliot Medical Center at Londonderry 552-1533
40 Buttrick Road, Londonderry
- Elliot Senior Health Center 663-7051
138 Webster Street, Manchester

MUSCULAR SCLEROSIS

- Muscular Sclerosis Association 800-532-7667

PAIN MANAGEMENT

- Elliot Hospital 663-6730

PARKINSON'S

- Elliot Hospital 663-2156

Section IX

Transportation

Caregivers, Inc.

960 Auburn Street • Manchester, NH 03103
603-622-4948 • www.caregiversnh.org

Provides outreach through volunteer services such as transportation, chore services, friendly visiting and respite care. Hours: 9 a.m. to 2 p.m. (A coalition of churches and organizations).

CMC Care Van

100 McGregor Street • Manchester, NH 03102
603-663-6713

The Care Van offers round trip transportation from your home to CMC, Dartmouth Commons, as well as to lab sites, cardiac doctors, and physical therapy. Available Monday to Friday, from 7:30 a.m. to 5 p.m. (except holidays). Persons receiving hospital services are eligible. Serves residents of Manchester, Hooksett, Goffstown, Auburn, and Bedford. Serves everyone 18 and over (under 18 must be accompanied by an adult).

Elliot Shuttle

1 Elliot Way • Manchester, NH 03103
603-624-2255

The Elliot Shuttle is a free transportation service for citizens over age 55 living in Manchester, Bedford, Hooksett, Auburn, and Londonderry. Transportation is provided to and from the Elliot Hospital and its outpatient departments or physicians offices, Monday to Friday 7:30 a.m. to 2:30 p.m. by appointment only.

MTA's Step-Saver

110 Elm Street • Manchester, NH 03101
603-623-8801

Step-Saver is van transportation service for disabled people age 18 and older. The MTA pro-

vides door to door trip transportation for the disabled for minimal fee. The services are offered from 6 a.m. to 6 p.m. Monday to Friday and Saturday 7:30 a.m. to 5:30 p.m. An application must be completed prior to the rendering of services. The application may be obtained by calling the MTA's office. A few days advanced notice for rides is necessary.

NH Department of Health and Human Service
Volunteer Transportation for Medicaid recipients
1-800-852-3345 ext 3770

Coordinates volunteers for medical, dental and psychiatric appointments. Best to call well in advance of appointment.

Special Transit Service Inc.

200 Zachary Road • Manchester, NH 03109
603-668-8603

Special Transit Services (STS) allows agencies serving the elderly and disabled to contract and refer clients for transportation. The service also provides transportation to disabled seniors, adults and children within the Greater Manchester area. STS is a licensed Medicaid Rehabilitation Wheelchair Transporter. With special arrangements, transportation service outside the Greater Manchester (including medical appointments in the Derry and Salem areas) is available.

Trilogy Wheelchair & Eldercare Services LLC
39 Brown Avenue
Manchester, NH 03101

603-656-9715 • Fax: 603-656-9717

This family-run service provides transportation to medical appointments, day programs and social events for adults in and out of wheel-

chairs. Trilogy is a Medicaid provider. Private pay is also accepted.

**CART – Cooperative Alliance for Regional
Transportation
P.O. Box 1466
Derry, N.H.
603-434-3569**

Provides transportation services to residents who reside in Chester, Danville, Derry, Hampstead, Londonderry, Plaistow, Salem, Sandown, and Windham. It operates Monday through Friday from 8 a.m. to 5 p.m. There is a fee of \$2.00 per one-way ride. Reservations should be made several days in advance.

**Community Caregivers of Greater Derry
58 E. Broadway
Derry, N.H.
432-0877**

**Lamprey Health Services
128 Rte. 27
Raymond, N.H.
1-800-582-7214
659-2424**

**Southern New Hampshire Services
889-3971**

Section X

Miscellaneous/Links

Adult Day Care Providers of NH
1-800-225-9414

Home Care Association of NH
1-800-639-1949

NH Association of Residential Care Homes
1-800-544-0906

NH Health Care Association
603-226-4900

**Northern New England Association of
Homes and Services for the Aging**
603-626-3497

American Association of Retired Persons (AARP)
161 Penacook Road
Contoocook, NH 03229
603-746-2861 • www.aarp.org

Free brochures. Speakers available on safe driving, Medicare & Social Security, telemarketing fraud, long term care choices, and others.

AARP Information Center
118 North Main Street
Concord, NH 03301
603-224-6095

Free education materials for older Americans and their families/caregivers.

American Cancer Society
NH Division
Gail Singer Memorial Building
360 Route 101, Unit 8
Bedford, NH 03110
1-800-640-7101 or 603-472-8899
www.cancer.org

All programs are free. Awareness/educational programs to reduce cancer risk. Programs all ages. Speakers available for pre- and post-diagnosis discussions.

Center for Disease Control and Prevention (CDC)
www.cdc.gov

Granite State Independent Living Foundation (GSIL)
172 Pembroke Road
Concord, NH 03301
1-800-826-3700 or 603-228-9680 (Voice & TTY)

Helping Hands
50 Lowell Street
Manchester, NH
603-623-8778

Heritage United Way
www.heritageunitedway.org

Heritage United Way is composed of citizen volunteers and human service professionals working in partnership to improve the quality of life for all people.

INFOLINE Telephone Service for the Deaf
1-800-852-3311

International Center
315 Pine Street
603-641-6490 or 603-666-4552

Just in Case

Just in Case...Keeping Seniors Safe & Secure is a program that allows the Manchester Police Department to identify a senior in the event that they become lost. A photograph of the senior and accompanying demographic infor-

mation helps the police department recognize and/or locate people enrolled in the program. Sponsored by Alzheimer's Association of Vermont and NH.

Hands-on technology exploration, loans of assistive technology, training, and technical support.

New Hampshire Department of Health & Human Services, Office of the Ombudsman
6 Hazen Drive
Concord, NH 03301
603-271-4116

New Hampshire State Council on Aging
1-800-351-1888

TRANSLATION SERVICES

International Center
102 North Main Street
Manchester, NH 03102
603-668-8602

Latin American Center
52 Maple Street
Manchester, 03104
603-669-5661

State of NH Vocational Rehabilitation
361 Lincoln Street
Manchester, NH 03103
603-669-8733

The Way Home
214 Spruce Street
Manchester, NH
603-627-3491

A-Tech Services
1-800-932-5837 or 603-226-2900

Technology Exploration Center
117 Pleasant Street, Dolloff Building
Concord, NH 03301
603-226-2900

Links:

www.elliethospital.org

Consultations & technical assistance, loans of specialized equipment and materials, training for educators, parents and children, library for families and educators

Administration on Aging -
<http://www.aoa.dhhs.gov/>

Aging with Dignity -

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

Aging with Dignity is a non-profit organization established to provide the public with the practical information, advice and legal tools needed to ensure that their end-of-life care wishes and those of their loved ones will be respected.

Alzheimer's Association - <http://www.alz.org/>

American Academy of Hospice and Palliative Medicine - <http://www.aahpm.org/>

American Association of Homes and Services for the Aging - <http://www.aahsa.org/>

American Association of Retired Persons -
<http://www.aarp.org/>

American Heart Association -
<http://www.americanheart.org/>

Arthritis Foundation - <http://www.arthritis.org/>

Centers for Disease Control and Prevention -
<http://www.cdc.gov/>

Centers for Medicare & Medicaid Services (formerly the Health Care Financing Administration) - <http://www.cms.gov/>

Choice in Dying - <http://www.choices.org/>

Eldercare Locator Service -
<http://www.eldercare.gov/>

Food and Drug Administration -
<http://www.fda.gov/>

Long Term Care Info -

<http://www.longtermcareinfo.com/>

A Free Nursing Home and Home Health Care Agency Directory

Manchester Visiting Nurse Association

National Hospice and Palliative Care Organization - <http://www.nhpco.org/>

National Institute of Diabetes & Digestive & Kidney Disease - <http://www.niddk.nih.gov/>

National Institutes of Health -
<http://www.nih.gov/>

National Library of Medicine -
<http://www.nlm.nih.gov/>

PubMed/MEDLINE (<http://pubmed.gov/>): free access to MEDLINE and other resources

MEDLINEplus (<http://medlineplus.gov/>): free consumer health information resource

Parkinson's Web -
<http://pdweb.mgh.harvard.edu/>

Physicians' Desk Reference™ -
<http://www.pdr.net/>

Social Security Administration -
<http://www.ssa.gov/>

U.S. Dept. of Health and Human Services -
<http://www.hhs.gov/>