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ASSISTANCE WITH FOOD

Barrington
- **Community Food Pantry:** 105 Ramsdell Lane (Residents only) Thurs 6–7:30 pm  (603) 664-7679

Dover
- **Food Pantry at First Parish Church:** One Silver Street Tues 3–5, Thurs 9–11  (603) 742-5664
- **Food Pantry at St. Joseph’s Church:** 150 Central Ave. Tue & Thurs 9–12, Sat 10:30–12  (603) 742-4837
- **CAP Outreach and Food Pantry:** 61 Locust St. McConnell Center—2nd floor Mon, Tues, Wed, Fri  (603) 516-8126
- **St. Thomas Episcopal Church:** 5 Hale Street Soup kitchen and food pantry Tues & Thurs 5–6PM  (603) 742-3155

Durham
- **Cornucopia Food Pantry:** 15 Mill Road Tues 4–5:30 Fri 12–2 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 9:30–11AM  (603) 755-4816
  In an emergency, call Don Marble at 755-3764
- **CAP Outreach Office and Food Pantry:** 527 Main St. Mon, Wed, Fri 9:00–12:00  (603) 516-8191
- **Grace Community Church Food Pantry:** Grace Place on Main St. Thurs 9:30–11:30  (603) 332-9689

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

Milton
- **CAP Food Pantry:** 55 Industrial Way, Milton Community Services (please use side entrance) Tues 9:30–12:30  (603) 652-0990 x112

New Durham
- **Food Pantry** 5 Main Street — Sat 12–1PM

Rochester
- **E. Rochester Bethany Methodist Church:** Food Pantry 24 Main Street — Thurs 10–12  (603) 332-3618
- **Salvation Army Food Pantry:** 10 Olde Farm Lane Mon, Wed, Fri 9–2  (Rochester, E. Rochester and Gonic 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 and Gonic only)  (603) 330-3468
- **Joseph’s Storehouse at Journey Baptist Church:** 124 Milton Rd, 3rd Saturday of the month  (603) 330-0881
- **Food Stamps:** NH Health and Human Services Community Center 150 Wakefield Street, Rochester NH  (603) 332-9120

Rollinsford
- **Seeds Of Faith Food Pantry:** One Front Street #160 Last Monday of month or call for appointment — Diapers may be available.  (603) 742-6041

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 11–12  (603) 692-9320
- **Women, Infant and Children (WIC) and Commodity Supplemental Food Program (CSFP):** Federally funded free program to improve nutritional health for low income new mothers, infants, children to age 6 and seniors 60+. Available through Goodwin Community Health in Somersworth. For more information call  (603) 332-4358

Strafford
- **Food Pantry:** 30 Strafford Street in the Christian Center of the Third Baptist Church in Center Strafford Thurs 8–10AM – Call to confirm  (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 — Call Katy Hiza  (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
- **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 assistance, weatherization programs, 
  and utility discounts (must be income eligible)  
  Forms found on website — www.straffordcap.org  
  For general info call:  
  Dover – (603) 516-8126  
  Farmington – (603) 516-8191
- **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
- **OUR TOWN ENERGY ALLIANCE**:  
  Discount heating fuels  
  www.nrgy.org  
  (800) 801-0245
- **Our Town Electricity**:  
  www.OTElectricity.com  
  www.otchoice.com  
  (603) 776-2500
- **Traveling to CHaD in Lebanon? Check in with the Family Center 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.puc.nh.gov/Consumer/gasassistanceprogram.htm
- **NH Electric Co-op**:  
  (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) 516-6978
ASSISTANCE WITH DENTAL SERVICES

- **Dental Program at NH Technical Institute:**
  31 College Drive in Concord
  nhidentalclinic@ccsnh.edu  (603) 230-4023

- **Goodwin Community Health Dental Program** (Must be an established client at Goodwin Community Health) Accepts Medicaid, most insurance and has a sliding scale fee  (603) 332-4249 or (603) 749-2346

- **Dental Program at Wentworth-Douglass Hospital:**
  For low-income and uninsured children and adults in the WDH catchment area  (603) 749-3013

- **NH Dental Society**
  PO Box 2229 Concord, NH 03302  (603) 225-5961

- **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) 365-8295

- **Dentists with a Heart Program** – Watch local papers next February 2015 for info. Participating dentists offer free services to a limited number of people in the community. www.dentistryfromtheheart.org

- **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:** 243 Route 108, 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:** (603) 224-6593 or (800) 327-6778  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

- **United Way of the Greater Seacoast—Family Financial Stability:** Basic money management training. For more information contact Jena Brown.  (603) 516-9334

- **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  (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. (603) 294-0479  www.commtoolbox.org
ASSISTANCE WITH CLOTHING

- Clothes Closet: Berwick Methodist Church, 37 School Street — Every Wednesday from 1–5PM (Clothing 50 cents) (207) 698-1065
- Goodwill: 450 High St Somersworth (for auction site go to www.shopgoodwill.com) Mon– Sat 9-9 Sun 9-7
- Full Circle Community Thrift Store: 150 Dow Highway, Eliot (profits go to families experiencing cancer) www.fullcirclethriftstore.com Monday-Friday 10-5 Sat-Sun 10-4 (207) 703-0266
- Blessed Bargains: 400 Main Street, Farmington — 2nd and last Saturday of the month 9:30-2:00
- Savers: Woodbury Ave adjacent to Fox Run Mall, Newington — Mon-Sat 9-9 Sunday 10-6 427-0814
- Seacoast Birthright: 323 Islington St, Portsmouth They may be able to provide layettes for new moms in crisis and occasionally they have diapers as well. (603) 436-5558
- Fancy Pants Thrift Shop—Route 11, Farmington
- Salvation Army: 25 Signal St, Rochester (603) 332-2623
- Salvation Army: 2458 Lafayette Rd., Portsmouth
- What’s New? Second Hand Shop 29 Calef Hwy, Route 125N, Lee (603) 793-7639 www.whatsnewsecondhandstore.com

VISION & HEARING RESOURCES

- SIGHT FOR STUDENTS: www.sightforstudents.org (888) 290-4964
- www.KnightsTemplarFoundation.org (773) 205-3838
- VISION USA: www.aoa.org (800) 766-4466
- New Eyes for the Needy: (973) 376-4903 www.neweyesfortheneedy.org
- Lion's Club: Sight & Hearing Foundation—get applications at www.nhlions.org or IreneKaye@comcast.net (800) 747-4448 or (603) 624-4366
- 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) 365-8295
- The HIKE FUND: www.TheHikeFund.org (636) 928-2101
- HEAR NOW – STARKEY FOUNDATION: (800) 328-8602 www.starkeyhearingfoundation.org
- Community Clothing Thrift Shop 150 Wakefield Street, Rochester — For qualified families who cannot pay, a letter of referral is needed. Mon. 9-12 Wed. 9-3 Sat. 9-12. (603) 994-3199
- Trinity Anglican Church: Thrift and Consignment — 180 Rochester Road (Route 108) Rochester (603) 332-4121
- E. Rochester Bethany Church: 24 Main Street Tuesday & Thursday 10-12, Saturday10-1 (603) 332-3618
- CERV: Route 108/96 New Rochester Rd. Dover, NH Call first, Mon-Fri 9 am–5 pm Saturday 10-4 516-2378
- New Beginnings Thrift Boutique: 82 High Street Somersworth Tuesday–Sat 10-6 (603) 841-7041
- Seeds of Faith: Assistance with household items and clothing (207) 475-2155
- First Parish Church Thrift Store: 218 Central Ave, Dover Thurs and Friday 9-3 and Saturday 10-3 (603) 742-5664
- Echo Thrift Store: Community Church of Durham, 17 Main Street—Wed/Thurs/Fri 10–5 & Saturdays 10–2. Entrance in back of Church. (603) 868-1230
- C Style Boutique Thrift & Consignment Store: 301 Central Avenue, Dover (603) 343-2195
- Yankee Thrift Shop: First Parish Federated Church, 150 Main St, South Berwick, Thursday 5-7PM and Friday 9-5 (207) 384-4091

- 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): www.dcrf.com P.O. Box 89 Freeport, New York 11520 (516) 377-1605
- Miracle Ear Children’s Foundation: (800) 234-5422 www.miracle-ear.com/resources/children_request.asp
- Coastal Contacts: cheapest contact lenses—see coupons online. www.coastal.com
- QUOTA.org: for hearing aids (603) 493-0039
- HEAR USA FOUNDATION: (888) 835-4327
- Zennioptical.com: can get glasses for $10
- Strafford Learning Center in Somersworth Offers vision and hearing services to students. Referral through school district
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 (800) 532-5274 www.patientadvocate.org
- **“The Medicine Program:”** Free Prescription Medications to those who qualify. (573) 996-7300
- **Medication Assistance Program at Wentworth Douglass Hospital:** (603) 740-3376
- **Medication Assistance Program at Frisbie Memorial Hospital:** (603) 332-3100 x8628
- **Prescription Drug Savings 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:** Healthcare for the Uninsured and Underinsured.—adults, elders, children and teens 311 Rt 108, Somersworth www.goodwin.org (603)749-2346
- **Strafford Care:** A comprehensive network for primary, specialty, dental and other health care providers for established and active clients of Goodwin Community Health who meet income guidelines and are not eligible for other existing services (Medicaid/Medicare) (603) 516-2551
- **CHILDREN’S MEDICAID UNIT:** (877) 464-2447
- **NH DHHS MEDICAID:** 332-9120 or (800) 862-5300
- **NH Medicine Cabinet:** Compare pharmacy drug prices at www.gov.nh.gov/medicine-cabinet
- **NH Medication Bridge:** (603) 415-4297
- **NH Senior Rx Discount Program:** (603) 415-4297
- **Let No Woman be Overlooked:** Low income breast and cervical screening (800) 852-3345 x4931
- **NH HB790—Dependent care expansion:** requires certain insurance companies to enroll children through age 25. Check with your insurance company for eligibility requirements.
- **NH Partners in Health:** if you have a child with a chronic health condition (to age 21), resources may be available. Call Pamela at (603) 516-9636
- **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 8:30-4:30 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

**Eat Smart**

**Drink Water**

**Sleep Enough**

**Exercise Often**

**Be Healthy**
ASSISTANCE WITH HEALTH CARE AND PRESCRIPTIONS

- **Disabled Children’s Relief Fund**: [www.dcrf.com](http://www.dcrf.com) Helps children with disabilities obtain medical equipment (braces, walkers, lifts, hearing aids, etc.) DCRF PO Box 89 Freeport, NY 11520

- **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](http://www.servicelink.org) for extensive list of other resources. ServiceLink is located at 1 Old Dover Road, Suite 6 in 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. Email - [bill@anniesangels.net](mailto:bill@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](http://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 with 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:

* **SAFE PLACE**: LOCAL DOMESTIC VIOLENCE SUPPORT CENTER
  - Rochester (603) 330-0214
  - Portsmouth (603) 436-7924

- **SEXUAL ASSAULT SUPPORT SERVICES**: (888) 747-7070 Toll free crisis hotline

- **Senior Citizens Law Project /Tax Relief**: [SCLP@nhla.org](mailto:SCLP@nhla.org) (888) 353-9944

- **GLAD—Gay and Lesbian Advocates and Defenders**: 30 Winter St, Suite 800, Boston, MA [www.glad.org](http://www.glad.org) or [gladlaw@glad.org](mailto: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) 330-0214
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 x 4238.

- **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 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.

- **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.communityrides.org 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.

- **Community Action Partnership of Strafford County Senior Transportation:** Transportation to grocery stores for people 60 and over. Wheelchair accessible. Suggested fare donation $2.00 per trip. Call to arrange for service. www.straffordcap.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. (603) 228-9680.

- **Rideshare:** ww.nh.gov/dot/programs/rideshare/personalized matches for regular commute as well as one time trips. Email: coordinator@dot.state.nh.us

- **READY RIDES** Transportation assistance for Barrington, Northwood, Nottingham and Strafford. A program of the Northwood Congregational Church UCC. Contact info@readyrides.org or call (603) 224-8719.

- **A & C Transportation:** Wheelchair transportation for medical and non medical appointments. Call (866) 331-4544.
FINANCIAL ASSISTANCE

- Barrington Welfare Office — 664-9007
- 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

HOUSING ASSISTANCE

- Community House Calls: Provides home safety modifications, home accessibility evaluations and modifications, change of season support services, home repairs and home improvements.
  (888) 887-7878 www.communityhousecalls.com
- WEATHERIZATION: Energy audit for income eligible clients to reduce fuel needs (must qualify for LIHEAP through CAP) (603) 516-8154
- 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) 516-8139
- 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 9-5
  www.senhhabitat.org/restore/
- Foreclosure Helpline: ServiceLink Resource Center
  (866) 634-9412 or (603) 332-7398
- Counseling for at-risk homeowners www.HomeHelpNh.org
- Security Deposit: Go to your local CAP office
  (603) 516-8139 (up to 2 week processing period)
- 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) 742-9560
- Rochester Housing Authority (603) 332-4126
- Somersworth Housing Authority (603) 692-2864

- Homeless Outreach and Emergency Shelter: The Homeless Outreach and Intervention Program provides aggressive outreach and intervention services to the unsheltered homeless throughout Strafford County.
  (603) 516-8153
- Emergency Housing: www.Home4Hope.com
  (866) 444-4211
- 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 and 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**: 150 Wakefield St (Roch/E. Roch/Gonic residents only) Must call for appt. (603) 335-0011
- **Somersworth Share Fund**: PO Box 372 (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

*As of publication, details have not been finalized for 2014—Please call to confirm!!!*

**Dover Residents**: “Toys for Tots” - Applications will be available from the City Welfare Office at City Hall, 61 Locust St. Suite #334 beginning mid-November - any weekday from 8:30AM—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 (603) 332-3505

**Salvation Army ‘Wish Upon A Star’ Program**: (603) 332-2623

**Farmington**: Community Action Partnership office (603) 516-8191

**Community Action Partnership** of Strafford County takes applications for Thanksgiving and Christmas food baskets—open to income eligible residents. (603) 516-8146

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.

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**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.

COUNSELING RESOURCES

Some may have Sliding Scale Fees...This is only a partial listing.

Community Partners: Offices in Dover and Rochester
(603) 516-9300

Great Bay Mental Health Associates: at Goodwin Community Health Somersworth
603) 742-9200

Counseling Center for Dover/Rochester: First Church Congregational, Rochester NH—May be a waiting list
(603) 335-1066

Journeys Pastoral Counseling: Durham, NH
(603) 868-5166

Mill House Counseling: 4 Back River Rd, Dover
(603) 742-1373

Renew Counseling: 102 Durham Rd, Dover
(603) 742-3222

Whit Inzer: 18 North Main St #3, Rochester
(603) 332-5222

NH Namaste Center: 839 Central Ave, Dover—for loss, hope and healing
(603) 785-5417

Child and Family Grief Services at Wentworth Douglass Hospital for coping with illness or bereavement—FREE
(603) 740-2689

National Alliance on Mental Health (NAMI): Information and referrals, resources, support groups and much more.
Call (800) 242-6264

NH Catholic Charities: 23 Grant Street, Rochester
(603) 332-7701

Craft Cottage 19 Ballard St, Durham, NH (603) 862-2134

Community Action Partnership of Strafford County

CAP Can Help!
(603) 516-8130

CAP Offers:

• Training & Employment Services
• Housing & Homeless Outreach
• Help with Security Deposits
• 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) 977-3768

Link-up: Telephone programs can reduce installation fees and reduce your telephone bills.
Call 211 or (866) 634-9412

Free Telephone Directory: (800) 373-3411

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) 516-6978

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

- 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.unh.edu/elderpet (603) 767-6856

- The Pet Fund: www.thepetfund.com

- Feline Emergency veterinary assistance: www.fveap.org

- Care Credit: For veterinary services (800) 859-9975

- Pet grooming: By students at Dover High School Technical Center (603) 516-6978

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-crossing.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

- www.restaurant.com

- Listen in to WOKQ or go online to “Sweet Deals” for discounted restaurant coupons.
Open Enrollment to get health insurance coverage
November 15th, 2014 to February 15th, 2015

Community Agencies:

Goodwin Community Health
311 New Hampshire 108
Somersworth, NH
(603) 516-2556
enroll@goodwinch.org

ServiceLink of Strafford County
1 Old Dover Road Suite 6
Rochester, NH
(603) 332-7398

Wentworth-Douglass Hospital
789 Central Avenue
Dover, NH
(603) 740-3234
Amanda.burpee@wdhospital.com

Certified Private Brokers:

Debra Burk
603-833-3719
Rochester NH 03867
dburk@metrocast.net

Toby Arkwell
603-570-7582
Dover NH 03820
tarkwell@rwinsure.com

David Aldus
603-978-8816
New Durham NH 03855
aldusdavid@yahoo.com

Roger Hourin
617-417-7180
Rochester NH 03867
rhourin@healthmarkets.com

Jonathan James
603-205-6766
Dover NH 03820
jon@jamesandcompanyllc.com

Terri Trepanier
603-817-3949
Rochester NH 03867
terri@balancedcarehealth.com

Do I need to re-enroll for health insurance?

Yes, if you bought a health insurance plan through the Marketplace in 2014, you can renew your current plan or enroll in a different plan for 2015.

Before November 15, 2014, you’ll get two important notices about your health coverage. One will come from your health insurance company. One will come from the Marketplace. These notices help you understand your choices for 2015, so it’s important to review them carefully and keep them in a safe place.

Are the insurance plans offered through the Marketplace run by the government?

No, all of the plans made available through the Health Insurance Marketplace are offered by private insurance companies.

What if my family does not earn enough money to pay for the health insurance on the Marketplace?

Most people who apply through the Marketplace qualify for premium tax credits and savings on out-of-pocket costs based on household size and income.

When you fill out a Marketplace application, you may learn that you qualify for coverage through Medicaid or the Children’s Health Insurance Program (CHIP). You qualify for these programs based on your household size, income, and other factors, like age and disability.

If I choose to stay uninsured, will I have to pay a penalty?

Yes, a penalty will be charged to you.

In 2015: The fee is $325 per adult and $162.50 per child, or 2% of your annual income. The maximum fee is $975 or 2% of your income in 2015, whichever is higher.

More information online: Coveringnh.org or Marketplace.gov

If you have a question about where to find help, call Kathy at Strafford County CAP at (603) 516-2352 or kcrompton@straffordcap.org

~~NO ONE CAN CHARGE MONEY FOR THIS SERVICE~~
### When are items often on sale?

<table>
<thead>
<tr>
<th>January</th>
<th>March</th>
<th>April</th>
<th>June</th>
<th>July</th>
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<tr>
<td>Chocolate</td>
<td>Frozen foods</td>
<td>Candy (Easter clearance)</td>
<td>Ice cream</td>
<td>Hot dogs</td>
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<td>Soda</td>
<td>Non-food:</td>
<td>Eggs</td>
<td>Popsicles</td>
<td>Ground beef</td>
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<td>Oatmeal</td>
<td>Luggage</td>
<td>Ham</td>
<td>Soda</td>
<td>Hamburger/hot dog buns</td>
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<td>Diet foods</td>
<td>Boats</td>
<td>Cheese</td>
<td>Bottled water</td>
<td>Condiments</td>
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<tr>
<td>Frozen finger foods</td>
<td>Non-food:</td>
<td>Ready-made dough</td>
<td>Bottled water</td>
<td>Salad dressing</td>
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<td><strong>Non-food:</strong></td>
<td><strong>Non-food:</strong></td>
<td>Dinner rolls</td>
<td>Ice cream</td>
<td>Chips</td>
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<tr>
<td>Linens</td>
<td>Party supplies (disposable)</td>
<td>Frozen pies</td>
<td>Food:</td>
<td>Ice cream</td>
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<td>TVs</td>
<td>Grill supplies</td>
<td>Cake mix</td>
<td>Auto parts</td>
<td>Popsicles</td>
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<td>Electronics</td>
<td>refrigerator</td>
<td>Cake frosting</td>
<td>Car care supplies</td>
<td>Soda</td>
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<tr>
<td>Cameras</td>
<td>Vacuums</td>
<td>Organic/natural foods</td>
<td>Sneakers</td>
<td>Bottled water</td>
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<tr>
<td>Computers</td>
<td>Cookware</td>
<td>Pie crusts</td>
<td>Organic/natural cleaners</td>
<td>Iced tea mix and bags</td>
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<tr>
<td>Small appliances</td>
<td>Mattresses</td>
<td>Mushrooms</td>
<td>Anything from flea markets</td>
<td>Non-food:</td>
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<tr>
<td>Air conditioners</td>
<td>Pet supplies</td>
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<td>Carpeting and flooring</td>
<td>Gym memberships</td>
<td>Electronics</td>
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<td>Furniture</td>
<td>Women’s undergarments</td>
<td>Vacuums</td>
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<tr>
<td>Winter clothes</td>
<td>Tools (Father’s Day)</td>
<td>Cookware</td>
<td>Houses</td>
<td>Motorcycles</td>
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<tr>
<td>Toys</td>
<td><strong>Furniture:</strong></td>
<td><strong>Furniture:</strong></td>
<td>Boats</td>
<td>Motorcycles</td>
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<td>Bicycles</td>
<td><strong>Gift cards:</strong></td>
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<td>Christmas decorations</td>
<td>Vacation Packages</td>
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<td>Sneakers</td>
<td>Anything from thrift stores</td>
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<td>Exercise equipment</td>
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<td>Motorcycles</td>
<td><strong>Food:</strong></td>
<td>Canned Foods</td>
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<td>Houses</td>
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<td>Steak</td>
<td>Hotdogs</td>
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<td>Boats</td>
<td>Steak</td>
<td>Seafood</td>
<td>Ground beef</td>
<td>Hamburger/hot dog buns</td>
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<td>Seafood</td>
<td>Oatmeal</td>
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<td>Condiments</td>
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<td>Big screen TVs</td>
<td>Condiments</td>
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<td>Cameras</td>
<td>Salad dressing</td>
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<td>Anything from thrift stores</td>
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<td>Motorcycles</td>
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<td>Canned Foods</td>
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<td>Iced tea mix and bags</td>
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<td>Big screen TVs</td>
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<tr>
<td>Frozen pies</td>
<td>Canned fruits &amp; veggies</td>
<td>Turkey</td>
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<td>Soda</td>
<td>Dried fruits</td>
<td>Butter</td>
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<td>Drink boxes</td>
<td>Soups</td>
<td>Cheese</td>
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<td>Broth</td>
<td>Baking supplies</td>
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<td>Pie crusts</td>
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<td>Grill supplies</td>
<td>Mushrooms</td>
<td>Frozen pies</td>
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<td>Party supplies</td>
<td>Fair Trade products</td>
<td>Ready-made dough</td>
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<td>School supplies</td>
<td>Seafood</td>
<td>Dinner rolls</td>
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<tr>
<td>Office supplies</td>
<td>Large appliances</td>
<td>Frozen pies</td>
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<tr>
<td>Underwear</td>
<td>Lawn mowers</td>
<td>Cake mix/frosting</td>
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<td>Socks</td>
<td>Grills</td>
<td>Pie filling</td>
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<td>Non-food:</td>
<td>Trees, shrubs &amp; bulbs</td>
<td>Cookie dough</td>
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<td>Undershirts</td>
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<td>Spices</td>
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<td>Large appliances</td>
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<td>Cars</td>
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<td>Tools</td>
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<td>Lawn mowers</td>
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<td>Trees, shrubs &amp; bulbs</td>
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<td>Cookware</td>
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<td>Pool supplies</td>
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<td>Electronics</td>
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<td>Outdoor toys &amp; furniture</td>
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<td>Tools</td>
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<td>Bathing suits</td>
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<td>Carpeting and flooring</td>
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<td>Summer clothes, shoes</td>
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<td>Ice cream</td>
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<td>Sunglasses</td>
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<td>Underwear</td>
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<td>Almonds</td>
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<td>Office supplies</td>
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<td>Underwear</td>
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<td>Oatmeal</td>
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<tr>
<td>Socks</td>
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<td>Soda</td>
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<tr>
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<td>Cookies</td>
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<td>Cookies</td>
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<td>Pie crusts</td>
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<td>Sunglasses</td>
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<td>Frozen pies</td>
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<td>Linens</td>
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<td>Ready-made dough</td>
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<tr>
<td>Pillows</td>
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<td>Dinner rolls</td>
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<td>Frozen pies</td>
<td></td>
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<tr>
<td>Office supplies</td>
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<td>Cake mix/frosting</td>
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<tr>
<td>Underwear</td>
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<td>Pie filling</td>
<td></td>
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<tr>
<td>Socks</td>
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<td>Cookie dough</td>
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<td><strong>Food:</strong></td>
<td></td>
<td>Spices</td>
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<tr>
<td>Ground beef</td>
<td></td>
<td>Nuts</td>
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<tr>
<td>Hamburger/hot dog buns</td>
<td></td>
<td>Tools</td>
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<tr>
<td>Condiments</td>
<td></td>
<td>Aluminum foil/Plastic wrap</td>
<td></td>
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</tr>
<tr>
<td>Salad dressing</td>
<td></td>
<td>Electronics</td>
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<tr>
<td>Canned fruits &amp; veggies</td>
<td></td>
<td>Computers</td>
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<tr>
<td>Soups</td>
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<td>Batteries</td>
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<tr>
<td>Broth</td>
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<td>Carpeting and flooring</td>
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<tr>
<td><strong>Non-food:</strong></td>
<td></td>
<td>Cookware</td>
<td></td>
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<tr>
<td>Salad dressing</td>
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</table>
If you want to be in control of your money, you must understand where it goes. Use this diary to track your spending over a period of time so that you can see how and where you are spending your money.

<table>
<thead>
<tr>
<th>Day</th>
<th>What did I spend my money on today?</th>
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<tbody>
<tr>
<td>Sunday</td>
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<tr>
<td>Monday</td>
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<td>Tuesday</td>
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<td>Thursday</td>
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<tr>
<td>Friday</td>
<td></td>
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<tr>
<td>Saturday</td>
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</tbody>
</table>
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.

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 for free preparation.

After January 1st, 2015
Call 755-2944 ext. 2
<table>
<thead>
<tr>
<th>Expense (monthly)</th>
<th>Amount</th>
<th>Due Date</th>
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</thead>
<tbody>
<tr>
<td>Home</td>
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<tr>
<td>Mortgage/Rent</td>
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<tr>
<td>Taxes &amp; Insurance</td>
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<tr>
<td>Repairs/Maintenance</td>
<td></td>
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<tr>
<td>Association Fees</td>
<td></td>
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<tr>
<td><strong>Utilities</strong></td>
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<tr>
<td>Electric</td>
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<tr>
<td>Gas or Oil</td>
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<tr>
<td>Water &amp; Sewer</td>
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<tr>
<td>Phone (landline)</td>
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<tr>
<td>Cell phone</td>
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<tr>
<td>Cable/Satellite</td>
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<tr>
<td>Internet</td>
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<tr>
<td><strong>Transportation</strong></td>
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<tr>
<td>Car Payment 1</td>
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<tr>
<td>Car Payment 2</td>
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<tr>
<td>Gas</td>
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<tr>
<td>Car Insurance</td>
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<tr>
<td>Repairs/Maintenance</td>
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<tr>
<td>Other Transportation</td>
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<tr>
<td><strong>Insurance</strong></td>
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<tr>
<td>Life</td>
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<td>Disability</td>
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<td>Health</td>
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<tr>
<td><strong>Debt Payments</strong></td>
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<tr>
<td>Credit Cards</td>
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<tr>
<td>Student Loans</td>
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<tr>
<td>Other</td>
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**SUBTOTAL:**
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<tr>
<th>Expense (monthly)</th>
<th>Amount</th>
<th>Due Date</th>
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<td><strong>Family Expenses</strong></td>
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<td>Alimony</td>
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<tr>
<td>School Tuition/Fees</td>
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<tr>
<td><strong>Personal Care</strong></td>
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<tr>
<td>Hair Cuts</td>
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<tr>
<td>Prescription Medications</td>
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<tr>
<td>Toiletries/Makeup</td>
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<tr>
<td>Clothing</td>
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<tr>
<td><strong>Pets</strong></td>
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<tr>
<td>Food</td>
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<tr>
<td>Care (vet, grooming, etc.)</td>
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<tr>
<td><strong>Entertainment</strong></td>
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<td>Books &amp; Magazines</td>
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<tr>
<td>Movies/Concerts</td>
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<td><strong>Other</strong></td>
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<td>Cleaning Supplies</td>
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<tr>
<td>Tithes/Donations</td>
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<tr>
<td>Other</td>
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<tr>
<td><strong>TOTAL:</strong></td>
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</tbody>
</table>
Seventh Annual Family Support Community Resources Newsletter

Save this Issue for Future Reference