

AREA HOMECARE & FAMILY SERVICES INC

1320 Woodbury Avenue ~ The Ballard Building
Portsmouth NH 03801

Phone: 603 436-9059 Fax: 603 334-6681

Email: gmccollester@areahomecare.org

Since 1972 Area HomeCare & Family Services has served elderly residents of Fremont. Our mission is to provide home care services to the elderly and people with disabilities, so they may remain in their homes for as long as possible.

Last year we served 8 Fremont seniors with 2,620 hours of direct homemaker and companion services. We look forward to a continued working partnership with you. Thank you for your support.

HomeMaker Services provides companionship, emotional support and services such as food shopping and errands, planning and cooking meals using special diet guidelines, laundry (limited to bedding, towels, rugs & personal clothing) and other related services.

In-Home Care Services perform tasks similar to HomeMaker Services. These clients need services more frequently and for longer periods of time. This program provides services for up to 35 hours per week and can provide transportation to medical appointments and shopping.

Chore Services helps frail elderly and people with disabilities maintain their homes by providing home repairs and maintenance, usually beyond the client's capabilities.

Caregiver Respite Program provides some funding for day programs, home respite and alternate residential respite for the primary caregivers and those suffering from Alzheimer's and other related disorders.

Project CoolAir provides air conditioners for low-income seniors who are medically fragile.

A SAFE PLACE

6 Greenleaf Woods Suite 101

Portsmouth NH 03801

(603) 436-4619

24 hour crisis line (800) 852-3388

michellec@asafeplacenh.org

A Safe Place provides emergency shelter and support services for people in abusive relationships.

During fiscal 2006-2007, A Safe Place served 50 victims and provided 243 service units of services.

◇ 24 hour / 7 day staffed hotline

- ◇ 24 hour / 7 day staffed shelter
 - ◇ Legal advocacy in the form of assisting victims of domestic abuse obtain temporary or permanent restraining orders
 - ◇ Referrals to appropriate social service agencies or other shelters
 - ◇ Peer support
 - ◇ Weekly support group for children staying at the shelter
 - ◇ Weekly support groups for the community
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CHILD AND FAMILY SERVICES

99 Hanover Street
Manchester NH 03105
(603) 668-1920 (800) 640 6486
www.cfsnh.org

During the past year, we are pleased to have been able to provide 271 hours of service to 23 Fremont residents through Family Counseling, Early Supports and Services, and Child Health Support. Services available to Fremont residents include:

Early Intervention Programs provide family-centered services to infants and toddlers who have a developmental disability, a developmental delay, or who are at risk of developmental delay. Early intervention services are provided in the home or other natural settings familiar to the child and family.

Family and Children's Counseling Professional social workers provide counseling services that utilize individual and family strengths to address a wide variety of problems including death, divorce, substance use, abuse and neglect, and other social and mental health issues. Counseling services strengthen the health of the community by assisting families in overcoming the debilitating problems that weaken the family structure and impede a child's healthy development.

Adoption Services help insure that children being adopted are placed in good families who are prepared for parenting and ready for the unique joys and challenges of raising an adopted child. Services are also available after the adoption is final for adoptive parents, their children and birthparents.

Parent Education Courses are designed to help parents learn the skills necessary to address the challenges of parenting so that they can raise healthy children in loving and respectful families. Throughout the year, evening courses are held in local communities to accommodate the needs of working parents

Parenting Plus home based program that helps at risk families learn parenting skills and effective ways to cope with the stresses of family life.

Parentline is a toll-free phone number linking parents to CFS social workers, who answer child-rearing question, provide support, direction, and appropriate referrals for further assistance.

Healthy Families provides medical support and social services to low-income pregnant women and their children. Services are designed to improve the health of the baby and mother and to provide the support families need during the crucial first months of an infant's life. Services provided by an interdisciplinary team of medical, social work, and education professionals offer support throughout pregnancy and the first year after birth

Child Health Support workers assist families who have abused or neglected children to help solve the problems that led to the abuse or neglect and to strengthen the family.

Camp Spaulding is a residential camp that provides a two-week camp experience to disadvantaged, at risk boys and girls ages 8-14. Camp Spaulding is unique in its dedication to serving the needs of children from low and moderate-income families.

Family Support Programs are short-term, home-based programs, which help at risk families learn parenting skills, home management and other things needed to effectively cope with the stresses of family life.

Group Home provides long-term residential care and emergency overnight shelter for youth between the ages of 13 and 18.

Intensive Tracking and Supervision helps prevent placement through provision of community based family counseling, intensive supervision, and support to CHINS or delinquent youth and their families.

Integrated Home Based Services prevents recurrence of abuse, neglect and delinquency through provision of an integrated series of services designed to meet the specific family's needs.

For additional information call us at (800) 640-6486 or visit the web site at www.cfsnh.org.

CHILD ADVOCACY CENTER OF ROCKINGHAM COUNTY

100 Campus Drive Suite 11
Portsmouth NH 03801
(603) 422-8240

Email: seacoastcac@communitycampus.org

www.cacnh.org

6 West Broadway Suite 2-5
Depot Square Building
Derry NH 03038
(603) 434-5565

The mission of the Child Advocacy Center of Rockingham County is to protect children. We do this by providing a safe environment for the evaluation of child abuse and exploitation, coordinating services to victims and families and preventing future abuse through community education. Our goals are to:

- ◇ Create a neutral place where interviews and services for abused children is provided
- ◇ To prevent trauma to a child caused by multiple contacts with various community professionals
- ◇ To provide the family with needed services that help them resolve their problems

- ◇ To communicate and coordinate our efforts with other community agencies

Since opening our doors in 2000, we have served over 2,800 children and their families in Rockingham County. In 2007, we have served 5 children and their families from Fremont.

COMMUNITY SERVICES COUNCIL OF NH

PO Box 2338

Concord NH 03302-2338

www.cscnh.org

Administration Line 800 843 1117 Fax: 603 225 4158

Other Agency contact information:

Developmental Disabilities Services	603 225 9694	
NH Help Line	800 852 3388	TTY 603 225 9000
Medicare Health Insurance Counseling Education Assistance Services	800 852 3388	
Homeless Management Information System	603 228 2218	
Protecting Quality Health Care	603 228 0223	
Traumatic Brain Injury Services	603 225 9694	
Unite to Help - Rental Security Deposit Program	603 225 9000	

Community Services Council of NH has grown into a statewide, multi-service organization providing a range of programs to meet the needs of NH residents. NH Help Line is the state's largest and most comprehensive statewide information and referral service. From July 2006 to June 2007, CSCNH served approximately 57 residents of Fremont.

The categories of service that NH Help Line provides referrals for include: rental deposit assistance, case management, street outreach programs, heating fuel bill assistance, Medicare counseling, homeless financial assistance, Medicaid/Medi-cal, rent payment assistance, suicide prevention hotline, temporary financial assistance, comprehensive information & referral, dental care, domestic violence, drug detoxification, friends/family alcoholic support groups, insurance issues, Medi-cal equipment/supplies, mental health care/counseling, physical referral services, residential drug treatment, small claims courts, soup kitchens, suicide survivors support groups, and unemployment insurance.

CASA of NH

PO Box 1327

Manchester NH 03105

(603) 626-4600

www.casanh.org

Regional offices in Lancaster, Keene, Plymouth, and Dover

CASA of New Hampshire recruits, trains and supervises volunteer advocates to speak for the best interests of abused and neglected children in New Hampshire's court system. Every year, hundreds of New Hampshire children enter our court and foster care systems as victims of

abuse or neglect. Each of these children needs and deserves a safe and permanent home. It is critical that one adult with no agenda other than to advocate for a child's best interests stands in her corner as decisions are made about her future; one adult who will do his best to understand the people in and circumstances of her life; one adult who will advocate for a safe, nurturing, and permanent home. For one child, that might mean a return to a caring parent who has worked to change her home environment in order to ensure her child's future safety. For another, it might mean termination of parental rights and release for adoption. Either way, CASA of NH is there to give the child a strong and powerful voice in court.

CASA volunteers are appointed by judges to function as the voice of children aged 0- 18 in New Hampshire's courts. At any given time, CASA of NH provides personalized advocacy for some 1,000 young victims. This represents approximately 70% of the children involved in New Hampshire's child protection and juvenile justice systems.

LAMPREY HEALTH CARE

Administrative Offices
207 South Main Street
Newmarket NH 03857
(603) 659-2494

Raymond Center
Route 27
Raymond NH 03077
(603) 895-3351

INFO LINK (888) 499-2525

Lamprey Health Care is a non-profit, community based primary health care organization providing medical services, social services, information and referral and senior citizen transportation, as well as transportation for the physically challenged in Rockingham County. Transportation services, medical services and information and referral services are provided to residents of Fremont.

The Senior Citizen Transportation Program operated by Lamprey Health Care is one of the most important services provided to residents of the area, and provides service to the elderly and physically challenged residents of this region. Access to transportation is critical to this population remaining independent. The busses provide necessary transportation for food, shopping, for medical appointments, the pharmacy and for recreational trips. Residents are picked up at their homes, and are assisted with bundles and with shopping if necessary.

The busses operated by this program are handicapped accessible. Special appointments, which cannot be incorporated into the specific routes serving your area, are arranged through the Transportation Coordinator and a group of volunteers. The Program almost operates as a "Friendly Callers" program in that the seniors who ride are in contact with the program, and if not, they are checked on necessary errands for their riders if they are unable to do them due to illness, etc. This program does a great deal toward keeping our elderly population healthy, independent and in their homes.

The medical services provided by Lamprey Health Care include primary medical care, health promotion, education, and social services. Increased capacity in both our Raymond and our Newmarket centers allows Lamprey Health Care to serve the residents of our local area in a

timely and efficient manner. Medical care provided includes prenatal care, adult medicine, and geriatric medicine, as well as a wide range of health education activities and chronic disease management programs such as diabetes education and support.

INFOLINK provides up to date information and referral services to Fremont residents, available toll free at 1-888-499-2525. INFOLINK can help local residents find the answers and support they need when they have a question about a service or type of assistance.

- 2006 Services provided to Fremont: 404 patients made 1,632 visits and 762 rides were provided to Fremont seniors and adults with disabilities

NEW HAMPSHIRE SPCA

104 Portsmouth Avenue
Stratham NH 03885
(603) 772-2927
www.nhspca.org

The NH SPCA provides the following services:

- Adoption and surrender services
- Medical care for the animals
- Obedience Training
- Behavior Consultations
- Humane education in local schools and for adults in the community
- Programs for Senior Citizens
- Low cost Rabies Vaccination Clinics
- Resource Information and Support
- KIND Club for kids ages 10 to 13
- Jr Volunteer program for kids ages 14 to 16
- Summer Camp for kids ages 9 to 12
- Story Hour for Children
- Animal Foster Care program
- Cruelty Investigations

In the period September 2006 – August 2007, the following services were provided to Fremont residents:

Number of animals surrendered by residents	42
Number of animals adopted by residents	31
Total number of school children reached	39
Total number of animal cruelty reports received	5
Total number of residents participating in training and behavior consultation	5

RETIRED AND SENIOR VOLUNTEER PROGRAM

Sponsored by the Portsmouth Housing Authority
245 Middle Street
Portsmouth NH 03801
(603) 436-4310

The Retired and Senior Volunteer Program (RSVP) is organized to create meaningful volunteer opportunities for older Americans 55 years and over, to participate more fully in the life of their communities through volunteer service. It is also to provide for a recognized role in the community for older Americans. It provides needed community service and self-satisfaction of the older American.

There are 5911 RSVP volunteers, currently two of these volunteers are from Fremont. RSVP volunteers contribute their time and skills to non-profit agencies throughout Rockingham County. In the period from July 1, 2006 to June 30, 2007, these volunteers provided 97,398 hours to the people of Rockingham County. The dollar value of their services is \$1,828,160. The following opportunities are available:

Office assignments	Meals on Wheels
Senior Nutrition	Nursing Homes
Hospice	Volunteer Drivers
Adult Tutoring	Schools

RICHIE MCFARLAND CHILDREN'S CENTER

11 Sandy Point Road
Stratham NH 03885
(603) 778-8193

www.richiemcfarland.org

The Richie McFarland Children's Center serves:

- Children with developmental delays and disabilities from birth to age three.
- Children who have delays in speech, language, motor and social skills, and other who will require more care. This includes children with hearing and vision impairments; children with Cystic Fibrosis, Cerebral Palsy & Down Syndrome; and children who are medically fragile or born prematurely, among others.
- Children who are at risk developmentally due to a combination of health issues (such as premature birth, extremely low birth weight or respiratory distress) or family issues (such as family history of mental illness, homelessness, documented substance addiction or proven child abuse or neglect).
- All families regardless of their ability to pay for services, and regardless of whether or not they have insurance that will cover the therapies provided.

We provide speech, physical, occupational, and educational therapy; family support and short-term counseling; integrated therapeutic groups and playgroups; and assistance to schools and families with transitioning children into school systems when children turn three, if their

delays or disabilities require further attention. Last year the Center served 6 children and their families from Fremont.

ROCKINGHAM COMMUNITY ACTION
Outreach Program – Jedediah Brown Homestead
55 Prescott Road
Raymond NH 03077
(603) 895-2303

Fuel Assistance (603) 436 6896 or (800) 639 3896
W I C (603) 778 1834

Rockingham Community Action (RCA) is a private, non-profit organization. Our mission and scope is broad: to assist people already living in poverty with direct services, to prevent more families from falling into poverty, and to assist families in finding long-term solutions to their economic needs so they can eventually become self-supporting.

Community Action provides a wide range of services that are unduplicated elsewhere in the county. Many of our services meet immediate, critical needs, while others are designed to help families achieve long-term economic self-sufficiency. Community Action provided the following services to eligible residents of Fremont from July 1, 2006 through June 30, 2007.

53 households received one of a group of Fuel Assistance Programs, services that provided financial grants of up to \$975 to low-income households to assist with energy-related expenses through the Fuel Assistance Program (some households also receive furnace cleaning and budget and energy counseling, and elderly support services), and grants of up to \$300 for fuel and utility emergencies for households not eligible for the Fuel Assistance Program through the Neighbor Helping Neighbor and the Senior Energy Assistance Service.

39 households received assistance from the Electric Assistance Program, providing a discount ranging from 15% to 95% on monthly electric bills to low-income households.

3 households were enrolled in Workforce Development, which is the “umbrella” for a variety of programs designed to foster long-term self-reliance: Disadvantaged Adult and Dislocated Worker Programs; COMPASS Youth; Welfare to Work; and Wheels to Work. Each component helps clients determine goals and develop strategies to overcome barriers to employment. Wheels to Work enables low-income individuals to find or retain employment through the provision of dependable cars at affordable terms.

14 children and child care providers participated in the Family Child Care Program, which provides services that assist family child care providers and benefit the children in their care, including training, technical assistance and sponsorship of the USDA Child and Adult Care Food Program.

26 child care referrals were arranged through the Child Care Resources and Referral Program, which maintains an inventory of all available child care options, provides child care referrals to employees of participating companies and to the general public, and expands the supply of quality child care by recruiting, training and assisting new child care providers, including the training of TANF participants.

22 individuals received help through the WIC or Commodity Supplemental Food Programs: WIC provides supplemental nutritious foods, nutrition education, breast-feeding support and health care screening/referrals to pregnant women, nursing mothers, infants, and children up to the age of five; the Commodity Supplemental Food Program provides monthly allotments of commodity foods and nutrition education materials to senior citizens, postpartum women, and 5-year-old children.

16 individuals received Literacy Services, which provide high quality books and other literacy services to low income pre-school children and their families through the library-based Gift of Reading book distribution program and the Tales to Go traveling literacy and arts van, and adult basic education services through the Portsmouth Adult Basic Education Program.

1 child was enrolled in Head Start, a comprehensive early childhood development program that provides education, health, nutrition, disability, and family support services to low-income pre-school children and their families.

19 households received help with Disaster Recovery.

1 household received Crisis Services, which provide emergency grants to low-income households for the payment of rent, mortgage, electricity, fuel, or other basic necessities for households facing evictions, foreclosures, utility terminations, lack of fuel, or other emergencies through various Crisis Programs.

In addition to these major programs, much of our staff time is devoted to working with people who come to us seeking help. During the past year, we logged 261 calls or visits from Fremont residents at the Outreach Center, many of which were crisis calls involving evictions or foreclosures, fuel or utility problems, the lack of food or clothing, or general financial needs. By working closely together with local and state welfare administrators, landlords and mortgage lenders, fuel and utility companies, other human service agencies, and interested clergy and civic groups, we are able to link those in need with the services available to them.

ROCKINGHAM NUTRITION & MEALS ON WHEELS PROGRAM

111 North Road
Brentwood NH 03833
(603) 679-2201

Our function is feeding people: adults, primarily elderly people trying to remain in their own homes, recuperating from surgery or medical treatment (chemotherapy, dialysis, radiation) coping with chronic debilitating disease, episodes of acute illness, multiple health problems; or

advanced age and frailty. We have age, disability, and/or income criteria that are adhered to before meals begin, and are reevaluated during service.

The Nutrition program provides hot noon lunches at the First Baptist Church in Brentwood on North Road, Monday through Friday; and through that center meals are delivered to local residents who are homebound.

Meals on Wheels provides the same well-balanced, hot meals delivered to the homes of the elderly and handicapped residents of Fremont. There are age, disability, and/or income criteria for this service. Drivers go to each person's home, deliver the meals, perform small tasks for the person, if needed in small ways: bringing in the mail, opening a jar; and in big ways: accidents, falls, and health crises.

Meals are geared to the elderly and are low fat, low sodium, with diabetic substitutions available. For Meals On Wheels clients whose situations warrant it, we can also provide weekend meals (canned or frozen), night meals, frozen holiday meals, and canned "Blizzard Bags" to be used during the winter when the driver is unable to deliver meals due to inclement weather.

Services provided to Fremont residents in 2006-2007 included:

- 14 Residents fed on a continuing basis,
- About 7 Fremont area residents fed daily
- Served approximately 1,743 meals to Fremont residents.

ROCKINGHAM VNA & HOSPICE

137 Epping Road

Exeter NH 03833

(603) 772-2981 or Central Intake (800) 540-2981

www.foreverday.com

Rockingham Visiting Nurse Association & Hospice is a community-based, non-profit Home Health agency that serves the adult population of Rockingham County, NH as well the communities of Durham and Lee, NH. As an affiliate of Exeter Health Resources, our agency is uniquely positioned to provide you and your family with the highest quality Home Care, Hospice, and Community Outreach Programs and Services for a full range of medical and social issues. Many complex conditions are now being cared for in the home rather than in a hospital or skilled nursing facility.

Our Home Care division brings comprehensive services delivered by a skilled and caring multidisciplinary team directly to you and your loved ones within the security and comfort of your home. Services range from providing assistance with bathing and dressing to performing complicated wound care and treatments, teaching about diabetes management, and providing therapy to regain strength, mobility and independence.

Hospice is a comprehensive, team-oriented program of care that seeks to treat and comfort terminally ill patients and their loved ones. Hospice is a philosophy of care that accepts death as a natural part of life, seeking neither to hasten nor to prolong the dying process.

SEACOAST HOSPICE

10 Hampton Road
Exeter NH 03833
(603) 778-7391 or (800) 416-9207
www.seacoasthospice.org

From 07/01/06 – 06/30/07, Seacoast Hospice provided services to 47 Fremont residents:

- 31 terminally ill Fremont residents for a total of 2,131 patient days, a value of \$394,235 in comprehensive, all-inclusive hospice service. Ten (10) percent of hospice care was to those without insurance or ability to pay for care.
- 16 residents participated in bereavement services, including after care, counseling and support groups.
- 2 residents of Fremont served as hospice volunteers this year.
- Our community education programs, loaned equipment program free lending library was available to residents.

The mission of Seacoast Hospice is to provide comprehensive physical, emotional and spiritual care for individuals and families to promote the highest quality of living during life-limiting illness and bereavement. Programs and services include:

- ◇ Palliative care consultation concerning pain and symptom management
 - ◇ Transitions: Case management and volunteer support for people living with life limiting illnesses that are not ready or not eligible for hospice care.
 - ◇ Hospice Care: Nursing, social work, spiritual, physician, home health aides, homemakers, volunteers together, work as a team to provide care for the patient and family. Includes medical equipment, supplies and medications. Respite and inpatient care available as needed.
 - ◇ Bereavement Services: Follow-up care for the family of a hospice patient continues for thirteen months following a death. Support groups, short term counseling and education programs are available to the community at large. A special program, Bridges, is available for children, teens and their parents.
 - ◇ Education: Community and professional education programs focusing on caregiving, death and grief, pain and symptom control.
 - ◇ Hyder Family Hospice House: 24-hour hospice care for clients who are unable to remain in their own home. A homelike environment that offers private rooms, accommodations for family to stay overnight and patient control of meals, bathing and temperature.
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SEACOAST MENTAL HEALTH

Prospect Hill PO Box 1041

Exeter NH 03833

(603) 772-2710

Seacoast Mental health provides comprehensive mental health services for residents of Fremont. We also offer reduced fees for those who are in need.

Fiscal year 2006 statistics indicate the following services provided to Fremont residents:

- 513.75 hours of service to 110 residents of the community
- Total gross dollar amount for these services was \$80,586.25.

We continue to provide comprehensive mental health services for those residents of the Town of Fremont. We also offer reduced fees for those who are in need.

SEXUAL ASSAULT SUPPORT SERVICES

7 Junkins Avenue

Portsmouth NH 03801

(603) 436-4017

Crisis Hotline (888) 747-7070

www.sassnh.org

Sexual Assault Support Services is dedicated to supporting victims/survivors in their effort to heal from the trauma of sexual assault and childhood sexual abuse, while striving to prevent the occurrence of sexual violence in local communities and in society at large.

This mission is accomplished by providing the following services:

- ◇ Toll-free confidential 24 hour crisis intervention hotline 1-888-747-7070;
- ◇ Outreach office for Strafford County located in Rochester at One Wakefield Street 322-0775;
- ◇ 24-hour accompaniment to police stations and hospital emergency rooms for sexual assault victims;
- ◇ Information and referral to related services such as attorneys and therapists;
- ◇ Support groups for rape survivors, sexual abuse survivors, parents and other affected by sexual assault or abuse;
- ◇ Adolescent workshops on sexual harassment and sexual assault;
- ◇ Professional training and consultation to police departments, hospital and school personnel, others in the community, and human service agencies;
- ◇ Sexual harassment in the workplace workshops for teachers and students.

Our program is committed to providing support, education, and advocacy to all survivors of sexual assault and sexual abuse and their parents, partners and other community members.

The primary objectives of Sexual Assault Support Services are to empower survivors, to support them in their healing process, and to educate the community, heightening awareness of sexual assault and its prevention. We provide prevention programs throughout the school system in order to broaden awareness among students, teachers, and the community of the issues of sexual assault and harassment. In addition, our staff coordinates with police departments and hospital staff to improve response to sexual assault cases and to assure a supportive environment for the survivors.

"The greatest achievement of the human spirit is to live up to one's opportunities, and make the most of one's resources."

~ Vauvenargues

"Small opportunities are often the beginning of great enterprises."

~ Demosthenes