

From: Valerie Guy <valg@unitedwymc.org>

Subject: July Happenings from United Way of Merrimack County

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United Way of Merrimack  
County

GIVE, ADVOCATE, VOLUNTEER.

LIVE UNITED



ENEWS FROM UNITED WAY OF MERRIMACK  
COUNTY



## State Employees are Amazing! An Update from Liz Hager

It is important for me to use this newsletter space again to say STATE EMPLOYEES ARE AMAZING! In a year when most everyone believed the State Employee Charitable Campaign (SECC) would probably decrease, we have seen remarkable generosity. Right now the campaign stands at more than \$424,000 with the Community College System planning their campaign for early September. If the Community Colleges have as successful a campaign as the rest of the state, the SECC will finish with over \$450,000. This is an increase over the \$435,318 raised last year, which was also this year's goal. DHHS's Dick Chevrefils, our inspiring former Campaign Chairman for many years, always said "The SECC could be a half-million dollar campaign!" Well, we're almost there and will invite Dick back to the celebration when we top that goal!

Golden Dome Circle membership continues to increase with 222 people giving 1% of salary this year; 29 of those are new members! DHHS, with 53 of the Golden Domers is, of course, the largest Golden Dome department. New Golden Dome Circle Chair, DRA Commissioner Kevin Clougherty, spoke at the SECC Wrap-up and praised all 2500 SECC donors.

Campaign Chair George Copadis with help from Governor Lynch has continued to work very hard to

## Give.

### *Are you a Loyal Contributor?*

Have you been regular giving to United Way for more than 10 years? If so, we want to hear from you!

Please email [scoopw@unitedwymc.org](mailto:scoopw@unitedwymc.org) or call 224.2595 and let us know the year you began.

## Advocate.

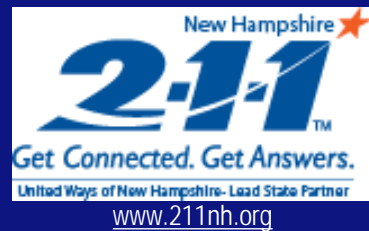
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You can LIVE UNITED by helping us spread the word. Imagine how many people we could reach if everyone forwards this to five people.

+ TELL YOUR FRIENDS

increase Golden Dome giving by his fellow Commissioners. He and the Governor were joined this year by new Golden Dome Circle Commissioners Virginia Barry of Education and Peter Hildreth of Banking as well as Commissioner Clougherty. George Campbell of DOT, Roger Sevigny of Insurance, George Bald of DRED, John Barthelmes of Safety and DHHS's Nick Toumpas have continued their leadership generosity. They have inspired other employees from all parts of the state to join them in leading the way.

Thank you from United Way for all the caring and giving and helping. We truly appreciate state employees!



## Red Cross LNA Student Shows Persistence and Passion

In 2007 shortly after arriving in Concord as a refugee from the Democratic Republic of the Congo, Habimana Ngirarubanda, a former hospital accountant, was attracted to the American Red Cross Licensed Nurse Assistant training program at the Granite Chapter because of his hospital background.

After only 3 months of English classes, he started the LNA course. He excelled at the coursework and clinical skills, but the language barrier kept him from graduating. So he put aside his LNA plans and enrolled in NHTI where his English rapidly improved.

Within a year, Habimana enrolled again in the Chapter's LNA program. This time, he successfully completed the classroom and clinical requirements. He was also working at Hannaford's - and with only a bicycle for transportation during the cold winter.

He is now married to another LNA and has a new daughter. He is employed at a nursing home, as well as continuing his studies at NHTI where he is on the Dean's list.

When asked about the impact of the Red Cross LNA program on his life, Habimana is quick to answer - he has seen abundant opportunities to provide compassionate care.

One elderly patient at the nursing home would have only Habimana care for her. "I helped her with

## Volunteer.

United Way of Merrimack County works with so many terrific local nonprofits that have great volunteer opportunities for busy working adults, senior citizens, youth and those of you with some extra time on your hands looking to make a difference in your community.

If you are looking to volunteer and need more information, please contact us at [valg@unitedwyc.org](mailto:valg@unitedwyc.org) or call 224.2595.

## Eli Lilly & Company & The Fixit Program, LIVE UNITED!

Nine sales representatives from Eli Lilly & Company Volunteered for The Fixit Program on July 10th to help seniors with several chores. Some volunteers washed windows, some painted checks, and others mowed, raked and spread mulch! It was a beautiful day and these volunteers made it even more beautiful for seniors in their community. Thank you, Melissa, Mary Stephanie, Michelle, David, Lou, Tim, Jeff & David!



more than healthcare," he said, "I lifted her spirits as well."



## The Pro Bono Home Rescue Project: Working to Help NH Families Save Their Homes

When Peggy M. called the Pro Bono Program in March, she felt like she and her husband Jim were out of options. Peggy had lost her job, and despite diligently looking for a new position, she found herself unemployed and juggling a stack of bills that urgently needed to be paid, including the couple's mortgage payment. Peggy and Jim, parents of two teenagers, were most concerned about trying to save their house from foreclosure. Peggy knew the couple could not live on her husband's disability benefits alone. She asked her mortgage lender for a temporary loan modification to lower her payments until she found a new job. The bank representative, however, said there was nothing she could do. Peggy liquidated all her retirement accounts to try to pay down the mortgage and some other bills but quickly found herself falling behind with her mortgage payments again. Afraid of losing her home to foreclosure and unable to obtain relief on her own, the Pro Bono Home Rescue Project was there to help Peggy and her family.

The Project began as an idea of a private attorney, who, while assisting a Pro Bono client with a foreclosure, quickly realized how powerful an attorney's help could be when a homeowner was trying to

## A Reminder from Concord TV: We're Here for You, Nonprofits!

A brief note to remind all United Way nonprofits that Concord TV is here to help you get your organization's message out on Concord's local community channels.

Have you ever thought of creating your own PSA? What about developing your own promotional piece that will air on Channel 22 that can also be used on your website or as an educational DVD for your donors and volunteers. How about developing your own TV show? You can learn all of these skills and more at Concord TV. We can even help you get it out statewide on other NH Public Access Center channels.

Don't wait any longer. Call Concord TV today at 226.8872 and take advantage of "Your Community Channels."

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## Horseshoe Pond Place Senior Resource Center Present a Fall Variety Show

Summer continues to tantalize us with warm sunny days and tease us with sudden rain showers. While Mother Nature has her fun, there are some hardworking folks working fast and furiously on a two-day Spectacular September Variety Show.

Horseshoe Pond Place Senior Resource Center (HSPP) is known for its talent and this year is no exception! What better way to lunge into the beautiful months of autumn that with a rip roaring good time? This year's theme is "Once Upon a Time". There are two show dates of September 15th at 1:30 pm and September 18th at 7:00 pm.

Come enjoy a glorious evening of music, comedy and excerpts from famous entertainers from the Roaring 20's through modern day. Participation in the show and attending the show is open to seniors in the greater Concord area. Registration to attend is required. To register and for further information, please call 228.6956. We hope to see you there!

negotiate with a lender to modify the terms of a loan. The NH Bar Association's Pro Bono Program also recognized the need for this kind of assistance and began spearheading the Home Rescue Project effort with support from the NH Housing Finance Authority and the IOLTA grants program.

The Project helps homeowners by linking them with experienced volunteer attorneys who help clients, at no cost, by assessing their case, providing them with options, and representing the clients when needed. In some difficult situations, attorneys help clients come to the realization that they need to sell their home. In the majority of other cases, however, the attorneys help their clients work with lenders to obtain loan modifications. With a change in terms, the homeowners are often able to repay their loan and stay in their house.

The Project's dedicated volunteers are the main reason for its success. Volunteer attorneys of the "Home Rescue Team" are notified about cases via e-mail alerts from Pro Bono staff. After a case is accepted, a volunteer is asked to report back about how the case was resolved. The results have been positive. Peggy is only one of many individuals and families the Home Rescue Project has assisted. Peggy's volunteer attorney helped her modify her loan and her family was able to save their house from foreclosure. Since then, she has started a new job and the family is on the road to financial stability.

To continue building on the Project's success and enlist more volunteers, an attorney training was held at the NH Bar Center in May. The seminar was presented by two experienced attorneys from the National Consumer Law Center. With an influx of new volunteers, the Project has continued to help more families like Peggy's. If you, a client or a friend are in need of foreclosure assistance and cannot afford to pay an attorney to represent you, please contact the Pro Bono Program to inquire about the Home Rescue Project. Since our efforts are focused on loan modification assistance, applicants must have a steady source of income or other accessible resources. Pro Bono can be reached at (603) 224-5387. As a member agency, Pro Bono is grateful for support from the United Way of Merrimack County that helps fund basic legal services for low-income people.

## Looking to Clean Out Some of Those Old Magazines, CDs or DVDs?

The residents of the Merrimack County Nursing Home are always looking and enjoy donated magazines, CDs or DVDs. If you have any items you would like to donate, please contact Del Kennard at 796.2165 ext. 242.

## Local High School Students Making a Difference

Several local high school students joined the Junior Senior Friends Program this past school year to be matched with a young person at many sites established by the program.

We encourage these young mentors to join us in their junior year of high school and be a role model to a child in their community. This site-based programming has been a rewarding experience for the high school students and enriched the lives of the children they spend time with each week.

Junior Senior Friends will once again have a number of high school students mentoring this upcoming school year and encourage other community members to join them (don't have to be a teen). The next training is Saturday, August 15th 9:00-Noon!

We are also inviting parents, guardians, and others to consider a child in their life who may benefit from a Senior Friend and refer them to the program for consideration. The dedicated staff are available for questions at 228.1193 and you can always visit the website at [www.friendsprogram.org](http://www.friendsprogram.org).

### 18th Annual Day of Caring ~ September 16, 2009.

Agencies representatives have already started to register their projects! A reminder to those who have not started the process, the deadling to register projects is set for August 10th. If you have questions or need help, please contact Val Guy at 224-2595 or [valg@unitedwymc.org](mailto:valg@unitedwymc.org).

Volunteer coordinators, start gathering your volunteers!! Watch for emails to let you know when you can start choosing your projects. Looking to get a head start? Let us know and we can forward the volunteer sign up sheets to you!! Haven't been involved before, but would like to be involved in this yearly event this time around? Contact [valg@unitedwymc.org](mailto:valg@unitedwymc.org) for more information.

## United Way of America and Sports Illustrated Kids Searching for SportsKid of the Year

United Way of America (UWA) has established an exciting new partnership with Sports Illustrated Kids (SI KIDS) to help recognize and celebrate young people who exemplify superior sportsmanship, academic excellence and civic engagement. United Way recognizes the importance of sports in a child's development-on and off the field of play-and we're proud to partner in the search for the 2009 SI KIDS SportsKid of the Year (SKOTY).

Our goal is to help generate 10,000 nominations and we can't do it without you. We need your help getting the word out to your volunteers, supporters and youth-serving agencies. Your participation makes you eligible for the following incentives:

- One-year subscription to SI KIDS for first 100 United Ways
- Drawing for United Way Store Credits of \$100 each
- Drawing for a free registration to UWA's national conference

The 2009 SI KIDS SportsKid of the Year will appear on the cover of SI KIDS, participate with the Sports Illustrated Sportsman of the Year VIP events, activities and appearances and receive a customized varsity jacket. In addition, if a child nominated through your United Way is recognized as the SportsKid of the Year, your United Way could receive a visit from a professional athlete, media recognition and an all-expense paid trip to attend the award ceremony which is held in conjunction with recognizing the Sports Illustrated Sportsman of the Year.

Ready to get started? SI KIDS has developed a special microsite for United Way to solicit nominations and we've developed some tools for easy sharing-web banners, posters and a special e-newsletter which will be available on July 30 as a Constant Contact template for United Ways.

Starting August 1, kids can be nominated for the SKOTY Award based on their athletic performance, academic records and community involvement. The nomination period runs for approximately six weeks after which time the top ten candidates will be revealed. The nationwide voting process begins September 26 and runs through October 14. The winner will be notified by November 3 and featured on the cover of the December 2009 issue of SI KIDS.

If you have questions, please don't hesitate to contact [tracey.holmes@uwa.unitedway.org](mailto:tracey.holmes@uwa.unitedway.org) or (800) 892-2757, Ext. 826. Please be sure to complete the SKOTY FEEDBACK FORM on or before September 25 and email it to [skoty@unitedway.org](mailto:skoty@unitedway.org) to be eligible for the special incentives.

## Let's Read Together Early Literacy Volunteer Training is Going to the North Country!

NH State Parent Information and Resource Center (NH State PIRC) is offering the Reading is Fundamental (RiF) Care to Read training. Care to Read is a "train the trainer" model that prepares volunteers to deliver workshops to parents, their neighbors and colleagues in the community.

Training will take place at Casey Family Services in Littleton on September 15 & 16. Trained volunteers will receive all of the materials needed to conduct the workshops including:

- training manual with all needed workshop resources; training notes; training activities and participant handouts in a reproducible format;
- a collection of over 20 children's books related to the workshops
- Read with Me videos and guide that model good real aloud practices and the partnership between parents and teachers.

For more information download the flyer at [www.parentinformationcenter.org](http://www.parentinformationcenter.org) or contact Kimm Phillips at 848.5446 or [LetsReadTogether@nhpirc.org](mailto:LetsReadTogether@nhpirc.org)



If you contribute \$5 per week and your contribution is forwarded to CATCH Neighborhood Housing it would help to provide a hard-working, local family with a safe, affordable, quality apartment to call home.

## Come to the First Ever Red Ribbon Kickoff Event "LIVE IT!" a Resource Fair BY YOUTH & FOR YOUTH!

The Red Ribbon Week Campaign was started in 1985, when drug traffickers in Mexico City murdered Kiki Camarena, a Drug Enforcement Administration (DEA) agent. This tragic event began a tradition of displaying Red Ribbons as a symbol of hope for a unified and visible commitment toward the creation of a Drug-Free America. Red Ribbon Week is an opportunity for millions of Americans to come together and honor the memory of Kiki Camarena by wearing a ribbon to show a commitment to drug prevention, education, and enforcement efforts in our community. This year we are kicking off the week by celebrating youth and their healthy choices.

When and Where? October 24th at the NH State House, Concord NH. Who is invited? EVERYONE - individual youth and youth groups of any size and type are invited to participate. If you would like to set up a booth or activity, please contact Sarah Boucher for an application. Participation, space and tables are FREE!

Are you a brand new youth group or are you planning to start a group and won't be able to set up a booth or activity?

Create a poster as a group about healthy choices and what they mean to you; or attend the fair as a group and visit booths, activities and the poster wall to find out what other kids all over the state are doing for fun!

Are you an established group that wants to share your ideas and inspirations? Contact Sarah Boucher at the Concord Substance Abuse Coalition for a group application and create a booth or activity that showcases how your group makes healthy choices and lives by those same choices. The projects should reflect the theme for this event which is pro-healthy choices and the Red Ribbon theme of alternatives to substance use. Projects can be varied and interactive. They can be media presentations of alternatives to substance use; games and interactive activities designed to inform youth and community about making healthy choices; or many other things your group can think of. All we ask is that they fit the theme of this event and be able to be contained in a limited space. Teams need to be supervised by an adult and should be made up mostly of youth. For the purposes of the event the adult will be the contact person for the group. Please keep in mind that there will not be electricity at the event and that nothing can be pushed into the ground (i.e. tent stakes)

Are you a Substance Abuse Prevention Coalition and wondering what to do for Red Ribbon Week this year as budgets get smaller and smaller?

Make "LIVE IT!" your Red Ribbon Event! Celebrate and kickoff the week with other coalitions across the State of NH. Encourage members of your community to attend the event and contact local youth groups of all sizes and types to set up a FREE booth/activity. Forward this announcement along and help us to make the statement "We are united across our towns, our regions, and the entire State of New Hampshire as we work in our communities, with our communities, and for our communities to

## A Brown Bag Lunch Series for Addressing Caregiver Concerns

### *Side by Side for Independent Living: A Program for Older Adults, their Families and Caregivers*

The Pittsfield Senior Center and NAMI NH are pleased to offer the following series of free educational sessions for individuals interested in caregiver issues. Sessions will be held on the following Thursdays, 11:00 am to 1:00 pm at the Pittsfield Community Center, 74 Main Street, Pittsfield. Feel free to bring your lunch and sit on the sessions listed below. You are welcome to attend all sessions, or just select the specific ones that interest you from the list.

- 8/6-Meeting Caregiver Needs: Supports for the Support Person
- 8/13-Medical Care: Navigating the Health Care System
- 8/20-Understanding Depression in Older Adults
- 8/27-Understanding Mental Health Issues in Older Adults
- 9/3-Coping with Changing & Challenging Behaviors
- 9/24-Substance Use and Misuse in Older Adults
- 10/1-Legal Issues: Who Makes the Decisions and When?
- 10/8-Wellness & Healthy Living

Registration is FREE (to assure that there are enough handouts, we request that you pre-register). For more information or to pre-register, contact Bonnie Seifert at [bseifert@naminh.org](mailto:bseifert@naminh.org) or 714.1737.

This series was rescheduled to begin on August 6th. If you would like to have lunch during any of these programs, please make a reservation no later than 7 days prior to the presentation. Lunch is a \$2.00 requested donation.

make each and every one a safe and healthy place to live!"



## AUGUST Walk-In Immunization Clinics

Concord Regional Visiting Nurse Association is offering the following affordable monthly walk-in Immunization Clinics for all ages in the month of August 2009:

- Monday, August 3rd from 1:00 pm to 3:00 pm
- Tuesday, August 18th from 2:30 pm to 4:30 pm

Immunization Clinics are held at St. Paul's Episcopal Church Outreach Center, 21 Centre Street, Concord. A fee of \$5.00 is requested per child (under 18). Adult vaccination costs vary by the cost of the individual vaccines. Children must be accompanied by a parent or guardian. Please bring an immunization record with you. For more information call Concord Regional VNA Community Health Services at 224.4093 or 800.924.8620 extension 5815.

## AUGUST Walk-In Blood Pressure Clinics

Concord Regional Visiting Nurse Association is offering the following FREE monthly walk-in Blood Pressure Clinics in the month of August 2009:

- Wednesday, August 5, 10:00 am to Noon - Hannaford's Pharmacy, Ft. Eddy Rd., Concord
- Friday, August 7, 9:00 am to 11:00 am - IBEW, 48 Airport Rd., Concord
- Wednesday, August 12, 10:30 am to 11:30 am - White Rock Senior Living Community, Wellness Office, 6 Bow Center Rd., Bow

Concord Regional VNA offers blood pressure screenings in the areas that it serves. Blood pressure screenings are a good way for individuals to track their blood pressure for upcoming visits to their physicians. Blood pressure screenings are free of charge. For more information call Concord Regional VNA at 224.4093 or 800.924.8620.

The Concord Regional VNA is also offering several Senior Health Clinics during the month of August. All Senior Health Clinic Services are \$10. For more information please call 224.4093 or 800.924.8620 extension 4830.

## All People Are Included (A Visitor Wrote This Message as Part of the Community Bridges Inclusion Banner SAORI Weaving During Market Days)

Grace Dean, 4, is adding to the Community Bridges Inclusion Banner during a visit to Market Days, July 16-18, on Main Street in Concord. At the Community Bridges tent, Freedom Weavers Studio of Penacook showcased free SAORI Weaving, a form of weaving that can be done by people of all ages and all abilities. The Inclusion Banner will be 80 feet when it is complete and will be unfurled at a later date. The event was supported by the VSA arts of New Hampshire and the Lincoln Financial Group.



About Community Bridges  
Headquartered in Concord, NH, Community Bridges advances the integration and interdependence of people who experience a disability from aging, developmental delays, traumatic brain injuries or chronic health conditions. Community Bridges now provides in-home care for elders. Serving Central NH, the organization helps people and their families to be active citizens in their communities and helps community agencies, programs and businesses learn how to support them. For more information, visit the website at [www.communitybridgesnh.org](http://www.communitybridgesnh.org) or call 800.225.4779.

Are You a Computer Guru?



We know there are so many of you in Merrimack County that do really terrific things in the community! Please share your how "I LIVE UNITED" stories and forward to [valg@unitedwyc.org](mailto:valg@unitedwyc.org)

## Centennial Senior Center Updates

**Newsletter:** The Centennial Senior Center's e-newsletter is now sent the 2nd Friday of each month. To be added to the mailing list, contact [info@centennialseniorcenter.org](mailto:info@centennialseniorcenter.org) with your e-mail address. A paper version of the newsletter will be mailed quarterly, beginning with a September edition. Call 228.6630 to add your mailing address to the paper newsletter distribution list.

Both newsletters offer a terrific opportunity to stay updated on CSC goals, plans, events, and activities. New to the e-newsletter in July was a trivia challenge; there is still time to get your answers in, as the deadline has been extended to Thursday, August 13.

**Trivia:** 1. Where would one go to enjoy "Trek and Trolley"? 2. Who offers the "Silver Sneakers" program? 3. What variety of pie was featured in the contest on Wednesday, July 29th at the City of Concord's Senior Program?

You can forward your answers to [info@centennialseniorcenter.org](mailto:info@centennialseniorcenter.org) or call them in at 228.6630, or forward by mail to CSC, PO Box 4149, Concord, NH 03301. One winner will be chosen at random from all correct answers received by Thursday, August 13. Winner will receive a lovely golf shirt and set of ceramic mugs; all entrants will receive a prize.

**We're Moving:** CSC will be calling West Street Ward House home beginning in early September. Mark your calendars for an Open House reception on October 8, when Lewis Feldstein of the NH Charitable Foundation will deliver an important address on social capital. Stay tuned for additional details.

**"Stretching & Strengthening" Chair Exercise Program:** CSC and the City of Concord are thrilled to announce Colette Farland-Vogt will bring the "Stretching & Strengthening" chair exercise program to West Street Ward House. This free program, available to all area seniors, will be offered weekly on Tuesday at 4:30 pm. The first session debuts Tuesday, September 15. To learn more call CSC at 228.6630 or [info@centennialseniorcenter.org](mailto:info@centennialseniorcenter.org).

If you are a computer guru with computer programming experience looking to help in the community, then Girls Incorporated of New Hampshire could use your help! They are currently in need of a coach for their First Lego League Team two evenings a week from August to mid November.

If interested, please contact Katie Manson at Girls Inc. of NH at 223.0087.

## A Few Happenings at the Franklin Trip Center

Friday, August 14th at 11:00 am - Mystery Lunch - Once again we will gather together to have an enjoyable conversation with our friends, a scenic drive and a delicious lunch. Maybe try a new dish? Come join us. A donation of \$3.00 for transportation. Lunch is your responsibility. Sign up early!

Tuesday, August 18th-TRIP Center Rib Fest, Join us for a great lunch of BBQ riblets, western potato and corn muffins. Dessert will be smores. Shep Spinney will entertain with his Country music, at 10:30 am (he's fantastic!), lunch will be at 11:30 am, Bingo at 12:15 pm, raffles and prizes for the best western outfit. Bring a friend!

National Senior Center week is September 14-September 18, come celebrate at the TRIP Center. We will have special activities each day. Open House will be held on Thursday, September 17th.

There are lots of other events going on at the TRIP Center, for more information, please contact them at 934.4151.

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