

From: Valerie Guy <valg@unitedwymc.org>

Subject: June Happenings from United Way of Merrimack County

Reply: valg@unitedwymc.org

United Way of Merrimack  
County

GIVE, ADVOCATE, VOLUNTEER.

LIVE UNITED



ENEWS FROM UNITED WAY OF MERRIMACK  
COUNTY



## An Update from Liz Hager on the NH State Employees Charitable Campaign

The truly amazing, exciting news today is that the State Employee Charitable Campaign (SECC) is going to exceed its ambitious goal of \$435,318. THANK YOU STATE EMPLOYEES!! As they are dealing with tough budgets and the potential of furloughs, state workers are "digging deep" to help people throughout the state as the hard times continue.

The Department of Safety increased by 10% to over \$30,000! New Hampshire Hospital, an always generous campaign, increased by almost \$3000! Revenue Administration went from \$10,525 to \$13,831, an amazing feat in 2009. The Liquor Commission campaign is increased as is the Insurance Department and DOT and Justice and Employment Security and Personnel and the Judicial Branch and more.

The Community College system holds its campaign in the fall as they are returning to the campuses. We are counting on them to top their success last year as we estimate exceeding the goal; go Community Colleges!

Labor Commissioner George Copadis, chair of the SECC, has exemplified true leadership as he has managed the campaign. He, along with Governor Lynch, is a member of the Golden Dome Circle along with another record number of leadership givers.

As the human and social service sector of New Hampshire faces cutbacks and other challenges, they can

## Give.

So much can be done with a small donation...Just think about how most of us spend small amounts each week on unnecessary things...we all know these are extremely tough times...and we all know someone that may not donate at the present time...how about forwarding this along to them and asking them to help out...ask them to consider starting small... just a \$1 per week...it can make a difference!

## Give.

## Advocate.

Forward this eNewsletter

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

look to the state workforce as a truly caring group of people willing to step up to help through a rough economy.



## 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.

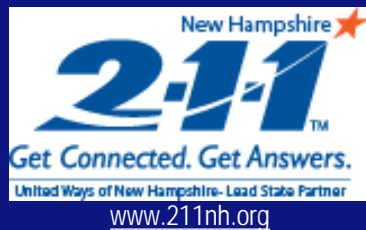
If you are looking to volunteer and need more information, please contact us at [valg@unitedwyc.org](mailto:valg@unitedwyc.org) or call 224.2595.

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### "How I LIVE UNITED"

I "Live United" by volunteering my time and talents to serve on the United Way Board learning about the partner agencies who serve our community. Volunteering for the United Way has been a very rewarding experience that has allowed me the opportunity to contribute my energy towards finding solutions that enrich our community.

~Cecil Hawkins  
Board Member



### 2009 Home Care Service Award ~ Mary DeVeau, Concord Regional VNA Honored at Annual Meeting

CONCORD, NH-June 15, 2009-At the Home Care Association of New Hampshire's Annual Meeting on June 12, the Association presented Mary DeVeau, president and CEO of Concord Regional VNA, with the 2009 Home Care Service Award. DeVeau is honored for her passion to develop and strengthen community relationships to foster collaborative initiatives with a goal of improving and securing home care services in New Hampshire. She has been a tireless advocate for home care in Washington on behalf of New Hampshire agencies. In addition, her leadership and mentoring have helped to advance the quality of, and access to, pediatric home care in the state.

Since 1997, DeVeau has been president and CEO of Concord Regional VNA. She was recently elected to the Board of the Visiting Nurse Associations of America (VNAA) and also serves on the Board of Directors of the VNA Health System of Northern New England, New England Life Care, the Community Provider Network of Central New Hampshire, and the Greater Concord Chamber of Commerce. She ended a six-year term on HCANH's Board of Directors in 2008.

"The home health industry is fortunate to have a visionary and innovative leader such as Mary, who has

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### Concord Reads 2009

THEME: "how one person can make a difference"

The Concord Reads Committee selected the above theme and two titles, one fiction and one nonfiction. The titles are Pay It Forward by Catherine Ryan Hyde and The Soloist by Steve Lopez. These two books support the theme. The planning process for the eighth year of Concord Reads has started and a wide-range of programs for the community will be offered in October and November.

For more information contact Shawn LaFrance at [slafrance@healthynh.com](mailto:slafrance@healthynh.com) or 224.7754 or inquire at the library. A Concord Reads 2009 Resource Guide has been prepared by the Concord Public Library and is available on

reached beyond her own agency's and community's boundaries to advance home care services in our state," states Karen Barnanowski, CEO of Home Health & Hospice Care in Nashua and President of the Home Care Association.

Formed in 1974, the Home Care Association of New Hampshire membership includes both not-for-profit and proprietary agencies located in New Hampshire and neighboring states that are licensed to provide home health services in New Hampshire. Member agencies provide services for thousands of New Hampshire residents of all ages who are recovering from surgery, injury or illness, have chronic or terminal illnesses, or other conditions needing support at home. [www.homecarenh.org](http://www.homecarenh.org)

## Another Record Year for the Franklin Asset Building Coalition, led by Casey Family Services!

The Franklin Asset Building Coalition (ABC), led by Casey Family Services, had another record year in providing a unique free service to the Franklin area. It's VITA, Volunteer Income Tax Assistance, which provides free federal income tax preparation for eligible individuals and families. In the 2009 tax season, nearly 300 individuals and couples took advantage of this services, and realized more than \$600,000 in federal refunds, including more than \$200,000 in Earned Income Tax Credit (EITC). The EITC has proven to be the biggest boost for working poor families to rise above the federal poverty level. Since this project began in Franklin, it has brought nearly \$1.8 million in refunds, including nearly \$750,000 in EITC, to the local economy. In Franklin, the Coalition includes banking partner Franklin Savings Bank, which again offered its "Smart CD" to families with incentives from both Casey and the bank. EITC-eligible filers could open the CD with as little as \$100 to save for college or first-time home ownership, and receive up to \$200 in free money. More than a dozen filers took advantage of this bonus, most using direct deposit. Coupled with e-filing, this effort put money quickly into the hands of people who need it the most, without having to go to high-priced commercial preparers.



The Franklin ABC plans to offer this service again in the 2010 tax season, and is looking for volunteers. No previous tax preparation experience is necessary. Training is provided. You need do nothing now; simply contact Cary Gladstone from Casey Family Services to let him know of your interest. Please call 224.8909 or in the Franklin area 934.3315 or email [cgladstone@caseyfamilyservices.org](mailto:cgladstone@caseyfamilyservices.org).

## The 18th Annual Day of Caring is set for September 16, 2009.

Agency representatives need to start planning your projects!! Volunteer coordinators, start gathering your volunteers!! 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.

their website. Concord Reads is a program partnership among the Concord Public Library Foundation, Concord Public Library and community members.

## The Friends Emergency Housing Program Could Use Your Help

Want to give back to the community and volunteer a few hours? Check out these great opportunities:

**Adult Education Mentor:** to assist and support adult clients trying to further their education, particularly those trying to obtain their GED or High School Diploma.

**Children's Reading Mentor:** to be a reading buddy to assist children in the family shelter program with reading and comprehension, reading to the children and helping them read to you; to promote positive interactions.

**Children's Play, Activity Leader:** to lead and facilitate organized play time and activities that promote positive interactions, while parent(s) are in class.

For more information, please contact Jean Tewksbury for at 228.1462 or [jtewksbury@friendsprogram.org](mailto:jtewksbury@friendsprogram.org)

## Save the Date, First Annual Diamonds & Denim Gala to benefit UpReach Therapeutic Riding Center

When: Friday, October 23, 2009 from 7:00-10:00 pm  
Where: Manchester Country Club, Bedford, NH

Heavy Hors D'oeuvres; Silent Auction, Meet UpReach Ambassadors as we share our client's success stories.

Individual Tickets: \$40 or a Table of Ten \$400.00

## CATCH Makes Top 10 in National Program to Honor "Green" Affordable Housing

CATCH Neighborhood Housing is in the running for a national award from the Home Depot Foundation for its Friedman Court II project - affordable apartments that were built to be energy efficient and environmentally sustainable.

Friedman Court II contains 41 affordable apartments for people age 62 and older, built according to EnergyStar and LEED standards. The design is expected to reduce energy use by 47 percent compared to traditional building designs. During construction, 50 percent of the construction and demolition was successfully recycled.

The housing, located at 19 Old Suncook Road in Concord, was completed last fall and the units are now all rented to qualified renters. Renters can earn no more than 60 percent of the area median income to qualify. Friedman Court II was designed by Warrenstreet Architects and built by Gary Chicoine Construction. The Jordan Institute was the consultant on environmental issues.

CATCH was one of 10 non-profit housing organizations around the country invited to submit a more detailed application after the Home Depot Foundation reviewed the first round of applications for its Award of Excellence.

"Friedman Court II is a wonderful example of affordable housing built with a responsibility to the local community and the environment. This project took what was once unusable land and transformed it into a vibrant community and I couldn't be prouder of the results. recognition from the Home Depot Foundation has underlined the importance of this resource for the community and the care and thought that went into the development," said CATCH President Rosemary Heard.

Friedman Court II was designed to provide housing close to downtown where renters can walk to stores, bus stops and other venues with ease. The elder housing project also is located alongside Friedman Court I, which provides affordable housing to families, allowing older and younger residents to mix.

CATCH recently submitted the final application to the Home Depot Foundation, including a letter of support from Governor John Lynch. Winners will be announced in August.

If you contribute \$5 per week and your contribution is forwarded to Lake Sunapee VNA it will pay for up to two months of personal care from a licensed home health aide for someone who needs help and has no insurance.

Join us as we celebrate 18 years of success in providing equine assisted therapeutic programs to children and adults with disabilities.

For more information, contact UpReach at 497.2343 or [gala@upreachtrc.org](mailto:gala@upreachtrc.org)



## Visit Community Bridges at Market Days

Save the Date: Visit Community Bridges during Market Days, July 16-18, from 9am to 6pm to celebrate the spirit of inclusion through SAORI weaving. Bobbie Herron, the owner of FreedomWeavers Studio in Penacook, will be on hand with two wheelchair accessible looms and one traditional loom to help people of all abilities make a SAORI weave. Participants can add onto the Inclusion Banner which will be one long weave and/or make their own hand-woven inclusion friendship bracelet. The weaving is free. Join us to experience this beautiful expression of art. For more information on SAORI weaving, visit [www.freedomweavers.com](http://www.freedomweavers.com). A special thank you to the VSA arts of New Hampshire for making this a possibility.

## Centennial Senior Center Shares Goals, Welcomes New Executive Director, Prepares for Move

The Centennial Senior Center Board has been busy since last summer working through a strategic planning process to determine the organization's future. The Board met with community leaders, spoke with former Center members, held listening sessions with area seniors, visited senior centers in other communities, and conducted in-depth research on aging and senior wellness. After examining and considering the data and findings from this detailed process, the Board is pleased to announce the Centennial Senior Center (CSC) will leverage its financial and human resources in the coming years toward the pursuit of two major goals:

**DEVELOP A MULTIGENERATIONAL COMMUNITY CENTER:** Through collaborations and partnerships, CSC wishes to develop a multigenerational community center that will be used by all Concord area residents and include programming devoted to the needs of seniors. A multigenerational model will encourage seniors to be engaged with the broader community and offer diverse programming to meet the complex and ever-changing needs of current and future seniors.

**CREATE A LIVABLE COMMUNITY:** CSC wishes to create a livable community by taking and sharing a leadership role in advocating for Concord area seniors, encouraging seniors to explore new opportunities and connect with others, developing broad community support for initiatives, and staying attuned to the comprehensive needs of all seniors in the Concord area.

To assist CSC in moving toward these goals, the Board has hired Kim Murdoch as Centennial Senior Center's new Executive Director. A Concord native, she has extensive nonprofit experience, including nearly 20 years coaching, then managing a local Special Olympics NH team, and a successful tenure as Director of Marketing and Logistics for the Wings of Hope Air Show, which drew 200,000 attendees in its last appearance at Pease. Kim earned her MBA at the University of New Hampshire's Whittemore School of Business, and worked in corporate finance for many years prior to joining the nonprofit ranks. Strongly committed to the community, she is collaborating with Main Street Concord to organize free family events at Market Days, presents regularly at the Center for Health Promotion's Baby Steps Program, is a member of Leadership Greater Concord's 2009 class, and will serve on the Leadership Greater Concord steering committee.

In addition to a new Executive Director, CSC will soon have a new address, as the organization prepares for a September 2009 move into the West Street Ward House. This West Street location will house the CSC office and the City of Concord's Senior Program (currently operated at IBEW on Airport Rd.). Programming to be offered by CSC is still in the planning stages, but information on open houses and programs being planned by the City's Senior Program will be available later in the summer by visiting [www.centennialseniorcenter.org](http://www.centennialseniorcenter.org), calling 603-228-6630, or e-mailing: [info@centennialseniorcenter.org](mailto:info@centennialseniorcenter.org).

## New Faces Join the Junior/Senior Friends Youth Mentoring Program

The Junior Senior Friends Program had the pleasure of hosting a local promotional event this month that attracted some new faces to our youth mentoring program. The goals of the presentation were to ask people to consider mentoring, inviting our staff to their workplace to recruit, assist in raising awareness, and/or better understanding of the need for mentoring in their community. Passionate stories shared by participants and concise program information were delivered while guests enjoyed a light breakfast. If you are interested in learning more about Junior Senior Friends or would consider inviting us to your work place, please contact Program Director Brooke Noonan at 228.1193 or [bnoonan@friendsprogram.org](mailto:bnoonan@friendsprogram.org). Our program staff will also be available on Saturday, July 25th at the Concord Arts Market; see you there!



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## Summer Happenings at The Children's Place & Parent Education Center

**Family Concert Event** featuring Steve Blunt, Sunday, August 2, 2009 at 2:00 pm at NHTI's Sweeny Hall Auditorium. Tickets are \$7 per person (tickets can be purchased at The Children's Place, 27 Burns Avenue, Concord, NH)

### Summer Programs:

Toddler Group meets Mondays 10:30 am to 12:00 pm; this

## Connecting People, Creating Community

What is social inclusion ?

This past winter, 125 direct support professionals who support people with developmental disabilities attended a two-day social inclusion workshop with Angela Amado, a relationship specialist in developmental disabilities. During the workshop, they were encouraged to discard their beliefs about building friendships.

"People can live in a community and still be separate from it," said Amado. "Research shows that the greatest factor to happiness is good relationships with others." The workshop was designed to give caregivers ideas on how to connect individuals that they support to new people in the hopes of building friendships.

Rebecca Mertz , a direct support professional with Community Bridges, who attended Angela's workshop, said, "I believe that making appearances in public is a natural first step to building friendships. By being out, relationships naturally evolve." Rebecca, 24, supports Deirdra, a young woman close to Rebecca's age who experiences frequent seizures.

"Social inclusion, relationships and connections are a huge part of anyone's life. It's so important for someone to grow outwardly so that they don't feel sad and lonely and don't get sick," Mertz continued.

Rebecca has been working with Dee, her nickname for Deirdra, for three months. Dee's mother, Valerie Hanson, said, "Everyone in the family enjoys Rebecca. She is so bright and bubbly. Dee enjoys being with her because they like a lot of the same things and they are the same age."

Rebecca has started taking Dee to the Mill Brook Gallery and Sculpture Garden in Concord where they draw and do sketches together. Dee has developed a relationship with the owner of the gallery Pam Tarbell. Mertz said, "Pam has come to recognize us. Dee is creating her own art exhibit and she has given Dee magazines to read about upcoming art shows."

"This is a life dream!" commented Dee about her own art show. She is calling it "If I Could Dream." Rebecca continues to look for ways to develop meaningful social connections for Dee.

"When we go out, we get two things consistently. Everyone thinks we are sisters and people comment that they have never seen Dee so animated. We are like two peas in pod," Mertz continued.

Amado stressed during her workshop that the key to making connections is a one-to-one approach. Rebecca is doing just that with Dee and they are both enjoying the outcome.

The workshop was supported by the NH Charitable Foundation and the CSNI Training Collaborative.

group is for parents and toddlers (ages 1 to 3+). We gather to enjoy song time and activities with parents and children, as well as quality time with each other.

New Parents and Babies Group meets Fridays 10:00 am to 11:30 am. This group is for people who have recently become parents and would like to meet other new parents and discuss questions and concerns in a friendly, informal atmosphere.



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## Seniors Helping Seniors in NH! Join Our Team to Make a Difference in the Lives of Frail Elders and Disabled Adults in Your Community

The individuals and families served by the Senior Companion Program benefit from assistance with day to day activities in order to remain at home. Help may include assistance with shopping or essential errands, preparing a meal together, help with reading mail, transportation to medical appointments, and most importantly, provide caring companionship on a regular basis. Companions also provide a lifeline for caregivers struggling to keep a loved one with dementia or other serious illness at home through much needed respite. The social connection to their community is the key to successful independent living.

Senior Companion volunteers must be age 60 or better and live on a limited income. Training is provided for new volunteers on an ongoing basis with other volunteers from your area. Benefits include hourly stipend, liability/accident insurance, transportation and meals reimbursement.



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@unitedwmc.org](mailto:valg@unitedwmc.org)

## 2-1-1NH Celebrates First Anniversary

Concord, NH - United Ways of NH and representatives of the 2-1-1 NH Partnership gathered at the Statehouse Friday, June 26th as Governor John Lynch issued a proclamation in celebration of the First Anniversary of 2-1-1 NH, a statewide, comprehensive, information and referral helpline.

"2-1-1 is an important resource for many of our citizens, providing a one-stop resource for people to get the information and the help they need immediately. I want to thank the United Ways of New Hampshire and its partners for bringing 2-1-1 to our state," Gov. Lynch said.

According to United Ways of NH representative Patrick Tufts, President of Heritage United Way and managing partner for 2-1-1 NH, New Hampshire residents have dialed 2-1-1 over 22,488 times to find the help that they needed since the program launched in June of 2008. Approximately 28 % of the callers requested assistance with housing and utilities and another 22% sought temporary financial aid. Healthcare, mental health and substance abuse service inquiries make up the third largest category at 14.5%.

"People are calling with very basic needs, said Tufts. "Assistance with housing and utility payments, concerns about healthcare and the need for temporary financial aid and legal assistance indicate that people in NH are sorely feeling the effects of the economic crisis. 22,000 calls is just the tip of the iceberg," commented Tufts. "Offering an easy way to find assistance through 2-1-1 couldn't have come at a better time for our state and will help many individuals and families access the safety net of community services available to them," said Tufts. Looking back at the month-to-month data, spikes in certain seasonal need areas and the high number of calls in the "other" call category illustrates that people are accessing a wide variety of services through 2-1-1 NH. This is our primary goal for the program-to help people with their every day needs and in times of crisis."

For more information, contact 800.856.5525 or 225.3295.

## Senior Swim Time

The Pittsfield Area Senior Center and the Pittsfield Parks and Recreation continues their collaboration by offering a "Senior Swim Time". This is a dedicated time for seniors to be able to swim laps uninterrupted. Swimming is a wonderful way to tone your body while working out and increasing your lung capacity. Think about it, you spend a few hours in cool water, listening as the water laps the shore, your breathing in fresh air while increasing your lung capacity, and the scenery of the meadow and trees make this a wonderful visual experience as well, all for your health. So, bring a friend and share some wonderful moments two mornings a week this July and August.

For more information, call 435.8482 and speak with Lynne for specific dates and times.

## The RSVP Pen Pals Program is Accepting New Volunteers for the 2009-10 School Year

- The RSVP Pen Pals Program matches Elementary Students with Volunteers, age 55 and older, with whom they exchange letters Once a Month through the school year
- Opportunities in the Greater Concord area, including Hopkinton and Penacook
- Limited Time Commitment: Pen Pals are matched at the beginning of the school year in September and gather at the end of the school year in June for a celebration
- The Reward: By being paired with a student, the caring RSVP volunteer hopes to foster an interest in reading and letter writing to improve language, written communication, and social skills.

Launched in June 2008, 2-1-1 NH provides callers with free information and referrals to thousands of health and human service programs and other community resources statewide. Any New Hampshire resident who has a need and does not know where to turn for help can simply dial 2-1-1 and a trained call specialist can direct him or her to the appropriate programs.

National 2-1-1 data indicates that at peak public awareness, 2-1-1 can expect that approximately 10% of the population in any given area will access help via 2-1-1. "While 22,488 calls is a great start, United Way and its partners have a long way to go to spread the word about this new community resource," said Major General (ret.) Joseph K. Simeone, lead volunteer for the 2-1-1 Advisory Committee. Simeone encouraged legislators and service providers to partner with United Way and make NH citizens aware of this valuable service. "Tell everyone you know, when you need help and don't know where to turn, dial 2-1-1," said Simeone.

2-1-1 NH was made possible through a unique partnership with United Ways of New Hampshire and several stakeholders throughout the state, including the State of NH, Exeter Hospital, Citizens Bank Foundation, and NH Charitable Foundation. Public Service of New Hampshire stepped forward as a lead partner, offering to embed the 2-1-1 NH operation within its recently built, state-of-the-art call center in Manchester. "We recognized that we could share our technical infrastructure and expertise, and by doing so help meet the vital needs of New Hampshire citizens," noted PSNH's Paul Ramsey. "The 2-1-1 NH project is a great example of what can be accomplished when organizations around the state with different strengths and resources come together in support of a common goal."

While PSNH's contribution factors minimally into the broader scope of its operations, the company's support from United Way's perspective is enormous. "In a stand alone 2-1-1 operation, it would be difficult to replicate, and virtually impossible to sustain, the level of technology and expertise that have been made available to us through the partnership with PSNH," said Heather Aicholtz, director of the 2-1-1 NH Call Center. "We are very fortunate."

Other members of the 2-1-1 NH partnership are excited about the potential for the valuable information that 2-1-1 call data can provide. "We are excited that this initiative will provide valuable data on actual needs in the community that can help guide our region's outstanding network of not-for-profits," said Kevin Callahan, President of Exeter Hospital another lead member of the 2-1-1 NH partnership. "As a regional supporter of many front line community service providers, Exeter Hospital is keenly aware of how important and valuable information collected by the 2-1-1 initiative will be in helping to coordinate support services for our patients and the community as a whole" said Callahan.

In addition to presenting the call data, United Ways of NH representatives shared their plans for Year II with the Governor and other public officials in attendance. Two main initiatives include building the capacity of 2-1-1 to serve as the primary State Emergency Hotline and a 2-1-1 Military Outreach Campaign sponsored by WMUR. Maj. Gen. William Reddel, the Adjutant General of the New Hampshire National Guard, and Nick Toumpas, Commissioner of DHHS announced the plans to partner with 2-1-1 NH on this outreach campaign for military service members, veterans and their families. NH DHHS's Bureau of Community Based Military Services in partnership with WMUR will launch a PSA campaign to encourage members of the military to access services when they need them using 2-1-1 as a way to connect to all services.

**Students experience:** a practical application of their writing skills & improved writing skills; an experience that bridges a gap between generations through friendship with an older person.

Volunteers gain: a sense of connectedness to younger generations; a sense of accomplishment in seeing the improvement in the children's writing abilities; and a sense that they are making a difference in a future generation and preserving the lost art of letter writing.

To learn more contact The Friends RSVP Program, 84 South Main Street, Concord, NH 224.3452 or [rsvp@friendsprogram.org](mailto:rsvp@friendsprogram.org).

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## Adoption Success from the Concord-Merrimack County SPCA

In the mid summer of 1998 we fell in love with a terrier/spaniel mix at the Concord-Merrimack County SPCA. Black with brown markings, her name was Jasmine...so we took her home. Two or three weeks later you called stating her sister Cinnamon had been returned due to incompatibility... we took her too. This started a wonderful relationship for me and my husband, Pete. Camping, walking, swimming and fishing became a way of life. In July of 2004, we left the granite state for Florida sunshine. Many people thought that we were nuts for taking them, but care and love cannot be tossed away for a location change. So off we went into the hard hurricane seasons of central Florida. They loved the big backyard that they gave chase to each other in until October of '07 when we learned Jasmine had lymphoma. We treated her with medication until Christmas Day of '08 when she was laid to rest at a local hospital. Cinnamon was diagnosed early on with a murmur, then last year congestive hear failure. I noticed in the summer heat one week that she was coughing worse. I knew that it was only a matter of days. Memorial Day she went to see her sister while sleeping in her bed.

Concord-Merrimack County SPCA created memories for us

"For our state's military community, which includes more than 15,000 service members representing the National Guard, Reserves and active duty, this program makes it easier for them, and especially their families, to find help when they need it," Reddel said.

For more information about 2-1-1 NH, visit [www.211nh.org](http://www.211nh.org) or simply dial 2-1-1. If you are calling from outside of NH or if you have trouble dialing the 2-1-1 exchange directly, please report the trouble to your phone service provider and call 211 via (866) 444-4211.

and we are planning another adoption shortly. Thanks for their hard work.

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## Meals-on-Wheels Distribution Point

The Pittsfield Senior Center is a Meals-on-Wheels distribution point for Barnstead, Chichester, Epsom and Pittsfield. In just a few hours one morning a week you can make a difference in someone's life. We are currently preparing 45 meals daily for delivery into the communities mentioned. We are in need of 6 more dedicated volunteers that are willing to roll up their sleeves as team players and help set up put up and clean up Meals-on-Wheels! You may be interested to stay and participate in our morning programs of Bingo, Cards and Board Games, Crafts which include glass etching, beading, crazy quilting, acrylic painting, or perhaps gentle seated Yoga. We would also appreciate volunteers to stay and serve daily congregate dining. We serve between six and twelve people a day.

If you are interest, please call Lynne at 435.8482 to arrange an appointment to learn more.

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## Concord Market Days July 16, 17 & 18

Please be sure to visit United Way of Merrimack County along with Concord Reads during the 2009 Market Days!!

**Email Sponsored By:**



The "Constant Contact *Cares4Kids*" program supports educational and social non-profit organizations that help children. Learn more about the [Cares4Kids](#) program.

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