

United Way of Merrimack County

GIVE, ADVOCATE, VOLUNTEER.



ENEWS FROM UNITED WAY OF MERRIMACK COUNTY



Update From Executive Director, Liz Hager

It is not an April Fool's joke to say that our United Way is having a successful early 2010.

The first wonderful news is that the campaign (officially ending at the end of our fiscal year yesterday) raised more than last year's. Thanks to Campaign Chair Jim Bassett and the rest of his hard-working Campaign Cabinet, we recorded \$2,115,604 raised as of last evening. Amazing! Thank you to Jim and everyone who made this happen.

The second good news is that our hard-working volunteers on the Community Impact Committee and Community Review Teams have finished their work and made their recommendations about where these funds are going in order to make a difference in our communities. Our Board will vote on the recommendations next week so we will put out a special news alert to share the exact numbers.

Our merger into a "United Way of the Granite State" is progressing well. We are a bit "into the weeds" of legal documentation but we look forward to sharing with you the successful completion of this major effort soon. Thank you for all your support for our efforts.

Give.

Any contribution, no matter how large or small can make a difference in someone's life! Please consider a contribution today or ask someone you know that maybe has not given in the past to make a contribution.

Give.

Advocate.

Forward this eNewsletter

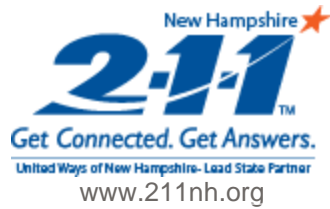
You can LIVE UNITED by helping us spread the word. Imagine how many people we could reach if everyone forwards this to five people.

+ TELL YOUR FRIENDS

Volunteer.

Have some extra time on your hands? Looking to make a difference in your community? There are many area non-profit organizations in need of volunteers. Please click on the link below and check out the great opportunities that await you! If you have any questions, please contact Val Guy valg@unitedwyc.org or 224.2595.

Check Out Volunteer Opportunities



Crossroads, Choices and Community Connections...Youth Perspectives

When surveyed, only 45% of high-school-age youth in Concord responded that they feel like they matter to people in their community. Join us for a Town Hall Meeting on April 15, 2010 from 6:30 pm to 8:00 pm in the Concord High School Auditorium to hear young people speak about their experiences in finding healthy connections. Together, we can make a difference in helping youth feel connected. Healthy community connections lead to healthy choices.

So...are you connected?

This Town Hall Meeting is sponsored by the Concord Substance Abuse Coalition. For more information contact Jennie Stewart-Boldin at jennie@concordprevention.org or 226.4567.



Making Healthy Choices for Your Child and Family

Join Deb Acres from the Concord Family YMCA, Hilary Warner from Nutrition Works and John Randolph with the New Hampshire Psychological Association for a discussion to learn new strategies that will help you and your family make healthy decisions for a healthier life.

Free and open to the public. Free dinner provided.

When: Tuesdays: April 6, April 13, April 20 from 5:30 pm to 7:00 pm (Food will be provided) Pre-registration is required for each night.

Where: Concord Family YMCA, 15 N. State Street, 228.9622

3 Sessions:
 Moving-Deb Acres, Concord Family YMCA
 Eating-Hilary Warner, Nutrition Works
 Together family behavior change-John Randolph, New Hampshire Psychological Association

Who Should Attend? Adults and families who want to

CONCORD WISE: A Week of Interactive Senior Experiences

May 10th-May14th, 2010

Free Events for Seniors Will Include: May 10th Kick-off at Horseshoe Pond Place with Keynote speaker Dick Smith; Entertainment; Walking groups; Exercise classes; Seminars; "Spotlight on Seniors" - Senior Talent Showcase on May 14th at Pleasant View Retirement.

A full calendar of events can be found in the May 4th edition of The Concord Insider.

6th Annual Dinner with the Animals

Friday, April 16, 6-9 pm,
 Grappone Conference Center,
 Courtyard by Marriott

Social hour with shelter animals and silent auction. Seated dinner and keynote speaker Michael Hingson (As a survivor of the 9-11 tragedy as well as a person who lives without sight, Michael Hingson describes his own experiences and explores our responsibilities for socializing and caring for our animal friends in a way that will both entertain and inspire you)

Tickets \$50 members/\$60 non members. Reserve your seat today 753.9801 for details and updates on silent auction items visit www.concordspca.org.

In 2010, the Concord-Merrimack County SPCA is 100 Years old. We invite everyone to celebrate with us the tradition of love, determination and devotion to the people and animals of our community.

The SPCA is proud to be one of the original partner agencies of the United Way of Merrimack County. Please help to plan the next 100 years by completing the community survey at

learn more about helping their family make healthier food and lifestyle choices.

RSVP & Questions: Deb Acres, Senior Program Director, Concord Family YMCA 228.9622 or email dacres@concordymca.org

**MARK YOUR CALENDARS
POSTAL WORKER FOOD DRIVE
SATURDAY, MAY 8, 2010**

Child and Family Services presents Surviving Divorce - a six-part series

Child and Family Services presents its 20th annual Surviving Divorce, a six-part series that explores the realities and resolutions involved with divorce. The series runs Mondays, March 22 through April 26, 6:00 pm to 8:00 pm at the CFS office, 103 No. State Street, Concord.

Surviving Divorce provides useful and practical information to anyone who is considering separation, is in the process of divorcing or is adjusting to a divorce. Designed to help families understand the events and feelings surrounding divorce, the series can help with the task of moving through the process.

While every family's experience in separation and divorce is unique, there are emotional, economic and legal issues that are common to all. The six workshops in the series will address the various issues and offer participants a chance to talk with the experts and learn how others are coping with the changes that divorce brings.

Participants can register for individual sessions at \$15 per session by calling 224.7479.

April 5 - Life After Divorce. Survivors of divorce discuss what worked for them.

April 12-The Legal Process. John Cameron, PLLC and Carol Stewart, CMM, explain the steps in the legal process.

April 19-Spirituality & Divorce. Reverend Steve Garnass-Holmes, discusses guilt, anger and finding wholeness again.

April 26-Beginning Again. Page Cannon, LICSW, talks about risking intimacy and ways to discover the new you, make new friends and lovers, and move forward.

To register, call Child and Family Services, 224.7479. Register in advance, space is limited.

8th Annual Pittsfield Fiddle Contest

www.concordspca.org.



The Red Cross Needs Your Expertise!

Calling upon all health professionals, real estate agents, community relations professionals, government relations professionals, boy scouts, and those willing to learn.

Disaster services is currently recruiting volunteers for three specialty areas: Health Services, Partner Services, and Disaster Assessment.

Health Services: Become a leader and part of the Red Cross volunteer team. The Red Cross is looking for active or recently retired RNs, LPNs, PAs, MDs and EMTs. When a disaster hits, these volunteers are called upon to deliver basic healthcare at emergency shelters and on response teams both locally and nationally.

Partner Services: Become an ambassador to the American Red Cross by focusing on Community & Government Relations. During a disaster relief operation, skilled volunteers become a valuable liaison between the Red Cross and local and state non-government and government partners.

Disaster Assessment: We're recruiting community members who are interested in property assessment and like to read maps, including real estate professionals and boy scouts. When a disaster strikes, be in the field to assess damage to residential structures and help determine delivery of services to disaster survivors.

The Pittsfield Youth Workshop (PYW) would like to invite you to the 8th Annual Pittsfield Fiddle Contest on Friday, May 21, 2010. The contest will be held at the Scenic Theatre located at 19 Depot St. in Pittsfield, NH. There will be a silent auction and refreshments from 5:30 pm to 9:00 pm. The fiddle contest will begin at 6:30 pm, with the youth contestants competing first, followed by the open division in which anyone can participate. There will be cash prizes for the first, second, and third place winners of both divisions. PYW is currently looking for donations for the silent auction, and sponsorship for the cash prizes. This is an annual fundraising event organized and presented by The Pittsfield Youth Workshop-all proceeds from the evening directly support PYW programs and activities.

Please feel free to contact Zach Powers, Executive Director of The Pittsfield Youth Workshop, by email at info@pittsfieldyouthworkshop.org or by phone at 435.8272.

The Pittsfield Youth Workshop is a non-profit youth organization committed to providing programs and services that empower youth by helping them to develop useful skills, self-esteem, and meaningful friendships-by involving them in activities that are interesting, challenging, and healthy avenues to self discovery.



If you donate \$5 per pay period and your donation is forwarded to Phoenix House Franklin Center it would be used to take clients on recovery oriented field trips such as to the birthplace of the co-founder of Alcoholics Anonymous.

EPONA Gone, Only One Horse Rescue Remains in NH

When Equine Protection of North America (EPONA) announced on March 16, 2010 that it was permanently closing its doors due to economic difficulties, Live and Let Live Farm (LLLLF) rescue became the last licensed, legal rehabilitation rescue for horses and animals of agriculture

If you are interested in learning more, please contact your local American Red Cross Chapter. 1-800-464-6692 or burackr@nhredcross.org. The Granite Chapter is located at 2 Maitland St., Concord, NH.

What's So Great About Great Bay?

What's So Great About Great Bay? will be presented on Saturday, April 10th, from 1:30 pm to 2:30 pm by Nathan Hazen, a UNH marine docent for 10 years. Nathan will highlight the invaluable and unique habitats of Great Basin, a seacoast jewel. Nate's illustrated program will include the development of the Piscataquag Basin and the history of the area. Discover how and why Great Bay is so unique!

The program will be held at the Community Room, Hopkinton Town Library, Contoocook, NH. It is sponsored by The Little Nature Museum. Admission is free; donations are appreciated.

For directions to the Community Room visit:

www.hopkintontownlibrary.org.
More information: 746.6121 or info@littlenaturemuseum.org or www.littlenaturemuseum.org.

Dangers of Lead Exposure

Lead is a toxic material found in many homes that were built before 1978. Because you cannot see or smell lead, it is not easily detectable. Many homes in the region are old and have lead in the dust, paint, and soil. Children are particularly susceptible to lead poisoning because their bodies are growing and lead can enter their bodies through dust that they can breathe in or get in their mouths if it is on toys or their hands. There are no safe levels of lead in a child's body. Long-term effects of lead exposure can be severe and include hyperactivity, learning disabilities, impaired hearing, brain

in New Hampshire.

"Many people are confused. They've heard the news about EPONA, and they think that we're closing down, too," said Teresa Paradis, Executive Director of Live and Let Live Farm rescue. "I want people to know that we're still here, and we're going to work very hard to make sure that there's always a place in New Hampshire for neglected, abused, and abandoned horses to recover, rehabilitate, and find loving new homes."

Like EPONA and many other nonprofits in New Hampshire, LLLF has been hit hard by the economic recession, which has caused a decrease in donations and adoptions.

Meanwhile, the number of animals needing help continues to grow. More than 50 horses and other animals are currently receiving care at LLLF, including several inspiring horses that are now in recovery after being rescued from severe neglect earlier this year.

"EPONA was a wonderful organization, and we will miss them dearly," said Paradis. "It's scary to know that LLLF is the last rescue sanctuary for horses in NH, but I have so much confidence in our volunteers and contributors. I believe in my heart that there are people out there who will come through for these animals and help us give them a safe, loving place to recover and have a second chance at life."

For more information about Live and Let Live Farm rescue visit www.liveandletlivefarm.org.

Watch a 2-minute video about LLLF at www.youtube.com/watch?v=0C1R_tnhTK.

damage, and in extreme cases-death. Lead does not break down naturally and will remain a hazard. You can take some low cost measures to make your home safe, or hire professionals to remove lead hazards.

Recently, the State of New Hampshire has received a \$3 million grant from the US Department of Housing and Urban Development's Lead-Based Paint Hazard Control Grant Program. This program can provide interest-free, forgivable loans for lead hazard control work to qualified property owners. New Hampshire's Community Action Program agencies will be responsible for all aspects of this Lead Hazard Control Grant Program.

The only way to find out if your home or your child has lead is to get them tested. Please contact the NH Childhood Lead Poisoning Prevention Program at 800.897.LEAD for more information.

United Way of Merrimack County, 46 South Main Street, Concord, NH 03301
www.unitedwymc.org 603.224.2595

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