

Updated 7.11

Greater Derry Area Resource Guide

This guide is by no means comprehensive but these are many resources that people call our office regarding every day and may be of help to you. Please email office@comcaregivers.org if your information is wrong or needs to be updated or added.

Thank you to Maureen Argie, office volunteer, for her hard work in compiling this guide.

AFFILIATE AGENCIES

The Caregivers, Inc.

Bedford, NH

www.caregiversnh.org

603-595-4502

Coverage Area: Amherst, Auburn, Bedford, Candia, Goffstown, Hooksett, Hollis, Hudson, Litchfield, Manchester, Merrimack, Nashua

Greater Salem Caregivers

Salem, NH

www.salemcare.org

603-898-2850

Coverage Area: Atkinson, Pelham, Plaistow, Salem

The Friends Interfaith Caregivers Program

Concord, NH

www.friendsprogram.org

603-226-3884

Coverage Area: Greater Concord Area

CLIENT SERVICES /RESOURCES

ADULT DAY HEALTH

Here on Earth

Londonderry, NH

603-435-1770

Sarahcare

Hampstead, NH

www.sarahcarehampstead.com

603-329-4401

Silverthorne Adult Day Center

Salem, NH

www.silverthorneadultday.org

603-893-4799

Vintage Grace

Derry, NH

www.vintagegraceonline.com

603-425-6339

ELDER ABUSE & NEGLECT**Bureau of Elderly and Adult Services (BEAS)**www.dhhs.nh.gov/dcbcs/beas/index.htm

1-800-949-0470

Call if you suspect an incapacitated adult has been subjected abuse, neglect, exploitation, or self-neglect. Reports are confidential and can be anonymous. It's the law. You must report Elder Abuse.

ELECTRICAL ASSISTANCE**Rockingham Community Action**

Salem, NH

<http://www.rcaction.org/index.php?page=electrical-assistance>

603-898-8435

New Hampshire Catholic Charities

Windham, NH

www.catholiccharitiesnh.org

893-1971

FOOD**Angel Ministries @ LifeWay Community Church**

Derry, NH

www.angelfoodministries.com

603-845-6601 or 247-4305

First Baptist Church

Derry, NH

Thursdays 9:30am-12pm and Tuesdays from 3:30pm-5pm

421-1897

St. Thomas Aquinas Church

Derry, NH

Monday, Wednesday and Friday from 1pm-3:30pm

432-5000

Sonshine Soup Kitchen

Derry

Free meal Monday through Friday at 4:30pm

437-2833

Commodity Supplemental Food Program

Exeter, NH

<http://www.rcaction.org>

603-778-1834

Congregate Meal Sites

Rockingham Nutrition & Meals on Wheels

www.nhmealsonwheels.org

Derry: 603-434-5148

Londonderry: 603-432-8554

Salem: 603-893-2147

Windham: 603-434-2411

Plaistow: 603- 382-5995

Food Stamps

NH DHHA Division of Family Assistance-Southern District Office

<http://www.dhhs.state.nh.us/dfa/foodstamps/index.htm>

603-883-7726

Meal on Wheels

Rockingham Nutrition & Meals on Wheels

www.nhmealsonwheels.org

603-679-2201

Shepard's Pantry @ Windham Presbyterian Church

Windham, NH

Mondays 10 am-11 am

FUEL ASSISTANCE

Rockingham Community Action Program

Salem/Derry, NH

<http://www.rcaction.org/index.php?page=fuel-assistance>

603-893-9172

HEALTH INSURANCE/FREE OR REDUCED FEE SERVICES FOR UNINSURANCE

Community Health Services of Greater Derry

Derry, NH

www.chsgreaterderry.org

603-425-2545

Coverage Area: Atkinson, Chester, Danville, Derry, Hampstead, Londonderry, Plaistow, Salem, Sandown and Windham

Medicaid

NH Department of Health and Human Services

<http://www.dhhs.nh.gov/ombp/medicaid/>

603-271-4344

Medicare

Nationwide

www.medicare.gov

1-800-633-4227

SHIP (State Health Insurance Assistance Program)

www.servicelink.org

866-634-9412

HOME HEALTH CARE/HOMEMAKER AGENCIES

Amedisys Home Health Care

Londonderry, NH

www.amedisys.com

603-437-9443

Comfort Keepers

Hudson/Nashua/Manchester, NH

www.comfortkeepers.com

Hudson/Nashua area office 866-628-6363

Manchester office (603) 628-6363

Home Instead

603-433-5959

Visiting Angels

www.visitingangels.com

603-483-8999

Area Home Care

Portsmouth

603-436-9059

HOME REPAIR

The Fixit Program

Manchester/Nashua, NH area

<http://www.rcaction.org/index.php?page=fixit>

603-881-3805

Community House Calls

Chester

www.communityhousecalls.com

603-887-7878

HOSPITALS

Parkland Medical Center

Derry, NH

www.parklandmedicalcenter.com

603-432-1500

Elliott Hospital

Manchester, NH

www.elliotohospital.org

603-669-5300

Catholic Medical Center

Manchester, NH

www.catholicmedicalcenter.org

603-668-3545

Manchester VA Medical Center

Manchester, NH

www.manchester.va.gov

603-624-4366

Hampstead Hospital
Hampstead, NH
www.hampsteadhospital.com
603-329-5311

HUMAN SERVICES DEPARTMENT/WELFARE/SELECTMAN'S OFFICE

NH Department of Health and Human Services
<http://www.dhhs.state.nh.us/>
603-668-2330 (Manchester District Office)
603-883-7726 (Nashua District Office)

Town of Derry
Derry, NH
http://www.derry.nh.us/Pages/DerryNH_HumanServices/Index
603-432-6753

Town of Windham
Windham, NH
<http://www.windhamnewhampshire.com/updated/welfare.htm>
603-432-7732

Town of Londonderry c/o CHS
Derry, NH
603-425-2545

Town of Chester
Chester, NH
603-887-4045

Town of Hampstead
Hampstead, NH
329-4100 x 113

Town of Sandown
Sandown, NH
887-3646

Town of Danville
Danville, NH
382-8253

INFORMATION & REFERRAL

2-1-1 New Hampshire

www.211nh.org

211 (toll free)

2-1-1 is an easy to remember telephone number that connects callers, at no cost, to information about critical health and human services available in their community.

Rockingham Community Action

Derry, NH

www.rcaction.org

603-893-9172

Community Action is an umbrella agency that assists senior citizens, families with young children, and adults with food, shelter, and other services due to financial crisis or other catastrophic events.

ServiceLink Resource Center

Salem, NH

<http://www.nh.gov/serviceLink/index.html>

603-893-9769

ServiceLink provides information, supportive referrals for older adults, adults living with disabilities, chronic illness, and their families and caregivers.

MEDICAL CONDITIONS

Alzheimer's Association

Bedford, NH

www.alz.org

603-606-6590

American Cancer Society

Bedford, NH

www.cancer.org

800-472-8899

American Diabetes Association

Alexandria, VA

www.diabetes.org

800-232-6455

American Heart Association

Manchester, NH

www.heart.org

800-242-8721

Mental Health

See *National Alliance of Mental Illness NH* under **Caregiver Resources**

Muscular Dystrophy Association

Bedford, NH

www.mdausa.org

Concord, NH

603-225-3304

Northeast Rehab Spinal Cord Injury and Illness Support

Salem, NH

www.northeastrehab.com

603-681-3212

National Stroke Association

Dallas, TX

www.stroke.org

1-800-STROKES

National Parkinson Foundation

Miami, FL

www.parkinson.org

1-800-473-4636

NURSING HOMES/ASSISTEDLIVINGS**Find & Compare Nursing Homes**

www.medicare.gov

Click on Facilities and Doctors

New Hampshire Health Care Association

Pembroke, NH

www.nhhca.org

603-226-4900

OLDER WORKERS**National Able**

Manchester, NH

www.nationalable.org

800-652-8808

ORGANIZATION/DOWNSIZING SERVICES

Jazz Personal Management, Lesley "Jazz" Barnette
Manchester, NH
www.jazzpersonalmanagement.com
603-625-5882

Lifetime Estate Liquidations, Kathy Baldrige
Bedford, NH
www.lifetimeliquidations.com
603-493-4472

Organizing Specialists and Senior Downsizing, Helene Y. Parenteau
www.organizingspecialists.com
603-898-3886

PERSONAL EMERGENCY RESPONSE SYSTEM

Greater Salem Community Action Center
Salem, NH
www.rcaction.org/index.php?page=personal-emergency
603-893-9172

Lifeline
www.lifelinesys.com
603-320-1022

PUBLIC HOUSING

Derry Housing & Redevelopment Authority
Derry, NH
603-434-8717 (section 8 only)

SENIOR CENTERS

Chester-Wason Pond Community Center
Chester, NH
www.chesterseniors.org
603-887-5034

Londonderry Senior Center

Londonderry, NH

http://www.londonderrynh.org/londonderry_003.htm

603-432-7509

Windham Senior Center

Windham, NH

603-434-2311

SOCIAL SECURITY

Local Office: 1 Wall Street, Suite 201, Manchester, NH

www.ssa.gov

1-866-814-5408 local

1-800-772-1213 national

TRANSPORTATION**CART**

www.cart-rides.org

603-434-3569

Curb-to-curb service for Chester, Danville, Derry, Hampstead, Londonderry, Salem and Windham

Seacoast Chair Car

Hampton, NH

603-926-5801

Windham Town Administrative Office

Volunteer drivers & Wednesday mornings to Wal-Mart weather permitting

603-432-7732

Lamprey Senior Health Services

www.lampreyhealth.org

Raymond, NH

603.895.3351

VETERANS**NH State Office of Veterans Services**

Manchester, NH

<http://www.nh.gov/nhveterans/links/index.htm>

603-624-9230

Manchester Vet Center

Manchester, NH

<http://www2.va.gov/directory/guide/facility.asp?id=422&dnum=ALL>

603-668-7060

Veterans Resource List

<http://www.nh.gov/servicelink/veteran-resources.htm>

CAREGIVER RESOURCES

Alzheimer's Association

See information above under "Client Services/Resources"

Adult Day Health

See information above under "Client Services/Resources"

Brain Injury Association of New Hampshire

Concord, NH

www.bianh.org

603-225-8400

Easter Seals

Manchester, NH

www.nh.easterseals.com

603- 623-8863

Granite State Independent Living (GSIL)

Concord, NH

<http://gsil.org/>

603-228-9680

MetLife Mature Market Institute

http://www.metlife.com/mmi/publications/index.html?WT.ac=GN_mmi_publications

Caregiver Advice and Planning Publications

National Alliance of Mental Illness NH (NAMI)

Concord, NH

www.naminh.org

603-225-5359

New Hampshire Family Voices (NHFV)

Concord, NH

<http://nhfv.org/>

603-271-4525

New Hampshire Hospice and Palliative Care Organization

Concord, NH

www.NHHpco.org

603-415-4298

ServiceLink Resource Center

See information above under "Client Services/Resources"

Strength for Caring

www.strengthforcaring.com

VOLUNTEER OPPORTUNITIES

Corporation for National and Community Service

www.nationalservice.gov

Granite United Way

Manchester, NH

www.graniteuw.org

603-625-6939

Points of Light Foundation

United Way of the Greater Seacoast Volunteer Action Center, Portsmouth, NH

www.handsonnetwork.org

603-436-5554 ext. 136

Retired Senior Volunteer Program (RSVP)

www.friendsprogram.org/rsvp.php

603-373-6144

Senior Companion Program-Statewide

Concord, NH

www.bm-cap.org

603-225-3295

Volunteer Match

www.volunteermatch.org

VolunteerNH

www.volunteernh.org

Local Derry Volunteer Opportunities

Contact: Derry Public Library

Derry, NH

603-432-6140

Go to the Resource Kiosk or speak to Shelly at the Reference Desk