

Information & Referral Services Guide – Update: 4-25-2023

Sandi Brownell - Advocate Services Intake Specialist will provide updates as needed. Please e-mail Sandi (sandagale@tds.net) with any new information. For access to a more comprehensive list Log-in to “Airtable.com” Then select “Partners” tab.

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Advocate

211 New Hampshire

Call: 211 211nh@211nh.org www.211nh.org

PO Box 211 Manchester, NH 03105

New Hampshire's first statewide, comprehensive, information and referral service.

HOMELESS needing housing should call 2-1-1 first

Community Action Program (CAP) – BELKNAP, MERRIMACK Counties, Inc. (Concord)

(603) 225-3295 regional office <https://www.bm-cap.org/>

2 Industrial Park Dr #2, Concord, NH 03301

Housing, food, clothing, senior programs, transportation, payment of back rent or mortgages, payment of utilities, wood, fuel

Freeman Toth oversees 8 programs including housing and homelessness. Freemantoth@bm-cap.org 603-856-9104

Cindy Yanski oversees the Rural Transportation Service for seniors 60+ and handicapped individuals.

cyanski@bm-cap.org 603-255-3295;1210 <https://www.bm-cap.org/rural-transportation-rts>

Warner Connects NH Food Pantry and Community Resource Center

603-456-2053 warnerconnectsinfo@gmail.com

Facebook page: "Warner Connects NH Food Pantry and Community Resource Center"

49 W. Main Street, Warner, NH 03278

Provides multiple services associated with hardship including (but not limited to) food, nutritional education, fuel, warm clothing, school supplies and diapers etc.

Towns that are serviced by Warner Connects include: Andover, Bradford, Contoocook, Danbury, Henniker, Hill, Hopkinton, Newbury, New London, Salisbury, Sutton, Warner, Webster, Wilmot.

Advocate

Merrimack County, NH Human Services

163 North Main Street, Concord, NH 03301, (603) 225-5445

Send program questions to Nicole Keaton: nkeaton@mcadp.net; 603-796-6887

Merrimack County Navigator Program

Please let clients know before sending referrals. Answer the questions below and send to: referrals@mchumanservices.net

Or complete referral form available online KNPNH.org , then select “Resources” then select “Advocate Resources.”

The County Navigators work with community members who are in need of assistance working through social service systems.

Navigators work to empower clients and help them identify and organize their support network.

Objectives

Who to Refer

Provide comprehensive case management to clients referred.	Families in need of support Elderly in need of support
Assist clients in identifying and organizing their support systems in the community.	Those unhoused or at risk of homelessness
Support client s in the development of long term service relationships.	Victims of Trauma or Abuse Those with Developmental Disabilities
Educate clients on how and when to ask for assistance.	Those in need of services related to substance use disorder

Bill Payment Assistance – Welfare Offices

All Town Welfare Offices offer the following: "Emergency help" to pay bills that might be overwhelming an individual or family, including: rent, mortgage, phone minutes, fuel, propane, burial expenses and the like.

Andover Town Welfare Office

Marge Roy 603-735-5332 ext. 107 tadmin@andover-nh.gov
PO Box 61 Andover, NH 03216

<https://www.andover-nh.gov/>

Bradford Town Welfare Office

Cheryl Frey (603) 938-5900 administrator@bradfordnh.org
134 East Main Street, Bradford, NH 03221

<https://www.bradfordnh.org/>

Claremont Town Welfare Office

Suzanne Carr 603-542-7007 scarr@claremontnh.com
58 Opera House Square, Claremont, NH 03743

<https://www.claremontnh.com/department-landing>

Danbury Town Welfare Office

Jessica Hatch 603.768.3313 (Selectman's Office) danbury_selectmen@comcast.net
<https://www.townofdanburynh.com/>
23 High Street, Danbury, NH 03230

Bill Payment Assistance – Welfare Offices

Enfield Town Welfare Office

Diane Heed 603) 632-4605 <https://www.enfield.nh.us/human-services-department>

23 Main Street, Enfield, NH 03748

Advice:

Grafton Town Welfare Office

603-523-7140 <https://www.townofgraftonnh.com/town%20officials>

PO Box 299, Grafton, NH 03240

Advice:

New London Town Welfare Office

Celeste Cook, Welfare Officer 603 526-4821 office@nl-nh.com <https://www.nl-nh.com/>

375 Main Street, New London, NH 03257

Advice:

Newbury Town Welfare Office

Gail Bostic 603-763-4940 x 219 Grammypop@tds.net <https://www.newburynh.org/>

PO Box 296, 937 US Rte 103 Newbury, NH 03255

Advice:

Bill Payment Assistance – Welfare Offices

Newport Town Welfare Office

Sandra Hale 603-863-4765 <https://www.newportnh.gov/>

15 Sunapee St. Newport, NH 03773

Advice:

Salisbury Town Welfare Office

April Rollins 603-648-6320 salisburyadmin@tds.net <https://www.salisburynh.org/>

9 Old Coach Road, Salisbury, NH 03268

Advice:

Springfield Town Welfare Office

Laura Patten (603) 763-4805 ap@millerautogroup.com <https://www.springfieldnh.org/town-offices>

PO Box 22, Springfield, NH 03284

Advice:

Sunapee Town Welfare Office

Laura Trow (603) 763-2212 Welfare@town.sunapee.nh.us <https://www.town.sunapee.nh.us/welfare>

23 Edgemont Road, Sunapee, NH 03782

Advice: **Wed. 9-12 or by appointment**

For information on all services available in NH call 211

Bill Payment Assistance – Welfare Offices

Sutton Town Welfare Office

Alison Jones, Welfare Officer (603) 927-2400 townadmin@sutton-nh.org

<https://www.sutton-nh.org/town-department/welfare-office/>

93 Main Street, Sutton Mills, NH 03221

Advice:

Warner Town Welfare Office

Elizabeth Labbe 603-456-2298 x1 cell 603-748-5182 welfare@warner.nh.us

<https://warner.nh.us/departments/welfare/>

5 East Main Street, PO Box 265, Warner, NH 03278

Advice:

Wilmot Town Welfare Office

Alison Mastin, Welfare Officer 603-568-2607 amastin@gmail.com <https://www.wilmotnh.org/departments/welfare/>

PO Box 72, Wilmot, NH 03287

Advice: ***Client must fill out welfare application and if refused must be given a written reason why.***

NH problems with local welfare call Legal Assistance 603 223-9750 or 800 921-1115 press #4

Car, Repairs, Transportation

Community Action Program (CAP) – BELKNAP, MERRIMACK Counties, Inc. (Concord)

Cindy Yanski Mobility Manager cyanski@capbm.org 603-1989 X 1210 or cell 603-892-5676

Income eligible applicants can apply for transportation services.

Kearsarge Neighborhood Partners & Kearsarge Regional Ecumenical Ministry (KREM)

Kars4Kearsarge(K4K) Application

Sandi Brownell- Intake Specialist 603-317-5900 X 3

The K4K program offers income eligible Neighbors a free used vehicle that is in good repair, typically valued from \$5,000-\$8,000. K4K may offer money for major auto repairs of vehicles owned by the applicant instead of money to purchase a vehicle. Applicants must provide documents, receipts for all income, expenses and debt and budget form as required for the K4K Application and consider accepting the assistance offered by Advocate services in budgeting and enhancing money management habits.

Advice: Sandi Brownell – Intake Specialist submits intake discussion with Neighbor. Then she and Tom Rousseau – Advocate Chairperson discusses Neighbor qualifications for Advocate Program and applying for K4K service. If they determine the Neighbor is accepted into Advocate Services Tom Rousseau is assigned to assist all Neighbors with the K4K application including reviewing documentation of Neighbors' income, expenses and liabilities. Once K4K application is complete the Neighbor will submit their application to the K4K Committee coordinator Becky Rockwell.

KREM - Kearsarge Regional Ecumenical Ministry

Neighbors may leave a voicemail for KREM at Federated Baptist Church, New London – Kit Ross 1-603-526-6511 X 1. Call on Monday thru Thursday 8:30 -3:30 and Fridays 8AM to noon. Your request then will be forwarded to a KREM representative who will contact the neighbor.

<http://www.nhkrem.org> PO Box 1465, New London, NH 03257

Advice: Can pay for minor car repairs, auto fuel, home heating fuels: propane or oil; other utilities: phone, phone minutes, internet & electric. If a neighbor has previously received KREM funds, the neighbor should ask if they have been allocated their entire "Annual Allotment."

Cell Phone Assistance

KREM - Kearsarge Regional Ecumenical Ministry

Neighbors may leave a voicemail for KREM at Federated Baptist Church, New London – Kit Ross 1-603-526-6511 X 1. Call on Monday thru Thursday 8:30 -3:30 and Fridays 8AM to noon. Your request then will be forwarded to a KREM representative who will contact the neighbor.

<http://www.nhkrem.org> PO Box 1465, New London, NH 03257

Advice: Can pay for minor car repairs, auto fuel, home heating fuels: propane or oil; other utilities: phone, phone minutes, internet & electric. If a neighbor has previously received KREM funds, the neighbor should ask if they have been allocated their entire “Annual Allotment.”

KREM does not pay for rent, security deposit or mortgage.

Loaves and Fishes

1-800-978-6395 parishoffice@olfic.org

<https://www.olfic.org/aboutus/mission.html><https://www.olfic.org/committees/loaves-and-fishes-outreach-committee/>

724 Main Street, New London, NH 03257

Advice: May pay for 1)Utilities: home heating fuel/electricity/phone; 2) Short term food and clothing needs; 3) Other requests on a case-by-case basis; 4) Information and/or referrals.

Child Services

Child Protective Services

(603) 271-4451 800-894-5533 603-271-6562 <https://www.dhhs.nh.gov/dcyf>
 129 Pleasant Street, Concord, NH 03301

Prevention. Child Protection. Juvenile Justice. Adolescents. Foster Care. Adoption.

Advice: *Call if you know the child or children are in danger or being neglected. Only serious cases as they can remove the children from their home and parents.*

Community Action Program (CAP) – BELKNAP, MERRIMACK Counties, Inc. (Concord)

(603) 225-3295 regional office [www https://www.capbm.org/](http://www.capbm.org/)

2 Industrial Park Dr #2, Concord, NH 03301

Housing, food, clothing, senior programs, transportation, payment of back rent or mortgages, payment of utilities, wood, fuel. **SNAP application (food stamps) online at [www. http: NHeasy.nh.gov](http://www.NHeasy.nh.gov)** search for form #800 or renew 800R or call 800 322-9191 Other state resources are available on NH Easy call 211.

Freeman Toth oversees 8 programs including housing and homelessness.

Freemantoth@bm-cap.org 603-856-9104

Cindy Yanski oversees the Rural Transportation Service for seniors 60+ and handicapped individuals.

canski@bm-cap.org 603-255-3295 X 1210 <https://www.bm-cap.org/rural-transportation-rts>

Advice: Applications for a fuel credit throughout the heating season and a percentage discount on the electric bill. Fastest way to apply is online.

Clothing - Resources

Andover Service Club Thrift Shop

(603) 735-5269 26 School Street, Andover 03216

Great thrift store with wonderful people and great finds! Funky hours so be sure to take a picture of the sign on the door when you go for future!

Advice:

Community Action Program (CAP) - BELKNAP MERRIMACK Counties, Inc. (Concord)

<https://www.capbm.org/>

(603) 225-3295 2 Industrial Park Dr #2, Concord, NH 03301

Housing, food, clothing, senior programs, transportation, payment of back rent or mortgages, payment of utilities, wood, fuel

Advice:

Golightly Consignment Boutique

<https://www.golightlyconsignment.com/>

(603) 526-8200 255 Newport Road, New London, NH 03257

Clothing and accessories for women and men on a budget.

Advice: The Haven White River Jct Upper Valley shelter, food pantry, soup kitchen. 802 295-6500

Clothing

Listen Center

<http://www.listencs.org/lebanon>

(603) 448-4553 387 Miracle Mile Lebanon NH 03766

Community Dinners, Food Pantry, Heating Help, Camp Scholarships, Housing Help, Holiday Baskets, Thrift Store

Advice:

St. Andrews Thrift Shop

<https://www.standrewsnl.org/thrift-shop.html>

(603) 526-6590 52 Gould Road, New London, NH 03257

Seasonal clothing and shoes for men, and women and some household items resold at very low prices

Advice:

Switchback Consignment

Erica McCullough 603-877-0333 erica_mccullough@hotmail.com <https://www.facebook.com/switchbackconsignment/>

428 Main Street New LondonNH 03257

Women's, men's, and kid's clothing and shoes as well as winter sports gear and shoes and accessories!

Advice:

Clothing

The Repeat Boutique

Suzy Raymond (603) 748-4172 (cell)

718 Main St. Andover, NH 03216

A cozy consignment shop for the whole family. Located inside the Andover, NH Circle K / IRVING store. They take Cash, Checks and Debit/Credit and now Venmo.

KNP has an account there. The store owner has a policy regarding how a neighbor can use the KNP store credit. Before sending someone to the store check with Sandi Brownell – Advocate Services Intake Specialist.

Advice:

Warner Connects NH Food Pantry and Community Resource Center

603-456-2053 warnerconnectsinfo@gmail.com

49 W. Main Street, Warner, NH 03278

Towns that are serviced by Warner Connects include: Andover, Bradford, Contoocook, Danbury, Henniker, Hill, Hopkinton, Newbury, New London, Salisbury, Sutton, Warner, Webster, Wilmot.

Advice:

Clothing

Wish List NH

Lorelle Foulds (KCPC) Roberta Hollinger

(603) 526-4800 wishlistnh@gmail.com

<https://www.kcpcnlh.com/missions-wish-list-nh.html>

82 King Hill Road, New London, NH 03257

Wish List NH is an ecumenical, community outreach to match severely needy families with the extra clothes, shoes, and gear we all have lying around.

Advice:

Dental

Dental Life Line

For people with disabilities, the elderly or the medically fragile. For people who cannot afford treatment or get public aid.

Contact Kathleen Donovan DDS Coordinator 603 826-6408 or email kdonovan@dentallifeline.org

Dentists for low income:

Bristol Mid State Health Center 100 Robie Road 603 744-6200

Concord: Dental Hygiene Clinic at NH Tech 31 College Dr 603 230-4023

Laconia: Dental Resource Center 29 Elliot St 603 527-7112

There are other dentist so use Dental Life Line phone or email or call 211

Domestic Violence

Child Protective Services

(603) 271-4451 800-894-5533 603-271-6562 <https://www.dhhs.nh.gov/dcyf>
129 Pleasant Street, Concord, NH 03301

Prevention. Child Protection. Juvenile Justice. Adolescents. Foster Care. Adoption.

Advice:

Crisis Center of New Hampshire

(603) 225-7376 24 Hour Crisis Line 1-866-841-6229 <https://cccnh.org/>
79 S State St., Concord, NH 03301

Emergency Shelter. Hospital Accompaniment. Court Advocacy. Education and Outreach

Advice:

Turning Points Network / Claremont

1-800-639-3130 or send text to (603) 506-6553 info@turningpointsnetwork.org
<https://www.turningpointsnetwork.org/>

11 School Street, Claremont NH 03743

24 Hour crisis and support line. Emergency shelter and safe home network. Peer support counseling. Support groups.

Advocacy with courts, legal, medical and social service agencies.

Advice:

Food

Supplemental Nutrition Assistance Program (SNAP, Food Stamps) Electronic Benefits Transfer (EBT Card)

SNAP application online at [www. http: NHeasy.nh.gov](http://www.NHeasy.nh.gov) search for form #800 or renew 800R or call 800 322-9191.

SNAP Application assistance: call Jennifer Lenox -SNAP Coordinator 603-669-9725 X 1147 at NH Food Bank.

(www.NHFOODBANK.org/SNAP) She will assist those eligible to complete the online SNAP application. The final step is for the applicant to mail the required documents.

Shop for fresh fruits & veggies at participating retail locations. At Kearsarge Cooperative Grocer, New London, ask the cashier for “Double Up Food Bucks.” Swipe your EBT Card for 50% off fruits & veggies. Get up to \$20 off per day! EBT accepted at some farmers markets. **EBT Locations in Merrimack County** <http://granitestatemarketmatch.org/locations/> : Kearsarge Cooperative Grocer – New London (Double Up NH), Concord Farmers’ Market, Concord Food Coop (Double Up NH) Contoocook Farmers’ Market, Franklin Farmers’ Market, Henniker Community Market, Johnson Golden Harvest Sully’s Superette Allenstown (Double Up NH), Sweet Beet Market – Bradford, Warner Public Market, Wilmot Farmers’ Market.

Kearsarge Kares Backpack Program , Provides extra food for the weekend for children.

Amy Holobowicz aholobowicz@kearsarge.org

<https://www.kearsarge.org/middle-school/middle-school-health-office/pages/kearsarge-kares-friday-food-backpacks>

Kearsarge Lake Sunapee Food Pantry

Marilyn Paradis, Clara Sheehan 603-526-6511 <https://www.kcpcnlnh.com/mission-kls-food-pantry.html>

461 Main Street, New London, NH 03257

Food available to residents of Andover, Bradford, Danbury, New London, Newbury, Salisbury, Springfield, Sunapee, Sutton, Warner and Wilmot ***Open Wed. 5:30 - 7pm Sat.10:00 am – 11:30 am. You may go once a week or more often if really in need. If you cannot get there call and they will help get you the food you need.***

Danbury Food Pantry Kendra 603 768-3424

Hours Tues. 9:30- 12 pm Thurs. 4-6

Serve Wilmot, Danbury and Grafton.

Food

Warner Connects NH Food Pantry and Community Resource Center

603-456-2053

warnerconnectsinfo@gmail.com

Facebook page: "Warner Connects NH Food Pantry and Community Resource Center"

www.ampleharvest.org

49 W. Main Street, Warner, NH 0327

Provides Open for food distribution one day a week - Tuesdays from 10AM -2PM

Towns that are serviced by Warner Connects include: Andover, Bradford, Contoocook, Danbury, Henniker, Hill, Hopkinton, Newbury, New London, Salisbury, Sutton, Warner, Webster, Wilmot.

Delivery can be set up for those who cannot get to the pantry on Mon thru Fri.

Sweet Beet Market & Café - COMMUNITY FREE-FRIDGE and SNAP/EBT

1-603-938-5323

11 W. Main Street, Bradford, NH 03221

<https://www.kearsargefoodhub.org/food-security>

On the porch of Sweet Beet Market & Café. Kearsarge Food Hub opened the community "FREEEdge" (a free fridge / pantry).

It provides *24/7, no-questions-asked food access* for our community. We work closely with the Bradford Food Pantry and town social workers to ensure that it is stocked with what our neighbors need. Currently we stock it three times per week with fresh produce, meat & eggs, pantry items, and prepared meals from Sweet Beet Café.

Fuel & Electricity

Eversource

<https://www.eversource.com/content/nh/residential/account-billing/manage-bill/about-your-bill/new-hampshire-energy-supply-increase>

The State of New Hampshire is Providing Energy Relief Assistance to Customers that Need it Most
Eversource and the State of New Hampshire recognize the significant financial burden of the high cost of energy. To help, the State of New Hampshire is providing assistance through two programs administered by the Department of Energy through the Community Action Agencies (CAAs):

- A one-time credit of \$450 in heating assistance for households with incomes between 60% and 75% of the state median income.
- A one-time credit of \$200 on the electric bills of households with incomes between 60% and 75% of the state median income.

In addition, the state has added funds to support the existing electric assistance program (EAP) for households with incomes below 60% of the state median income. *You must apply to receive the heating assistance and electric bill credit through your local Community Action Agency by April 30, 2023.*

Contact Concord Community Action Program (603) 225-3295 regional office [www https://www.capbm.org/](https://www.capbm.org/)
to learn more about or to apply for the heating assistance credit, electric bill credit and the electric assistance program (EAP).
(603) 225-3295 regional office <https://www.capbm.org/>

*Applications for a fuel credit throughout the heating season and a percentage discount on the electric bill.
Fastest way to apply is online.*

Fuel & Electricity

Kearsarge Neighborhood Partners

Beth Greenawalt 603-317-5900 X 1, www.KNPNH.org info@knpnh.org

Wood Delivery, Cash assistance for home heating fuel and electricity.

KREM - Kearsarge Regional Ecumenical Ministry

Neighbors may leave a voicemail for KREM at Federated Baptist Church, New London – Kit Ross 1-603-526-6511 X 1. Call on Monday thru Thursday 8:30 -3:30 and Fridays 8AM to noon. Your request then will be forwarded to a KREM representative who will contact the neighbor.

<http://www.nhkrem.org> PO Box 1465, New London, NH 03257

Advice: Can pay for minor car repairs, auto fuel, home heating fuels: propane or oil; other utilities: phone, phone minutes, internet & electric. If a neighbor has previously received KREM funds, the neighbor should ask if they have been allocated their entire “Annual Allotment.”

Loaves and Fishes

1-800-978-6395 parishoffice@olfic.org

<https://www.olfic.org/aboutus/mission.html><https://www.olfic.org/committees/loaves-and-fishes-outreach-committee/>

724 Main Street, New London, NH 03257

Advice: May pay for 1)Utilities: home heating fuel/electricity/phone; 2) Short term food and clothing needs; 3) Other requests on a case-by-case basis; 4) Information and/or referrals.

Affordable Connectivity Program (ACP). You may qualify for a **monthly discount on a new or existing internet service plan**

You may also qualify for a one-time device discount of up to \$100, to buy a laptop, desktop computer, or tablet from participating providers. [Do I Qualify?](#)

To apply, visit AffordableConnectivity.gov or call 1-877-384-2575 to request an application. Once your application is approved, you can contact a [participating internet service provider](#) to start receiving your monthly discount. Only one monthly service discount and one device discount is allowed per household.

Furniture

Golightly Consignment Boutique

(603) 526-8200 <https://www.golightlyconsignment.com/>

255 Newport Road, New London, NH 03257

Clothing and accessories for women and men on a budget.

Clothing (Free or Inexpensive), Furniture

Advice:

Kearsarge Community Presbyterian Church

Pastor Kurt Shaffert admin: Maria Barnard

(603) 526-4800 officem@tds.net <https://www.kcpcnlh.com/> pastorkurtvt@gmail.com

82 King Hill Road, New London, NH 03257

Ask to be transferred to the "Wish List" when you call.

Furniture. They also have their own wood ministry.

Advice:

VNA Renaissance Shop

(603) 526-6711 107 Newport Road, New London, NH 03257

Reasonable used furniture, rugs, and dishes - all sales benefit the VNA

Advice:

Housing (Temporary)

211 New Hampshire

Call: 211 211nh@211nh.org www.211nh.org

PO Box 211, Manchester, NH 03105

Community Action Program (CAP) - BELKNAP MERRIMACK Counties, Inc. (Concord)

<https://www.bm-cap.org/>

2 Industrial Park Dr #2, Concord, NH 03301

Housing, food, clothing, senior programs, transportation, payment of back rent or mortgages, payment of utilities, wood, fuel
New Hampshire's first statewide, comprehensive, information and referral service.

HOMELESS needing housing should call 2-1-1 first

Freeman Toth oversees 8 programs including housing and homelessness. Freemantoth@bm-cap.org 603-856-9104

Housing (Temporary)

Friends Emergency Housing

603-228-1462 www.friendsprogram.org
30 Thompson St. Concord, NH 03301

<https://friendsprogram.org/emergency-housing>

Homeshare Vermont

Margaret Cicchetti, President

(802) 863-5625 info@homesharevermont.org
412 Farrell Street, Suite 300, South Burlington, VT 05403

<https://www.homesharevermont.org/>

Lake Inn

Cindy or Steve / Owners (603) 763-2701
info@lakeinnsunapee.com <https://lakeinnsunapee.com/>
1349 New Hampshire Rte 103, Newbury, NH 03255

Lamplighter Motor Inn

(603) 526-6484 34 Newport Rd., New London, NH 03257

Senior Services

211 New Hampshire

Call: 211 www.211nh.org 211nh@211nh.org

PO Box 211, Manchester, NH 03105 New Hampshire's first statewide, comprehensive, information and referral service.

HOMELESS needing housing should call 2-1-1 first

Adult Protective Services

(800) 949-0470 or (603) 271-7014 <https://www.dhhs.nh.gov/dcbcs/beas/adultprotection.htm>

129 Pleasant Street, Concord, NH 03301603

Legal Aid provides free civil legal help to low-income people and does not charge clients for legal services.

Chapin Center Council on Aging (COA)

603-526-6368 <http://coachapincenter.org/>

37 Pleasant Street, New London, NH 03257 Transportation, Community Lunches, Mobility Equipment, Foot care, Blood

Pressure, Flu Shots, Long Term Planning for folks over 50 years old

Senior Services

Community Action Program (CAP) - BELKNAP MERRIMACK Counties, Inc. (Concord)

<https://www.bm-cap.org/>

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New Hampshire's first statewide, comprehensive, information and referral service.

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Freeman Toth oversees 8 programs including housing and homelessness. Freemantoth@bm-cap.org 603-856-9104

Cindy Yanski oversees the Rural Transportation Service for seniors 60+ and handicapped individuals.

cyanski@bm-cap.org 603-255-3295 X 1210 <https://www.bm-cap.org/rural-transportation-rts>

(603) 225-3295 Regional Office Warner 603-456-2207

Advice:

Lake Sunapee Region VNA & Hospice

603-526-4077 <https://lakesunapeevna.org/>

107 Newport Road, PO Box 2209 New London, NH 03257 Services include home health care (such as nursing, rehabilitation, aides), hospice, palliative care, private care services, various community clinics (such as flu shots), bereavement support.

Advice:

ServiceLink

(603) 228-6625 <https://www.servicelink.nh.gov/locator/concord.htm> info@mcservicelink.org

2 Industrial Park Dr., Concord, NH 03301 Staff can assist and connect you to services and supports such as Medicare, Medicaid and Long Term supports and services, Veteran's services and supports, caregiver support and the Affordable Care Act.

Advice:

Veterans Services

Financial assistance: Sally Asher 603 877-0051 help with getting the proper Veterans benefits.

Housing help: Manchester Liberty House for single veterans <https://libertyhousenh.org/>
221 Orange St. Manchester 603 669-0761

Homeless Veterans National Call Center for Homeless Veterans 877 424-3838

Veterans help adjusting: NH Easter Seals Veteran Court 603 315-4354.

Terry Williams 603 402-0193 Veterans Assistance for Sullivan County and info for Merrimack.

Legal and Tax Aid: 603 224-3333 or 800 639-5290 Tax assistance Barbara Heggie Ext. 215

Vision Services

Andover Lions Club

Andover NH Virginia Edwards, Secretary John Hanscom, President
603-768-3443, 603 748 0944 VDGvirginia@yahoo.com e-clubhouse.org/sites/andover

Sight and hearing services; other local aid. Virginia is the Vice District Governor for District 44N of Lions in the state of NH as well. Andover, Danbury, Salisbury, & Wilmot

Sunapee Lions Club

Sunapee, NH (603) 667-8923 <http://sunapeelions.com/>

Eye exams / free glasses for needy, Camp for the Disabled and Special Needs, College Scholarships, Reading Programs, Gift certificates at holidays for needy, health vision and hearing screening for all ages, Camp for disadvantaged boys.