

## **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](mailto: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](http://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](http://www.salemcare.org)

603-898-2850

Coverage Area: Atkinson, Pelham, Plaistow, Salem

#### **The Friends Interfaith Caregivers Program**

Concord, NH

[www.friendsprogram.org](http://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](http://www.sarahcarehampstead.com)

603-329-4401

**Silverthorne Adult Day Center**

Salem, NH

[www.silverthorneadultday.org](http://www.silverthorneadultday.org)

603-893-4799

**Vintage Grace**

Derry, NH

[www.vintagegraceonline.com](http://www.vintagegraceonline.com)

603-425-6339

**ELDER ABUSE & NEGLECT**

**Bureau of Elderly and Adult Services (BEAS)**

[www.dhhs.nh.gov/dcbcs/beas/index.htm](http://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](http://www.catholiccharitiesnh.org)

893-1971

**FOOD**

**Angel Ministries @ LifeWay Community Church**

Derry, NH

[www.angelfoodministries.com](http://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](http://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](http://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](http://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](http://www.medicare.gov)

1-800-633-4227

### **SHIP (State Health Insurance Assistance Program)**

[www.servicelink.org](http://www.servicelink.org)

866-634-9412

## **HOME HEALTH CARE/HOMEMAKER AGENCIES**

### **Amedisys Home Health Care**

Londonderry, NH

[www.amedisys.com](http://www.amedisys.com)

603-437-9443

### **Comfort Keepers**

Hudson/Nashua/Manchester, NH

[www.comfortkeepers.com](http://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](http://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](http://www.communityhousecalls.com)

603-887-7878

**HOSPITALS**

**Parkland Medical Center**

Derry, NH

[www.parklandmedicalcenter.com](http://www.parklandmedicalcenter.com)

603-432-1500

**Elliott Hospital**

Manchester, NH

[www.elliotohospital.org](http://www.elliotohospital.org)

603-669-5300

**Catholic Medical Center**

Manchester, NH

[www.catholicmedicalcenter.org](http://www.catholicmedicalcenter.org)

603-668-3545

**Manchester VA Medical Center**

Manchester, NH

[www.manchester.va.gov](http://www.manchester.va.gov)

603-624-4366

**Hampstead Hospital**  
Hampstead, NH  
[www.hampsteadhospital.com](http://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](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](http://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](http://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](http://www.alz.org)

603-606-6590

### **American Cancer Society**

Bedford, NH

[www.cancer.org](http://www.cancer.org)

800-472-8899

### **American Diabetes Association**

Alexandria, VA

[www.diabetes.org](http://www.diabetes.org)

800-232-6455

### **American Heart Association**

Manchester, NH

[www.heart.org](http://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](http://www.mdausa.org)

Concord, NH

603-225-3304

**Northeast Rehab Spinal Cord Injury and Illness Support**

Salem, NH

[www.northeastrehab.com](http://www.northeastrehab.com)

603-681-3212

**National Stroke Association**

Dallas, TX

[www.stroke.org](http://www.stroke.org)

1-800-STROKES

**National Parkinson Foundation**

Miami, FL

[www.parkinson.org](http://www.parkinson.org)

1-800-473-4636

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

[www.medicare.gov](http://www.medicare.gov)

*Click on Facilities and Doctors*

**New Hampshire Health Care Association**

Pembroke, NH

[www.nhhca.org](http://www.nhhca.org)

603-226-4900

**OLDER WORKERS****National Able**

Manchester, NH

[www.nationalable.org](http://www.nationalable.org)

800-652-8808

## **ORGANIZATION/DOWNSIZING SERVICES**

**Jazz Personal Management, Lesley "Jazz" Barnette**  
Manchester, NH  
[www.jazzpersonalmanagement.com](http://www.jazzpersonalmanagement.com)  
603-625-5882

**Lifetime Estate Liquidations, Kathy Baldrige**  
Bedford, NH  
[www.lifetimeliquidations.com](http://www.lifetimeliquidations.com)  
603-493-4472

**Organizing Specialists and Senior Downsizing, Helene Y. Parenteau**  
[www.organizingspecialists.com](http://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](http://www.rcaction.org/index.php?page=personal-emergency)  
603-893-9172

**Lifeline**  
[www.lifelinesys.com](http://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](http://www.chesterseniors.org)  
603-887-5034

**Londonderry Senior Center**

Londonderry, NH

[http://www.londonderrynh.org/londonderry\\_003.htm](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](http://www.ssa.gov)

1-866-814-5408 local

1-800-772-1213 national

**TRANSPORTATION****CART**

[www.cart-rides.org](http://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](http://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](http://www.bianh.org)

603-225-8400

**Easter Seals**

Manchester, NH

[www.nh.easterseals.com](http://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](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](http://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](http://www.NHHpco.org)

603-415-4298

**ServiceLink Resource Center**

*See information above under "Client Services/Resources"*

**Strength for Caring**

[www.strengthforcaring.com](http://www.strengthforcaring.com)

**VOLUNTEER OPPORTUNITIES**

**Corporation for National and Community Service**

[www.nationalservice.gov](http://www.nationalservice.gov)

**Granite United Way**

Manchester, NH

[www.graniteuw.org](http://www.graniteuw.org)

603-625-6939

**Points of Light Foundation**

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

[www.handsonnetwork.org](http://www.handsonnetwork.org)

603-436-5554 ext. 136

**Retired Senior Volunteer Program (RSVP)**

[www.friendsprogram.org/rsvp.php](http://www.friendsprogram.org/rsvp.php)

603-373-6144

**Senior Companion Program-Statewide**

Concord, NH

[www.bm-cap.org](http://www.bm-cap.org)

603-225-3295

**Volunteer Match**

[www.volunteermatch.org](http://www.volunteermatch.org)

**VolunteerNH**

[www.volunteernh.org](http://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*