



# Southern New Hampshire Services

## 2023 Calendar

2022 Annual Report

### At Southern New Hampshire Services...

We faced the difficulties of a year filled with the unknown, holding our breaths while we held onto one another's hands both remotely and in person.

***We strived to:***

Be consistently accessible to those clients, new and known, who found themselves having to ask for help in a way they had never had to before.

Treat people with respect.

Our staff worked tirelessly to understand and anticipate our clients' needs in a quickly changing world, and were ready to pivot at a moment's notice to keep clients and staff safe while providing services through our Whole Family Approach.

Engage and listen.

And we know that the people we serve are our most knowledgeable resource. We will only be effective if we successfully engage and listen as we work with them to address the issues that impact their lives.



### And We Always Live by The Promise of Community Action

Community Action changes people's lives, embodies the spirit of hope, improves communities, and makes America a better place to live. We care about the entire community and we are dedicated to helping people help themselves and each other.

# A Message from our Chief Executive Officer

## Donnalee Lozeau

2022 was a year of renewal and rebuilding as the world began to step back into face to face meetings, business meetings and even conferences where people were able to gather again. Southern New Hampshire Services (SNHS) kept step with the needs and the resources to meet them, and our clients stepped up in a big way and found success along the way.

All programs eased their way back to in-person services. Some are modified with new and improved processes making it easier for clients to access assistance remotely when necessary.

The calendar pages that follow will celebrate the successes that many of our clients and programs experienced in 2022. With jobs opening up, New Hampshire along with the rest of the country, struggled to find qualified job candidates. Many of SNHS's programs were on the front lines delivering services, trainings and encouraging participants to meet their goals of economic mobility through employment.

As you look through the calendar you will see many happy (maskless) faces celebrating their achievements. These individuals have taken the steps to be prepared for the workforce and confident of a bright future for themselves and their families. We are so grateful to be able to walk alongside so many on their way to success and share their accomplishments and joy.

The New Hampshire Emergency Rental Assistance Program continued in 2022 for thousands of New Hampshire renters. All five New Hampshire Community Action agencies secured rental assistance for those impacted by the pandemic and at risk of losing housing. A quick glance at the list and graph of funding will give a good picture of the magnitude of this program. It was huge undertaking to implement the process and staffing to deliver the millions of dollars of support to the thousands of individuals and families in the SNHS service area. I would extend sincere thanks to all of those staff that stepped up or stepped back to enable us to deliver this level of service at a very critical time.

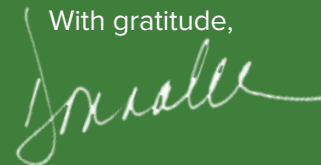
This year we were also able to complete our strategic goal of making our 160 Silver St facility strictly child care services, this increased safety for our families and made a significant difference in the ability of the staff to work across our child care services most effectively. This physical change also supports our Whole Family Approach.

The Board of Directors and Management Team cannot be more appreciative of the steps taken to maintain and improve service delivery across all programs. The behind the scenes staff were just as busy preparing the way for the necessary modifications to facilities and electronic processes.

As you look through the 2023 calendar pages be reminded that Southern New Hampshire Services is dedicated to continuing the journey with our clients, partners and funders to live up to the Promise of Community Action by helping people help themselves and each other.

While we wrap up 2022 we are excited for the opportunities to come in 2023!

With gratitude,



Donnalee



# Focusing on the “Unity” in in Community Action

## SNHS FUNDING/VALUE OF SERVICES BY PROGRAM 2021-2022

### HILLSBOROUGH COUNTY

Child and Adult Care Food Program	\$114,109
Child Care Aware of NH	\$736,365
Child Care	\$1,042,735
Commodity Supplemental Food Program	\$247,618
Community Gardens	\$20,000
Early Head Start	\$2,152,433
Senior Housing	\$7,999,697
Electrical Assistance Program	\$3,803,418
Emergency Energy Programs	\$215,763
English for New Americans	\$184,264
Fuel Assistance	\$7,623,901
Head Start	\$5,362,824
Homelessness Prevention	\$77,733,214
Summer Food Service Program	\$133,168
Supportive Housing for the Homeless	\$557,466
Volunteer Services	\$214,592
Weatherization/Conservation Programs	\$1,241,474
Western Hillsborough County Family Services	\$74,007
WIC Nutrition Program	\$2,772,629
Workforce Development*	\$5,052,241

### ROCKINGHAM COUNTY

Adult Basic Education	\$169,063
Child and Adult Food Program	\$315,545
Child Care Aware of NH	\$270,000
Commodity Supplemental Food Program	\$71,597
Electrical Assistance Program	\$1,496,677
Emergency Energy Programs	\$113,933
Fuel Assistance	\$5,178,032
Head Start	\$975,059
Homelessness Prevention	\$22,646,903
Summer Food Service Program	\$11,287
Weatherization/Conservation Program	\$1,749,752
WIC Nutrition Program	\$879,415
Food Pantries	\$117,588

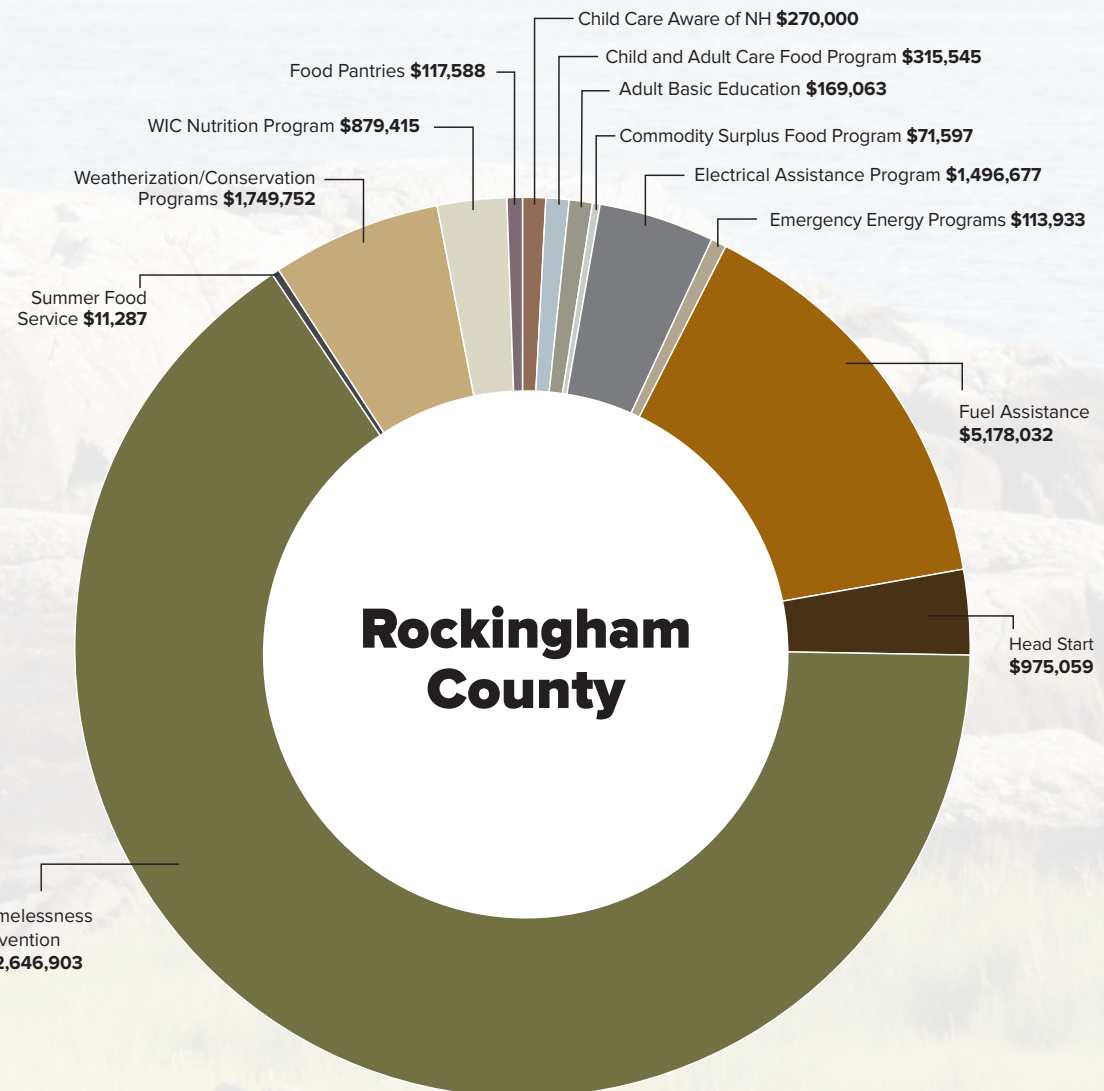
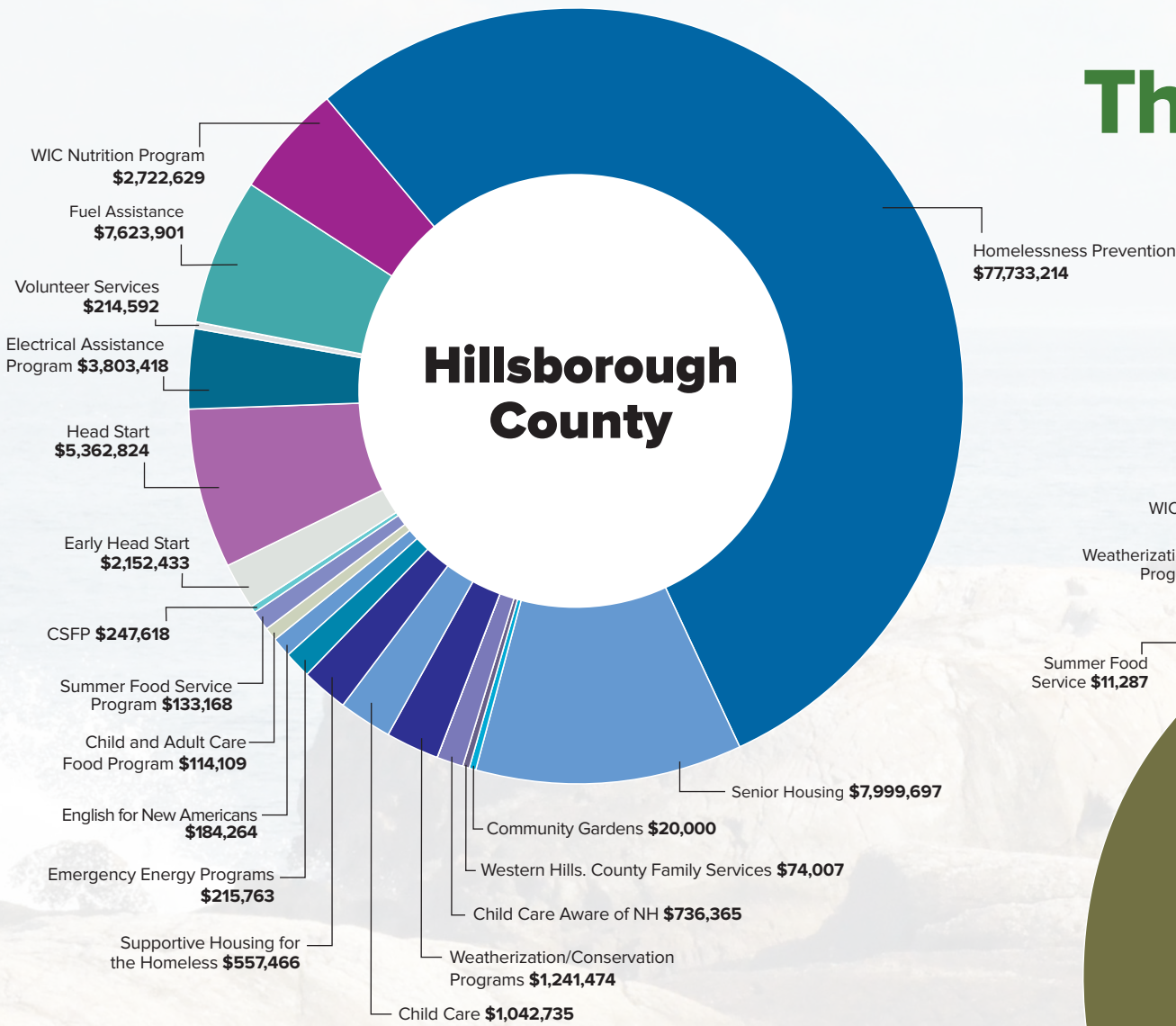
*“In these most difficult times, the community and those working to provide services have stayed together with many positive results. This could not have been accomplished without hard work and dedication from all involved. I applaud the agency for its commitment to getting things done.”*

*- Sen. Lou D’Allesandro, Board Chair*

\* This figure represents statewide funding.



# The Year in Numbers





# JANUARY 2023

DECEMBER 2022						
S	M	T	W	TH	F	S
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4	5	6	7	8	9	10
11	12	13	14	15	16	17
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FEBRUARY 2023						
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19	20	21	22	23	24	25
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SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
1  New Year's Day	2  New Year's Day Observed <b>SNHS Offices Closed</b>	3 CSFP Derry 9 Crystal Ave. 9:00-12:00	4	5 CSFP Raymond 55 Prescott Rd. 9:00-12:00	6 WIC early clinics in Manchester & Nashua starting at 7 am	7
8 WIC late clinic 11-7 Manchester & Nashua	9 AI Day WIC Offices Closed Staff Meeting Day	10 CSFP Nashua 134 Allds St. 8:30-4:30	11	12	13 CSFP Manchester 40 Pine St. 8:30-4:30	14
15	16  Martin Luther King, Jr. Day <b>SNHS Offices Closed</b>	17	18	19	20 WIC early clinics in Manchester & Nashua starting at 7 am  CSFP Nashua 134 Allds St. 8:30-4:30	21
22 WIC late clinic 11-7 Manchester & Nashua  CSFP Manchester 40 Pine St. 8:30-4:30	23	24	25	26 CSFP Seabrook Lafayette Road 9:00-12:00	27	28
29	30	31		<b>Bad Weather Procedures</b> • Listen to a local radio station: <b>WZID-95.7FM</b> ; and <b>WOKQ-97.5FM</b> . • <b>WMUR</b> : Cancellations are broadcast on <b>WMUR TV Channel 9</b> at <b>15 minutes to the hour</b> along with other business and government listings and listed on the <b>WMUR website: wmur.com</b> and <b>SNHS.org</b> <b>Decisions on cancellations are made by 5am.</b>		

CSFP: Commodity Supplemental Food Program

WIC: Women, Infants, and Children Program

# An Individualized Approach to Financial Wellness

## Helps Create Plans that Grow WITH you!

### Your Money in Action: Steps Toward Financial Stability

A greater grasp of financial capability can mean intentional goal setting, leading to a strong financial foundation for the future. SNHS offers Your Money In Action, a unique financial program that covers financial goal setting, budgeting, saving, debt resolution, improving credit scores and banking. The three-part course, delivered by Family Resource Specialists, is offered both in person and in group settings to fit your schedule. Hands on, and real time, opportunities allow participants the opportunity to put into practice what they've learned and to begin to apply the principles in their everyday lives.

## VOLUNTEER INCOME TAX ASSISTANCE (VITA)

The 46 year old program, first introduced by the Gerald R. Ford Administration in 1976, aims at securing Earned Income Tax Credit (EITC) dollars for eligible taxpayers. Since preparing the first tax return in 2007 our VITA program has put over \$10 million in the pockets of our participating clients. The VITA program, along with our Your Money in Action program, allows for clients to build a solid foundation for financial stability.

### *This financial program saved me!*

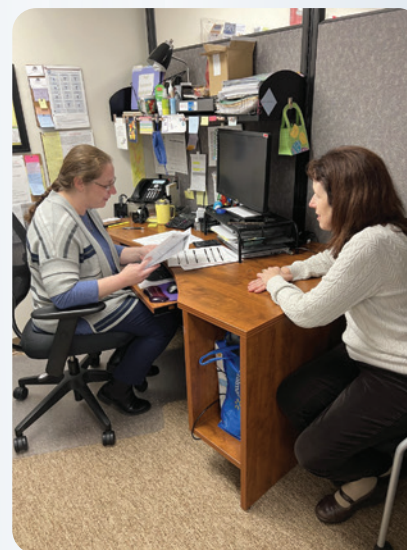
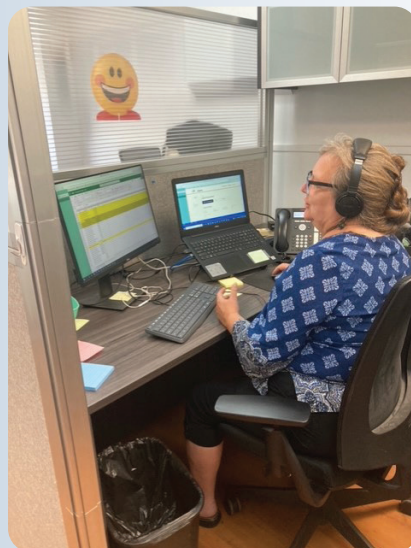
*I am a mother of three and a wife. Last year my husband broke both of his legs and hasn't been able to work, leaving all the financial burden on me alone. I was almost at my breaking point when SNHS reached back out to me. I was struggling to stay afloat and having this help made a huge difference in my life. I was even able to give my kids a good Christmas this year, something we haven't had in a few years. To see their faces light up because I was able to do something for them for a change, and not have to choose between a bill, food or gas, was incredible. Thank you from the bottom of my heart for the help that I received. Even just for a moment, having all the burden taken off my shoulders was more than I can have asked for." - SNHS client*

*I am so very grateful for SNHS! Our family went through some very trying and heartbreaking times during this Covid epidemic. We lost a beloved family member as we all came down with Covid. This loss significantly impacted us, not just emotionally, but financially. We would have lost our home for non-payment of housing expenses had it not been for SNHS. Thank you all so much for being a Godsend during this very difficult time!" - SNHS client*

## ASSURANCE 16 FUNDS

Allows SNHS staff to provide services that encourage and enable households to reduce their home energy needs, as well as to offer an increased education in budgeting that help to leverage the Fuel Assistance benefits received.

In FY22 **496** households received support through Assurance 16 with a value of **\$198,383.99**.



## DID YOU KNOW?

The Child Tax Credit (CTC) is a tax benefit that helps families with the costs of raising children. While the CTC has existed for over two decades, it was significantly expanded in 2021.

**This year, you can get up to \$3,600 per child under six and \$3,000 per child ages 6-17.** To get the Child Tax Credit (CTC) you have to file a tax return. To file a tax return for just the CTC you can use <https://www.getctc.org/>. To file a full tax return to claim the CTC and all other tax benefits you are eligible for you can use <https://www.getyourrefund.org/>.

Whether or not you received monthly CTC payments last year, and whether or not you filed taxes in the last few years or at all, filing a tax return this year is the right next step to get your CTC payments.





# FEBRUARY 2023

JANUARY 2023						
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MARCH 2023						
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SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
			CSFP Nashua 134 Allds St. 8:30-4:30	National Day of the Crepe	CSFP Manchester 40 Pine St. 8:30-4:30	
5	WIC late clinic 11-7 Manchester & Nashua	All WIC offices closed for Staff Day CSFP Derry 9 Crystal Ave. 9:00-12:00	CSFP Raymond 55 Prescott Rd. 9:00-12:00		WIC early clinics in Manchester & Nashua starting at 7 am	
12	WIC late clinic 11-7 Manchester & Nashua	Valentine's Day / National Organ Donor Day			Random Acts of Kindness Day	
19	Presidents' Day SNHS Offices Closed		CSFP Manchester 40 Pine St. 8:30-4:30		WIC early clinics in Manchester & Nashua starting at 7 am  CSFP Nashua 134 Allds St. 8:30-4:30	
26	WIC late clinic 11-7 Manchester & Nashua	CSFP Seabrook Lafayette Road 9-12		<b>Bad Weather Procedures</b> • Listen to a local radio station: <b>WZID-95.7FM</b> ; and <b>WOKQ-97.5FM</b> . • <b>WMUR</b> : Cancellations are broadcast on <b>WMUR TV Channel 9</b> at <b>15 minutes to the hour</b> along with other business and government listings and listed on the <b>WMUR website: wmur.com</b> and <b>SNHS.org</b> <b>Decisions on cancellations are made by 5am.</b>		

CSFP: Commodity Supplemental Food Program

WIC: Women, Infants, and Children Program

# SNHS Nutrition Programs Promoting Nutritional Health Today for a Stronger Tomorrow

SNHS is committed to providing nutritious food for individuals and families who find themselves facing financial hardship.

**The Emergency Food Assistance Program (TEFAP)** provides emergency food assistance at no cost to low-income families.

**The Women, Infants and Children (WIC) Program** provides nutritious foods, education, referrals and breastfeeding support to income eligible pregnant and post-partum women, infants and children under the age of 5. All of our nutritionists have at least a four year Bachelors in Science and Nutrition to support our families.

**The Commodity Supplemental Food Program (CSFP)** provides food resources to income eligible adults over the age of 60. SNHS has CSFP sites all throughout both Rockingham and Hillsborough Counties.

Multiple **food pantry** sites located in Rockingham County provide access to nutritional food as well as easy access to our other supportive programs. These food pantries are open at no cost to community members that need additional food resources.

**Gardening Plots, Community and Nutritional Veggies**  
The Community Gardens program is an initiative of SNHS and Hillsborough County to provide garden plots on county land located in Goffstown to interested individuals. Income eligible Hillsborough County residents are given priority to available plots and are provided a plot---free of charge! Benefits of the program include greater access to fresh fruits and vegetables, lower grocery bills, and an increased sense of community. Deadline to apply for your plot is April 15.



*It was such a pleasure to sink one's hands into the warm earth, to feel at one's fingertips the possibilities of the new season." - Kate Morton, The Forgotten Garden*



Dunkin' Donuts presents our **Seabrook Food Pantry** with our second donation through the Dunkin' Joy Foundation.



**NH Healthy Families** held a **Community Health Fair** at our 160 Silver Street location making available 200 food baskets.



*Fresh fruits and veggies provide more than a tasty addition to meals, they taste like summer and make us smile!"*

**- Senior Farmers Market customer**



*I'm grateful for the kindness of the food pantry staff. It's difficult not to feel embarrassed but they always make me feel respected." - Client*



*Thank you so much for bringing nutrition resources to the community! This has made getting information so much easier being able to get it in one place!"*

**- WIC client**

SNHS Food Pantry program was the recipient of a continuing donation from the **Haulin' 4 Hunger program**, an Advantage Truck Group food insecurity initiative.



**1,074** income eligible individuals over the age of 60 received nutritious foods through the Commodity Supplemental Food Program (CSFP)

WIC **6,408** participants served

**624** households received two weeks of food from our Rockingham Food Pantry Program



# MARCH 2023

FEBRUARY 2023						
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APRIL 2023						
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SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<p><b>Bad Weather Procedures</b></p> <ul style="list-style-type: none"> <li>• Listen to a local radio station: <b>WZID-95.7FM</b>; and <b>WOKQ-97.5FM</b>.</li> <li>• <b>WMUR</b>: Cancellations are broadcast on <b>WMUR TV Channel 9</b> at <b>15 minutes to the hour</b> along with other business and government listings and listed on the <b>WMUR website: wmur.com</b> and <b>SNHS.org</b></li> </ul> <p><b>Decisions on cancellations are made by 5am.</b></p>			<p>CSFP Manchester 40 Pine St. 8:30-4:30</p> <p>1</p>	<p>2</p>	<p>3</p>	<p>CSFP Nashua 134 Allds St. 8:30-4:30</p> <p>4</p>
<p>5</p>	<p>WIC late clinic 11-7 Manchester &amp; Nashua</p> <p>6</p>	<p>All WIC offices closed for Staff Day</p> <p>CSFP Derry 9 Crystal Ave. 9-12</p> <p>Alexander Graham Bell Day</p> <p>7</p>	<p>8</p>	<p>CSFP Raymond 55 Prescott Rd. 9-12</p> <p>9</p>	<p>WIC early clinics in Manchester &amp; Nashua starting at 7 am</p> <p>10</p>	<p>11</p>
<p>12</p>	<p>WIC late clinic 11-7 Manchester &amp; Nashua</p> <p>13</p>	<p>14</p>	<p>15</p>	<p>16</p>	<p>CSFP Nashua Allds St. 8:30-4:30</p> <p>Absolutely Incredible Kid Day/St. Patrick's Day</p> <p>17</p>	<p>18</p>
<p>19</p>	<p>WIC late clinic 11-7 Manchester &amp; Nashua</p> <p>20</p>	<p>21</p>	<p>22</p>	<p>CSFP Seabrook Lafayette Rd. 9-12</p> <p>National Puppy Day</p> <p>23</p>	<p>WIC early clinics in Manchester &amp; Nashua starting at 7 am</p> <p>CSFP Manchester 40 Pine St. 8:30-4:30</p> <p>24</p>	<p>25</p>
<p>26</p>	<p>WIC late clinic 11-7 Manchester &amp; Nashua</p> <p>27</p>	<p>28</p>	<p>29</p>	<p>30</p>	<p>31</p>	

CSFP: Commodity Supplemental Food Program

WIC: Women, Infants, and Children Program

# SNHS Elderly Supportive Housing

## Making a Difference in the Lives of Others

As one of New Hampshire's leading providers of housing to income eligible seniors, we are pleased to offer quality, affordable housing for the elderly throughout the state. Our residents are supported by our committed property managers, and together they create closely knit communities where you'll find picnics, time to gather and share, learning opportunities and so much more!



**Theresa Piotrowski**, resident at The Meadow at Northwood, enjoys the sunshine while showing off her raised garden.

2022 found our staff and residents showing off their smiles as gatherings made a comeback! Whether it was a pizza party, gathering (safely) together to share their day, or outside enjoying the fresh air, we all embraced this new normal.



Residents of **Ice Pond Village** enjoyed an afternoon of visiting, pizza and ice cream in the Community Room. They all responded with "Thank you for a GREAT pizza party"!

*L-R: Rita Bosse,  
Constance Toussaint,  
Maureen Pouliot,  
Susan Ackerman*

*L-R: Jeff Neal, Cindy Phillips, Kim Ladisheff and David Bouvier joined residents in enjoying some Holiday Cheer at Mayor Roland Roberge Manor*



Resident of Riverview Village, **Dean Martin**, and **guest Donna Libbey**, attend a Fisher Cats game in the VIP suite.

'Mungo the Mascot' made the day for all!



Funding from the U.S. Department of Housing and Urban Development Section 202 Supportive Housing Program, Low Income Housing Tax Credits (LIHTC), and New Hampshire Housing has enabled us to build and manage 29 elderly housing facilities which represent 894 apartments. The residents of these units pay 30% of their income for rent with the balance subsidized under HUD's Section 8 Rental Assistance Program. Heat and utilities are included in the rent. Call individual sites for more information.

### Ashland

**Common Man Commons**  
48 West Street.  
Ashland, NH 03217  
603-968-3063

### Bristol

**Riverview Village**  
780 Lake Street  
Bristol, NH 03222  
603-744-3627

### Campton

**Campton Mills**  
349 Owl Street  
Campton, NH 03223  
603-726-7093

### Deerfield

**Sherburne Woods**  
1 Upham Drive  
Deerfield, NH 03037  
603-621-7196

### Epping

**Whispering Pines I**  
70 Pleasant Street  
Epping, NH 03042  
603-679-2495

**Whispering Pines II**  
70 Pleasant Street  
Epping, NH 03042  
603-679-2495

### Greenfield

**Greenfield Commons**  
826 Forest Road  
Greenfield, NH 03047  
603-547-2361

### Greenville

**Ronald A. Philbrick Elderly Housing**  
54/56 Main Street  
Greenville, NH 03048  
603-878-3364

### Lancaster

**Ice Pond Village**  
13 Ice Pond Road  
Lancaster, NH 03584  
603-788-2285

### Manchester

**Sundance Village**  
1915 Front Street  
Manchester, NH 03102  
603-634-0033

**Hallsville Court II**  
850 Hayward Street  
Manchester, NH 03103  
603-624-8321

**Hallsville Court I**  
870 Hayward Street  
Manchester, NH 03103  
603-622-9693

**Derryfield Village**  
628 Hanover Street  
Manchester, NH 03104  
603-521-7196

### N. Woodstock

**Councilor Ray Burton Commons**  
10 Washington Drive  
N.Woodstock, NH 03262  
603-745-4989

### Nashua

**Wagner Court**  
101 Burke Street  
Nashua, NH 03060  
603-595-0316

**Davidson Landing 1**  
143 Ledge Street  
Nashua, NH 03060  
603-598-9846

**Davidson Landing II**  
145 Ledge Street  
Nashua, NH 03060  
603-598-9846

**Salmon Brook**  
21 Lovell Road  
Nashua, NH 03060  
603-577-1306

**J.B. Millette Manor**  
72 Vine Street  
Nashua, NH 03060  
603-595-1300

**Streeter Shores**  
76 Temple Street  
Nashua, NH 03060  
603-881-5214

### North Berwick, ME

**Lucille M. Simpson Meadows**  
1 Simpson Way  
North Berwick, ME 03906  
207-676-3257

### Northwood

**The Meadows at Northwood**  
243 Bow Street  
Northwood, NH 03261  
603-942-8245

### Pittsburg

**Echo Valley Village**  
20 Black Lake Road  
Pittsburg, NH 03592  
603-538-1122

### Plymouth

**Pemi Commons**  
230 Fairgrounds Road  
Plymouth, NH 03264  
603-536-4684

### Raymond

**Ledgewood Commons**  
4 Ledgewood Lane  
Raymond, NH 03077  
603-895-0389

### Rochester

**Chaplain Adrien Chasse Village**  
11 Adrian Circle  
Rochester, NH 03867  
603-335-6062

**Mayor Roland Roberge Manor**  
14 Adrian Circle  
Rochester, NH 03867  
603-330-3217

**Laurel Terrace**  
21 McKinley Street  
Rochester, NH 03867  
603-335-2733

Our Supportive Housing Program places the emphasis on safety, accessibility, adaptability, longevity – but it's our staff and residents that turn these communities into homes.



# APRIL 2023

MARCH 2023						
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MAY 2023						
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21	22	23	24	25	26	27
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SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY			
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2	WIC late clinic 11-7 Manchester & Nashua	3	All WIC offices closed for Staff Day  CSFP Derry 9 Crystal Ave. 9:00-12:00	4	CSFP Raymond 55 Prescott Rd. 9:00-12:00	5	6	7	8
						Floating Holiday <b>SNHS Offices Closed</b>			
9	WIC late clinic 11-7 Manchester & Nashua	10	11	CSFP Nashua 134 Allds St. 8:30-4:30	12	CSFP Manchester 40 Pine St. 8:30-4:30	13	14	15
Easter				Grilled Cheese Day					
16	WIC late clinic 11-7 Manchester & Nashua	17	18	19	20	WIC early clinics in Manchester & Nashua starting at 7 am  CSFP Seabrook Lafayette Rd. 9:00-12:00	21	22	
	Tax Day								
23	WIC late clinic 11-7 Manchester & Nashua	24	CSFP Manchester 40 Pine St. 8:30-4:30	25	26	27	28	29	
30	Honesty Day								

CSFP: Commodity Supplemental Food Program

WIC: Women, Infants, and Children Program

# Creating Hope, Advocating for Change, Supporting our Clients



May is National Community Action Month, a time to recognize the work being done across the country by Community Action agencies that are working to help millions of families and individuals overcome barriers rooted in poverty, and to achieve financial stability. Embedded in the Civil Rights Movement, and established by the Economic Opportunity Act of 1964, the Community Action Movement ‘...connects millions of children and families to greater opportunity, transforming their lives and making our communities – and our nation – stronger.’

The last 24+ months have given us opportunities to reflect on how we are serving our participants, how we can reach those who have never before had to ask for help – but due to

the pandemic are now facing financial hardship, and how we can step into this ‘new normal’ an even more effective Community Action agency. We adapted, and with the commitment and flexibility of staff, have ensured that the needs of our clients, partners and staff were met.

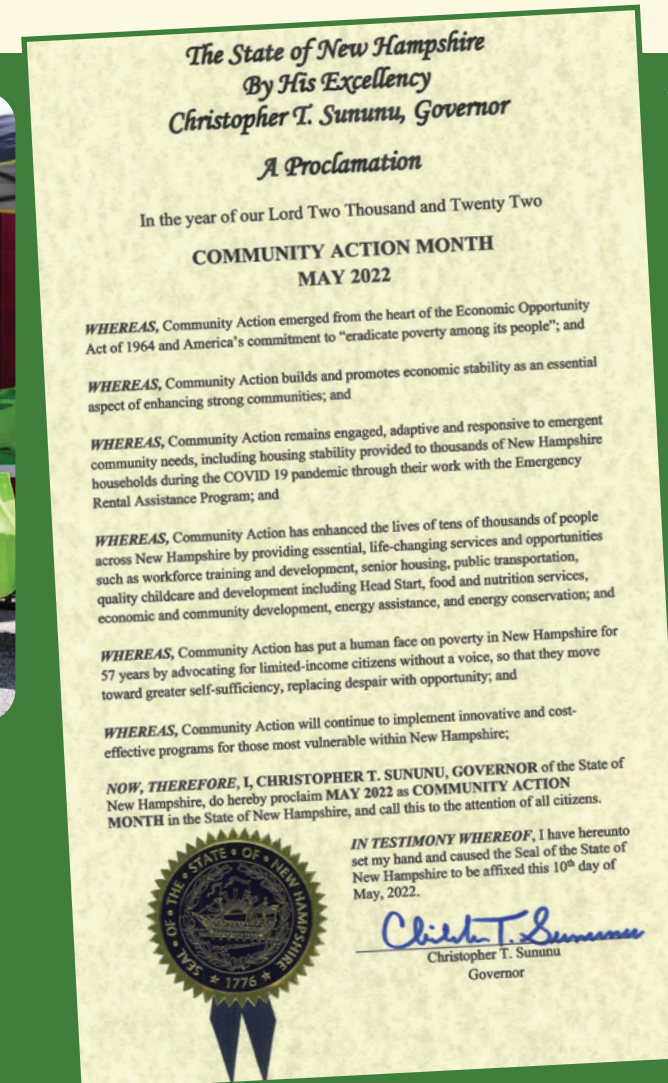
As we celebrate this month of May, Southern New Hampshire Services looks forward to serving our neighbors with programs that include Energy Assistance, Head Start and Early Head Start, Workforce Development, WIC, Weatherization, Financial Empowerment and a multitude of other programs, and services designed to help children, adults, and families overcome poverty and build a path toward financial stability.



SNHS welcomes and partners with the local community to offer families support, education and experiences!



SNHS hosted Sen. Jeanne Shaheen’s roundtable discussion about home heating resources available for Granite Staters. The discussion included the many supports offered by Southern New Hampshire Services and our four sister agencies in NH, along with the 1000 other Community Action Partnerships across the country.



The NH Emergency Rental Assistance Program (NERAP) provided millions of dollars of financial assistance to thousands of NH renters who could not pay their rent and/ or utilities during the pandemic. The program worked with tenants, landlords and utilities to help keep NH residents safely housed. SNHS is proud to have been part of the Governor’s Office for Emergency Relief and Recovery’s (GOFERR) plan to support NH residents in this way. SNHS, New Hampshire Housing Finance Authority, and the other four NH Community Action Partnerships stepped up together when most needed, putting the Action into Community Action!

## ERA Program

**Hillsborough County**  
Households: 9,211    \$77,684,597.03

**Rockingham County**  
Households: 2,435    \$22,592,462.08

# MAY 2023

APRIL 2023						
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JUNE 2023						
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SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	WIC late clinic 11-7 Manchester & Nashua 1	All WIC offices closed for Staff Day 2  CSFP Derry 9 Crystal Ave. 9:00-12:00		CSFP Raymond 55 Prescott Rd. 9:00-12:00 4	WIC early clinics in Manchester & Nashua starting at 7 am 5	
7	WIC late clinic 11-7 Manchester & Nashua 8		CSFP Nashua 134 Allids St. 8:30-4:30 10		CSFP Manchester 40 Pine St. 8:30-4:30 12	
14	WIC late clinic 11-7 Manchester & Nashua 15			CSFP Seabrook Lafayette Rd. 9:00-12:00 18	WIC early clinics in Manchester & Nashua starting at 7 am 19	
Mother's Day						20
21	WIC late clinic 11-7 Manchester & Nashua 22		CSFP Manchester 40 Pine St. 8:30-4:30 24		CSFP Nashua 134 Allids St. 8:30-4:30 26	
28						27
	29	30	31			
	Memorial Day SNHS Offices Closed					

CSFP: Commodity Supplemental Food Program

WIC: Women, Infants, and Children Program



# You Must Nourish to Flourish!

## Nutrition & Program Excellence = Success

### Seniors Farmers Market

If it's Summer, it's Seniors Farmers Market time! SNHS has been providing access to NH grown bundles of fruits and vegetables throughout Hillsborough and Rockingham counties. In fact, more than 1,074 seniors with low incomes were able to enjoy the health benefits provided through these delicious bundles. Thank you to all of the farmers who make maintaining a healthy lifestyle through diet a possibility for our clients!

### CACFP

The Child and Adult Care Food Program (CACFP) is a federal program that provides reimbursements for nutritious meals and snacks to eligible children and adults who are enrolled for care at participating child care centers, day care homes, and adult day care centers. CACFP also provides reimbursements for meals served to children and youth participating in afterschool care programs, children residing in emergency shelters, and adults over the age of 60 or living with a disability and enrolled in day care facilities. CACFP contributes to the wellness, healthy growth, and development of young children and adults in the United States.

### Summer Food

SNHS, working with the U.S. Department of Agriculture's (USDA) Summer Food Service Program (SFSP), was proud to step in, full speed, and once again provide breakfast, lunch and dinner to children and teens age 18 and younger. By setting up at sites that naturally draw families, we were able to provide 34,415 meals, and even more smiles! Parks, recreation centers and local summer camps became our 'office' as we continued to meet families 'where they are' to provide nutritional food. For more information, or to become a partner, contact us at 603-668-8010.

Community Gardens	45 participants
Fresh Fruits and Veggies Program	542 served
Senior Farmers Market Nutrition Program	1,074
Summer Food Service Program	34,415 meals served
Rockingham Food Pantry Program	7,143 participants



*I can't thank the staff enough for always making me feel welcome and not uncomfortable. Your kindness is overwhelming." - Senior Farmers Market participant*

Our **Summer Food staff** join forces to prepare fresh meals each and every day!



*Bringing my kids to a playground where they can get these meals makes accepting help a little bit easier." - Summer Food Parent, Manchester*



# JUNE 2023

MAY 2023						
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JULY 2023						
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28	29					



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
				1  <b>National Say Something Nice Day</b>	2 CSFP Nashua 134 Allids St. 8:30-4:30	3
4  WIC late clinic 11-7 Manchester & Nashua	5 All WIC offices closed for Staf Day CSFP Derry Crystal Ave. 9:00-12:00	6 CSFP Raymond 55 Prescott Rd. 9:00-12:00	7	8  <b>National Best Friends Day</b>	9 WIC early clinics in Manchester & Nashua starting at 7 am	10
11  WIC late clinic 11-7 Manchester & Nashua	12 CSFP Manchester 40 Pine St. 8:30-4:30	13	14	15	16	17  <b>National Eat Your Vegetables Day</b>
18  WIC late clinic 11-7 Manchester & Nashua	19	20	21 CSFP Nashua 134 Allids St. 8:30-4:30	22 CSFP Seabrook Lafayette Rd. 9:00-12:00	23 WIC early clinics in Manchester & Nashua starting at 7 am	24
<b>Father's Day</b>	25  WIC late clinic 11-7 Manchester & Nashua	26 CSFP Manchester 40 Pine St. 8:30-4:30	27	28	29	30

CSFP: Commodity Supplemental Food Program

WIC: Women, Infants, and Children Program



# For The Love of Education

Adult Programming Leads to a Lifetime of Learning

## Academic Skills/High School Equivalency and ESL Classes for Adults –Portsmouth

### How Can a Tutor Help You?

- Learn to read
- Basic computer skills
- Do math
- Driver's license (*written test only*)
- Learn the English language
- Write better
- Study for the High School Equivalency Test (HiSET)
- Resume' writing and interview practice
- U.S. citizenship
- And much, much more!*

### How to find us:

#### Portsmouth Adult Education Program

100 Campus Drive  
Portsmouth  
Phone: (603)422-8233  
Email: [Adulteducation@snhs.org](mailto:Adulteducation@snhs.org)  
Portsmouth NH Adult Education @portsadulthood

#### Manchester ESL Program

508 Union Street  
Manchester  
Phone/Text: (603) 361-2649

#### English for New Americans

Email: [ENA@snhs.org](mailto:ENA@snhs.org)



Mia T. prepared for her high school equivalency exam (HiSET) in the spring of 2022. She took and passed all five subject areas and attended the Exeter Adult Education HiSET graduation in June of this year.

Mia was accepted into the highly competitive Medical Assistant Apprenticeship Program

at Concord Hospital (*one of 9 people accepted from the 100 who applied*). Upon completion, Mia has secured a job placement in a medical practice in Pembroke, affiliated with Concord Hospital.

*I don't think that I would have been able to get where I am at, without you. I had been struggling to find a way to finish school. I had called and emailed 10 places and Portsmouth (Adult Education) was the only school to return my call. I had the most selfless teacher that met up with me anytime I was able to. She was purely the reason that I got to graduate. I would recommend this program to anyone." - Mia T.*

English for New Americans offers an opportunity to gain language skills. Our students graduate being able to better communicate, which leads to success with employers, in their communities and at home.

Layla C., who attended Portsmouth Adult Education (PAE), passed her HiSET at the Dover Adult Education testing center in June this year.

Portsmouth Adult Education Counselor, Rachel Owens, helped Layla secure a "Debbie Tasker Scholarship" to help pay for her HiSET exam.



*"You really changed my life with the program (PAE), I wouldn't have gotten to where I am today without you and the program. I appreciate you so much!!"*

**- Layla C.**

At the Dover graduation ceremony, Layla was awarded a \$750 scholarship from the Rotary Club of Dover. Layla is currently enrolled at Great Bay Community College (first generation student), majoring in psychology, with a work study job in the GBCC library.





# JULY 2023

JUNE 2023						
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AUGUST 2023						
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SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY			
						1			
2	WIC late clinic 11-7 Manchester & Nashua  CSFP Derry 9 Crystal Ave. 9:00-12:00  International Plastic Bag Free Day	3	4	5	CSFP Raymond 55 Prescott Rd. 9:00-12:00	6	7	8	WIC early clinics in Manchester & Nashua starting at 7 am
9	WIC late clinic 11-7 Manchester & Nashua	10	11	12	CSFP Nashua 134 Allds St. 8:30-4:30	13	14	15	CSFP Manchester 40 Pine St. 8:30-4:30
16	WIC late clinic 11-7 Manchester & Nashua  National Ice Cream Day	17	18	19	CSFP Seabrook Lafayette Rd. 9:00-12:00  National Space Exploration Day	20	21	22	WIC late clinic 11-7 Manchester & Nashua CSFP Nashua 134 Allds St. 8:30-4:30
23	24	25	26	27	28	29	30	31	
	WIC late clinic 11-7 Manchester & Nashua		CSFP Manchester 40 Pine St. 8:30-4:30						

CSFP: Commodity Supplemental Food Program

WIC: Women, Infants, and Children Program

# Whether It's to Weatherize or Keep the Lights and Heat On, SNHS is There

Since 1965 Fuel Assistance has been providing heating and electrical assistance to households facing financial challenges. This past year, full of so many unexpected challenges many of our neighbors found the support that they needed at one of our many Resource Centers. The program is funded by grants from the federal government, and makes payments that go directly to local utilities and vendors. To be eligible, an individual's income level must not be more than 150% of the federal poverty level. The payment amount is determined according to the size and type of home, as well as type of fuel.



*I can't thank Kathie enough for helping me after I received a shut off notice. My husband had recently passed and catching up with bills was difficult. I'm now on Fuel Assistance and my utilities are safely on."*

**- Fuel and Electric Assistance customer**



Governor Sununu presents proclamation naming October 30, 2022 Weatherization Day in NH.



The SNHS Weatherization team is able to provide quality services, a result of on-going training that results in the most up to date technology and expertise.



Staff can often be seen in our communities, offering information on all of our supportive programming, whether it be Workforce Development, Energy, Nutrition or Child Development



*My mobile home was falling into disrepair but I didn't know who to call, or if I could pay for repairs. The office in Derry helped connect me with the Weatherization staff and now my home is warmer, and drier! And now I'm on Fuel Assistance too!"*

**- Weatherization and Fuel client**



**2022 ENROLLED**  
**9,630** Households  
**19,006** Individuals

**2023 FUEL DATES:**  
 Last day to apply: **April 30**  
 Priority households: **July 1**  
 All households: **September 1**  
 Program opens: **December 1**



# AUGUST 2023

JULY 2023						
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SEPTEMBER 2023						
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SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
		All WIC offices closed for Staff Day CSFP Derry 9 Crystal Ave. 9:00-12:00 <b>World Breastfeeding Week 1-7</b>	1 CSFP Raymond 55 Prescott Rd. 9:00-12:00	2 3 National Watermelon Day	4 WIC early clinics in Manchester & Nashua starting at 7 am	5
6 WIC late clinic 11-7 Manchester & Nashua	7	8	9 CSFP Nashua 134 Allds St. 8:30-4:30	10 CSFP Manchester 40 Pine St. 8:30-4:30	11	12 Middle Child Day
13 WIC late clinic 11-7 Manchester & Nashua	14	15	16	17	18 WIC early clinics in Manchester & Nashua starting at 7 am	19
20 WIC late clinic 11-7 Manchester & Nashua	21 CSFP Nashua 134 Allds St. 8:30-4:30	22	23 CSFP Manchester 40 Pine St. 8:30-4:30	24	25 CSFP Seabrook Lafayette Rd. 9:00-12:00	26
27 WIC late clinic 11-7 Manchester & Nashua	28	29	30	31 National Eat Outside Day		

CSFP: Commodity Supplemental Food Program

WIC: Women, Infants, and Children Program



# Working Toward Self Sufficiency Supporting Clients, Step by Step



WIOA is proud to shine the spotlight on Talita Santiago, a 32-year-old single parent with 2 children. She speaks Portuguese as her first language and has never been to ESOL class. Instead, Talita states that she just practices her English language skills every chance she gets! Talita is attending St. Joseph's School of Nursing for Medical Assisting and is an excellent example of someone working their way up the career ladder, as she is already an LNA, plans to work next as a Medical Assistant, and

eventually, become a Registered Nurse, her dream job!

Talita is finding the training for Medical Assistant at St. Joseph's very intense but is doing well with positive comments from her instructor. Financially, she was recently struggling as her public assistance was stopped. With the assistance of the Career Navigator, she was able to get in all required documentation and should have her benefits restored in the next few days. While her benefits

were stopped, she was unable to pay for childcare, so had to limit her work hours, as well. WIOA is trying to see if her arrears can be paid, so that her childcare can be restored.

Talita is grateful for this opportunity and recently sent the following email to her Career Navigator:

"Now I am looking forward to step by step have my goal of becoming a registered nurse realized. And that is because of you! Thank you for all that!"

## As the world continued to open and routines took on familiar patterns, our Workforce Programs ramped up as well.

Our Workforce Programs supported our clients on their path to meeting their goals.

Umuhoza, a native of Burundi, lived in a refugee camp for 10 years with her family before arriving in the U.S. with her family in October 2022. Umuhoza enrolled in the LNA for Success program, a partnership between the WIOA Adult Program at Southern NH Services, International Institute of New England, and Manchester Community College. After receiving her state LNA license, Umuhoza continues to work as a home health aide and has also picked up a second job working in the Neuro/orthopedic surgery unit at Southern New Hampshire Health. Having received her official LNA hospital badge, Umuhoza has begun taking the next steps to receive her high school equivalency credential having been only 1 year away from graduating in her home country. After receiving her degree, Umuhoza plans to pursue a career as a nurse.



Congratulations to Billie Owens who is the first graduate of T.E.A.C.H. Early Childhood New Hampshire, a program of Southern New Hampshire Services! Billie currently works at M & C Children's Learning Place in Candia, NH. Billie graduated from New Hampshire Technical Institute in May 2023 with her Associates Degree in Early Childhood Education.

T.E.A.C.H. Early Childhood® New Hampshire provides comprehensive scholarships to enable early educators to take coursework leading to credentials and degrees by making it possible for them to afford both the time and expense of going to school.

Recipients enroll in courses at local colleges while working at least 30 hours per week. In exchange for receiving increased compensation. Recipients also agree to remain at the sponsoring program for 6 months to 1 year following the completion of their scholarship contract.



## Workforce Innovation & Opportunity Act (WIOA)

Total Individuals Served: **480**

NH Works for Recovery Program, NHEP/Workplace Success .....	<b>3,516</b>
Tuition assistance for participants entering training related to Healthcare, Manufacturing, Transportation/Logistics, Construction, Information Technology, Education, and Hospitality .....	<b>243</b>
Participants who received Support Services (car repairs, childcare payments, work tools, uniforms, etc.) .....	<b>276</b>

# SEPTEMBER 2023

AUGUST 2023						
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OCTOBER 2023						
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SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
					1	2
3	4 Labor Day SNHS Offices Closed	5 CSFP Derry 9 Crystal Ave. 9:00-12:00	6	7 CSFP Raymond 55 Prescott Rd. 9:00-12:00	8 WIC early clinics in Manchester & Nashua starting at 7 am	9
10 Grandparent's Day	11 WIC late clinic 11-7 Manchester & Nashua	12	13 CSFP Nashua 134 Allids St. 8:30-4:30	14	15 CSFP Manchester 40 Pine St. 8:30-4:30	16
17	18 WIC late clinic 11-7 Manchester & Nashua	19	20	21 CSFP Seabrook Lafayette Rd. 9:00-12:00	22 WIC early clinics in Manchester & Nashua starting at 7 am  CSFP Nashua 134 Allids St. 8:30-4:30	23
24	25 WIC late clinic 11-7 Manchester & Nashua	26	27 CSFP Manchester 40 Pine St. 8:30-4:30	28	29	30

CSFP: Commodity Supplemental Food Program

WIC: Women, Infants, and Children Program



# Building On Our Families' Successes

SNHS has long been held as the gold standard in Head Start (3 to 5 years) and Early Head Start (birth to 3 years) programming, as well as our high quality affordable Child Care Centers.

We are especially proud of how our staff takes into consideration the entire household and draws in support of local resources that help us to achieve high marks in national standards, monitoring, professional development and family engagement.

## How to Enroll

Families can call the Head Start office in their area to make an appointment and find out what they need to bring with them. You can also call the main office at (603) 668-8010 ext. 6098 or 1 (800) 322-1073 ext. 6098.



### Here we Grow Again!

Manchester West High is now called 'home' to two new **Head Start** classrooms! Seen here are the two rooms set up serving the families of West Manchester.



SNHS staff attended the Child Care Aware of America Symposium held in Arlington, VA.



### The Training and Technical Assistance Specialists (TTAS)

offer Early Childhood Focused Collaborative Meetings for child care providers throughout the year. These meetings are group-driven to reflect the participant's needs and interests. Pictured to the right are Holly Turcotte and Crystallee Granieri, two of the participants from the Infant and Toddler Programming and Curriculum Collaborative.

## Child Care Aware of NH

Quality early childhood programs provide experiences that optimize each child's development, learning and health, engage families and communities in partnerships, and cultivate life-long learners and productive members of society. Child Care Aware of NH (CCAofNH) is committed to serving all families seeking child care in NH and those who care for the children in our state. Individuals who use our Outreach services receive a tailored list of child care referrals, as well as consumer education to support them in making an informed decision when choosing a quality program. We also provide services to providers who are caring for the children in our state. Various types of professional development opportunities are offered including a Progressive Training and Technical Assistance Model, Early Childhood Cohorts, Early Childhood Focused Collaboratives, Special Events and E-Conferences.

For more information go to <https://www.snhs.org/services/child-care-aware>.

For the past 14 years, in partnership with the Governor, New Hampshire Children's Trust has honored parents for the roles they have taken within their families with the Unsung Hero Awards. Our own Katie McMakin, Head Start parent turned SNHS professional, was nominated by SNHS' Courtney Houle to receive this award that highlights a parent who has exhibited Protective Factors to help strengthen their families. Those factors include:

- **Parental Resilience** - Ability to bounce back from stress
- **Social Connections** - A strong support system
- **Social and Emotional Competence of Children** - Shows empathy and support toward their child's feelings
- **Concrete Support in Times of Need** - Not afraid to ask for help or receive help when it's needed.



*I had first heard about Head Start when my daughter was 4 years old (she is now about to be 11!). It was an amazing experience to be able to participate in my child's education. Later, I decided to enroll my son into the same program as it had many positive effects on my daughter. Thank you to the teachers and staff for providing my child and many other children with a safe, learning space and preparing for their next step in life!"*

**- Samantha C. Head Start parent**



# OCTOBER 2023

SEPTEMBER 2023						
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NOVEMBER 2023						
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SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
1 International Observe the Moon Night	2 WIC late clinic 11-7 Manchester & Nashua	3 All WIC offices closed for Staff Day CSFP Derry 9 Crystal Ave. 9:00-12:00	4 CSFP Raymond 55 Prescott Rd. 9:00-12:00	5	6 WIC early clinics in Manchester & Nashua starting at 7 am	7
8	9 Columbus Day SNHS Offices Closed	10	11 CSFP Nashua 134 Allds St. 8:30-4:30	12 CSFP Manchester 40 Pine St. 8:30-4:30	13	14
15	16 WIC late clinic 11-7 Manchester & Nashua	17	18	19	20 WIC early clinics in Manchester & Nashua starting at 7 am CSFP Seabrook Lafayette Rd. 9:00-12:00	21
22	23 WIC late clinic 11-7 Manchester & Nashua	24 CSFP Nashua 134 Allds St. 8:30-4:30	25 CSFP Manchester 40 Pine St. 8:30-4:30	26	27	28
29	30	31 Halloween				

CSFP: Commodity Supplemental Food Program

WIC: Women, Infants, and Children Program

# A Place to Call Home

## Creating Hope Out of Issues Related to Homelessness

For years, SNHS has played a significant role in the lives of men and women living in Manchester and Nashua who are experiencing barriers to finding a place to call home. Residents are connected with supportive programming, as well as to community partners, that can enable them to move toward increased quality of life.

Robinson House (24 units for men-Manchester) and Mary's House (40 units for women-Nashua) consist of rehabilitated Section 8 rent assisted apartments for homeless individuals who need safe and affordable housing to reach their personal goals.

## The Homeless Housing and Access Revolving Loan Fund

Provides guarantees of rental security deposits and/or first month's rent to eligible persons.

*First and foremost, I'm in tears. Thank you so much as a single mother of 3 boys the youngest being just 1 years old, it's been a rough few months. I have always worked hard to provide for my children but this last year has been very challenging. Plenty of nights I cried in the shower not knowing what I was going to do. I just knew I had to keep going and showing up. I'm so grateful for my landlord for working with me. I'm also grateful for this program that has given me an opportunity to get fully back on my feet and hopefully stay in a position where I can maintain my finances. I appreciate this more than you know and now I can focus on one of my sons who has been having some serious health issue. God bless." - NEHRAP Client*

*"The assistance program has helped me tremendously. After the stress of the pandemic this assistance has allowed me the ability to stabilize my budget. When you live paycheck to paycheck small things like food and gas increases can have a huge negative impact on your budget. My car recently needed work and something like that normally would put me months behind, thankfully getting assistance with my rent and utilities has prevented me from falling deeper down the hole." - NEHRAP Client*



Residents **Bruce and Brian**, spend time together in the Robinson House community room.

*Health issues related to diabetes created a barrier to working for Gary, which led to his car becoming his home. Eight months after giving up drinking and prescription drugs, Gary had applied for housing but the wait list was long and he had just about given up hope. While attending an AA meeting, the participant sitting beside Gary called him aside and spoke of Robinson House.*

*Robinson House, explained Gary's neighbor, could provide a safe place to live as well as staff that was available to help connect with other supports that Gary might need. Since moving from his car, Gary's health is getting better and he has started working part-time and saving with the hopes of eventually moving into a 2-bedroom apartment.*

*I am grateful for Robinson house every day." - Gary, Robinson House resident*



Mary's House Supportive Housing Coordinator, **Jerusha Mangera**, shares some holiday spirit with Mary's House resident!

**Helped Through Our Homeless Programs**

Households: **11,683**

# NOVEMBER 2023

OCTOBER 2023						
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DECEMBER 2023						
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SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY			
			1	2	3	4			
					World Sandwich Day				
5	WIC late clinic 11-7 Manchester & Nashua	6	CSFP Derry Crystal Ave. 9-12	7	8	9	CSFP Raymond 55 Prescott Rd. 9:00-12:00	10	11
							Veterans Day Observed SNHS Offices Closed	Veterans Day	
12	WIC late clinic 11-7 Manchester & Nashua	13	14	15	16	17	18		
						CSFP Manchester 40 Pine St. 8:30-4:30			
	World Kindness Day								
19	WIC late clinic 11-7 Manchester & Nashua	20	21	22	23	24	25		
	CSFP Seabrook Lafayette Rd. 9:00-12:00				Thanksgiving Day SNHS Offices Closed	Day after Thanksgiving SNHS Offices Closed	Small Business Saturday		
26	WIC late clinic 11-7 Manchester & Nashua	27	28	29	30				
				CSFP Manchester 40 Pine St. 8:30-4:30					

CSFP: Commodity Supplemental Food Program

WIC: Women, Infants, and Children Program



# We Are Stronger Together

## Volunteers: Our Extra Set of Hands

### RSVP

The Retired Senior Volunteer Program (RSVP) is one of the largest volunteer networks in the nation for people 55 and over. A lifetime of skills, talents and expertise can be shared, or new skills developed while serving in a variety of volunteer activities in your community. This past year was full of unknowns and seemed to change by the minute, but our volunteers remained ready to help at a moment's notice.

The RSVP Fixit Corps assists homeowners (60 years and older or disabled) with minor home repairs. Volunteers with experience in the fields of plumbing, carpentry and electrical provide the labor for free. The homeowner is responsible for providing the supplies needed to get the job done.

RSVP Bone Builders Program is a strength training and balance exercise program that helps to prevent and reverse osteoporosis. Bone Builders offers no-impact weight training group exercise classes lead by RSVP volunteers who will help guide you through your class and on your way to better protecting your bones!

If you would like to volunteer, or if you need a volunteer, call our Volunteer Services Program at (603) 634-1169 ext. 10 or email [RSVP@snhs.org](mailto:RSVP@snhs.org).



*The Hampton Rotary drops off groceries after their annual Shopping Spree event to help keep our food pantry shelves full."*



**The Seabrook Region Riders** are one of our most committed community partners. Each year they drop off boxes of food at our Seabrook Pantry after holding Region Rider Food Drives.



(l) **Donna Konop**, Catch Healthy Habits Coordinator, joins RSVP Manager **Linda Trust** (r) at the annual RSVP Volunteer Recognition event.



*Hampton Student, Knox Averson, is in his third year as student ambassador. Knox holds food drives throughout the year and, with the help of his Mum, fills our pantry with food, and smiles."*

**- Hilary McCarthy, Seabrook Food Pantry Coordinator**



**Haulin' 4 Hunger** volunteers drop off food donations for our local food pantry program.



*The outside 'Grab n' Go' is a wonderful way to get food while still feeling safe. Caring for my husband, and making sure that I keep us all healthy, is so important."*



*Having the availability of the food pantry through these past months has meant the difference between having enough to pay my bills or to eat. I can't thank the folks here enough."*

# DECEMBER 2023



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<b>Bad Weather Procedures</b> • Listen to a local radio station: <b>WZID-95.7FM</b> ; and <b>WOKQ-97.5FM</b> . • <b>WMUR</b> : Cancellations are broadcast on <b>WMUR TV Channel 9</b> at <b>15 minutes to the hour</b> along with other business and government listings and listed on the <b>WMUR website: wmur.com</b> and <b>SNHS.org</b> Decisions on cancellations are made by <b>5am</b> .					1	2
					<b>Fuel season generally opens</b>	<b>National Cookie Day</b>
3	WIC late clinic 11-7 Manchester & Nashua 4	All WIC offices closed for Staff Day 5  CSFP Derry 9 Crystal Ave. 9:00-12:00	CSFP Raymond 55 Prescott Rd. 9:00-12:00 6  <b>National Letter Writing Day</b>	7	WIC early clinics in Manchester & Nashua starting at 7 am 8  CSFP Manchester 40 Pine St. 8:30-4:30	9
10	WIC late clinic 11-7 Manchester & Nashua 11	CSFP Nashua 134 Allds St. 8:30-4:30 12	13	14	15	16
17	WIC late clinic 11-7 Manchester & Nashua 18	19	20	CSFP Seabrook Lafayette Rd. 9:00-12:00 21	WIC early clinics in Manchester & Nashua starting at 7 am 22  CSFP Manchester 40 Pine St. 8:30-4:30	23
24	Christmas Holiday <b>SNHS Offices Closed</b>	CSFP Manchester 40 Pine St. 8:30-4:30 26	CSFP Nashua 134 Allds St. 8:30-4:30 27	28	29	30
Christmas Eve \			<b>National Card Playing Day</b>			
31 New Year's Eve						

CSFP: Commodity Supplemental Food Program

WIC: Women, Infants, and Children Program



# Challenges Faced, Staff and Families Moving Forward, and Programs Stronger than Ever... That's the Community Action Way!

JANUARY	FEBRUARY	MARCH	APRIL
<p>The Year In Numbers</p>	<p>An Individualized Approach to Financial Wellness</p>	<p>SNHS Nutrition Programs Promoting Nutritional Health Today, for a Stronger Tomorrow</p>	<p>SNHS Elderly Supportive Housing ... Making a Difference in the Lives of Others</p>
MAY	JUNE	JULY	AUGUST
<p>Creating Hope, Advocating for Change, Supporting our Clients</p>	<p>You Must Nourish to Flourish! Nutrition &amp; Program Excellence = Success</p>	<p>For the Love of Education Adult Programming Leads to a Lifetime of Learning</p>	<p>Whether It's to Weatherize or Keep the Lights and Heat On, SNHS Is There</p>
SEPTEMBER	OCTOBER	NOVEMBER	DECEMBER
<p>Supporting Every Step, for Every Client</p>	<p>Building On Our Families' Successes</p>	<p>A Place Called Home: Creating Hope Out of Issues Related to Homelessness</p>	<p>We Are Stronger Together</p>

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Persons with disabilities who require alternative means of communication for program information (e.g., Braille, large print, audiotope, American Sign Language, etc.) should contact the responsible Agency or USDA's TARGET Center at (202) 720-2600 (voice and TTY) or contact USDA through the Federal Relay Service at (800) 877-8339. Additionally, program information may be made available in languages other than English.

To file a program discrimination complaint, complete the USDA Program Discrimination Complaint Form, AD-3027, found online at How to File a Program Discrimination Complaint and at any USDA office or write a letter addressed to USDA and provide in the letter all of the information requested in the form. To request a copy of the complaint form, call (866) 632-9992. Submit your completed form or letter to USDA by: (1) mail: U.S. Department of Agriculture, Office of the Assistant Secretary for Civil Rights, 1400 Independence Avenue, SW, Washington, D.C. 20250-9410; (2) fax: (202) 690-7442; or (3) email: [program.intake@usda.gov](mailto:program.intake@usda.gov).

SNHS is an equal opportunity provider and employer.



Monadnock United Way





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### Administrative Office

40 Pine St., Manchester  
Mailing Address: P.O. Box 5040,  
Manchester, NH 03108-5040  
(603) 668-8010 / (800) 322-1073  
Hard of Hearing: (800) 877-8339

### Rockingham County Resource Centers

**Derry:** 9 Crystal Ave.  
(603) 295-4105  
**Portsmouth:** 4 Cutts St.  
(603) 431-2911 / (800) 556-9300  
**Raymond:** 55 Prescott Rd.  
(603) 895-2303 / (800) 974-2303  
**Salem:** 85 Stiles Rd., Ste. 103  
(603) 893-9172 / (800) 939-9172  
**Seacoast:** 146 Lafayette Rd., Seabrook  
(603) 474-3507 / (800) 979-3507

### Hillsborough County Resource Centers

**Manchester:** 40 Pine St.  
(603) 668-8010 / (800) 322-1073  
**Nashua:** 134 Allds St.  
(603) 889-3440 / (877) 211-0723  
**Peterborough:** 9 Vose Farm Rd.,  
The River Center  
(603) 924-2243 / (877) 757-7048  
**Hillsborough:** 4 Church St.  
(603) 464-5835  
**Milford:** 1 Columbus Ave.  
(603) 924-2243 / (877) 757-7048

See April calendar page for Senior Housing locations

snhs.org