

TOWN OF STRATHAM

SENIOR

RESOURCE GUIDE

2023

CONNECTING SENIORS TO OUR COMMUNITY



<https://www.strathamnh.gov>



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A Note to Readers

The Stratham Senior Resources Guide provides a listing of agencies, organizations, and businesses in Stratham and the surrounding community that offer services to older adults and their families. Not all providers are listed in this guide, however, those listed may be able to give you other suggestions or referrals. Each entity has a brief description of its services along with its website and phone number. A \$ indicates that payment is required for the services.

When contacting an entity listed in this guide, it may be helpful to ask the following questions:

- ◆ What services do you provide?
- ◆ Are there eligibility requirements for your services?
- ◆ Are their costs for your services? If so, what are they?
- ◆ Is there a waiting list for your services?
- ◆ How soon can you provide these services?

This guide can be used as a tool to help narrow down providers so that you can find the services you need. If there are multiple needs to be met, it may require you to contact more than one entity.

Every effort has been made to verify the accuracy of the information contained in this guide. However, contact information and organizations can change.

NOTE: THE TOWN OF STRATHAM DOES NOT ENDORSE ANY OF THE AGENCIES OR BUSINESSES LISTED IN THIS GUIDE.



General Assistance Resources

211—dial 211 to be connected with trained information and Referral Specialists who can provide free health and human service information. *Free*

- ◆ Phone: 211
- ◆ Website: www.211nh.org

ServiceLink—provides information and resources connecting NH's aging and disabled individuals to support within the community. *Free*

- ◆ Phone: 1-866-634-9412
- ◆ Website: <https://www.dhhs.nh.gov/programs-services/adult-aging-care/servicelink>

Senior Companion Program NH—this free statewide volunteer program provides friendly visitation and transportation to homebound adults. Volunteers also provide respite to family caregivers in need of a break. Applicants must be 55 years or older and must meet income requirements. *Free*

- ◆ Phone: 603-225-3295
- ◆ Website: <https://capbm.org/Senior-Companion>

Referral Education Assistance & Prevention Program (REAP)—REAP provides community-based, short-term support for older NH adults, caregivers and family members, and professionals who work with older adults. REAP is available to help with mental health concerns, substance use, grief, isolation, caregiving, and cognitive functioning. There is no charge for REAP services. *Free*

- ◆ Phone: 603-957-5913
- ◆ <https://smhc-nh.org/our-services/older-adult-services-reap/>

AARP New Hampshire—AARP is a nonprofit, nonpartisan organization that empowers people to choose how they live as they age. AARP NH offers a number of discounts, events, and resources for its members. \$

- ◆ 1-866-542-8168
- ◆ <https://states.aarp.org/new-hampshire/>

General Assistance Resources

Senior Helpers—offers in-home services including Alzheimer’s & dementia care, Parkinson’s care, companion care, personal care, transitional care, chronic disease care, VA benefits assistance, respite care, surgery assistance, and end of life support care. \$

- ◆ Phone: 603-583-4580
- ◆ Website: <https://www.seniorhelpers.com/nh/se-new-hampshire/>

Visiting Angels—offers in-home services including companion care, personal care, and memory care. \$

- ◆ Phone: 603-583-4890
- ◆ Website: <https://www.visitingangels.com/stratham/home>

Ageing Excellence—offers in-home services including 24-hour home care, companion care, homemaking services, handyman and yard services, personal care, senior care planning, transportation, memory care, hospice care, and general wellness/healthy aging. \$

- ◆ Phone: 603-704-4069
- ◆ Website: <https://seniorsonthego.com/>

Active Retirement Association—a membership group that provides educational and cultural programming in the Seacoast area and beyond. The group is financed by the membership and offers programs such as lectures, book club, biking, photography, hiking and snowshoeing, lunch out, pickle ball, and social walking. \$

- ◆ Phone: 603-315-3231
- ◆ Website: <https://www.unh.edu/ara/>

Seacoast Village Project—members pay an annual fee to access benefits and services, including transportation to errands, social events, and a list of member-recommended vendors. \$

- ◆ Phone: 603-373-8429
- ◆ Website: <https://seacoast.helpfulvillage.com/>

General Assistance Resources

Easter Seals NH—Easter Seals is a non-profit organization that offers a number of senior services including adult day services, homemakers and health services, memory care options, financial assistance for low income women, and caregiver resources. *Free and \$*

- ◆ Phone: 603-623-8863
- ◆ Website: <https://www.easterseals.com/nh/our-programs/senior-services/>

US Dept. of Veterans Affairs—the VA has a number of service centers in NH to provide health care and benefits. *Free*

- ◆ Phone: 603-624-4366
- ◆ Website: <https://www.va.gov/directory/guide/state.asp?STATE=NH&dnum=ALL>

NH Dept. of Military Affairs & Veterans Services—assists Veterans who are residents of NH or their dependents in securing all benefits or preferences to which they may be entitled under any state or federal laws or regulations. *Free*

- ◆ Phone: 603-624-9230
- ◆ Website: <https://www.dmavs.nh.gov/veterans-services>



Transportation Resources

TripLink—TripLink is a regional transportation call center, serving 38 NH towns including Stratham. They manage ride requests for a variety of transportation services in the area, including TASC. TripLink’s website also has a searchable directory for all transportation options, including bus, rail, shuttle services, volunteer driver programs, chair cars, agency/client transportation, taxi, limo, and airport shuttles. *Free*

- ◆ Phone: 603-834-6010 | TTY/Voice 1-800-735-2964
- ◆ Website: <https://communityrides.org/>

Transportation Assistance for Seacoast Citizens (TASC)—TASC’s mission is to help people maintain their health, independence, and dignity by mobilizing volunteer drivers to provide rides to eligible residents in Stratham and surrounding communities. TASC provides scheduled rides for Stratham residents 55+ and other adults with disabilities that prevent them from driving. Users must register by calling the TASC office or completing the Common Application on TripLink. TASC requires 7-days advanced notice to schedule rides. Volunteer drivers do not accept tips or other forms of payment. Scheduled rides are available for medical appointments, grocery store trips, or other needs. *Free*

- ◆ Phone: 603-926-9026
- ◆ Website: <https://www.tasc-rides.org/>

Community Rides—provides curb-to-curb non-emergency medical transportation to individuals with disabilities and older adults. Rides are available Monday-Friday and must be booked at least the day before needed. Riders are eligible for up to 10 one-way trips each month, if the budget allows. There is a suggested donation of \$3 per trip. \$

- ◆ Phone: 603-834-6010 | TTY # 1-800-735-2964
- ◆ Website: <https://communityrides.org/provider/community-rides>



Photo: NH Alliance for Healthy Aging

Transportation Resources

Liberty Livery—paid taxi service. \$

- ◆ Phone: 603-772-9256
- ◆ Website: <https://www.libertylivery.com/>

Annie's Taxi—paid taxi service. \$

- ◆ Phone: 603-531-9955
- ◆ Website: <https://anniestaxi.com/>

Atlantic Taxi—paid taxi service. \$

- ◆ Phone: 603-742-5000
- ◆ Website: <https://atlantictaxi.info/>



Healthcare Resources

Exeter Hospital \$

- ◆ Phone: 603-778-7311
- ◆ Website: <https://www.exeterhospital.com/Home>

Rockingham Visiting Nurse Association (VNA) & Hospice—Rockingham VNA is a community-based, non-profit Home Health agency that serves Rockingham County. They provide high quality home care, community outreach programs, and community services. \$

- ◆ Phone: 1-800-540-2981
- ◆ Website: <https://www.exeterhospital.com/Rockingham-VNA-Hospice/Home>

Alzheimer's, Dementia, and Memory Care Facilities in NH—a 24/7 helpline connects callers with memory care specialists. The website provides information on memory care facilities in NH. *Free*

- ◆ Phone: 1-888-595-9951
- ◆ Website: <https://www.alzheimersupport.com/memory-care/new-hampshire/>

Association of Late-Deafened Adults (ALDA)—ALDA supports those who are affected by hearing loss after spoken language acquisition. They offer resources for those experiencing hearing loss and their family. *Free*

- ◆ Email: ALDAseacoastNH@gmail.com
- ◆ Website: <https://alda.org/about-alda>

Future In Sight—provide essential services and support to seniors in NH who are blind and visually impaired, including occupational therapy, assistive technology, low vision rehabilitation services, social work services, group support and activities, and orientation and mobility training. \$

- ◆ Phone: 603-224-4039
- ◆ Website: <https://futureinsight.org/>

Healthcare Resources

Alzheimer's Association—the Alzheimer's Association provides education, health tips, care consultations, support groups, programs, and services for people living with memory loss, dementia, and Alzheimer's disease. *Free*

- ◆ Phone: 800-272-3900
- ◆ Website: <https://www.alz.org/manh?set=1>

Seacoast Public Health Network—the Seacoast Public Health Network's mission is to strengthen public health partnerships in emergency preparedness, community health, and substance misuse prevention. They offer initiatives in falls prevention for older adults as well as a resource database. *Free*

- ◆ Staff Emails: <https://www.seacoastphn.org/contact.html>
- ◆ Website: <https://www.seacoastphn.org/>

Convenient MD Locations—<https://convenientmd.com/> \$

- ◆ Stratham: 1 Portsmouth Ave, 603-772-3600, Urgent Care
- ◆ Exeter: 21 Hampton Rd, 603-519-3092, Primary Care
- ◆ Portsmouth: 1600 Woodbury Ave, 603-602-9070, Primary Care
- ◆ Portsmouth: 599 Lafayette Rd, 603-942-7900, Urgent Care

Portsmouth Hospital \$

- ◆ Phone: 603-436-5110
- ◆ Website: <https://portsmouthhospital.com/>

Nutrition Resources

Rockingham Nutrition Meals on Wheels—provides home delivery in Stratham Monday through Friday. A donation of \$3 per meal is suggested, but not required. There is no income criteria associated with receiving this service. \$ *suggested*

- ◆ Phone: 603-679-2201
- ◆ Website: <https://rockinghammealsonwheels.org/>

St. Vincent de Paul Exeter—St. Vincent de Paul Exeter offers emergency food and financial assistance to low-income residents in Stratham. Clients can visit the Food Pantry once per week for items including milk, butter, eggs, produce, bread, meat, non-perishable foods, and personal hygiene products. *Free*

- ◆ Phone: 603-772-9922
- ◆ Website: <https://www.svdpexeter.com/>

Hannaford Dietitian—Hannaford offers free nutrition advice from a registered dietitian online or in-person at their Exeter store. In-store demonstrations teach participants how to prepare healthy food options. Healthy recipes and nutrition handouts are also available. *Free*

- ◆ Phone: 603-772-1783
- ◆ Website: <https://www.hannaford.com/health-wellness/dietitians/free-classes-demos-nh>

Shaw's Stratham—offers grocery delivery services. \$

- ◆ Phone: 603-773-9994
- ◆ Website: <https://local.shaws.com/nh/stratham/100-shaws-ln.html>

Three River Farmers Alliance—offers delivery services. \$

- ◆ Phone: 603-944-9403
- ◆ Website: <https://www.threeriverfa.com/>



Additional food delivery options may be available through services such as Instacart (<https://www.instacart.com/>) and Door Dash (<https://www.doordash.com/grocery-delivery/>). \$

Town of Stratham Departments and Services

Stratham Parks and Recreation

- ◆ Phone: 603-772-4741
- ◆ Website: <https://www.strathamnh.gov/parks-recreation>

Senior Gathering Room—the Senior Gathering Room is a congenial space located in the Town Hall Complex and is part of the largest meeting room in the building. When larger gatherings require the full sized meeting room, the senior room is temporarily repurposed. There is a large TV which can be used for zoom meetings such as our recent AARP streamed info presentation with senior cyber security as its subject. It has three tables/chairs, a galley with coffee maker, and a small fridge stocked with water. There are multiple games available and always a sizable jig saw puzzle in progress. There is a group that plays pinochle on Mondays, Mah Jong group gathers on Wednesdays, and other activities throughout the week. The Recreation staff, Seth and Zach, welcome suggestions to further expand the functionality of the space. The room is a serviceable compromise for a completely independent senior facility that would be much more costly and might not see the use the cost would warrant. *Free*

- ◆ Phone: 603-772-4741
- ◆ Website: <https://www.strathamnh.gov/facilities/pages/senior-gathering-space>

Wiggin Memorial Library—Wiggin Memorial Library is Stratham's public library and the hub of the community. Our collection includes over 50,000 items, from books and DVDs, to Kindles and a borrowable telescope. With your library card, you can access a wide range of entertainment and informational online resources, including downloadable audiobooks, plus genealogy and language-learning software. We also offer a full slate of in-person and Zoom presentations for all ages, so follow us on Facebook and check our online calendar often! *Free*

- ◆ Phone: 603-772-4346
- ◆ Website: <https://www.library.strathamnh.gov/>
- ◆ General email: Library@wigginml.org
- ◆ Open hours: Monday: 9:30AM to 7PM, Tuesday - Friday: 9:30AM to 6PM, Saturday: 9:30AM to 3PM

Town of Stratham Departments and Services

Stratham 76ers—The Stratham 76ers first meeting was held in 1976, coinciding with the 200th Anniversary of the America’s Declaration of Independence. Membership is open to Stratham residents and residents in surrounding towns 55 years of age and older. The 76ers mission is to provide members with a sense of fellowship, friendship, and fun activities. Our mission emphasizes social interaction as a material element in extending our life’s “healthspan,” the period of life during which people live an active life. Our membership is inclusive: single adults and couples. We want to be known by the CHEERS theme:

*Sometimes you wanna go, where everybody knows your name,
and they’re always glad you came. You wanna be where you can see,
our troubles are all the same.
You wanna be where everybody knows your name.*

The scheduled pot luck luncheon is on the third Tuesday of the month (September to June) at noon in the Stratham Fire Station Morgera Room. Members bring a dish to share, enjoy a delicious meal with new and old friends, followed by an interesting program.

The Stratham 76ers are sponsored by the Stratham Parks and Recreation Department. Field trips are offered, traveling by bus coach to places such as: King Arthur Baking School, Portland Symphony Orchestra’s “Magic of Christmas Show,” Wright Museum in Wolfeboro, Boston Flower Show, Mt. Washington Cruise on Lake Winnepesaukee, and Tour of the Portsmouth Navy Shipyard and Museums.

Over 20 % of Stratham residents are over the age of 55 years of age. Respondents to the Age Friendly Survey reported that social isolation can be a significant challenge as we age. The 76ers’ mission is to expand your friendship networks, provide social interaction where ideas and things to do are discussed, and extend and make your “healthspan” time a portrait of a life well lived. *Free and \$*

The Stratham 76ers Board of Directors:

- ◆ President Cheryl Halepis: 603-580-1508
- ◆ Vice President Dick Swett: 603-581-1230
- ◆ Secretary Rosalee Monroe: 603-964-0644
- ◆ Treasurer Anna Greenlaw: 603-778-1335



Town of Stratham Departments and Services

Stratham Fire Department

- ◆ Phone: 603-772-9756 (for Emergencies dial 911)
- ◆ Website: <https://www.strathamnh.gov/fire-department>

Ladies Auxiliary of the Stratham Volunteer Fire Department—The Ladies Auxiliary supports the Stratham Fire Department in its mission to protect the lives and property of residents in Stratham, NH, by providing aid, both financial and otherwise, to the department in all its undertakings. The Auxiliary provides food and support at many community events; they assemble and deliver food baskets for homebound residents during the holidays; they supply food and gas cards to families in need; they coordinate and host bi-annual blood drives, and more! The Auxiliary meet the 3rd Tuesday of each month at the Stratham Fire Station and welcomes new members. One does not need to be affiliated with the Stratham Fire Department to become a member. *Free*

- ◆ Facebook: <https://www.facebook.com/StrathamLadiesAUX/>

Stratham Police Department

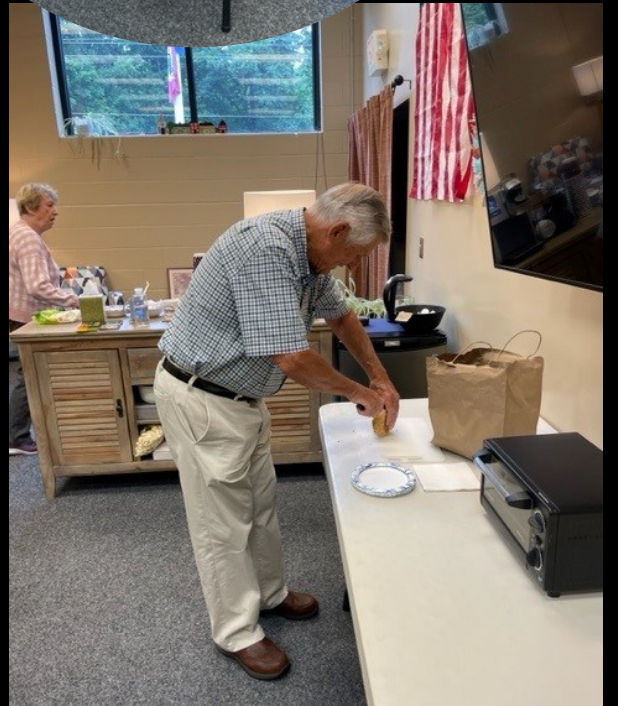
- ◆ Phone: 603-778-9691 (for Emergencies dial 911)
- ◆ Website: <https://www.strathamnh.gov/police-department>

Stratham Public Assistance

- ◆ Phone: 603-772-7391 x187
- ◆ Website: <https://www.strathamnh.gov/public-assistance-administration>

Exeter Adult Education (SAU 16)—Exeter Adult Education offers classes for basic skills, including reading, math, and writing. They also offer a variety of enrichment courses on subjects such as computer technology, cooking, health & wellness, home & crafts, languages, and professional development. *Free and \$*

- ◆ Phone: 603-775-8457
- ◆ Website: <https://www.adulted.sau16.org/en-US>



Acknowledgments

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Stratham's 2022-2023 Age Friendly Communities work was guided by a local steering committee with representatives from the Stratham Planning Board, Planning Department, Selectboard, Parks and Recreation, Wiggin Memorial Library, Stratham 76ers, and local residents.

Stratham Age Friendly Committee Members

Tracy Lynn-Abbott

Roberta Febbo

Lucy Cushman

Christopher Zaremba, Planning Board

Richard Swett

Gerl Lakey Denton



Ex-Officio Members

Allison Knab, Select Board

Mark Connors, Planning & Community Development Director

Seth Hickey, Parks & Recreation Director

Scott Campbell, Wiggin Memorial Library Asst. Director

