

Somersworth Housing Authority

SERVICE SPOTLIGHT— SNAP

Did you know that at minimum you could receive \$23 per month or maximum of \$292 per month for a 1 person household with SANP...

The income limit guidelines for your household are dependent on whether there is anyone elderly or disabled in your household, or any children. Both Earned Income and Unearned Income count toward the limit. Earned Income includes wages, salaries and tips from employment, and profit from self-employment. Unearned Income includes payments such as SSI/SSA, child support and alimony, VA benefits, pension and other retirement payments, etc.

Possible deductions from your income:

- Air-conditioning
- Internet
- Cell phone
- Child Support
- Some Medical Expenses



A great time to apply for SNAP is during your Somersworth Housing Authority (SHA) recertification time. A lot of the paperwork and documents needed are the same for both SNAP and SHA to use. Reach out to your Service Coordinator as a way to apply for SNAP and other DHHS programs.

Another healthy and delicious way to stretch your SNAP benefit is to shop where you see the DOUBLE UP FOOD BUCKS sign. You can get 50% off the fresh fruits and vegetables you buy instantly when you ask the cashier for Double Up Food Bucks. Then swipe your EBT or P-EBT card and enjoy!!

Participating businesses in our area:

- Fiddlehead Farms Marketplace
451 High St, Somersworth, NH 03878
- Janetos Market
77 Main St, Dover, NH 03820



April
2025
Newsletter



STAY IN TOUCH WITH SHA

25 Bartlett Avenue
Somersworth, NH 03878

Office: 603-692-2864
Fax: 603-692-2877

www.somersworthhousing.org

LOBBY HOURS

(Closed for lunch 12 to 1pm)

Mon	9:00 am – 4:00 pm
Tue	9:00 am – 4:00 pm
Wed	9:00 am – 4:00 pm
Thu	9:00 am – 4:00 pm
Fri	By Appointment Only
Sat	Closed
Sun	Closed

PANTRY UPDATE

Due to several factors the SHARE Fund Mobile Pantry will not be resuming this spring as hoped. With that said here is information about other pantry opportunities:



Gather Mobile Markets: (603) 436-0641

- American Legion, 45 Washington Street, Somersworth (Every other Monday, 10:00 to 12:00pm)
- Tucker's Parking Lot, 250 Indian Brook Drive, Dover (Every other Friday, 1:00 to 2:30pm)

Gather Markets now have a membership form to fill out at the start of going to the markets. There are no barriers to be able to shop with Gather and people's personal information on the form is not shared outside of Gather (the back is optional). If you need help filling out the form your SHA Service Coordinator can do so.



House of Hope: 207-698-9944

- 25 Sawmill Hill, Berwick (Pantry & Soup Kitchen Monday, Tuesday, Thursday from 5pm-6pm)

Everyone is welcome, no need is too small! They serve dinner as well as having a pantry on site. They also can provide transportation for those that need it to get there, and the ability for meal delivery for those that can't come in person.



Seeds of Faith Food Pantry: (207) 703-3185

- 1 Front Street, Suite #160, Rollinsford (Monday 9:30am-11:00am & Third Thursday 6:00pm-7:00pm)

Walk-ins are welcome! No I.D. or proof of residence required. Their food pantry programs include monthly food boxes, emergency food boxes, birthday bags, Thanksgiving baskets, and Christmas baskets.



SHARE Fund Food Pantry: (603) 330-3468

- 150 Wakefield Street in Rochester (Mondays and Wednesdays 10am-3pm; Fridays 9:30am-11:30am)

On your first visit, all you need to bring is a picture ID, basic contact information for yourself and the others in your household (name, address, phone number, date of birth), as well as any known food allergies.



The Community Food Pantry: 603-692-2907

- 176 West High St, Somersworth (Monday 10am-12pm, Wednesday 6pm-8pm, Thursday 3pm-5pm)

The Somersworth Police and the
Somersworth Housing Authority
invites you to...



Come to our Police Community and Crime Prevention Talk



JOIN US!

4/15/25

10:00AM

@ Filion Terrace Center
(75 Washington St.)

COP CORNER

The Somersworth Police sends out Nixle Alerts for parking bans and other important information to cell phones and emails. **You can sign up for free at www.Nixle.com or by texting your ZIP code "03878" to 888777.**



You can also check out the Somersworth Police Department's Facebook page for updates. They use it to let you know about important community information including crime information, road closures, snow emergencies/ parking bans, and community events.

Somersworth Crime Line: (603) 692-9111
(You can leave crime tips or anonymous info)

Non-Emergency Phone: (603) 692-3131

“You gotta bloom where you're planted.” - Dolly Parton

A MESSAGE FROM THE DIRECTOR

To all SHA residents,

After 40 years at SHA, starting at the 'all important' front desk in 1985 and now ending my career as Executive Director since 2012, I am leaving on May 2nd to begin new adventures while also looking forward to spending more time with family & friends.

Taking with me many proud memories of just how many people this agency has helped throughout the years by providing a 'place to call home'..... It has been an honor and a privilege to work with such a great Team and Board of Commissioners as I know them to be ... my 'work family' and forever friends.

I am pleased to leave SHA in the capable hands of the new Executive Director Michelle Masse, (current Fiscal Director). Michelle and the SHA Team will bring new vision and strategies while building on the solid foundation and reputation of this Authority and its mission. Please join in welcoming her.

My best wishes to allThank you!

Debbie Evans



Cost is \$5 per person.

Paper Flower Quilling

Wednesday, 5/14/25

10:00am @ Charpentier Community Room
1:30pm @ Filion Terrace Center

Somersworth Housing Authority residents are invited to craft with Dina of The Gathering Place Studio. She will teach you the steps to make a flower by quilling (the art of paper-rolling).

**Please RSVP with Lindsey by 5/7/25,
Text/Call: 617-546-5680 or Email:
lgagnon@somersworthhousing.org**

SAVE THE DATES!

4/7/25—Gather Pantry 1:00pm - 2:30pm @ Somersworth American Legion
4/15/25—Crime Prevention Talk 10am @ Filion Terrace Center
4/17/25—Cornerstone VNA Wellness Clinic 11am - 12pm @ Filion Terrace Center
4/21/25—Gather Pantry 1:00pm - 2:30pm @ Somersworth American Legion
4/22/25—**Commodity Foods Drop off Day** (Bi-Monthly)
4/30/25—5/2/25— Lindsey & Diane are gone for Service Coordinator Training
5/5/25—Gather Pantry 1:00pm - 2:30pm @ Somersworth American Legion
5/14/25—Craft Class Day (class to be held at both Filion & Charpentier)
5/15/25—Cornerstone VNA Wellness Clinic 11am - 12pm @ Filion Terrace Center
5/19/25—Gather Pantry 1:00pm - 2:30pm @ Somersworth American Legion

COMMUNITY WIDE ACTIVITIES & EVENTS

SOMERSWORTH PUBLIC LIBRARY

HILLTOPPERS 50+

Beginning February 5th

Yoga at the Library

Every Wednesday
3pm - 4pm

Join certified yoga instructor Gail for an hour of chakra-based Vinyasa Yoga. Each session will focus on a different chakra and teach participants various breathing techniques, yoga postures (asanas), stretches, and meditations related to a chakra.

**No registration required.*

25 Main Street, Somersworth, NH | (603) 692-4587 | somersworthnh.gov/library

**FREE dog and cat wellness appointments at
UNH PAWS Veterinary Clinic
in Durham, NH for
Somersworth Housing Authority Residents**

Wednesday, April 2, 2025 4:00 – 6:00 pm

Wednesday, April 16, 2025 4:00 – 6:00 pm

Wednesday, April 30, 2025 4:00 – 6:00 pm

TEXT: (844) 936 – 0229

SOMERSWORTH RECREATION

HILLTOPPERS 50+

WALKING/HIKING PROGRAM

SPRING 2025

Somersworth Residents Ages 50+
Thursdays; 4/24- 5/29
at 10:00am
Free/Registration is required

WALKING LOCATIONS/SCHEDULE:

4/24 & 5/29 Downtown Somersworth
5/01 & 5/15 Willand Pond
5/08 & 5/22 Mast Point Dam

****Please meet at the walking locations
5-10 minutes prior to start time for
check-in. An email will be sent if we
need to cancel for the day. Walks will
begin at 10am. Visit our website below
for more info on walking route
descriptions.**

REGISTER BY APRIL 22ND

REGISTER HERE:

www.somersworthnh.gov/parks-recreation/pages/programs

If you need help registering you can contact
your SHA Service Coordinator to sign up.

*“Spring has a way of bringing everything back to life, even a broken heart.” -
Willie Nelson*