

Somersworth Housing Authority

SERVICE SPOTLIGHT — STRAFFORD COUNTY ADRC (FORMERLY SERVICELINK)

As a No Wrong Door partner, the Aging and Disability Resource Centers (ADRC) provides information, support and referrals to individuals of all ages, income levels and abilities. ADRCs also administer programs and services such as Information and Referral Services, Person-Centered Counseling (Options Counseling), Family Caregiver Support Program (FCSP), State Health Insurance Assistance Program (SHIP), and Senior Medicare Patrol (SMP).



ADRCs are a collaborative effort of the Administration on Community Living (ACL) and the Centers for Medicare & Medicaid Services (CMS). ADRCs serve as single points of entry into the long-term supports and services system for adults who are aging & individuals with disabilities.

Specializing in assisting the above individuals with getting the support & resources needed to maintain their independence and ensuring that all populations regardless of payment sources has access to needed services.

ADRC Options Counseling staff have specialized training to guide individuals through the Medicaid application process.

BE PREPARED—JOIN AN INFO SESSION OR 2!

October is Annual Medicare Open Enrollment

9/30/25 @ 10am in the Filion Terrace Center

Caleb Fleury, Licensed Agent & Owner of Fleury & Associates will come to speak about what to be on the look out for with possible changes coming this October and how to be prepared for next steps with your coverage. After October 1st he will be joining us again to for drop in help at the Filion Terrace Center and can speak about the insurance plans he works with. Or you can contact Caleb at **(603) 973-9561**.



10/7/25 @ 10am in the Filion Terrace Center

Andy Schachat, a N.H. Certified Medicare Specialist, will joining us to explain your Medicare options for 2026. This service is free to you and is recommended by the Center For Medicare Services. Appointments can also be made for individualized help by calling ADRC at **603-332-7398**.



Sep/Oct
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 |

RESIDENT ADVISORY BOARD (RAB)

Meeting Notes September 9, 2025(11:30 am)

- Briefing of Annual Plan
- Discussion of work completed for each property and in progress to date Sept 9, 2025. Suggestions given by RAB representatives.

Bartlett Commons (formerly Albert J Nadeau Homes):

- Security Cameras
- Garden Area
- Property wide clean up
- Service Coordinator hours at Safe Haven
- Sunshades/Seating

Suggestions:

- Neurodivergent interior child safety locks
- Toddler playground
- ADA Swing
- Broken infant swing

Charpentier:

- Handrail installed before winter
- Looking into getting Hallways cleaned from construction residue
- Walkways

Suggestions:

- Water outside to water gardens
- Storage for outside tooling

Fillion Terrace:

- Rock area edging
- Security Cameras at Fillion Terrace Center
- Door Lock System at Fillion Terrace Center
- Handrail installed in front of Sr Center before winter

Suggestions:

- Parking Lot – Lining parking spots w/handicap

Maple Street

- Seating area – Spring

Suggestions:

- Garbage concerns – Look to getting an extra tip

Preservation Park

- New chairs for community space
- Carpet & Painting upstairs 185/195/163
- Tree removal
- Gutter & tree trimming scheduled for Fall 2025

Suggestions:

- Garbage – Is there a way to lock, people other than tenants using trash container.
- Security Cameras

Queensbury Mill

- Boiler work
- Electrical gear switch replacement
- On planning schedule – Kitchen and side entrance

Suggestions:

- Kitchen, Stove, and Refrigerator
- Community Room cable TV concerns

Smokey Hollow

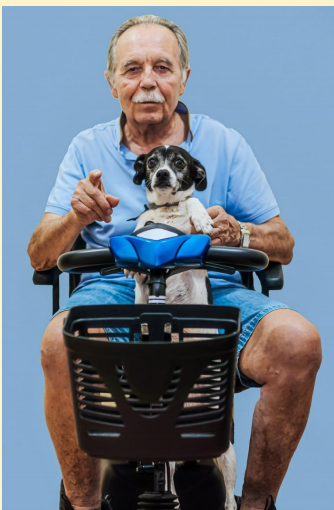
- Property wide cleanup
- Sidewalks
- Signage

Suggestions: None stated

Section 8 (HCV Program) Member Updates:

- Church donations of yellow vests to homeless
- Mentioning homeless population & circumstances

“It’s hard to beat a person who never gives up.” – George Herman “Babe” Ruth



MEDICAL EQUIPMENT RESOURCES

Did you know there are several organizations that have free medical equipment available to those in need!?! Here is a listing of the closest resources and if you are aware of any others please let us know.

Rollinsford American Legion

551 Foundry St, Rollinsford, NH
Call or text Mike: **(603) 534-6969**

Loaner’s Closet

6 West Broadway Unit 6, Derry, NH
Phone: **(603) 432-0877 x 3**
comcaregivers.org/loaners-closet/

Kittery Lions Club

117 State Rd Kittery, ME
Phone: **(207) 439-3378**

Rye Lions Club

P. O. Box 446, Rye, NH
Phone: **(603) 964-0125**
Email: ryelionsnh@gmail.com

SAVE THE DATES!

9/26/25—Gather Pantry

11am - 12pm @ Somersworth American Legion

9/30/25—Medicare Updates Info Session 1!

10am - 11am @ Filion Terrace Center

10/7/25—Medicare Updates Info Session 2!

10am - 11am @ Filion Terrace Center

10/10/25—Gather Pantry

11am - 12pm @ Somersworth American Legion

10/16/25— **FLU SHOTS with Cornerstone VNA Wellness Clinic** 11am - 12pm @ Filion Terrace Center

10/24/25—Gather Pantry

11am - 12pm @ Somersworth American Legion

10/28/25—**Commodity Foods Drop off Day** (Bi-Monthly)

2025 MONTHLY COMMUNITY WELLNESS CLINIC



FILION TERRACE

3RD THURSDAY OF THE MONTH 11:00 A.M. – 12:00 P.M.

75 WASHINGTON STREET, SOMERSWORTH, NH

Call 603-332-1133 for more information

All clinics are free to the public. A nurse will be available for blood sample screenings for diabetes, cholesterol*, blood pressure monitoring, medication and diet counseling.

* please call the office ahead to request testing / there is a small fee for cholesterol tests

The Wizard of Oz

WORD SEARCH

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|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| S | G | I | M | N | G | A | R | L | A | N | D | A | L |
| A | B | R | O | O | S | M | E | T | N | U | A | A | Y |
| S | C | A | R | E | C | R | O | W | C | D | J | D | N |
| U | N | C | L | E | H | E | N | R | Y | T | N | M | G |
| E | Y | D | U | J | A | D | O | R | O | T | H | Y | O |
| B | W | N | I | K | K | O | G | N | I | T | L | E | M |
| N | I | W | A | Y | D | A | D | R | A | Z | I | W | O |
| D | U | C | O | W | A | R | D | L | Y | L | I | O | N |
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| T | D | L | N | T | O | T | O | U | M | K | L | T | D |
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| U | B | A | L | L | O | O | N | Y | D | G | D | I | N |
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MELTING
JUDY
BALLOON
MUNCHKINS
SCARECROW
MONKEYS
WATER
DOROTHY
GLINDA
UNCLE HENRY
AUNT EM
COWARDLY LION
GALE
GARLAND
WIZARD
RUBY
TOTO
NIKKO

Play this puzzle online at : <https://thewordsearch.com/puzzle/147/>

COMMUNITY WIDE ACTIVITIES & EVENTS

SOMERSWORTH PUBLIC LIBRARY

FALL INTO YOGA

Fall Session:

| | |
|---------------------|------|
| Wednesday, Sept. 17 | 3 pm |
| Wednesday Sept. 24 | 3 pm |
| Wednesday, Oct. 1 | 3 pm |
| Wednesday, Oct. 8 | 3 pm |
| Wednesday, Oct. 15 | 3 pm |
| Wednesday, Oct. 22 | 3 pm |



**No registration required. Instructor donation appreciated!*

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

Somersworth Recreation **Hilltoppers 50+**

WALKING PROGRAM

FALL 2025

Somersworth Residents Ages 50+

Thursday 9/11- 10/16

at 10:00 am

Free / Registration Required

Walking locations/schedule

9/11 & 10/2 Downtown Somersworth



9/18 & 10/9 Willand Pond

9/25 & 10/16 Mast Point Dam

Please meet at the walking
locations 5- 10 minutes prior to
start time for check in.



Register by 9/10/2025



PAWS
VETERINARY CLINIC

University of New Hampshire

**Dover & Somersworth
Housing Authority Residents**

FREE dog and cat wellness veterinary care
at 34 Sage Way, Barton Hall, Durham, NH

4:00 – 6:00 pm by appointment only on

Wednesday, September 24, 2025

Wednesday, October 8, 2025

Wednesday, November 5, 2025

Wednesday, November 12, 2025

TEXT: (844) 936 – 0229

GRAVE TALES




Forest Glade Cemetery
September 27, 2025

(Rain date September 28)

10:00 AM – 3:00 PM

Tickets \$10 adults \$5 for children under 12

Presented by the
*Somersworth Historical
Society & Museum*



We are holding off on the
Senior Picnic until the spring
2026 and hope to
work with the Police, Fire and
City staff to make it a great
event!

