

Somersworth Housing Authority



January
2025
Newsletter

SERVICE SPOTLIGHT— TRIPLINK

TripLink is a regional transportation call center, serving 38 towns between Newton and Wakefield, NH. If you need help using this website, call TripLink from 8 AM – 5 PM to speak with a staff person at 603-834-6010. Program outlines and eligibility info:

Your SHA Service Coordinator can also help you sign up!

Community Action Partnership of Strafford County Senior Transportation Program

Door-to-door group shopping trips for people age 60 and over.

ELIGIBLE RIDERS

Older Adults

ELIGIBLE TRIP PURPOSE(S)

Shopping

COST / FARES

Suggested \$2.00 round-trip
donation

SCHEDULE

Tuesday—Friday

8:00 AM - 4:30 PM

ADVANCED NOTICE

By 11 AM (business
day before the trip)



Community Rides

Volunteer-driven non-emergency medical transportation.

ELIGIBLE RIDERS

Individuals with Disabilities &
Older Adults

ELIGIBLE TRIP PURPOSE(S)

Medical

COST / FARES

Free

SCHEDULE

Monday-Friday

ADVANCED NOTICE

Day Before



COAST ADA Paratransit Service

Paratransit service for individuals whose disability prevents them from independently using COAST's fixed-route bus.

ELIGIBLE RIDERS

Individuals with Disabilities

ELIGIBLE TRIP PURPOSE(S)

General/No Restrictions

COST / FARES

Varies

SCHEDULE

Varies by route, but generally service:

Mon - Fri 5:45am - 8:00pm

ADVANCED NOTICE

Day Before



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



A MEAL CAN MAKE A DIFFERENCE

As the new year begins consider changes that can be made to better your life and wellbeing. A main thing to consider improving is what you eat. One way to improve the quantity and quality of your meals could be by applying to receive Meals on Wheels.

Meals on Wheels (MOW) is the delivery of ready-to-eat meals to your home around the lunch hours. If you or a loved one is dealing with a disability, chronic disease, or recuperating from surgery or illness; then the delivery of a hot tasty meal and a friendly smile could be of help. During meal delivery, MOW provides what is best described as a daily safety check, where a trained staff member, who is familiar with the participant and their living environment makes note of changes that can be a sign of issues arising. Safety checks are an important tool in being proactive in preventing major issues from developing.

Eligibility varies by program. The basic criteria is listed below, but contact them to confirm eligibility:

- Homebound, age 60+ with no income restrictions OR
- Homebound, age 18+ with income restrictions.
- The spouse or caregiver of someone 60+ who is a receiving Meals on Wheels services.

The eligibility intake process is relatively simple and they have an Outreach Coordinator who works with you to complete it. To get started please contact their office at (603) 692-4211.

Strafford Nutrition Meals on Wheels - Administration Office (603) 692-4211				
January 2025				
Menu subject to change.			Suggested Donation \$3.00 per meal	
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
30 Kielbasa Roasted Potatoes Braised Cabbage Dinner Roll Orange	31 Shepard's Pie Bean Blend Whole Wheat Bread Warm Peaches	No deliveries on Wednesdays. A chilled meal for Wednesday will be provided with your Tuesday delivery.	2 Chicken Ala King Mashed Potatoes Harvard Beets Biscuit Jello	3 Potato Crunch Fish Sweet Potatoes Peas & Pearl Onions Whole Wheat Bread Cookie
6 Chicken Scampi Orzo Green Beans Whole Wheat Bread Pudding	7 Chili w/Cheddar Cheese Corn & Red Pepper Cornbread Cookie		9 Baked Ham w/Raisin Sauce Baby Red Potatoes Carrots Dinner Roll Birthday Cake	10 Macaroni & Cheese Stewed Tomatoes Spinach Wheat Bread Banana
13 Chicken Florentine Long Grain Rice Broccoli Whole Wheat Bread Orange	14 American Chop Suey Mixed Vegetables Multigrain Bread Banana		16 Roast Pork w/Gravy Rice Pilaf Carrots Dinner Roll Peaches	17 Crab Cakes Mashed Potatoes Veggie Medley Wheat Bread Fruit
20 Closed	21 Pulled Pork Long Grain Rice 4 Way Veggies Cornbread Apple Sauce		23 January Special Pot Roast w/Gravy Roasted Red Potatoes Winter Blend Veggies Snowflake Roll Bread Pudding w/Topping	24 Riblet Baked Beans Spinach Dinner Roll Fruit
27 Chicken Divan Parslied Rice Butternut Squash Whole Wheat Bread Warm Applesauce	28 Sweet & Sour Pork Seasoned Rice Black Beans & Corn Wheat Bread Fudge Round		30 Lasagna w/Meatsauce Key Largo Blend Veggies Multigrain Bread Applesauce Cake	31 Fish Filet Sandwich w/ American Cheese Potato Barrels Brussel Sprouts Whole Wheat Roll Orange
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CHECK YOUR MAIL

A reminder that the Social Security Administration has sent out your new benefit amount letter newly called “Notice of Cost-of-Living Adjustment (COLA)” (similar to the one pictured here). This year, for the first time, most Social Security beneficiaries will receive a newly designed and improved COLA notice that makes it easier for customers to find the information they need most. The simplified COLA notice is now only one page, uses plain and personalized language, and provides exact dates and dollar amounts of a person’s new benefit amount and any deductions.

This is a document we at the Somersworth Housing Authority require as part of your yearly recertification. With that said if you are afraid you may lose this document before your next recert it may be wise to get the office or your service coordinator a copy to have on file ahead of time. Recertifications are done each year for all residents living in housing in order to make sure our records are up to date. If you have any questions about the recert process, please speak with your property manager.

Notice of Cost-of-Living Adjustment (COLA)

Hello **Your Name Here**

Your Social Security benefit will increase by **2.5%** in January 2025 because of a rise in the cost of living. You can use this letter as proof of your benefit amount if you need to apply for food, rent, or energy assistance. You can also use it to apply for bank loans or for other business. Keep this letter with your important financial records or access this information online by signing into your **my Social Security** account.

How Much You Will Get In 2025 (Before Deductions)	Monthly Amount
Your monthly benefit in 2025 <u>before</u> deductions	\$\$\$\$\$
2025 Common Deductions	Monthly Amount
Medicare/Medicaid Insurance (Part B and Part C)	

“One kind word can warm three winter months.” - Japanese Proverb



While the SHARE Fund Mobile Pantry is on hold we fortunately will have the Gather Mobile Market returning to the area at the Somersworth American Legion at 45 Washington St. starting February 10th (we believe from 1:00 to 2:30pm but will confirm once next months calendar is posted).



PANTRY POSSABILITIES

Due to several factors the SHARE Fund Mobile Food Pantry has decided to suspend all mobile pantry visits through the winter months. With that said they plan to reassess needs and resources in April to determine f they will be coming back to the Filion Terrace Center on a monthly basis as they were.

A reminder that residents are welcome to visit their in house pantry at the James Foley Memorial Community Center, 150 Wakefield Street in Rochester, NH twice per month for a wider selection of free food support. OPEN Mondays and Wednesdays 10am-3pm; Fridays 9am-11am.

If you are homebound, please contact the SHARE Fund at **603-335-0011** to discuss home delivery as a option.

Additionally you can find their thrift store at this location. If you are in financial crisis and in need of FREE shopping, your SHA service coordinator can put in a referral on your behalf.

SAVE THE DATES!

1/20/25—SHA Offices **Closed**

1/22/25—New SHA Property Manager Meet & Greet

- Filion Terrace Community Building 9:30am to 10:00am
- Charpentier Apartments Community Room 10:30am to 11:00am

2/25/25—**Commodity Foods Drop off Day** (Bi-Monthly)

COMMUNITY WIDE ACTIVITIES & EVENTS

A poster for a snowflake paper quilling event. The background is light blue with faint, stylized snowflake patterns. The text is centered and uses a mix of bold and regular fonts. At the top, it says 'SOMERSWORTH PUBLIC LIBRARY' in a small, all-caps font. Below that, 'Snowflake Paper Quilling' is written in a large, bold, serif font. Underneath, 'Wednesday, January 22 at 5pm' is written in a bold, sans-serif font and underlined. A paragraph of text describes the event: 'Join us for a fun evening of crafting with Dina Gagnon from The Gathering Place Studio! We will be making quilled snowflakes, with Dina providing instruction. This program is suitable for all skill levels.' Below this, 'Registration is required!' is written in a bold, sans-serif font, followed by a curved arrow pointing to a QR code. At the bottom, contact information is provided: '25 Main Street, Somersworth, NH | (603) 692-4587 | somersworthnh.gov/library'.

SOMERSWORTH PUBLIC LIBRARY

Snowflake Paper Quilling

Wednesday, January 22 at 5pm

Join us for a fun evening of crafting with Dina Gagnon from The Gathering Place Studio! We will be making quilled snowflakes, with Dina providing instruction. This program is suitable for all skill levels.

Registration is required! 

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

“Laughter is the sun that drives winter from the human face.” – Victor Hugo