

Somersworth Housing Authority



January
2024
Newsletter

LINDSEY IN HER NEW ROLE

In starting this new role

Who I service: The 3 properties updated with RAD (Filion Terrace, Charpentier, and Albert J. Nadeau Homes).

What is a service coordinator: As a service coordinator I will help to promote an environment in which residents can maintain or improve their overall wellbeing. By not only connecting residents with services available in the community, but by designing programs to meet the needs and desires of each property's residents.

When I'm available: I will have office hours twice a week at each property. The office hours may change as I get used to the needs of each property. My proposed office hours for your property are listed in the gray box below.

Where you can find me: I am currently setting up an office at each property. I have an office at each property I service.

Why work with me: Utilizing my help and attending any programming is not required to stay in our housing but can be a great resource especially with your involvement and input to provide what is really needed. Work with me so I can work with you!



SERVICE SPOTLIGHT—CSFP

What is the Commodity Supplemental Food Program (CSFP)?...CSFP is a nutrition program that provides free food and nutrition info (bi-monthly) to promote good health for Seniors age 60 and over.

During the summer seniors participating in the Commodity Supplemental Food Program (CSFP) will also receive a fresh bundle of locally grown fruits and vegetables.

- Milk—shelf stable/UHT
- Non-fat dry milk
- Peanut butter
- Breakfast cereal
- Rice, pasta, cheese
- Canned fruit & vegetables
- Canned meat, poultry or fish
- 100% Ready to drink juice
- Canned or dry beans

Foods provided in your CSFP may include the following items:

If you are interested in signing up please contact Lindsey at SHA for info about enrolling for this program.

STAY IN TOUCH WITH SHA

25 Bartlett Avenue
Somersworth, NH 03878

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

www.somersworthhousing.org

LOBBY HOURS

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	9:00 am – 11:00 am
Sat	Closed
Sun	Closed



ONE STONE AT A TIME

Maintenance has been busy with improvements and updates beyond the RAD project. Here are some highlights with photos from this year. With RAD wrapped up we look forward to regrouping on any long standing projects. Hopefully now having more reliable funds to do so with RAD allowing for more consistent income.

They were also able to lay the ground work, in some cases literally, with crushed stone to prep for more paving next year. Worked through the best way hardscape the buildings foundation with stone and edging. Improved curb appeal and safety with installed building signs to better indicate the addresses for emergency services.



“I alone cannot change the world, but I can cast a stone across the waters to create many ripples.” – Mother Teresa

OFFICE HOLIDAY HIGHLIGHTS

Excited to have a large project behind us with more time to get back to our usual tasks while also getting back to community building activities we used to do. However...this year we were still a little behind on our annual holiday activities. Thankfully we were still able to pull things together. With that said we apologize for those who may have missed out and hope to start planning early this year.

Again we partnered with the Thanks4Giving Charity to receive over 160 turkey meals that SHA staff sorted and deliver to residents.

We also participated in the annual Somersworth/Berwick Holiday Parade themed “Classic Cartoon Christmas”. Our “Merry Grinchmas” float won best overall float of the parade by the judges. If you missed the parade go to TV channel 22 to watch reruns or on the city website under Meeting Videos.



(Pictured is SHA staff sorting the turkey meal delivery before it was brought to your development.)



(Pictured are SHA staff members and their families in front of our award winning float!)

CRAFTING PARTNERSHIPS

In December we were fortunate to team up with the City of Somersworth Recreation Department and the Library to host a Hilltoppers 50+ crafting event. This event also featured The Gathering Place Studio as the business teaching the ornament craft process and tools needed.

As part of the partnership SHA hosted the event at the Filion Terrace Center and purchased some of the ornament supplies. The Rec Department helped to make the flyers and put together the snowman craft. The Library purchased the treats to eat from the Somersworth High School culinary department and developed a survey for attendees.

We look forward to working on events and activities in the future to make for positive experiences in our community for those over 50. The hope will be host our next event in February at the Somersworth Library. Stay tuned for a flyer on this event soon.



(Pictured is Somersworth Recreation and Somersworth Library staff crafting with Somersworth residents.)



(Pictured is some of the finished projects from our Create & Take fun!)

"The greatness of a community is most accurately measured by the compassionate actions of its members." – Coretta Scott King



A BIG THANK YOU

A huge thank you to the residents who have helped make activities possible for the past few months while Lindsey transitions into her new position as Service Coordinator. You make a great difference by putting up the decorations in your communities spaces, passing out flyers, or just attending our hosted activities.

So far the social events like birthdays, potlucks, and holiday parties have all been a success because we can work together. Still a long road ahead to make more programs and resources available to those who need it, but this is a start. With that said a survey is coming out soon for you to fill out. The info gained from this important survey will be building blocks to this years Service Coordinator programing and development.



SAVE THE DATES!

1/9/24—**Crime Prevention Talk with Somersworth Police** @ 10:00am in Filion Terrace Center (Filion and Preservation Park residents welcome, we are planning another date for Charpentier residents soon)

1/15/24—SHA Closed (MLK Jr. Day)

1/17/24—**(3rd WED) Pop Up Pantry with Share Fund** @ 12:30pm in Filion Terrace Center

1/23/24—Filion Birthdays?

1/23/24—**Medicare 101 with Caleb** @ 11:00am in Filion Terrace Center

1/24/24—Charpentier Birthdays?

1/24/24—**Medicare 101 with Caleb** @ 11:00am in Charpentier Community Room

2/19/24—SHA Closed (Presidents' Day)

2/21/24—**(3rd WED) Pop Up Pantry with Share Fund** @ 12:30pm in Filion Terrace Center

2/27/24—Commodity Foods Drop off Day (Bi-Monthly)

3/20/24—**(3rd WED) Pop Up Pantry with Share Fund** @ 12:30pm in Filion Terrace Center

COMMUNITY WIDE ACTIVITIES & EVENTS



Mobile Health Clinic at Bradley Commons, Dover

January 10, 2024 @ 3:00 pm - 5:00 pm

Looking for easy-to-access medical care and care coordination services? Need a referral for substance use disorder treatment, mental health counseling, or other care? Greater Seacoast Community Health's mobile health van is available **every Wednesday from 3 to 5 p.m.** in CAP's Dover office parking lot (Bradley Commons, 577 Central Ave.).

Somersworth Public Library Presents

25 Main St, Somersworth, NH 03878

April Torreiro from True North Hearing will be covering the topic of hearing loss and its connection to health issues such as dementia, Alzheimer's, incidents of falling and injury, fatigue, and depression. April will also go over preventative measures for hearing loss. Light refreshments will be provided.

👂 **Hearing Loss Seminar** 👂
Tuesday, January 23 • 10:30am

