

# Somersworth Housing Authority



March  
2024  
Newsletter

## NEEDS SURVEY RESULTS

A big thank you to all who filled out the surveys even if you didn't have any needs currently. Totals received and what needs were the highest:

**Charp: 23 of 49 tenants submitted surveys**

Adaptive Equipment, Medical Alert Systems, and Housekeeping

**Filion: 23 of 64 tenants submitted surveys**

Food Stamps, Legal Aid, Smart Shopping, Computer Learning

Next steps will be scheduling activities and meetings to help with these.

## SERVICE SPOTLIGHT— THE DOORWAY

The Doorway provides a complete assessment, coordinated referral to treatment and supportive services for anyone living with a substance use disorder. Our main goal is to help people struggling with recovery get the help they need.

At The Doorway, you will meet with a licensed alcohol and drug counselor, who can connect you with an array of resources based on your needs. This may include:

- Screening and evaluation
- Treatment, including Medication Assisted Treatment
- Prevention, including naloxone
- Supports and services to assist in long-term recovery
- Peer recovery support services

You are never alone and never far from help.

**Hours:** Monday-Friday 8:00 a.m. – 5:00 p.m.

Walk ins are welcome. The last walk-in appointments are at 4:00 p.m.

**Location:** 798 Central Avenue, Dover, NH  
(across the street from Wentworth-Douglass Hospital)

**Contact:** Call 2-1-1 and select option #1.  
A live person will connect you with our office.



## STAY IN TOUCH WITH SHA

25 Bartlett Avenue  
Somersworth, NH 03878

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

[www.somersworthhousing.org](http://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

# HELP IS A CALL AWAY.

# CALL 2-1-1



[thedorway.nh.gov](http://thedorway.nh.gov)

## SIGNS OF SPRING AHEAD

As the weather starts to change maintenance is starting to plan for the new season and new budgeted items.

- The hope is this year to update security cameras at several of our properties.
- The community room doors at Charpentier are being replaced to match the rest of the building and painting will begin soon!
- A new sign to go on the Filion Terrace center has been ordered and will be installed soon.
- Maple Street hallways have a fresh coat of paint giving them a great facelift!
- Plans are in the works for Queensbury Mill to get a larger bulletin board for photos and activities flyers.



*"To plant a garden is to believe in tomorrow." – Audrey Hepburn*

## PAWS VET CLINIC COMING TO SHA

Excited to be working with the UNH Veterinary Technology Program to offer clinics in one of our spaces at Bartlett Ave. These clinics are to be held on March 13th & April 10th 2024.

- \$20 Cash ONLY need at appointment (covers the exam, blood and fecal tests, along with any required shots)
- PRIORITY given to those who can't drive, SHA will offer rides to the appointment!
- Bring any past vet records/history
- Bring your cat in a carrier
- Bring fecal/stool sample

**RSVP to get your appointment time... Contact your Service Coordinator @ 603-692-2864**

**Rides available!**

## PAWS Veterinary Clinic

P.A.W.S. stands for Pet Access to Wellness Services. The PAWS Veterinary Clinic offers low-cost veterinary care to qualifying pet owners during the academic year. We serve residents of the Somersworth Housing Authority and other qualifying low-income pet owners. Clients qualify by providing proof of some type of government assistance.



**Low cost veterinary services offered at the UNH campus, make an appointment today!**

### CONTACT:

Call: (603) 862-5306 or Text: (844) 936-0229

Email: [paws.unh@gmail.com](mailto:paws.unh@gmail.com)

Address: 34 Sage Way, Durham, NH 03824.

**Parking is in the Barton Hall lot off North Drive.**

### HOURS:

Mondays 1-5 pm

Thursdays 8 am-12 pm and 1-5 pm

**Closed from early May through the end of August, and during all UNH breaks.**



## BOOST YOUR BRAIN AND MEMORY SERIES

### Session 1: April 2nd

- Introduction: Brain Health and why it's important at any age.
- Physical Activity: Learn how physical activity is linked to cognitive performance to lower the risk of dementia.

### Session 2: April 9th

- Emotional Health: Learn the negative impacts of Chronic Stress
- Intellectual Activity: Learn relaxation and mindfulness techniques.

### Session 3: April 16th

- Nutrition: Learn brain healthy dietary habits.
- Spiritual Activity: Spiritual habits have positive effects on the brain and body.

### Session 4: April 23rd

- Social Engagement: Getting the most out of social interactions.
- Putting it all together to make lasting lifestyle changes.

# Boost Your Brain & Memory

### Location Host:



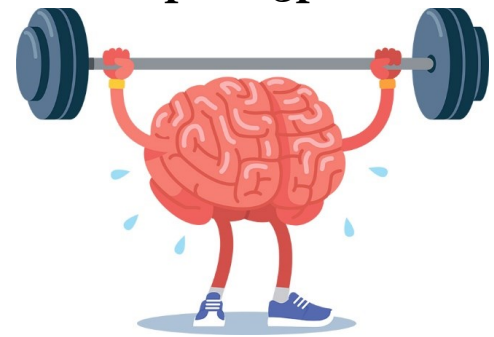
### Filion Terrace Center

(75 Washington St.)

### 4 Part Series

Tuesdays: April 2<sup>nd</sup>, 9<sup>th</sup>, 16<sup>th</sup> & 23<sup>rd</sup>

1pm – 3pm



### Online Presenter:



## RSVP

Contact your SHA  
Service Coordinator  
@ 603-692-2864

Rides available!

*"May you have all the happiness and luck that life can hold—and at the end of your rainbows may you find a pot of gold."— Old Irish Blessing*

## ACP & LIFELINE UPDATES

The Affordable Connectivity Program stopped accepting new applications and enrollments on February 8th. Barring additional funding from Congress, April is expected to be the last month enrolled households will receive the full benefit.

ACP enrolled households are strongly encouraged to carefully review written notices from their internet company and from the Universal Service Administrative Company (USAC), the ACP administrator, about the ACP wind-down.

Households are also encouraged to consult their internet company to learn more about how the end of the ACP will impact their internet service and bill.

For more updates about the ACP Wind Down: [AffordableConnectivity.gov](https://www.AffordableConnectivity.gov).

If you currently receive ACP benefits, you may qualify for the Lifeline Program to save on internet service. The Lifeline Program is another federal program that makes phone and internet service more affordable. Up to \$9.25 off the cost of phone, internet, or bundled services.

For more info about Lifeline: [www.lifelinesupport.org](https://www.lifelinesupport.org)



## SAVE THE DATES!

- 3/13/24—**PAWS Clinic** @ 4:30pm in Youth Safe Haven Building (17 Bartlett Ave.)
- 3/18/24—**Quarterly Canine Pest Inspection** @ 8:00am to 4:00pm All Properties
- 3/20/24—**(3rd WED) Pop Up Pantry with Share Fund** @ 12:30pm in Filion Terrace Center
- 3/26/24—**Filion Birthdays** (February & March) @ 12:30pm in Filion Terrace Center
- 3/27/24—**Charpentier Birthdays** (February & March) @ 12:30pm in Community Room
- 4/10/24—**PAWS Clinic** @ 4:30pm in Youth Safe Haven Building (17 Bartlett Ave.)
- 4/2/24 thru 4/23/24 (**4 Tuesdays**)— **Boost Your Brain and Memory Series** @ 1pm to 3pm in Filion Terrace Center
- 4/17/24—**(3rd WED) Pop Up Pantry with Share Fund** @ 12:30pm in Filion Terrace Center
- 4/23/24—**Commodity Foods Drop off Day** (Bi-Monthly)
- 4/30/24 to 5/3/24— Diane & Lindsey are @ Annual New England Service Coordinators Conference

## COMMUNITY WIDE ACTIVITIES & EVENTS

### Community Foot Clinic – ROCHESTER COMMUNITY CENTER

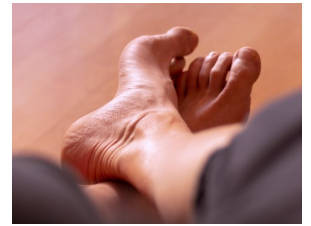
March 14 @ 11:00 am - 12:00 pm (2nd Thursday of the Month)



Cornerstone VNA provides monthly foot clinics on the 2nd Thursday of the month 11:00 a.m. – 12:00 p.m.

Rochester Community Center  
150 Wakefield Street, Rochester, NH

**Cost is \$35** - Please bring a towel and lotion to the foot clinic.



### Grieving to Living Support Group

March 12 @ 1:00 pm - 2:00 pm (every Tuesday)

Our mission is to support people ready to go from Grieving to Living by providing a safe space to share, learn, and grow. Feeling alone, broken, and disconnected is normal when you lose a loved one. So is wanting to feel better. It might seem like no one gets it. But I promise you – there are those of us who do. You are not alone.

Registration is required, email: [familyresourcecenter@straffordcap.org](mailto:familyresourcecenter@straffordcap.org)

Venue: Dover Family Resource Center (577 Central Ave, Suite 50)

Phone: 603-435-2500 x1200

RSVP by contacting your Service Coordinator @ 603-692-2864 OR by reaching out to the Somersworth Recreation Department directly.

Willand Pond Trail  
April 18th & May 9th

Mast Point Dam  
April 25th & May 16th

Downtown Somersworth  
May 2nd & May 23rd

### SOMERSWORTH RECREATION

## HILLTOPPERS 50+

## WALKING/HIKING PROGRAM

## SPRING 2024

Somersworth Residents Ages 50+

Thursdays; 4/18- 5/23

at 10:00am

Free/Registration is required

