

# SEACOAST FAMILY CAREGIVER SUPPORT

01/20/2023

Organization	Current Support Offerings for Caregivers	Contact Person(s)
Alzheimer's Association	<ul style="list-style-type: none"> <li>Caregiver Website Extensive Articles and Training</li> <li>24/7 Helpline 800.272.3900</li> </ul>	Melissa Grenier, LCSW, NH Regional Manager Phone: 603-606-6590 Email: <a href="mailto:mgrenier@alz.org">mgrenier@alz.org</a> Website: <a href="http://www.alz.org">www.alz.org</a>
AARP	<ul style="list-style-type: none"> <li>Speakers</li> <li>Articles</li> </ul>	<a href="http://www.aarp.org/caregiving">www.aarp.org/caregiving</a>
Bureau of Elderly and Adult Services	<ul style="list-style-type: none"> <li>Online learning portal with articles, videos, tip sheets that helps family caregivers reduce stress, find local resources, and provide better care.</li> </ul>	Tina Goulet, MSW Manager of Family Caregiver Supports Phone: 603-271-9222 Email: <a href="mailto:Tina.D.Goulet@dhhs.nh.gov">Tina.D.Goulet@dhhs.nh.gov</a> Website: <a href="http://www.beas.truealta.com">www.beas.truealta.com</a>
Brain Injury Association of NH	<ul style="list-style-type: none"> <li>Annual Caregivers Conference</li> <li>Caregiver Listening Series</li> </ul>	Ellen M. Edgerly Email: <a href="mailto:Ellen@bianh.org">Ellen@bianh.org</a> Website: <a href="http://www.coalitionofcaring.org">www.coalitionofcaring.org</a>
Cornerstone VNA	<ul style="list-style-type: none"> <li>Caregiver Cafes in 4 Seacoast Libraries</li> <li>Caregiver Facebook page and Web Page</li> <li>Volunteers for Caregiver Respite</li> <li>Life Care Private Duty Program</li> <li>Free Annual Caregivers Conference</li> <li>Quarterly Caregiver Newsletter</li> <li>Educational Presentation: <i>Caring for a Loved One with Dementia</i></li> </ul>	Janice Howard, Life Care-Private Duty Director Phone: 603-994-6940 Email: <a href="mailto:JHoward@cornerstonevna.org">JHoward@cornerstonevna.org</a>  Ann Vennard, Assistant Dir. of Advancement Phone: 603-994-6941 Email: <a href="mailto:AVennard@cornerstonevna.org">AVennard@cornerstonevna.org</a> Website: <a href="http://www.cornerstonevna.org/caregiver-support/">www.cornerstonevna.org/caregiver-support/</a>  Katherine Michaud MS, OTR/L Behavioral Health & Matter of Balance Coordinator Phone: 603-994-7000 Email: <a href="mailto:kmichaud@cornerstonevna.org">kmichaud@cornerstonevna.org</a>
Easter Seals	<ul style="list-style-type: none"> <li>Adult Day Services</li> <li>Homemakers</li> <li>Memory Care Grant</li> <li>Extensive Articles</li> </ul>	Brandice Chagnon Email: <a href="mailto:bchagnon@eastersealsnh.org">bchagnon@eastersealsnh.org</a> Website: <a href="http://www.easterseals.com/nh/explore-resources/for-caregivers/">www.easterseals.com/nh/explore-resources/for-caregivers/</a>
REAP (Referral, Education, Assistance,	<ul style="list-style-type: none"> <li>Short-term preventative home and community-based counseling and education services.</li> </ul>	Anne Marie Olsen-Hayward, LICSW, CDP, Dir, REAP Phone: 603-957-5926 Email: <a href="mailto:aolsenhayw@smhc-nh.org">aolsenhayw@smhc-nh.org</a> <a href="http://www.dhhs.nh.gov/sites/g/files/ehbemt476/files/">www.dhhs.nh.gov/sites/g/files/ehbemt476/files/</a>

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<i>and Prevention)</i>		<a href="https://documents/2021-11/bdas-reap.pdf">documents/2021-11/bdas-reap.pdf</a>
<b>Seacoast Dementia Hub</b>		Jack Mettee Phone: 603-969-9368 Email: <a href="mailto:jackmetteeaicp@comcast.net">jackmetteeaicp@comcast.net</a>
<b>Service Link (Aging and Disability Resource Center)</b>	<ul style="list-style-type: none"> <li>• Information and Referrals</li> <li>• Assistance in accessing services</li> <li>• Organization of support groups and caregiver training</li> <li>• Caregiver Respite and Supplemental grants</li> </ul>	Tina Goulet, MSW Manager of Family Caregiver Supports Phone: 603-271-9222 Email: <a href="mailto:Tina.D.Goulet@dhhs.nh.gov">Tina.D.Goulet@dhhs.nh.gov</a> Call directly: 1-866-634-9412 Website: <a href="http://servicelink.nh.gov/caregivers/index.htm">servicelink.nh.gov/caregivers/index.htm</a>
<b>University of NH Institute for Health Policy and Practice</b>	<ul style="list-style-type: none"> <li>• Annual Age of Champions <i>(The event includes daily workshops, speakers, resources, and activities that brought together students and educators, as well as community partners of all ages to celebrate the creativity and resiliency of communities throughout the lifespan.)</i></li> </ul>	Drake, Bridget, Chair, Planning Committee Phone: 603-862-4588 Email: <a href="mailto:Bridget.Drake@unh.edu">Bridget.Drake@unh.edu</a>
<b>University of NH Center on Aging and Community Living</b>	<ul style="list-style-type: none"> <li>• Caregiver Guidebook</li> <li>• Community Living Guide</li> <li>• NH Alliance for Healthy Aging</li> </ul>	Laura Davie Director of Long-Term Care and Aging/Co-director Center on Aging and Community Living <b>Phone:</b> (603) 862-3682 <b>Email:</b> <a href="mailto:laura.davie@unh.edu">laura.davie@unh.edu</a>

**Transportation:** <https://readyrides.org/>  
<https://straffordcap.org/our-services/senior-transportation/>  
<https://coastbus.org/pst>

**Meals on Wheels:** <https://rockinghammealsonwheels.org/> and <https://straffordmealsonwheels.org/>