









Home & Community-Based Services Resource and Referral Tool

Sections Key:

-  Food & Nutrition Services
-  Service Connection - General
-  Informational Resources – Food and Nutrition
-  Farmers Markets, Farm Stands, CSA
-  Health & Wellness Education, In-person
-  Health & Wellness Education, Online
-  Social, Emotional, and Recovery Support
-  Local Resources

Acronyms

- ADRC – Aging & Disability Center (formerly ServiceLink)
- AARP – American Association of Retired Persons
- CAPBM – Community Action Program, Belknap-Merrimack
- CSA – Community Supported Agriculture
- CSFP – Commodity Supplemental Food Program
- DHHS – Department of Health & Human Services
- EBT – Electronic Benefits Transfer
- NHFB – New Hampshire Food Bank
- RPHN – Regional Public Health Network
- SFMNP – Senior Farmers Market Nutrition Program
- SNAP – Supplemental Nutritional Assistance Program
- SSI – Supplemental Security Income
- FANF – Financial Assistance to Needy Families
- TEFAP – The Emergency Food Assistance Program
- UNH – University of New Hampshire
- VNA – Visiting Nurse Association





DISCLAIMER

The Bureau of Adult & Aging Services (BAAS) Resource & Referral Tool is the outcome of a 2-year pilot project focused on the reduction of food insecurity and malnutrition amongst New Hampshire's adults, older adults and adults with disabilities. This resource was developed in response to the needs expressed by BAAS staff, statewide service providers, and community partners. And, is the result of the collaboration of BAAS' Nutrition Services Providers, Adult Protective Services, and New Hampshire Hospital's Department of Food & Nutrition Services; along with input from community partners.




Our goal was the creation of a state-level and community-based service resource & referral document for New Hampshire that would support improved awareness and communication of services for both providers and the residents of New Hampshire.

On behalf of the BAAS, the content within is informational in nature. It is the responsibility of the resource/service provider to provide updates to BAAS when provider specific content changes are needed. Notification of content updates should be sent to the BAAS general email @ BAAS@dhhs.nh.gov

Food & Nutrition Services

Resource Information	QR	Contact Information
NH Food & Nutrition Assistance Programs List of congregate and home delivered meal providers. Additional Information on CSFP, SNAP, and TEFAP available.		https://www.dhhs.nh.gov/programs-services/adult-aging-care/food-meals-nutrition
SNAP Provides nutrition benefits to eligible low-income individuals and families. Online applications may be made through NH Easy link on website. Need help applying? - Call NHFB SNAP team.		https://www.dhhs.nh.gov/programs-services/food-meals-assistance/supplemental-nutrition-assistance-program-snap Bureau of Family Assistance Client Services, Phone: 603-271-9700, <i>option 3</i> or DHHS Services Helpline: 1-844-275-3447, <i>option 3</i> NHFB SNAP team, Phone: 1-877-347-7627 or 1-603-669-9725 ext. 1147
SNAP - Elderly Simplified Application Project (ESAP) ESAP extends recertification from 12 months to 36 months for eligible adults who are disabled, and/or age 60 or older. Details available on website. Need help applying? - Call NHFB SNAP team.		https://www.dhhs.nh.gov/programs-services/food-meals-assistance/supplemental-nutrition-assistance-program-snap Phone: NHFB SNAP team, Phone: 1-877-347-7627 or 1-603-669-9725 ext. 1147
SNAP - Electronic Benefits Transfer (EBT) EBT cards are used for benefit recipients to access SNAP and cash benefits. Link is to EBT management portal. Apply for assistance through NH Easy. Need help applying? Call NHFB SNAP team.		https://www.ebtedge.com/ Phone: 888-997-9777 NHFB SNAP team, Phone: 1-877-347-7627

■ Food & Nutrition Services

<p>Commodity Supplemental Food Program</p> <p>CSFP provides eligible seniors aged 60+ with prepackaged boxes containing nutritious foods and healthy recipes. Packages may include canned vegetables, cereal, cheese, fruits, juice, meat, milk, pasta; and fresh produce during the summer months (see below).</p>		<p>https://capbm.org/Commodity-Supplemental-Food-Program</p> <p>Phone: 1-800-578-2050 or 603-225-2050 (CAPBM) Address: 2 Industrial Park Drive, Building 2 Concord, NH 03301</p>
<p>Senior Farmers Market Nutrition Program</p> <p>Provides low-income seniors with access to locally grown fruits, vegetables, honey, and herbs. Apply Through NH Easy. For appointment or information call CAPBM.</p>		<p>https://www.dhhs.nh.gov/programs-services/adult-aging-care/supplemental-food-seniors</p> <p>Phone: 800-942-4321 CAPBM Phone: 1-800-578-2050 or 1-603-225-2050</p>
<p>NH Food Bank – Mobile Pantry Schedule</p> <p>Provides an assortment of produce and shelf-stable foods. Mobile food pantries are drive-thru format. Food distributions takes place on a first-come, first-served basis and while supplies last – no identification or other requirements needed.</p>		<p>https://nhfoodbank.org/find-food/mobile-food-pantry-schedule/</p> <p>Phone: 603-669-9725</p>






■ Service Connection - General

Resource Information	QR	Contact Information
NH Easy Gateway to Services Resource and service connection hub for DHHS services.		https://nheasy.nh.gov/#/ Phone: 1-844-275-3447
ADRC (formerly ServiceLink) – Resource List Provides individuals seeking assistance with information, referral and awareness of a variety of services and support options with the goal of connecting them with the support and services they need. They also provide Medicaid application support, counseling and decision-making support, assistance to caregivers, information regarding Medicare options and Medicare fraud prevention.	 	https://www.dhhs.nh.gov/programs-services/adult-aging-care/serviceLink <i>ADRC county locator</i> https://www.dhhs.nh.gov/programs-services/adult-aging-care/aging-and-disability-resource-centers/contact-aging-disability Phone: 1-866-634-9412
SNAP Application Assistance – NH Food Bank SNAP Outreach Coordinator can be called to receive assistance in applying for SNAP.		https://nhfoodbank.org/what-we-do/snap-supplemental-nutrition-assistance-program/ Phone: 1-877-347-7627 or 1-603-669-9725 ext. 1147
211 – New Hampshire Community Resources Search Tool 211 NH connects residents to the most up to date resources they need. 211 NH is available 24 hours, 365 days a year. Multilingual assistance and TDD access are also available.		https://www.211nh.org/search/ Phone: 1-866-444-4211 Email: 211nh@211nh.org
NH Food Bank Food Map – Resource Search Tool Interactive map/list of NH Food Bank community partners including food pantries, homeless shelters, and soup kitchens. For information on child/older adult programs please contact NHFB.		https://nhfoodbank.org/find-food/food-map/ Phone: 603-669-9725
Kinship Navigator Program – NH Children’s Trust (serves children under 18 yrs of age)		https://www.nhchildrenstrust.org/kinship




■ Service Connection - General

Assistance connecting kinship families (non-biological parent) to services. Including but not limited to Food Assistance and State Benefits.		Email: kinship@nhchildrenstrust.org
Keep NH Moving		https://keepnhmoving.com/
Provides transportation directory, information on available options in NH, where to find transportation; and helps you connect with Mobility Managers who can help solve your transportation needs.		Email: https://keepnhmoving.com/contact-us/
Generations Online – Self-Guided		https://www.generationsonline.com/
Offers online classes that guide you through learning technology and internet literacy skills such as using the internet, email, apps, Zoom, job hunting online, texting, videochats, and all the basic tools on any tablet or smartphone, as well as finding and reading digital newspapers, using QR codes, etc.		Email: KBurke.GoL@comcast.net Phone: 215-222-6400
Harbor Care -Veterans Services		https://harborcarenh.org/veteran-services/
Provides a broad range of specialized services for veterans including housing assistance (transitional and permanent), outreach & support, employment, healthcare and suicide prevention ensuring those who served receive the care and respect they deserve.		Health & Wellness Center Phone: 603-821-7788 Address: 45 High Street, Nashua, NH 03060 Administrative Offices Phone: 603-882-3616 Address: 77 Northeastern Blvd., Nashua, NH 03062




■ Informational Resources – Food & Nutrition

Resource Information	QR	Contact Information
U.S. Department of Agriculture – Nutrition by Life Stage List of nutrition information for older adults to eat healthy, reduce disease risk, and deal with changes that affect appetite and eating.		https://www.nutrition.gov/topics/nutrition-life-stage/older-adults
UNH Food Access Map Interactive map of nutritional services, resources, and local meals/food.*		https://unhcoopext.maps.arcgis.com/apps/MapSeries/index.html?appid=5caa235e0e024beb8bebbba50a0297d15&entry=2 *Homepage, left side, provides 3 options. 1. select MOBILE MAP VERSION (phone); 2. <i>UNH EXTENSION FOOD MAPS</i> (computer); 3. Or scroll down to select the specific access you are interested in.
UNH Farms Map Interactive map of local food resources such as farms, markets, retail, etc.		https://unhcoopext.maps.arcgis.com/apps/MapSeries/index.html?appid=c78f08fba0d5431ab2c8d64d8b2d9b30
SNAP - Granite State Market Match Receive tokens that double SNAP/EBT benefits for fruits and vegetables at participating farmers markets, farm stands, and CSAs.		https://granitestatemarketmatch.org/
SNAP - Double Up Food Bucks 50% off fruits, vegetables, herbs, seeds, and/or seedlings when Double Up Food Bucks are used at participating sites.		https://granitestatemarketmatch.org/double-up-food-bucks/




■ Farmers Markets, Farm Stands, CSA

Resource Information	QR	Contact Information
Farmers' Markets Directory List of Farmers Markets in NH (updated annually in late spring-early summer)* Locations where multiple farmers and sometimes vendors gather to sell a wide range of foods and goods.		https://www.agriculture.nh.gov/publications-forms/agricultural-development.htm *Once on the website scroll down and click on: "New Hampshire Farmer's Market Directory"
Farm Stands List of Farm Stands in NH (updated periodically)*. Single farms selling produce directly to customers.		https://www.agriculture.nh.gov/publications-forms/agricultural-development.htm *Once on the website scroll down and click on: "New Hampshire Farm Stand Directory"
Community Supported Agriculture List of CSAs in NH (updated periodically)*.		https://www.agriculture.nh.gov/publications-forms/agricultural-development.htm *Once on website scroll down and click on: "New Hampshire CSA Directory"



■ Health & Wellness Education, In-person

Resource Information	QR	Contact Information
Aging Mastery Program – classes at Granite VNA 10, 90-minute classes for older adults to gain skills and tools to manage their health, remain economically secure, and contribute actively to society as they age.	Unavailable	Class meetings dependent on staff capacity. Recommended to call and ask for program availability. Phone: 603-224-4093
Hannaford Dietitian Free In-store classes List, by town, of local dietitian's contact info, link to schedule of free In-Store Demos, Activities & Events. Activities & events are available upon request and include the options of interactive virtual classes, personalized tours (onsite or virtual) and off-site events.		https://www.hannaford.com/health-wellness/dietitians/free-classes-demos-nh If you do not have a store with a dietitian, send nutrition questions to dietitian@hannaford.com There is also the option to sign up to receive emails on handouts, recipes, nutrition tips and more.
NH Fall Prevention Hub – Fall Prevention Classes 8, 2-hour classes to help older adults, set goals for increasing activity, make changes to reduce fall risks at home, and exercise to increase strength and balance.		https://nhfalls.org/programs/falls-prevention-map.php Email: falls.prevention@hitchcock.org Phone: 603-653-3415
Walk With Ease – Free Online Classes University of NH offers 6-week workshops (1 hour per week) through zoom using any device. Walk on your own schedule. Pre-registration is required to attend weekly support and share group. Persons with disabilities requiring special accommodations should contact the program prior to the event. Given ample time, they will make any reasonable effort to make accommodations.		https://extension.unh.edu/health-well-being/programs/walk-ease Email: rebecca.betts@unh.edu Phone: 603-679-9447

Health & Wellness Education, Online

Resource Information	QR	Contact Information
Generations Online – Self-Guided Online classes available to guide you through how to find and sign up for a vaccine locally, and how to use telehealth.		https://www.generationsonline.com/ Email: KBurke.GoL@comcast.net Phone: 215-222-6400
Hannaford Dietitian – Free Online Classes Free online classes covering nutrition trends, living with diabetes, heart health, meal planning on a budget and more.*		https://www.eventbrite.com/o/hannaford-dietitians-30746473208 *Once on the website scroll down to Events and choose from Upcoming or Past classes. Email: dietitian@hannaford.com
Understanding Diabetes: Reducing Risk – Free Online Class Lists dates and times of available classes led by Hannaford dietitian, covers the pre-diabetes & diabetes diet. Explore the role nutrition plays in managing blood sugar, reducing risk factors, and lowering risk of diabetes side effects, particularly in type 2 diabetes.*		https://www.eventbrite.com/e/understanding-diabetes-reducing-risk-tickets-117437381369?aff=ebdsoporgprofile *Website allows you to reserve your spot by selecting a date and time that works best for you.
Heart Healthy Eating – Free Online Class Lists dates and times of available classes led by a Hannaford Dietitian discussing foods that can help improve your blood pressure, cholesterol, and overall health.		https://www.eventbrite.com/e/heart-healthy-eating-tickets-114187907104?aff=ebdsoporgprofile *Website allows you to reserve your spot by selecting a date and time that works best for you.
Nutritious Meals on a Budget – Free Online Class Lists dates and times of available classes led by a Hannaford dietitian, learn to incorporate foods that fit your budget, and shopping habits that will save you time and money throughout the year.		https://www.eventbrite.com/e/nutritious-meals-on-a-budget-tickets-227242296827?aff=ebdsoporgprofile
Chronic Disease Self-Management Program – Free Online Classes		https://extension.unh.edu/health-well-being/programs/chronic-disease-self-management-program#workshops




■ Health & Wellness Education, Online

<p>Evidence-based self-management programs designed to give you the skills, tools, and confidence you need to help take control of your chronic condition(s). Caregivers of those who manage chronic conditions or pain are also encouraged to participate.</p>		<p>Phone: 603-255-3716 Email: melissa.lee@unh.edu</p>
<p>SNAP-Ed - Nutrition Connections – Online classes and resources</p>		<p>https://extension.unh.edu/health-well-being/programs/nutrition-connections</p>
<p>Nutrition Connections provides nutrition education at no cost to low-income families with children and seniors. We reach people through group or individual meetings. Adults with children and seniors who receive SNAP, WIC, CSFP, FANF, or SSI automatically qualify.</p>		
<p>Powerful Tools for Caregivers – Granite VNA</p>		<p>https://www.granitevna.org/calendar/</p>
<p>Course for any NH resident 50+ on self-care skills to help manage being a caregiver. Held 1-2x per year. Recommended to call and ask for program availability.</p>		<p>Phone: 603-224-4093</p>



■ Social, Emotional, and Recovery Support

Resource Information	QR	Contact Information
Caregiver Connection – Online Support Group Support group for family caregivers to connect and support each other through similar challenges in a safe space. Recommended to call and ask for program availability.		https://www.granitevna.org/calendar/ When: 4 th Thur. every month. 10-11am Phone: 603-224-4093
Waypoint Free online or in-person activities such as support groups, social events, and classes. Link to general activities page.		https://waypointnh.org/activities/ Phone: 603-518-4000
AmeriCorps Senior Companion Program – Volunteer and Recipient Provides friendly visitation and transportation to homebound adults. Volunteers also provide respite to family caregivers in need of a break. Visits available M-F 8:30am-4:30pm. Must be 55 and meet income requirements. Call to register.		https://capbm.org/Senior-Companion Phone: 603-225 -3286
AARP Friendly Voice – Phone Calls Trained AARP Friendly Voice volunteers standing by ready to chat, listen, or just say hello. Also available in Spanish. The caller ID will say “800 Service.” Please take note of this number so that you recognize it when a volunteer calls. If you have voice mail and you miss the call we will leave a message.		https://www.aarp.org/home-family/friends-family/friendly-voice/ English Phone: 1-888-281-0145 Spanish Phone: 1-888-497-4108
WellnessLink Assists in connections to conversations, classes, activities and events in local communities. Hosts community calendar to share and promote statewide events		https://wellnesslinknh.org/community-calendar/?tribe_ecp_custom_3[0]=Online Phone: 1-866-452-1693, press 2

■ Social, Emotional, and Recovery Support

(online and in-person) for Granite Staters age 60 and over.		
Community-Based Recovery – support services		https://www.dhhs.nh.gov/programs-services/health-care/recovery-support-services
Provides information on recovery support services for individuals and families in NH. Including housing, family supports and peer recovery support service organizations.*		<i>Once on the website greater detail is provided including contact information.</i>
Recovery Community Centers – Center locations		https://www.dhhs.nh.gov/sites/g/files/ehbemt476/files/documents2/rco-referral-guide.pdf
Provides location of peer-led and peer-run agencies that provide services to support people in their recovery from alcohol and drug use problems. All recovery centers throughout the state of New Hampshire are low barrier and no cost for services; the only requirement is a desire to focus on your recovery.*		Once on the website you can find local providers information, location and contact information.
Interventions & Crisis Lines for Mental Health and Substance Misuse		
NH Rapid Response Access Point Available 24/7 for any adult, youth, or family experiencing a mental health or substance use crisis in New Hampshire. Responder can talk or come to see caller in person Call 988 Someone to talk to For suicide prevention and behavioral health crises that <u>do not</u> require emergency services response. Connects callers to the national network of call centers. 211 NH Doorway For individuals with substance use disorder. Provides information, resources and referral to local community services.		Phone: Call or text NH Rapid Response at 833-710-6477 Phone: 988 Veterans: Press 1 for the Veterans Crises Line Phone: 211
NH Harm Reduction Coalition		https://www.nhhrc.org/
Provides compassionate supports, advocacy, education, and care coordination (for complex cases) to people who use		Email to contact them directly: info@nhhrc.org Mailing Address: 1 Washington Street, Suite 3114, Dover, NH 03821

■ Social, Emotional, and Recovery Support

drugs. They work collaboratively with other harm reduction programs.		
Referral Education Assistance & Preventions Program (REAP)		https://smhc-nh.org/our-services/older-adult-services-reap/
REAP counselors provide older adults and their caregivers with brief counseling, technical assistance, and educational programs to address concerns around mental health, substance use and cognitive functioning. Services are available to NH residents age 60 and over; anyone living in Senior Housing; caregivers and family members of anyone eligible for REAP; and professionals who work with and/or on the behalf of older adults in NH.		<p>Phone, Portsmouth: 603-431-6703</p> <p>Phone, Exeter: 603-772-2710</p> <p>Call: 1-866-634-9412 <i>-If you have questions about eligibility</i></p> <p>Address:</p> <p>Other: Website offers a brochure you can download that includes a list of local Community Mental Health Centers.</p>
Veterans Crisis Line		
Service provided through the U.S. Department of Veterans Affairs		Phone: 988, then press 1
Veterans Suicide Prevention Coalitions		<p>More information and points of contact:</p> <p>https://www.dmavs.nh.gov/community-based-military-programs/nh-veterans-coalitions</p> <p>https://www.dhhs.nh.gov/programs-services/population-health/regional-public-health-networks</p> <p>Click on the NH DMAVS link above for the most up to date contact information for the coalitions.</p> <p>For more information:</p> <p>Phone: 603-203-3641; Justin Moeling, LSW serving as Community Engagement & Partnerships Coordinator for Veteran suicide prevention through Manchester, VA.</p> <p>Email: contact-John.moeling@va.gov</p>
Community coalitions of Veterans' family members and community members interested in supporting Veterans. Coalitions promote education, advocacy, outreach, and social connectedness events. 8 coalitions are Imbedded within RPHNs.		

■ **Local Resources:** *Content on this page will be completed and maintained by user.*

Resource Information		Contact Information
		Email: Phone: Address: Other:
		Email: Phone: Address: Other:
		Email: Phone: Address: Other:
		Email: Phone: Address: Other:
		Email: Phone: Address: Other: