



Aging Services Resource Guide for Carroll County

Developed by the Community Connections Working Group

MWV Age-Friendly Community

resourceguide@gibsoncenter.org

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Scan the code above to access our online resource guide

This resource guide was developed as part of the Mount Washington Valley Age-Friendly Community Initiative. Creating the guide involved extensive research by volunteers and every effort was made to include as many services as possible. We apologize for any omissions. This is a starting point, and we hope the guide will grow and evolve over time. Please email additions and corrections to resourceguide@gibsoncenter.org.

This guide is a voluntary public service and we do not endorse nor are responsible for the services of any particular agency, business or group. Health services listed are those that accept Medicare.

Aging Services Resource Guide Carroll County, New Hampshire

CONNECTING WITH SERVICES	3
Abuse/Self-Neglect	3
Advocacy	3
Employment/Training	4
Food Affordability Assistance	4
Food Pantries	4
Homelessness	6
Information and Referral	7
Legal Services	7
Long Term Care Ombudsman	
Safety	8
Social Security	9
Substance Abuse Recovery and Support	10
Tax Assistance	10
Town Community Resources	11
Veterans Programs	13
HEALTH	13
Adult Day Programs	13
Alzheimer’s Disease and other Dementia Services	14
Caregiver Support	14
Dental Services	15
Eye Care and Hearing Aid Assistance	16
Home and Community Care Programs	16
Hospice	18

Hospitals and Clinics	18
Medicare and Medicaid	20
Medication Assistance Programs	20
Mental/Behavioral Health Programs	20
Palliative Care	21
HOUSING AND RESIDENTIAL CARE	21
Assisted Living	21
Homeowner Financial Assistance	21
Independent Living and Subsidized Housing	23
Nursing Facilities	23
NUTRITION	24
Congregate Meals	24
Dinner Bell Community Dinners	25
Meals on Wheels	25
RECREATION, FITNESS AND CLUBS in MWV	26
Educational Programs	26
Fitness Classes	26
MWV Walkable Trails	27
Non-Profit Organizations/Clubs	27
Senior Centers	28
Volunteer Programs	29
TRANSPORTATION	29
Transportation Guide	29

CONNECTING WITH SERVICES

Abuse/Self-Neglect

The Adult Protection Law requires any person who has a reason to believe that a vulnerable adult has been subjected to abuse, neglect, exploitation or self-neglect to make a report immediately to the Bureau of Elderly & Adult Services (BEAS).

Where to report abuse or neglect:

- Contact BEAS from 8-4:30, Monday-Friday at (800) 949-0470 or (603) 271-7014.
- For Nursing or Assisted Living Facilities – Contact the Long Term Care Ombudsman at (800) 442-5640 or (603) 271-4375.
- Call 911 or the local police after hours, weekends or holidays. Call (603) 271-7014 or toll Free from within NH at (800) 949-0470

For more information visit: <https://www.dhhs.nh.gov/dcbcs/beas/adultprotection.htm>

Adult protective services (Maine) 1-800-624-8404
<https://www.maine.gov/dhhs/oads/get-support/aps>

Advocacy

Disability Rights Center NH - Advocating for the legal rights of people with disabilities.
(603) 228-0432 Toll Free (800) 834-1721

For more information visit: <https://drenh.org/>

Seniors Plus Maine (aging and disability resource center) 1-800-427-1241

Mount Washington Valley Age Friendly Communities – Works to improve the quality of life for all age groups in the Mount Washington Valley. Affiliated with the AARP Age Friendly Communities Initiative.

For more information visit: <https://www.gibsoncenter.org/mwv-age-friendly-community/>

Mount Washington Valley Housing Coalition - (603) 452-7414 Advocate for affordable, sustainable, community-enhancing housing for the people of the Mount Washington Valley. <http://www.mwvhc.org/>

New Hampshire Alliance for Healthy Aging – Works to create communities in New Hampshire that advance culture, policies and services which support older adults and their families, providing a wide range of choices that advance health, independence and dignity. For more information visit: <https://nhaha.info>

Employment/Training

NH Employment Security/NH Works- 518 White Mountain Highway, Conway
(603) 447-5972 <https://www.nhes.nh.gov/locations/conway.htm>

NHES/NH Works is a free public service center that offers a broad range of assisted and self-directed employment and career related services.

Senior Community Service Employment Program (SCSEP) - (603) 206-4400
SCSEP provides part-time community service training positions to low-income persons age 55 and older. Program participants work an average of 20 hours per week, are paid at least the Federal minimum wage, and are employed in a wide variety of community service activities. For further information visit:
<https://www.nhes.nh.gov/forms/documents/additional-programs-services.pdf>

The Mature Worker Program – (603) 228-4056
The Mature Worker Program is designed to assist individuals age 55 or over with re-employment and job search activities and training. Participants will receive case management services and attend job search workshops and activities.
For more information visit:
<https://www.nhes.nh.gov/services/job-seekers/mature-worker-program/mature-worker-program.htm>

Community Concepts for Maine residents 1-800-866-5588

Food Affordability Assistance

Supplemental Nutrition Assistance Program (SNAP) also known as food stamps – apply at Servicelink in Tamworth (603) 323-2043 or Department of Health and Human Services in Conway (603) 447-3841

New Hampshire Commodity Supplemental Food Program (CSFP) – (603) 994-6368
Provides healthy foods to supplement food budgets. The value of the food received is approximately \$50.00 per month. Available to age 60+ and income eligible.

Food Pantries

Agape Ministries
1895 RT 16
West Ossipee - Across from Pizza Barn
(603)-539-4456
Mon Wed & Fri 1pm to 3pm
All NH residents are welcome
Proof of Residence is needed

Bread Basket Food Pantry

River Church 2600 E Main St

Center Conway

(603)-447-6633

The Second Tuesday of each month 4-5:30pm or by appt. Bring Proof of Residence

<http://theriverchurchnh.com>

Brownfield Food Pantry 207- 935-2620

Community Food Center

Saint Andrews Church, 678 Whittier Rd. Tamworth

(603)-960-4067

Tues and Fri 10am to 12pm

Tamworth or Sandwich residents, proof of residency required

<http://standrewsinthevalley.blogspot.com/2010/01/saint-andrews-in-valley.html>

Conway Village Congregational Church

132 Main St, Conway, NH 03818

(603)-447-3851

Tuesdays 9am to 11:30 am and 2nd and 4th Tuesday at 5:00pm to 7:00pm

Conway, Center Conway, Eaton, Albany and Chatham Residents only

Bring Proof of Residence <http://www.thebrowchurch.org>

Freedom Food Pantry

First Christian Church of Freedom

12 Elm St

(603) 539-6484 (emergency number (603) 539-6484)

Saturdays 10 am to 12 pm

Freedom, Ossipee and Effingham Residents Only

Proof of residence and confirmation of state assistance is needed

<http://firstchristianchurchoffreedom.org>

Fryeburg Dinner Bell- Dinner is served from 5 to 6 pm every Wednesday during the school year. Ways that you can volunteer are by cooking, helping with prep and clean up, or shopping. For more information, call Sally Gibson at 207- 935-3676.

Glen Baptist Church 38

Route 302, Glen NH

Sat. 10-12pm

Serves Bartlett and Jackson

Lakes Region Food Pantry

977 Whittier Highway

Moultonborough

(603)-986-0357

Thursdays 10am to 6pm

Bring proof of income and personal ID <http://www.lakesregionfoodpantry.org>

Life Ministries
264 South Main
St Wolfeboro
(603)-569-0202 <http://www.lifeministriesfoodpantry.org>
Wednesdays 10am to 1pm and 5pm to
7pm All are Welcome
Bring Proof of income, intake form, and ID

Madison Church
(603)-367-8352
Wednesdays 10am to 1pm
Make an appointment, Madison Residents Only, bring proof of
residence <http://themadisonchurch.org>

Vaughan Community
Services 2503 White
Mountain Hwy North
Conway
(603)-356-2324
Tues 12pm to 1:45pm Thurs. 1:00pm-
2:45pm Conway Residents Only
Bring proof of Residence and ID, bring copy of light bill or
lease <https://www.firstchurchnc.com/vaughan>

Wakefield Food Pantry
1500 Wakefield Rd
(603)-522-6970
Wednesdays 10am to 1pm and 5pm to 7pm
Wakefield, Brookfield, Effingham, Milton and Newfield, Me. only
Bring Proof of Residence and photo ID and
confirmation of services and proof of income <http://wakefieldnhfoodpantry.org/>

Homelessness

211- The first step for individuals experiencing homelessness is calling 211 New Hampshire's state-wide information and referral service. 211 staff will send referrals to homeless outreach services and can also help individuals and families access shelters.

Homeless Intervention & Prevention - Outreach program, Tri County CAP, Carroll County Call (603) 323-7400 x110

Maine Housing 1-800-452-4668

Local Welfare Assistance - New Hampshire law says that every town and city in the state must have a welfare program to help people who are poor and who need help. Contact the last town you lived in to obtain an application

Way Station – (603) 452-7113 15 Grove Street, North Conway
Day Resource Center – Offers basic support such as laundry, showers, internet access, PO Box for mail and identification, toiletries, referrals, and socio-emotional support. Does not provide overnight shelter.

Information and Referral

The Carroll County Aging and Disability Resource Center is ServiceLink
(603) 323-2043
448 White Mountain Highway, Tamworth An *Aging and Disability Resource Center (ADRC)* is a collaborative effort of the Administration on Community Living and the Centers for Medicare & Medicaid Services (CMS). ADRCs serve as single points of entry into the long-term support and services system for older adults and people with disabilities of all income levels.

For more information visit : <https://www.servicelink.nh.gov/locator/tamworth.htm>

211 - 211 is New Hampshire's first state-wide, comprehensive, information and referral service. Thanks to a unique coalition of non-profit, government, corporate and volunteer partners, New Hampshire residents need only dial 211 to be connected, at no cost, with trained Information and Referral Specialists who can provide them with the health and human service information they need to get help, give help or discover options.

Also available online at <https://www.211nh.org/>

Brain Injury Association of New Hampshire Resource Directory - Brain Injury and Stroke resource guide for the state of New Hampshire featuring information for survivors, families, caregivers, veterans, and professionals.

The guide is available at
<https://bianh.org/resource-directory#9e126782-d5bb-47e5-a664-ebabd3c467c5>

Seniors Plus for Maine residents 1-800-427-1241

Legal Services

Anti Fraud Hotline for Senior Citizens (855) 303-9470
If you or someone you know think you have been a victim of fraud or a scam aimed at seniors, call the toll free hotline or contact the committee at
<http://www.aging.senate.gov/fraud-hotline>

AARP Fraud Watch Network Hotline (877) 908-3360

*603 Legal Aid - (800) 639-5290 or www.603legallaid.org
helps low-income people find free civil legal help for their problems in New Hampshire. We offer information, advice, legal representation, or referral to the right source of help to those who qualify for services.*

*New Hampshire Lawyer Referral Service – (603) 229-0002
or <http://www.newhampshirelawyerreferral.com/>*

*Justice in Aging Project- (888) 353-9944
For people age sixty and older seeking assistance with consumer debt collection, financial exploitation, housing, property taxes, nursing homes, assisted living transfer and discharge, Social Security denials and Medicaid denials.*

*Taxpayer Advocate Service - (603) 433-0571 or (877) 777-4778
For help with IRS issues you're already working to resolve on your own.*

Office of Elder Services (Maine) 1-800-262-2232

Legal Services for the Elderly (60 and over in Maine) 1-800-750-5353

Long Term Care Ombudsman

The Office of the Long-Term Care Ombudsman receives, services, investigates and resolves complaints or problems concerning residents of long-term health care facilities. The program also provides advocacy services to long-term health care residents, and comments on existing and proposed legislation, regulations and policies affecting long-term care residents. Education is provided to residents, family members and facility staff concerning the legal rights of residents. To contact the Office of the Long-Term Care Ombudsman, call 1-800-442-5640 (if calling within NH) or 603-271-4375 (if calling from outside NH) email OLTCO@dhhs.nh.gov or write to the Office of Long-Term Care Ombudsman, 129 Pleasant St., Concord, NH 03301.

Safety

Daily Check-In Programs – Police offer a check in program for senior adults living alone using a daily phone call.

Conway – Project Good Morning– Conway Police Department - (603) 356-5715 residents of Conway, Bartlett and Jackson can participate in this program. <http://www.conwaypd.com>

Moultonborough - Good Morning Project - (603) 476-

2400 <https://www.moultonboroughnh.gov/police-department>

Wolfeboro - Good Morning Program - (603) 569-1444
<https://www.wolfeboronh.us/police-department/pages/programs-services>

Fryeburg Police Department 207- 935-4286

All other Carroll County Towns – Carroll County Sheriff - (603) 539-2284

Starting Point <https://www.startingpointnh.org> (603) 447-2494
Services for victims of domestic and sexual violence in Carroll County

Link-Up New Hampshire and Lifeline Telephone Assistance
Consolidated Communications offers income based financial assistance for installing a telephone and reduced monthly telephone charges
(866) 984-2001, except exchanges 694 and 939 call (800) 400-5568

Safelink free cell phone and minutes for those who meet federal poverty standards and medicaid (800) 723-3546

Assurance Wireless free cell phone and minutes for those who meet federal poverty standards and medicaid by Virgin Mobile (888) 321-5880

Social Security

Many services are offered online at ssa.gov

Social Security Administration Office (All of Carroll County except Wakefield and Union)
177 Main Street
Littleton, NH 03561
Phone: 1-877-405-7658

U.S. Social Security Administration (Maine) 1-877- 319-3076

Social Security Administration Office (Wakefield and Union) Room 210A
80 Daniel Street
Portsmouth, NH 03801
Phone: 1-888-397-9796

Substance Abuse Recovery and Support

Green Mountain Treatment Center - 244 High Watch Road, Effingham, NH 03882
(866) 951 -7739 <https://www.greenmountaintreatmentcenter.com/>

MWV Supports Recovery - 1620 E Main St Center Conway NH 03813 (603) 662-0668
email mwvaddictionresource@gmail.com
website <https://www.mwvsupportsrecovery.org/> M-F 9am -5pm

Mount Washington Valley Supports Recovery Coalition is a Non-Profit Recovery Resource Organization. They have resources for anyone seeking a recovery path. Trained recovery coaches are ready to engage individuals and their families with substance use disorder, and they are working with almost every sector in this community to bring recovery support programs to the valley.

White Horse Recovery/Behavioral Health Services – Offices located at 68 Rte. 16B, Center Ossipee and 2977 White Mt. Highway, North Conway (603) 651-1441
<https://whitehorserecovery.org>

White Horse Recovery/Behavioral Health Services is a nonprofit organization dedicated to providing effective resources to those with substance use disorders. Their goal is to help people find a way to live a life of recovery and prevent substance abuse.

The Doorway New Hampshire Call 211 to access assistance;
<https://thedorway.nh.gov> Assists people with an opioid use disorder or other substance use disorders. Offers help for substance use, including treatment, support, or resources for prevention and awareness.

AA/Al-Anon Groups

AA New Hampshire Service Office (603) 622-6967 or 800-593-3330; For meeting listings visit: <https://nhaa.net> ; email office@nhaa.net

Al-Anon New Hampshire Service Office (603) 369-6930 or visit: <https://nhal-anon.org>

Maine Office of Behavioral Health and crisis line 207-287-2595

Tax Assistance

Low & Moderate Income Homeowners Property Tax Relief - (603) 230-5920
Homeowners with a total household income of \$20,000 or less if a single person or \$40,000 or less if married or head of a household can apply for a property tax relief check. Form DP-8 must be filed with the New Hampshire Department of Revenue annually between May 1 and June 30. More information is available at <https://www.revenue.nh.gov/faq/low-moderate.htm#top>

Property Tax Credits and Exemptions - Contact your town for more information. Each town has permanent property tax credits and exemptions available for certain low income individuals such as elderly, veterans and disabled. Amounts and exemptions vary by town. Form PA-29 must be filed with the town assessing office. Form available at <https://www.revenue.nh.gov/forms/exempt-credit.htm>

The Low-Income Taxpayer Project - (603) 228-6028
The New Hampshire Bar Association offers a pro bono referral program to Low-income taxpayers with federal income tax controversies (disputes) with the IRS.

Free Tax Return Preparation - Call 211 or visit NHTaxHelp.org to find a site near you. Locations currently listed in Carroll County:

Gibson Center for Senior Services - North Conway (call 211 to book an appointment or online at NHTaxHelp.org)

Moultonborough Library, 4 Holland Street. Call for appt. (603) 476-8895

Ossipee Public Library, 74 Main Street. Call for appt. (603) 539-6390

There are also locations outside Carroll County that may be convenient for some Carroll County Residents. For a full list visit NHTaxHelp.org

Fryeburg Public Library (TBD) 207-935-2731

Bridgton Recreation Center 207-647-3116

Taxpayer Advocate Service - (603) 433-0571 or (877) 777-4778
For help with IRS issues you're already working to resolve on your own.

Town Community Resources

These websites link to town services, libraries, boards and programs in each town.

Albany <https://www.albanynh.org>

Bartlett <http://www.townofbartlettnh.org>

Brookfield <https://www.brookfieldnh.org>

Chatham <http://chathamnh.org>

Conway <https://conwaynh.org>

Eaton <http://www.eatonnh.org>

Effingham <http://www.effinghamnh.net>

Freedom <http://townoffreedom.net>

Senior Resource Officer Renee Wheaton coordinator03836@gmail.com

Fryeburg, Maine <https://www.fryeburgmaine.org>

Jackson <https://www.jackson-nh.org>

Madison <http://www.madison-nh.org>
Moultonborough <https://www.moultonboroughnh.gov>
Ossipee <https://www.ossipee.org>
Sandwich <http://sandwichnh.org>
Tamworth <https://www.tamworthnh.org/>
Tuftonboro <https://www.tuftonboro.org>
Wakefield <https://www.wakefieldnh.com>
Wolfboro <https://www.wolfboronh.us>

Chambers of Commerce/Events

MWV Chamber of Commerce <https://www.visitmwv.com>
Fryeburg Business Association <https://fryeburgbusiness.com/directory/>
Discover Sandwich <https://www.discoversandwich.com/>
Greater Ossipee Chamber of Commerce <https://www.ossipeevalley.org>
Wolfboro Area Chamber of Commerce <https://www.wolfborochamber.com>

Libraries in Mt. Washington Valley

Bartlett Public Library <https://www.bartlettpubliclibrary.org>
Conway Public Library www.conwaypubliclibrary.org
Freedom Public Library <http://www.freedompubliclibrary.org>
Fryeburg Public Library <http://www.fryeburgpubliclibrary.org/>
Jackson Public Library www.jacksonlibrary.org
Madison Public Library <http://madisonlibrary-nh.org>
Pope Memorial Library <https://www.popelibrarynh.org>
Tamworth Public Library www.tamworthlibrary.org

Town Information Exchanges

Many towns have information exchanges *for their residents only*, the exchanges have moderators and must be joined first to view listings. To join, email to one of the following appropriate links to request permission and include your name, email address and your residence

Tamworth Exchange tamworthexchange@gmail.com
Madison Boulder Bulletin madison-boulder-bulletin+owners@googlegroups.com
Freedom Bulletin - <http://freedompubliclibrary.org/extral.asp>
Eaton Ears- eatonears@gmail.com
Sandwich Board - gberg@cyberpine.net
Jackson Bridge <http://jacksonlibrary.org/jackson-bridge/>

Veterans Programs

VA Medical Outpatient Clinic

71 Hobbs St. Conway 1 (800)-892-8384 x3199

Provides primary care, preventive health, laboratory, mental health, women's health, virtual medicine, referrals to other VA services, such as hearing, vision and caregiver services <https://www.manchester.va.gov/locations/conway.asp>

NH Office of Veteran's Services- Conway (603) 447-5924

Veterans and eligible spouses receive access, on a priority of service basis to the full range of public employment and training services, including job search assistance, workshops, resume assistance, labor market information, career guidance, job referral, and referral to other supportive and training resources.

<https://www.nhes.nh.gov/locations/conway.htm>

Veterans Independence Program - ServiceLink Tamworth (603)-323-2043 Qualified individuals can receive help with in home care

<https://www.servicelink.nh.gov/locator/tamworth.htm>

Easter Seals of New Hampshire (603) 315-4354 <https://www.easterseals.com/nh>

Helps veterans and their families to access services and supports, including counseling, aging and senior needs, transportation, housing and disability services

Veterans Crisis Line 800-273-8255 <https://www.veteranscrisisline.net>

Veteran's Coffee- Gibson Center for Senior Services (603) 356-

3231 1st & 3rd Wednesday 10:00 am

<https://www.gibsoncenter.org>

Maine Bureau of Veteran Services 207-430-6035

Homeless Veterans Coordinator 207-446-0168

Maine Veterans' Memorial Cemetery System 207-287-3481

HEALTH

Adult Day Programs

Adult day programs are community-based services that provide a planned program of health, social and supportive services during daytime hours in a protective setting.

Participants can attend an adult day program for all or part of the day. The following

programs are licensed by the state to New Hampshire. For more information, contact the NH Department of Health and Human Services, Bureau of Health Facilities Administration (Telephone: 1-800- 852-3345, Ext. 9499)

Mount Washington Valley Adult Day Center, Conway (603) 356-4980

<https://mwvadulthoodcenter.org/>

Alzheimer's Disease and other Dementia Services

Alzheimer's Association – 800-272-3900 or visit alz.org Comprehensive information about Alzheimer's disease and how to find help.

Maine Health 207-661-7001 <https://www.mainehealth.org/Services/Aging-Senior-Care>

Also see **Caregiver support, Respite care and Adult Day programs.**

Caregiver Support

Gibson Center for Senior Services, North Conway 356-3231

Peer Support Caregivers Services –

<https://www.gibsoncenter.org/programs/>

Huggins Hospital – Wolfeboro <https://www.hugginshospital.org/resources/support-groups>

- Parkinsons Support Group – Second Monday of every month from 1 to 3 PM in the Medical Arts Education Center. This is a Huggins Hospital Support Group organized by hospital employees with informational speakers provided for most meetings. Contact Kelly Rogers, Director of Rehabilitation and Diagnostic Services at (603) 569-7565.
- Alzheimer's Support Group - Contact Pat Lovering at (603) 569-4690 for more information.
- Cancer Support - Woman to Woman is for women with all types of cancers and at all phases of the treatment and healing process - from the newly diagnosed to the long-term survivor. Contact: Kitty Hammond at (w) 603-569-1996 or (h) 603-544-2600 for more information.
- Grief Support Groups/Bereavement Support Groups - Granite VNA offers grief support groups in Wolfeboro, Laconia and Concord. Full list of upcoming groups and resources at www.granitevna.org/griefsupport. For more information about groups in the Wolfeboro & Laconia regions, contact Dan Kusch, Bereavement Coordinator at 603-524-8444 x62393 or dan.kusch@granitevna.org.

Mount Washington Valley Adult Day Center - Conway Caregiver Support Group For more information call (603) 356-4980 or

<https://mwvadulthoodcenter.org/>

Although the group focuses on caregivers of people experiencing memory loss, cognitive impairment and/or dementia, all caregivers are welcome to attend. This group is peer supported but also includes facilitators with expertise in geriatrics, memory loss and dementia. We encourage people who are caregivers for people with early cognitive impairment to attend.

Meets every Tuesday 1:00-2:30pm

The Childrens' Center - Wolfeboro (603) 569-

1027 <https://www.thechildrenscenternh.org/>

Grandparents Raising Grandchildren Support Group - meets the third Tuesday of the month from 6 to 7:30 p.m. at the Children's Center (180 South Main Street, Wolfeboro). The monthly group will be facilitated by a counselor. Free child care will be provided as well as light refreshments. The program is a collaboration between The Children's Center, Northern Human Services and the Governor Wentworth School District's Homelink Program.

ServiceLink - Tamworth 603-323-2043

<https://www.servicelink.nh.gov/locator/tamworth.htm>

Grant money is available for respite care. It is available to both caregivers and grandparents raising grandchildren. Contact ServiceLink for details.

Veterans Administration Caregiver Support – 855-260-3274

or <http://www.caregiver.va.gov/>

Dental Services

Tamworth Dental Center

Tri-County Community Action Program

Inc. 448B White Mountain Hwy

Tamworth, NH 03886 <http://www.tccap.org/services/health/tamworthdentalcenter>

P: (603)323-7645 (323-Smile) Toll Free: (888)-660-2006

Monday - Thursday 8am-5pm Closed 12:00-12:30 pm

Sliding fee discount program available to uninsured and underinsured low income patients upon receiving income verification. Also accepts Medicaid, Medicare-2part dental program, Amerihealth, United HealthCare through AARP

White Mountain Community Health Center

P.O. Box 2800 - 298 White Mountain

Highway Conway, New Hampshire 03818

P: (603) 447-8900

www.whitemountainhealth.org

Offers dental hygiene to adults who are registered with WMCHC as a patient

NH Dental Society Professional Denture Care Program

PO Box 2229, Concord, NH 03301 – (603) 225-5961

Provides NH Dentists who offer professional care and services for full dentures for New Hampshire citizens of limited financial means. Visit <https://www.nhds.org> to download an eligibility application

Eye Care and Hearing Aid Assistance

Lions Sight and Hearing Foundation - Provides financial assistance for Eye Care and Hearing aids for qualified individuals.

Conway Area Lions Club - Application available at

http://conwayarealions.org/Lions_Sight_&_Hearing_Foundation_applications.html

Call Conway Eye Care (603) 356-3000 or Dr Angelique Sawyer (603) 809-5874

Whittier Lions Club - (Effingham, Freedom, Ossipee and Tamworth) Contact club president Jeffrey Brothers (603) 323-8295

Home and Community Care Programs

Income Based Programs

NH Medicaid and NH State Grant Programs are available to assist with the cost of home care for qualified individuals. If you are not sure which program is right for your circumstances long term care counseling is provided by Servicelink.

The Choices For Independence Program - Apply at *Servicelink* – Tamworth (603) 323-2043 <https://www.servicelink.nh.gov/locator/tamworth.htm>

Available for seniors and adults with chronic illnesses who are financially eligible for Medicaid and medically qualify for the level of care provided in nursing facilities. Administered by the Bureau of Elderly and Adult Services, the program provides a wide range of service choices that help seniors and adults with chronic illnesses to continue living independently in their own homes and communities.

Older Americans Act Title IIIB Home Health Services - Apply at *Visiting Nurse Home Care and Hospice* - North Conway (603) 356-7006 The North Conway VNA handles applications for all of Carroll County.

Home Health Services are provided through a state-wide network of licensed home health agencies that contract with BEAS. Services are provided to

individuals ages 60 and older, living in the community, who has the greatest economic and social need. Services provided include nursing services, assistance with personal care, and homemaking services.

The Social Services Block Grant (SSBG) Apply at Visiting Nurse Home Care and Hospice - North Conway (603) 356-7006 The North Conway VNA handles applications for all of Carroll County.

funded under Title XX of the Social Security Act and provides home and community-based services targeting elderly (age 60 and older) and younger adults between age 18 and 60 who have a chronic illness or disability. SSBG services, also known as Title XX services, are provided to promote independence, prevent unnecessary institutionalization and protect individuals from abuse, neglect and exploitation.

Jen's Friends Cancer Foundation (603)356-5083 <http://jensfriends.org/wordpress> Provides supplemental financial assistance and other resources to cancer patients and their families in the Mount Washington Valley who are uninsured, underinsured, or financially challenged, allowing them to focus on battling cancer without worrying about the indirect financial burdens that often arise.

Non-Income Based Programs

Visiting Nurse Home Care and Hospice of Carroll County and Western Maine – (603) 356-7006 <https://www.vnhch.org/> Helps clients remain safely in their own homes by providing Home Health Aide and Homemaker supports by Licensed Nursing Assistants with Nursing oversight. Covered by Long Term Care Insurances, NH/ME Medicaid and NH State Grant Programs for qualifying persons; Private Pay clients also accepted.

Private in-home care agencies:

Abundant Blessings Homecare – Wakefield (603) 473- 2510 <http://abundantblessingshomecare.com/>

Comfort Keepers - Plymouth (603) 536-6060 <https://www.comfortkeepers.com/offices/new-hampshire/plymouth>

Curtis Quality Care - Tuftonboro (603) 569-2838 <https://www.curtisqualitycare.com/>

First Light Home Care - Serves Oxford County Maine (207) 803-4199 <https://www.firstlighthomecare.com/home-healthcare-southern-maine/>

Granite State Independent Living - (603) 228-9680 <https://www.gsil.org/>

Home Instead Senior Care – Wolfeboro (603) 569-7733
<https://www.homeinstead.com/796>

Live Free Home Care - serves Moultonborough area in Carroll County (603) 217-0149 <http://livefreehomehealthcare.com/>

Timberland Home Care – North Conway (603) 356- CARE
<http://www.timberlandhomecare.com/>

Southern Maine Agency on Aging 207-396-6500

Hospice

An interdisciplinary team of professionals provide support to the patient and their family during their end-of-life journey, focusing on quality of life and comfort; patient centered care rather than disease centered care. Services are covered by Medicare and most other insurances.

Visiting Nurse Home Care and Hospice of Carroll County and Western Maine - North Conway (603) 326-7006 <https://www.vnhch.org/>

Central NH VNA and Hospice – Wolfeboro (603) 569-2729 <https://www.centralvna.org/>

SMHC Palliative Care – Biddeford 207-563-4592

MaineHealth Care at Home Main Office 1-866-255-8744

Hospitals and Clinics

Memorial Hospital Maine
Health 3073 White Mountain
Highway North Conway, NH
03860
603-356-5461 www.memorialhospitalnh.org

Bridgton Hospital | Central Maine Healthcare 207-647-6000
10 Hospital Dr. Bridgeton, ME

Huggins Hospital
240 South Main Street, Wolfeboro, NH 03894, (603)
569.7500 <https://www.hugginshospital.org/>

Frisbie Family Medical Practice
2531 White Mountain Highway
Sanbornville, New Hampshire
03872 P: (603)522-0186
www.frisbiehospital.com

Cranmore Health Partners
1857 White Mt. Highway
North Conway, NH 03860 603 730-5356
<https://chpnh.com>

Discover Health Functional Medicine Center
PO Box 244 - 24 Pleasant Street, Conway, NH 03818
P: 603-447-3112 www.discoverhealthfmc.com
Functional Medicine and Osteopathic Manipulative Medicine

Moultonborough Family Health
60 Whittier Highway, Unit 12
Moultonboro, NH 03254 P: (603) 253-6925
www.lrgf.org

*Ossipee Family
Medicine* 3 Water
Village Road Ossipee,
NH 03864
P: (603) 539-6996
www.hugginshospital.org

*Tamworth Community Nurse
Association* Tamworth residents only
84R Main Street, Tamworth, NH
03886 P: (603) 323-8511
<https://www.tamworthnurses.org/>

Saco River Medical Group
7 Greenwood Ave. Conway, NH 03818
15 Rt. 302, Glen, NH
P: (603) 447-3500
www.sacodocs.com

Wakefield Family Medicine
131 Meadow St
Sanbornville, NH 03872
P: (603) 522-5010
www.hugginshospital.org

White Mountain Community Health Center
P.O. Box 2800 - 298 White Mountain
Highway Conway, New Hampshire 03818
P: (603) 447-8900

www.whitemountainhealth.org

Fees: Patients who qualify are charged on a reduced fee scale, based on income and family size. We help patients who qualify sign up for Medicaid and also the Affordable Care Act.

VA Medical Outpatient Clinic
71 Hobbs St. Conway 1 (800)-892-8384 x3199

<https://www.manchester.va.gov/locations/conway.asp>

Provides primary care, preventive health, laboratory, mental health, women's health, virtual medicine, referrals to other VA services

Medicare and Medicaid

ServiceLink - Tamworth 603-323-2043

Provides enrollment assistance for both Medicare and Medicaid

<https://www.servicelink.nh.gov/locator/tamworth.htm>

Medication Assistance Programs

Medication Bridge Program – Huggins and Memorial Hospital Memorial: 356-5461 x2503 and Huggins: 569-7684

This program is sponsored by the Foundation for Healthy Communities and assists individuals with lower incomes who do not have insurance coverage for prescription drugs. Income limits may vary widely depending upon the medication and manufacturer.

MaineCare 1-855-797-4357 <https://www.coverme.gov/>

Mental/Behavioral Health Programs

Carroll County Mental Health Centers
25 West Main St., Conway (603) 447-2111
and 70 Bay St., Wolfeboro (603) 569-1884 <https://northernhs.org>

REAP – Referral, Education, Assistance and Prevention Program.

Prevention program available to all older adults in New Hampshire. Provides education to help older adults better understand and deal with the many life changes

they might encounter. This is a free in-home program. REAP Carroll County is administered by Northern Human Services (603) 569-1884.

Palliative Care

Provides those with a serious or chronic illness care that optimizes the quality of life by anticipating, preventing, and managing suffering. Care is delivered by an interdisciplinary team to address the physical, intellectual, emotional, social and spiritual needs of clients and their families

Visiting Nurse Home Care and Hospice - North Conway (603) 356-7006 VNA provides free community-based service for qualifying individuals.
<https://www.vnhch.org/>

HOUSING AND RESIDENTIAL CARE

Assisted Living

Assisted Living is a residential option that provides help with activities of daily living for those who do not yet require full-time medical service or skilled nursing care. Assisted living is designed to bridge the gap between independent living and the more intensive skilled nursing care provided in a nursing facility.

Applegate Gardens Residential Care - Tuftonboro (603) 539-1080 <https://www.applegategardens.net/>

Community Living for the Elderly – West Ossipee (603) 323-8717 (accepts Medicaid)

Copp Hill Residential Home for Elderly – Sanbornville (603) 473-8908

Sugar Hill Retirement Community – Wolfeboro (603) 569-8485 <https://sugarhillrc.com/>

Taylor Community – Wolfeboro (603) 366-1400
<https://taylorcommunity.org/retirement-community-wolfeboro-nh/> Taylor Community is a Continuing Care Retirement Community featuring independent living cottages and a continuum of care.

Homeowner Financial Assistance

Energy Programs - Electricity, Fuel, Weatherization
Carroll County Residents should apply at the Tamworth Tri-County Community

Action Program Office: 448 White Mountain Highway, Tamworth (603)-323-7400
<http://www.tccap.org/>

Electric Assistance Program - The New Hampshire Electric Assistance Program (EAP) gives eligible customers a discount on their monthly electric bills. The discount is from 8%-76% on your gross household income size and electricity usage. Customers of the following companies may apply for the discount:

- Eversource Energy
- Liberty Utilities
- NH Electric Co-op
- Unitil Energy Systems

Fuel Assistance Program - the Fuel Assistance Program provides benefits to qualified New Hampshire households to assist with heating costs. The Fuel Assistance Program can also help households during a heating emergency by securing an emergency delivery of fuel, delaying a shut-off notice or referring clients to another source of assistance.

Weatherization -The Weatherization Program serves low-income households that are most vulnerable to high-energy costs and who do not have the means of making cost-effective energy conservation improvements to their homes.

Foreclosure- HomeHelpNH.org - Call 211 or visit <http://www.homehelpnh.org/> HomeHelpNH is a program that provides at-risk homeowners with free, professional, objective homeownership counseling and, for those who qualify, free or low-cost legal advice to help them decide the best options for their housing situation. The counseling is provided by eight regionally-based nonprofit housing agencies that provide free comprehensive foreclosure intervention and counseling services.

Foreclosure- Affordable Housing Education & Development (AHEAD) Littleton HomeOwnership center (603) 444-1377
http://www.homesahead.org/post_purchase.php Provides foreclosure counseling.

Repairs-Staying Warm, Safe and Dry, Gibson Center coordinates access to a reliable contractor who is licensed, bonded and insured and make referrals for low and very low income homeowners to USDA for full funding up to \$7500.
staywarm@gibsoncenter.org (603) 356-3231

Repairs- USDA 504 grants and loans – USDA Rural Development Office, Conway (603) 447-3318
<https://www.rd.usda.gov/programs-services/single-family-housing-repair-loans-grants/nh> The Section 504 Home Repair program provides loans to very-low-income homeowners to repair, improve or modernize their homes or grants to elderly very-

low-income homeowners to remove health and safety hazards.

Reverse Mortgage Counseling - Affordable Housing Education & Development (AHEAD) Littleton HomeOwnership center (603) 444-1377
Offers an impartial educational resource to help seniors and their family members understand their options and ultimately make an informed decision about a reverse mortgage.

Maine's Bureau of Foreclosure Prevention Hotline at 1-888-664-2569

Fryeburg Heating Assistance 1-800-866-5588

Independent Living and Subsidized Housing

Subsidized Housing

Chocorua Woods – Chocorua (603) 447-6827

Christian Ridge – Wolfeboro (603) 569-2009

Kearsarge House – North Conway (603) 447-3347

Washington Street Apartments – Conway (802) 296-2600

Foxfire Property Management (603) 228-2151 or

https://www.foxfirenh.com/Managed_Government_Assisted_Properties

Carroll County properties: Brookside – North Conway

Millbrook – North Conway Pinewood – North Conway

Wakefield – Sanbornville Whitman Woods – North Conway

Stewart Property Management (603) 641-2163 or visit <https://stewartproperty.net/>

Carroll County properties:

Apple Tree Village – Conway

Conway Pines Senior Living – Conway

Mountainview Apartments–Ossipee

Ossipee Village Apartments - Ossipee

Pond View Apartments – Conway

Remick Acres – Tamworth

Spokesfield Common – Center Sandwich

West Wynde – Moultonborough

Mount Washington Valley Housing Coalition - List of subsidized housing in the Mount Washington Valley.

http://www.mwvhc.org/uploads/5/6/4/6/56460893/subsidized_housing_directory.pdf

Silver Lake Landing – Gibson Senior Center Housing Program. Apartments located in Madison. For information call (603) 356-3231 or visit

<https://www.gibsoncenter.org/silver-lake-landing/>

Nursing Facilities

Mountain View Community – 93 Water Village Road, Ossipee (603) 539-7511 <http://mountainviewcommunity.org/>

Mineral Springs - 1251 White Mountain Highway, North Conway (603) 356-7294 <http://www.geneshcc.com/MineralSprings>

Merriman House – 3073 White Mountain Highway, North Conway (603) 356-5461 and ask for the Merriman House.

<https://mainehealth.org/memorial-hospital/services/aging-senior-care/merriman-house>

Wolfboro Bay Center- 39 Clipper Drive, Wolfboro (603) 569-3950 <http://www.geneshcc.com/WolfboroBay>

NUTRITION

Congregate Meals

Congregate Meals are served at lunch time in community settings such as senior centers or recreation centers. These meal sites offer an opportunity to meet new or old friends and engage in social activities while having a nutritious meal.

Gibson Center for Senior Services - (603) 356-3231

<https://www.gibsoncenter.org> 14 Grove Street, North Conway

Monday through Friday meal served from 11:30 to 12:15. For those 60+ a \$3 donation is requested. For those under 60 there is a charge for meals. All are welcome.

Moultonborough-Sandwich Senior Meals (603) 476-5110

Monday- Thursday: 12:00pm at Moultonborough Function Hall, 137 Old Route 9 (formerly the Lion's Club)

Wednesday: 12:00 pm at Doris Benz Community Center Sandwich

Ossipee Concerned Citizens – (603) 539-6851

3 Dore Street, Center Ossipee <https://www.ossipeeconcernedcitizensinc.com/>

Monday - Friday, Served at Noon

All seniors 60 and over are welcome. Satellite Meals

Greater Wakefield Resource Center –(603) 473-8324

254 Main Street, Union

<https://greaterwakefieldresourcecenter.webs.com> Meals are served every Monday, Wednesday and Thursday at noon.

Wolfeboro Senior Center and Meals – (603) 515-

1385 258 South Main Street, Wolfeboro

The Center is open September through May, Monday, Wednesday & Friday 10 a.m.-2 p.m.

Dinner Bell Community Dinners

Friends are made, fellowship is enjoyed and families and individuals with limited resources are provided with free nourishing and quality meals. All are welcome

Conway Village Dinner Bell Community Dinner (603) 447-

3851 132 Main St., Conway, NH 03818

Mondays - 5pm

First Congregational Church-Ossipee Dinner Bell (603) 539-

6003 50 NH-16B; Center Ossipee, NH 03814

Saturdays 4:30 pm *St. Andrews Church-Tamworth* (603) 323-8515

678 Whittier Rd. Tamworth NH

03866 Sundays at 5pm

Dinner Bell at First Congregational Church 655 Main St, Fryeburg, ME 04037

207- 935-3227

The River Church Bread Basket Community Dinner

2600 E. Main St.

Center Conway

4th Tuesday of the month 5-6pm

Ossipee Dinner Bell

1st Congregational Church

50 NH-16B, Center Ossipee (603) 539-

6003 Sat. 4:45pm

Meals on Wheels

Meals on Wheels is a program that delivers meals to individuals at home. Seniors 60 years of age and older who are homebound and/or unable to shop and cook are eligible to receive Meals on Wheels. Disabled individuals under the age of 60 may also be eligible for the program. Every town in Carroll County has Meals on Wheels

available..

Gibson Center for Senior Services - (603) 356-3231 <https://www.gibsoncenter.org>
Albany, Bartlett, Chatham, the Conways, Eaton, Hart's Location, Jackson and
Madison

Greater Wakefield Resource Center – (603) 473-
8324 Wakefield, Sanbornville
<https://greaterwakefieldresourcecenter.net>

Moultonborough-Sandwich Senior Meals (603) 476-
5110 Moultonborough, Sandwich

Ossipee Concerned Citizens – (603) 539-6851
<https://www.ossipeeconcernedcitizensinc.com/>
Ossipee, Tamworth, Effingham, and Freedom,
Wakefield

The Greater Wolfeboro Area Meals on Wheels – (603) 515-
2043 Wolfeboro, Wolfeboro Falls, Brookfield, Tuftonboro

RECREATION, FITNESS AND CLUBS in MWV

Educational Programs

OLLI (Osher Lifelong Learning Institute) at Granite State College
<https://olli.granite.edu/> (603) 513-1377 email: office@olli.granite.edu

OLLI is a member-driven, volunteer-based membership organization offering an open invitation to adults age 50 and better to enjoy lifelong learning, social events and volunteer opportunities. Courses are offered at several locations in Conway and throughout the state.

NH AARP <https://states.aarp.org/new-hampsh>

Fitness Classes

Conway Rec Center (603) 447-5680 <https://www.conwayrec.com>

Gibson Center (603) 356-3231 <https://www.gibsoncenter.org>

North Conway Community Center (603)356-2096

<https://www.northconwaycommunitycenter.org>

RSVP Bone Builders (603) 356-9322 <https://www.carrollcountyrsvp.org>

Discover Health Movement Membership
www.discoverhealthfmc.com/#Movement

Fryeburg Recreation Center (Hastings Community Center) 207- 935-3933

MWV Walkable Trails

For inclusion on this list, trails must have minimal elevation change, minimal root and rock impediment, and should be mostly wide enough for two people to walk side by side. Complete list is available at <https://www.gibsoncenter.org/mwv-walkable-trails-by-town/ire/>

Non-Profit Organizations/Clubs

American Legion Ralph W. Shirley Post (603) 447-3927

Appalachian Mt. Club <https://www.outdoors.org>

Arts Council of Tamworth <http://artstamworth.org>

Conway Area Humane Society <https://www.conwayshelter.org>

Conway Area Lions Club <http://conwayarealions.org>

Eastern Slopes Ski Club <http://easternslopeskiclub.org>

Fryeburg Area Rotary Club <https://www.fryeburgarearotary.org/>

Kiwanis Club of Mt. Washington Valley <http://www.mwvkiwanis.org>

M and D Playhouse <https://www.mdplayhouse.com/>

Moultonborough Lions Club <http://moultonboroughlions.org/>

Moultonborough's Men's Breakfast group rdamarell@roadrunner.com

Moultonborough Women's Club

<https://www.moultonboroughwomensclub.org/>

Mountain Top Music Center <https://www.mountaintopmusic.org>

Mt. Washington Valley Habitat for Humanity <https://mwv-habitat.org>

MWV Arts Association <http://mwvarts.org>

MWV Bike Club <http://www.mwvbicyclingclub.org>

MWV Choral Society (443) 254-3138, + on Facebook

MWV Garden Club <http://www.mountaingardenclub.org>

MWV Pickleball at Christmas Mountain
<https://mwvpickleball.blogspot.com/p/about-us.html>

MWV Skating Club <http://mwvsc.org>

MWV Women Take to the Hills

<http://mwvwomentaketothehills.blogspot.com>

MWV Stompers Square Dance Club <http://mwvstompers.squaredanceme.us>

Over The Hill Hikers <http://overthehillhikers.blogspot.com/p/about-us.html>

Rotary Club of North Conway <https://www.rotaryclubofnorthconway.org>

Rotary Club of Ossipee Valley <https://ossipeerotary.org>

Silver Lake Singers <https://silverlakesingers.org>

TGIF- <http://tgifsocial.org>

The Barnstormers Theatre <https://www.barnstormerstheatre.org>

Tamworth Outing Club <http://tamworthoutingclub.org>

Tin Mountain Conservation Center <https://www.tinmountain.org>

Upper Saco Valley Land Trust <http://www.usvlt.org>

Valley Promotions <http://www.valleypromotions.net>

White Mountain Milers <http://whitemountainmilers.com>

White Mt. Musical Arts <https://www.whitemountainmusicalarts.org>

White Mt. National Forest Saco Ranger Station
<https://www.fs.usda.gov/recrea/whitemountain/recrea/?recid=74411>

Whittier Lions Club <http://whittier.nhlions.org>

Senior Centers

Senior centers, senior programs, meal sites, and recreation departments provide a wide range of important programs to encourage older adults live a healthy and happy life.

Many programs welcome adults ages 50+. Programs include fitness, meals, transportation, wellness, trips, enrichment, and of course, socialization.

Moultonborough Rec/meals - Moultonborough (603) 476-5110

<https://www.moultonboroughnh.gov/recreation-department/pages/adult-senior-programs-trips>

Ossipee Concerned Citizens - Ossipee (603) 539-6851 <https://www.ossipee.org/ossipee-concerned-citizens>

Gibson Center – North Conway (603) 356-3231 <https://www.gibsoncenter.org/>

Wolfeboro Senior Center – Wolfeboro (603) 515-1385

Greater Wakefield Resource Center-Union (603) 473-8324 <https://greaterwakefieldresourcecenter.webs.com/>

Volunteer Programs

Carroll County Retired and Senior Volunteer Program - (603)-356-9333

Mt Washington Valley Chamber of Commerce - website has links to service organizations, non-profits and educational programs that need volunteers. <https://mtwashingtonvalley.org/services/index.cfm>

TRANSPORTATION

Transportation Guide

Community Transportation Services Directory - A comprehensive guide to transportation options available in Carroll County including:

- All publicly-funded “Dial-A-Ride” services and volunteer driver programs
- Taxis and private, for hire car services
- Medical Transportation services Client transportation programs of other human service agencies
- Transportation operated by nursing homes for their residents

Prepared by the Carroll County Regional Coordinating Council, available online at www.carrollcountyrcc.net