

Community Resources

***NEW* information is highlighted**

Food

Grocery stores

Hannaford: Seniors (60+) and those identified as high risk by the CDC – exclusive shopping hours from 6am-7am on Tuesday, Wednesday, Thursday

Market Basket: Seniors (60+) only shopping hours from 6am-7am daily

Trader Joes: Seniors only shopping hours 8am-9am daily

Newbury Farms, Newmarket: Senior shopping hours 9-9:45am Mondays & Thursdays, 8-8:45am Saturdays; Also offering 2 free meals per day if you have school-aged children and are in need, ask management for details 200-0685

McKinnon's, Portsmouth: Seniors (60+) only shopping 7-8am daily

Walmart: Seniors only shopping 6-7am on Tuesdays

Grocery Delivery

Seacoast Volunteers – 263-4799; free grocery/food pantry deliveries; serving Seabrook, Hampton, North Hampton, Rye, Greenland, Newmarket, Newfields, Portsmouth, Newington, New Castle, Dover, Rochester, Somersworth, Kittery ME, Eliot ME, Berwick ME, York ME.

Free grocery delivery available to Newmarket residents through Sunset Sunrise senior center, up to 10 items/day. Call 659-4469.

Free food pantry delivery available to Newmarket and Newfields residents from the Newmarket food pantry. Call 659-3892. Also offering extended hours.

Insta-cart: <https://www.instacart.com/> – Delivery service; includes stores such as Target, CVS, Petco, Bj's; online account needs to be created; debit/credit card required; new customers get free delivery

PeaPod: <https://www.peapod.com/> – delivery service for groceries; minimum order for delivery is \$60; delivery fee is scaled based on the order, new customers can get free delivery; debit/credit card required

Other Food Resources

Contact individual school districts for information on availability of meals for students, many schools are offering free meals regardless of whether the student qualifies for free lunch.

Strafford County food resources: <https://straffordcap.org/covid-19-meals/>

Community Resources

Food access map, Rockingham County:

<https://unhcoopext.maps.arcgis.com/apps/MapSeries/index.html?appid=5caa235e0e024beb8bebba50a0297d15>

Medications

Exeter Rite Aid: 75 Portsmouth Ave, Exeter 778-0553 – available to Exeter residents only, temporarily waiving delivery fee

Newmarket Rite Aid: 73 Exeter Rd, Newmarket 659-7852 - does free med delivery on Tuesdays

Portsmouth Rite-Aid: 800 Islington St, Portsmouth 436-2214 – Offers local delivery of prescription medication

Walmart: home delivery or curbside pick-up for elderly to get their prescriptions. Call 1-800-2refill (1-800-273-3455).

Emergency medication delivery for Newmarket Residents through Sunset Sunrise senior Center. Call 659-4469.

Both Groceries and Medications

North Hampton Recreation Dept. is willing to help North Hampton seniors in any way: pick-up of groceries, medications, etc. Call 964-3170

Rite Aid: Seniors (60+) and those at high risk for COVID – shopping hours 9-10am daily

CVS: free 1-2 day shipping for medications and “everyday essentials” – sign up online or on the CVS app: <https://www.cvs.com/content/delivery>

Resources Through Insurance

Cigna will allow patients to see providers related to COVID for free (no co-pay); Free telehealth screening re: COVID; call 866-912-1687 for free 24/7 for help with managing stress and anxiety

Free cellphones available to New Hampshire Healthy Families members – contact NHHF 866-769-3085

Humana Medicare Advantage: call # on back of card, they are able to help with food, meds, and other care insecurities – this includes urgent needs

Family Resources

Waypoint Family Support Warm Line, 800-640-6486, M-F 8:30am-4:30pm; talk about: parenting techniques, routines and discipline, child development, adjustment to feelings of remote education, community resources, etc.

Community Resources

Financial Resources

Call your town Welfare office if you have any financial concerns or if you are worried you cannot pay your utilities, rent, mortgage, etc.

Phaneuf Family Foundation Funds - Up to \$1000 to any one request by a family, organization or student for deceased NH residents to cover funeral/cremation costs.

<https://phaneuffoundation.org/apply>

Cremation Society of NH - Policy that no one be denied a proper and dignified cremation due to financial limitations. Community service discounted fees available in NH & VT.

<https://csnh.com/afteraloss/socialservices/>

The moratorium on eviction and foreclosure proceedings will be lifted on July 1 in NH. The governor's *Housing Relief Program* will provide one-time grants, not to exceed \$2,500 that may be applied to arrearages dating from April 2020 as well as to other one-time housing expenses that, if left unpaid, could place the housing of individuals or families in jeopardy. This program will also provide short-term rental assistance to maintain or secure permanent housing. Apply online at Community Action Program: <https://www.capnh.org/>

If individuals cannot navigate the IRS portal for getting their stimulus check, contact Barbara Heggie from the NH Low Income Taxpayers Clinic at 715-3215, as she is the go-to person for any issues related to stimulus checks.

Eversource has announced a new COVID-19 Payment Program that allows customers up to 12 months to pay any past-due balances. No down payment, fees or interest charged from March 17, 2020 to the end of the payment plan. Once enrolled, the account will be protected from services disconnection for the duration of the payment plan including whenever the current on disconnection ends. Call 1-800-662-7764 for more information.

Mental Health

NEW Connections Peer Support Warm Line, 603-427-6966 or 800-809-6262. Support available Monday-Friday 8:30am-10pm and Saturday & Sunday 5pm-10pm. "For when you just want to talk to someone."

Counseling Center of New England – provides both counseling and psychiatry; children and adults; offering telehealth and faster intake process: <https://counselingcenter.com/>

Life Balance Counseling: brief treatment 1-4 sessions or long-term counseling, all via telehealth; children and adults; lifebalancenh.vistaprintdigital.com/ call (603) 332-8000 or email info@lifebalancecoachnh.com

There are support groups being offered on the Seacoast Mental Health Facebook page

Community Resources

Mental health resource list: <https://extension.unh.edu/mentalhealth>

National Alliance on Mental Health Helpline: nami.org/Find-Support/NAMI-HelpLine

Depression and Bipolar Online Peer Support Groups: dbsalliance.org/

Therapy Tribe: Wide array of peer support groups, support.therapytribe.com/

7 Cups: Free 24/7 Peer Chat: 7cups.com/

Substance Use

ROAD To A Better Life, Somersworth (841-2301), Newington (766-8660) – still accepting new patients for substance use treatment (suboxone, therapy, psychiatry, counseling)

Addiction Recovery Services, Portsmouth – Still accepting new patients for their Intensive Outpatient Program, 978-228-5853

In The Rooms: free online recovery tool that offers 130 weekly online meetings, intherooms.com

SOS Recovery has reopened, Mon-Fri 9am-5pm, all offices as of 7/20. You can view their reopening plan [here](#).

Narcotics Anonymous (NA) Online meetings: <https://virtual-na.org>

Search for other resources: <http://nhrecoveryhub.org/>

Transportation

Call TripLink for information on transportation services still offering rides for essential medical Appointments, (603) 834-6010

COAST full level of service will resume July 6, 2020 with a complete overhaul of services. Changes include both regional and local routes. NAVIGATE THE ROUTES AND SCHEDULE via the website tools. <https://coastbus.org/>

Misc.

Call Servicelink for resources to fill any gaps (groceries, basic needs, etc.) – Rockingham (893-9769) and Strafford Counties (332-7398).

Work Ready NH: tuition-free program designed to meet the needs of job seekers and career builders as well as provide specific skills that employers are looking for in their current future employees, vcall 603-230-3534

<https://www.ccsnh.edu/colleges-and-programs/workready-nh/>

***NEW* Free Showers – Dover: 10am-2pm on Tuesdays and Thursdays. Located on River Street behind Henry Law Park**

Community Resources

NEW Free Showers – Rochester: Thursdays 9am – 1pm. No appt needed. Located at the Community Center, 150 Wakefield St., on the side facing Wakefield Street.

NEW Free showers – Portsmouth: Located by the YMCA on Peverly Hill Rd. Appointments required and are available on Tuesdays and Fridays 1 - 3 PM and are 1/2hr timeslots. Call 603-431-2334 one week before appointment to reserve. There are body soap/shampoo dispensers in each shower, no towels.

Portsmouth-area resource for free air conditioners (and some utility support) for low-income/eligible seniors @ <http://areahomecare.org/index.php/programs/project-coolair/>

Accessing Masks

1. There are masks available at Community Campus, Portsmouth, Call for pick-up times 603-422-8200
2. Check town Facebook pages – there are many initiatives for cloth mask donation within individual communities
3. Contact your local Rotary Club and/or Senior Center
4. ***NEW*** Community Action Partnership is offering cloth masks, call for information: <https://www.capnh.org/>
5. ***NEW*** <https://www.maskupnh.com/>