

ELDER RESOURCES FOR NEW HAMPSHIRE

Deep Housecleaning

The Cleaning Gal (Manchester/Goffstown) 603-657-8857
 Earthmaid Cleaning, Cammie Austin..... 603-289-1012

Plowing (Commercial and Residential)

Manchester Plowing..... 603-645-7669

Home Improvements and Adaptations

Community House Calls, Raymond Mailloux 603-887-7878
 Unique Remodeling & Home Improvements 603-669-9687

Removal Service

Get It Gone, Jake Edmunds..... 603-315-0258
 www.getitgone.com

Professional Carpet, Flood, Restoration, Disaster Cleanup

Soil Away, Joshua Solloway 603-641-6555
 Pest End (Bed Bug removal) 800-287-4321

Hospice

Beacon Hospice (Concord) 603-224-2230
 Amedisys Hospice (Londonderry) 603-437-9443

Freedom Alert

Programmable 2-Way Voice Emergency Pendant Communicator
 To order: contact Visiting Angels 603-483-8999

Transportation

Town and Country Cab 603-668-3434
 Step Saver Service..... 603-623-8801

Transportation for Wheelchair Users

Trilogy Wheelchair Support..... 603-656-9715

Education & Empowerment

Alzheimer's Association www.alz.org..... 603-606-6590

Progressive Alarm Services

Peter Blinn..... 603-397-5320

Physical Therapy, Occupational Therapy, Speech Therapy

Vitality to You: In-home Rehab Services
 (covered under Medicare Part B)..... 603-296-3713

Gourmet Pureed Meals

George Coussoule 603-490-5528
 www.gourmetpureed.com *Affiliate partner of Mom's Meals*

Senior Fitness

Elliot Senior Fitness (Manchester) 603-663-1111

Foot Health

Granite State Podiatry (Manchester)..... 603-668-3509

Hearing Assistance

Hear Now..... 800-648-4327
 Northeast Deaf & Hard of Hearing..... 603-224-1850

Elder Law Attorney

Atty. Ann Butenhof (Manchester) 603-296-0428
 Atty. David Ferber (Concord)..... 603-225-5010

Medicaid Consultant

Barbara Barney, Peace of Mind Consulting 603-300-3920

Driving for Errands

Jayson Williams, We "Gopher" it..... 603-782-0299

Low Vision Resources/NH Assoc. for the Blind

Emilie Meadows, MSW 603-224-4039 x 308

Financial Planner

Caitlin Demet, Northeast Planning Assoc. . 603-471-0900 x241

Long Term Care Insurance

Randy Lowenberg, Northwest Mutual..... 603-206-6037

Professional & Personal & Estate Organizing/Downsizing

Jazz Barnette 603-625-5882

Adult Day Programs

Easter Seals (Manchester)	603-623-8863
TLC Medical Day Care (Concord).....	603-224-8171

Assisted Living, Nursing Homes & Rehabilitation

The Arbors of Bedford (Bedford).....	603-647-9300
Bedford Falls (Bedford)	603-384-3013
Bel-Air Nursing Home (Goffstown)	603-497-4871
Bentley Commons (Bedford)	603-644-2200
Birch Hill Terrace (Manchester)	877-819-9666
The Birches (Concord)	603-224-9111
Carlyle Place (Bedford)	603-472-2000
Courville (Manchester).....	603-647-5900
Granite Ledges (Concord)	603-224-0777
Evergreen (Manchester)	603-669-7361
Harborside Healthcare (Bedford)	603-625-6462
Harris Hill Center (Concord).....	603-224-1319
Hacket Hill Healthcare (Manchester)	603-668-8161
Hanover Hill Health Care (Manchester).....	603-627-3826
Haven Health Center (Derry)	603-432-3801
Havenwood Heritage Heights (Concord)	603-229-1276
Hillsborough County (Goffstown)	603-627-5540
Holy Cross Health Center (Manchester)	603-628-3550
Inn at Parker Station (Goffstown)	603-497-5300
Merrimack Cnty Nursing Home (Boscawen)	603-796-2165
Mt. Carmel Rehab & Nursing (Manchester)	603-627-3811
Myrtle Manor (Manchester)	603-641-6626
Pleasant Valley (Derry).....	603-434-1566
Pleasant View Center (Concord)	603-224-6561
Presidential Oaks (Concord)	603-225-6644
Ridgewood Center (Bedford)	603-623-8805
Villa Crest (Manchester)	603-622-3262
The Villager (Goffstown).....	603-497-4225

Independent Living

Holiday Retirement: Birch Heights (Derry)	603-425-7755
Pine Grove (Pembroke)	603-224-7324
The Meetinghouse (Manchester).....	603-623-7000

Senior Centers

Cashin Senior Center (Manchester).....	603-624-6533
Vintage Grace (Derry).....	603-425-6339
Salem.....	603-893-4799
Londonderry Senior Center	603-432-8554
GoodLife Senior Center (Concord)	603-228-6630
Chester.....	603-887-5034
Fremont/Raymond.....	603-895-3258

Case Management

Crotchet Mountain.....	603-668-7584
Life Coping	603-888-3588
Heritage Case Management.....	603-228-2400
Pilot Health.....	603-424-5509

Hospitals

Catholic Medical Center.....	603-668-3545
Elliot Hospital	603-669-5300
Parkland Medical Center	603-432-1500
Concord Hospital.....	603-225-2711

Information & Referral

Alzheimer's Association Helpline	800-536-8864
ServiceLink.....	866-634-9412
American Cancer Association.....	603-224-6095
American Parkinson's Association	888-763-3366
American Heart Association	603-669-5833

Government Agencies

Social Security Office	800-772-1213
Veterans Administration	800-892-8384

Mental Health

Manchester Mental Health Center	603-668-4111
Community Council Of Nashua.....	603-889-6147

<u>NH DHHS Ombudsman</u>	800-442-5640
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<u>Senior Legal Advice</u>	888-353-9944
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<u>NH Legal Assistance</u>	800-562-3174
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<u>Fuel Assistance</u>	800-322-1073
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Elder Abuse & Protection

NH Division of Elderly/Adult Services ...	800-322-9191 x3610
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Dental Assistance

Elliot OMS.....	603-625-8462
Poisson Dental Clinic.....	603-668-3545

Home Meals-Meals on Wheels

Allenstown	603-485-4254
Concord.....	603-228-6630
Derry.....	603-434-5148
Manchester.....	603-669-1699
Merrimack.....	603-424-2100
Nashua	603-889-6155

Personal Response Systems

Life line.....	800-451-0525
New England Emergency Response	800-888-0338
Link to Life	888-337-5433
Response Link	866-802-3676

Vision Services

NH Association for the Blind	800-464-3075
NH State Library Talking Books	800-491-4200
Sight Services	800-628-8070

<u>Medicaid</u>	800-852-3345 ext. 5254
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Medicare Assistance

ServiceLink.....	866-634-9412
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Advocacy

AARP.....	866-542-8168
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