

Home Health & Hospice Care

LOCAL & NATIONAL RESOURCES *for Bereaved Adults*

NH PROGRAMS

Journey Through Grief (Home Health & Hospice Care of Merrimack, NH) An education/discussion forum for anyone grieving a death. Open to the public, no registration required. For more information, contact our Bereavement Coordinator, **Lisa Woods, 603-420-1919**.

Home Health & Hospice Care also maintains a Resource Library accessible to the public, for materials and literature on Grief and Bereavement Support, located at 7 Executive Park Drive, Merrimack, NH.
Phone: 603-882-2941 Web: www.hhhc.org.

Service Link Aging and Disability Resource Center provides a link to information and support services within your community. Call **1-866-634-9412** or visit **www.servicelink.nh.gov**.

211 NH for New Hampshire citizens in need of information and essential services.
Call **211** or visit **www.211nh.org**.

Nashua Senior Activity Center provides recreational, educational and wellness activities for seniors 50+, serving all seniors from Nashua and area communities. Call **603-889-6155** or visit **www.nashuaseniorcenter.org**.

Bureau for Elderly Services and Adult Services (BEAS) provides a variety of social and long-term supports to seniors age 60+, and to adults 18-60, who have a chronic illness or disability.
Call **603-271-9203 / 800-351-1888** or visit **www.dhhs.nh.gov/dcbcs/beas/index.htm**.

Meals On Wheels is a non-profit organization providing hot nutritious meals to the elderly and homebound disabled. Call **603-424-9967** or visit **www.mealsonwheelsnh.org/contact**.

NH Medication Bridge Program is an initiative to help low-income persons access needed medications from pharmaceutical companies. Call **603-225-0900** or visit **www.healthynh.com/medication-bridge.html**.

Community Action Agency is an organization providing support with fuel assistance and a weatherization program. Call **603-889-3440 / 877-211-0723** or visit **www.nhcommunityaction.org**.

NH Housing is an organization which promotes finances and supports affordable housing for Granite State Residents. Call **603-472-8623 / 800-439-7247** or visit **www.nhhfa.org**.

To be connected with therapists who have experience in grief and loss, contact Lisa Woods at 603-420-1919 or Lisa.Woods@hhhc.org or Cammiejean Byrd at 603-420-1914 or Cammiejean.Byrd@hhhc.org for a referral list.

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NH Legal Assistance is an organization which helps low-income people find free legal help for their problems in New Hampshire. Call 1-800-639-5290 or visit www.nhlegalaid.org.

NH Medicaid Program is a federal and state funded health care program that serves a wide range of needy individuals and families who meet certain eligibility requirements.

Call 603-271-4344 / 1-800-892-8384 or visit www.dhhs.nh.gov/ombp/medicaid/index.htm.

NH VA (Veterans Association) is a federal organization to honor America's Veterans by providing exceptional health care that improves their health and well-being. Call 603-624-4366 or visit www.manchester.va.gov.

NH State Office of Veteran Services is an organization to assist veterans who are residents of New Hampshire or their dependents in securing all benefits or preferences to which they may be entitled under any state or federal laws or regulations. Call 603-624-9230 / 1-800-622-9230 or visit www.nh.gov/nhveterans.

The RISE Program at Rivier University is an organization for learning in retirement.

Call 603-897-8623 or visit www.rivier.edu/administration/rise/general-information.

OLLI Program is an organization offering an open invitation to adults age 50 and better to enjoy life-long learning, social events and volunteer opportunities in accessible and safe locations.

Call 603-513-1377 or visit www.lli.granite.edu.

NATIONAL WEBSITES

Center For Loss and Life Transition, www.centerforloss.com

An organization dedicated to helping people who are grieving and those who care for them.

Centering Corporation, www.centering.org

Providing grief resources for children and adults, help to identify resources needed for grieving people and those who care and love for them.

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