

---

# RESOURCE LIST FOR SENIORS

**Compiled by Cornish Aging In Place (CAIP)**

*An organization of residents volunteering to support Cornish Seniors living at home.*



**This list is available:**

- **Online at the Cornish Town website:** [www.cornishnh.net/cornish-aging-in-place/](http://www.cornishnh.net/cornish-aging-in-place/)
- **By hardcopy or email:** call Reigh Sweetser 603-675-5030
- **Reference copies:** Cornish Town Offices and Library

[www.cornishnh.net/cornish-aging-in-place/](http://www.cornishnh.net/cornish-aging-in-place/)

[www.facebook.com/CornishAgingInPlace/](https://www.facebook.com/CornishAgingInPlace/)

**Published July 25, 2022 – Revised and Updated December 15, 2024**

## TABLE OF CONTENTS

1. INTRODUCTION and CAIP MEMBERS.....	3
2. CAIP SERVICES.....	4
3. CORNISH EMERGENCY & WELFARE SERVICES - <i>Working together for you.</i> .....	7
4. CORNISH NEIGHBOR-TO-NEIGHBOR (N2N).....	8
5. CORNISH COMMUNITY COMMUNICATIONS.....	8
6. CLOTHING.....	8
7. COVID GUIDANCE.....	9
8. FINANCIAL / LEGAL SERVICES.....	11
9. FOOD.....	12
10. GENERAL HEALTH SERVICES.....	14
11. HOSPITALS, VETERANS ADMIN, HOSPICE, BEREAVEMENT, & PALLIATIVE CARE.....	16
12. HOUSING.....	18
13. IN-HOME CARE.....	20
14. LIBRARIES.....	21
15. MEDICAL EQUIPMENT.....	22
16. MEDICARE/MEDICAID SUPPORT.....	23
17. MENTAL HEALTH SERVICES.....	23
18. PET CARE.....	24
19. SENIOR CENTERS.....	26
20. TRANSPORTATION.....	27
APPENDIX: RECREATION SUGGESTIONS.....	28



*Always contact the provider directly for service confirmation and updates.*

**Cornish Aging In Place,**

[www.facebook.com/CornishAgingInPlace/](https://www.facebook.com/CornishAgingInPlace/); [www.cornishnh.net/cornish-aging-in-place/](http://www.cornishnh.net/cornish-aging-in-place/)

---

## 1. INTRODUCTION and CAIP MEMBERS

In our small, mostly rural community of about 1600 residents, people are proud, resourceful, independent, and may be reluctant to ask for help. Here neighbors help neighbors and respect each other's privacy. Volunteers and neighbors work together alongside professional staff to manage the affairs of the Town and its safety, welfare and emergency services.

One of those volunteer groups is **Cornish Aging in Place (CAIP)** whose team of local residents is committed to helping seniors as they age. We have compiled this Resource List to help seniors, their families and caregivers access the vast array of resources that are available to meet the ever-changing needs that seniors experience as they age. For those for whom aging in place is not the best and safest option, we also list resources that can help seniors plan for and transition to other living situations.

Contact any of us with your questions, concerns, and thoughts, or if you would like to volunteer. Your communications with us are confidential.

### CAIP MEMBERS AND CONTACT INFO

1	Deb Dworak	603-542-8932	<a href="mailto:deb.dworak@comcast.net">deb.dworak@comcast.net</a>
2	Leigh Callahan	603-543-0365	<a href="mailto:leigh.callahan@comcast.net">leigh.callahan@comcast.net</a>
3	Laura Cousineau, Co-Chair	603-675-2575	<a href="mailto:lauracousineau@gmail.com">lauracousineau@gmail.com</a>
4	Liz Gage	603-675-5722	<a href="mailto:lizgagenh@gmail.com">lizgagenh@gmail.com</a>
5	Audrey Jacquier	603-469-3245	<a href="mailto:audreyjac@icloud.com">audreyjac@icloud.com</a>
6	Jeff Katchen	603-675-6726	<a href="mailto:katchenj@hotmail.com">katchenj@hotmail.com</a>
7	Linda Leone	201-787-9789	<a href="mailto:linellenleone@gmail.com">linellenleone@gmail.com</a>
8	Jan Lord, Co-Chair	603-675-6417	<a href="mailto:jblord_2007@comcast.net">jblord_2007@comcast.net</a>
9	Jody Schubert	603-675-6081	<a href="mailto:jodyschubert0@gmail.com">jodyschubert0@gmail.com</a>
10	Reigh Sweetser	603-675-5030	<a href="mailto:reighhelen@comcast.net">reighhelen@comcast.net</a>
11	Marina Weidner	609-752-1963	4makingchange@gmail.com
12	Martha Zoerheide	603-675-2295	<a href="mailto:mzoerheide@gmail.com">mzoerheide@gmail.com</a>



*Always contact the provider directly for service confirmation and updates.*

**Cornish Aging In Place,**

[www.facebook.com/CornishAgingInPlace/](https://www.facebook.com/CornishAgingInPlace/); [www.cornishnh.net/cornish-aging-in-place/](http://www.cornishnh.net/cornish-aging-in-place/)

---

## 2. CAIP SERVICES

Our primary goal is to support seniors who are aging in place in their homes with information and resources to plan for and meet their changing needs. CAIP hosts monthly coffee socials, as well as monthly themed and educational discussions. In addition, CAIP runs a medical equipment loan program and maintains two, comprehensive Resource Lists. One of these is available on-line, and the second is a listing of for-hire providers/services that is available from CAIP upon request.

- **Advance Directives**

**Contact:** Jan Lord 603-675-6417, [jblord\\_2007@comcast.net](mailto:jblord_2007@comcast.net)

Jody Schubert 603-675-6081, [jodyschubert0@gmail.com](mailto:jodyschubert0@gmail.com)

An Advance Directive is a legal document that explains to others what your medical care choices are if you cannot make the decisions yourself. This may be one of the most important life-planning tools for any Senior.

Jan Lord and Jody Schubert are both trained to provide direct assistance completing or updating Advance Directives.

- **Emergency Refrigerator Card**

**Contact:** Jan Lord 603- 675-6417, [jblord\\_2007@comcast.net](mailto:jblord_2007@comcast.net)

CAIP provides free magnetized refrigerator document holders. The yellow contact information card, completed by you, and inserted into the plastic holder is intended to be placed on your refrigerator so it is visible and accessible to first responders or a family member or friend who is helping you in a medical emergency situation. The holder can also accommodate a copy of your Advance Care Directive and DNR order.

- **Local Businesses & Professionals for Hire (Home & Property Maintenance, In-Home Care etc.):**

**Contact:** Leigh Callahan 603-543-0365.

Leigh maintains a resource list of local businesses and individuals for hire who provide professional lawn care, carpentry, painting, plumbing, electrical work, homecare, and other services, including in-home care. This list is updated continually with providers who have been recommended by local people who have used their services.

- **Medical Equipment Closet (housed in the Cornish General Store)**

**Contact:**

Audrey Jacquier 603-469-3245, [audreyjac@icloud.com](mailto:audreyjac@icloud.com)

Reigh Sweetser 603-675-5030, [reighhelen@comcast.net](mailto:reighhelen@comcast.net)

Jan Lord 603-675-6417, [jblord\\_2007@comcast.net](mailto:jblord_2007@comcast.net)

CAIP has a robust inventory of medical equipment available to lend at no charge, such as: walkers, wheelchairs, grabbers, crutches, commodes, shower chairs, etc.

Also, if you have equipment (clean and in good working order) to donate, please call.



*Always contact the provider directly for service confirmation and updates.*

*Cornish Aging In Place,*

[www.facebook.com/CornishAgingInPlace/](https://www.facebook.com/CornishAgingInPlace/); [www.cornishnh.net/cornish-aging-in-place/](http://www.cornishnh.net/cornish-aging-in-place/)

- **RESOURCE LIST FOR CORNISH:**

*This list includes local, state and community services: healthcare, food and clothing, pet care, medical equipment, mental healthcare, and financial and legal planning.*

This extensive provider resource list is on:

-the Town of Cornish website ([www.cornishnh.net](http://www.cornishnh.net)); [CAIP Resource List for Seniors, Families, Friends](#)

-our Facebook page ([www.facebook.com/CornishAginginPlace/](http://www.facebook.com/CornishAginginPlace/)) or

-call any CAIP member for referral information and for answers to your questions.

- **Senior Conversations:**

**Contact:** Jan Lord 603-675-6417, [jblord\\_2007@comcast.net](mailto:jblord_2007@comcast.net)

Jody Schubert 603-675-6081, [jodyschubert0@gmail.com](mailto:jodyschubert0@gmail.com)

Schedule a time to meet with us to talk in the privacy of your home about resources and options for you.

- **Coffee Hours for Seniors:**

**Contacts:**

Jan Lord 603-675-6417, [jblord\\_2007@comcast.net](mailto:jblord_2007@comcast.net)

Laura Cousineau 603-675-2575, [lauracousineau@gmail.com](mailto:lauracousineau@gmail.com)

**Who:** Seniors in Cornish, Plainfield, Meriden. Family members, caregivers and friends who accompany a senior are also welcome.

**When:** 1<sup>st</sup> Tuesdays, informal social gathering to chat. Participants may bring puzzles, crafts, knitting, playing cards, etc.

3<sup>rd</sup> Tuesdays, social gathering with a theme. Seniors enjoy an informal discussion centered on topics requested by attendees and of interest or concern to seniors. On occasion, a guest speaker is invited to address a requested topic.

**Where:** Cornish General Store, 226 Rte. 120, Cornish, NH

**Refreshments:** Coffee and tea provided by CAIP volunteers.

- **Useful Tools of Life Planning:**

This 4-session course is offered FREE of charge through the Aging Resource Center at Dartmouth Health via ZOOM and in person. A three-ring binder with all information and forms needed for the course will be mailed to your home ahead of the first class.

At the end of this course, you will:

- ✓ Understand the role of your healthcare agent.
- ✓ Be better prepared to have an in-depth conversation with your healthcare agent and family about your wishes.
- ✓ Understand how to document your medical care choices and communicate them sufficiently to your healthcare agent and family so they are prepared to advocate for you and communicate your wishes/choices to your healthcare providers if and when you are unable to do that for yourself.



*Always contact the provider directly for service confirmation and updates.*

**Cornish Aging In Place,**

[www.facebook.com/CornishAginginPlace/](http://www.facebook.com/CornishAginginPlace/); [www.cornishnh.net/cornish-aging-in-place/](http://www.cornishnh.net/cornish-aging-in-place/)

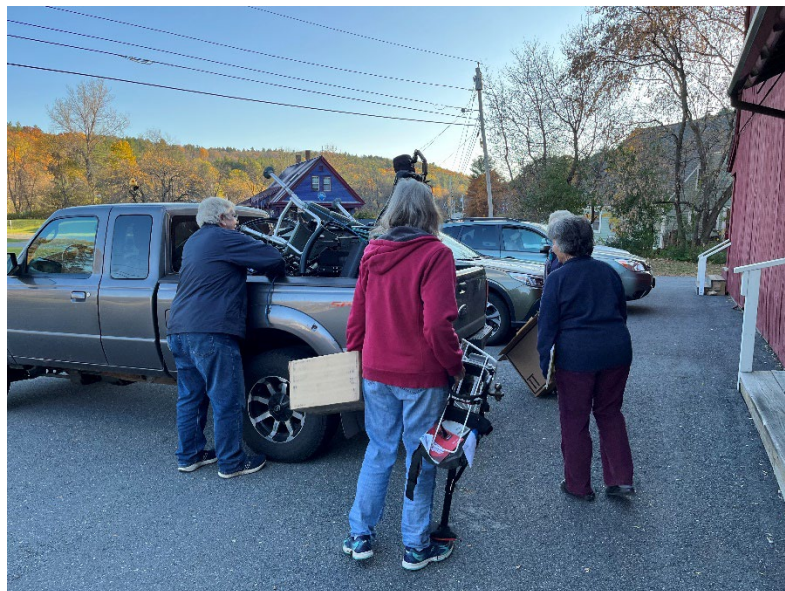
---

- ✓ Be prepared to complete the Checklist that will provide the essential information needed to wrap up or carry out your administrative affairs if or when you are unable to do so.
- ✓ Understand the services and benefits of both Palliative and Hospice Care.

You may register for this course which is offered at least twice a year by calling the Aging Resource Center at 603-653-3460 or emailing them at [agingcenter@dartmouth-hitchcock.org/aging-resource-center](mailto:agingcenter@dartmouth-hitchcock.org/aging-resource-center). Look under events to find the Useful Tools Course. Contact Jan (603-675-6417, [jblord\\_2007@comcast.net](mailto:jblord_2007@comcast.net)) for more information or assistance in accessing this course.

- **Volunteers Helping Seniors:**

CAIP hosts monthly coffee socials, as well as monthly themed and educational discussions. In addition, CAIP runs a medical equipment loan program and maintains two, comprehensive Resource Lists. One of these is available on-line, and the second is a listing of for-hire providers/services that is available from CAIP upon request. We work hand in hand with Neighbor to Neighbor (N2N) to help you with tasks and transportation to meet your changing needs as you age.



CAIP Volunteers Transporting Medical Equipment w/Lions Club, 10/22



*Always contact the provider directly for service confirmation and updates.*

**Cornish Aging In Place,**

[www.facebook.com/CornishAgingInPlace/](https://www.facebook.com/CornishAgingInPlace/); [www.cornishnh.net/cornish-aging-in-place/](http://www.cornishnh.net/cornish-aging-in-place/)

---

### 3. CORNISH EMERGENCY & WELFARE SERVICES - Working together for you.



**1. Cornish Police Department: E. Douglas Hackett, Chief of Police, Officer Justin Vivien. Tel Non-emergency: (603) 543-0535. Emergency: 911.**

**2. Cornish Volunteer Fire Department: Mike Boutelier, Chief**  
**Tel Non-emergency, fire stations 1&2 (603) 675-2177 & (603) 542-4605. Emergency: 911.**  
Call if you smell smoke, suspect a gas leak, can't identify a strange odor or need help with smoke or carbon monoxide detectors, or for fire safety inspections in your home. Don't hesitate. Call any time if you're afraid or need assistance.

**3. Cornish Volunteer Rescue Squad: Chris Chilton, Chief**  
**Tel Non-Emergency (603) 398-8855. Need help? Call: 911**  
Trained volunteers will come at your call 24/7. There is no charge. Don't wait if you've fallen and can't get up. They do not transport, but will stabilize you until an ambulance arrives. They will look on your refrigerator for your emergency card and advance directives.

**4. Cornish Emergency Management: Dale Lawrence, Director. Tel: (603) 675-2002**  
Mobilized in times of disaster, only. Not a resource for "everyday" emergencies.

**5. Cornish General Assistance: Marie De Rusha, Director**  
**Tel (603) 558-0391. Email: m\_m\_marie32@yahoo.com**  
Offers aid to Cornish residents who may experience hardship and be unable to manage basic living. Eligibility is based on income and need. Don't know where to turn? Call Marie.



*Always contact the provider directly for service confirmation and updates.*

*Cornish Aging In Place,*

[www.facebook.com/CornishAgingInPlace/](http://www.facebook.com/CornishAgingInPlace/); [www.cornishnh.net/cornish-aging-in-place/](http://www.cornishnh.net/cornish-aging-in-place/)



#### 4. CORNISH NEIGHBOR-TO-NEIGHBOR (N2N)

<b>Cornish Neighbor to Neighbor (N2N)</b>	<b>Website:</b> <a href="http://www.cornishnh.net/neighbor-to-neighbor/">www.cornishnh.net/neighbor-to-neighbor/</a> <b>Contacts:</b> Linda Leone - 201-787-9789; <a href="mailto:linellenleone@gmail.com">linellenleone@gmail.com</a> Steve Bobin - 603-675-5513; <a href="mailto:sbobin@plymouth.edu">sbobin@plymouth.edu</a> <b>Service:</b> A group of Cornish volunteers assisting neighbors in need. Examples include stacking firewood, emergency firewood, cutting up a downed tree, minor repair, snow shoveling, and transportation.
-------------------------------------------	------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------

#### 5. CORNISH COMMUNITY COMMUNICATIONS

ConnectCornish	<b>To subscribe:</b> <a href="https://tinyurl.com/ConnectCornishsignup">https://tinyurl.com/ConnectCornishsignup</a> , or call 603-675-2030 or 603-398-9762. "ConnectCornish" is an email-based bulletin board for Cornish residents and other locals. It has important announcements for formal and informal events, as well as local want and classified ads. It is issued on Mondays and Fridays. Submit post requests by 6pm the day before the issue.
CAIP	<b>On Facebook:</b> <a href="http://www.facebook.com/CornishAginginPlace/">www.facebook.com/CornishAginginPlace/</a> Connect with and follow us on social media: tips, reminders, info, and kindness. <b>Direct Link on Cornish Town website:</b> <a href="http://www.cornishnh.net/cornish-aging-in-place/">www.cornishnh.net/cornish-aging-in-place/</a>
Town of Cornish Official Website	<b><a href="http://www.cornishnh.net/">www.cornishnh.net/</a></b> Town calendar, officials, boards, committees, services, emergencies code red, recreation, more.

#### 6. CLOTHING

Listen Center Thrift Store	<b>Address:</b> 387 Miracle Mile, Lebanon, NH 03766 <b>Contact:</b> Holly Hollenbeck, Interim (4/2024) <b>Tel:</b> 603-448-2510 <b>Website:</b> <a href="http://www.listencs.org/thrift-stores">www.listencs.org/thrift-stores</a> Store Hours: Mon-Sun 9am-6pm Store stocks a variety of men's, women's and children's clothing, shoes, toys, furniture housewares, books, movies, seasonal items, linens, and more.
----------------------------	--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------



*Always contact the provider directly for service confirmation and updates.*

*Cornish Aging In Place,*

[www.facebook.com/CornishAginginPlace/](http://www.facebook.com/CornishAginginPlace/); [www.cornishnh.net/cornish-aging-in-place/](http://www.cornishnh.net/cornish-aging-in-place/)



Plainfield Christ Community Church Swap Room (Red Barn)

**Address:** 1259 Rte. 12A, Plainfield, NH.  
**Contact:** Administrative Assistant for updates  
**Tel:** 603-675-5673  
Swap Room provides free clothing for adults and children.  
Open to all  
**Hours:** 9am-11:30am Tues.

Salvation Army Thrift Store

**Address:** 7 Martin Dr., W. Lebanon, NH 03784  
**Tel:** 603-298-8724  
**Hours:** Mon-Sat 9:30am-6pm (Call to confirm)  
Clothing, housewares, more...



Listen Thrift Store  
387 Miracle Mile, Lebanon, NH



Plainfield Christ Community Church,  
1259 Rte. 12A, Plainfield, NH



Salvation Army Thrift Store,  
7 Martin Drive, W. Lebanon, NH



*Always contact the provider directly for service confirmation and updates.*  
**Cornish Aging In Place,**  
[www.facebook.com/CornishAgingInPlace/](http://www.facebook.com/CornishAgingInPlace/); [www.cornishnh.net/cornish-aging-in-place/](http://www.cornishnh.net/cornish-aging-in-place/)

## 7. COVID GUIDANCE

*We recognize that the most dangerous impacts of COVID have been mitigated through vaccination and public education. We also understand that we should remain cautious, not just for ourselves but for others, like Seniors, who may be more vulnerable.*

We suggest you continue to contact the following for the latest information and guidance:

1. Contact your primary care physician to discuss concerns, symptoms, and vaccination.
2. NH Department of Health & Human Services (NH DHHS) COVID-19
  - a. Home Page: [www.covid19.nh.gov/](http://www.covid19.nh.gov/)
  - b. Vaccine Info Page: [covidvaccine@dhhs.nh.gov](mailto:covidvaccine@dhhs.nh.gov) , 603-271-4501
3. Centers for Disease Control & Prevention (CDC), [www.cdc.gov/coronavirus/2019-ncov/index.html](http://www.cdc.gov/coronavirus/2019-ncov/index.html)  
**Tel.** 800-232-4636
4. Mt. Ascutney Hospital and Health Center, Ascutney, VT, [www.mtascutneyhospital.org/](http://www.mtascutneyhospital.org/)  
**Tel.** 802-674-6711
5. Valley Regional Hospital, Claremont, NH [vrh.org/](http://vrh.org/)  
**Tel.** 603-542-7771
6. VA White River Junction Health Care, [va.gov/white-river-junction-health-care](http://va.gov/white-river-junction-health-care)  
**Tel.** 800-698-2411
7. New Hampshire's information and referral line  
**Call** 211
8. CAIP (Cornish Aging in Place) – call **any of us and we will try to help or refer you to a useful resource (page 3)**
9. Cornish General Assistance (Marie De Rusha)  
**Tel.** 603-558-0391; **Email:** [m\\_m\\_marie32@yahoo.com](mailto:m_m_marie32@yahoo.com)



*Always contact the provider directly for service confirmation and updates.*

**Cornish Aging In Place,**

[www.facebook.com/CornishAgingInPlace/](https://www.facebook.com/CornishAgingInPlace/); [www.cornishnh.net/cornish-aging-in-place/](http://www.cornishnh.net/cornish-aging-in-place/)

---

## 8. FINANCIAL / LEGAL SERVICES

- Assistance with State Tax Refund      **Contact:** Reigh Sweetser  
**Tel:** 603-675-5030 (Cornish Aging In Place)  
For help regarding eligibility and assistance with application.  
Filing period is May 1-June 30.
- Town of Cornish General Assistance      **Contact:** Marie De Rusha, General Assistance Director,  
**Tel:** 603-558-0391  
**Email:** [m\\_m\\_marie32@yahoo.com](mailto:m_m_marie32@yahoo.com)  
This is a Town of Cornish service helping qualified individuals pay for utilities, food, housing, etc.
- Department of Veterans Affairs      **Tel:** 800-827-1000  
**Website:** <https://www.va.gov/disability/>  
Information available on veterans' healthcare, other benefits, burial and memorial information.
- Disabled American Veterans      **Website:** [www.va.gov/pension/aid-attendance-housebound/](http://www.va.gov/pension/aid-attendance-housebound/)  
For explanations and help navigating housebound benefits for qualified veterans and survivors.
- Elderly Tax Exemption and Abatements, Town of Cornish.      **Address:** Cornish Town Offices, 488 Town House Road, Cornish, NH 03745  
**Contact:** Mary Curtis  
**Tel:** 603-675-5611  
**Email:** [townbos@comcast.net](mailto:townbos@comcast.net)  
**Website:** [www.cornishnh.net](http://www.cornishnh.net)
- Some application criteria:  
Elderly Tax Exemption: Tax exemptions or credits are available to eligible elderly, disabled, blind, veteran or veteran's spouse. Income Limits: Single=\$22,000; Married=\$30,000; Asset Limit=\$40,000 for single or married, excluding residence. Applicant must be 65 years old as of April 1 of the tax year applying. For married couples, the elder should apply first. Applicant must have resided in the state of NH for at least 3 years prior to year of application.  
Abatements: If you believe that your assessment contains an error, you may apply for an abatement by March 1.
- New Hampshire Legal Aid      **Tel:** 800-639-5290 or 603-224-3333  
**Website:** [www.603legalaid.org](http://www.603legalaid.org)  
**Hours:** 9am-2pm Mon-Thurs  
New Hampshire Legal Aid gives free, non-criminal legal services to people who qualify. If you do not qualify, you may



*Always contact the provider directly for service confirmation and updates.*

*Cornish Aging In Place,*

[www.facebook.com/CornishAgingInPlace/](https://www.facebook.com/CornishAgingInPlace/); [www.cornishnh.net/cornish-aging-in-place/](http://www.cornishnh.net/cornish-aging-in-place/)

---

qualify for legal aid at a reduced fee. Legal counseling is primarily by phone.

Voter Registration Town of  
Cornish

**Address:** Cornish Town Offices, 488 Town House Road,  
Cornish, NH

**Contact:** Cornish Town Clerk, Paula Harthan

**Tel:** 603-675-5207

**Email:** [cornishtownclerk@comcast.net](mailto:cornishtownclerk@comcast.net)

**Website:** [www.cornishnh.net](http://www.cornishnh.net)

Register to vote at the Town Clerk's Office. (Office Hours: Mon 12:30-3pm; Tues-Thurs 5-7pm; Last Saturday of the month 9am-12pm.) Absentee ballots may be requested, and the ballot can be delivered to your home. You may also register to vote at all public meetings of the Supervisors of the Checklist.

Residents may also register to vote on Election Day with proof of residency.

## 9. FOOD

Claremont Soup Kitchen

**Address:** 51-53 Central St., Claremont, NH

**Tel:** 603-543-3290

**Website:** [claremontsoupkitchen.wordpress.com](http://claremontsoupkitchen.wordpress.com)

**Email:** [info@claremontsoupkitchen.org](mailto:info@claremontsoupkitchen.org)

Non-profit organization providing meals and a monthly food pantry box. Call to register for monthly food box.

**Fees:** No fees for meals; all are welcome.

**Meals:** all are on site, 2nd floor

**Hours:** Meal schedule subject to change. Pantry M-F, 9-1; Breakfast M-F 9-10a, Lunch 12-1p. Dinner 7 days a week 4-5p.

Free Medical Clinic 2<sup>nd</sup> & 4<sup>th</sup> Monday 4-5p.

Sullivan County Nutrition  
Services (Meals on Wheels)

**Address:** 76 South Main Street, Newport, NH 03773

**Contact to enroll:** Outreach Office at 603-863-6770

**Email:** [scnsnsc@gmail.com](mailto:scnsnsc@gmail.com)

**Tel:** 603-863-3177

Covers Sullivan County (except Plainfield); 5 meals a week, delivered 3-times a week and prepared at the Newport Senior Center. For ages 60+, primarily for home-bound people who are unable to prepare their own meals.

**Suggested donation:** \$3/meal.



*Always contact the provider directly for service confirmation and updates.*

*Cornish Aging In Place,*

[www.facebook.com/CornishAgingInPlace/](http://www.facebook.com/CornishAgingInPlace/); [www.cornishnh.net/cornish-aging-in-place/](http://www.cornishnh.net/cornish-aging-in-place/)

---

Cornish Senior Luncheon

**Address:** Cornish Town Hall, 294 Town House Road, Cornish, NH

**Website:** <https://www.cornishnh.net/senior-luncheon/>

**Contact:** Audrey Jacquier

**Tel:** 603-469-3245

Homemade lunch usually served the 4th Tuesday monthly; August & December dates change from year to year. Menus and dates are posted monthly on the Town of Cornish Website

Town of Plainfield Resource Room and Food Pantry (Red Barn)

**Address:** Christ Community Church, 1259 Rte. 12A, Plainfield, NH

**Contact:** Stephanie Schel;

**Tel:** 603-469-3201

**Email:** [cr.director@plainfieldnh.org](mailto:cr.director@plainfieldnh.org)

Community resource room and food pantry. 1st Thurs. and 3rd Fri. and Sat. 9am-10:30am. Cornish residents welcome.

Plainfield Community Lunch

**Tel:** Stephanie Schell or Plainfield Town Office

**Phone:** 603-469-3201

**Email:** [cr.director@plainfieldnh.org](mailto:cr.director@plainfieldnh.org)

**Website:**

<https://www.plainfieldnh.org/calendarview.aspx?cid=43186>

Venue and dates subject to change, please refer to the website above. Cornish residents welcome.

Upper Valley Haven

**Address:** 713 Hartford Ave., White River Junction, VT  
Temporary Address of Haven Food Shelf:

608 Main Street, White River Junction, VT

**Website:** [www.uppervalleyhaven.org](http://www.uppervalleyhaven.org)

**Contact:** 802 295-6500

This is a non-profit, private organization that serves people struggling with poverty by providing food, shelter, education, housing, clothing, support, services coordination and children's programs.

Willing Hands Drop-Off

**Address:** 294 Town House Road, Cornish, NH

**Website:** <https://www.cornishnh.net/willing-hands/>

**Contact:** 603-558-1178; 603-469-3245

**Hours:** Every Wednesday at 11:30am.

**Service:** Fresh vegetables and fruit. Free. Pick up at the Cornish Town Hall.



*Always contact the provider directly for service confirmation and updates.*

**Cornish Aging In Place,**

[www.facebook.com/CornishAgingInPlace/](http://www.facebook.com/CornishAgingInPlace/); [www.cornishnh.net/cornish-aging-in-place/](http://www.cornishnh.net/cornish-aging-in-place/)

---

## **10. GENERAL HEALTH SERVICES**

*Addictions and Substance Abuse: Also see New Hampshire Care Collaborative (NHCC) below.*

**Website & Link:**  
<https://www.nhcarepath.dhhs.nh.gov/substance-use/> (New Hampshire Substance Use Concerns)

**Tel: 211**

**Services and Supports for Personal and Legal Rights:**

Substance use concerns may arise if the use of alcohol or other drugs is affecting the independence or quality of life for you or someone you care for.

NHCarePath connects you to services and supports for substance use concerns. There are many programs and support groups to assist with overcoming substance misuse and disorders.

*Alanon*

**Tel:** 603-369-6930

Email: [outreach@nhal-anon.org](mailto:outreach@nhal-anon.org)

**Website:** [www.nhal-anon.org/](http://www.nhal-anon.org/)

Provides support for relatives and friends of alcoholics. Call or visit the website for more details and to find a meeting.

*Alcoholics' Anonymous*

**Contact and Hotline:** 800-593-3330

**Website:** [www.aa.org](http://www.aa.org)

Peer support groups for people who wish to stop drinking. Call or visit the website for more details and to find a meeting.

*Foot Clinic: Lake Sunapee Region VNA & Hospice*

**Where:** Available at the Sr. Centers of Charlestown, Claremont, Newport, Lebanon and New London NH.

**Contact for Appointments:** Loraine

**Tel:** 603-748-1731

**Website for info:** Visit the website for current locations and hours: <https://lakesunapeevna.org/>

**Fee:** \$30 cash or check. Appointments are required.

*Good Neighbor Clinic & Red Logan Dental Clinic*

**Address:** 70 North Main St., White River Junction, VT

**Tel:** 802-295-1868 (medical). 802-295-7573 (dental).

**Website:** [www.goodneighborhealthclinic.org/](http://www.goodneighborhealthclinic.org/)

After qualifying through an application process, uninsured and underinsured clients receive free medical and dental services.

*Grafton/Sullivan County Citizens Council RSVP Volunteer Center*

**Tel:** 877-771-7787

**Email:** [rsvp@gcsc.org](mailto:rsvp@gcsc.org)

**Service:**

“Good Morning!” (AmeriCorps) calls are a free telephone service for older adults who may be homebound, living alone, at risk for



---

*Always contact the provider directly for service confirmation and updates.*

**Cornish Aging In Place,**

[www.facebook.com/CornishAgingInPlace/](http://www.facebook.com/CornishAgingInPlace/); [www.cornishnh.net/cornish-aging-in-place/](http://www.cornishnh.net/cornish-aging-in-place/)

---



falls, sudden illness or social isolation. Call the number above for information, to arrange a daily call, or to volunteer.

New Hampshire Care Collaborative (NHCC)  
(formerly the Monadnock Collaborative)

**Address (local):** 3 Tremont St., Claremont, NH 03743

**Tel:** 603-352-7707; 866-826-2340 (toll-free)

**Email:** [help@nhcare-c.org](mailto:help@nhcare-c.org)

**Website:** [www.nhcare-c.org](http://www.nhcare-c.org)

The mission statement: "NHCC fosters personal choice by educating and empowering individuals in our communities to navigate and connect with resources so they may live dignified and fulfilled lives."

Today NHCC works with hundreds of older adults, adults living with disability or chronic illness, and family caregivers every year. The professional, committed staff provide case management through the NH Choices for Independence (CFI) program in nine of NH's ten counties; staff the NH ServiceLink Resource Centers in the Monadnock Region and Sullivan County; and coordinate care for Veterans receiving care through the Veteran Directed Care program. NHCC staff also coordinate services and supports for family caregivers, counsel people on Medicare options, help people apply for Medicaid, provide private pay case management, and more.

Dementia, Parkinson's Disease Support Group, Depression and other age-related health issues: DHMC Aging Resource Center

**Address:** 444 Mt. Support Rd., Colburn Hill, Entrance E, Lebanon, NH 03766

**Tel:** 603-653-3460 for general support group. **All initial contact should be made through this number.**

**Tel** for neurology medical appointments: 603-650-5104

**Email:** [agingcenter@hitchcock.org](mailto:agingcenter@hitchcock.org); [movement@hitchcock.org](mailto:movement@hitchcock.org)

**Website:** [www.dartmouth-hitchcock.org/aging-resource-center](http://www.dartmouth-hitchcock.org/aging-resource-center)

**Volunteer Contact:** Bill Brawley, [bbrawley@mac.com](mailto:bbrawley@mac.com) (volunteer leader)

Monthly virtual meeting featuring a speaker, 4th Wednesday 1-2:30pm; monthly in-person meeting, 2nd Tuesday 2-3:30pm, registration required. Call 603-653-3460.



If you have questions about anything, call any CAIP member – see page 3 for contact info.



Always contact the provider directly for service confirmation and updates.

Cornish Aging In Place,

[www.facebook.com/CornishAgingInPlace/](http://www.facebook.com/CornishAgingInPlace/); [www.cornishnh.net/cornish-aging-in-place/](http://www.cornishnh.net/cornish-aging-in-place/)



## 11. HOSPITALS, VETERANS ADMINISTRATION, HOSPICE, BEREAVEMENT, & PALLIATIVE CARE

Alice Peck Day Memorial Hospital (affiliated with Dartmouth-Hitchcock Medical Center)

**Address:** 10 Alice Peck Day Drive, Lebanon, NH  
**Tel.** 603-448-3121  
**Website:** [www.alicepeckday.org/](http://www.alicepeckday.org/)  
**Service:** Provides patient-focused general outpatient healthcare services that respond to community needs and promote wellness in the community. Through its Geriatric Department, APD provides care focused on aging-in-place, using an integrated team—including a social worker, care coordinator, and nurse practitioner—to identify highly effective and less expensive ways to make it possible for seniors to enjoy their lives and live at home. Home visits are offered.

Bayada Hospice

**Address:** 316 Main Street Unit EH-6 Norwich, VT 05055  
**Tel:** 802-526-2380  
**Website:** [www.bayada.com](http://www.bayada.com) (Bayada Hospice)  
**Service:** comprehensive social, medical, and spiritual care supporting patients and their families when an illness no longer responds to curative treatments, or when a patient chooses not to pursue aggressive therapies. **Eligibility:** patients with a life expectancy of fewer than 6 months as determined by their physician.

Mt. Ascutney Hospital and Health Center (affiliated with Dartmouth-Hitchcock Medical Center). (**Hospice & Palliative Care**).

**Address:** 289 County Road, Windsor, VT 05089  
**Tel:** 802-674-6711  
**Website:** [www.mtascutneyhospital.org/](http://www.mtascutneyhospital.org/)  
**Service:** This is a full-service, non-profit, critical access, community hospital, that also provides **palliative** and **hospice** care. Mt. Ascutney sponsors various support groups, such as AA, diabetes, and smoking, and offers Wellness Action Recovery Plan for burnout and stress, help with advance directives, bereavement services. and many more programs of care.

Valley Regional Hospital (**Hospice Care**)

**Address:** 243 Elm Street, Claremont, NH  
**Tel:** 603-542-7771  
**Website:** [www.vrh.org](http://www.vrh.org)  
**Service:** Offers a variety of primary and specialty healthcare, and has an inpatient facility, urgent care, and **hospice**.



*Always contact the provider directly for service confirmation and updates.*

*Cornish Aging In Place,*

[www.facebook.com/CornishAgingInPlace/](https://www.facebook.com/CornishAgingInPlace/); [www.cornishnh.net/cornish-aging-in-place/](http://www.cornishnh.net/cornish-aging-in-place/)

White River Junction  
Veterans Administration (VA)  
Medical Center (**Hospice  
Care**)

**Address:** 215 North Main St., Whiter River Junction, VT  
**Tel:** 802-295-9363 | 866-687-8387  
**Website:** [www.whiteriver.va.gov/about/index.asp](http://www.whiteriver.va.gov/about/index.asp)  
**Service:** Delivers healthcare services to eligible veterans in Vermont and the contiguous counties of New Hampshire, including Sullivan County. The Medical Center is a 74-bed, acute care facility that provides a full range of primary, secondary, and specialty care. Inpatient care includes: medical/surgical; ICU; psychiatry; Residential Recovery Center (a Substance Abuse Residential Rehab Treatment Program); and, **hospice**.

Lake Sunapee Region VNA &  
Hospice – **Hospice &  
Palliative Care**

**Service:** The visiting nurse association provides hospice and palliative care among their array of home-care services. (SEE "IN-HOME" CARE, Section 12.)

## **BEREAVEMENT**

CAIP-Sponsored Grief and  
Loss Support Group

**Address:** Cornish General Store, 226 NH Route 120, Cornish Flat, NH  
**Tel:** 603-748-1430  
**Contact:** Amanda Swoyer  
This support group has limited enrollment. Please contact Amanda Swoyer for information.

Lake Sunapee Regional VNA  
& **Hospice**

**Contact:** Elizabeth Gantner, Bereavement Coordinator and Spiritual Care Counselor at Hospice (New London, NH)  
**Email:** [egantner@lakesunapeevna.org](mailto:egantner@lakesunapeevna.org)  
**Tel:** 603-748-2225  
**Service:** Lake Sunapee VNA provides "New Hope Journeys: Grief & Bereavement Services" for 14 months. These services include person-to-person visits, phone calls, time-sensitive mailings and literature, a lending library, support groups and referral support. Support groups are open to all people grieving a death. Open to wider community (perfect for Cornish seniors), these are true support groups facilitated by a counselor.

There are 3 groups:

1. widow-to-widow, 1st Monday of the month;
2. newly-bereaved (spouses/partners) w/in the first 2 years of a loss, 2x monthly on 2nd and 4th Thursdays; and
3. bereavement tune up is an open group for any type of grief at any stage, 3rd Wednesday.



*Always contact the provider directly for service confirmation and updates.*

**Cornish Aging In Place,**

[www.facebook.com/CornishAgingInPlace/](https://www.facebook.com/CornishAgingInPlace/); [www.cornishnh.net/cornish-aging-in-place/](http://www.cornishnh.net/cornish-aging-in-place/)

---

Compassionate Friends

**Contact:** tcfuppervalley@gmail.com

**Tel:** 413-374-4585 (Denice)

(Bereavement Services Locator)

**Service:** provides highly personal comfort, hope, and support to every family experiencing the death of a son or a daughter, a brother or a sister, or a grandchild, and helps others better assist the grieving family.

This group currently meets on the 4th Wednesday of every month from 7-8pm at the Kilton Public Library, 80 Main Street, West Lebanon, NH.

Dartmouth Hitchcock Aging  
Resource Center

**Contact:** Deadra Ashton

**Email:** Deadra.B.Ashton@hitchcock.org

**Tel:** 603-653-3461

**Service:** The Aging Resource Center offers one-on-one bereavement support, periodic 8-week support groups, a lending library, and assistance finding ongoing bereavement support in the Upper Valley.

## **12. HOUSING**

**Assisted Living Options:** *Most are private pay, and most accept Medicaid, and some have memory units. They do not require a buy-in, just monthly rent which includes utilities, meals and some other services and amenities. There are waiting lists, so apply early.*

- ✓ Cedar Hill, Windsor, VT, 802-674-6609
- ✓ The Village, White River Jct., VT, 802-295-7500
- ✓ Harvest Hill, Lebanon, 603-308-0024
- ✓ Westboro House, W. Lebanon, 603-298-8326
- ✓ Wheelock Terrace, Hanover, 603-795-0363
- ✓ Valley Terrace, White River Jct., VT, 802-478-7286

**Independent Living Options:** *Vacancies are filled based on waiting lists. These are appropriate if you cannot stay in your home but are still able to live independently. CAIP strongly recommends that you visit places to see which ones might work for you, apply early and get on the waiting list quickly.*

### **SENIOR HOUSING (55+)**

- ✓ Quail Hollow, West Lebanon, 603-640-6001
- ✓ Cox House, Windsor, VT, 802-674-2328



Always contact the provider directly for service confirmation and updates.

Cornish Aging In Place,

[www.facebook.com/CornishAgingInPlace/](http://www.facebook.com/CornishAgingInPlace/); [www.cornishnh.net/cornish-aging-in-place/](http://www.cornishnh.net/cornish-aging-in-place/)

---

**SUBSIDIZED HOUSING:** eligibility is income-based, and rent is calculated at a rental rate meant to accommodate people with low-income levels; may include most utilities. Most have a limited number of apartments reserved for seniors:

- ✓ Claremont Housing Authority, Claremont, 603-542-6411
- ✓ Lebanon Housing Authority, Lebanon, W. Lebanon, 603-298-5753
- ✓ Stewart Property Management, Windsor and White River Jct., VT, 802-291-7000
- ✓ Twin Pines Housing, Lebanon, W. Lebanon, Enfield, Hanover, 603-542-6411
- ✓ Preserve Our Affordable Housing (POAH) Communities, Claremont, 603-542-2976

## **HOUSING , Cont'd – Referral Sources, Information**

Service Link: Services & Supports for Housing and Community Living

**Address:** 3 Tremont St., Claremont, NH 03743  
**Tel Sullivan County:** 603-542-5177. **Fax:** 603-542-2640  
**Email:** [jennifer.servicelink@nhcare-c.org](mailto:jennifer.servicelink@nhcare-c.org)

**Service:** Housing/Community Living involves places to live as well as services to help people reside in their homes and communities even if they need help to stay independent. This service connects you to housing options available throughout New Hampshire. Depending on individual needs and preferences, people may choose to live in a private home or apartment with or without services. Choices also include living in a staffed residence, boarding home, assisted living, or adult foster care environment where services are provided:

- Assisted living
- Living at home
- Living in independent housing
- Nursing Facilities ([medicare.gov](http://medicare.gov)) – find detailed information about Medicare and Medicaid-certified nursing homes
- Senior housing
- Subsidized Housing / Section 8 ([nhhfa.org](http://nhhfa.org)) – provides safe, sanitary and affordable housing to very low-income households.

Service Link is a great source for assistance with Medicaid applications for those needing Medicaid to pay for their long-term care. It is a formidable process that takes several months, so planning ahead is strongly recommended. See Section #16 for Medicaid/Medicare details.



*Always contact the provider directly for service confirmation and updates.*

**Cornish Aging In Place,**

[www.facebook.com/CornishAgingInPlace/](http://www.facebook.com/CornishAgingInPlace/); [www.cornishnh.net/cornish-aging-in-place/](http://www.cornishnh.net/cornish-aging-in-place/)

---

## HOUSING, Cont'd - Maintenance, Heating, Fuel Bills, etc.

- COVER Home Repair**      **Address:** 158 S. Main St., White River Junction, VT 05001  
**Website:** [www.coverhomerepair.org](http://www.coverhomerepair.org)  
**Contact:** 802-296-7241  
**Service:** Cover Home Repair for home repair projects (sliding fee scale), and weatherization. Cover Store stocks used merchandise for sale. Donations accepted.
- Southwestern Community Services**      **Address:** 31 Pleasant Street, P. O. Box 1338, Claremont, NH 03743  
**Tel:** 603-542-9528 or toll free 800-529-0005  
**Website:** [www.scshehelps.org](http://www.scshehelps.org)  
**Service:** Assistance with: heating fuel, electric bills, warming dollars, emergencies, rent, housing, transportation, **emergency hotline (211)**, homeless shelter, and more.
- Town of Cornish General Assistance**      **Contact:** Marie De Rusha  
**Tel:** 606-558-0391  
**Email:** [m\\_m\\_marie32@yahoo.com](mailto:m_m_marie32@yahoo.com)  
**Service:** For Cornish residents, based on need. Assistance with heating fuel, electric bills, warming dollars, emergencies, rent, and free firewood coordinated with Neighbor to Neighbor.

### 13. IN-HOME CARE

- Angel Heart Care Givers**      **Address:** 331 E. Mountain Road, Newport, NH  
**Tel:** 603-863-7095 (prefer emails)  
**Email:** [angelheartcaregivers@gmail.com](mailto:angelheartcaregivers@gmail.com)  
**Website:** N/A  
**Hours:** 9-5 Mon-Fri  
Fee for service.  
Private home healthcare agency providing support to seniors desiring to live at home with services such as personal care, homemaking, transportation, companionship, respite, and **hospice** care.
- Armistead Caregiver Services**      **Address:** 17 Alice Peck Day Drive, Lebanon, NH  
**Tel:** 603-678-8485, 866-284-1912  
**Website:** [www.armistead.com](http://www.armistead.com)  
**Hours:** 8-5 Mon-Fri  
Fee for service.



*Always contact the provider directly for service confirmation and updates.*

*Cornish Aging In Place,*

[www.facebook.com/CornishAgingInPlace/](http://www.facebook.com/CornishAgingInPlace/); [www.cornishnh.net/cornish-aging-in-place/](http://www.cornishnh.net/cornish-aging-in-place/)

---

Private home healthcare agencies providing care for seniors at home.

Lake Sunapee Region VNA & Hospice

**Address:** P.O. Box 2209, 107 Newport Rd., New London, NH 03257

**Tel:** 603-526 4077

Home healthcare including assessment, visiting nurses, physical/occupational/speech therapy, aides, hospice, palliative care, and personal care services. Also, "An Ounce of Prevention": a free at-home visit to help assess safety at home with recommendations for community resources to address needs & concerns around in-home safety such as falling, memory, chronic medical issues, personal care, health education, nutrition, and medications.

Visiting Nurse & Hospice (VNH)

**Address:** 88 Prospect St., White River Junction, VT 05001

**Tel:** 888-300-8853

**Website:** [www.vnhcare.org/](http://www.vnhcare.org/)

Available 24/7. Home healthcare services, assessment, visiting nurse, physical/occupational/speech therapy, aides, and **hospice**.

CAIP Resource List of Local Professionals, (recommended by townspeople)

**Contact:** Leigh Callahan, CAIP

**Tel** 603-543-0365,

**Email:** [leigh.callahan@comcast.net](mailto:leigh.callahan@comcast.net)

CAIP maintains a resource list of local businesses and individuals for hire who provide lawn care, carpentry, painting, plumbing, electrical work, homecare, and other services, including in-home care. This list is updated continually with providers who have been recommended by local people who have used their services.

## **14. LIBRARIES**

Cornish:  
George Stowell Library

George Stowell Library

24 School Street, Cornish Flat, NH

**Address:** 24 School Street, Cornish Flat, NH

**Website:** <https://www.cornishnh.net/library/>

**Contact:** Lucy Applegate, Librarian. 603-543-3644 or Free for everyone.

**Hours:** Mon 4-6pm; Tues & Wed 3-6pm; Thurs 10am–1pm; Sat 9am-1pm

Book group meets the first Wednesday of the month at 7pm.

Contact: Leigh Callahan at [leigh.callahan@comcast.net](mailto:leigh.callahan@comcast.net)



---

*Always contact the provider directly for service confirmation and updates.*

**Cornish Aging In Place,**

[www.facebook.com/CornishAgingInPlace/](https://www.facebook.com/CornishAgingInPlace/); [www.cornishnh.net/cornish-aging-in-place/](https://www.cornishnh.net/cornish-aging-in-place/)

---

Meriden Library 22 Bean Road, Meriden, NH  
**Address:** 22 Bean Rd., Meriden, NH  
**Tel:** 603-469-3252  
**Website:** [www.plainfieldlibraries.org](http://www.plainfieldlibraries.org)  
**Hours:** Mon, Wed, Fri 9:30am-1:30pm; Tues & Thurs 2-6pm; 1<sup>st</sup> and 3<sup>rd</sup> Sats 10am-2pm  
**Note:** There is a yearly, non-resident fee of \$40/household.

Plainfield:  
Philip Read Memorial Library **Address:** 1088 NH 12A, Plainfield, NH  
**Contact:** Jim Allen, Director.  
**Tel:** 603-675-6866  
**Hours:** Mon & Wed 2-6pm, Tues & Thurs 9:30am-1pm. Fri 1pm-5pm, 2<sup>nd</sup> and 4<sup>th</sup> Sats 10am-2pm  
**Note:** There is a yearly, non-resident fee of \$40/household

## **15. MEDICAL EQUIPMENT**

CAIP offers an equipment “closet” of donated medical equipment for loan. Local, volunteer groups maintain the inventory and coordinate delivery and pick up.

For questions about delivery/pick-up coordination, specific inventory items, or how to donate, reach out directly by phone/email to the contact individuals listed below.

Cornish Aging in Place **Serves:** Cornish Residents  
**Contacts: (See Page 3 for ALL contacts)**  
Audrey Jacquier 603-469-3245 [audreyjac@icloud.com](mailto:audreyjac@icloud.com)  
Reigh Sweetser 603-675-5030, [reighhelen@comcast.net](mailto:reighhelen@comcast.net)  
Jan Lord 603-675-6417 [jblord\\_2007@comcast.net](mailto:jblord_2007@comcast.net)

Plainfield Community Resource Director **Serves:** Plainfield Residents  
**Contact:** Stephanie Schell  
**Tel/Email:** 603-469-3201  
**Email** [tschell@aol.com](mailto:tschell@aol.com)

Hanover Lion’s Club **Serves:** All Upper Valley Towns  
**Contact:** John Bayliss  
**Tel:** 603-477-8144  
They will deliver items to your home at no charge including the delivery and set-up of hospital beds. Power chairs and scooters may be available.

Medic Alert Systems **Link to Article on How To Choose A Medical Alert System** (found on the CAIP homepage at [www.cornishnh.net/cornish-aging-in-place](http://www.cornishnh.net/cornish-aging-in-place))



*Always contact the provider directly for service confirmation and updates.*

*Cornish Aging In Place,*

[www.facebook.com/CornishAgingInPlace/](http://www.facebook.com/CornishAgingInPlace/); [www.cornishnh.net/cornish-aging-in-place/](http://www.cornishnh.net/cornish-aging-in-place/)



## **16. MEDICARE/MEDICAID SUPPORT**

Sullivan County Service Link  
(Claremont, NH)

*ServiceLink is a proud  
NHCarePath partner*

**Address:** 3 Tremont St., Claremont, NH 03743

**Tel:** Toll free 866-634-9412 or 603-542-5177.

**Contact:** Jennifer Blodgett

**Email:** [Jennifer.servicelink@nhcare-c.org](mailto:Jennifer.servicelink@nhcare-c.org)

**Website:** [www.servicelink.nh.gov/locator/claremont.htm](http://www.servicelink.nh.gov/locator/claremont.htm)  
or [www.nhcare-c.org](http://www.nhcare-c.org)

**Hours:** Mon-Fri 8:30am-4:30pm

ServiceLink is a program of the NH Dept. of Health and Human Services operated in Sullivan County by the NH Care Collaborative. ServiceLink helps individuals access services and supports including: family caregiver information and supports; small caregiver-directed respite grants; coordination with other service providers; education; and, application and enrollment assistance for Medicare and Long-Term Care Medicaid.

ServiceLink is designated as New Hampshire's Aging and Disability Resource Center (ADRC), State Health Insurance Program (SHIP) and the NHCarePath Full-service Access Partner for the NH Department of Health and Human Services. Aging and Disability Resource Centers (ADRCs) are a collaborative effort of the Administration on Community Living, 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.

**Services:** Long-term care counseling /case coordination, Medicare/Medicaid support, NH Family Caregiver Program, short-term care coordination from nursing home or hospital, coordination with mental health/disability service provider, and options counseling.

## **17. MENTAL HEALTH SERVICES**

Turning Points

**Address:** 231 Broad Street, Claremont, NH 03743

**Tel Hotline (24/7):** 800-639-3130

**Tel Office:** 603-543-0155 (Mon-Fri 9am-4:30pm)

**Website:** <https://turningpointsnetwork.org/>

A private not-for-profit organization offering crisis and support services to female and male survivors of domestic & sexual



*Always contact the provider directly for service confirmation and updates.*

*Cornish Aging In Place,*

[www.facebook.com/CornishAgingInPlace/](https://www.facebook.com/CornishAgingInPlace/); [www.cornishnh.net/cornish-aging-in-place/](http://www.cornishnh.net/cornish-aging-in-place/)

---

violence & stalking in Sullivan County, with a crisis hotline 24/7; emergency sheltering, and other support services. No fee.

WISE: Crisis Support,  
Advocacy and Prevention:  
Domestic Violence/Sexual  
Assault/Stalking

**Address:** 38 Bank Street, Lebanon, NH

**Tel Hotline:** 866-348-9473

**Tel Office:** 603-448-5922

**Website:** <https://wiseuv.org/>

Provides advocacy and guidance for those experiencing gender-based violence, health issues, safety issues, violence, domestic abuse, elder abuse, or abuse related to mental ability. Seniors are welcome. No fee.

## **18. PET CARE**

### **BOARDING, SHELTERS, EMERGENCY, PANTRIES, GROOMING, TRAINING**

Affectionate Pet Care	Lebanon, NH Tel: 603-448-5300 Grooming
Clean Paws Grooming	W. Lebanon, NH <b>Tel:</b> 603-298-8600 <b>Email:</b> <a href="mailto:cleanpaws@westlebanonsupply.com">cleanpaws@westlebanonsupply.com</a> <b>Website:</b> <a href="http://cleanpawsgrooming.com">cleanpawsgrooming.com</a> Grooming & self-service bathing for dogs
Complete Canine	593 Route 12A, Plainfield, NH <b>Tel:</b> 603-675-5901 <b>Website:</b> <a href="http://www.completecanineinc.com">www.completecanineinc.com</a> Kennel/Boarding/Daycare/Grooming/Training
Creature Companion LLC	<b>Contact:</b> Liz Gage <b>Tel:</b> 603-558-8066 <b>Email:</b> <a href="mailto:creaturecompanion@gmail.com">creaturecompanion@gmail.com</a> <b>Website:</b> <a href="http://www.creaturecompanion.com">www.creaturecompanion.com</a> Professional pet sitting in your home.
K-9 Kidz LLC	590 RT5N, Hartland, VT <b>Tel:</b> 802-291-4021 <b>Email:</b> <a href="mailto:k-9kidz@comcast.net">k-9kidz@comcast.net</a> <b>Website:</b> <a href="https://k9kidzdaycare.com/">https://k9kidzdaycare.com/</a> Daycare/Training/Grooming/Boarding



*Always contact the provider directly for service confirmation and updates.*

**Cornish Aging In Place,**

[www.facebook.com/CornishAgingInPlace/](http://www.facebook.com/CornishAgingInPlace/); [www.cornishnh.net/cornish-aging-in-place/](http://www.cornishnh.net/cornish-aging-in-place/)

---

Lucy Mackenzie Humane Society	4832 VT Rte. 44, W. Windsor, VT <b>Tel:</b> 802-484-5829 <b>Website:</b> <a href="http://www.lucymac.org">www.lucymac.org</a> Shelter/Training
Mountain View Pet Resort	Canaan, NH <b>Tel:</b> 603-632-4401 <b>Email:</b> <a href="mailto:mvpr4401@gmail.com">mvpr4401@gmail.com</a> <b>Website:</b> <a href="http://mountainviewpetresort.com">mountainviewpetresort.com</a> Boarding - dogs
Sarah Teffner, Trainer	Lebanon, NH <b>Tel:</b> 603-667-3738 <b>Email:</b> <a href="mailto:paws4training@yahoo.com">paws4training@yahoo.com</a> Website: <a href="http://paws4trainingnh.com">paws4trainingnh.com</a>
Tiger Tail Lodge	Etna, NH <b>Tel:</b> 603-643-3068 Boarding – Cats
Town of Plainfield Mobile Pet Food Pantry	Christ Community Church, 1259 Rte. 12A, Plainfield, NH. <b>Contact:</b> Town of Plainfield <b>Tel:</b> 603-469-3201 Pet food pantry pick up for dogs and cats. No charge. 1st Thursday and 3rd Friday and Saturday of the month, 10:30am-12pm.
SAVES (Small Animal Veterinary Emergency and Specialty Services)	63 Evans Drive, Lebanon, NH <b>Tel:</b> 603-306-0007 <b>Website:</b> <a href="http://www.saves.ethosvet.com">www.saves.ethosvet.com</a> EMERGENCY, 24-hour care.
Sullivan County Humane Society	14 Tremont St., Claremont, NH <b>Tel:</b> 603-542-3277 <b>Website:</b> <a href="http://www.sullivancountyhumanesociety.org">www.sullivancountyhumanesociety.org</a> Cats only. Also operate a pet food bank.
Upper Valley Humane Society	300 Old Route 10, Enfield, NH <b>Tel:</b> 603-448-6888 <b>Website:</b> <a href="https://uvhs.org/">https://uvhs.org/</a> Pet food pantry, temporary (up to 2 weeks) emergency sheltering by appointment. For financial hardship cases only experiencing displacement or hospitalization.



*Always contact the provider directly for service confirmation and updates.*

*Cornish Aging In Place,*

[www.facebook.com/CornishAgingInPlace/](https://www.facebook.com/CornishAgingInPlace/); [www.cornishnh.net/cornish-aging-in-place/](http://www.cornishnh.net/cornish-aging-in-place/)

Woof While You Walk Windsor, VT  
**Tel:** 603-372-2476  
**Email:** [heidi@woofwhileyouwalk.com](mailto:heidi@woofwhileyouwalk.com)  
**Website:** [woofwhileyouwalk.com](http://woofwhileyouwalk.com)  
Boarding and daycare – dogs

**Mobile Pet Groomer:** Fresh & Furry Pet Grooming  
Services are for “special needs, senior, hospice pets” only – call for information  
**Contact:** Dirk Ussler  
**Tel:** 802-333-4321  
**Website:** <https://www.freshandfurry.com/>

## **19. SENIOR CENTERS**

Claremont Senior Center **Address:** 5 Acer Heights, Claremont NH  
**Tel:** 603-543-5998  
**Email:** [seniorctr5@comcast.net](mailto:seniorctr5@comcast.net)  
**Website:** [www.cnhcs.org/](http://www.cnhcs.org/)  
**Hours:** Daily 9am-3pm. \*Tues-Thurs, evenings 6-9pm  
\*Drive-thru meals Tues & Thurs, reserve ahead at 603-543-5998.  
Cornish seniors welcome.

Dartmouth-Hitchcock Aging Resource Center **Address:** 46 Centerra Parkway, Lebanon, NH  
**Tel:** 603-653-3460  
**Website:** [www.dartmouth-hitchcock.org/aging\\_resource\\_center.html](http://www.dartmouth-hitchcock.org/aging_resource_center.html)  
Lending library, computers with internet access, assistance with finding information and resources, support groups, lectures, and workshops. Open to all, free of charge.

Lebanon Senior Center **Address:** 10 Campbell St., Box 33, Lebanon, NH  
**Tel:** 603-448-4897  
**Website:** <http://www.gcsc.org/index.html>  
Their purpose is to develop, strengthen, and provide programs and services that support the health, dignity, and independence of older adults and adults with disabilities living in our communities.



*Always contact the provider directly for service confirmation and updates.*

**Cornish Aging In Place,**

[www.facebook.com/CornishAgingInPlace/](http://www.facebook.com/CornishAgingInPlace/); [www.cornishnh.net/cornish-aging-in-place/](http://www.cornishnh.net/cornish-aging-in-place/)

---

## 20. TRANSPORTATION

Cornish Neighbor to Neighbor

**Website:** [www.cornishnh.net/neighbor-to-neighbor/](http://www.cornishnh.net/neighbor-to-neighbor/)

**Contacts:**

Linda Leone - 201-787-9789; [linellenleone@gmail.com](mailto:linellenleone@gmail.com)

Steve Bobin - 603-675-5513; [sbobin@plymouth.edu](mailto:sbobin@plymouth.edu)

Linda Leone 201 787 9789

Volunteer neighbors helping neighbors with simple chores, firewood, transportation and other needs.

Southwestern Services

**Website:** [www.scshehelps.org](http://www.scshehelps.org)

**Tel:** 603-542-9609

**Address:** 31 Pleasant Street, Claremont, NH

With a 48-hour notice, volunteer drivers will transport for medical appointments, grocery shopping, other important errands and appointments. There are also bus routes. Call for current information.

For other Southwest services, call or visit their website for full information.

Volunteers In Action (ViA)

**Address:** 1 Railroad Ave., #203, Windsor, VT 05089

**Website:** <https://mtascutneyhospital.org/via>

**Contact:** Amanda Jordan Smith, ViA Program Lead

**Tel:** 802-674-5971

**Email:** [via@mahhc.org](mailto:via@mahhc.org)

Volunteers in Action (ViA), an affiliate of Mt. Ascutney Hospital & Health Center, seeks to connect and support neighbors helping neighbors in an effort to increase the health, wellness, and independence of our community members, particularly relating to food security, medical transportation, and quality of life services. Programs include Meals on Wheels coordination, knitting, pet therapy, friendly visiting, and more! All services are provided free of cost. New volunteers are welcome and encouraged to apply!

**Appendix: Recreation →**



*Always contact the provider directly for service confirmation and updates.*

*Cornish Aging In Place,*

[www.facebook.com/CornishAgingInPlace/](https://www.facebook.com/CornishAgingInPlace/); [www.cornishnh.net/cornish-aging-in-place/](http://www.cornishnh.net/cornish-aging-in-place/)

---

## APPENDIX: RECREATION SUGGESTIONS

<u>Organization</u>	<u>Contact</u>
1. Bingo (Claremont Sr. Center)	603-542-3277
2. Bone Builders	603-217-7277, Phyllis Edwards
3. Cornish Hens' Club	603-675-2030, <a href="http://www.cornishnh.net/cornish-hens/">www.cornishnh.net/cornish-hens/</a>
4. Cornish Hiking Club (Debbie Baskin)	603-558-5033, <a href="mailto:nurse990107@yahoo.com">nurse990107@yahoo.com</a>
5. Cornish Quilters	603-217-7277 or 603-306-6615, <a href="https://www.cornishnh.net/cornish-quilters/">https://www.cornishnh.net/cornish-quilters/</a>
6. Cornish Town Forest (trails, lookout)	<a href="http://www.cornishnh.net/town-forest-committee/">www.cornishnh.net/town-forest-committee/</a>
7. Garden Club (Peg Ogilvy)	<a href="mailto:pogilvy@comcast.net">pogilvy@comcast.net</a> , 617-680-7528
8. Library Book Discussion	603-543-3644, <a href="mailto:leigh.callahan@comcast.net">leigh.callahan@comcast.net</a>
9. Senior Coffee Hours (CAIP)	<a href="mailto:Jblord_2007@comcast.net">Jblord_2007@comcast.net</a> , Jan Lord
10. Senor Lunch (Audrey Jacquier)	603-469-3245, <a href="mailto:audreyjac@icloud.com">audreyjac@icloud.com</a>
11. Walking Group @ School Gym	603-542-3016, Ruth Bassette, Winter Months
12. Volunteer Opportunities:	
CAIP	<a href="http://cornishnh.net/cornish-aging-in-place/">cornishnh.net/cornish-aging-in-place/</a>
Cornish Community Initiative	<a href="http://cornishci.org">cornishci.org</a>
Cornish Fair	<a href="http://cornishfair.org/">cornishfair.org/</a>
Cornish Historical Society	<a href="http://www.cornishnh.net/cornish-historical-society-2/">www.cornishnh.net/cornish-historical-society-2/</a>
Cornish Spirit Committee	603-675-5722, Liz Gage
Friends of the Cornish Library	<a href="mailto:cornishnhfriends@gmail.com">cornishnhfriends@gmail.com</a>
Neighbor to Neighbor	<a href="http://www.cornishnh.net/neighbor-to-neighbor/">www.cornishnh.net/neighbor-to-neighbor/</a>
Volunteers In Action (Windsor VT)	802-674-5971, Amanda or Evelyn

### WHERE TO FIND NEWS, ACTIVITIES, EVENTS:

**Connect Cornish:** the community weekly, e-serve newsletter carries all the events, activities, classified ads, more.... To **subscribe** call 603-675-2030 or 603-398-9762 or email [connectcornish.org](mailto:connectcornish.org).

**Cornish Community Initiative (CCI) Newsletter/Events Calendar:** [cornishci.org](http://cornishci.org), [CCI Newsletter](#)

**Cornish Town Website:** Town calendar, business, activities: [cornishnh.net](http://cornishnh.net)

**Cornish School:** [cornishschool.org](http://cornishschool.org)



### **QUESTIONS????**

**If you have questions, want more ideas, call any CAIP Member  
(see page 3 for phone numbers).**



*Always contact the provider directly for service confirmation and updates.*

**Cornish Aging In Place,**

[www.facebook.com/CornishAgingInPlace/](http://www.facebook.com/CornishAgingInPlace/); [www.cornishnh.net/cornish-aging-in-place/](http://www.cornishnh.net/cornish-aging-in-place/)