Assistance Programs for New Hampshire Seniors

RETIREE EDUCATION SERIES



Living on a fixed income isn't easy. There are a variety of resources available to eligible individuals and many, many people with the expertise to help. Short-term or long-term assistance is just a phone call away.

Aging and Disability Resource Centers

This free, state-based program provides counseling and assistance to individuals with Medicare. They may be able to help you navigate coverage options; connect you with financial supports, such as prescription drug patient assistance programs; and sign you up for a home delivered meals service. **866.634.9412**

Easterseals New Hampshire

Easterseals NH offers services to support health, safety, and independence for seniors. Women age 65 and older living below the federal poverty level in the Greater Manchester area may be able to benefit from the ***Mary Gale Flex Fund***. **800.870.8728**

Waypoint

Waypoint offers four ***Family Resource Centers*** across the state. It's a place where individuals and families can come for resources, services, support, supplies, connections, and advocacy. For example, eligible seniors over the age of 60 may be able to find ***home health care***. **603.518.4000**

AARP New Hampshire

AARP is a resource for seniors age 50-plus, provides information about local offerings, education, advocacy, and community engagement. The AARP Foundation's ***Local Assistance Directory*** can help you find food, housing, health, and employment programs in your area with a zip code search. **866.542.8168**

Town/City Welfare

Many towns provide short-term assistance for basic living needs to qualified residents through a voucher system. You will have to complete an application to be considered for assistance with rent, food, utilities, and medication. Contact your town or city hall during business hours and ask for the welfare official (or town or city manager).

Food Assistance

The ***Commodity Supplemental Food Program*** is a nutrition program that provides free food and nutrition information to adults age 60 and over. ***Click here*** for a list of food pantries and soup kitchens where boxes of food items are delivered. **800.942.4321**

NH Food Bank has a clickable food map with locations offering free or low-cost food. There's also schedule for the mobile food pantry, which travels to different areas of need across New Hampshire. **603.669.9725**

Senior Farmers' Market Nutrition Program: Low-income seniors at least 60 years old will be able to access locally grown fruits, vegetables, honey, and herbs. **800.942.4321**

Aging and Disability Resource Centers has information about congregate meal services across the state of New Hampshire. In addition to serving healthy meals, the program provides an opportunity for social engagement, volunteerism, and educational information on healthy aging. **866.634.9412**

The Emergency Food Assistance Program (TEFAP), a USDA food program, provides a variety of nutritious, high-quality foods at no cost to families and individuals in need. They also offer a ***directory of all food pantries and soup kitchens*** across the state of New Hampshire.

New Hampshire places of worship and community organizations also provide free meals, often with support from the NH Food Bank. Locations include the Fellowship Kitchen at the United Methodist Church on South Main Street in Rochester and the St. Jude Parish on Mammoth Road in Londonderry.

CONTACT US ANY TIME

HealthTrust

Retiree health coverage can be overwhelming, but HealthTrust is here to help. Our Enrollee Services Representatives are available to answer your questions Monday through Friday, 8:30 am to 4:30 pm, at **800.527.5001** or ***enrolleeservices@healthtrustnh.org***.

