

Community Corner

June 2023



En Español

Resident Services Updates

LRCD's Resident Services Coordinators (RSCs) are here to connect you with resources that help you reach your goals.



Laconia & Tilton

Melissa Shadden-Cyr

MShaddenCyr@LRcommunitydevelopers.org
603-524-0747 x 105



Ashland, Meredith & Wolfeboro

Kerri Lowe

KLowe@LRcommunitydevelopers.org
603-524-0747 x 103

Behind on Rent?

Did you know that you can enter into a payment arrangement with Hodges to chip away at a balance on your account rather than having to come up with one big catch-up payment? It's easy! Call Patience Schnoor in Hodges' Collections Department at (603) 410-4261 and talk to her about how much extra you can pay each month. If you enter into a payment arrangement and comply with it, you can avoid being served a demand for rent.

Pay Rent with Your Debit Card

No bank account? Tired of paying for money orders? You can now use your debit card to pay your rent online through PayLease. Go to Hodgescompanies.com and click on "Secure online payments," then "Apartment Communities." You'll need to create an account, enter your PayLease ID (you can get this from your property manager), and enter your payment information. Please contact your resident services coordinator if you need assistance with online payments.

Bruschetta Recipe

Here is a great recipe from UNH Cooperative Extension to help you enjoy fresh tomatoes and basil this summer. *Prep time is about 15 minutes*

Ingredients

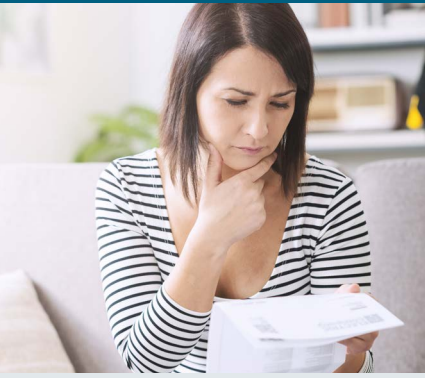
- 1 small red onion, diced
- 5 tomatoes, diced
- 1 garlic clove, minced
- 1 handful of basil leaves, chopped
- Salt and pepper to taste

Place ingredients into a medium bowl. Mix together. Slice and toast some bread. Top the bread with the tomato mixture.

Enjoy!



Resources to Help You Thrive



Electric Assistance

High electric rates are causing many LRCD tenants to experience financial difficulties.

Consider applying for Electric Assistance, if you haven't already, to help manage this increased cost. Most LRCD residents qualify for this great program, which can get you a discount from 8% to 76% of your bill!

Reach out to your resident services coordinator if you would like some help applying for Electric Assistance. Or contact your local Community Action Program (CAP) agency directly to apply.

Ashland
603-968-3560 ext 2

Laconia and Tilton
603-524-5512

Meredith
603-279-4096

Wolfeboro
603-323-7400

Food Pantries

Ashland Area

Ashland Community Center & Food Pantry: 603-968-9698 | 12 Highland St, Ashland
Helping Hands Food Pantry: 603-536-1966 | 319 Highland St, Plymouth
Plymouth Area Community Closet (PACC): 603-536-9889 | 5 South Main St, Plymouth

Laconia

Inreach Ministries Food Pantry: 603-527-2662 | 175 Mechanic St, Laconia
Salvation Army Food Pantry & Soup Kitchen: 603-524-1834 | 177 Union Ave, Laconia
St. Vincent de Paul Food Pantry: 603-528-5683 | 1269 Union Ave, Laconia

Meredith Area

Center Harbor Food Pantry: 603-253-6161 | 80 Bean Rd, Moultonborough
Lakes Region Food Pantry: 603-986-0357 | 977 Whittier Hwy, Moultonborough
Meredith Emergency Food Pantry: 603-279-1115 | 147 Main St, Meredith

Tilton Area

Fruits Food Pantry: 603-524-5996 | 322 Upper Bay Rd, Sanbornton
Northfield Tilton Food Pantry: 603-455-7505 | 283 Main St, Tilton

Wolfeboro Area

LIFE Ministries: 603-569-0202 | 264 South Main St, Wolfeboro
Ossipee Dinner Bell: 603-539-6003 | 50 Route 16B, Center Ossipee
Wakefield Community Food Pantry: 603-522-3094 | 1500 Wakefield Rd, Wakefield



Free Meal on Wednesday - Hands Across the Table

Hands Across the Table offers free meals to anyone every Wednesday starting at 4:30pm at St. Andre Bessette Parish Hall on Gilford Avenue in Laconia. The meal is served to you at your table and consists of an appetizer, which is usually a fresh salad or soup, rolls with butter, a main dish consisting of a meat and vegetables, and dessert. Drinks of juice, milk, coffee, tea, hot chocolate, lemonade and the like are available throughout the meal. When available, guests may take home an additional meal in containers provided.

Reduced Admission – Museums & Other Attractions

Several museums and science centers in New Hampshire, including Squam Lakes Natural Science Center, offer a reduced admission rate to eligible families when they show a food assistance program card (WIC, SNAP). To learn more, go online to Museums4All.org.

You can also get free or reduced cost passes for museums and other attractions from your local public library. Each town's library participates with different venues.

Check Out Your Library

Our public libraries are a great source of entertainment and inspiration for summer! Each town's library has a variety of programming for different age groups. If you are looking for something interesting to do, check out the programs offered by your public library.

Back to School Resources

We know summer just started, but back to school time will be here before you know it! If you are looking for resources to ensure your child has everything they need for next school year, contact your child's school nurse and/or your local Family Resource Center:

Family Resource Center of Central NH
719 N. Main St. Laconia • 603-524-8811
lrccs.org

Children Unlimited, Inc.
182 West Main St. Conway • 603-447-6356
childrenunlimitedinc.org

Greater Tilton Area Family Resource Center
5 Prospect St. Tilton • 603-447-6356
childrenunlimitedinc.org

Whole Village Family Resource Center
258 Highland St. Plymouth • 603-536-3720
graniteuw.org/our-work/granite-united-way-initiatives/whole-village

Health & Wellness

Mental Health Emergencies

Call/text/chat 988

If you or someone you care about is experiencing a mental health and/or substance use crisis, you can **call/text/chat 988 and speak to trained and caring clinical staff 24/7.**

NAMI New Hampshire Support Groups

NAMI New Hampshire is a grassroots organization working to improve the quality of life for all by providing support, education and advocacy for people affected by mental illness and suicide. Through their support and education networks,

NAMI NH provides opportunities for people to share each other's pain and promote hope in a safe and comfortable setting.



Looking for support?

Come and make important connections to others who:

- Understand the challenges you face and the opportunities ahead
- Feel the same way you do
- Have had the same experiences
- Will help you learn new coping skills
- Will share their successes and strategies with you

NAMI New Hampshire offers groups in communities across the state that are facilitated by a trained leader with lived experience who is a family member, parent/caregiver, person in recovery from a mental health condition or those who have lost a loved one to suicide. Visit namiNH.org for more information.

Beware of Romance Scams

You meet someone special on a dating website or app. Soon they want to email, call, or message you off the platform. They say it's true love, but they live far away — maybe for work or because they're in the military. Then they start asking for money. Maybe it's for a plane ticket to visit you. Or emergency surgery. Or something else urgent.

Romance scammers create fake profiles on dating sites and apps or contact you through popular social media sites like Instagram or Facebook. The scammers strike up a relationship with you to build up trust, sometimes talking or chatting several times a day. Then, they make up a story and ask for money.

People in the US reported a record \$547 million in losses to romance scams in 2021. That's up about 80% from the reports the Federal Trade Commission got in 2020. In 2021, people reported paying romance scammers more with gift cards than with any other payment method. The 2021 reports also showed that cryptocurrency payments were the most costly.

The bottom line is: Never send money or gifts to a sweetheart you haven't met in person.

If you think it's a scam, report it to the Federal Trade Commission online at ReportFraud.ftc.gov. Notify the social networking site or app where you met the scammer, too.

Resources for Your Career

Are you Self-Employed?

Belknap Economic Development Council offers a free Community Navigator Program for people who run their own small business. The program offers:

- Business counseling
- Help developing marketing plans
- Connection to training and skills development resources
- Access to capital
- Other support as needed

Contact them today at info@belknapedc.org and let their experts help your business thrive.



Apprenticeship Opportunities

Visit ApprenticeshipNH.com to learn about opportunities for you to get top-notch training with little to no debt. Apprenticeships enable you to access affordable education and the opportunity to earn money while you learn. About 37% of adults in New Hampshire stopped going to school after earning a high school diploma. But in many cases, a college degree is not required for high-paying jobs in the sectors served by ApprenticeshipNH.



Community Corner Tenant Newsletter

Maintenance Corner

NEW Maintenance Phone Number

All maintenance calls at any LRCD property any day of the week at any time should now go to 603-224-9221. This includes maintenance emergencies on nights and weekends.

You may also submit non-emergency service requests online any time at hodgescompanies.com/service-request



Window Safety

Falls are a leading cause of injury to children.

Keep your family safe by following these simple steps:

- Keep all furniture, especially beds, sofas, and dressers (anything a child can climb) away from windows.
- Lock all unopened doors and windows.
- Open windows from the top down, if possible, especially when there are children in the home.
- If you must open windows from the bottom, buy window-stops at your local hardware store that will limit the opening to less than four inches. Window-stops can be disabled by an adult or an older child in an emergency.