This resource guide was developed as part of the Mount Washington Valley Age-Friendly Community Initiative. Creating the guide involved extensive research by volunteers and every effort was made to include as many services as possible. We apologize for any omissions. This is a starting point, and we hope the guide will grow and evolve over time. Please email additions and corrections to resourceguide@gibsoncenter.org.

Aging Services Resource Guide
Carroll County, New Hampshire

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CONNECTING WITH SERVICES

Abuse/Self-Neglect

The Adult Protection Law requires any person who has a reason to believe that a vulnerable adult has been subjected to abuse, neglect, exploitation or self-neglect to make a report immediately to the Bureau of Elderly & Adult Services (BEAS).

Where to report abuse or neglect:

- Contact BEAS from 8-4:30, Monday-Friday at (800) 949-0470 or (603) 271-7014.
- For Nursing or Assisted Living Facilities – Contact the Long Term Care Ombudsman at (800) 442-5640 or (603) 271-4375.
- Call 911 or the local police after hours, weekends or holidays. Call (603) 271-7014 or toll Free from within NH at (800) 949-0470

For more information visit: [https://www.dhhs.nh.gov/dcbcs/beas/adultprotection.htm](https://www.dhhs.nh.gov/dcbcs/beas/adultprotection.htm)

Advocacy

_Disability Rights Center NH -_ Advocating for the legal rights of people with disabilities. (603) 228-0432 Toll Free (800) 834-1721

For more information visit:[https://drcnh.org/](https://drcnh.org/)

_Mount Washington Valley Age Friendly Communities –_ Works to improve the quality of life for all age groups in the Mount Washington Valley. Affiliated with the AARP Age Friendly Communities Initiative.

For more information visit: [https://www.gibsoncenter.org/mwv-age-friendly-community/](https://www.gibsoncenter.org/mwv-age-friendly-community/)


_New Hampshire Alliance for Healthy Aging _- Works to create communities in New Hampshire that advance culture, policies and services which support older adults and their families, providing a wide range of choices that advance health, independence and dignity.

For more information visit: [https://nhaha.info](https://nhaha.info)
Employment/Training

*NH Employment Security/NH Works* - 518 White Mountain Highway, Conway  
(603) 447-5972  [https://www.nhes.nh.gov/locations/conway.htm](https://www.nhes.nh.gov/locations/conway.htm)

NHES/NH Works is a free public service center that offers a broad range of assisted and self-directed employment and career related services.

*Senior Community Service Employment Program (SCSEP) - (603) 206-4400*
SCSEP provides part-time community service training positions to low-income persons age 55 and older. Program participants work an average of 20 hours per week, are paid at least the Federal minimum wage, and are employed in a wide variety of community service activities. For further information visit:  
[https://www.nhes.nh.gov/forms/documents/additional-programs-services.pdf](https://www.nhes.nh.gov/forms/documents/additional-programs-services.pdf)

*The Mature Worker Program – (603) 228-4056*
The Mature Worker Program is designed to assist individuals age 55 or over with re-employment and job search activities and training. Participants will receive case management services and attend job search workshops and activities. For more information visit:  

Food Affordability Assistance

*Supplemental Nutrition Assistance Program (SNAP) also known as food stamps – apply at Servicelink in Tamworth (603) 323-2043 or Department of Health and Human Services in Conway (603) 447-3841*

*New Hampshire Commodity Supplemental Food Program (CSFP) – (603) 994-6368*
Provides healthy foods to supplement food budgets. The value of the food received is approximately $50.00 per month. Available to age 60+ and income eligible.

Food Pantries

*Agape Ministries*
1895 RT 16
West Ossipee - Across from Pizza Barn  
(603)-539-4456  
Mon Wed & Fri 1pm to 3pm  
All NH residents are welcome  
Proof of Residence is needed
Bread Basket Food Pantry
River Church 2600 E Main St
Center Conway
(603)-447-6633
The Second Tuesday of each month 4-5:30pm or by appt.
Bring Proof of Residence http://theriverchurchnh.com

Community Food Center
Saint Andrews Church, 678 Whittier Rd., Tamworth
(603)-960-4067
Tues and Fri 10am to 12pm
Tamworth or Sandwich residents, proof of residency required

Conway Village Congregational Church
132 Main St, Conway, NH 03818
(603)-447-3851
Tuesdays 9am to 11:30 am and 2nd and 4th Tuesday at 5:00pm to 7:00pm
Conway, Center Conway, Eaton, Albany and Chatham Residents only
Bring Proof of Residence http://www.thebrownchurch.org

Freedom Food Pantry
First Christian Church of Freedom
12 Elm St
(603) 539-6484 (emergency number (603) 539-6484)
Saturdays 10 am to 12 pm
Freedom, Ossipee and Effingham Residents Only
Proof of residence and confirmation of state assistance is needed
http://firstchristianchurchoffreedom.org

Glen Baptist Church
38 Route 302, Glen NH
Sat. 10-12pm
Serves Bartlett and Jackson

Lakes Region Food Pantry
977 Whittier Highway
Moultonborough
(603)-986-0357
Thursdays 10am to 6pm
Bring proof of income and personal ID http://www.lakesregionfoodpantry.org

Life Ministries
264 South Main St
Wolfeboro
(603)-569-0202 http://www.lifeministriesfoodpantry.org
Wednesdays 10am to 1pm and 5pm to 7pm
All are Welcome
Bring Proof of income, intake form, and ID

*Madison Church*
(603)-367-8352
Wednesdays 10am to 1pm
Make an appointment, Madison Residents Only, bring proof of residence
http://themadisonchurch.org

*Vaughan Community Services*
2503 White Mountain Hwy
North Conway
(603)-356-2324
Tues 12pm to 1:45pm Thurs. 1:00pm-2:45pm
Conway Residents Only
Bring proof of Residence and ID, bring copy of light bill or lease
https://www.firstchurchnc.com/vaughan

*Wakefield Food Pantry*
1500 Wakefield Rd
(603)-522-6970
Wednesdays 10am to 1pm and 5pm to 7pm
Wakefield, Brookfield, Effingham, Milton and Newfield, Me. only
Bring Proof of Residence and photo ID and confirmation of services and proof of income http://wakefieldnhfoodpantry.org/

**Homelessness**

*211* - The first step for individuals experiencing homelessness is calling 211 New Hampshire’s state-wide information and referral service. 211 staff will send referrals to homeless outreach services and can also help individuals and families access shelters.

*Homeless Intervention & Prevention* - Outreach program, Tri County CAP, Carroll County Call (603) 323-7400 x110

*Local Welfare Assistance* - New Hampshire law says that every town and city in the state must have a welfare program to help people who are poor and who need help. Contact the last town you lived in to obtain an application.
Way Station – (603) 452-7113
15 Grove Street, North Conway
Day Resource Center – Offers basic support such as laundry, showers, internet access, PO Box for mail and identification, toiletries, referrals, and socio-emotional support. Does not provide overnight shelter.

Information and Referral

The Carroll County Aging and Disability Resource Center is ServiceLink  (603) 323-2043
448 White Mountain Highway, Tamworth An Aging and Disability Resource Center (ADRC) is a collaborative effort of the Administration on Community Living and 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.

For more information visit: https://www.servicelink.nh.gov/locator/tamworth.htm

211 - 211 is New Hampshire’s first state-wide, comprehensive, information and referral service. Thanks to a unique coalition of non-profit, government, corporate and volunteer partners, New Hampshire residents need only dial 211 to be connected, at no cost, with trained Information and Referral Specialists who can provide them with the health and human service information they need to get help, give help or discover options.

Also available online at https://www.211nh.org/


The guide is available at https://bianh.org/resource-directory#9e126782-d5bb-47e5-a664-ebebd3c467c5

Legal Services

Anti Fraud Hotline for Senior Citizens (855) 303-9470
The United States Senate Special Committee on Aging Fraud Hotline has set up a toll free hotline. If you or someone you know think you have been a victim of fraud or a scam aimed at seniors, call the toll free hotline or contact the committee at http://www.aging.senate.gov/fraud-hotline

New Hampshire Legal Aid - (800) 639-5290 or nhlegalaid.org helps low-income people find free legal help for their problems in New Hampshire. We offer information, advice, legal representation, or referral to the right source of help to those who qualify for services.
New Hampshire Lawyer Referral Service – (603) 229-0002 or http://www.newhampshirelawyerreferral.com/

Senior Law Project - (888) 353-9944
For people age sixty and older seeking assistance with consumer debt collection, financial exploitation, housing, property taxes, nursing homes, assisted living transfer and discharge, Social Security denials and Medicaid denials.

Taxpayer Advocate Service - (603) 433-0571 or (877) 777-4778
For help with IRS issues you’re already working to resolve on your own.

Long Term Care Ombudsman

The Office of the Long-Term Care Ombudsman receives, services, investigates and resolves complaints or problems concerning residents of long-term health care facilities. The program also provides advocacy services to long-term health care residents, and comments on existing and proposed legislation, regulations and policies affecting long-term care residents. Education is provided to residents, family members and facility staff concerning the legal rights of residents. To contact the Office of the Long-Term Care Ombudsman, call 1-800-442-5640 (if calling within NH) or 603-271-4375 (if calling from outside NH) email OLTCO@dhhs.nh.gov or write to the Office of Long-Term Care Ombudsman, 129 Pleasant St., Concord, NH 03301.

Safety

Daily Check-In Programs – Police offer a check in program for senior adults living alone using a daily phone call.

Conway – Project Good Morning– Conway Police Department - (603) 356-5715 residents of Conway, Bartlett and Jackson can participate in this program. http://www.conwaypd.com

Moultonborough - Good Morning Project - (603) 476-2400 https://www.moultonboroughnh.gov/police-department

Wolfeboro - Good Morning Program - (603) 569-1444 https://www.wolfeboronh.us/police-department/pages/programs-services

All other Carroll County Towns – Carroll County Sheriff - (603) 539-2284

Starting Point https://www.startingpointnh.org (603) 447-2494 Services for victims of domestic and sexual violence in Carroll County
**Link-Up New Hampshire and Lifeline Telephone Assistance**
Consolidated Communications offers income based financial assistance for installing a telephone and reduced monthly telephone charges
(866) 984-2001, except exchanges 694 and 939 call (800) 400-5568

*Safelink* free cell phone and minutes for those who meet federal poverty standards and medicaid (800) 723-3546

*Assurance Wireless* free cell phone and minutes for those who meet federal poverty standards and medicaid by Virgin Mobile (888) 321-5880

**Social Security**

Many services are offered online at [ssa.gov](http://ssa.gov)

Social Security Administration Office (All of Carroll County except Wakefield and Union)
177 Main Street
Littleton, NH 03561
Phone: 1-877-405-7658

Social Security Administration Office (Wakefield and Union)
Room 210A
80 Daniel Street
Portsmouth, NH 03801
Phone: 1-888-397-9796

**Substance Abuse Recovery and Support**

*Green Mountain Treatment Center* - 244 High Watch Road, Effingham, NH 03882 (866) 951 -7739 [https://www.greenmountaintreatmentcenter.com/](https://www.greenmountaintreatmentcenter.com/)

*MWV Supports Recovery* - 1620 E Main St Center Conway NH 03813 (603) 662-0668
e-mail [mwvaddictionresource@gmail.com](mailto:mwvaddictionresource@gmail.com)
website [https://www.mwvsupportsrecovery.org/](https://www.mwvsupportsrecovery.org/)
M-F 9am -5pm

Mount Washington Valley Supports Recovery Coalition is a Non-Profit Recovery Resource Organization. They have resources for anyone seeking a recovery path. Trained recovery coaches are ready to engage individuals and their families with substance use disorder, and they are working with almost every sector in this community to bring recovery support programs to the valley.
White Horse Recovery/Behavioral Health Services – Offices located at 68 Rte. 16B, Center Ossipee and 2977 White Mt. Highway, North Conway  (603) 651-1441
https://whitehorserecovery.org

White Horse Recovery/Behavioral Health Services is a nonprofit organization dedicated to providing effective resources to those with substance use disorders. Their goal is to help people find a way to live a life of recovery and prevent substance abuse.

*The Doorway New Hampshire* Call 211 to access assistance; https://thedooryway.nh.gov
Assists people with an opioid use disorder or other substance use disorders. Offers help for substance use, including treatment, support, or resources for prevention and awareness.

**AA/Al-Anon Groups**
AA New Hampshire Service Office (603) 622-6967 or 800-593-3330; For meeting listings visit: https://nhaa.net; email office@nhaa.net

Al-Anon New Hampshire Service Office (603) 369-6930 or visit: https://nhal-anon.org

**Tax Assistance**

*Low & Moderate Income Homeowners Property Tax Relief* - (603) 230-5920
Homeowners with a total household income of $20,000 or less if a single person or $40,000 or less if married or head of a household can apply for a property tax relief check. Form DP-8 must be filed with the New Hampshire Department of Revenue annually between May 1 and June 30. More information is available at https://www.revenue.nh.gov/faq/low-moderate.htm#top

*Property Tax Credits and Exemptions* - Contact your town for more information. Each town has permanent property tax credits and exemptions available for certain low income individuals such as elderly, veterans and disabled. Amounts and exemptions vary by town. Form PA-29 must be filed with the town assessing office. Form available at https://www.revenue.nh.gov/forms/exempt-credit.htm

*The Low-Income Taxpayer Project* - (603) 228-6028
The New Hampshire Bar Association offers a pro bono referral program to Low-income taxpayers with federal income tax controversies (disputes) with the IRS.

*Free Tax Return Preparation* - Call 211 or visit NHTaxHelp.org to find a site near you. Locations currently listed in Carroll County:

Gibson Center for Senior Services - North Conway (call 211 to book an appointment or online at NHTaxHelp.org)

Moultonborough Library, 4 Holland Street. Call for appt. (603) 476-8895
Ossipee Public Library, 74 Main Street. Call for appt. (603) 539-6390

There are also locations outside Carroll County that may be convenient for some Carroll County Residents. For a full list visit NHTaxHelp.org

Taxpayer Advocate Service - (603) 433-0571 or (877) 777-4778
For help with IRS issues you’re already working to resolve on your own.

Town Community Resources

These websites link to town services, libraries, boards and programs in each town.

Albany https://www.albanynh.org
Bartlett http://www.townofbartlettnh.org
Brookfield https://www.brookfieldnh.org
Chatham http://chathamnh.org
Conway https://conwaynh.org
Eaton http://www.eatonnh.org
Effingham http://www.effinghamnh.net
Freedom http://townoffreedom.net
Fryeburg, Maine https://www.fryeburgmaine.org
Jackson https://www.jackson-nh.org
Madison http://www.madison-nh.org
Moultonborough https://www.moultonboroughnh.gov
Ossipee https://www.ossipee.org
Sandwich http://sandwichnh.org
Tamworth https://www.tamworthnh.org/
Tuftonboro https://www.tuftonboro.org
Wakefield https://www.wakefieldnh.com
Wolfeboro https://www.wolfeboronh.us

Chambers of Commerce/Events

MWV Chamber of Commerce https://mtwashingtonvalley.org
Discover Sandwich https://www.discoversandwich.com/
Greater Ossipee Chamber of Commerce https://www.ossipeevalley.org
Wolfeboro Area Chamber of Commerce https://www.wolfeborochamber.com

Libraries in Mt. Washington Valley

Bartlett Public Library https://www.bartlettpubliclibrary.org
Conway Public Library www.conwaypubliclibrary.org
Freedom Public Library http://www.freedompubliclibrary.org
Many towns have information exchanges for their residents only, the exchanges have moderators and must be joined first to view listings. To join, email to one of the following appropriate links to request permission and include your name, email address and your residence.

- **Tamworth Exchange** tamworthexchange@gmail.com
- **Madison Boulder Bulletin** madison-boulder-bulletin-owners@googlegroups.com
- **Freedom Bulletin** http://freedompubliclibrary.org/extras1.asp
- **Eaton Ears** eatonears@gmail.com
- **Sandwich Board** gberg@cyberpine.net
- **Jackson Bridge** http://jacksonlibrary.org/jackson-bridge/

### Veterans Programs

**VA Medical Outpatient Clinic**
71 Hobbs St. Conway 1 (800)-892-8384 x3199
Provides primary care, preventive health, laboratory, mental health, women’s health, virtual medicine, referrals to other VA services, such as hearing, vision and caregiver services [https://www.manchester.va.gov/locations/conway.asp](https://www.manchester.va.gov/locations/conway.asp)

**NH Office of Veteran's Services**- Conway (603) 447-5924
Veterans and eligible spouses receive access, on a priority of service basis to the full range of public employment and training services, including job search assistance, workshops, resume assistance, labor market information, career guidance, job referral, and referral to other supportive and training resources. [https://www.nhes.nh.gov/locations/conway.htm](https://www.nhes.nh.gov/locations/conway.htm)

**Veterans Independence Program** - ServiceLink Tamworth (603)-323-2043 Qualified individuals can receive help with in home care [https://www.servicelink.nh.gov/locator/tamworth.htm](https://www.servicelink.nh.gov/locator/tamworth.htm)

**Easter Seals of New Hampshire** (603) 315-4354 [https://www.easterseals.com/nh](https://www.easterseals.com/nh)
Helps veterans and their families to access services and supports, including counseling, aging and senior needs, transportation, housing and disability services
Veterans Crisis Line 800-273-8255 https://www.veteranscrisisline.net

Veteran’s Coffee- Gibson Center for Senior Services (603) 356-3231
1st & 3rd Wednesday 10:00 am https://www.gibsoncenter.org

HEALTH

Adult Day Programs

Adult day programs are community-based services that provide a planned program of health, social and supportive services during daytime hours in a protective setting. Participants can attend an adult day program for all or part of the day. The following programs are licensed by the state to New Hampshire. For more information, contact the NH Department of Health and Human Services, Bureau of Health Facilities Administration (Telephone: 1-800-852-3345, Ext. 9499)

Huggins Hospital-Adult Day Care, Wolfeboro (603) 569-7500
https://www.hugginshospital.org/services/adult-day-program

Mount Washington Valley Adult Day Center, Conway (603) 356-4980
https://mainehealth.org/memorial-hospital/services/aging-senior-care/mount-washington-valley-adult-day-center

Alzheimer’s Disease and other Dementia Services

Alzheimer’s Association – 800-272-3900 or visit alz.org. Comprehensive information about Alzheimer’s disease and how to find help.

Also see Caregiver support, Respite care and Adult Day programs.

Caregiver Support

Gibson Center for Senior Services, North Conway 356-3231
Peer Support Caregivers Group – meets Thursday from 12:30 to 2:00 pm
https://www.gibsoncenter.org/programs/

Huggins Hospital – Wolfeboro
https://www.hugginshospital.org/resources/support-groups
- Alzheimer’s Support Group – Third Wednesday of every month from 1 to 3:30 PM in the Medical Arts Education Center. Contact Pat Lovering at (603) 569-4690. This program is held at Huggins Hospital but is provided and coordinated by an outside group. Please call the contact listed for more information.
- Parkinsons Support Group – Second Monday of every month from 1 to 3 PM in the Medical Arts Education Center. This is a Huggins Hospital Support Group organized by hospital employees with informational speakers provided for most meetings. Contact Kelly Rogers, Director of Rehabilitation and Diagnostic Services at (603) 569-7565.

Mount Washington Valley Adult Day Center - Conway Caregiver Support Group For more information call (603) 356-4980 or [https://mainehealth.org/memorial-hospital/services/aging-senior-care/mount-washington-valley-adult-day-center/caregiver-support-groups](https://mainehealth.org/memorial-hospital/services/aging-senior-care/mount-washington-valley-adult-day-center/caregiver-support-groups)
Although the group focuses on caregivers of people experiencing memory loss, cognitive impairment and/or dementia, all caregivers are welcome to attend. This group is peer supported but also includes facilitators with expertise in geriatrics, memory loss and dementia. We encourage people who are caregivers for people with early cognitive impairment to attend.
Meets every Tuesday 1:30pm - 3pm

The Children’s Center - Wolfeboro (603) 569-1027  
[https://www.thechildrenscenternh.org/](https://www.thechildrenscenternh.org/)
Grandparents Raising Grandchildren Support Group - meets the third Tuesday of the month from 6 to 7:30 p.m. at the Children’s Center (180 South Main Street, Wolfeboro). The monthly group will be facilitated by a counselor. Free child care will be provided as well as light refreshments. The program is a collaboration between The Children’s Center, Northern Human Services and the Governor Wentworth School District’s Homelink Program.

ServiceLink - Tamworth 603-323-2043  
[https://www.servicelink.nh.gov/locator/tamworth.htm](https://www.servicelink.nh.gov/locator/tamworth.htm)
Grant money is available for respite care. It is available to both caregivers and grandparents raising grandchildren. Contact ServiceLink for details.


Dental Services

Tamworth Dental Center
Tri-County Community Action Program Inc.
448B White Mountain Hwy
Tamworth, NH 03886 [http://www.tccap.org/services/health/tamworthdentalcenter](http://www.tccap.org/services/health/tamworthdentalcenter)
P: (603)323-7645 (323-Smile) Toll Free: (888)-660-2006  
Monday - Thursday 8am-5pm Closed 12:00-12:30 pm  
Sliding fee discount program available to uninsured and underinsured low income patients upon receiving income verification. Also accepts Medicaid, Medicare-2part dental program, Amerihealth, United HealthCare through AARP

*White Mountain Community Health Center*
P.O. Box 2800 - 298 White Mountain Highway  
Conway, New Hampshire 03818  
P: (603) 447-8900  
[www.whitemountainhealth.org](http://www.whitemountainhealth.org)  
Offers dental hygiene to adults who are registered with WMCHC as a patient

*NH Dental Society Society Professional Denture Care Program*  
PO Box 2229, Concord, NH 03301 – (603) 225-5961  
Provides NH Dentists who offer professional care and services for full dentures for New Hampshire citizens of limited financial means.  
Visit [https://www.nhds.org](https://www.nhds.org) to download an eligibility application

**Eye Care and Hearing Aid Assistance**

*Lions Sight and Hearing Foundation* - Provides financial assistance for Eye Care and Hearing aids for qualified individuals.

*Conway Area Lions Club* - Application available at [http://conwayarealions.org/Lions_Sight_&_Hearing_Foundation_applications.html](http://conwayarealions.org/Lions_Sight_&_Hearing_Foundation_applications.html)  
Call Conway Eye Care (603) 356-3000 or Dr Angeliquie Sawyer (603) 809-5874  

*Whittier Lions Club* - (Effingham, Freedom, Ossipee and Tamworth) Contact club president Jeffrey Brothers (603) 323-8295

**Home and Community Care Programs**

*Income Based Programs*  
NH Medicaid and NH State Grant Programs are available to assist with the cost of home care for qualified individuals. If you are not sure which program is right for your circumstances long term care counseling is provided by Servicelink.

*The Choices For Independence Program* - Apply at Servicelink – Tamworth (603) 323-2043  
[https://www.servicelink.nh.gov/locator/tamworth.htm](https://www.servicelink.nh.gov/locator/tamworth.htm)

Available for seniors and adults with chronic illnesses who are financially eligible for Medicaid and medically qualify for the level of care provided in nursing facilities. Administered by the Bureau of Elderly and Adult Services, the program provides a wide range of service choices that help seniors and adults
with chronic illnesses to continue living independently in their own homes and communities.

Older Americans Act Title IIIIB Home Health Services - Apply at Visiting Nurse Home Care and Hospice - North Conway (603) 356-7006 The North Conway VNA handles applications for all of Carroll County.

Home Health Services are provided through a state-wide network of licensed home health agencies that contract with BEAS. Services are provided to individuals ages 60 and older, living in the community, who has the greatest economic and social need. Services provided include nursing services, assistance with personal care, and homemaking services.

The Social Services Block Grant (SSBG)  Apply at Visiting Nurse Home Care and Hospice - North Conway (603) 356-7006  The North Conway VNA handles applications for all of Carroll County.

funded under Title XX of the Social Security Act and provides home and community-based services targeting elderly (age 60 and older) and younger adults between age 18 and 60 who have a chronic illness or disability. SSBG services, also known as Title XX services, are provided to promote independence, prevent unnecessary institutionalization and protect individuals from abuse, neglect and exploitation.

Jen’s Friends Cancer Foundation (603)356-5083 http://jensfriends.org/wordpress Provides supplemental financial assistance and other resources to cancer patients and their families in the Mount Washington Valley who are uninsured, underinsured, or financially challenged, allowing them to focus on battling cancer without worrying about the indirect financial burdens that often arise.

Non-Income Based Programs

Visiting Nurse Home Care and Hospice of Carroll County and Western Maine – (603) 356-7006 https://www.vnhch.org/ Helps clients remain safely in their own homes by providing Home Health Aide and Homemaker supports by Licensed Nursing Assistants with Nursing oversight. Covered by Long Term Care Insurances, NH/ME Medicaid and NH State Grant Programs for qualifying persons; Private Pay clients also accepted.

Private in-home care agencies:

Abundant Blessings Homecare – Wakefield (603) 473- 2510 http://abundantblessingshomecare.com/

Comfort Keepers - Plymouth (603) 536-6060 https://www.comfortkeepers.com/offices/new-hampshire/plymouth
**Curtis Quality Care** - Tuftonboro (603) 569-2838  [https://www.curtisqualitycare.com/](https://www.curtisqualitycare.com/)

**FirstLight Home Care** - Serves Oxford County Maine (207) 803-4199  [https://www.firstlighthomecare.com/home-healthcare-southern-maine/](https://www.firstlighthomecare.com/home-healthcare-southern-maine/)

**Granite State Independent Living** - (603) 228-9680  [https://www.gsil.org/](https://www.gsil.org/)

**Home Instead Senior Care** – Wolfeboro (603) 569-7733  [https://www.homeinstead.com/796](https://www.homeinstead.com/796)

**Live Free Home Care** - serves Moultonborough area in Carroll County (603) 217-0149  [http://livefreehomehealthcare.com/](http://livefreehomehealthcare.com/)


### Hospice

An interdisciplinary team of professionals provide support to the patient and their family during their end-of-life journey, focusing on quality of life and comfort; patient centered care rather than disease centered care. Services are covered by Medicare and most other insurances.

Visiting Nurse Home Care and Hospice of Carroll County and Western Maine - North Conway (603) 326-7006  [https://www.vnhch.org/](https://www.vnhch.org/)

Central NH VNA and Hospice – Wolfeboro (603) 569-2729  [https://www.centralvna.org/](https://www.centralvna.org/)

### Hospitals and Clinics

**Memorial Hospital Maine Health**
3073 White Mountain Highway
North Conway, NH 03860
603-356-5461  [https://mainehealth.org/memorial-hospital](https://mainehealth.org/memorial-hospital)

**Huggins Hospital**
240 South Main Street, Wolfeboro, NH 03894, (603) 569.7500  [https://www.hugginshospital.org/](https://www.hugginshospital.org/)

**Frisbie Family Medical Practice**
2531 White Mountain Highway
Sanbornville, New Hampshire 03872
P: (603)522-0186
[www.frisbiehospital.com](http://www.frisbiehospital.com)
Moultonborough Family Health
60 Whittier Highway, Unit 12
Moultonboro, NH 03254
P: (603) 253-6925
www.lrgh.org

Ossipee Family Medicine
3 Water Village Road
Ossipee, NH 03864
P: (603) 539-6996
www.hugginshospital.org

Tamworth Community Nurse Association
Tamworth residents only
84R Main Street, Tamworth, NH 03886
P: (603) 323-8511
https://www.tamworthnurses.org/

Saco River Medical Group
7 Greenwood Ave. Conway, NH 03818
15 Rt. 302, Glen, NH
P: (603) 447-3500
www.sacodocs.com

Wakefield Family Medicine
131 Meadow St
Sanbornville, NH 03872
P: (603) 522-5010
www.hugginshospital.org

White Mountain Community Health Center
P.O. Box 2800 - 298 White Mountain Highway
Conway, New Hampshire 03818
P: (603) 447-8900
www.whitemountainhealth.org

Fees: Patients who qualify are charged on a reduced fee scale, based on income and family size. We help patients who qualify sign up for Medicaid and also the Affordable Care Act.

VA Medical Outpatient Clinic
71 Hobbs St. Conway 1 (800)-892-8384 x3199
https://www.manchester.va.gov/locations/conway.asp
Provides primary care, preventive health, laboratory, mental health, women’s health, virtual medicine, referrals to other VA services
Medicare and Medicaid

ServiceLink - Tamworth 603-323-2043
Provides enrollment assistance for both Medicare and Medicaid
https://www.servicelink.nh.gov/locator/tamworth.htm

Medication Assistance Programs

Medication Bridge Program – Huggins and Memorial Hospital Memorial: 356-5461 x2245 and Huggins: 569-7684
This program is sponsored by the Foundation for Healthy Communities and assists individuals with lower incomes who do not have insurance coverage for prescription drugs. Income limits may vary widely depending upon the medication and manufacturer.

Mental/Behavioral Health Programs

Carroll County Mental Health Centers
25 West Main St., Conway (603) 447-2111 and 70 Bay St., Wolfeboro (603) 569-1884
https://northernhs.org

REAP – Referral, Education, Assistance and Prevention Program.
Prevention program available to all older adults in New Hampshire. Provides education to help older adults better understand and deal with the many life changes they might encounter. This is a free in-home program. REAP Carroll County is administered by Northern Human Services (603) 569-1884.

Palliative Care

Provides those with a serious or chronic illness care that optimizes the quality of life by anticipating, preventing, and managing suffering. Care is delivered by an interdisciplinary team to address the physical, intellectual, emotional, social and spiritual needs of clients and their families

Visiting Nurse Home Care and Hospice - North Conway (603) 356-7006 VNA provides free community-based service for qualifying individuals. https://www.vnchc.org/

HOUSING AND RESIDENTIAL CARE

Assisted Living
Assisted Living is a residential option that provides help with activities of daily living for those who do not yet require full-time medical service or skilled nursing care. Assisted living is designed to bridge the gap between independent living and the more intensive skilled nursing care provided in a nursing facility.

Applegate Gardens Residential Care - Tuftonboro (603) 539-1080
https://www.applegategardens.net/

Community Living for the Elderly – West Ossipee (603) 323-8717 (accepts Medicaid)

Copp Hill Residential Home for Elderly – Sanbornville (603) 473-8908

Sugar Hill Retirement Community – Wolfeboro (603) 569-8485 https://sugarhillrc.com/

Taylor Community – Wolfeboro (603) 366-1400
https://taylorcommunity.org/retirement-community-wolfeboro-nh/ Taylor Community is a Continuing Care Retirement Community featuring independent living cottages and a continuum of care.

Homeowner Financial Assistance

Energy Programs - Electricity, Fuel, Weatherization
Carroll County Residents should apply at the Tamworth Tri-County Community Action Program Office: 448 White Mountain Highway, Tamworth (603)-323-7400
http://www.tccap.org/

Electric Assistance Program - The New Hampshire Electric Assistance Program (EAP) gives eligible customers a discount on their monthly electric bills. The discount is from 8%-76% on your gross household income size and electricity usage. Customers of the following companies may apply for the discount:

- Eversource Energy
- Liberty Utilities
- NH Electric Co-op
- Unutil Energy Systems

Fuel Assistance Program - the Fuel Assistance Program provides benefits to qualified New Hampshire households to assist with heating costs. The Fuel Assistance Program can also help households during a heating emergency by securing an emergency delivery of fuel, delaying a shut-off notice or referring clients to another source of assistance.
**Weatherization** - The Weatherization Program serves low-income households that are most vulnerable to high-energy costs and who do not have the means of making cost-effective energy conservation improvements to their homes.

**Foreclosure - HomeHelpNH.org** - Call 211 or visit [http://www.homehelpnh.org/](http://www.homehelpnh.org/)
HomeHelpNH is a program that provides at-risk homeowners with free, professional, objective homeownership counseling and, for those who qualify, free or low-cost legal advice to help them decide the best options for their housing situation. The counseling is provided by eight regionally-based nonprofit housing agencies that provide free comprehensive foreclosure intervention and counseling services.

**Foreclosure - Affordable Housing Education & Development (AHEAD)** Littleton HomeOwnership center (603) 444-1377 [http://www.homesahead.org/post_purchase.php]
Provides foreclosure counseling.

**Repairs - USDA 504 grants and loans** – USDA Rural Development Office, Conway (603) 447-3318
The Section 504 Home Repair program provides loans to very-low-income homeowners to repair, improve or modernize their homes or grants to elderly very-low-income homeowners to remove health and safety hazards.

**Reverse Mortgage Counseling - Affordable Housing Education & Development (AHEAD)** Littleton HomeOwnership center (603) 444-1377
Offers an impartial educational resource to help seniors and their family members understand their options and ultimately make an informed decision about a reverse mortgage.

**Independent Living and Subsidized Housing**

**HomeShare MWV** – matches homeowners who have extra bedrooms with people who are looking for shared housing options in the Mount Washington Valley.
For more information visit: [https://homesharemww.org/](https://homesharemww.org/)

**Subsidized Housing**
Chocorua Woods – Chocorua (603) 447-6827
Christian Ridge – Wolfeboro (603) 569-2009
Kearsarge House – North Conway (603) 447-3347
Washington Street Apartments – Conway (802) 296-2600

Foxfire Property Management (603) 228-2151 or visit
Carroll County properties:
Brookside – North Conway

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Millbrook – North Conway  
Pinewood – North Conway  
Wakefield – Sanbornville  
Whitman Woods – North Conway

Stewart Property Management (603) 641-2163 or visit https://stewartproperty.net/  
Carroll County properties:  
Apple Tree Village – Conway  
Conway Pines Senior Living – Conway  
Mountainview Apartments – Ossipee  
Ossipee Village Apartments - Ossipee  
Pond View Apartments – Conway  
Remick Acres – Tamworth  
Spokesfield Common – Center Sandwich  
West Wynde – Moultonborough


*Silver Lake Landing* – Gibson Senior Center Housing Program. Apartments located in Madison. For information call (603) 356-3231 or visit https://www.gibsoncenter.org/silver-lake-landing/

**Nursing Facilities**

*Mountain View Community* – 93 Water Village Road, Ossipee (603) 539-7511  
http://mountainviewcommunity.org/

*Mineral Springs* - 1251 White Mountain Highway, North Conway (603) 356-7294  
http://www.genesishcc.com/MineralSprings

https://mainehealth.org/memorial-hospital/services/aging-senior-care/merriman-house

*Wolfeboro Bay Center* - 39 Clipper Drive, Wolfeboro (603) 569-3950  
http://www.genesishcc.com/WolfeboroBay

**NUTRITION**

**Congregate Meals**
Congregate Meals are served at lunch time in community settings such as senior centers or recreation centers. These meal sites offer an opportunity to meet new or old friends and engage in social activities while having a nutritious meal.

**Gibson Center for Senior Services** - (603) 356-3231 [https://www.gibsoncenter.org](https://www.gibsoncenter.org)
14 Grove Street, North Conway
Monday through Friday meal served from 11:30 to 12:15. For those 60+ a $3 donation is requested. For those under 60 there is a charge for meals. All are welcome.

**Moultonborough-Sandwich Senior Meals** (603) 476-5110
Monday- Thursday: 12:00pm at Moultonborough Function Hall, 137 Old Route 9 (formerly the Lion's Club)
Wednesday: 12:00 pm at Doris Benz Community Center Sandwich

**Ossipee Concerned Citizens** – (603) 539-6851
3 Dore Street, Center Ossipee [https://www.ossipee.org/ossipee-concerned-citizens](https://www.ossipee.org/ossipee-concerned-citizens)
Monday - Friday, Served at Noon
All seniors 60 and over are welcome.
Satellite Meals
Served every Monday at noon in Tamworth Town House.
All seniors 60 and over are welcome.

**Greater Wakefield Resource Center** – (603) 473-8324
254 Main Street, Union [https://greaterwakefieldresourcecenter.webs.com](https://greaterwakefieldresourcecenter.webs.com)
Meals are served every Monday, Wednesday and Thursday at noon.

**Wolfeboro Senior Center and Meals** – (603) 515-1385
258 South Main Street, Wolfeboro
The Center is open September through May, Monday, Wednesday & Friday 10 a.m.-2 p.m.

**Dinner Bell Community Dinners**

Friends are made, fellowship is enjoyed and families and individuals with limited resources are provided with free nourishing and quality meals. All are welcome

**Conway Village Dinner Bell Community Dinner** (603) 447-3851
132 Main St., Conway, NH 03818
Mondays - 5pm

**First Congregational Church-Ossipee Dinner Bell** (603) 539-6003
50 NH-16B; Center Ossipee, NH 03814
Saturdays 4:30 pm
St. Andrews Church-Tamworth (603) 323-8515
678 Whittier Rd. Tamworth NH 03866
Sundays at 5pm

The River Church Bread Basket Community Dinner
2600 E. Main St.
Center Conway, NH
4th Tuesday of the month 5-6pm

Ossipee Dinner Bell
1st Congregational Church
50 NH-16B, Center Ossipee (603) 539-6003
Sat. 4:45pm

Meals on Wheels

Meals on Wheels is a program that delivers meals to individuals at home. Seniors 60 years of age and older who are homebound and/or unable to shop and cook are eligible to receive Meals on Wheels. Disabled individuals under the age of 60 may also be eligible for the program. Every town in Carroll County has Meals on Wheels available.

Gibson Center for Senior Services - (603) 356-3231 https://www.gibsoncenter.org
Albany, Bartlett, Chatham, the Conways, Eaton, Hart’s Location, Jackson and Madison

Greater Wakefield Resource Center – (603) 473-8324
https://greaterwakefieldresourcecenter.webs.com/
Wakefield, Sanbornville

Moultonborough-Sandwich Senior Meals (603) 476-5110
Moultonborough, Sandwich

Ossipee Concerned Citizens – (603) 539-6851
https://www.ossipee.org/ossipee-concerned-citizens
Ossipee, Tamworth, Effingham, and Freedom

The Greater Wolfeboro Area Meals on Wheels – (603) 515-2043
Wolfeboro, Wolfeboro Falls, Brookfield, Tuftonboro

RECREATION, FITNESS AND CLUBS in MWV

Educational Programs

OLLI (Osher Lifelong Learning Institute) at Granite State College
OLLI is a member-driven, volunteer-based membership organization offering an open invitation to adults age 50 and better to enjoy lifelong learning, social events and volunteer opportunities. Courses are offered at the Conway Granite State College campus and throughout the state.

NH AARP https://states.aarp.org/new-hampsh

Fitness Classes

Conway Rec Center (603) 447-5680 https://www.conwayrec.com
Gibson Center (603) 356-3231 https://www.gibsoncenter.org
Memorial Hospital (603) 356-5461 https://mainehealth.org/memorial-hospital
North Conway Community Center (603) 356-2096 https://www.northconwaycommunitycenter.org
RSVP Bone Builders (603) 356-9322 https://www.carrollcountyrsvp.org

MWV Walkable Trails

For inclusion on this list, trails must have minimal elevation change, minimal root and rock impediment, and should be mostly wide enough for two people to walk side by side. Complete list is available at https://www.gibsoncenter.org/mwv-walkable-trails-by-town/ire/

Non-Profit Organizations/Clubs

American Legion Ralph W. Shirley Post (603) 447-3927
Appalachian Mt. Club https://www.outdoors.org
Arts Council of Tamworth http://artstamworth.org
Conway Area Humane Society https://www.conwayshelter.org
Conway Area Lions Club http://conwayarealions.org
Eastern Slopes Ski Club http://easternslopeskiclub.org
Fryeburg Area Rotary Club https://www.fryeburgarearotary.org/
Kiwanis Club of Mt. Washington Valley http://www.mwvkiwanis.org
M and D Playhouse https://www.mdplayhouse.com/

Moultonborough Lions Club http://moultonboroughlions.org/

Moultonborough's Men's Breakfast group rdamarell@roadrunner.com

Moultonborough Women’s Club https://www.moultonboroughwomensclub.org/

Mountain Top Music Center https://www.mountaintopmusic.org

Mt. Washington Valley Habitat for Humanity https://mwv-habitat.org

MWV Arts Association http://mwvarts.org

MWV Bike Club http://www.mwvbicyclingclub.org

MWV Choral Society (443) 254-3138 and on Facebook

MWV Garden Club http://www.mountaingardenclub.org


MWV Skating Club http://mwvsc.org

MWV Women Take to the Hills http://mwvwomenaketothehills.blogspot.com

MWV Stompers Square Dance Club http://mwvstompers.squaredanceme.us

Over The Hill Hikers http://overthehillhikers.blogspot.com/p/about-us.html

Rotary Club of North Conway https://www.rotaryclubofnorthconway.org

Rotary Club of Ossipee Valley https://ossipeerotary.org

Silver Lake Singers https://silverlakesingers.org

TGIF- http://tgifsocial.org

The Barnstormers Theatre https://www.barnstormerstheatre.org

Tamworth Outing Club http://tamworthoutingclub.org

Tin Mountain Conservation Center https://www.tinmountain.org

Upper Saco Valley Land Trust http://www.usvlt.org

Valley Promotions http://www.valleypromotions.net
Senior Centers

Senior centers, senior programs, meal sites, and recreation departments provide a wide range of important programs to encourage older adults live a healthy and happy life. Many programs welcome adults ages 50+. Programs include fitness, meals, transportation, wellness, trips, enrichment, and of course, socialization.

Moultonborough Rec/meals - Moultonborough (603) 476-5110  
https://www.moultonboroughnh.gov/recreation-department/pages/adult-senior-programs-trips  
Ossipee Concerned Citizens - Ossipee (603) 539-6851  
https://www.ossipee.org/ossipee-concerned-citizens  
Gibson Center – North Conway (603) 356-3231  
https://www.gibsoncenter.org/  
Wolfeboro Senior Center – Wolfeboro (603) 515-1385  
Greater Wakefield Resource Center-Union (603) 473-8324  
https://greaterwakefieldresourcemcenter.webs.com/

Volunteer Programs

Carroll County Retired and Senior Volunteer Program - (603)-356-9333

Mt Washington Valley Chamber of Commerce - website has links to service organizations, non-profits and educational programs that need volunteers.  
https://mtwashingtonvalley.org/services/index.cfm

TRANSPORTATION

Transportation Guide

Community Transportation Services Directory - A comprehensive guide to transportation options available in Carroll County including:

- All publicly-funded “Dial-A-Ride” services and volunteer driver programs
- Taxis and private, for hire car services
- Medical Transportation services
● Client transportation programs of other human service agencies
● Transportation operated by nursing homes for their residents

Prepared by the Carroll County Regional Coordinating Council, available online at

www.carrollcountyrrc.net