



Senior Services Newsletter

October 2025

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Strumming Up Joy at Adult Day in Manchester and Rochester

The sound of ukuleles is filling the air—and so are smiles!

Thanks to a generous donation from Frederick Smyth Institute of Music, participants are learning to play this cheerful instrument, and the benefits go far beyond music.

Studies show that making music can boost cognitive function, improve mood, and spark connection.

Adult Day is a supportive program that offers older adults an engaging environment during the day while providing caregivers with much needed respite.

Learn more about all the type of activities that go in Adult day at

<https://eastersealsnh.org/programs/senior-services/adult-day-manchester/>



[Learn More Here](#)

Did You Know?

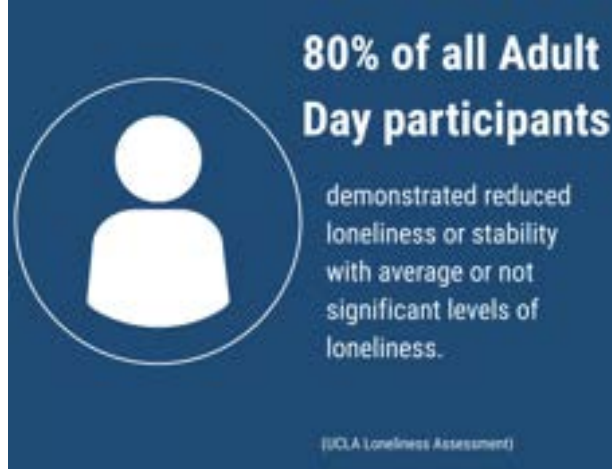
80% of all Easterseals NH Adult Day participants demonstrated reduced loneliness or stability with

average or not significant levels of loneliness. That's more than just a number, it's a reflection of how meaningful connection and structured engagement can transform lives.

Beyond emotional support, Adult Day programs also play a vital role in enhancing cognitive function. Through activities like brain boosting games, art therapy, music, and social interaction, participants stimulate their minds in ways that help maintain clarity, focus, and independence.

Want to learn more about how Adult Day Services can support your loved ones?

Email us at seniorservices@eastersealsnh.org or call **603.845.9318**



Call Today For A Free Trial

Navigate The Holidays With Ease

Holidays can be a time of joy but also stress, especially if you are navigating tough conversations.

Join us for a thoughtful presentation in partnership with Alzheimer's Association, Massachusetts/ New Hampshire Chapter, designed to help caregivers approach this holiday season with more ease, less stress, and deeper connection.

Date: Monday, November 3, 2025

Time: 4:00 PM - 5:00 PM EDT

Location: 555 Auburn St,
Manchester, NH

Spots are filling up fast! Register today:

<https://www.communityresourcefinder.org/ResourceView/Index?id=3755101&profileDefinitionId=93>



Register Today

Mark's Story: Gaining Independence Through HHS

Before connecting with Easterseals NH, Mark faced daily challenges keeping his apartment clean due to limited mobility.

Today, with support from our In-Home Care and Health Services (HHS), he enjoys a comfortable, well-kept space—and a helping hand with everyday tasks like cooking and grocery shopping.

Learn more about our HHS Program:

<https://eastersealsnh.org/programs/senior-services/in-home-care-health-services/>



Watch Mark's Story

Senior Services Community Health Nurse in the Spotlight!

In-Home Care & Health's own Emily Louras, a Senior Community Health Nurse was recently recognized for going above and beyond. Emily stayed late into the evening at a individual's home to ensure a safe discharge following major surgery.

"It didn't faze Emily one bit to stay and ensure this client was safe at home and had measures in place," Brandi, a colleague wrote. "Our team couldn't do it without her and her dedication to all of the people we serve statewide."

Congratulations Emily! We're grateful for your commitment to the people we serve through our In-Home Care & Health Services program.

Our staff is committed to serving our clients with care.



Learn About Our Services

Make a Difference—Volunteer with Adult Day!

Looking for a meaningful way to give back to your community? From playing music to teaching a

craft, there are many ways to get involved at Adult Day:

- Engage with participants during activities and social time.
- Lead a 45-minute to 1-hour activity block with support from our staff.
- Help with program projects like room organization, cleaning, or redecorating.

Every role helps create a warm, welcoming space where older adults can thrive. Flexible shifts available!



Volunteer Today

Interested in Any of Our Services? Sam Is Ready to Help!

Sam Sommer, our Director of Care Coordination is happy to help find the services that are right for you.

Email Sam at seniorservices@eastersealsnh.org or call **603.845.9318**



About Easterseals NH

Since 1936, Easterseals NH has delivered exceptional services to ensure that people of all abilities and their families have equal opportunities to live, learn, work, and play in their communities. Serving approximately 17,000 individuals annually, Easterseals NH provides essential programs in early intervention, autism, intellectual and developmental disabilities, adult day and in-home care, behavioral health and housing.

Learn more at eastersealsnh.org or follow @EastersealsNH on Facebook.

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