



Senior Services Newsletter

January 2026

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Dear Hannah,

All of us at Senior Services at Easterseals NH are grateful for the ongoing opportunity to serve New Hampshire's older adult population.

Whether it is someone who is socially isolated and seeking community, someone living at home in need of an extra pair of hands for personal care, or someone living with dementia whose family is seeking a more meaningful day for their loved one, we are here to provide the support and connection they need.

This past year, our Adult Day Programs were filled with purposeful, engaging moments, from intergenerational music programs, woodworking, mindfulness, evidence-based fitness programs, quilting, and ukulele classes, to new friendships forming, and individuals gaining self-confidence and strength.

Our incredibly dedicated In-Home Care and Health Services team of Nurses, Licensed Nursing Assistants, Personal Care Providers and Homemakers, continues to support older adults to live independently, confidently and safely in their homes.

As we look ahead, we are able to serve even more individuals daily in both our **Adult Day locations in Manchester and in Rochester**, and we can bring even more support and resources to older adults across New Hampshire through our **In-Home Care and Health Services**.

Here's to a safe, healthy, and inspiring year ahead. We are not growing older; we are growing better!

Warm regards,

Laurie Duff
Director of Senior Services



A Special Visit for National Law Enforcement Day

Rochester Adult Day celebrated National Law Enforcement Day with a heartwarming surprise visit from the Rochester Police Department.

The program space was filled with balloons, handmade cards, and plenty of smiles as participants welcomed Officer Kimbrough – even sending him off with Dunkin' Donuts to share with fellow officers.

During his visit, Officer Kimbrough shared stories from his years on the force and offered helpful tips on recognizing and avoiding common scams. Moments like these highlight the joy and meaningful engagement our program brings to older adults.

Learn more about Rochester Adult Day here: <https://eastersealsnh.org/programs/senior-services/adult-day-rochester/>



[Learn More About Adult Day](#)

Employee Spotlight: DeeAnn Riehl, Homemakers & Health Services Nurse

DeeAnn Riehl has been part of Easterseals NH HHS team for the past year, bringing with her many years of nursing experience across a variety of roles. From day one, she felt well prepared, stepping into her position as an HHS nurse.

She appreciates the flexibility and autonomy the organization provides and consistently feels valued and supported by her manager and colleagues.

"My clients are diverse, and I learn something new from them every day. The most meaningful part of my work is having the time to truly know each person, not just their diagnosis. I'm grateful to be part of this organization," said DeeAnn.

If you want to join DeeAnn's team and work somewhere where you can make a difference, visit:

<https://easterseals.wd5.myworkdayjobs.com/>



[Join Our HHS Team](#)

Stay Safe This Winter

Winter can be beautiful, but it also brings real risks for older adults. From icy walkways to chilly indoor temps, a little preparation goes a long way. In this issue, we're sharing our **top 5 winter wellness tips** to help seniors stay warm, active, and safe all season long.

Read more here:

<https://eastersealsnh.org/resources/top-5-winter-wellness-tips-to-keep-seniors-safe-this-season/>



[Read More Here](#)

Nursing Services Available in Nashua, Manchester and the Greater Rochester Region

Our nursing team is proud to offer services throughout **Nashua, Manchester, and the Greater Rochester region**, providing compassionate, accessible care where and when it's needed most. Our nurses support patients with:

- Medication management & education
- Vitals monitoring
- Calling in and picking up prescriptions
- Patient advocacy



[Learn About Our Nursing Services](#)

Whether at home or in the community, our goal is to deliver high-quality support that empowers patients to manage their health with confidence.

Learn more about our nursing services here:

<https://eastersealsnh.org/programs/senior-services/in-home-care-health-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, 9:00AM to 3:00PM in Manchester and Rochester!



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 14,500 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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