



Harbor Care Happenings

Fall
2024

One Phone Call Leads to a New Life

After years of struggling with alcohol, gambling, and homelessness, **Jack was desperate—and ready—for a new life.** He called Harbor Care, and the very next day, a case worker arrived at the shelter where he was staying. “She understood that I wanted to be on my own,” he said.

“You’re not free [when you’re homeless]. You always have to wonder where you’ll put your head down at night. Where am I going to go? What am I going to eat? It never stops. It’s not an easy life out there.”

Jack worked for 40 years as an executive chef at the iconic Riviera Hotel Las Vegas, home to celebrities like Liberace, Louis Armstrong, and Kenny Rogers, whom he met personally. He said the Riviera was his home and family. When the hotel closed in 2015, he returned to New England to live with his brother, but his family kicked him out due to his excessive drinking. He soon found himself homeless and living at the Southern NH Rescue Mission. When he couldn’t quit drinking, he returned to Nevada.

“I had a serious problem. I had money, but I was drinking it away. I tried to kill myself with alcohol.”

In Las Vegas, he suffered a major coronary, requiring extensive bypass surgery. Years of alcohol abuse had damaged his heart, teeth, and overall health. “I almost died,” said Jack.

He returned to NH in a beaten-down state. But through programs at the rescue mission, he finally gave up alcohol. His case worker at Harbor Care introduced him to a team of advocates, who quickly assessed his needs, and Jack and the team started making plans to improve his life. “They’re wonderful, wonderful people. They did the paperwork, the background check, the whole nine yards,” he said. A few weeks later, Jack moved into an apartment.

Today, Jack is nearly three years sober. He receives primary care, uses the pharmacy, and sees the dentist all at the Harbor Care Health & Wellness Center. He volunteers as a cook at the rescue mission. “They entrusted me with the kitchen at the mission. I’m a member of a church. I have a pastor and a mentor who actually talks with me.”

When you share my story please be sure to thank the team that changed my life!

- Theresa Galope
- Vanessa Vanslyvong
- Nigel Oughton
- Karen Riddel
- The medical and pharmacy teams at Harbor Care Health & Wellness Center & The Southern NH Rescue Mission

THANK YOU!
- Jack



“Yesterday, I talked to an individual living at the mission and looking for housing. I told him your best bet is Harbor Care. They will take care of you.”

Expanding Transformative Care for Women and Children

On August 8, Harbor Care celebrated the completion of phase one of an important renovation project to expand care for women and children at the Cynthia Day Family Center (CDFC).

The devastating consequences of addiction in New Hampshire have an incredible impact on women and children in our communities. Nearly 10% of pregnant women suffer from an addiction, and **one-in-five children born** into poverty are at risk of prenatal exposure to drugs and alcohol. Single mothers, who head most of these vulnerable households, face serious challenges such as trauma, domestic violence, human trafficking, and generational poverty.

Treatment facilities that accommodate women **and** children are exceptionally scarce.

Thanks to generous community and public support, the \$1M project features the addition of a **new satellite clinic** of our Harbor Care Health & Wellness Center. Another significant milestone is converting the residential program to serve **exclusively women**, many with their children, doubling its capacity.

The renovations are part of a multi-phase project to integrate substance use treatment, mental health care, medical care, housing, and social services to break cycles of generational trauma, addiction, and homelessness.

Research shows that when you coordinate care with this type of comprehensive approach you reduce substance use, homelessness, mental illness symptoms, and emergency room visits while transforming family relationships and building a stronger, more resilient community.

Once necessary funding is secured, phase two of the project will upgrade the center's grounds by integrating outdoor spaces, including a playground and recreation areas to enhance physical health, reduce stress, and promote family bonding. Additionally, the project will improve safety with better lighting, fencing, privacy enclosures, and necessary site engineering to address drainage and flooding.

You can help! Join us in making a difference in the lives of these women and their children with your donation at www.harborcarenh.org/donate.



President & CEO Henry Och, U.S. Senator Maggie Hassan, and Harbor Care board members inaugurated our new satellite medical clinic.



"This experience changed my life."

-Tura, former CDFC resident

Thank you BAE SYSTEMS!

A community service crew from BAE Systems rolled up their sleeves to paint at our Cynthia Day Family Center.

Interested in volunteering?
Learn more at harborcarenh.org



Nearly 10% of pregnant women suffer from addiction, and 1-in-5 children born into poverty are at risk of prenatal exposure to drugs and alcohol.



Coordinated care reduces substance use, homelessness, mental illness symptoms, ER visits.



The residential program will double its capacity to serve women and children.

Harbor Care in the Community!



Despite the rain we enjoyed celebrating equity and inclusion at the Nashua Pride Parade 2024.



Our 2024 Over the Edge team each repelled 24 stories to raise more than \$5k!



More than 20 Rivier University students planted a garden at our Betty Winberg House in Nashua.

Harbor Care Events this Year

Harbor Care actively engages in civic, non-profit, and business partnerships as well as community celebrations and educational events throughout the year. These activities enhance our ability to serve and support our clients with housing, healthcare, and veteran services.

“We’re trying to educate people on the resources available through Harbor Care’s veterans program,” said George Hansel, former Keene Mayor. “It’s a very attainable goal for us to eliminate veteran homelessness in our area.”



Harbor Care CEO Henry Och, joined events to reduce veteran homelessness with former Keene Mayor George Hansel (left photo) & Amanda Grappone Osmer/Grappone Mazda.



Henry Och (right) and Manchester Mayor Jay Ruais (center) greeted veterans at our BAE Independence Hall.



Melanie Levesque, Community Leader & Social Justice Achievement Recipient, spoke at the Black History Social Justice Brunch!

Upcoming Fall Events

NH Veteran Stand Down

Harbor Care, in partnership with the Departments of Labor, Veterans Affairs, and dozens of local service providers, will host the annual NH Veteran Stand Down this September 20 at Eversource Energy Park in Manchester from 10-2 pm. The resource expo connects local veterans in need of assistance to necessary care and supports. Resources on-hand include employment services, medical and mental health care, pension assistance, legal services, food, clothing, haircuts, and more.

“The words ‘homeless’ and ‘veteran’ should not exist together. The Stand Down bring all hands-on deck to combat homelessness as one team by improving the quality and speed of delivery of services.”

Kevin Forrest, VA Manchester Medical Center Director

Thanksgiving Community Dinner

Harbor Care will host its annual Thanksgiving Community Dinner and Celebration on Tuesday, November 26. This popular community event will bring together more than 300 vulnerable community members in fellowship to enjoy a delicious meal.



Chris Pierce (right), with the VFW, participated in last year’s Stand Down and will participate again along with 30+ community organizations.



Nashua Mayor Jim Donchess, Senator Jeanne Shaheen, Senator Maggie Hassan, Congresswoman Annie Kuster, and Harbor Care CEO Henry Och served food at Thanksgiving at Harbor Care, 2023.



Harbor Care

Harbor Care
77 Northeastern Boulevard
Nashua, NH 03062
603-882-3616
hope@harborcarenh.org

Our mission is to provide vital services, including housing and healthcare, to all in our communities needing assistance.

Follow us!
harborcarenh.org



Corporate Sponsors:

Thank you to our lead corporate partners who have invested in our mission and community impact in 2024.

Bank of America



Business Solutions
Business Simplified



Enterprise Bank
Member FDIC

M&T Bank

Breaking the cycle of homelessness through housing, healthcare and veteran services.



HOUSING
1,000+
Individuals and families accessed stable housing.



HEALTHCARE
3,000+
Individuals received medical, mental health & dental care.



VETERAN SERVICES
450+
Veterans and their families accessed vital supports.

More Ways to Support our Mission

Become a Monthly Supporter

Your monthly gift will provide critical support to individuals and families who rely on our services throughout the year.

Giving Through Your Will

Including Harbor Care in your will is a meaningful way the mission endures for your community.

Gift Your IRA Distribution

If you are more than 70½ years or older, you can take advantage of a simple way to support Harbor Care and receive tax benefits in return. You can gift up to \$100,000 from your IRA directly to a qualified charity such as ours without having to pay income taxes on the money.

Donor Advised Fund (DAF)

Do you have a DAF to facilitate your charitable giving? Did you know you can make organizations like Harbor Care a beneficiary of your DAF as part of your estate planning? It's simple to do. Contact your DAF administrator to establish a succession plan.

Young Hero Helping Veterans

A giant THANK YOU to Elliot Perry and the Elliot Perry Foundation

Their ongoing support of Harbor Care is making a meaningful difference in the lives of veterans in our community - from holiday cheer to a Victory Garden donation for our residents at BAE Independence Hall in Manchester. We are grateful for all they do for the community.



Elliot Perry handed out holiday stockings to residents at our veteran transitional housing locations.



Elliot also purchased materials for a victory garden at Independence Hall in Manchester.