



Carroll County Veterans Coalition

Agenda

Zoom Link <https://us02web.zoom.us/j/83587573574>

Or

Tamworth Community Nurse Associates

86R Main St, Tamworth, NH 03886 · Behind Town Hall

(603) 323-8511

Name	Organization	Contact Information
Jen Thomas		
Soyla Hernandez		
Paula Behnken		
Kristin Haley		
Stephanie Higgs		
Joshua Riston		
Yani?		

1. Round Table Introductions

2. Guest Speakers

a. Kristin - Military One Source

- DoD funded resources for veterans and their families – case manager
- Eligibility – currently serving, NG, Reserves up to 1 year retired



- iii. Beyond 1 ear can call to find out resources but no direct case management
- iv. Try to assist during transitions
- v. Family members can make use of services too
- vi. Kids are eligible as long as they are enrolled in DEERS until 26yo
- vii. Peer to Peer is by Zoom or phone, could be with anyone throughout the country.
 - 1. Volunteer to be peer? – need to be in MOS system
 - 2. Kristin – will find out more about how

3. Partner Organization Updates

- a. Josh – PPH – Tenn CERT summer camp in August - \$35 12-17yo
 - i. Open to any kid
 - ii. Through Franklin Park and Rec
 - iii. Hiker and water safety etc
 - iv. Contact – John Beland or Josh
 - v. Flyer from Josh
- b. Paula – The Summit Project [The Summit Project – Maine Heroes are Not Forgotten](#)– honor post 911 vets, fallen heroes and Gold Star Families (those who have lost their service member)
 - i. Saturday was a local honor hike and ribbon cutting of the Honor Case and film screening
 - ii. Honor case will be at the AMC Highland Center for 3 months
 - iii. Honor case at the observatory for next year? – Paula will

4. CCVC Updates

- a. Military Family Fair



- i. Feedback
 - ii. Kristin – Fathers Day weekend was tough to go
 - iii. Please fill out the Feedback Survey here:
<https://forms.gle/VEzvUzYaCiwzs9Pi6>
- b. Review SWOT
 - i. Highlight any items we wish to discuss further
 - ii. Send out with minutes
- c. Review Mission, vision and objectives
 - i. Launch Zoom Poll
- d. Funding
- e. Purchases
 - i. Microphone and speaker?
 - 1. yes
 - ii. Another game?
 - 1. Yard Jenga
 - iii. Roll up banner?
 - 1. Logoed dancing guys
 - iv. Ideas?
- f. Next trainings or events wanted?
 - i. Suicide prevention
 - ii. Trauma based trainings – interacting – more advanced
 - iii. Military Culture – target audience – health care/mental health
 - iv. ATQ – addendum to any training
 - v. Mental Health First Aid – military focus
- g. Promotion and recruitment efforts
- h. Information/resource packets for engagement?



- i. Paula- tangible items are more useful

5. Resources

- a. Blue Star Families - <https://bluestarfam.org/chapters/new-england/>
 - i. We're committed to strengthening military families by connecting them with their neighbors – individuals and organizations – to create vibrant communities of mutual support.
- b. [Our Military Kids](#)
- c. Free summer meals for youth in Carroll County- see flyer below
- d. Survivors of Suicide Loss Support Group- Being held at the Tamworth Community Nurses on the third Tuesday of the month - See flyer below.
- e. DMAVS Community Transportation Needs Assessment
 - i. https://www.surveymonkey.com/r/transport_nh

6. Activities

- a. Hidden Battles Survey
 - i. <https://www.surveymonkey.com/r/952QQVV>
- b. AgeWellNH – collecting information on community needs
 - i. Link to survey - [link to the survey is here](#)
 - ii. More information and ways to become involved on flyer below
 - iii. AgeWellNH is an initiative led by the New Hampshire State Commission on Aging to get public input on the question of: What will make New Hampshire an even better place to live while growing older?
- c. Norther NE Military Retiree Activity Day – RAD – Flyer below
 - i. August 23, 2025
 - ii. 26 Regional Drive, Concord, NH



- iii. Legal Assistance, Health Care Information, Survivor Benefits, Recreational Facilities, Veterans Administration, Veterans Cemeteries, Veterans Homes, DEERS /ID Card Renewals,
- iv. CCVC signed up for a table!
- d. **Vet Fest - Veterans Resource Alliance of NH – 3 day resource fair and family activities!**
 - i. https://scontent-bos5-1.xx.fbcdn.net/v/t39.30808-6/499918243_122120127452827463_1236660584438951240_n.jpg?stp=dst-jpg_s960x960_tt6&nc_cat=105&ccb=1-7&nc_sid=75d36f&nc_ohc=CDRkGnJBDRUQ7kNvwHOGvBW&nc_oc=AdkYeYzc7vjUxbxKXy4GwB5g2hpGUytcBT2OEcuRneE6vrZsCMJuRPskEjAb6IqbdGNXISv-VDJzMUBkLmYaWFTy&nc_zt=23&nc_ht=scontent-bos5-1.xx&nc_gid=2j_6O5YtWtmyXYxm7o7u1A&oh=00_AfPpvhoJ04i2AbTotqvg6buJv_u7fnx_XTQbGv2KrvQOHw&oe=685E2A5D
 - ii. CCVC is signed up to have a table Saturday November 8
 - iii. More details to come

7. Close

- a. Next meeting July 22, 2025 1000

Action Plan



Objective action is tied to (see our Objectives)	Action	Who?	Resources needed	Progress (0-5 where 5 is complete)	Completion date goal	Evidence of action
5	Share answers to SWOT	Jen	Email	0	6.26.25	email
4	Order items for events	Jen	Email Marla May Zazour	0	7.2.25	Items arrive
1, 6	Set up first training for Q1 – suicide prevention training	Jen	Email and collaborate with Alex Baer	3	7.2.25	Established date and plan
8	Review mission, vision and objectives	Everyone – Jen	Jen Collate and distribute result	1	7.14.25	Email information received
1, 2, 7	Share out partner resources and events	Jen	Email	3	7.27.25	email
1, 2	Pull together engagement packets for networking	Jen, Emily	Email, time, printed materials	0	8.1.25	packets
1,2	Sign up for VetFest and get more information	Jen	Email	1	7.15.25	Confirmation from event organizers Rae O'Donnell



Objectives:

1. Increase mental health supports by addressing the needs iterated by service members, veterans and their families (SMVF)
2. Decrease social isolation for service members, veterans, and their families (SMVF)
3. Meet with stakeholders one time per month
4. Hold at least two events to raise awareness about veteran suicide or needs
5. Conduct a Strengths, Weaknesses, Opportunities, and Threats (SWOT) analysis per year. Review annually.
6. Conduct at least four trainings per year to include suicide prevention, military culture, PTSD, Ask The Question or any pertinent SMVF training, to stakeholders
7. Facilitator of the coalition to attend statewide coalition member meeting
8. Constantly receive input and assess needs all year round. With at least one formal needs assessment to be done in a manner which is deemed viable. Activities, capacity, and objectives will be adjusted as necessary



What is AgeWellNH? AgeWellNH is an initiative led by the New Hampshire State Commission on Aging to get public input on the question of,

What will make New NH an even better place to live while aging?

Your input will serve as the foundation of plan - a 10-year aspiration vision for change – called the AgeWellNH Plan.

AgeWellNH is a state initiative led by the NH State Commission on Aging.. We are gathering feedback to build a better future for all people in our state. In 2026, the Commission will create the AgeWellNH Plan, **AgeWellNH** is a state initiative led by the NH State Commission on Aging.. We are gathering feedback to build a better future for all people in our state. In 2026, the Commission will create the AgeWellNH Plan, a 10-year blueprint to define how we build environments that value every person through a long life. AgeWellNH is working alongside Gov. Ayotte. The initiative is a part of a national movement, Multi-Sector Plan for Aging, to ensure that all have opportunities, care and services to age with health and dignity.

Why Do We Need this Plan Now? People are living longer, healthier lives with more productive years. New Hampshire is undergoing a rapid, permanent shift to an older population. This change creates a need to set a direction for government, private, and nonprofit sectors to transform norms, systems, programs, and services to support aging.

Share of the population 65+ will grow dramatically

People Aged 65+ → NH 2020 Census 19% → NH 2030 Projections 27%

NH Dept of Business & Economic Affairs Population Projections 2020-2050

By 2040:

Age 65+ residents ↑ 129%

Age 85+ residents ↑ 243%

[Aging Population | NH Issue Brief – Citizens Count](#)

We Need Your Yankee Ingenuity -

In reflecting on long life, what resources / needs exists around:

- Healthcare
- Fitness & Wellness
- Social connectivity with friends and family
- Help living independently
- Housing
- Transportation
- Support with daily activities
- Workforce
- Caregiver support
- Income / Paying bills
- Long Term Services

Who is the NH State Commission on Aging?

The NH State Legislature created the Commission to advise both the Governor and members of the legislature on issues related to aging. The Commission strives to be a resource and a partner with government, private sector, and others in pursuit of the common good. Our 26 members represent all corners of the state and a range of interests and expertise around older adults



AgeWellNH—Creating a Longevity Ready New Hampshire

Looking to the future:

- What are the needs of today's older adults going to be in 10 years?
- How will these changes affect families, housing, income?
- What can communities do to plan for and address these changes today?
- What should individuals of all ages do to be prepared for longevity?

State Strengths

- We are the 4th Healthiest State for older adults in the U.S.
 - NH has among the 2nd and 3rd lowest levels of poverty and food insecurity, respectively, in the U.S.
 - Life Expectancy is 2 years longer than the national average.
 - We have a high level of social engagement among older adults, a positive health indicator.
 - NH has the highest rate of older adults with internet access in the U.S.
- People aged 50+ contributed \$333 million in volunteering.

Talk to your legislator. To find out who your legislator is use these links:

- **State Senator:** www.gencourt.state.nh.us/senate/members/wml.aspx
- **State Representative:** www.gencourt.state.nh.us/house/members/

Get Involved



Share your opinions and ideas about Aging in New Hampshire
<https://forms.office.com/r/V3UgVtZuiC>



Volunteer to share information in your community
<https://forms.office.com/r/h8EB0197tN>



Stay advised of what's happening with the AgeWellNH Plan
<https://forms.office.com/r/HsuLiNu8YY>

The AgeWellNH Plan Movement

Organizations fostering the development of the AgeWellNH Plan



NH Department of Health & Human Services



New Hampshire State Commission on Aging



Plymouth Area Pregnant and New Parent Coalition

FOREVER HOPE

A TWO-GENERATION APPROACH WITH FAMILIES AFFECTED BY PROBLEMATIC SUBSTANCE USE

Presented by: Karen Welford and Michelle Lennon



Join our full day training that addresses the issue of Problematic Substance Use through a 2-generation lens. Information on substance use and the effect on the brain, the Stages of Change and the Stages of Recovery in the context of the Strengthening Families TM Protective Families framework are discussed. In addition, effective strategies to support the well-being and development of all family members are shared.

Date: September 10th

Time: 8:30 a.m. to 4 p.m.

Location: Easter Seals Veteran and Military Campus

24 Holy Cross Road

Franklin NH 03235

Phone Number: 603.341.9060

Venue Information: <https://eastersealsnh.org/programs/military-veterans-campus/>

***Lunch will be provided**

Register: <https://events.humanitix.com/forever-hope-a-two-generation-approach-with-families-affected-by-problematic-substance-use>



MILITARY & VETERANS CAMPUS



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Military Retirees Gray Area Retirees, Family Members and Survivors

and All Branches of the US Armed Forces



You are Invited to THE 27th ANNUAL NORTHERN NEW ENGLAND MILITARY RETIREE ACTIVITY DAY

SPONSORED BY

The National Guards of New Hampshire, Maine, and Vermont; The New Hampshire, Maine, and Vermont Retiree Councils, and The Retired Activities Office of the Portsmouth Naval Shipyard.

HERE'S WHAT'S AVAILABLE:

Legal Assistance, Health Care Information,
Survivor Benefits, Recreational Facilities,
Veterans Administration, Veterans Cemeteries,
Veterans Homes, DEERS /ID Card Renewals, and much more.



SATURDAY AUGUST 23 2025

at the New Hampshire National Guard Army Aviation Support Facility
26 Regional Drive, Concord, New Hampshire
(All activities will be indoors)

DIRECTIONS:

From the East & South: Route I-93 to Exit 13 (Manchester St) Right on Manchester St then left at first light onto Old Turnpike Rd. At second light, it turns into Regional Dr.

Look for military helicopter on a pole on the right.

From the West & North: Routes 4 & 202 (to Concord) joins I-393. Take exit 3 off I-393 onto Route 106 South. At second light after Target, take right onto Regional Drive.

Look for military helicopter on a pole to the left.

0800-0900 Registration

0900-0945 Opening Ceremony

0945-1300 Exhibitor Displays Open



FOR MORE INFORMATION CONTACT:

COL (ret) Frank Musmanno 603-495-3042 or CSM (ret) Mike Rice 603-493-4918



FREE MEAL KITS! FOR KIDS & Teens!

2025 TAMWORTH, NH SUMMER MEAL KIT DISTRIBUTIONS

Sponsored by the NH Food Bank, USDA's Summer Nutrition Programs for Kids (SUN) is a federally-funded, state-administered program which provides kids & teens with access to tasty, nutritious meals during the summer months.

USDA is an equal opportunity provider, employer, and lender.



FOR KIDS AND TEENS 18 AND UNDER.

To-go meal kits will be provided on a first-come, first-served basis at the sites and times below.

PLEASE NOTE: Locations differ depending on date. Dates and times subject to change.

DATE	LOCATION	ADDRESS	DAY OF MEAL SERVICE	TIME
Tamworth, NH				
6/25	Tamworth Recreation Center	104 Durrell Rd, Tamworth, NH	Wednesdays	3:30-5:00pm
7/9	The Bearcamp Center for Sustainable Community	1164 Bunker Hill Rd, South Tamworth, NH	Wednesdays	3:30-5:00pm
7/16				
7/23				
7/30				
8/6				
8/13				
8/20	Tamworth Recreation Center	104 Durrell Rd, Tamworth, NH	Wednesdays	3:30-5:00pm

Both Locations: Seven (7) days of breakfasts and lunches will be distributed on day of meal service.

Registration is required if you intend to pick up meals from these Tamworth locations. **You only need to register once.** Click below and fill out a quick form!

[CLICK HERE TO REGISTER](#)

NHFOODBANK.ORG/SUMMERMEALS





Survivors of Suicide Loss Support Group

**If you have lost someone to suicide,
you are not alone.**

Join our monthly Survivors of Suicide Loss Support Group, a safe and supportive space that offers bereavement support for those who have lost someone to suicide.

This group is open to family members, friends, co-workers, neighbors, clinicians, first responders, community members or anyone else impacted by a suicide loss.

Registration is required.

To learn more about the group and see if it might be a fit for you, please call 603-323-8511

Meeting Times:

**3rd Tuesday
of the month**

6pm - 7:15pm





A RANGE OF SUPPORT

To Help You **Live** Your Best **MilLife**



Get free and confidential expert help, 24/7.
Call Military OneSource at 800-342-9647 or visit www.militaryonesource.mil.



NEW HAMPSHIRE COMMUNITY TRANSPORTATION NEEDS ASSESSMENT



[SURVEYMONKEY.COM/R/TRANSPORT_NH](https://www.surveymonkey.com/r/TRANSPORT_NH)

TAKE THE SURVEY!

IT ONLY TAKES 10 MINUTES
SHAPE TRANSPORTATION ACROSS NH



STATE OF NH
COMMISSION
ON AGING

KEEP
NH
MOVING



★ VETERANS ★ GAME

DISCOUNTED
TICKETS



1:35 PM
July 27

Delta Dental Stadium



Each ticket supports veteran suicide prevention

