Franklin
VNA & Hospice
www.FranklinVNA.org (603)934-3454

Community Resource Guide



Food Pantries-

The Food Pantry list is an unofficial listing of food pantries in the immediate area. If you are in need of food assistance, it is highly recommended that you contact the food pantries with any questions.

Food Deliveries for homebound elderly & disabled individuals:

- The CAPBM Mobile Food Assistance Program helps to provide hunger relief within Merrimack and Belknap Counties, to those who can't get to a food pantry. We deliver to families experiencing homelessness, to homebound elderly and/or disabled individuals who cannot get out to their local food pantry, and to rural locations with limited access to affordable food. **Please contact the Mobile Food Pantry at (603) 228-6202 or email MobileFood@capbm.org**
- Community Action Senior Center Meals on Wheels- Trip Center Franklin. (603) 934-4151.

Monday

- **Community Action Program- Laconia**: Commodity foods only. Call for available times (603) 524-5512. 522 Main St, Laconia
- **Isaiah 61 Café**: Daily continental breakfast at 9:00am & hot lunch at 12:00pm. 100 New Salem St. Laconia. (603) 524-6161
- **St. Vincent De Paul**: Noon to 2 p.m. (603) 524-5470. 1269 Union Ave, Laconia
- **St. Joseph Food Pantry**: 3:00-5:00pm. (603) 267-8174. 6 High St, Belmont
- **Bread & Roses Soup Kitchen**: 5:00-5:30pm. (603) 934-2141. 206 Central Street, Franklin

Tuesday

- **Community Action Program- Laconia**: Commodity foods only. Call for available times (603) 524-5512. 522 Main St, Laconia
- **Isaiah 61 Café**: Daily continental breakfast at 9:00am & hot lunch at 12:00pm. 100 New Salem St. Laconia. (603) 524-6161
- **Northfield-Tilton Congregational Church:** 9:00-11:00am. (603) 286-4253. 193 E Main Street, Tilton
- **Salvation Army**: 9:30 a.m. to Noon by appointment only (603) 524-1834. 177 Union Ave, Laconia
- **Twin Rivers Food Pantry**: 9:00-11:00am. 2 Central St, Franklin. (603) 934-2662.
- **Salvation Army**: 12 p.m. to 12:30 p.m. **Free lunch.** 177 Union Ave, Laconia
- **First Fruits Food Pantry in Mountain View Church:** 3:30-5:00pm. (603) 524-5996. 322 Upper Bay Rd, Sanbornton

Wednesday

- **Community Action Program-Laconia**: Commodity foods only. Call for available times (603) 524-5512. 522 Main St, Laconia
- **Isaiah 61 Café**: Daily continental breakfast at 9:00am & hot lunch at 12:00pm. 100 New Salem St. Laconia. (603) 524-6161
- **Boscawen Congregational Church**: 3:00pm-6:00pm. 12 High St, Boscawen. (603) 451-7406.

- **Salvation Army:** 12 p.m. to 12:30 p.m. **Free lunch**. 177 Union Ave, Laconia
- **St. Vincent De Paul:** 6 p.m. to 8 p.m. (603) 524-5470. 1269 Union Ave, Laconia
- **St. Andre Bessette:** 4:30 pm to 6:00 pm at the St. Andre Bessette Parish Hall on Gilford Ave. in Laconia (behind Sacred Heart Church). Doors open at 4:00 PM.
- **Twin Rivers Food Pantry**: 5:00-7:00pm. 2 Central St, Franklin. (603) 934-2662.
- **Gilmanton Community Church Food Pantry**: 3:00-6:00pm. (603) 364-0114. 1817 NH-140, Gilmanton Iron Works
- **First Fruits Food Pantry in Mountain View Church:** Third Wednesday of the month. 4:00-6:00pm. (603) 524-5996. 322 Upper Bay Rd, Sanbornton
- **Hilda's Food Pantry in Boscawen Congregational Church**: 3:00-6:00pm. (603) 998-2853. 12 High Street, Boscawen

Thursday

- **Community Action Program-Laconia**: Commodity foods only. Call for available times (603) 524-5512. 522 Main St, Laconia
- **Isaiah 61 Café**: Daily continental breakfast at 9:00am & hot lunch at 12:00pm. 100 New Salem St. Laconia. (603) 524-6161
- **Lakes Region Vineyard Church**: 9 a.m. to Noon (Delivery available for home bound residents) (603) 527-2662
- **Salvation Army:** 12 p.m. to 12:30 p.m. **Free lunch**. 177 Union Ave, Laconia
- **Twin Rivers Food Pantry**: 9:00-11:00am. 2 Central St, Franklin. (603) 934-2662.
- **Salvation Army**: 9:30 a.m. to Noon by appointment only (603) 524-1834. 177 Union Ave, Laconia
- **Bread & Roses Soup Kitchen**: 5:00-5:30pm. (603) 934-2141. 206 Central Street, Franklin

Friday

- **Community Action Program-Laconia**: Commodity foods only. Call for available times (603) 524-5512. 522 Main St, Laconia
- **Isaiah 61 Café**: Daily continental breakfast at 9:00am & hot lunch at 12:00pm. 100 New Salem St. Laconia. (603) 524-6161
- **Salvation Army:** 12 p.m. to 12:30 p.m. **Free lunch.** 177 Union Ave, Laconia

Saturday

- **Isaiah 61 Café**: Daily continental breakfast at 9:00am & hot lunch at 12:00pm. 100 New Salem St. Laconia. (603) 524-6161
- **First Baptist Church of Belmont:** 10:00am-12:00pm. (603) 267-8185. 49 Church St, Belmont
- **Gilmanton Community Church Food Pantry**: 10:00am-2:00pm. (603) 364-0114. 1817 NH-140, Gilmanton Iron Works
- **Hilda's Food Pantry in Boscawen Congregational Church**: 9:00am-1:00pm. (603) 998-2853. 12 High Street, Boscawen
- **Boscawen Congregational Church**: 10:00am-12:00pm. 12 High St, Boscawen. (603) 451-7406.
- **Salvation Army:** 12 p.m. to 12:30 p.m. **Free lunch**. 177 Union Ave, Laconia
- **Open Door Dinners Soup Kitchen- Trinity Episcopal Church**: 4:30 to 6:00 pm. (603) 286-3120. 274 Main Street, Tilton

Fuel Assistance and Weatherization, Housing:

- Community Action Program (CAPBM): Heating and electric assistance, Neighbor Helping Neighbor (utility disconnects), Senior housing, affordable housing, and assistance programs for the homeless based on eligibility. (603) 225-3295 & (800) 856-5525.
- New Hampshire Housing Finance Authority: Statewide housing programs & emergency rental assistance. (603) 472-8623

Senior Centers:

- Franklin TRIP Center: 12 Rowell Dr, Franklin (603) 934-4151.
- Laconia Senior Center: 522 Main St, Laconia (603) 524-7689.
- Tilton: 11 Grange Rd, Tilton (603) 527-8291.

Aging and Disability Resource Center (Formerly Service Link):

- Merrimack County: (603) 28-6625
- Belknap County: (603) 528-6945

Legal Assistance:

- New Hampshire Legal Assistance & Referral Center: (800) 639-5290 or (603) 224-3333.
- Senior Citizens Law Project: Free for seniors who are 60+ years of age. (888) 353-9944.
- Disability Rights Center: (800) 834-1721 or (603) 228-0432.
- Franklin Pierce Law Center Civil Practice Clinic: (603) 225-3350.
- Pro Bono Referral Program: (800) 639-5290 or (603) 224-3333.

Used Medical Equipment Loaners Closets:

- Congregational Church of Laconia: Monday, Wednesday, and Friday from 9am-3pm. (603) 524-0668.
- Helping Hands for the Lakes Region: (603) 273-5410
- St Vincent De Paul: 1269 Union Ave, Laconia. (603) 524-5470. Tuesday & Thursday 10am-4pm and Saturday 10am-3pm.
- COA Chapin Senior Center: 37 Pleasant St, New London (603) 526-6368. Monday-Friday 9am-3pm.
- Community Caregivers of Greater Derry Loaner's Closet: 6 West Broadway, Unit 6, Derry (603) 432-0877, extension 3 or email Donna@comcaregivers.org . Monday-Friday 9am-3pm. https://comcaregivers.org/loaners-closet/
- Canaan Lions Club: 3 NH-118, Canaan (603) 523-7720 or email: info@canaanlionsclub.org. Will deliver.

Refurbished Medical Equipment for Purchase:

- REM Refurbished Equipment: 57 Regional Dr, Suite 7A, Concord (603) 226-2903. Monday-Friday 9am-2pm.

Transportation:

- Mid-State Transit: Runs Monday-Friday from 8am-3pm for adults 60 years of age and older or disabled adults. Must arrange travel by 2:30pm the day beforehand. All buses are wheelchair lift-equipped. Can be used to travel for any purpose (shopping, medical appointments, or personal business). Service is free of charge, but $3.00 roundtrip donation appreciated. (603) 225-1989.
- Volunteer Driver Program: Runs Monday-Friday from 5am-6pm for adults 60 years of age and older or disabled adults to get to medical appointments. Must arrange travel 3 days in advance so that a volunteer can be arranged. (603) 224-8043 or email vdpcoordinator@capbm.org.

Town Welfare Offices:

- Andover: (603) 735-5332
- Belmont: (603) 267-8313
- Boscawen: (603) 753-9188
- Canterbury: (603) 783-0153
- Franklin: (603) 934-3404
- Gilford: (603) 527-4796
- Gilmanton: (603) 267-6700
- Hill: (603) 934-3951
- Laconia: (603) 527-1267
- Northfield: (603) 286-7039
- Salisbury: (603) 648-6322
- Sanbornton: (603) 286-4726
- Tilton: (603) 286-7817
- Webster: (603) 648-2272

Meals on Wheels:

- Franklin: (603) 934-4151
- Laconia: (603) 524-7689
- Tilton: (603) 527-8291