Building a Better Tomorrow
Going Above and Beyond at CCNH

Mary was 17, pregnant and scared, and you were there to help.

Mary learned about the developmental steps of her baby, how to properly care for her and how to be a positive parent.

Your gift didn’t end there. Through Life Plans, Mary and her case worker created pathways to education, a better job, financial stability and so much more.

With this vital guidance, you changed Mary’s world.

Your support tackles the barriers keeping people from an independent life. They are taught the skills needed to go into the job market, manage their finances and address any mental health issues holding them back.

You touch the lives of 1 in 13 people. From adoption to long-term care, you bring hope, dignity and a better life to our neighbors.
**Coming Together to Help Those In Need**

*Parish & Community Services*

Al and Claire have been married for 40 years. They lived simply and always had enough to make ends meet.

Health problems forced Al to retire and Claire’s diabetes limited her activity. With the bills and stress mounting, their home fell into disrepair.

Hand-in-Hand engages local volunteers, businesses and donors to do minor home repair and clean-up for elderly, disabled or active duty homeowners.

The Laconia District Office Hand-in-Hand runs June 1 through August 20 with three home projects this summer.

Students from Bishop Guertin High in Nashua and the Davenport School in Jefferson will be joined by local volunteers at the Littleton District Office. From June 19-24, eight to ten homes will be completed.

To learn more, contact our Littleton office at 603.444.7727 or the Laconia office at 603.528.3035.

---

**Music Makes Memories**

*Healthcare Services*

A typical day in John’s life was devoid of outward emotion. He resides at Mount Carmel’s Alzheimer’s Care Unit. He is unresponsive to the staff and to his family.

Then he was re-introduced to music. His music.

The Music & Memory program allows Alzheimer’s and dementia patients, like John, to tap into their memory through music that is meaningful to them.

By playing their favorite songs, residents become more responsive. They are more social, engaging, and calmer.

Mount Carmel is one of the first Music & Memory-certified organizations in New Hampshire. Now, all of our Healthcare centers are being certified.

“We have seen residents verbalize more, clap their hands and smile,” says Barbara Corkadel, Mount Carmel’s Director of Life Enrichment Services. “Families have had better interaction with their loved ones. They enjoy coming up with personal playlists. We are very excited, and look forward to enriching our residents’ lives.”

You can help this project by donating an iPod Nano, or with a gift.

---

**St. Charles’ Road Race**

This year’s annual St. Charles Children’s Home 5K road race at the Pease International Tradeport is Monday, Sept. 5. The proceeds support a stable, safe and loving environment for children with behavioral issues.

To register or learn more about the race, go to [www.runningnuns.com](http://www.runningnuns.com).

---

**Grants**

*Move Lives Forward*

Emma M. Kelly Charitable Trust (Parish & Community Services) · · $1,000

NH Department of Justice (Immigration & Refugee Services) · · · $60,000

Blanche M. Walsh Charity Trust (Parish & Community Services) · · $3,000

---

**Build a Legacy that Impacts Lives**

Consider leaving a gift in your will or insurance to move lives forward. For more information, contact Lisa Merrill-Burzak at 603-669-3030.