



Harbor Care Happenings

Celebrating Over 40 Years: Ending Homelessness. Transforming Lives.



After a Life on the Streets, One Woman's Commitment to Helping Others

"CDFC saved my life! I cannot thank them enough." – Kayla, resident at Harbor Care's Cynthia Day Family Center

Danielle Sylvester, Outreach Specialist at Harbor Care's Cynthia Day Family Center (CDFC), knows Kayla's sentiment all too well. That's because Danielle was once a resident herself.

For nearly two decades, Danielle was persistently homeless, and struggled with substance use. When she lost custody of her son shortly after his birth, she knew she needed help. Danielle reached out to Harbor Care and entered treatment at CDFC.

Harbor Care's CDFC program is just one of two treatment and recovery programs in NH that specifically serves pregnant and parenting women. Far too often, **the women who come through our doors have experienced significant trauma in their life, including poverty, abuse, trafficking, and homelessness.** They want something better for themselves and their children.

Danielle, once a CDFC resident, is now helping other mom's and families on their recovery journey.

"With all the services Harbor Care offered me, it taught me that I can be a responsible member of society. Living on the streets, there are no rules or responsibilities. They provided structure and accountability. They were a guiding hand for me to get there on my own. I can now be the mother I want to be."

Today, reunited with her son and living in her own apartment for the first time in her life, Danielle supports women, like Kayla, on their own recovery journeys. The two share similar experiences. Kayla lived in tents, storage units, "any place I could lay my head." They both spent time in jail.

Adjusting to rules and responsibilities was hard at first for Kayla. Having someone like Danielle whom she could relate to and who could hold her accountable was a pivotal part of Kayla's road to recovery.

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Mobile Care is Breaking Down Service Barriers

In an effort to improve service access, Harbor Care's Mobile RV is traveling to underserved communities and homeless encampments to deliver care onsite. Our community health outreach team assist individuals to evaluate their needs and connect with critical services.

The RV is an **extension of the Harbor Care Health & Wellness Center**, which focuses on the social determinants of health and provides high quality care, regardless of one's ability to pay.





Permanent and Supportive Housing Ends Homelessness

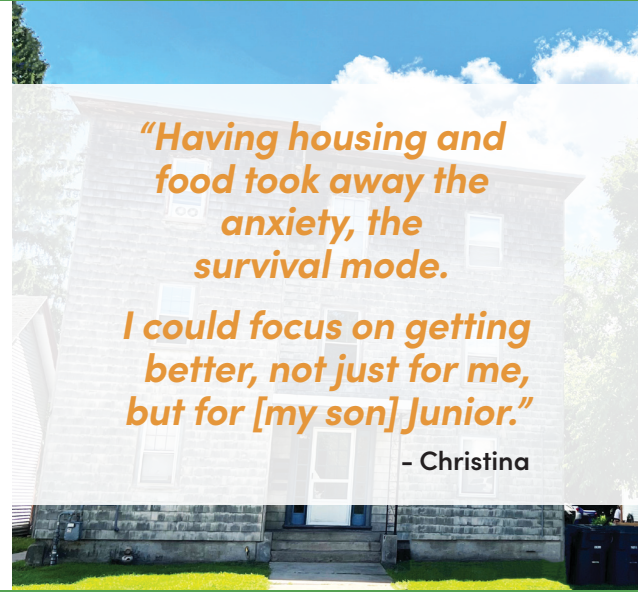
Each year, Harbor Care helps hundreds of individuals and families move into permanent housing with additional support services. This service model is proven nationally to end homelessness. At Harbor Care, **96% of people we serve each year through our permanent supportive housing program do not fall back into homelessness.**

Permanent Housing as a service model truly ends homelessness.

Gift of Home

When Harbor Care opened a new nine-unit apartment building in Nashua in 2021, it immediately made a difference in several people's lives. The apartments are dedicated to individuals and families moving out of chronic homelessness. The purchase of the property was made possible thanks to a community member who sold the property to Harbor Care at a below-market price, also known as a "bargain sale." This type of transaction can be claimed as a charitable contribution on one's tax return.

With a less than 1% vacancy rate for rental properties, finding housing is extremely challenging for many in our state, particularly for those trying to move out of homelessness. "We are grateful to this caring individual for supporting Harbor Care in this way," states CEO Henry Och. "We would not have been able to acquire the property otherwise. It's been life changing for those who've moved in."



"Having housing and food took away the anxiety, the survival mode.

I could focus on getting better, not just for me, but for [my son] Junior."

- Christina

Creating Housing Opportunities is a Community Effort

Harbor Care has partnered with Lori Piper, Senior Vice President of Lending at Enterprise Bank, on the development of several housing and service-based properties to advance Harbor Care's mission. We asked Lori to share her thoughts on being part of the mission.

Is there one project you've been involved with that stands out?

"Buckingham Place stands out to me as it was the first Veteran Housing project I worked on, and I just remember feeling so much emotion that the people that help to protect all of us each and every day had a nice and safe place to live."

Is there a memorable story behind any of these properties that you think of from time to time?

"It was truly exciting to see John McCain at the Buckingham Place opening ceremony. There we all were, a huge crowd, hearing from the person that in my mind, was the epitome of a veteran of war. It was a true honor to experience that."

Why do you feel these projects are important to be involved with?

"I try to always remember the phrase, 'There but for the grace of God, go I.' It doesn't take much for any of us to be in a position of needing help of some sort, and I say thank goodness for organizations such as Harbor Care that are there to be that safety net."

What does it mean to know that you have played a role in creating over 100 apartment units and more opportunities for services for individuals experiencing homelessness?

"It has always been a major team effort, and I've just been one cog in the wheel. I am a firm believer in the Housing First model, that I learned so much about being involved with Harbor Care and the Greater Nashua Continuum of Care: that if you provide a home to someone, then the other problems that one is dealing with, no matter what they are, will be more manageable if one has a roof over their head, and is not worrying day-to-day where they might sleep that night."



Ending Veteran Homelessness In NH

Harbor Care Hosts Veteran Summit

The number of veterans experiencing homelessness in NH has increased over the past several months. This is after nearly three years of remaining flat while overall homelessness numbers spiked in the state.

As New Hampshire's largest nonprofit service provider for veterans, Harbor Care hosted a summit in June to address this issue. The summit convened local, state, and federal stakeholders, including service providers, veterans with lived experience, and policymakers.

"There are several factors contributing to this upward trend," states Henry Och, President & CEO of Harbor Care. "The end of the COVID-related federal health emergency meant the end of several important resources to support veterans in crisis. Lack of affordable housing is a significant factor as well. That said, increased collaboration amongst service providers has resulted in faster identification of veterans at-risk of or experiencing homelessness and quicker response to get that veteran into stable housing."

An example of this increased coordination is demonstrated in Harbor Care's outcome of helping 215 veterans secure permanent housing since June 2022.

17th Annual Veteran Stand Down

Harbor Care, in partnership with the Departments of Labor, Veterans Affairs, and dozens of local service providers, will host the 17th annual Veterans Stand Down, this September.

The resource expo connects local veterans experiencing or at-risk of homelessness to necessary care and supports. Resources on-hand include employment services, medical, dental, social, and legal services, a hair dresser providing haircuts, and more.



Dozens of service providers will gather at the Double Tree Expo in Manchester on September 8 to help veterans in need.



U.S. Rep. Chris Pappas engages with veteran summit participants.



James Gokey, a resident at Harbor Care's permanent housing complex for veterans in Plymouth, shares his experience.



U.S. Rep. Annie Kuster joins a breakout session at the veteran summit.

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"... My life is finally coming together and that is all due to my hard work... I could not be more proud of myself."

– Kayla, resident at Harbor Care's
Cynthia Day Family Center

Kayla is now 18 months sober, employed, and ready to transition out of CDFC.

"I am able to rebuild important relationships that I once lost. My life is finally coming together again and that is all due to my hard work I keep putting into my recovery. I will take with me the tools I have learned when I graduate the program. I could not be any more proud of myself."



Kayla (left) is grateful for Danielle's support and guidance along her recovery journey.



Harbor Care

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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 2023.



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Thanks for YOUR Support!

Thank You Laconia Elks Club

They provided a \$7,000 donation in support of dental services for the residents of Harbor Care's Boulder Point Veterans Housing in Plymouth. The Club also donated an additional \$1,500 in new towels and pillows.



Ways to Give:

Make your Donation Go Twice as Far

Your employer may double – or even triple – the amount of your gift! Ask your employer if they offer a Matching Gift Program.

IRA charitable rollover

If you are 70½ years old 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.

The Caregivers Club

As a Harbor Care "Caregiver," your monthly gift will provide critical support to individuals and families who rely on our services throughout the year.

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.

Thanksgiving Community Dinner

Harbor Care will host its annual Thanksgiving Community Dinner and Celebration the Tuesday before Thanksgiving. The event will bring together more than 300 vulnerable community members in fellowship to enjoy a delicious meal.



More than 300 community members look forward to the annual Thanksgiving dinner.



Governor Sununu and U.S. Rep. Pappas serve at a recent Thanksgiving dinner.