

Family & Consumer Resources November & December Newsletter



October 22, 2009

To: Professionals and volunteers working with NH families
From: Charlene Baxter, Program Leader, Family & Consumer Resources

The following MONEY MANAGEMENT, PARENTING, AND NUTRITION CONNECTIONS educational programs and events will be offered by UNH Cooperative Extension during the months of **November and December, 2009**. For a complete list of UNH Cooperative Extension programs in your area, visit our web page at: <http://www.extension.unh.edu/>.

**The following are available statewide.
Contact your county office for more information - see list at end of newsletter.**

Cradle Crier & Toddler Tales

How does your child grow? How can you encourage and support your child's natural development? Find out by reading *Cradle Crier* and *Toddler Tales*, age-paced newsletters available on the web. (No internet access? We can have the newsletter sent to your home.) Published by the University of New Hampshire Cooperative Extension, the 12-issue *Cradle Crier* series covers your baby's first year, while the six-issue *Toddler Tales* series covers the second year. Sign up at this website: <http://cecf1.unh.edu/cctt/index.cfm> or contact your county Extension office.

Starting Over...New Choices, New Direction (See individual county listings below for dates, times and locations, or call the county office.)

This two-hour personal financial management course is presented to New Hampshire bankruptcy filers in order to meet the necessary requirement for personal financial education, as specified by federal bankruptcy law. Upon completion of this course, and submission of a course evaluation form, a certificate of completion will be provided to each participant. You must pre-register at least one week before the class, including payment of class fees. The cost for the course is \$20 a person or \$30 a couple. Course fees will be waived with necessary documentation.

Investing For Your Future – A Cooperative Extension System Basic Investing Home Study Course

This 11-unit online home study course was developed by the Cooperative Extension system for beginning investors with small dollar amounts to invest. It is available online at: http://www.extension.org/pages/Investing_for_Your_Future.

Eat Healthy, Stay Fit

The Eat Healthy, Stay Fit home study course is a 6-lesson nutrition course you can complete in the comfort of your own home. This course is limited to New Hampshire residents who are participating in or are eligible for the Food Stamp Program. Enrollment in the course can take place at any time of the year, and participants can complete the course at their own pace. This course is available at no charge.

PowerPay Debt Repayment Analysis

The PowerPay Debt Repayment Program provides a computerized analysis of a consumer's debt and creates a repayment plan to reduce debt load. Contact your County Extension office and request a PowerPay form or go to our website <http://extension.unh.edu/Money?money.htm> and click on the PowerPay item in the yellow What's New box. Cost: \$5.00.

eXtension (<http://www.extension.org/>) is an internet-based collaborative that UNH Cooperative Extension participates in, along with other Land Grant universities. Extension partners exchange the very best objective, research-based credible information and tools consumers can use every day to improve their lives. Family topics include [Families](#), [Food and Fitness](#), [Family Caregiving](#), [Food Safety](#), [Parenting](#) and [Personal Finance](#).

Belknap County

For more information or to schedule events in Belknap County, please contact your Family & Consumer Resources Extension Educator, Sue Cagle at 527-5475.

Mondays: Continuing sessions November 2, 9, 16

Parenting During Difficult Circumstances

Time: 6:00 - 7:30 PM

Location: Family Resource Center of Central New Hampshire, 635 Main Street, Laconia, NH

A free seven part series for parents going through tough times such as custody issues, divorce, illness and other family circumstance. Topics Include:

- Finding a parenting style that fits with your values
- Balancing limits and nurturing
- Understanding children's growth and development and age appropriate expectation
- Dealing with stress, anger and conflict
- Discipline strategies that teach
- Dealing with misbehavior

Presenters: Sue Cagle, UNH Extension Educator, Family and Consumer Resources, UNH Cooperative Extension, Belknap County and Shannon Robinson-Beland, Community Support Specialist, Family Resource Center of Central NH. Attendance certificates and light refreshments are included in this series. To register: Contact Sue Cagle, UNH Cooperative Extension, Belknap County at 603-527-5475 or e-mail sue.cagle@unh.edu. Co-sponsored: by Lakes Region Community Services, UPSTREAM, and UNH Cooperative Extension.

Carroll County

For more information or to schedule events in Carroll County, please contact your Family & Consumer Resources Extension Educator, Ann Hamilton at 447-3834.

Carroll County continued

November 10, 17, 24, December 1, 15

Raising Great Kids

Time: 8:30 - 9:30 AM

Location: Carroll County Jail (see note below)

A five-part parenting series for female inmates that will cover child development, discipline issues, and communication skills. For more information contact Ann Hamilton at (603) 447-3834 or ann.hamilton@unh.edu.

November 30, December 7, 14, 21

Managing Money Wisely

Time: 5:30 - 7:00 PM

Location: Carroll County Jail (see note below)

A four-parenting managing money series for male inmates that will cover financial decision-making, understanding basic insurance, credit management, and developing a financial plan. For more information contact Ann Hamilton at (603) 447-3834 or ann.hamilton@unh.edu.

NOTE: Carroll County Jail programs are not open to the public, but similar programs can be scheduled at another location by calling Ann Hamilton at (603) 447-3834.

Tuesday, November 17

Don't Get Crushed By Debt

Time: 3:30 - 5:00 PM

Location: Memorial Hospital - 3073 White Mountain Hwy, North Conway, NH 03860

Do you feel like you are being "consumed" by debt and bills? If so, you may need a "Debt Check-Up!" Overuse of credit and high bills can cause problems that can be detrimental to one's financial health. Don't let it happen to you! This free workshop will help you understand the true cost of using credit, how to develop a debt-reduction plan and ways to negotiate with creditors. Sponsored by UNH Cooperative Extension and Memorial Hospital. Pre-registration is required as seating is limited. For more information, call the UNH Cooperative Extension office at 447-3834. To pre-register, please call Meg Phillips, HR Specialist at 356-5461, ext 104.

Cheshire County

For more information or to schedule events in Cheshire County, please contact your Family & Consumer Resources Extension Educator, Nancy Bradford-Sisson at 352-4550.

Thursday, November 5

Starting Over ... New Choices, New Direction

Time: 6:00 - 8:00 PM

Location: Cheshire County UNHCE Office, 800 Park Avenue, Keene, NH, 03431

(See first page of newsletter for description of course.)

Registration must be at least one week prior to class. Confirmation of your attendance will be mailed to you prior to the class. Please contact Nancy Bradford-Sisson at 352-4550 for additional information and to register.

Other dates and times for this program:

Tuesday, November 17	6:00 – 8:00 PM
Thursday, December 3	6:00 – 8:00 PM
Tuesday, December 15	6:00 – 8:00 PM

Coös County

For more information or to schedule events in Coös County, please contact your Family & Consumer Resources Extension Educator, Sue Buteau at 788-4961.

Friday, November 20

Starting Over: New Choices...New Direction

Time: 1:30 - 4:00 PM

(See first page of newsletter for description of course.)

Pre-registration is required to attend this program and there is a registration fee. For additional information, contact Sue Buteau, Extension Educator in Family and Consumer Resources at 788-4961 or sue.buteau@unh.edu.

Other date and time for this program:

Friday, **December 18** 1:30 to 4:00 PM

Tuesday December 1

Managing Money In Tough Times

Time: 12:00 - 02:00 PM

Location: Family Resource Center - Gorham NH

Managing Money in Tough Times is a free 2 1/2 hour program to address financial challenges when resources are more limited, and to expand participant thinking about balancing income and expenses, and about behavioral change that will result in greater financial success. To register for this program, contact Judy Woodward at the Family Resource Center at Gorham at (603) 466-9014. For more information: contact Sue Buteau, Extension Educator in Family & Consumer Resources at (603) 788-4961.

Thursday December 17

Coös County Coalition for Substance Abuse Prevention Meeting

Time: 8:00 - 10:00 AM

Location: Coös County UNHCE Office - 629A Main Street, Lancaster NH 03584-9612

The Coös County Coalition for Substance Abuse Prevention meets semi-monthly to discuss educational approaches to address the needs of youth, adults, and families in the areas of substance abuse and tobacco use. For more information: contact Sue Buteau, Extension Educator for Family & Consumer Resources at (603) 788-4961.

Grafton County

For more information or to schedule events in Grafton County, please contact your Family & Consumer Resources Extension Educator, Deb Maes at 787-6944.

Thursday November 19

Managing Money in Tough Times

Time: 6:30 - 8:30 PM

Location: Grafton County UNHCE Office, 3855 Dartmouth College Highway, No. Haverhill, NH

Are you feeling stressed and anxious about money? At this workshop you will learn strategies for stretching your dollars and managing money better in these tough economic times.

For more information or to sign up, please e-mail deb.maes@unh.edu or call the Grafton County UNHCE office at 787-6944.

Grafton County continued

Thursday, December 3

Celebrate the Holidays without Going Broke

Time: 7:00 - 8:30 PM

Location: Grafton County UNHCE Office, 3855 Dartmouth College Highway, No. Haverhill, NH

Do you spend more than you can afford on the holidays? Come to "Celebrate the Holidays without Going Broke" and learn how to have a great holiday without breaking the bank.

For more information: E-mail deb.maes@unh.edu or call the Grafton County UNHCE office at 787-6944.

Hillsborough County

For more information or to schedule events in Hillsborough County, please contact your Family & Consumer Resources Extension Educators, Sharon Cowen at 641-6060 or Alice Mullen at 629-9494.

Tuesdays: Continuing sessions November 3, 17, December 1, 15

Parenting Education and Support Group

Time: 6:30 - 8:00 PM

Location: Boys and Girls Club of Nashua, 47 Grand Avenue, Nashua NH

This is a group discussion to offer support and educational resources for parents with children of any age. Guest speakers on various parenting and family topics will provide programs, and parents will be invited to discuss specific parenting issues that they are dealing with at home. Presenter is Dorothy Whittaker, Child and Family Services. This event is sponsored by the Family Resource Center of Greater Nashua. For more information: Please pre-register for this event by calling the UNH Cooperative Extension, 641-6060.

Thursdays: Continuing sessions Nov 5, 12, 19

Parenting During Difficult Circumstances

Time: 5:30 – 7:00 PM

Location: Nashua Academy

We will cover the following topics, which focus on some of the most important parenting topics and skills... for now and for after the difficult times have passed: Parenting styles and important jobs of a parent, child development, social/emotional competence, positive discipline, communication and stress. For more information, contact Sharon Cowen, Extension Educator, Family & Consumer Resources, sharon.cowen@unh.edu 641-6060.

NOTE: Academy programs are not open to the public, but similar programs can be scheduled at another location by calling Sharon Cowen at 641-6060.

Merrimack County

For more information or to schedule events in Merrimack County, please contact your Family & Consumer Resources Extension Educators, Thom Linehan or Marilyn Sullivan at 796-2151

Rockingham County

For more information or to schedule events in Rockingham County, please contact your Family & Consumer Resources Extension Educators, Karyn Blass or Claudia Boozer-Blasco at 679-5616

Tuesdays: October 27, November 3, 10, 17, 24, December 1

Eating Right: Getting the Most Out of Your Meals

Time: 10:00 AM to 12:00 PM (Lunch will be prepared by the group and eaten together!)

Location: Portsmouth Community Campus - 100 Campus Drive, Portsmouth NH 03801

Topics covered include: Cooking Tips and Techniques; Making Healthy Meals; Food Safety; Stretching Your Food Dollar; and Cooking without Meat. This FREE cooking and nutrition series includes a FREE package of recipe ingredients that will be provided at the end of several classes for preparation of meals at home. This program is a collaboration between UNHCE Nutrition Connections and Operation Frontline, locally hosted by the NH Food Bank. For more information and to pre-register (required), please contact Diane Giese at 436-6161.

Thursdays through November 19

Senior-cize!

Time: 10:45 - 11:30 AM

Location: Ernest P. Barka Assisted Living Community (Residents' Lounge) - 117 North Road, Brentwood NH 03833

Build Your Bones! Increase Your Energy! Have Fun! FREE - Sponsored by: Ernest P. Barka Assisted Living Community. For more information: Terri Schoppmeyer at terri.schoppmeyer@unh.edu or UNH Cooperative Extension Rockingham County office 679-5616.

Tuesdays & Thursdays through December 3

Senior Fit

Time: 9:00 - 10:00 AM

Location: Lamprey Health Care - Newmarket - 207 South Main Street, Newmarket, NH 03857

The Senior Fit Program is a 12-week strength training program for adults who want to increase flexibility and joint movement. Senior Fit includes stretches, balance, and flexibility exercises for older adults. All exercises are done while seated in a chair, or standing with the use of a chair or wall for support. Class is available and free to the public, however a donation of \$2.00 per class is welcomed. Sponsored by www.lampreyhealth.org. For more information or to pre-register (encouraged) please contact Katy Hiza, RD at 603-659-3106, ext. 7337. See this link for brochure:

<http://extension.unh.edu/Counties/Rockingham/Docs/SeniorFt.pdf>

Thursdays through December 10

Parenting Your School-aged Child

Time: 6:00 - 7:30 PM

Location: Seacoast Youth Services, 867 Lafayette Road, Seabrook, NH 03874

New School Year! New Parenting Challenges! Get some new strategies for your parenting toolbox.

October 29: November 12: Who's in Charge in Your Home?

November 19: Holiday Finances (facilitated by Karyn Blass, UNH Cooperative Extension)

December 3 & December 10: Creating holidays your family really wants.

Friday, November 13

A Guide to Social Networking

Time: 9:00 - 11:30 AM

Location: Portsmouth Community Campus, 100 Campus Drive, Portsmouth, NH 03801

Please join us for a special learning opportunity on Social Networking. In addition to Twitter, FaceBook, and MySpace, there are some very helpful tools to help build coalitions and make the work of all those committees you belong to easier. How can all these new technologies help your non-profit work in the community? Want to learn how to utilize them? Especially the BEST FREE ones? Learn about Ning, Wikis, Delicious, drop.io, and more! How can being up-to-date with new technologies help your agency and reduce your workload? Presenters: UNH Cooperative Extension Educators Rick Allewa, Ed.D. and Karyn M. Blass, M.Ed. Fee: FREE presentation for CRN member organizations. Not a member yet? Bring that dues check to the door! Donations gladly accepted from non-members. Sponsored by: Community Resource Network. For more information: Seating is limited. Please register by contacting Susan Turner at sturner@rcaction.org.

Wednesday, November 18

Have the Best Holiday, Without Going Broke!

Time: 6:00 - 7:30 PM

Location: Raymond Baptist Church Community Building - 145 Route 27, Raymond NH 03077

- Identify what is most important to you about the Holidays
- Come up with a comprehensive spending plan for the Holidays
- Explore alternatives to gift giving that are fun and reflect your values
- Learn to communicate with family members about any changes you want to make in your celebration of the Holidays

Facilitated by: Karyn Blass, Extension Educator, Family & Consumer Resources, UNH Cooperative Extension. Fee: Free- Pizza and drinks included!

Presented by Families First in partnership with the Lower Seacoast Youth and Family Coalition. Funding provided by Rockingham County Incentive Funds, the State of New Hampshire, NH Children's Trust Fund, Provident Community Foundation, Wheelabrator Technologies, and the Towns of Hampton, Seabrook, North Hampton, and Hampton Falls.

Advance signup required! Contact Families First at 603-422-8208 x2 or 603-895-4735 x125.

Child care: Free for ages 12 and under, advance signup required. More information is available at: www.FamiliesFirstSeacoast.org.

Thursday, November 19

Have the Best Holiday, Without Going Broke!

Time: 6:00 - 7:30 PM

Location: Seacoast Youth Services - 867 Lafayette Road, Seabrook NH 03874

[See description above for details and contact information.]

Monday, November 30

Starting Over...New Choices, New Directions

Time: 3:30 - 5:30 PM

Location: UNH Cooperative Extension, Rockingham County - 113 North Road, Brentwood NH
(See first page of newsletter for description of course.)

Pre-registration is required to attend this program and there is a registration fee.

Scholarships are available to individuals that meet income requirements. For more information or to pre-register, call UNH Cooperative Extension, 679-5616 or email lynn.harrison@unh.edu.

Other date and time for this program: Monday, December 21 3:30 - 5:00 PM

Strafford County

For more information or to schedule events in Strafford County, please contact your Family & Consumer Resources Extension Educator, Ellen Rondina at 749-4445.

Wednesdays: November 4 and December 2

RAPP Support Group - Relatives As Parents Program

Time: 5:30 - 7:00 PM

Location: Hub Family Resource Center, McConnell Center, Dover, NH

For Strafford County "kinship caregivers," grandparents and others raising or helping raise their relatives' children. Come and join our renewed group and enjoy these benefits: Understand the relationship dynamics of kinship-care families; meet children's needs; get legal help; make ends meet; and connect with others. Child care will be provided, along with a light snack. This group will meet the first Wednesday of every month. For more information: Contact Lisa Paone (HUB Resource Center), 749-9755 ext. 10 or Ellen Rondina (UNH Cooperative Extension), 749-4445.

Sullivan County

For more information or to schedule events in Sullivan County, please contact your Family & Consumer Resources Extension Educator, Gail Kennedy at 863-9200.

Tuesday, November 3

Parents and Teens Talking About Alcohol

Time: 6:00 - 8:00 PM

Location: Claremont Middle School Library, 107 South St. Claremont NH 03743

Parents and Teens Talking About Alcohol will help parents to communicate with their teen by exploring their values about alcohol use and learning how families influence use. Parents will also learn strategies to support their teen. This program is sponsored by the Claremont Middle School PTO. Contact Gail Kennedy for more information or to register at 863-9200, or email gail.kennedy@unh.edu.

Wednesdays through November 4, 18

Family Focus: "Parenting the Young Child"

Time: 5:30 - 7:00 PM

Location: Diana Love Center, 169 Main Street, Claremont, NH 03743

Because raising children in today's world is a real challenge, UNH Cooperative Extension is offering this program for families with children ages birth to 5 years old. Presenter: Kathie Sarles, M.Ed., Family Focus Parent Educator & Director, Early Supports and Services, Sullivan County for Pathways, NH. This program is free and child care is available. Light refreshments will be served. To register: Call Sullivan County UNH Cooperative Extension 863-9200 or e-mail gail.kennedy@unh.edu Please let us know if you require any special accommodation to attend.

Monday, November 9, 2009

Managing Money in Tough Times

Time: 6:00 - 7:30 PM

Location: Newport Middle High School, 268 North Main Street, Newport NH

Is it hard to pay your bills or save money? Are you looking for money you didn't think you had? Is it hard talking to your household about money? Are you looking to manage money in this economy? Discover strategies to stretch your dollars and manage your debt by

Sullivan County continued

attending this FREE workshop offered near you. For more information and to register, please call UNH Cooperative Extension, telephone 863-9200 or e-mail gail.kennedy@unh.edu.

Mondays: November 16 and 23

Strengthening Families Booster Program 10-14

Time: 5:30 - 6:00 PM (dinner); 6:00 - 8:00 p.m. (program)

Location: Newport Middle HS, Sugar River Valley Tech Ctr., 243 North Main St., Newport, NH

Meet, eat, have fun! Review skills to keep families strong. Learn additional ways to cope with stress. Let us know if you will be joining us for a pizza dinner and if you have a child requiring child care. To register: Call Gail Kennedy at 863-9200, or email gail.kennedy@unh.edu. Please register by Nov. 6, 2009. Funding to Sullivan County is provided by NH DHHS, Division of Public Health Services, Bureau of Prevention Services, ATODP.

Monday, November 30

Don't Get Crushed By Debt - Take Charge

Time: 6:00 - 7:30 PM

Location: Newport Middle High School, 268 North Main Street, Newport NH,

Are you discouraged because your credit card balance never seems to get any smaller? Are you stressed because you find it difficult to pay all your bills on time? Are you borrowing to pay off other debts? Learn skills that will shrink your debt. Learn skills that will shrink your debt. This workshop will give you strategies so you can reduce your debt and increase your savings. Pre-registration is required as seating is limited. Pre-register by calling UNH Cooperative Extension at 863-9200 or e-mail gail.kennedy@unh.edu.

Wednesday, December 16

Strengthening Families Program 10-14 Info Night

Time: TBA

Location: Claremont Middle School

For more information please contact Gail Kennedy at 603-863-9200 or email gail.kennedy@unh.edu.

UNHCE County Offices

[Belknap County](#) (Laconia) -- 527-5475

[Carroll County](#) (Conway) -- 447-3834

[Cheshire County](#) (Keene) -- 352-4550

[Coös County](#) (Lancaster) -- 788-4961

[Grafton County](#) (No. Haverhill) -- 787-6944

[Hillsborough County](#) (Goffstown) -- 641-6060

[Merrimack County](#) (Boscawen) -- 796-2151 or
225-5505

[Rockingham County](#) (Brentwood) -- 679-5616

[Strafford County](#) (Dover) -- 749-4445 Ext 5

[Sullivan County](#) (Newport) -- 863-9200

**Please call for more information on any events, or visit our web page at
<http://extension.unh.edu/>.**

The University of New Hampshire Cooperative Extension is a public institution with a longstanding commitment to equal opportunity for all. It is the policy of UNHCE to abide by all United States and New Hampshire state laws and University System of New Hampshire and University of New Hampshire policies applicable to discrimination and harassment. It does not discriminate on the basis of race, color, religion, sex, national origin, age, veteran's status, gender identity or expression, sexual orientation, marital status, or disability in admission or access to, or treatment or employment in, its programs, services, or activities.