

## EXECUTIVE COUNCILOR 2004 REPORT

Report to the People of District One

State of New Hampshire

It is an honor to be starting my 27th and 28th year as one of your public servants here in District One.

The Executive Council is your effective point of contact at the top of your Executive Branch of state government. The Council acts much like a board of directors for the administration of public law and public budget as passed by the NH House and Senate. The Council also accepts grant money from federal programs for administration to community- based organizations.

As we look into the next two years, I urge citizens to become involved through their regional planning commissions in bringing forth concerns and ideas for transportation projects. It is my opinion that not many new projects will be done, due to lack of sufficient funds. We will be lucky to maintain what we have and build what is in the current ten-year transportation plan.

District Health Councils are in full gear whereby local health concerns can be articulated directly to the Commissioner of Health and Human Services. This is the largest agency in our state government.

With a new administration headed by Governor John Lynch there will be many board and commissions looking for volunteers. If you are interested in finding out what is available please visit the Secretary of State's website at [www.sos.nh.gov/redbook/index](http://www.sos.nh.gov/redbook/index) or call my office.

My office is always available to assist in questions for relief, assistance and information. Also available and free is the NH Constitution, state map and brochure on the Executive Council. Please contact me anytime. It is a pleasure to serve you and your region.

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Sincerely Yours,  
Raymond S. Burton  
Executive Councilor

## **GRAFTON COUNTY SENIOR CITIZENS COUNCIL, INC. 2004 REPORT**

Grafton County Senior Citizens Council, Inc. is a private nonprofit organization that provides programs and services to support the health and well being of our older citizens. The Council's programs enable elderly individuals to remain independent in their own homes and communities for as long as possible.

The Council operates eight senior centers in Plymouth, Littleton, Canaan, Lebanon, Bristol, Orford, Haverhill and Lincoln, the information and assistance program Grafton County ServiceLink and also sponsors the Retired and Senior Volunteer Program of the Upper Valley and White Mountains (RSVP). Through the centers, ServiceLink and RSVP, older adults and their families take part in a range of community-based long-term services including home delivered meals, congregate dining programs, transportation, adult day care, chore/home repair services, recreational and educational programs, and volunteer opportunities.

During 2004, 58 older residents of Holderness were served by one or more of the Council's programs offered through the Plymouth Regional Senior Center:

- Older adults from Holderness enjoyed 1,035 balanced meals in the company of friends in the Plymouth center's dining room.
- They received 714 hot, nourishing meals delivered to their homes by caring volunteers.
- Holderness residents were transported to health care providers or other community resources on 22 occasions by our lift-equipped buses.
- They received assistance with problems, crises or issues of long-term care through 10 visits by a trained social worker or contacts with ServiceLink.
- Holderness's citizens also volunteered to put their talents and skills to work for a better community through 1,421.75 hours of volunteer service.

The cost to provide Council services for Holderness residents in 2004 was \$10,293.30.

Such services can be critical to elderly individuals who want to remain in their own homes and out of institutional care in spite of chronic health problems and increasing physical frailty, saving tax dollars that would otherwise be expended for nursing home care. They also contribute to a higher quality of life for our older friends and neighbors. As our population grows older, supportive services such as those offered by the Council become even more critical.

Grafton County Senior Citizens Council very much appreciates Holderness's support for our programs that enhance the independence and dignity of older citizens and enable them to meet the challenges of aging in the security and comfort of their own communities and homes.

Roberta Berner, Executive Director  
Grafton County Senior Citizens Council, Inc.

**STATISTICS FOR THE TOWN OF HOLDERNESS  
OCTOBER 1, 2003 TO SEPTEMBER 30, 2004**

During the fiscal year, GCSCC served 58 Holderness residents (out of 345 residents over 60, 2000 Census).

<u>Services</u>	<u>Type of Service</u>	<u>Units of Service</u>	<u>x</u>	<u>Unit (1) Cost</u>	=	<u>Total Cost of Service</u>
Congregate/Home Delivered	Meals	1,749	x	\$5.72		\$ 10,004.28
Transportation	Trips	22	x	\$9.05		\$ 199.10
Adult Day Service	Hours	0	x	\$7.47		\$ 0.00
Social Services	Half-hours	4	x	\$22.48		\$ 89.92
Activities		153.5		N/A		
ServiceLink	Contacts		6			

Number of Holderness volunteers: 7 . Number of Volunteer Hours: 1,421.75

GCSCC cost to provide services for Holderness residents only	\$10,293.30
Request for Senior Services for 2004	\$2,175.00
Received from Town of Holderness for 2004	\$1,087.50
Request for Senior Services for 2005	\$2,175.00

NOTE: 1. Unit cost from GCSCC Statement of Revenue and Expenses for October 1, 2003 to September 30, 2004.  
2. Services were funded by Federal and State programs 56%; municipalities, county and United Way 9%; Contributions 10%; In-kind donations 16%; Friends of GCSCC 7%; Other 2%.

**COMPARATIVE INFORMATION**

From Financial Statements for GCSCC Fiscal Years 2003 and 2004  
October 1-September 30

**UNITS OF SERVICE PROVIDED**

	FY2003	FY2004
Dining Room Meals	77,984	81,486
Home Delivered Meals	119,695	109,546
Transportation (Trips)	44,698	45,108
Adult Day Service (Hours)	15,426	17,323
Social Services (1/2 Hours)	8,192	7,212
ServiceLink Contacts	940	1,360
Adult In Home Care	(new program)	4,622

**COST PER UNIT OF SERVICE PROVIDED**

	FY2003	FY2004
Congregate/home delivered meals	\$ 6.10	\$ 5.72
Transportation (per trip)	\$10.57	\$ 9.05
Adult Day Service (hour of Service)	\$ 6.11	\$ 7.47
Social Services (per unit)	\$21.88	\$22.48
Adult In-Home Care (hour of service)		\$21.40

## **HOLDERNESS HISTORICAL SOCIETY 2004 REPORT**

Because of the hard work and efforts of our new program leaders (Cynthia Murray and Dodie Greenwood), the past year was very active with many very interesting programs. We enjoyed potluck suppers and excellent speakers, including such topics as a history of old Phonographs using wax rolls and a review of military service many years ago. Gerry White, a summer resident, spoke on her research on the old Bridge School (now the annex to the Community Church opposite the Fire/Police Station). Many people who attended Bridge School added their comments to her fine presentation.

We also presented Roger Gage with our Man of the Year Award, in recognition of his many years of service to the community and the Historical Society. He was very surprised!

During the summer months the Society building was open for visitors on Saturday mornings, with special displays to enhance the museum's offerings. These included such displays as sewing, quilts, and historic baseball paraphernalia.

During 2004 we continued to make improvements inside the building. On the second floor we had the floor finished, new windows installed, and furnished an office with fireproof files. Our stairs to the second floor, and down into the basement, were finished – they look really nice and add to the overall detail of the building.

New cases were installed on the main floor to display our collection of historic items.

We wish to thank the citizens of the Town of Holderness who support an appropriation to the Society each year. We also wish to thank our many patrons and businesses that have contributed time and money this past year. We use these funds prudently and put them to good use in our efforts to preserve and present the great history of Holderness and central New Hampshire.

Please stop by the Historical Society building located behind the Holderness Post Office at Curry Place at your earliest opportunity, and join us for the informative and interesting programs next summer. All are welcome.

Respectfully submitted,  
Jacqueline B. Marden, President

## **INTER-LAKES DAY CARE CENTER 2004 REPORT**

Two-thousand and four was a busy year for Inter-Lakes Day Care Center, during which we completed a series of renovations including a fire sprinkler system throughout the building, a new chimney, a handicap access ramp, expansion of the toddler playground, bathrooms, and brick walkways.

The Inter-Lakes Day Care Center and Nursery School's early childhood program provides comprehensive, developmentally appropriate infant, toddler, preschool, and school age extended-day programs within a safe and nurturing environment. Guided by professional staff, this enhances the physical, social, emotional, and cognitive development of young children, while at the same time responding to the needs of families by providing morning preschool programs, summer and vacation day camp programs, and USDA approved hot meals and snacks. Other services include special needs support, vision and hearing screening, dental care, transportation for kindergarten, and sponsorship of 26 home daycare providers who serve approved meals and snacks and receive reimbursement from USDA.

Through the State of New Hampshire, under the Title XX Child Care and Development Fund scholarships, sliding-fee scale tuition is available based on income and family size. This helps parents who are employed, in training, enrolled in degree or certificate programs, on job search or who are temporarily disabled.

The children, families and staff of Inter-Lakes Day Care Center extend a heartfelt thank you to the Town of Holderness for its continual strong support.

Respectfully submitted,  
Connie Pelletier  
Executive Director

## **LAKES REGION PLANNING COMMISSION 2003 – 2004 (FY-04)**

The Lakes Region has changed tremendously in the past 20 years. Homes and businesses have expanded along major roadways, and many of our communities have experienced dramatic changes. This growth has resulted in a number of regional challenges. The Lakes Region Planning Commission (LRPC) is the area organization established to address the effects of growth at both the local and regional level. With a service area covering over 1,200 square miles in Belknap, Carroll, Grafton and Merrimack Counties the LRPC provides a wide range of planning services to member municipalities. The Commission offers direct and support services ranging from technical assistance, geographic information systems, and transportation planning, to land use and environmental planning, and economic development. The LRPC is primarily funded by local, state, and federal resources. We are contacted several times daily for answers to local and statewide issues. We also maintain a regular dialogue with state agencies as a resource for the entire Lakes Region. Our goal remains to provide support and leadership to the governments, businesses and citizens of the Lakes Region.

Here are some of our services performed on behalf of Holderness and the region in the past fiscal year:

- Participated in a strategic meeting relative to a proposed update of the town master plan.
- Conducted the Squam Lakes Watershed Comprehensive Mapping and Community Outreach project in connection with the NH Department of Environmental Services, University of New Hampshire Cooperative Extension, Squam Lakes Conservation Society, Squam Lakes Association, and the NH Fish & Game Department. Provided natural resource, wildlife, and watershed co-occurrence maps to participating communities.
- Created and supplied three CD copies of the Squam Watershed Mapping and Outreach Project to the conservation commission.
- Supplied the Holderness Central School with information regarding projected household size trends resulting from new development.
- Reviewed project proposals through the NH Intergovernmental Review Agreement that provides the region and local communities an opportunity to respond to applications seeking state and federal aid. LRPC reviewed many proposals having a combined investment total greater than \$15 million in the Lakes Region.
- Planned the 19th annual household hazardous waste collection in the Lakes Region. Two consecutive Saturdays were designated as collection days for 24 participating communities. An estimated 20,000 total gallons of waste were collected, containerized, and transported to EPA approved end-of-life locations around the country.

- Co-hosted and organized three public Municipal Law Lectures where practicing attorneys provide a legal perspective on local planning, zoning and other municipal issues. Recent lectures included: the Basics of Subdivision & Site Plan Review, Land Use Law Update, and New Challenges for Municipal Regulation of the Environment. We also prepared for the 2004 Law Lectures, in partnership with the NH Municipal Association.
- Completed the Lakes Region Housing Needs Assessment, an assessment of the regional need for housing for persons and families of all levels of income. It is viewable at [www.lakesrpc.org](http://www.lakesrpc.org), our web site.
- Ordered and distributed copies of the NH Planning and Land Use Regulation books at considerable savings.
- Convened several meetings of the LRPC Transportation Technical Advisory Committee (TAC) to enhance local involvement in transportation planning and project development. The TAC advises the LRPC on projects of regional significance.
- Continued work on the Lakes Region Bicycle and Pedestrian Plan. This planning effort will help provide a blueprint for the location of local bike and pedestrian routes.
- Conducted over 160 traffic counts around the region, in cooperation with the New Hampshire Department of Transportation.
- Maintain an ongoing effort to update a database of key socioeconomic and human service indicators, in cooperation with the NH Community Development Finance Authority.
- Convened six area Commission meetings, two of which featured Legislative Nights where local legislators presented information on proposed legislation of regional planning, environmental, and economic interest.
- Updated the annual Development Activity in the Lakes Region, a survey of subdivision, housing, construction, industrial, and commercial development trends in the region.
- Continue to represent the region on several boards and committees related to the economic and environmental well-being of the region, e.g., the Belknap County Economic Development Council, NH Route 16 Corridor Advisory Committee, the Pemigewasset River Local Advisory Committee, etc.
- Secured funding from the NH Emergency Management Bureau to assist local communities with the preparation of all hazard management plans.
- Produced a calendar of critical deadlines for March Town Meeting, and distributed it via our web site and regular mail.
- Advocated several transportation enhancement applications on behalf of the region; five were selected by the Governor's Advisory Council on Intermodal Transportation having a combined total of approximately \$1.3 million.

## **MEMORIAL DAY COMMITTEE 2004 REPORT**

Thanks to a strong community spirit, those who gave so much for this country were well remembered on Memorial Day 2004. Three dozen flags were donated by the Dupuis-Cross American Legion Post #15 of Ashland and were placed on local Veterans' graves in eight cemeteries around town. The Legion also participated in the parade, performing a ceremony at Bridge Cemetery in the center of town and on the bridge over the Channel. The parade was led by Marshal Roger Gage. Bands from Holderness Central School and Baker River Valley Band provided music. The parade had patriotic floats, bikes, walkers, fire trucks and antique cars.

The Holderness Fire & Police Departments were very helpful.

Attendance was wonderful thanks to all those who helped, participated and all those who came to watch and remember this very important day.

Respectfully Submitted  
Edward R. Ford & Margaret R. Winton  
Co-Chairmen

## **PEMI-BAKER HOME HEALTH & HOSPICE HOLDERNESS TOWN REPORT - 2004**

Representative: Bonnie Webb Alternate: Betty Nicholson

Pemi-Baker Home Health & Hospice provides your community with a multitude of services and programs. Some of the new initiatives during 2004 have been. . .

- Continuing participation in the Home Visiting NH program called “Healthy Mom Happy Baby”, a collaborative effort with Speare Memorial Hospital
- Foot Care Clinic at the Plymouth Senior Center
- “Channel 3: “Your Health Matters” presented 5 programs for local viewing, including
- Channel 3- “The Doctor is In” are tapes provided by Dartmouth Hitchcock and run every week
- Hospice Volunteer Education Programs and annual training
- Added Quality Management position to staff
- Participation in PSU Senior Health Forum and Cancer Walk
- Blood Pressure Clinics and information sessions to the Business Professional Women’s Club in Plymouth and the Hebron Women’s Club, the Warren Senior lunch, the town of Groton at the Library, and the NH Cooperative Annual Meeting.
- Provided immunizations clinics to the Russell School in Rumney, Holderness Central School, Thornton Elementary School, Plymouth Elementary School, and Ashland Elementary School.
- Participation in the Plymouth Regional High School’s LNA/LPN program
- The Grafton County Home Forum was held at the Grafton County Nursing Home on September 20. The four home care agencies in Grafton Co. provided a luncheon program to state representatives, selectmen, commissioners and legislative candidates. The program detailed the shortcoming of Medicaid reimbursement for home care services and was well attended by concerned government officials.
- Wellness Fair – Pemigewasset National Bank
- Hospice Presentation – Holderness School, Sophomore Class
- 2004 annual Hospice Tree and Garland lighting ceremonies at Dresser’s Unlindite and Pemigewasset National bank-West Plymouth

As we continue to be active in the community, we live our mission as a non-profit organization which is to serve our member towns and surrounding communities by providing health care and hospice services to individuals and families in their homes and in the community. From our patient satisfaction surveys, community support of our annual campaign and letters of appreciation from patients and families, we feel confident we are meeting that mission.

We are your local homecare agency . . . ask for us by name.

Bonnie Webb and Betty Nicholson for  
Pemi-Baker Home Health & Hospice

## **PRIVATE WELL USERS**

Have you had your well tested recently?

Drinking water from private wells in New Hampshire sometimes contains contaminants at levels that can pose health risks. Only a water quality test, by a competent laboratory, can assure that your family is protected. A list of New Hampshire Accredited private and municipal Laboratories offering private water testing and interpretation is at [www.des.nh.gov/pdf/labs\\_welltesting.pdf](http://www.des.nh.gov/pdf/labs_welltesting.pdf).

What types of contaminants might be present in your well? The following contaminants some naturally-occurring and others man-made, have been found in private well water in New Hampshire: Arsenic, Bacteria, Fluoride, Nitrate, Radium, Radon, Sodium, Uranium, and Volatile Organic Chemicals (VOCs).

Where can you learn more about this?

For further information, please visit the NH Department of Environmental Services' website at [www.des.state.nh.us/wseb](http://www.des.state.nh.us/wseb), then select "fact sheets," then 2-1.