



UNITED WE LIFT UP OUR COMMUNITIES.

LIVE UNITED®

Janice moved to New Hampshire 10 years ago, at the age of 70, after external circumstances forced her to leave the city where she had spent her whole life.

She is divorced and has no children, so she chose to move here to be closer to her cousin.

After the initial move, Janice was making less than \$1,000 per month and she had no knowledge of resources in the area. She was used to living in a major metropolitan area and assumed that similar services would be readily available here.

Within a few weeks of moving to the area, Janice discovered the Grafton County Senior Citizens Council (GCSCC) and began to tap into the resources available there.

Within a few months, Janice qualified for subsidized senior housing and was able to move into a one-bedroom apartment. Her rent was stabilized at 1/3 of her net income, and she continues to spend under \$300 monthly on rent.

Janice eats several times a week at the Senior Center. There, her meal includes a hearty salad, a main dish, vegetable, starch, milk, and dessert.

Because the meals are available on a donation-only basis, she contributes what she can afford—typically around \$1 per meal.

Janice does not own a vehicle, so she is especially reliant on the accessible transportation program offered through the Senior Center.

In the last year, Janice used GCSCC transportation on 158 occasions to reach medical appointments, grocery shopping, activities, and meals at the Senior Center.

She praises the Senior Center and credits their service with her ability to continue to live independently in her own apartment in her adopted community.



3,100+

older adults

in the North

Country accessed
programming
that improved
physical and mental
health and social
connectedness.

United Way fights for the health, education and financial stability of every person in every community.

Learn more at www.graniteuw.org.

