



New Hampshire Housing

Goal Program News



December 2011

Inside this issue:

- Healthy Choices = Healthy Living
- Success Story
- Ask a Coach
- Your Coach is Here!

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For GOAL resources, visit
www.nhhed.com

“Building assets is the only way out of poverty.”

- Ruby Payne

Ask your GOAL coach about “Find Financial Freedom,” a new online money management program developed by New Hampshire Housing.



Healthy Choices = Healthy Living

Take charge of your health! Go to: www.healthfinder.gov/Health_Tools for information and tools to help you and your family stay healthy; www.restartliving.org for support in living with issues related to chronic health problems and www.helpguide.org for strategies and tips for good mental and emotional health. Get regular health checkups and dental cleanings to prevent more serious and costly problems later. The following resources may help you to find the right care providers for your family.

Need affordable health care?

Community health centers provide an affordable medical home for many. People receive patient-centered and coordinated health care to prevent sickness, manage chronic illness, and reduce the need for costlier care such as emergency room visits and hospitalizations. Visit www.bistatepca.org/find-a-health-center/nh or call (603) 228-2830 for a community health center near you.

The New Hampshire Health Access Network is a voluntary effort of over 200 health care providers to improve access to health care for low-income children and adults who do not have enough health insurance or money to pay for hospital care, doctor visits or other medical care. Visit www.healthynh.com/fhc/initiatives/access/NHHAN.php#ites or call (603) 225-0900 to find a provider near you.

Need help paying for medications? To find a Medication Bridge site and six other programs, visit www.healthynh.com/fhc/initiatives/access/downloads/FFHCMedGuidv7.pdf.

Need free or low-cost dental care? Visit www.gatewayscs.org/pdfs/dental_resources.pdf for a low-cost dental clinic or www.dhhs.nh.gov/dphs/bchs/rhpc/documents/dental.pdf to find a community dental program. See *Ask a Coach* on page 2 for more information.

Need free or low-cost behavioral health services? To find the location of a community mental health center near you, visit www.dhhs.state.nh.us/dcbcs/bbh/centers.htm. For other links, www.liveyourlifewell.org/go/help or www.mentalhealthamerica.net/go/find_therapy.

What can you do to get the most out of your health care visit? Bring a list of questions to each visit. Ask questions, write down the answers and review them with your care provider to be sure you understand. The National Patient Safety Foundation encourages patients to understand the answers to three questions when visiting their medical provider:

What is my main problem? What do I need to do? Why is it important for me to do this?

Ask for help with referrals, language barriers, and additional resources. If you forgot to ask a question, or if you need more information after your visit, call their office. People who understand health care instructions may get well sooner or be able to better manage a chronic health condition.

Webinar: Achieving Health Care Access for All

Sign-up for this GOAL Program webinar scheduled for Wednesday, Dec. 7. The New Hampshire Health Access Network will answer your questions about finding and paying for health care in our state. Signing-up is easy! Just log into www.nhhed.com.

“For fast-acting relief, try slowing down.” - Lily Tomlin

Success Stories

GOAL client Debra Braswell has a long-standing relationship with her family physician and dentist. She always keeps her appointments and follows through with all recommended treatments. As a result of finding a great doctor and dentist that she can trust, Debra has established wonderful health care practices in her life. This has directly impacted Debra's ability to be a successful LNA. She has tremendous energy and motivation and she gives 100% of that to her clients. With Debra's success at work, she is now able to afford the car that she had been saving for during the past eight months.



Another GOAL client told us that “without the Medication Bridge program at the community health care facility I would not be able to afford my medication. Without my medication, I would not be able to work, starting a downward financial spiral - losing income due to sickness and then not being able to pay my day to day bills. Because of this health care facility, not only do I have my medication, I also have affordable physical and dental care!”

These clients have learned that maintaining their health is a key component to both pursuing and achieving their goals! They have used some of the resources in this newsletter to help them be successfully employed. Don't let your, or a family member's, physical, mental or dental, or eye health problems get in the way of your success. Be persistent in accessing the types of care you and your family need. People who get the care they need have a greater chance to maintain employment, get a raise, secure a new job, continue their job search or continue on their path to education. Resources for finding a “medical home” are on Page 1.

Ask a Coach

Q. What do I do if I can't afford to pay for my medical bill?

A. Go to your community hospital's patient billing office or the billing office at your doctor's office to seek financial assistance. All 26 community hospitals in New Hampshire as well as numerous doctors' practices, community health centers, several specialty hospitals, and other health care providers belong to the NH Health Access Network. This network helps patients find the financial assistance program they might qualify for. Visit www.healthyNH.com to find a list of participating hospitals and doctors or call (603) 225-0900.

Health & Wellness Links

www.liveyourlifewell.org
www.nmha.org
www.helpguide.org

Q. I don't have dental insurance, where do I go to find low-cost dental services?

A. Check with your local community hospital or health center and ask if they have or know of any dental clinics that help patients without insurance. You can also call New Hampshire's 2-1-1 line or search their website at www.211nh.org. NHTI's Dental Hygiene Clinic in Concord provides preventative services at reduced costs. Their office can be contacted at (603) 271-7160. If you have a child in school, the school nurse might be familiar with dental programs in your area. Lastly, you can visit www.dhhs.nh.gov/dphs/bchs/rhpc/documents/dental.pdf for a listing of organizations that provide services across the state at reduced costs. See Page 1 for more resources.



Your GOAL Coach is Here for You!

Remember, your GOAL Coach is here to listen to you and help you:

- Make a realistic plan to reach your goal.
- Find the information and resources you need to move forward.
- Focus on what you need to do to reach your goal.
- Motivate, build and sustain your inspiration.
- Move beyond the things that are holding you back.
- Reach your goal!

Staying connected to your Coach helps keep you on your path to self-sufficiency.

The Virtual Goal Coach (VGC) is your 24/7 online resource that allows you to update your goals, access resources and find answers to financial, employment and homeownership questions all in one place and at your convenience. You can access the Virtual GOAL Coach website at www.nhhed.com.

50 % of GOAL Program clients who indicated they have health care issues that interfere with their employment goals have accessed community health care resources.