

Along the Way

FALL 2024 NEWSLETTER

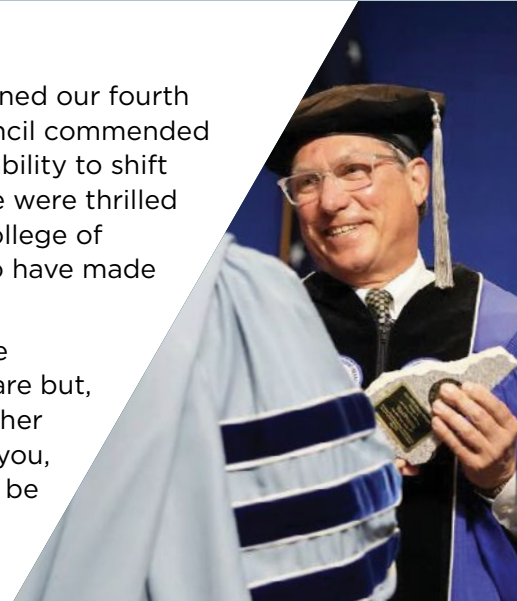


Dear Friends

It has been a busy year with lots of great things happening. Waypoint earned our fourth “of quality” designation at our Lebanon Family Resource Center. The council commended our team, noting that, “Waypoint Upper Valley FRC shows a noteworthy ability to shift their practice to meet community needs and respond to suggestions.” We were thrilled to be recognized with the prestigious Granite State Award by the UNH College of Professional Studies. This award celebrates organizations and people who have made outstanding contributions to New Hampshire.

As you read on, you will get a glimpse of the real impact of our home care services. I can give you numbers and facts on how critical these services are but, through the story of Renee, a home care staff member, and Cindy, one of her clients, you will see how this work changes lives. We are truly thankful to you, our partners, for supporting all our work in the community. We would not be able to do it without you!

—Borja, President/CEO



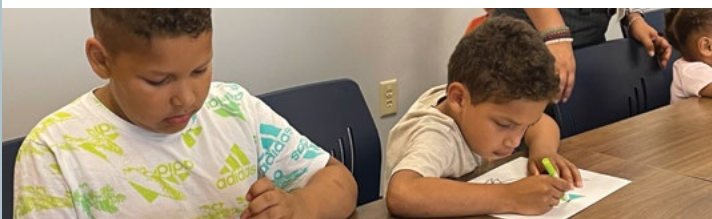
Updates

Advocacy

During the 2024 legislative session, Waypoint’s advocacy team identified nearly 200 bills to monitor or actively support or oppose. We were thrilled to see some successes. This included Senate Bill 463, which provides attorneys for children in the child welfare system who are in or at risk of placement in an institutional facility. Senate Bill 404 was another success and increased access to the New Hampshire Child Care Scholarship for families. Both bills passed legislation and were signed by the governor.

Early Childhood Care and Education

Waypoint is thrilled to be the recipient of a three-year grant from the Couch Family Foundation which will support work within a coalition to advance early childhood education and care practices in New Hampshire.



How You Can Help

There are many ways to support our life-changing programs, and we are always in need of donations. Make a difference by donating today!

Gift Baskets for Home-Bound Seniors

Many seniors cannot leave their homes and cannot readily buy what they need, let alone self-care items. Consider making a gift basket for a home-bound senior that would bring sunshine to their day! Here are some items that the seniors we serve would love:

- Fleece Blankets
- Mugs/Coffee
- Calendars
- Treats
- Socks
- Winter Mittens/Hats
- Stamps
- Hygiene Products

Please drop off gift baskets at
464 Chestnut St. in Manchester, NH.
If you have any questions, please contact
Katelyn Soucy at SoucyK@waypointnh.org

Caregiving is a Superpower



How one Waypoint employee changed someone's life

It was just another normal day for Cindy. Waking up, smoking cigarettes in bed. Never getting dressed or leaving her apartment. This was Cindy's daily routine for four years until Waypoint homecare staff member, Renee, walked into her life in October 2023. At first, while Renee did the grocery shopping, Cindy would be in pajamas with her bedroom door shut and the TV on at full blast and only interacting with Renee when she needed her signature. Renee sensed something was wrong. She discovered that Cindy was grieving the loss of her beloved dog, who had passed two weeks earlier.

Renee knew that Cindy needed a friend, in addition to a caregiver. "I built enough trust over time, so she knows I'm not looking to do anything but help," says Renee.

Over several months, Renee's support transformed Cindy's life.

She helped Cindy quit smoking, scrubbed the nicotine stains off the walls, decluttered and redecorated her apartment, removed the blackout curtains, and most importantly, lifted her depression by being the friend she needed and helping her to accept the loss of her dog. Once a week at 5 pm, they now share dinner off the clock as friends.

"I look forward to Wednesday because I know she's coming over, and I don't see anybody ever," says Cindy. "My last friend passed away, so she doesn't come see me."

Renee's passion as a caregiver is removing obstacles that stand in the way of seniors maintaining their health, independence, and wellbeing. She rearranged Cindy's bedroom furniture to prevent falls and helped her navigate her nutrition despite numerous food allergies.

"I'm celiac myself so I do understand the challenges," says Renee, "...so it was easier for me to go to the grocery store and pull things that are naturally gluten-free or give her ideas."

Renee's ability to relate to Cindy helped Cindy overcome one of her longest unhealthy habits - smoking two to three packs of cigarettes a day. Renee, a former smoker, knew the difficulty of quitting. She made sure Cindy's hands were occupied, which got her into a new hobby, crafting oceanic-themed coasters with colorful beads. This new hobby has helped Renee quit smoking for good.

Renee also helped Cindy use technology to make things easier, including using Alexa to help her add things to the grocery list and Amazon to help her purchase items. "She loves Amazon!" proclaims Renee. Cindy proudly shows off her red heels and adds, "Shoes - never wore them. I also have makeup on today...my first time in probably 10 years!"

The power of care and friendship from Renee changed Cindy's life. Renee started as a stranger, but now, according to both, they are family. Renee opened the blackout curtains and brought light back into Cindy's life. Help changes lives, but companionship makes life worth living. In Renee, Cindy found a source of strength.

Changing a life doesn't require grand gestures—just compassion, commitment, and belief in another's potential. Renee exemplifies Waypoint's values by offering not only help but genuine care along the way.



WAYPOINT

Help Along the Way

464 Chestnut Street
PO Box 448
Manchester, NH 03105

Employer of Choice

91% of employees are proud to work at Waypoint
& 86% would refer a friend to work here.

We recently took a pulse on how our staff feel about working at Waypoint, and we liked what we saw! Most staff felt positive about the many aspects of working at Waypoint, including accountability, transparency, flexibility, and the work itself.

New Offices

Waypoint has had several office shifts over the past year! All our programming has remained the same, and we continue to offer our high-quality services. Visit our new spaces in Dover, Nashua, and Lebanon!

Nashua

60 Main Street, Suite 240
Nashua, NH

Dover

35 Third Street
Dover, NH

Lebanon

85 Mechanic Street, Suite 140
Lebanon, NH