



Families First

support for families...health care for all

December 2010

Programs & News: 12-10

In This Issue

Program of the Month

New Walk-In Hours

Opinions4Good

2011 Art Calendar

Kids' Activity of the Month

Families First in the News

Resource of the Month

Quick Links

[Our website](#)

[Our Facebook page](#)

[Our Twitter page](#)

[Volunteer info](#)

[Job postings](#)

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December Parent & Family Programs

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Portsmouth

Daily Ways to Alleviate Family Stress ... Parent Support and Solutions Discussion Group ... Mother-to-Mother Connections ... Parent Recharge ... Toddler Playtime ... Family Fun Night ... Babytime ... Preschool Playtime

Lower Seacoast

Family Fun at Community Table (Seabrook) ... Family Morning Out (Seabrook)

Western Rockingham County

Family Morning Out (Epping) ... Siblings Without Rivalry (Raymond)

Happy Holidays from Families First! Parent and Family Programs will not meet from December 27-31, but Families First Health Center and Dental Center **will** be open.

Remember: In addition to the programs listed above, Families First has a Health Center that is open to all, with affordable primary care, prenatal care and dental care.

PROGRAM OF THE MONTH: Partners in Health

Partners in Health can make life easier for children who have a chronic health condition and their families, with information, support, referrals, and financial assistance. Partners in Health is for families who live in eastern Rockingham County and have a child aged birth to 21 with a documented chronic health condition that impacts daily living and is expected to last at least a year. Family Support Coordinator Georgie Clark can help you develop a plan specific to your family's needs. Parents also have the opportunity to



serve on the Family Council, which plans recreational and educational activities throughout the year, such as picnics and special-education workshops. To get a better idea of the issues Partners in

Partners in Health Coordinator Georgie Clark, left, with a family at a home visit

Health can help with and whether your family is eligible based on your child's health condition and where you live, [click here](#). For more information, contact Georgie Clark [by email](#) or at 603-422-8208 ext. 146.

NEW! Walk-In Hours for Health Center Patients

Families First Health Center has a new appointment option for our patients: "First-Come, First-Served Fridays." It is telephone-hassle free! Any sick Families First patient may walk in on any Friday morning at 7:30 a.m. and be seen soon by a provider. (Of course, you may still call any morning at 8:30, when the phones go on, and schedule an appointment. We just want you to have other options too!)

Let us know if you have other suggestions about how to serve you better. The comment box is in the waiting room. We love hearing from our patients. We want to be the best!

Please note: Walk-in hours are for established patients only. To become a patient, call 603-422-8208, option 1.



Our waiting room now opens at 7:30 a.m. on Fridays for walk-in appointments.

Op4G: Your Opinions = \$ for You + \$ for Families First



Participate in online market research (anonymously, safely and securely), and earn money for yourself as well as for Families First. Op4G is a Portsmouth-based company with a personal connection to Families First, so we know you can trust their promises that they will never share or sell your contact information, charge you a fee, or send you spam, and that you will have full control over when and how much

to participate. Please visit www.Op4g.com, click the gold *Become a Member* button (bottom right), and choose "Families First Health & Support Center" under *Select*

Your Nonprofit.

Great Gifts: *Artists of the Seacoast* Calendars and Cards

Is someone on your list a fan of art, or a lover of the Seacoast? Make them happy, and help Families First at the same time, by purchasing *Artists of the Seacoast* calendars, notecards and holiday cards. (The holiday cards are new this year and are sold only at Families First.) [Click here](#) for a sneak peek at the 2011 calendar artwork and find out where to purchase calendars and notecards.



"Winter Resting Place" by Peg Duffin is featured on our first-ever holiday cards.

CHILDREN'S ACTIVITY OF THE MONTH: Pumpkin Pie "Play-Doh"

Mix 5-½ cups flour, 2 cups salt, 8 tsp. cream of tartar, ¾ cup oil, 1 container (1½ ounces) pumpkin pie spice, and 4 cups water. Cook and stir over medium heat until lumps disappear. Knead dough on floured surface until smooth. Store in airtight container.

FAMILIES FIRST IN THE NEWS: Nonprofits defying a down economy

By Michael McCord, The Portsmouth Herald, 11/29/10

PORTSMOUTH - When Martha Cunningham arrived in 2007 as development director for Families First Health & Support Center, few could have anticipated the severity of the economic downturn that unfolded beginning in late 2008. . . . Two years later, it didn't turn out to be a fatal storm for local organizations that depend increasingly on individual donations, such as Families First, which functions as the region's all-purpose community health center. . . . [continue reading](#)

RESOURCE OF THE MONTH: KidsHealth.org

[KidsHealth.org](#) is run by the nonprofit Nemours Center for Children's Health Media, which describes it as: "Information you can trust about kids and teens that's free of 'doctor speak.'" It includes info about health, behavior and development from before birth through the teen years. Three sites-within-a-site have information targeted separately for parent, child and teen audiences.

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