



November
2025

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Meet AHEAD's newest Resident Service Coordinator



Carolyn Schofield

Carolyn comes to AHEAD after working for the North Country Health Consortium as a Community Health Worker for 7 years. After budget cuts ended the program, Carolyn was able to assume the Resident Service Coordinator role with AHEAD continuing her work with North Country Seniors. Carolyn is a licensed LNA and also works part-time at a local nursing home.

Fun Fact: Carolyn recently completed the New England 67, having climbed all the mountains in New England above 4000 feet.

Favorite part of her job: "I love being able to connect with residents in different ways and learning about the unique personalities that make up each property. It's interesting how each community is so different, some seek out ways to connect with each other, forming clubs and sharing food. While and other communities prefer their privacy and value their time spent with neighbors in a more intimate setting. I have learned so much from the residents, and I appreciate their wisdom and unique perspectives."

At AHEAD, we believe that a home is more than just a place to live—it's the foundation for a thriving life. Our Resident Services Program helps individuals and families build stability and connect with opportunities to grow.





CASH RAFFLE

Get ready to win BIG! AHEAD is excited to announce our Home for the Holidays Raffle where you can take home cash prizes!

GRAND PRIZE

\$20,000

\$100 PER TICKET, ONLY 500 WILL BE SOLD
HURRY, DRAWING IS 12/31/25

WWW.HOMESAHEAD.ORG




Click here to purchase your raffle ticket. Hurry, only 500 tickets will be sold!

Financial Tip of the Month



November Financial Tip: Get Your Finances Ready for the Holidays and the New Year
As the year winds down, November

Home Maintenance Reminder



November Home Maintenance Checklist - November Home Maintenance Tips: Get Your

is the perfect time to pause, reflect, and prepare your finances for both the holidays and the year ahead. A little planning now can help you enjoy the season with less stress — and start January on stronger financial footing.

1. Create a Holiday Spending Plan

Before the Black Friday deals hit, set a clear budget for gifts, travel, and celebrations. Make a list of who you want to buy for and how much you can realistically spend without using credit. Planning your purchases now helps prevent impulse buys later.

2. Review Your Year-End Finances

Check in on your financial goals:

- Have you met your savings target for the year?
- Are there bills or subscriptions you can cancel before the new year?
- Could you make an extra payment toward a high-interest debt before December?

Even small adjustments now can make a big difference.

3. Don't Forget Your Health Benefits

Many health benefits reset on January 1, so November is the perfect time to make sure you're getting the most out of what you've already paid for.

- Schedule last-minute checkups or dental visits before your deductible resets.
- Use any remaining Flexible Spending Account (FSA) funds — many of these accounts don't carry over into the new year, so spend them on eligible expenses like glasses, prescriptions, or health-related supplies.
- Check your insurance coverage for preventive care, which is often free under most plans.

Taking care of your health now helps prevent costly medical bills later and ensures you don't leave money on the table.

4. Prepare for Winter Expenses

Colder weather often brings higher utility bills and heating costs. Take steps to winterize your home, check insulation, and set aside a little extra for energy expenses. If you qualify, look into local energy assistance programs to help offset costs.

5. Look Ahead to 2026 Goals

Start thinking about what financial goals you'd like to set for the coming

Home Ready for Winter Storms and Emergencies

As the temperatures drop and winter weather looms, November is the perfect time to make sure your home and family are prepared for whatever the season brings.

1. Inspect and Service Your Heating System

Before a storm hits, make sure your furnace or heat pump is ready to perform when you need it most.

- Schedule a professional inspection to check for efficiency and safety.
- Replace filters and clear any vents or ducts of dust and debris.
- If you rely on a wood stove or fireplace, have your chimney cleaned to prevent fire hazards.
- A well-maintained heating system not only keeps your home comfortable but also prevents emergency breakdowns during freezing weather.

2. Protect Against Power Outages

Heavy snow and ice can bring down power lines. Prepare now so you're not left in the dark.

- Keep flashlights, extra batteries, and portable chargers on hand.
- Stock up on bottled water and nonperishable foods.
- If possible, consider purchasing a backup generator — and learn how to use it safely.
- Charge devices and fill bathtubs with water if a major storm is predicted.

Pro tip: Store your emergency supplies in one easy-to-access spot so you can find them quickly if the lights go out.

3. Safeguard Pipes and Plumbing

Frozen pipes are one of the most common — and costly — winter emergencies.

- Wrap exposed pipes in insulation sleeves or heat tape.
- Disconnect outdoor hoses and shut off exterior spigots.
- On especially cold nights, let faucets drip slightly to keep water moving.
- Know where your main water shutoff valve is located in case a pipe bursts.

4. Prepare the Outside of Your

year — maybe it's saving for a down payment, paying off a loan, or building an emergency fund. Writing down your goals this month gives you a head start on success in January.

6. Give Back Wisely

The season of giving doesn't have to strain your wallet. If you'd like to support local charities, consider donating your time or gently used items instead of cash. If you do give financially, remember to keep receipts for potential tax deductions. Bottom line: A little planning in November can go a long way toward keeping your holiday season joyful — and your finances (and health!) in great shape for the new year.

[Considering a donation to AHEAD, please click here to visit our website for options and more information](#)

Home

Winter storms can take a toll on your property.

- Clear gutters and downspouts to prevent ice dams and flooding.
- Trim branches away from your roof and power lines.
- Check that downspouts direct water at least three feet from your foundation.
- Stock up on rock salt or pet-safe ice melt for walkways and driveways.

5. Weatherproof for Warmth

Seal drafts around windows and doors to keep cold air out and heat in.

- Use weatherstripping, caulk, or draft stoppers as needed.
- Close curtains or blinds at night to trap heat.
- Add extra insulation in attics or crawl spaces if your home feels especially chilly.

These small upgrades can save energy — and lower your heating bill all winter long.

6. Check Safety Equipment

Winter often means increased use of heaters and fireplaces, so safety should be top of mind.

- Test smoke and carbon monoxide detectors.
- Replace batteries and keep a spare set nearby.
- Make sure you have a working fire extinguisher and know where it's stored.

7. Create a Family Emergency Plan

Talk with your household about what to do in case of a power outage or severe storm.

- Keep important phone numbers handy.
- Identify a warm, safe place to go if your home loses heat.
- Make sure pets are included in your plan.

A little preparation now can make all the difference when a storm hits.

Community Partner of the Month

Community Partner of the Month- NFI North Become a Foster Parent or Community Partner with NFI North

For more than 30 years, NFI North has been providing community-based services that strengthen families and



NFI NORTH

Foster Care

support youth across New Hampshire. Right now, there's a growing need for individuals and families interested in making a difference by becoming licensed foster parents.

Whether you can provide full-time care, short-term respite, or emergency/crisis support, your involvement can have a lasting impact on a young person's life. Every NFI foster home is supported by a dedicated Clinician and Clinical Case Manager, offering 24/7 individualized support so you're never alone in the process.

We'll prepare you with Clinician-led Trust-Based Relational Intervention (TBRI) and Understanding Attachment training, along with the virtual DHHS Pre-Service Training. NFI North is committed to honoring each family's strengths, values, and culture while helping foster meaningful connections for youth.

Not able to foster but still want to help? Become a Community Partner!

These individuals or businesses would be interested in making a difference by supporting a youth in care or their licensed foster parent(s). Sponsoring activities that promote stability and encouragement for youth in care—such as horseback riding lessons, sports teams, jujitsu, yoga, theatre workshops, swimming, pottery class, driver's education and more! These activities are essential in fostering positive connection that will be sustainable for our youth in care. Foster Parents may feel supported by receiving gift certificates or cards to local businesses / restaurants / services etc.

Fall is for many the start of the most magical time of year but can also be the most stressful. NFI often sees bigger behaviors in youth starting in November through the holidays. Anything you can give to make things easier would be deeply appreciated.

Your partnership helps create stability, encouragement, and hope for youth in care as well as serves families in need which help to grow a stronger, more connected community.

Call or text: (603) 545-5709

Email: AngelaMonahan@nafi.com

Together, we can make a lasting difference.

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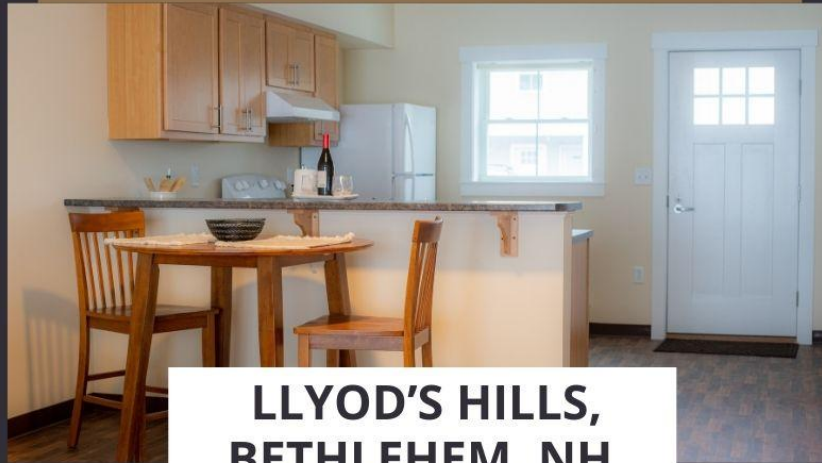
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OFFICE SPACE RENTALS

Mt. Eustis Commons is home to multiple organizations, non-profits and medical professionals. Located at 262 Cottage St., right off of 1-93 and with easy access to downtown Littleton. Multiple options to suit all business sizes and needs.

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For More Information
603-421-6124
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MEET OUR NEIGHBORS

ACE Dental Specialists, PLLC
Endodontics
Anitha AbdulRahiman, DMD MMSc



- ✓ Level 3, Mt. Eustis Commons
- ✓ 262 Cottage St. Suite 302 Littleton, NH
- ✓ 603-444-3025
- ✓ aceendo03561@gmail.com



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SECRETS OF HOMEBUYING

Learn all you need to know
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- Sat. Nov. 8, 2025
- 8:00am - 4:00pm
- In-person, 262 Cottage St, Littleton
- \$99.00 per household

www.homesahead.org



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**Use Coupon Code COOS to save 50% of
registration**

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