



# September 2025

[Visit our website](#)



NH SCOT

# VOLUNTEERS NEEDED

BE A PART OF OUR TEAM



## Your Support Makes All The Difference

AHEAD will be partnering with the Highland Games in Lincoln to provide volunteers to work the 3-day event. In exchange, the Highland Games will make a monetary donation to AHEAD.

### HOW TO JOIN US



- Click the registration link or scan QR code
- Choose the day/times you want to volunteer
- Wait for specific volunteer details in the upcoming weeks

### BENEFITS

- ✓ Help raise funds for AHEAD
- ✓ Free Highland Games T-shirt
- ✓ Free bagged lunch
- ✓ Free attendance for the day you volunteer

### SAVE THE DATES

Friday, Sept. 19<sup>th</sup>  
Saturday, Sept. 20<sup>th</sup>  
Sunday, Sept. 21<sup>st</sup>

Learn more about the Highland Games by visiting <https://nhscot.org/>

Want to volunteer at the 2025 Highland Games and help support AHEAD? [Click here](#)



**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](http://WWW.HOMESAHEAD.ORG)

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

Have you purchased a home after utilizing AHEAD's workshops or 1:1 counseling? We want to hear from you. As a non-profit HUD housing counseling organization, AHEAD's funding is based on how many homeowners we help create. Complete our brief survey form and you will be entered to win a 4-quart Dutch oven. 4 winners will be selected on October 31st from all completed entries.



## Are you an AHEAD Homebuyer?



Complete our AHEAD Homebuyer survey and enter to win a 5-quart Dutch oven!



[Click here to complete our homebuyer survey](#)

### Financial Tip of the Month



**Fuel Assistance Program (FAP):** helps qualified North Country households with heating costs. The program also helps households during an emergency by securing an immediate delivery of fuel, delaying a shut-off, or connecting clients to other sources of assistance. Benefits are calculated using household income, energy costs, the number of heating degree days in a region, and housing type. Benefits are a grant and do not need to be paid back.

**Electric Assistance Program (EAP):** provides eligible customers with a discount of 5%-86% on their monthly electric bills, depending on their gross household income.

**Ages Served:** All ages

**Area Served:** Coös, Carroll, and Grafton Counties

### Home Maintenance Reminder



#### September – Sleep & Comfort

As the crisp evenings of early fall roll in, September is a wonderful time to refresh your home and make it a haven of warmth and comfort. After the hustle of summer, it's important to shift your focus indoors and prepare your spaces for the cooler months ahead.

Start with the bedroom, the heart of restful living. Rotate and vacuum your mattress to extend its life and improve hygiene. A thorough vacuum helps remove dust mites, allergens, and debris that build up over time, while rotating prevents uneven wear. For added freshness, sprinkle baking soda with a few drops of your favorite essential oil over the mattress, let it sit, and vacuum it away. Don't forget your pillows—wash or replace them to support better sleep. Synthetic pillows can usually be machine washed, while memory foam can be spot-cleaned. Making sure both

Income Guideline: 60% of State Median Income (changes annually)

**Fuel Assistance Information:**

- Heating cost must be paid by the applicant. If heat is included in rent, benefits will be applied to rent.
- Homeowners and renters may qualify
- If you are in subsidized housing and heat is included in your rent, you will not be eligible for fuel assistance.
- Over-income applications may qualify for other programs
- Benefits cover all types of heating sources

**Important Fuel Assistance Dates:**

- July 1st – Priority households (those with children under the age of 6, disabled and/or elderly individuals, or heat with wood/wood pellets) can apply
- September 1st – All other households can apply
- December 1st – Program opens and payments begin to be sent to fuel vendors
- April 30th – The last date to apply for the current year's program

**Electric Assistance Information:**

- Applicant must be paying electric at the residence
- Homeowners and renters may qualify
- Applications accepted year-round

For more information or to apply contact:

Coös County:

53 Main St., Suite #2, Berlin  
(603) 752-3248

[berlincc@tccap.org](mailto:berlincc@tccap.org)

Monday-Friday | 8:00 AM – 4:00 PM

Carroll County:

448 White Mtn. Hwy., Tamworth  
(603) 323-7400

[carrollcc@tccap.org](mailto:carrollcc@tccap.org)

Monday-Friday | 8:00 AM – 4:00 PM

mattress and pillows are clean helps create a healthier environment for sleep.

Refresh your bedding and linens to match the season. Swap out lightweight summer sheets for flannel or cotton blends that feel cozy on cooler nights. Layering your bed with extra blankets or a warm duvet not only keeps you comfortable but also allows flexibility as the weather changes. This is also a great time to launder or dry-clean comforters and store them properly when not in use.

Transition your wardrobe and storage areas. Pack away summer clothing and accessories, and bring out sweaters, jackets, and boots. Take the opportunity to sort through what you no longer wear—donate items in good condition to free up space and help others in need. Organizing closets and dressers now makes it easier to enjoy the season without clutter.

Check in on home comfort systems. Schedule a heating system inspection and cleaning before you need to turn it on. Annual maintenance keeps your furnace or boiler running efficiently, lowers your energy bills, and ensures your family stays warm when temperatures dip. If you use a fireplace or wood stove, schedule a chimney cleaning and stock up on firewood early.

Finally, set the tone for fall living. Add cozy touches like soft throws, candles, or warmer lighting to make your living spaces feel more inviting. With school routines restarting and cooler days ahead, these small changes help create a sense of calm and comfort at home.

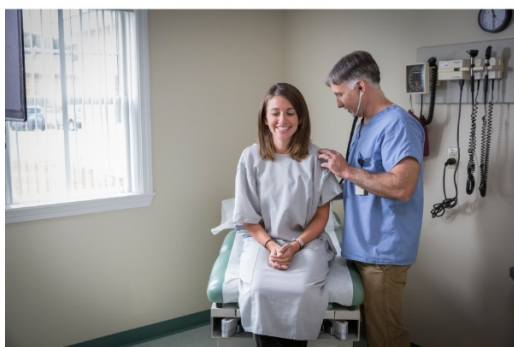
By taking time in September to refresh your sleep space, organize your wardrobe, and prepare your heating system, you'll head into autumn ready to enjoy the season with warmth, rest, and peace of mind.

PM  
Grafton County:  
41 School St., Ashland  
(603) 968-3560  
ashlandcc@tccap.org  
Monday-Friday | 8:00 AM – 4:00  
PM

## Community Partner of the Month



Androscoggin Valley Hospital  
North Country Home Health & Hospice Agency  
Upper Connecticut Valley Hospital  
Weeks Medical Center



### Community Partner of the Month- North Country Health Care (NCH)-

At NCH, healthcare is about more than medicine — it's about people, connection, and ensuring that everyone, no matter where they live, has access to the care they deserve.

NCH is made up of Androscoggin Valley Hospital, North Country Home Health & Hospice Agency, Upper Connecticut Valley Hospital, and Weeks Medical Center. Together, these organizations share a deep commitment to keeping our communities healthy, thriving, and supported through every stage of life. Their mission is simple yet powerful: to improve lives by assuring consistently excellent, integrated healthcare. From routine checkups and specialized treatments to home health and hospice care, NCH teams show up every day with one goal in mind — caring for our friends, families, and neighbors.

Volunteers play a vital role in this mission. Whether lending a hand at community events, providing companionship to hospice patients, or supporting hospital programs, volunteers bring heart and kindness to the care we provide. Your time and compassion truly make a difference.

Want to be part of something meaningful? Learn more, stay connected, and get involved at [northcountryhealth.org](https://northcountryhealth.org) or by following NCH on social media.



**Support AHEAD as a 2026  
Partner of the Month at  
Littleton Food Coop!  
Vote, September 20<sup>th</sup>.**



**Accepting Applications Now!**



Accepting Applications

## WOODSVILLE MAPLE WALNUT

Community living in  
Woodsville, NH

- 1, 2 & 3 Bedroom units
- Heat included
- Laundry room

**More Information**  
 info@homesahead.org  
 603-444-1377  
 www.homesahead.org





## SPEAR HOUSE

### WELLS RIVER, VT

CURRENTLY ACCEPTING APPLICATIONS

- 1 & 2 bedroom units
- On-site laundry
- Heat included
- On-site parking

**APPLY NOW**

603-444-1377  
 www.homesahead.org

Call or visit our website  
for more information.




Click here to apply

# Commercial Space Available at Mt. Eustis Commons





## 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.

- ✓ Handicap Accessibilty & Elevator
- ✓ On-site parking
- ✓ Access to conference room

### Contact Us



For More Information  
**603-421-6124**  
[omardin@homesahead.org](mailto:omardin@homesahead.org)



[Click here to view our available spaces](#)

## Available Workshops

Secrets of Homebuying  
In-person, Littleton, NH  
Sat., September 27th  
8:00am- 4:00pm  
\$99.00 per household.

## Secrets of Homebuying



### Secrets of Homebuying On-Demand, Self-Paced Enroll & Complete Anytime



### Secrets of Homebuying On-Demand

Work at your own pace, anytime,  
anywhere  
\$79.00 per household.

---

### Budgeting 101 On-Demand, Self-Paced Enroll & Complete Anytime



### Budgeting 101 On-Demand

Work at your own pace, anytime,  
anywhere  
FREE

---

### Financial Recovery On-Demand, Self-Paced Enroll & Complete Anytime



### Financial Recovery On-Demand

Work at your own pace, anytime,  
anywhere  
FREE

---

### Cracking Credit's Code On-Demand

Work at your own pace, anytime,

Cracking Credit's Code  
On-Demand, Self-Paced  
Enroll & Complete Anytime



anywhere  
FREE

Click here to register for a  
workshop



Get In  
Touch



AHEAD | 262 Cottage Street | Littleton, NH 03561 US

[Unsubscribe](#) | [Update Profile](#) | [Constant Contact Data Notice](#)



Try email marketing for free today!