
July 2020

**City Hall is closed to the Public, however City Hall
services continue to be provided:**

- **Drive-up Window**
- **USPS Mail**
- **On-line**

Please continue to check the **City Website** Calendar for
Updates to City Meetings

City of Somersworth, NH

One Government Way
Somersworth, NH 03878
603-692-4262



City Council Meeting - Monday, July 13 at 7:00 p.m.

Due to the State of Emergency declared by the Governor and in accordance with the Governor's Emergency Order # 12 pursuant to Executive Order 2020-04, this public body is authorized to meet electronically. This meeting will be held via Zoom online platform. The public is asked to submit comments via email to kgagne@somersworth.com or bblmore@somersworth.com. Comments must be received no later than 4:00 PM the day of the City Council meeting. The meeting can be viewed via the Local Government Cable Access Ch. 22 (Comcast) as well as via live stream at the City's website www.somersworth.com



Somersworth High School Graduation A Message from Mayor Hilliard



Graduating
Dylan Zinkevich



Graduation a little different this year, but it was a
great day for some awesome graduates!

There is Only One of you!

At this very moment, we gather here to celebrate you and every aspect of your existence: all of your assets, your deficits, your joys, your sorrows. All of the things that make others happy, that drive others mad, they are yours, yours alone, yours to claim, yours to own.

Of the 7.8 billion souls on this planet, there is no duplication, no carbon copy, no other you stored to exchange. No other person will ever fit in your shoes, see the way you see, hear the way you hear, or leave the same footprint, or same mark. No other person will ever feel the way you feel, understand the way you understand, or love the way you love.

Out of love and commitment, your parents brought you into this world with the hope that you would carry forth on the journey where theirs would someday end. At this moment we gather here with that same hope, as the torch of advancement is passed.

A hope that you will carry forward with the same compassion and commitment to build the society that we announced to the world we would deliver upon 244 years ago. A hope that you will carry forward and ensure that all will be treated equally, that all will be guaranteed

liberty and justice, and that all will be cherished and protected.

A hope that you will reaffirm the commitment to institute the ideals of the creed which identifies each and every one of us as Americans, as compassionate spiritual humans. That you will set forth continuing to build a community, a nation, a world which celebrates all colors of the rainbow. That you will embrace that Black lives, that Asian lives, that gay lives, that immigrant lives, that all lives, matter. That you will acknowledge each one of us were created in the image of God and are to be accepted, honored, and celebrated for the sacred temple we represent, the temple of life.

For the twelve plus years of your public educational journey, we have been guiding you towards this moment. The moment when our community could rejoice and celebrate upon its investment. Yes, you are the stock of our community, and over your K-12 journey we have heavily invested in you.

Now in the spirit of investment, we seek our return, our dividend. Yes, although today is all about you, it is also about us. Yes, you will receive your diploma, yes, you will receive your cake, your party, your moment; but you will now have to pay upon that investment, the investment we made in you. You will pay upon the investment by being kind, saying I love you, opening the door for others, and helping without seeking praise. You will pay upon the investment by bringing our creed to life. When one group of our society is left outside of the banquet hall of freedom and liberty, it is a matter of time until we will all eventually go hungry. You will pay upon the investment by speaking up for those who are silenced, helping those who for whatever reason may not be able to help themselves and by remembering that each person is as unique as yourself. That like you, they feel love, pain, joy and sorrow. That while there may only be one you, there is also only one of them.

As your former guide and Principal throughout your middle journey, each of you grew to discover my love of children's literature. From time to time during our community days, as you sat upon the gym floor, I would bestow the morals and wisdom of the messages embedded within those colorful pages, pages which transported us to make-believe places or unknown worlds. As we grow closer to the minute when we will stop upon the trail and watch you continue your journey, middle school 8th grade class of 2016 and Somersworth High School class of 2020, my gift to you is the children book entitled "Only One You" by Linda Kranz.

(After reading "Only One You" by Linda Kranz to the class of 2020)- Class of 2020, remember there is only one you, and within you is the hope of humanity. Carry forth this day and build upon the blocks laid by the generations before you, the blocks of compassion, of dignity, of civility, of understanding and empathy. Continue to honor, celebrate, love and embrace your uniqueness and the uniqueness of others.

Congratulations on your accomplishments; best wishes as you continue with your journey and the journey of constructing the community, nation and world we all strive to be part of.

Know that Somersworth will always be home, and a support base. May you discover the joys of life and acknowledge sorrow as part of the trail. May happiness, love and the spirits of your ancestors guide you safely towards each discovery and success, and may your blood forever run Hilltopper Blue.

Pride 2020



In 1619, having been stolen from their African homeland of modern day Angola the first African Slaves would arrive in Port Comfort, modern day Virginia and begin a 401 year history of intolerance and injustice within our nation. The recent events of the death of George Floyd has once again brought to light how far our nation still has to journey until the promise of the foundation of our creed is universal for all. Our nation started with the bonds of slavery, the stealing of native lands, the passage of colonial laws making women second class citizens and religious persecution. On July 4th, 1776 the promise of a new path was announced to the world as we declared our independence based upon a doctrine that for the first time in human history declared every human was entitled to protected rights bestowed upon them from God.

[Read More](#)



STATE PRIMARY ELECTIONS

Tuesday, September 8

Due to the COVID-19 Coronavirus Pandemic, the Secretary of State's office has made provisions for all voters to register to vote by mail and to request absentee ballots for any reason.

Under new guidance, voters can now register by mail during the COVID-19 pandemic and can request an absentee voter packet from the City Clerk's Office or from the New Hampshire Secretary of State.

Voters need to fill out a registration form and provide election officials with a copy of a current photo ID, as well as a copy of a bill, bank statement or other document with a name and address.

Voters also need a witness, who will be allowed to stand 6 feet away or behind a window, to watch the voter sign their form and to attest by affidavit to the voter's identity.

Forms must be returned by mail or in person to the City Clerk's office.

The state's complete guidelines [can be viewed here](#).

Absentee ballot requests [can be downloaded here](#) from the City of Somersworth's website. Absentee ballot requests must be returned by mail to the City Clerk's Office at City of Somersworth, NH, City Clerk, One Government Way, Somersworth, NH 03878.

The completed form can also be returned via the Drive-up Window at City Hall. For more information, contact the City Clerk's Office at 692-9512.



Free Life Jackets Available for Families in Need!

Educators in Somersworth along with members of the Somersworth community would like to promote water safety this summer and have made FREE life jackets available for families in need. Life jacket sizes include infant, child, and youth.

If interested, please call Pat Breton at 692-2861 and leave a message to arrange for pick up.

Enjoy the water and keep safe!



Hiking for a Charity

For many New Englanders, hiking is an enjoyable pastime that not only allows them to explore the natural beauty of New Hampshire but also get fit. Many of those hikers set themselves challenges and this is exactly what Matt Blair, a 24 year old EMT Supervisor with Stewart's Ambulance in Somersworth, did.

He set himself the personal challenge of hiking 48 peaks in New Hampshire that rose above 4,000 feet. As if that was not

challenging enough, he also set a time limit to complete the challenge in 48 days, and all while he was working a 48 hour work week.

Not sure about you but I was tired just thinking about this but Matt put it this way, "I wanted to challenge myself. I've done the 4,000 footers before but never in that kind of time limit. For me it was a personal challenge to be able to do that and incorporate that charity was super fun for me." That charity would be in the form of [No Kid Hungry](#), a charity that helps ensure kids receive a square meal each and every day. The original aim of the challenge was to raise \$480.

So throughout April and May almost every spare moment was spent climbing the 48 peaks within the 48 hour time frame. He completed his challenge in a total of 47 days and 1 hour. According to Matt he had to turn around a couple of times and had to redo those peaks but it is obvious to anyone who talks to Matt that hiking is his love.

Some of the hikes he took alone but most were accompanied and on several occasions he was accompanied by co-workers from his shift at Stewart's Ambulance.

Unbeknownst to Matt, his employer Stewart's Ambulance received word of what he was doing and began to promote his achievement as the challenge progressed. As the challenge drew to an

end, the company announced, much to Matt's delight, that they would be matching any funds he raised. At the time of writing, funds raised were just over \$3,500 before the match was made. Matt never expected the match and is quick to thank Stewarts for its support.

When I asked Matt, if he would do it again, he replied, "Yes, I would do it again, but I don't know about the 48 hour time frame but there are plenty of other hiking challenges waiting for me."

The Go Fund Me campaign is still open for anyone who would like to donate and can be found [HERE](#).



COAST to Launch New System Monday, June 29th

After nearly two years of planning and outreach with riders, community members and financial stakeholders, COAST's redesigned public transit system launched on Monday, June 29th. Ultimately, the new system was designed to reflect the region's changing travel patterns, and to adapt to COAST's new financial reality.

After many months of extensive analysis, design and redesign, outreach, and consideration of feedback received, this past winter COAST announced it had arrived at its new service design. The schedule and/or route traveled of all of COAST's current bus routes will be affected. Additionally, there are several new bus routes that will be introduced. More information about the new system and schedules can be found on COAST's website www.coastbus.org.

Cornerstone features of the new system offer the following benefits:

- Creates separate local routes from routes making regional connections
- Significantly reduces travel times for many of the longest trips (by more than 50%)
- Improves timely connections between routes, making regional travel easier
- Provides hourly frequencies on most routes
- Uses clockface schedules (bus coming to the same stop, at the same time after the hour, every hour) on most routes
- Significantly enhances Saturday service levels
- Extends service coverage to identified areas
- Maintains the current daily span of service to the maximum extent practicable
- Provides greater flexibility to operate routes only when sufficient demand exists
- Makes better use of downtime and bus movements to maximize revenue service
- Represents an overall cost reduction to operate

There will be no changes were proposed to the base cash fare to ride the system (\$1.50). There will continue to be options for purchasing discounted fare media, such as bundled tickets and monthly passes.

As a cost saving measure, two new no-service holidays will be recognized by COAST: Christmas Eve and Martin Luther King Jr./Civil Rights Day. These two holidays were chosen based on their traditionally lower ridership numbers.

COAST has provided public transit service to the Seacoast New Hampshire region since 1982. COAST is a non-profit agency, operating a regional public transit system that relies primarily on federal and local government support to operate. COAST is governed by a board of directors representing the communities served, two regional planning commissions, and many local and state agencies. COAST's vision is to be an innovative leader in providing a broad range of public transportation services, connecting, and coordinating a robust network of transportation options

Forrest Glade Cemetery Looking Beautiful!



As Trustees of the Forrest Glade Cemetery we are saddened by the passing of our Chairwoman Mary Shaw. Mary's love for this Cemetery has been demonstrated through her work as a City employee as sexton and in retirement as a Trustee. Mary was a wealth of historic knowledge and shared generously her knowledge. Mary will be greatly missed!

Below is one of the projects Mary worked on, to have the main gates of the Cemetery repaired through a New Hampshire Moose Plate Grant



From left to right: Public Works Director, Mike Bobinsky; Vice Chair Cemetery Trustees, Maggie Roberge; Mary Shaw; Mayor Dana Hilliard; City Manager Bob Belmore

Friends of Forrest Glade Cemetery

Join us for a little social distancing as we do a little yard work around the Cemetery

We invite you to join us on these 4 Saturdays:

July 11 & July 25

August 8 & August 22

From 8 am to 12 Noon. Bring your rakes and pruners and garden gloves.

For more information contact Maggie at

Maggiein03878@comcast.net



Looks who's Re-opening!

We are happy to announce the **Re-opening of the Summersworth Historical Museum**. We will open on Sunday July 5 at our normal time 12:30-3:30.

We have done a lot of work in the museum since we've been closed,

we have some new lighting and new displays and did some painting. We have also cleaned the entire museum. We hope you can come on in and take a look around and if you have never been to the museum you'll be amazed at all the artifacts.

There will be masks and hand sanitizer at each entrance, we will follow social distancing and Covid guidelines.

As always there is no charge, what better way to spend some time on a Sunday than to take a walk through time.

We look forward to seeing everyone and thank you all for your support through this difficult time.

George Poulin
President

Please help out your Local Eatery's.



Here is a [List of Establishments](#) who are offering
Limited Inside Seating and Outside Dining along with
Takeout

Department of Public Works & Utilities



July 4 Holiday Trash Schedule

Monday the week of July 6 - **All trash and recycling collection services will run on their regular schedule.**

Friends of Forest Glade Cemetery-Volunteers Sought

Join us for a little social distancing as we do a little yard work around Forest Glade Cemetery.

We invite you to join us on these 4 Saturdays:

July 11, July 25, August 8 and August 22 from 8 am to 12 Noon; meet at the Furber Chapel for area work assignments. Bring your rakes and pruners and garden gloves.

For more information contact Cemetery Trustee Maggie Roberge at

Maggiein03878@comcast.net



Fireworks and Summer Heat

A safety message from the Fire Chief's Office

The COVID-19 pandemic has increased stress among adults and children while many recreational activities have been cancelled – including professional fireworks shows. However, please be careful if you choose to use consumer fireworks. According to the National Fire Protection Association (NFPA), in 2018, fireworks in the hands of consumers started an estimated 19,500 fires, including 1,900 structure fires, 500 vehicle fires, and 17,100 outside and other fires. These fires caused five deaths, 46 civilian injuries, and \$105 million in direct property damage. Parents and adults, please have a conversation with your children about not playing with misfired and waste fireworks that they may find while playing outside. Consumer fireworks are permissible in the City of Somersworth with a permit obtained through the Fire Department.

If using fireworks, follow these guidelines:

- Only light fireworks on a hard, flat and level surface.
- Wear eye and ear protection, gloves and clothing that cannot easily ignite.
- Make sure the area is free from overhead obstructions (trees, electrical wires etc.).
- Do not attempt to re-light a firework that does not go off, wait 15 minutes then douse it in water to make sure that it is inactive.
- NEVER put any part of your body over a firework while attempting to light it and NEVER hold a firework in your hand while attempting to light it.
- Do not change or manipulate a firework in any way and be sure to read the manufactures instructions for use.

With the summer heat and humidity upon us, here are some important safety tips:

- Never leave children or pets alone in closed vehicles.
- Drink plenty of water; even if you do not feel thirsty. Avoid drinks with caffeine. People who are on fluid-restricted diet or have a problem with fluid retention should consult a doctor before increasing liquid intake.
- Check on family, friends, and neighbors who do not have air conditioning and who spend much of their time alone.
- Check on your animals frequently to ensure that they are not suffering from the heat.
- Go to a designated public shelter if your home loses power during periods of extreme heat. Stay on the lowest floor out of the sunshine if air conditioning is not available.

Sign up for NH Alerts at: <https://public.coderedweb.com/CNE/en-US/BFC2664C2B92> to receive emergency information via your mobile and landline phones, including severe weather alerts from the National Weather Service and emergency information from New Hampshire Homeland Security and Emergency Management.

Check the weather and listen to a NOAA Weather Radio for critical updates from the National Weather Service.

If you must go outside:

- Avoid strenuous work during the warmest part of the day. Use a buddy system when working in extreme heat, and take frequent breaks.
- Dress in loose-fitting, lightweight, and light-colored clothes that cover as much skin as

- possible. Avoid dark colors because they absorb the sun's rays.
- Protect face and head by wearing sunblock and a wide-brimmed hat.
 - Postpone outdoor games and activities.
 - Stay indoors as much as possible and limit exposure to the sun.

Call the Fire Station at 692-3467 if you have any questions about these topics or any other safety related questions.

Please be careful and look out for each other.
George Kramlinger
Fire Chief/Emergency Management Director



D-Shift preparing to exit a simulated confined space after packing the patient for a horizontal rescue



B-Shift completes the rescue of a victim using a rope and pulley system from a confined space simulating a drainage culvert



C-Shift demonstrates rescuing a patient using a tripod and rope system

A-Shift taking water from the canal practicing for the scenario where a hydrant is not available



Somersworth Police & Friends



New Police Cruiser : Our 2020 Ford Explorer has been delivered and will soon be outfitted to replace an older police cruiser in the fleet.

New Crime Scene Vehicle: We have outfitted a new crime scene vehicle. This vehicle has a processing area and will contain all of our forensic equipment. This will allow us to gather evidence and process it efficiently from crime scenes for many years to come.

Summer Pet Safety

It takes only minutes for a pet left in a vehicle on a warm day to succumb to heatstroke and suffocation. Most people don't realize how hot it can get in a parked car on a balmy day. However, on a 78 degree day, temperatures in a car parked in the shade can exceed 90 degrees -- and hit a scorching 160 degrees if parked in the sun!

Even when the outside air temperature is in the 60s, temperatures inside some vehicles can reach the danger zone on bright, sunny days. So many experts recommend not leaving pets or children in parked cars even for short periods if the temperature is in the 60's or higher.

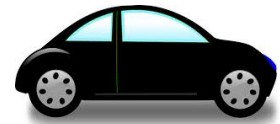
Rolling down a window or parking in the shade doesn't guarantee protection either, since temperatures can still climb into the danger zone. And if the window is rolled down sufficiently, the pet can escape.

Animals are not able to sweat like humans do. Dogs cool themselves by panting and by sweating through their paws. If they have only overheated air to breathe, animals can collapse, suffer brain damage and possibly die of heatstroke. Just 15 minutes can be enough for an animal's body temperature to climb from a normal 102.5 to deadly levels that will damage the nervous and cardiovascular systems, often leaving the animal comatose, dehydrated and at risk of permanent impairment or death.

Precautions: Leave your dog at home on warm days.

LOCKING YOUR CAR DOORS

The safest way to protect your vehicle and the contents in it is to LOCK YOUR CAR DOORS. It only takes a minute!



Somersworth Crime Line:

You can leave anonymous information at 692-9111 - 24 hours a day/7 days a week.



Check out Somersworth Police Department's Facebook page. We use it to let you know about important community information including crime information, road closures, snow emergencies/ parking bans, and community events. Here is the

link: <https://www.facebook.com/SomersworthPoliceDepartment/>

The Somersworth Library has opened for curbside pickup Monday -Friday, 10:30-2:30. For more information, please see <https://www.somersworth.com/somersworth-public->



library. You can place holds on books, DVDs, etc., through the catalog
<https://somersworth.nhais.bywatersolutions.com/>

If your items are available, they will typically be ready for you the next business day. You'll receive an email or a call when they are ready for pickup. Please call the library 692-4587 when you're on your way here, and

your items will be on a table by the book drop.

The NH State Library has made available Read Squared

<http://somersworthlibrary.readsquared.com/>. You can track your reading, write reviews and earn points for books you finish or pages you read. When you pass a level of points, you'll have access to games, puzzles and e-badges. It's open for adults, too!

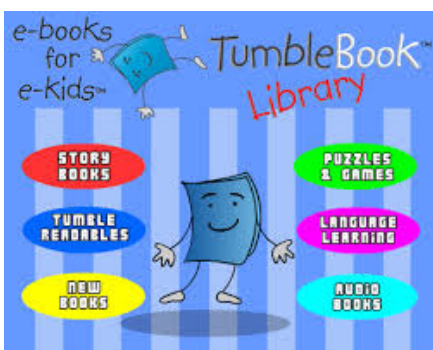
The **Young Adult Library Services** has purchased 300 e-copies of "A Monster Calls" by Patrick Ness. Maybe the family wants to read and discuss it together or your teen could start his or her own book group. If you do a search in the catalog, you'll see a link to the e-book at the top of the page. To borrow, use your library card number as your username. If you need help with the password, give us a call at 692-4587.

As well as audio and e-books, NH has a rich collection of magazines and newspapers available to you online. From the catalog, choose EBSCOHost "Find Magazine and Newspaper Articles." Need car repair assistance? There's a category for that. How about some inspiration for crafts and hobbies? You can find that too. Whatever database you go into, Advanced Search will allow more options to specify your search. Unlike the internet, all resources have been vetted.

Happy Reading!

**Please check out Tumblebooks Resource below to
Continue your Reading Enjoyment**

Tumblebooks Resource Available until 8/31/20



TumbleBooks, a world leader in online books, has announced it will make its family of online libraries available for free until at least August 31. This is available to all Somersworth residents – no library card is required. Its flagship product, TumbleBooklibrary is a collection of animated talking picture books, read-alongs, books, quizzes, lesson plans, and educational games. Books for teens, adults and teaching math are also available! TumbleBooks are easy to use, and feature

unlimited access from home! You can read as many books as you want, when you want, and on any device. There are no check-outs, holds, or downloads. Books are available instantly. You can get access on the library webpage under the database tab, or at this link <https://www.somersworth.com/library/pages/library-databases>



Free WiFi Still Available 24/7

Free Wireless Internet is still available at the Library while the Library is closed. It can be accessed from the outside the Library, and its strongest signal is near Station Street. Connect your device to the wireless networks named "Library" or "Wireless" - no password required.

Somersworth Recreation - Here We Go!!



Join the Hilltopper Fitness Frenzy Challenge!! July 5 - July 31

Open to all Somersworth Residents

**Send in your completed log sheet by August 7th
for a chance to win a gift card!**

Hilltopper Fitness Frenzy Challenge Log Sheet & Activity Calendar

How to participate in the challenge:

- The goal of the challenge is to get 30 minutes of physical activity at least 3 days per week between July 5-July 31 (or more!)
- Use the challenge log sheet to record your weekly physical activity & send your completed log sheet to the Rec Dept. by August 7th to be eligible to win a raffle prize.
- You can come up with your 30 minute activity or use the sample activities listed on the calendar for inspiration.

How to turn in your log sheet:

- Scan & email (or take a picture) & email to kdavenport@somersworth.com or mpotter@somersworth.com
- Mail to: 1 Government Way Somersworth, NH 03878

RECspiration Newsletter- Check out our weekly activity newsletter for some

inspiration on fun activities to try at home this summer!

<https://www.somersworth.com/parks-recreation/pages/recspiration-weekly-activity-newsletter>

*****Coming July 20 - Rec Chalk Obstacle Course Challenge**

Kristen Davenport, Recreation Supervisor

City of Somersworth

(603) 692-9508

kdavenport@somersworth.com



The City of Somersworth Thanks COAST for their continued service to the Residents of Somersworth.

Here are 10 Tips for riding COAST Safely During this Pandemic.

If you have not ridden public transit and COAST since the beginning of the pandemic, a lot has changed since the beginning of March.

At COAST, they are sanitizing and sterilizing buses throughout the service day to make sure their buses are safe to ride.

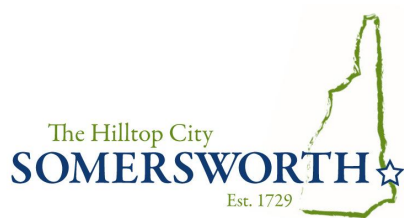
COAST has also treated all of their vehicles that are used in curb-to-curb transportation for older adults and individuals with disabilities with an EPA registered water-based antimicrobial nanocoating solution

that provides persistent and continuous protection against microbes (bacterias, molds and viruses).

For passengers, until there is an effective treatment or vaccine, here are some recommended steps for a safer and more enjoyable trip on public transit. Some are now seen as common sense; others are specific to public transit and common courtesy:

1. Stay at home if you are not feeling well. If you are sick or experiencing any of the symptoms of COVID-19, you should stay at home. Do not touch your face, and cough or sneeze into a tissue or your elbow – not into the air or your open hand. Contain your microdroplets from your nose and mouth as much as possible.

2. Talk less and quietly onboard public transit. You release microdroplets whenever you speak, especially when you talk loudly and yell.
3. Wear a face mask or covering. As recommended by public health officials, you are urged to wear a face mask or covering while making a trip on public transit. This protects both yourself and others from potential coronavirus-carrying microdroplets, and they are an added tool given that adequate physical distancing may not always be possible, especially when ridership begins to increase.
4. Use available hand sanitizer when you board the bus. Spray a small amount of hand sanitizer on your hands at the time of boarding (available at the bus entrances) so that when you move back into the seating area, anything you touch is being touched by your just sanitized hands.
5. If you can, avoid the most heavily traveled times and travel when there are less people. Yes, there remain times when the buses are more crowded. These times will vary by bus route.
6. Be patient, respect other passengers and drivers, and pay your fare. We are all in this together. Be considerate; treat others like how you would like to be treated.
7. Minimize your conversations with the bus operators and please keep your distance. While the bus operators are always happy to help answer questions, they are using temporary curtains to protect them at bus stops. Please move through this area as quickly as possible and limit questions for now. If you need to ask a question, please do so from behind the “stand behind line”.
8. Let other passengers exit the vehicle first. Let passengers get off from the vehicle first before boarding. Also give them adequate space to de-board and clear before you move to step aboard.
9. Avoid making seating buddies unless you are riding together as a group; give extra space. Although physical distancing will not always be possible, spread out as much as possible when on the buses.
10. Limit your touching of your face mask or covering. It helps reduce the potential spread of the coronavirus from your hands to other surfaces.



City of Somersworth - Stay Informed

Want up-to-date information about road work, emergencies, and other important information? Sign up now to receive email alerts.

To sign up for One or All of the City updates and e-alerts [click here](#). An email address is required to get City alerts and announcements.

Family Focus Programs

We really want to let people know about the opportunity to attend Positive Solutions online—starting July 27th. The link to register is here: [Register for Positive Solutions.](#)

Family Focus

Programs & News | July 2020

Please Share Your Feedback

The Family Center wants to hear from you! Please take a few minutes to complete this confidential survey so we can get a sense of how well our programs are meeting your needs and how we can improve. Your feedback about the impact of our programs helps us secure the funding we need to continue our work to strengthen and support families. Thank you so much for taking the time to take this survey today!

- Georgie, Parkie, JoAnn, Patrice, Beth, Kristin, Melodie and Gina

[Take Survey Now](#)

Positive Solutions for Families ... Offered Online in July



[Sign Up for Positive Solutions](#)

Positive Solutions for Families

A six-week series for parents of young children

Mondays: July 27- Aug 31
6:00-7:30 pm

***Virtual meetings *Zoom app required**

Get tools and strategies for supporting your child's social skills and emotional development, teaching appropriate behaviors, and gaining confidence as you handle the challenges of parenting a young child.

Ideas for Summer Fun at Home

Take a look at this newsletter from **Doing Good Together**. It has great ideas for how your family can have fun, get outside, be creative, and help others this summer.

- Build a nature museum
- Disassemble an old appliance
- Design an obstacle course
- Create an I Spy game with stuffed animals
- Construct a house of cards
- Share large signs of hope
- Build a fairy garden

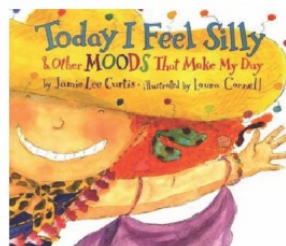


Literacy Tip of the Month: *Change your reading location*

Kids who keep reading, keep learning!

Make books fun this summer by **reading in new places**: a tent in your yard, a blanket fort in your house, a tree, a swing. Read with a flashlight - under a blanket, in a cozy closet, or outside at night. Listen to an audio book together while you color or paint. Read to your kids while they're in the bathtub, in an outdoor wading pool, eating popcorn, or building with Legos.

Also remember that a great picture book is wonderful at any age. Check out the list of picture books, organized by topic, that provide comfort and perspective and inspire conversations (from *Doing Good Together*).



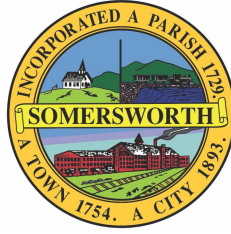
[Picture Book Lists for the Whole Family](#)

Greater Seacoast Community Health



Quality Service, Quality Schools, Quality Somersworth
Vision 2020

"We Believe in Somersworth"



Proud Past, Bright Future
