



November 3, 2023

Sarah Frase
First Seacoast Bank
633 Central Ave
Dover NH 03820

On behalf of Thanks 4 Giving Charity, thank you for your generous donation of \$500.00. This letter serves as formal acknowledgement that your donation has been received. The Thanksgiving Celebration provides a Thanksgiving meal to local individuals and families who face food insecurity and other challenges. Last year, dinner for over 250 was again served at Blue Latitudes. We also delivered over 500 meals for those that could not attend. Without the support of our generous donors, like you, this event would not be possible. Your support is more meaningful than ever, and we thank you for your tax-deductible donation that will help us meet our goal of providing Thanksgiving meals!

Our mission is to contribute to the well-being of the greater Seacoast region by celebrating the spirit of community, connecting people and inspiring community-led change. We thank you again for your investment in our community and your support of our organization.

Sincerely,

Jeff Roemer & Michael Steinberg

Co-Chairs, Thanks 4 Giving Charity Board of Directors

As required by the Internal Revenue Service, this letter shall confirm that Thanks 4 Giving Charity, EIN #87-2076162 provided no goods or services in exchange for your contribution, making it tax deductible to the extent allowed by law.

November 17, 2023

Ms. Tiffany Melanson Stackpole
First Seacoast Bank
633 Central Ave
Dover, NH 03820-3449

Dear Tiffany,

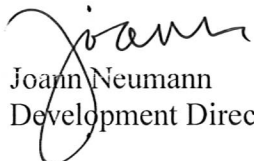
Thank you for First Seacoast Bank's donation of \$5,000.00, for our Giving Tuesday challenge match. We received your check on November 13, 2023.

Community health is the collective well-being of community members. Our mission to provide comprehensive care – regardless of ability to pay – helps to create a healthy community for everyone.

Without the safety net provided by our network of health and family support centers, many of our neighbors would be forced to take measures such as cutting back on food and utilities. They may find themselves borrowing money to pay medical and dental bills, or skipping treatment altogether. We strive to remove obstacles and help people navigate the health care system at a time when they may not be at their physical, emotional, or financial best.

Your support plays an essential role in Greater Seacoast Community Health's ability to not only treat illness but to maintain wellness. We deeply appreciate your commitment to a healthier and more resilient community.

Sincerely,


Joann Neumann
Development Director

RECEIPT

Check Amount: \$5,000.00

Check #: 0170

Check Date: 11/2/2023

*Happy
Thanksgiving!*

Families First Health & Support Center and Goodwin Community Health are members of Greater Seacoast Community Health - a 501(c)(3) tax exempt, not-for-profit organization; EIN #02-0304203.

GetCommunityHealth.org

Families First Health & Support Center 8 Greenleaf Woods Drive #100 Portsmouth NH 03801 | 603.422.8208

Goodwin Community Health 311 Route 108 Somersworth NH 03878 | 603.749.2346

Lilac City Pediatrics 180 Farmington Road Rochester NH 03867 | 603.335.4522

**The New Hampshire Jump\$tart Coalition
for Personal Financial Literacy
is grateful for your 2024 sponsorship.**

**With your support, we will continue to
pursue our mission of improving the
financial literacy of children in
the Granite State.**





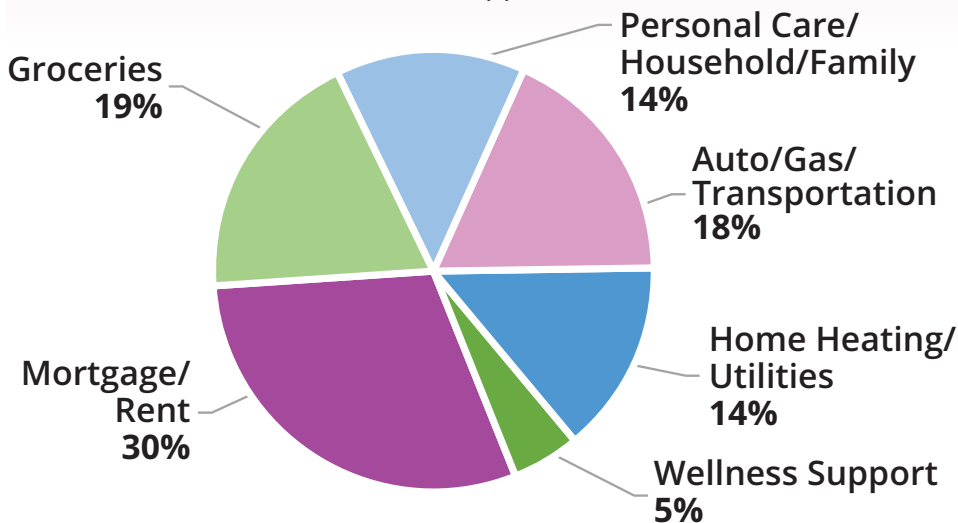
2023 COMMUNITY IMPACT

Your support helps us provide financial and emotional support to thousands of breast cancer patients and their families on the seacoast of New Hampshire and in southern Maine.

Financial grants help cover today's basic needs so that patients can focus on getting well.

2023 FINANCIAL SUPPORT GRANTS

In 2023, Your Support Provided:



Last year, we fulfilled 119 individual Financial Support Grants to alleviate the stress of nearly 300 bills and expenses.

IN ADDITION, WE PROVIDED:



382 gift bags with support items to newly diagnosed breast cancer patients

\$13,600+



in gift cards for Hope Chests at our partnering cancer centers



In 2024, the **Gas Grant Program** will be reinstated, providing eligible patients **\$200** in gas cards to get to their treatments

CUMULATIVE IMPACT OVER THE PAST 10+ YEARS

\$1.22

Million in Financial Support

\$200,000

in Gift Cards for Hope Chests

THOUSANDS

of New-patient bags

OUR MOTIVATION

- 🌸 **NEW HAMPSHIRE** has the second highest rate of breast cancer in the country*
- 🌸 A woman has a **1 in 8 chance** of being diagnosed with invasive breast cancer in her lifetime
- 🌸 More than **43,000 women** will die from breast cancer in 2022 (*one every 13 minutes*)
- 🌸 Breast cancer is the **second leading cause** of cancer death in women

*ACS 2023



The Story of Ms. B

We would like to share a short story about an interaction one of our cancer centers shared with us about a young woman we will call “Ms. B.”

“I met Ms. B in my office for the first time several months ago. She is in her 40s and had been recently diagnosed with stage II breast cancer. She was recovering from a bilateral mastectomy and sat in front of me alone and in tears, as we discussed her upcoming post-operative chemotherapy. She was feeling nervous about treatment, afraid she would be nauseous, tired, and unable to perform her role as a caregiver to her two children during treatment. In the span of one hour, we talked about the usual things: how we need to see her at least once a week, how she will need to get her labs done a day before treatment, how she’d have to return the day after treatment for an injection, how she needs to remember to take her various medications, how we have supportive care clinicians and social workers to support her, how our pharmacists and nurses would talk her through her treatments, which symptoms to monitor for, and when to call us, that she will need to meet with a radiation oncologist to discuss the possibility of radiation after chemotherapy, how after chemotherapy is done, we will start her on hormonal therapy... she continued to look at me with fear and apprehension. I told her we would walk her through this, that it was normal to be nervous about cancer treatment, and how she can call us anytime. Sensing there was something else on her mind, I asked what else I could do to help ease her mind. She told me in a small voice, and with some embarrassment, “This is getting expensive. I’m afraid I won’t be able to drive myself to these appointments. We survive off my husband’s income, and he cannot afford to take time off from work. And my two kids still live at home with us, and even buying food is hard right now.”

I had just told a young woman that she needs intensive chemotherapy, radiation, and hormonal treatment. One where she will experience fatigue, discomfort, a substantial risk of infection, the potential for nausea, vomiting, and many other side effects. A treatment that will help prevent her cancer from returning and potentially spreading, so she can live to see her children grow up. And her most pressing concern was how she could afford to get back and forth to our office.

Without MyBCS, Ms. B and I are both left without a satisfying solution. I, as her provider, will wonder if there are any financial grants for cancer patients like her available at all, and if there are, how long will it take to get her the help she needs? We need to start treatment tomorrow. Should I reach into my own pocket? Is that ethical? And what about the other 5 patients who will need financial support this week? But without the ability to pay for her gas to and from appointments, will Ms. B stop coming? Will she have to sacrifice her potential survival because of the financial toxicity?

Well, this story has a happy ending. I smiled at Ms.B. I told her that I have something that could help. I reached into the My Breast Cancer Support Hope Chest behind our front desk, and immediately offered her a gas card and a grocery store gift card. I told her my nurse would start a MyBCS grant application to help pay for her expenses while she focuses on getting well. Her tears fell harder, and we hugged. Instead of being devastated, she left our visit hopeful. Instead of being defeated, I left our visit energized. So, I can tell you first-hand that MyBCS... (is) making a true and measurable impact each and every day to our patients and the people who care for them.

MyBCS serves as a place of emotional support and solidarity for women and men thrown into an impossible life situation after a breast cancer diagnosis. Continue to show up for the survivors in the community. Continue to advocate for organizations like MyBCS which contribute to the financial and emotional health of the person who will be diagnosed with breast cancer tomorrow. These are our mothers, our sisters, our cousins, our aunts, our friends; and for many here, they are us. All of us have known someone diagnosed with breast cancer. If you are listening today and are lucky enough to have no one in your life afflicted with breast cancer, I assure you, you do. She taught you in high school. She made you your morning coffee. She works in the office down the hall. She is your doctor. She packaged your items at the grocery store. Please continue to show up for them. Please continue to support their mission so that we can continue to support them during their treatment and beyond it. Please spread the word in your communities about the work MyBCS is doing to improve the lives of those with breast cancer on the seacoast. Your support means the world to those undergoing treatment, surviving breast cancer, serving as caregiver for a person with breast cancer, and providing treatment to those with breast cancer.”

~ Lauren Zanetti, PA-C, NECS



The
MAYHEW
Program

PO Box 120
293 West Shore Road
Bristol, NH 03222

603-744-6131
email: mayhew@mayhew.org
www.mayhew.org

*Tiffany and
Team,
Happy Holidays!*

Fall 2022

Tiffany Melanson
633 Central Ave
Dover, NH 03820-3599

Dear Tiffany,

Mayhew makes me feel like I can always be myself. When I'm at school, I normally put up a facade just so I don't have to worry about people not liking me.

-- Wayne, age 15

Mayhew has been a lifesaver for my son especially with him losing his father...I truly believe Mayhew helped Carl through one of the toughest times of his life. It has helped him through his grief, helped him learn problem solving, has drastically helped with his anxiety and improved his coping skills.

-- Carl's mom

Helping the boys build these experiences and skills – now and into their futures -- demands a vibrant and dedicated team. And this team very much needs *you*!

You and so many like you keep Mayhew strong and tuition-free for the boys and their families. Through the summer. Through the school year. For all eight years of the program. We have all faced steep challenges these past few years. This is especially true for *Wayne, Carl*, the 200 other boys here – and their families.

Can you help them rise to the challenges ahead by making a financial contribution? Might you also consider spreading word of Mayhew's work to a friend or two?

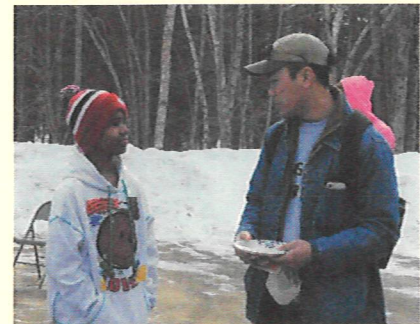
Every bit of help says, "**You can,**" to the boys!

With gratitude and hope,

Jim Nute

Jim Nute, Executive Director

A good start...



...on the future



December 21, 2022

Administrative Offices:

577 Central Avenue, Suite 10
Dover, NH 03820
603-435-2500

First Seacoast Bank
Attn: Amanda Gagne
633 Central Ave.
Dover, NH 03820

Early Childhood Centers:

577 Central Avenue, Suite 50
Dover, NH 03820
603-285-9460

Dear Amanda,

On behalf of Community Action Partnership of Strafford County, **thank you for your generous donation of 210 pounds of food to our food pantry**, which we received on November 22, 2022. We are so grateful for your partnership and support!

120 Main Street
Farmington, NH 03835
603-755-2883

Our mission at CAPSC is to reduce barriers to help clients improve their economic stability and well-being through education, advocacy, and partnerships. But we can't do it alone. **It is because of you, our most important partner in the fight against poverty, that CAPSC is able to provide for those experiencing food insecurity, help those that are unsheltered, educate our children, heat and weatherize homes, provide transportation for seniors, and so much more.**

150 Wakefield Street, Suite 117
Rochester, NH 03867
603-285-9461

2022 has been a challenging and stressful year for many families in Strafford County, and your donation this holiday season is more important than it has ever been. **Without the generosity of donors like you, many families would have to make hard choices this year: whether to heat their homes or feed their children, whether to pay their electric bill or buy their medications, whether to pay their rent or receive medical care.** CAPSC believes no one should have to make these unimaginable choices, and your donation will help us to ensure that no one will have to.

46 Stackpole Road
Somersworth, NH 03878
603-817-5458

Family Resource Centers:

577 Central Ave, Suite 50
Dover, NH 03820
603-435-2500

It is your generosity that makes it possible for us to fill the void where so many families are falling short this winter. **You are the spirit of the holiday season, and your gift is the hope that fills so many of our neighbors and lets them know there is someone who cares.** Your donation, your investment in CAPSC, makes a difference not only today but throughout the year and beyond. You truly are the heart of our organization and the reason we are able to do so much in the community. On behalf of all the families we serve, thank you!

10 Cold Spring Manor
Rochester, NH 03867
603-435-2500

Outreach Office:

577 Central Avenue, Suite 20
Dover, NH 03820
603-435-2500

Sincerely,

A handwritten signature in blue ink, appearing to read "Sophie Aikman".

Sophie Aikman
Development Manager
P: 603.435.2500

saikman@straffordcap.org

Food Pantry:

577 Central Avenue, Suite 10
Dover, NH 03820
603-435-2500

As required by the Internal Revenue Service, this letter shall confirm that Community Action Partnership of Strafford County (EIN# 02-0268636) provided no goods or services in exchange for your contribution, making it tax deductible to the extent allowed by law. Community Action Partnership of Strafford County is not able to assign a value to in-kind gifts. Your potential tax deduction is based on your stated value of the goods and services you provided.



Empowering Teenage Girls Through The Arts.

WWW.ARTSINREACH.ORG

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Elizabeth Lavoie
Marketing and Comm.
Manager

Haley Searcy
AmeriCorps VISTA

James R. Brannen
First Seacoast Bank
633 Central Avenue
Dover, NH 03820

Dear James,

Thanks to you the joyous screams and laughter of teenage girls when they first see each other after a year of social isolation are contagious at AIR programs this summer. Because of your \$5,000 to Arts In Reach on 7/17/21, underserved girls have opportunities—free of charge—to make art, express themselves, and gain renewed confidence before returning to school this fall.

Your generosity makes a huge difference in girls' lives as they use the skills and resilience they gain at AIR to become strong women who stand up for themselves and others. As one participant said, "AIR made me a strong women; it made me a women who isn't afraid to pursue my dreams, to ask for what I want! It made me a compassionate human."

Now, more than ever, teenage girls need your support to combat the adverse impact of the pandemic on their mental health and well-being. Your donation is proof of your commitment to improving the lives of NH girls and our next generation of citizens.

Thank you for your generosity!
Gratefully,

A handwritten signature in blue ink, appearing to read "Debra", written over a horizontal line.

Debra Holloway, Ph.D.
Executive Director
debra@artsinreach.org

P.S. Would you like to come visit a program or meet for coffee to learn more about AIR? Please email me to set up a time.

*Thank you for
supporting teens
in your community!
It makes a real difference*

Arts In Reach is a registered 501(c)3 organization, EIN 20-0507428. Your donation is tax deductible as a charitable contribution. No goods or services were provided in exchange for your gift.



**CROSS
ROADS
HOUSE**

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Wildolfo (Will) Arvelo
Executive Director

December 2021

Tiffany Melanson
First Seacoast Bank
633 Central Avenue
Dover, NH 03820-3599

*As a member of the Board,
I want to thank you for
your generous support. It
is changing lives!*
Bob Brown

Dear Tiffany,

As the winter months approach, and we continue to work through the challenges of the ongoing pandemic, hundreds of men, women, and children will be turning to Cross Roads House in hope of a safe place to get back on their feet and start over. **Thanks to the support of our friends in the community, last year 135 individuals who sought assistance at Cross Roads House were able to move to permanent housing.** We are writing today to ask for your continued support of our mission to provide emergency shelter, warm meals, and supportive services for Seacoast Area families and individuals in their time of greatest need.

Please accept our heartfelt gratitude for generously donating \$15,000 in our last fiscal year (*July 1, 2020-June 30, 2021*). As a member of our Leadership Giving Society, you are one of our most generous donors. Leadership Giving Society Donors make a tremendous impact in the lives of the hundreds of men, women, and children who seek assistance at Cross Roads House annually, as we must raise more than \$1.2 million from private sources every year to run the shelter.

During this season of giving, please consider renewing your generous support of Cross Roads House. Donations can be made online at www.crossroadshouse.org, or can be mailed to the shelter in the enclosed envelope. Your gift to Cross Roads House will provide families and individuals with the guidance, support, and life sustaining services they need to move from homelessness to a home of their own.

Sincerely,

Wildolfo (Will) Arvelo
Wildolfo (Will) Arvelo
Executive Director

*Tiffany,
Thank you for your
support and best wishes
for the holiday season. Will*

Support from donors like you makes this possible!

The weekend before Suzanne arrived at Cross Roads House, she was sleeping on the porch of a small business in Rochester. There and then, she promised herself she would never sleep outdoors again. That Monday, Suzanne called CRH and started her journey out of homelessness. With the help of her CRH case manager, Suzanne was able to connect with community organizations that provide health care, mental health care, and dental care, and apply for housing assistance. This past summer, Suzanne moved out of the shelter and into her own apartment. She continues to work with a CRH post-shelter case manager to help maintain the housing she worked so hard to find.



Former CRH resident, Suzanne.

Cross Roads House, Inc.
600 Lafayette Road
Portsmouth, NH 03801
Ph 603.436.2218
Fax 603.430.9217
www.crossroadshouse.org
info@crossroadshouse.org



**Barrington American Legion
Roger E. Cardin Jr., Post 114
731 Franklin Pierce Highway
PO Box 532
Barrington, NH 03825**



**Joseph Bystrek
603-664-9972
Commander**

**Chris Sawyer
603-507-1006
Finance Officer**

**First Seacoast Bank
6 Eastern Ave
Barrington, NH 03825**

December 17, 2021

Dear First Seacoast Bank Staff,

Thank you so much for your very generous donation of \$1,500.00 to the American Legion Post 114 on 11/19/21, we truly appreciate it!

As a nonprofit Veteran Service Organization, The Barrington American Legion Post 114 relies on individual support to keep going strong.

Thanks to the support of generous donors like you, The American Legion can continue to provide much-needed assistance to disabled veterans, U.S. military families with children at home who are facing unexpected financial hardships, troops recovering from wounds and illnesses, and the children of fallen troops and disabled veterans.

Here are just a few ways your donation can make a life-changing difference for a hero in need:

- Supply wounded warriors with comfort items during recovery
- Grant scholarships to children of Veterans
- Cover necessary household costs for military families in need, with children at home
- Help with the cost of recovery after a natural disaster strikes the home of a military veteran
- Identify the unmet needs of U.S. military personnel, veterans, and their families, and provide the necessary resources to meet them

The American Legion Post 114 is a Section 501(c)19 Tax Exempt organization (Veterans' Organization) and your donation is tax-deductible within the guidelines of U.S. law. To claim a donation as a deduction on your U.S. taxes, please keep your canceled check as your official record.

Thank you – we couldn't complete our mission without you!

Chris Sawyer



**SEACOAST CANCER 5K
2022 PLANNING COMMITTEE**

Barbara Civiello, MD, Physician Chair
Wentworth-Douglass Hospital

Paul Fennessy, Committee Chair
Community Member, Dover

Kimberly Laderbush, Honorary Patient
Manchester VNA, Elliot Hospital

Richard Berry
Community Member, Somersworth

Beth Brownell
Community Member, Rochester

Susan Chase, CFRE
Wentworth-Douglass Foundation

Ryan Coburn
The Bulfinch Group

Anne Daugherty, LICSW
Wentworth-Douglass Hospital

Zachary Field
iHeart Media

David Grilk
Conventures

Paul Jenkins
Hanger Clinic

Heather Lynch, RN
Wentworth-Douglass Hospital

Arul Mahadevan, MD
Wentworth-Douglass Hospital

Kate Malloy
Purple Finch Events

Toni McKenna
State of NH - Judicial Branch

Michael Meserve
Wentworth-Douglass Hospital

Emily Moore
Wentworth-Douglass Foundation

Cristine More, CFRE
Wentworth-Douglass Foundation

Brenda Mullaney
Wentworth-Douglass Foundation

Judy Pinkham
Wentworth-Douglass Foundation

Jamie Simchik
Simchik Planning & Development

Sarah Varney
Wentworth-Douglass Foundation

October 14, 2022

Ms. Tiffany Melanson
First Seacoast Bank
633 Central Ave.
Dover, NH 03820

Dear Tiffany,

On behalf of the 2022 Planning Committee, thank you for *stepping up* to support the 9th Annual Seacoast Cancer 5K. This event has fast become one of the largest fundraising initiatives in the region and among the largest road races in New Hampshire, and so far this year, thanks to you, we have raised \$330,000 and counting!

Every dollar raised by the Seacoast Cancer 5K stays locally in our community and allows patients to live their lives to the fullest from diagnosis through survivorship. Donations allow the multi-disciplinary care team at the Seacoast Cancer Center to provide complimentary support, wellness, and integrative therapies to care for the mind, body, and spirit of patients and their families. These services offered through the Supportive and Wellness Program make an incredible impact for patients every day!

First Seacoast Bank's gift of \$5,000.00 was received on October 5, 2022 for the Photo Sponsorship of the Seacoast Cancer 5K. Sponsors like you are the driving force behind the success of this event. We are grateful for your partnership and for the impact you are making with your support. If you have any questions about your sponsorship benefits, please do not hesitate to contact me at Judith.Pinkham@wdhospital.org or (603) 609-6678.

Sincerely,

Judy Pinkham
Development Officer, Corporate Sponsorship

*Thank you for all
you and First Seacoast
Bank do for WDH!*

Wentworth-Douglass Hospital & Health Foundation is a 501(c)(3)
organization under tax identification number 51-0491062.



November 10, 2022

Tiffany Melanson
First Seacoast Bank
633 Central Ave
Dover, NH 03820

Dear Tiffany,

On behalf of My Breast Cancer Support's staff, board, and the patients we serve, we want to thank you for your support of our mission with ***your donation of \$3,000*** which we received on October 30, 2022. Your unwavering support of our mission year after year is incredible, we truly value our partnership!

When My Breast Cancer Support (MBCS) steps in to make a mortgage payment or to pay for gas or oil to heat a home, patients are freed to focus on their health and recovery. The monetary impact of cancer diagnoses often find families depleting their savings, borrowing money, or entering bankruptcy, which is more likely to be amplified during the current pandemic. Sadly, research demonstrates that financial hardship negatively impacts patient outcomes.

Newly diagnosed breast cancer patients are still caught in extremely challenging times, trying to get through treatment and maintain their households, despite compromised immune systems and higher risks all around them. Last year, 45% of our patient funding went to household expenses such as rent and heat, 25% put food on their tables, 18% kept their cars running and 12% went to supporting their health. In 2022, the need for financial support for our local breast cancer community is unwavering and steadfast.

With your help and generosity, we will now be able to continue to fulfill our mission of providing financial and emotional support to local breast cancer patients and their families on the seacoast of New Hampshire and in southern Maine.

Thank you for graciously supporting our mission at My Breast Cancer Support.

With gratitude,


Jennie Halstead
Executive Director



PO Box 1576, Portsmouth, NH 03802-1576 * 603.759.5640 * info@mybreastcancersupport.org

My Breast Cancer Support is an independent NH 501C3 non-profit organization
with no affiliation to any national organizations. TAX ID: 43-2072206