

# Caleb Caregivers Expanding to Offer Free Services to Colebrook Area Seniors

By Karen Harrigan

Caleb Interfaith Volunteer Caregivers recently received a \$10,000 grant from the New Hampshire Charitable Foundation that will allow for expansion into the Colebrook area, where currently services available to seniors are limited.

Executive director Barbara Payer is meeting with local groups this week to introduce Caleb Caregivers to the community and recruit volunteers. She explained that Caleb is making this move in partnership with Upper Connecticut Valley Hospital, which will provide space from which to operate.

A nonprofit organization, Caleb has been helping to enhance independent living for seniors over 60 by providing free services in the North Country since 1995. These ser-

vices include transportation to medical appointments, shopping, light housework, yard work, pick-up and delivery of food and prescriptions, and daily reassurance phone calls.

Caleb currently serves nine towns—Lancaster, Littleton, Whitefield, Bethlehem, Twin Mountain, Dalton, Groveton and Jefferson—and now will have a presence in Colebrook. Caleb volunteers have served over 150 clients with the help of 30 volunteers over the past year, despite the challenges that Covid presented.

“We see a specific need to provide free care in Colebrook and surrounding towns,” said Mrs. Payer. “It is vital to seniors’ overall well-being to have accessibility to health care and to shop locally

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## Caleb Caregivers

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for food and personalized items. Our goal is to reach and serve every senior who needs a hand, while forming a team of committed volunteers and program instructors to help make a significant difference in the lives of our elderly.”

Mrs. Payer met with town officials this past spring, and will speak with the North Country Chamber of Commerce and the Kiwanis Club of Colebrook this week. She’s hoping to recruit ten volunteers, having already connected with some UCVH volunteers during their annual dinner in June.

UCVH president and CEO Scott Colby expressed appreciation for the time that Caleb Caregivers volunteer to offer rides throughout northern Coös County. “Reliable transportation is a growing concern for our patient population, and these volunteers will help people get the care

they need close to home.”

Often older patients don’t have a way home when released from the hospital, and the ambulance transports them. Mr. Colby noted the importance of keeping costs low for trips from the hospital after a short visit. “A ride home from UCVH with Caleb Caregivers is much more appropriate for most cases, and this way we don’t need to burden an ambulance crew or incur unnecessary expenses for our patients.”

Seniors in need of services may call Mrs. Payer at the main office number, 603-788-3585. She may also be reached at [calebcaregivers@gmail.com](mailto:calebcaregivers@gmail.com). More information about Caleb Interfaith Volunteer Caregivers, including how to donate and become a volunteer, may be found on-line at [www.calebcaregivers.org](http://www.calebcaregivers.org).



**PROVIDING SERVICES FOR SENIORS**

From left to right: Caleb Interfaith Volunteer Caregivers executive director Barbara Payer, volunteer coordinator Carolyn Greenwood, board president David Glover and volunteer Louise Glover. *(Courtesy photo)*

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