

PURPOSE



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NEW HAMPSHIRE CHARITABLE FOUNDATION
SPRING/SUMMER 2024

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Cover: Students with their teacher at the Rochester Child Care Center



THE NEW HAMPSHIRE CHARITABLE FOUNDATION is dedicated to making New Hampshire a more just, sustainable and vibrant community where everyone can thrive. As New Hampshire's statewide community foundation, we are the place where generosity meets the dedication and ingenuity of nonprofits and the potential of New Hampshire students. Since 1962, thousands of people have entrusted their charitable resources to the Foundation, creating a perpetual source of philanthropic capital. That generosity makes it possible for the Foundation to award more than \$60 million in grants and scholarships every year and collaborate and lead on high-impact initiatives.

Printed on 100% recycled paper made by Monadnock Paper Mills in Bennington, NH.

CFNS Confirmed in compliance with National Standards for U.S. Community Foundations.

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PURPOSE is published twice a year.
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HELPING NEW HAMPSHIRE FAMILIES THRIVE

By Richard Ober, president and CEO



“If everyone — government, business, philanthropy, nonprofits — takes a piece of this, it is totally possible to transform the current crisis into hope and opportunity for New Hampshire families.”

Young families in New Hampshire face a daunting trifecta:

A housing market where the median home cost has just hit a half-million dollars, the highest student debt load in the country — and child care that is so expensive and difficult to find that it is keeping people out of the workforce.

“Affordable” child care is defined by the U.S. Department of Health and Human Services as taking up no more than 7% of a family’s income. The actual cost for a family with an infant and a four-year-old in center-based care in New Hampshire is almost three times that — or 20% of median family income for a married couple. That doesn’t work for anyone — families, child care providers, a community that needs to make sure every child thrives into adulthood.

As outlined on page six of this issue, policymakers have taken important first steps to try to address this crisis — like a recent one-time state investment in the child care workforce, and expanded

eligibility so that childcare assistance is available to more families.

As usual, New Hampshire nonprofits are bringing extraordinary dedication and ingenuity to the task of making high-quality, affordable child care available to all families who need it.

As my colleague Christina D’Allesandro says, “Clearly, there are solutions to this. And we are seeing exciting collaborations and innovations, and a lot of promising areas of investment. If everyone — government, business, philanthropy, nonprofits — takes a piece of this, it is totally possible to transform the current crisis into hope and opportunity for New Hampshire families.”

Early childhood education became a more focused part of the Charitable Foundation’s work when we launched the New Hampshire Tomorrow initiative in 2016 to increase opportunity and improve outcomes for children and young people. In addition to early childhood education, that initiative has focused investments in family and youth supports, prevention of substance use and education and career pathways. The Foundation committed to invest \$100 million over 10 years in those focus areas — a milestone that

was reached by the end of 2021. And that initiative solidified our approach of affecting change through the coordination of policy and advocacy work, partnership-building and grantmaking with staff experts — like Christina — at the helm of each area of work.

Now, all of that work — and more — continues apace, and has been incorporated into our strategic plan, Together We Thrive. We are singularly focused on making New Hampshire a community where everyone can thrive, and that means centering equity, racial justice and economic security across all areas of our work. In addition to early childhood, behavioral health, scholarships and education and career pathways, Together We Thrive also prioritizes housing and basic needs, environmental justice and climate change, civic health and more.

Since its inception in 1962, the Charitable Foundation has focused on addressing the most challenging issues of our times. Those issues may be more complicated and intertwined than ever — and we are committed to working with partners from all sectors on solutions that will help New Hampshire families thrive. ■



Jennifer Baney of Bedford High School, 2024 Christa McAuliffe Sabbatical recipient

MAKING SCIENCE FUN

Jennifer Baney, a Bedford High School science teacher, is the recipient of the 2024 Christa McAuliffe Sabbatical from the Charitable Foundation. Baney wants to help students develop the teamwork, critical thinking and problem-solving skills needed to excel in science (and life) through sophisticated table-top escape room games. Baney plans to produce four digital games in which students will unravel a series of puzzles and challenges, each intricately designed to represent specific science concepts. She is tackling two

primary challenges in science education: keeping students motivated and helping them understand Science, Technology, Engineering and Mathematics (STEM). The games and lesson plans will be available to teachers across the state.

“What I really want them to take away from high school physics is problem solving — like they hit a wall and do not know what to do, so they have to back up, and on their own, say, ‘Okay, what do I need to do to get through this?’” Baney said. “That’s so important for every aspect of life.” ■

MEDICAL-LEGAL PARTNERSHIP AIMS TO IMPROVE HEALTH OUTCOMES FOR FAMILIES

Dartmouth Health and New Hampshire Legal Assistance have teamed up to support family health by identifying health disparities and addressing legal needs to improve health outcomes.

Legal issues addressed by this “medical-legal partnership” may relate to a family’s physical environment, inadequate knowledge of or access to public benefits, emergency access to insurance benefits, preventing employment and education discrimination, and securing

housing and preventing unwarranted and illegal evictions. Any of those needs, left unaddressed, can lead to a cascade of negative health outcomes.

“Families are faced with many hardships impacting their health,” said Holly A. Gaspar, manager of Dartmouth Health’s Department of Population Health and medical-legal partnership program manager. “Rather than fear of the legal system, patients receiving this service feel supported, listened to, and successful at navigating the next steps.” ■



Photo by John Pheilan [Creative Commons]

FREE JOB TRAINING FOR SNAP RECIPIENTS

The Charitable Foundation is working with the New Hampshire Department of Health and Human Services, the Community College System of New Hampshire and the Foundation for New Hampshire Community Colleges to make free job-training available to people who receive benefits through the Supplemental Nutrition Assistance Program (SNAP).

The program makes it possible for people to receive training for professional licensing or accreditation in a variety of fields through Manchester Community College. Tuition and fees are covered by federal USDA funds. Charitable Foundation funding is helping reduce barriers for these students by covering the supplies or other things necessary for them to get this education — from stethoscopes or work boots to car repairs so they can get to classes. The coalition of partners hopes to broaden the project to other community colleges statewide. ■

GATE CITY NEWS GETS A BOOST



The nonprofit Granite State News Collaborative, Manchester Ink Link and Nashua Digital have joined together to create Nashua Ink Link, an online news and information outlet covering the city of Nashua. Ink Link is free to use and does not put news behind a paywall. Local reporter and Nashua native Mya Blanchard covers city news, including City Hall, and longtime New Hampshire Business Review editor Jeff Feingold serves as editor. A grant to the News Collaborative from the Charitable Foundation is helping to make the Nashua coverage possible. Visit www.nashuainklink.com ■

KUDOS



Courtesy photo

The Greater Manchester Chamber of Commerce named Foundation friend **Howard Brodsky**, of CCA Global Partners, its 2024 Citizen of the Year.



Courtesy photo

Easterseals NH and **Sandy Pelletier**, CEO and president of **Gateways Community Services**, were named Business NH Magazine’s Nonprofit and Nonprofit Leader of the Year, respectively. The Foundation sponsors this award and presents the recipients with a \$5,000 grant in honor of Walter J. Dunfey, New Hampshire entrepreneur and philanthropist.



The NH Center for Nonprofits announced its 2024 Nonprofit Impact Award honorees: **Gather** and **Connor’s Climb Foundation**, Nonprofit Impact Awards; **Maureen Beauregard**, **Easterseals NH**, NH Impact Award; **Shana Hawrylchak**, **SEE Science Center**, Emerging Leader Impact Award; **Capitol Center for the Arts**, DEI Impact Award; and **Dr. Larry Kane**, **Southeastern NH Services**, Board Impact Award.



AMERICA RUNS ON CHILD CARE

New Hampshire nonprofits are working on innovations, collaborations and solutions to the child care crisis — from the policy level to the paycheck level

Outdoor time at the Rochester Child Care Center

In the confusing and frightening early days of Covid, some things became startlingly clear. Among them: Society cannot function without child care. The doctors and nurses and truckers and grocery workers and scientists we all relied on for survival had to have child care in order to keep doing their essential work.

Child care had a moment. Centers were granted emergency permission to stay open. Workers were applauded.

America, as it turns out, runs on child care.

Fast-forward four years. Despite pandemic-era aid, some centers across the state have closed. Longtime early-childhood professionals have retired. The median wage for a professional in early childhood care and education in New Hampshire remains about \$15.50 an hour — without retirement or health benefits. You can make more stocking

shelves. The state is short some 7,000 child care slots, and families face long wait lists. And cost remains a serious barrier. A New Hampshire family with an infant and a four-year-old in center-based care pays an average of \$28,340 for child care — or 20 percent of the state’s median family income for a married couple.

People are opting out of paid work because they cannot find or afford care. Between November of 2022 and October of 2023, according to the New Hampshire Fiscal Policy Institute, approximately 16,000 Granite Staters were not in the workforce each month because they were caring for a child who was not in school or child care.

As Sen. Jeanne Shaheen said recently, “the repercussions of the child care crisis are being felt across every sector of our economy.”

That crisis is, in fact, acute. What is

also true is that some progress has been made — and that New Hampshire nonprofits are working on innovations, collaborations and solutions from the policy level to the paycheck level.

“Child care has always been an important foundation for our families, economy and communities,” said Christina D’Allesandro, who focuses on early childhood and family supports at the Charitable Foundation. “Fortunately, more people than ever are recognizing that, and we have seen some important policy change and really promising strategies taking hold around the state.”

Investments, policy change

Spurred, in part, by grassroots and nonprofit advocates, the state included a one-time infusion of \$15 million in the most recent budget for workforce development in the child care sector.

Millions in federal American Rescue Plan dollars also kept centers open through the most dire stages of the pandemic. Advocates are pushing for additional federal and state investment to help keep centers open, make child care affordable and pay workers a living wage.

The state has expanded eligibility for child care scholarships — so that more families can get help paying for care, starting this year. This change has the potential to significantly reduce the cost of care for many families. The state has also increased the dollar amount reimbursed to centers for the care they provide to families who receive aid.

Cora-Lynn Hoppe, who runs the Rochester Child Care Center, said the expanded scholarship eligibility and reimbursement has taken some pressure off families, helped reduce stigma associated with applying for aid and allowed her to plan and forecast budgets more effectively.

“Every child deserves quality care,” Hoppe said. “This makes it that much better to live in this state.”

Those policy measures, however, are only first steps toward sustainability for the sector.

“It’s all super positive,” D’Allesandro said, “but it’s not enough.”

The nonprofit, nonpartisan New Hampshire Fiscal Policy Institute, with support from the Couch Family Foundation, now has a senior policy analyst focused in part on the issue of child care — part of the reason that such solid data exists to help understand the issue.

The New Hampshire Association for the Education of Young Children has been re-constituted to promote high-quality and affordable early care and education.

“Every child deserves quality care. This makes it that much better to live in this state.”

– Cora-Lynn Hoppe, executive director, Rochester Child Care Center

Investing in child care, said Nicole Heller, senior policy analyst at the Fiscal Policy Institute, “ultimately comes back to benefit the state and the economy. High-quality early childhood care and education helps kids get ready for school, with math, pre-reading and socio-emotional skills. For children, these early investments can mean greater educational attainment, higher earnings, lower rates of engagement with the criminal-justice system and a lower likelihood of needing subsidies as adults.”

Bridging the affordability gap

The actual cost of providing child care is more than most families can afford. From staffing to facilities, training, accreditation and supplies and utilities, centers are expensive to run — and must maintain strict student-to-teacher ratios.

“No one is getting rich in child care despite the fact that it is so expensive,” said Heller. “Breaking even is often the best-case scenario for providers.”

In the North Country, a child care affordability and sustainability pilot is underway, helping centers to recruit and retain staff while helping families to afford high-quality care.

The Lancaster Play and Learn Center is the only center-based care option for infants and toddlers for miles. Right now, the center has enough staff to accommodate 29 kids,

though its capacity is 45. Another 53 children are on a wait list.


On a recent day, the children of police officers, utility workers, healthcare workers, bankers, factory workers and more settled in for lunch after some outdoor time, cared for by a cadre of educated professionals in this licensed facility. (Of those eight professional teachers, six have two jobs — tending bar and waitressing nights and weekends to make ends meet. Some still qualify for aid for food and health insurance.)

The Play and Learn is one of the centers participating in the Child care Sustainability and Affordability Pilot program, funded by the Foundation.


Under the program, centers are able to set their tuition rates for all children to be closer to the state’s maximum reimbursement for those who receive scholarships. (Many centers do not do so already in an effort to keep costs down for families.) The program encourages all eligible families to apply for child care scholarships. And the funding helps bridge the gap so that families who are not eligible for scholarships do not see a tuition increase, but centers receive a higher level of reimbursement from the state for children who are eligible for scholarships. That means more money per child comes into centers.

[Continued, p. 8]


CHILD CARE BY THE NUMBERS

 \$28,340


The average annual price for both an infant and a four-year old in center-based care in New Hampshire in 2023.

 \$404,857


Annual household income required for a Granite State family with these two children to meet the U.S. Dept. of Health and Human Services' definition of affordable child care, which is 7% of a household's income.

 16,000

Number of people not participating in New Hampshire workforce in 12-month period between 2022 and 2023 because they were caring for a young child.

 \$15.62

The median hourly wage for a New Hampshire child care worker in 2023. The median hourly wage for all New Hampshire workers is \$24.03.

 \$4.20

Estimated ROI for every dollar spent in state and district pre-k programs for 3- and 4-year-olds from families with low incomes.

Sources: New Hampshire Fiscal Policy Institute, Urban Institute's Tax Policy Center

As a result of the pilot, teachers at the Play and Learn have received a modest wage increase — and the much-needed benefit of child care at the center for their own children.

Now, an associate teacher here with 10 years' experience is making \$16/hr., and a lead teacher got a fifty-cent per hour raise, to \$19.25.

Caitlyn Bacon is the director of the Play and Learn — and also a former student here. She wishes she could pay staff more, but the pilot and expanded scholarship eligibility means "it's better than it was a few months ago...it has helped retain staff and helped families be able to afford to send children to child care."

The "Affordability Fund" that is making the pilot possible was seeded by the Charitable Foundation. The Coös Director Network of child care providers and the Coös Coalition for Children and Young Families are making a pitch to North Country businesses to contribute to sustain the fund over time.

Efforts to increase home-based care

Around the state, people are putting creativity and collaboration to work on local solutions with wider implications.

In Nashua, where the shortage of child care slots is particularly acute, two nonprofits have teamed up to help. The Community Engagement Training Center and the United Way of Greater Nashua are working with a group of Spanish-speaking residents who want to open home-based centers. Participants work through all the steps to become licensed by the state to provide home-based care, plus get business training, CPR and first-aid certification.

Berenice Martinez had so much trouble finding care for her own

kids, now 8 and 10, that she left her job in advanced manufacturing to care for them. Now, she plans to open a home-based center so other parents can work.

"I can help my community and be home with my kids when they need me," she said. "I have four neighbors in my own neighborhood that need child care — two of them don't work because they don't have child care."

A similar project, spearheaded by a coalition of nonprofits and municipal officials, is underway to create more home-based child care in the Monadnock region. Both efforts show promise for replication elsewhere.

Promising solutions around the country

Effective solutions have been implemented elsewhere in the U.S., Heller said. Maine and Washington, D.C., have instituted stipend programs for the child care workforce. New Mexico provides child care subsidies so that every family at or below 400 percent of the federal poverty level gets free child care. And more.

"Clearly, there are solutions to this," D'Allesandro said. "And we are seeing exciting collaborations and innovations, and a lot of promising areas of investment. If everyone — government, business, philanthropy, nonprofits — takes a piece of this, it is totally possible to transform the current crisis into hope and opportunity for New Hampshire families." ■

Many nonprofits are working on solutions to the child care crisis. Foundation fundholders can contact the Foundation's donor services department at 1-800-464-6641, ext. 3 for more information about contributing to those solutions.

OUR KIDS NEED TO SEE YOU

Rev. Heidi Carrington Heath joined Seacoast Outright as Executive Director last fall. The 30-year-old service and advocacy nonprofit also organizes Portsmouth Pride. The Foundation supports Seacoast Outright and is a sponsor of Portsmouth Pride. Rev. Heath spoke with Lois Shea.

Why is Seacoast Outright the next important chapter in your life's work?

I have been involved in the movement for LGBTQ+ equality for more than 20 years. This is really the work of my heart: To help create a New Hampshire where all of our LGBTQ+ youth can not just survive, but can thrive.

What are some of the things you are working on?

Seacoast Outright has been functioning increasingly as a resource hub for the entire state. We are in conversation with people who are interested in opening Outright chapters. We are working to transform mental health care and access for LGBTQ+ youth, so that every kid who needs it has access to a provider who is competent in the needs of our population. We are training businesses, hospitals and community organizations. We think of our work in a series of circles, and the kids are at the heartbeat of it all.

After years of progress, the past couple years have brought many challenges.

Tell us about practicing the "discipline of hope."

The moment we are in is hard and it is also particularly urgent. We have had legislation filed that is profoundly damaging in particular to transgender youth. But this moment is not the whole story, and we are not in this moment alone. There is a whole community of people working incredibly hard for good. Joan Baez said 'action is the antidote to despair.' When we feel our hope is waning, one way to live into that moment is to act. Write to your legislators, volunteer, donate money to the causes you care about. We need each other in this work. As activist Mariame Kaba has said, 'hope is a discipline.' It is a thing you have to practice. The moment is hard, but the arc is long. There is so much reason to hope.

What effect have you seen on young people of the proposed anti-LGBTQ+ legislation and challenges to books around the country?

Violent and dehumanizing rhetoric has a very real cost. It isn't always

about 'does the bill pass or does the bill not pass.' Listening to your personhood being debated comes at a cost, and sometimes that cost is a young person's life. We have lost young people to suicide, and the climate this has created is a contributing factor.

What are some ways that people, businesses and organizations can show support for LGBTQ+ young people?

Speak up and speak out. Our kids need to see you and hear you and know you're on their team. If you are an ally, be loud about it. Now is not the time to be timid. And using the correct pronouns is suicide prevention. It is such an easy and important way to show you see and understand.

What message do you want every LGBTQ+ young person to hear and internalize?

You are so profoundly loved exactly as you are. There is not a thing wrong with you, and there are so many people ready to embrace and care for and support you. And we will not stop working for a world where you can live and thrive and be exactly who you are. ■

IN OUR COMMUNITY

Donor-advised funds are providing operating support to nonprofits doing great work around the state



OUTDOOR CONNECTION

The Ammonoosuc Conservation Trust in Franconia helps people make meaningful connection with the outdoors by protecting land in the North Country and hosting gatherings for learning, connecting and exploring in the natural world.

Courtesy photo

A YEAR OF SERVICE IN A MANCHESTER SCHOOL

City Year volunteers spend a year working with young people on everything from leadership development to reading and math to baseball. “City Years” act as mentors and coaches invested in young people’s success. Dozens of volunteers work in five elementary schools in Manchester, helping children to thrive — and gaining life-changing experience.



Courtesy photo



Courtesy photo

MUCH MORE THAN SOUP

The Nashua Soup Kitchen and Shelter provides food, emergency shelter and a wide range of supportive services for people in Greater Nashua. Its backpack program collects new backpacks and school supplies for children whose families are living on low wages, staying in its shelters or coming to the soup kitchen for food.



Courtesy photo

OPPORTUNITIES FOR ALL OUR KIDS

The Keene Housing Kids Collaborative helps kids who live in subsidized housing to thrive and build the foundation to be successful adults. The Collaborative works with partners — like MoCo Arts — to provide kids with access to opportunities for learning, community building — and joy.



Courtesy photo

ALMOST A CENTURY OF QUALITY CRAFT

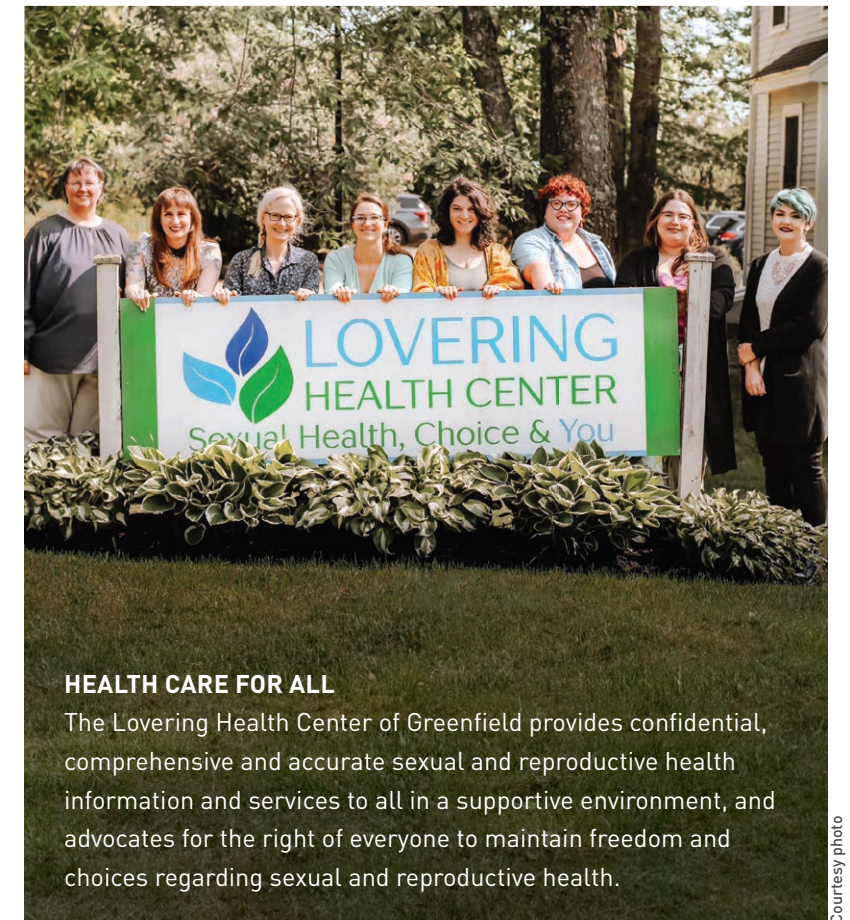
For more than 90 years, the League of New Hampshire Craftsmen has promoted the work of artists and artisans from all over the state. Its annual Craftsmen’s Fair, held at the Mount Sunapee Resort in Newbury in August, features the juried work of hundreds of league members plus workshops and demonstrations — and draws some 20,000 visitors.

PETS PROVIDE COMPANY AND JOY

The Upper Valley Humane Society in Enfield provides traditional animal sheltering and adoption as well as services to help people keep pets at home and out of the shelter. The shelter has seen increased demand at its pet food pantry, increased calls from people re-homing pets and more abandoned animals.



Courtesy photo



Courtesy photo

HEALTH CARE FOR ALL

The Lovering Health Center of Greenfield provides confidential, comprehensive and accurate sexual and reproductive health information and services to all in a supportive environment, and advocates for the right of everyone to maintain freedom and choices regarding sexual and reproductive health.



DENTAL AND MEDICAL GO HAND-IN-HAND

The Tri-County CAP's Tamworth Dental Center provides care for all

Dr. Jennie Hennigar treats a patient at the Tamworth Dental Center

Bread was on sale on the Saturday that Dr. Jennie Hennigar broke her foot. She was stocking up, pulling her groceries into her house in a wagon, when her cat got under her feet and she went down.

Ask how many days of work she missed after the injury, and she just smiles. Zero days.

Christina Ferraro, director of clinical services at the Tri-County Community Action Program's Tamworth Dental Center, drove from Alton to Conway to pick Dr. Hennigar up on Monday morning and then drove her to Tamworth so she could treat patients.

Now, Dr. Hennigar is propelling herself backwards on a mobility scooter through the horseshoe-shaped hall at the clinic (it's easier to navigate that way, she explains), wheeling between people who need extractions, fillings, root canals and more.

Tri-County CAP, based in Berlin, is the only Community Action Program in New Hampshire that operates a dental clinic.

"We are a poverty-fighting organization," says Tri-County CAP CEO Jeanne Robillard. "By supporting people's overall health, we are helping them overcome obstacles to live quality lives."

Some 4,000 people a year drive from up to two hours away to get dental care here. Once a month, a "Mobile Medicaid unit" sets up in the parking lot, providing additional care. This clinic never closed during Covid — because the staff here understood that by staying open, they were keeping people out of emergency rooms, and easing burdens on hospitals. This clinic operates 10-hour days, four days a week. The phone does not stop ringing.

"We make sure that uninsured and under-insured folks are getting accessible and high-quality care that is

easy on their pocketbook," Robillard says.

Hennigar is a McGill University and University of Pennsylvania-trained dentist who was in private practice for decades and has worked around the country providing dental services in Hopi, Choctaw and Ojibwe communities.

"I was going to retire," she says, shooting a grin at Ferraro, "but then I keep getting these phone calls."

Even with insurance that covers it, dental care can be hard to come by for people on Medicaid and Medicare. "We see everybody," says Ferraro.

"We are a poverty-fighting organization. By supporting people's overall health, we are helping them overcome obstacles to live quality lives."

— Jeanne Robillard, CEO of Tri-County Community Action Program

Ferraro, who received dental training at Tufts University, is sort of a Jane-of-all-trades here — assisting Hennigar, repairing equipment, scheduling staff and more.

Rhonda Canillas drives an hour to the Tamworth clinic. She first showed up in significant pain, with loose teeth, and able to eat only a limited diet. She said another dentist had proposed pulling all her teeth and making her full dentures — at a price tag that there was no way she could afford. She was scared.

"Dr. Hennigar gave me the lowdown and said 'No, we are not going to take all your teeth.' She was warm and comforting, and I had to go every week for a while," she said. She needed extractions and fillings — and will get crowns and lower dentures. Her pain is gone, she can eat, and her bill is calculated on a sliding scale, based on her ability to pay. "I actually looked forward to going, because I knew I was being taken care of."

Dental health, Dr. Hennigar has been saying for decades, cannot be arbitrarily separated from overall health.

Consider, she offers, this recent patient: A 50-year-old woman who needed open-heart surgery, but who could not be cleared for the procedure because of infection in her mouth. She came to the clinic multiple days in a row as Hennigar extracted an abscessed tooth, put in four fillings and provided periodontal care — so

her patient could get cleared for life-saving heart surgery.

That case, she said, was not unusual. "Dental and medical go hand-in-hand."

Fundholders at the Charitable Foundation recently combined grants to get this clinic some critical equipment and assist with staffing needs. That equipment allowed the clinic to perform more oral surgeries so patients did not have to have those procedures done in hospitals.

Dental "externs" from the University of New England vie to drive here from Portland, Maine for their clinical experience and to learn from Dr. Hennigar. "We are able to do a variety of procedures here," said fourth-year dental student Igor Ibragimov, who is also in the U.S. Army. From here, he will take his training to Texas to care for fellow servicemembers.

This clinic also does oral-health education and outreach in schools and provides oral-health kits to food pantries, meals-on-wheels programs and more.

Hennigar will do the full ten-hour shift from the mobility scooter, treating patients, conferring with students, barely stopping to eat. This clinic, Hennigar said, has been a "godsend" for people who have, for years, struggled to find a dentist.

"I want to make the patients feel like they are worthy." ■

LEARN MORE @ [TCCAP.ORG](https://www.tccap.org)

Oluwakemi Olokunboyo of Dover received a McNabb scholarship to study nursing at Great Bay Community College

A SCHOLARSHIP FOR NEIGHBORS BY NEIGHBORS

Diana and Mark McNabb started a scholarship fund. Jacob Naimark pitched in. New Hampshire students benefit.

Mark and Diana McNabb both studied at state universities to be mechanical engineers.

When Diana was at Penn State, she was one of a tiny cohort of women navigating the male-dominated halls of engineering in academia. Education set both Diana and Mark up for success.

Diana got her master's and went into environmental engineering, Mark went into building and real estate development.

In the years since the McNabbs have been out of school, they have watched as the price tag of a college degree skyrocketed to the point where it put the American Dream — like theirs — out of reach for too many people.

The Mark and Diana McNabb Scholarship Fund they opened at the Charitable Foundation is intended to help put that dream back into reach — particularly for women.

"It is close to my heart to encourage women to pursue science, math and engineering," Diana said. "Back in the day," Mark added, "It was possible for people to put themselves through school. Now, it's not as possible."

The McNabbs' scholarship fund specifically helps women and under-represented populations with financial need to go to community college or get training in a trade. Preference goes to people studying in STEM fields.

"It feels like more of a difference can be made at a community college and a trade-school level," Mark said. "It doesn't take a lot of dollars to make a difference."

Community colleges are training grounds for many STEM careers — including in health care and engineering. And Mark points to the abundance of good jobs available in engineering and the trades — for which community college can be a jumping-off point.

New Hampshire's community college and university systems have some "2 + 2" agreements that allow students who earned an associate degree at a



"I think it is important to lead and to normalize the idea of giving back."

– Mark McNabb

community college to then complete their bachelor's by attending two additional years of university.

Oluwakemi Olokunboyo of Dover recently received one of the McNabb scholarships, to study nursing at Great Bay Community College. "Your support has alleviated a great burden," she wrote recently, "and has provided me with the resources needed to bring alive my dream."

The McNabbs were first introduced to the Charitable Foundation in the late 90s, having been encouraged by Seacoast businessman and philanthropist Joe Sawtelle to contribute to help New Hampshire students cover college costs. They did so, and later opened a donor-advised fund at the Foundation, from which grants have been made to an array of nonprofits. That fund helped them become more strategic about their giving — and to lay the groundwork for their daughters to become part of the process.

They established their own scholarship fund at the Foundation in 2022. A half-dozen students have already received scholarships from the fund.

"I think it is important to lead and to normalize" the idea of giving back, Mark said.

Without even realizing it, they had

created an avenue for others to do just that.

After the McNabbs' scholarship was established, a Portsmouth native and Columbia University graduate sat down in his apartment in New York City and googled "New Hampshire + scholarships." Jacob Naimark is a young paralegal who works for a nonprofit that offers free legal assistance to immigrant youth. He plans to go to law school.

"I have a modest income, but I like to donate a small amount of money each month, so I build it into my lifestyle — and don't wait until end-of-year and see if any is left over," Jacob said. "I started thinking about how much my community in New Hampshire had given to me and how it had set me up for success, and I thought about donating to a scholarship fund for a New Hampshire student."

His google search turned up the Charitable Foundation's student aid program. Starting a new scholarship fund was not within his means — but contributing to an existing one was. A phone call to Foundation staff helped him select the McNabbs' scholarship fund to contribute to. He has made multiple contributions to support the students selected for the McNabb scholarship.

The McNabbs were thrilled to learn that another generous person had jumped in to join the effort to help New Hampshire students achieve their goals.

"It's positive and good energy," Mark said.

At a time when the competing challenges facing communities can feel overwhelming, Diana said, she comes back to this question — and response.

"What can I do? I can give to help." ■

Contribute to an existing fund

The New Hampshire Charitable Foundation manages more than two thousand philanthropic funds created by generous people. Those funds are dedicated to a wide variety of purposes — from helping students pay for college to mitigating climate change to feeding struggling families to advancing justice and equity to supporting local journalism.

But creating a new fund is not the only way to give through the Foundation. Generous people can also contribute to existing funds to support a wide variety of charitable purposes by navigating to the Foundation's homepage, nhcf.org, clicking "give" and following the prompts.

For more information, please contact the Foundation's donor services team at 1-800-464-6641, ext. 3.

Jacob Naimark (left), a young paralegal who works for a nonprofit that offers free legal assistance to immigrant youth, contributed to the McNabbs' scholarship fund





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'BE SURE TO GIVE BACK'

For Indrika Arnold, giving is a given.

She is a senior wealth advisor and principal at the Colony Group, where charitable giving is woven into each conversation with clients.

She helps people give with purpose, and works with extended families — bringing generations together around the shared purpose of charitable giving.

Indrika studied computer science at Keene State, having left Sri Lanka to study and create a new home in the United States. A college advisor steered her to work in wealth management, where she excelled. She has been with the Colony Group for 11 years and became a principal in 2022.

She has served on board of the Keene Endowment Association and boards of other nonprofits. She volunteers to pick up and deliver bakery items to a local food pantry, and with family and friends to cook at the local soup kitchen. ("I have been hungry," she says.)

Advisors like Indrika were at the heart of the creation of the New Hampshire Charitable Foundation — which was founded in 1962 by three attorneys who were trustees of a large trust.

The through line to people in Indrika's position today is clear: "If you are in a position of privilege," Indrika says, "be sure to give back." ■

