

UPDATES IN MOBILITY MANAGEMENT

Region 8: Greater Manchester-Derry-Salem

March 2024



TRANSPORTATION IN WEARE? SHARE YOUR THOUGHTS!

As mobility manager, it can be particularly challenging helping people find rides. This

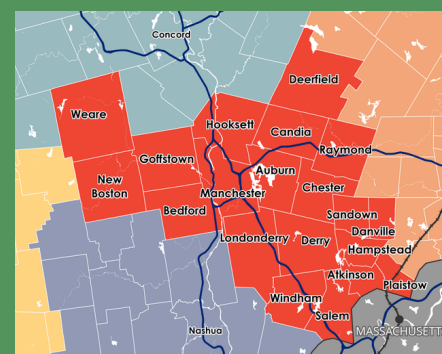


is especially true for residents in the rural community of Weare. Residents have expressed their struggles to me, as well as with staff at the Hand in Hand Senior Center. To address this, I've partnered with the Hand in Hand Senior Center, Town of Weare, and Southern New Hampshire Planning Commission to create and distribute the Weare Transportation Needs Survey.

This survey is open from now until the end of April. If you or someone you know has difficulty finding transportation in Weare, you have the opportunity to make your voice heard. The results of this survey will highlight the transportation needs in the community, and catalyze an effort to address those needs.

To access the survey, go to www.surveymonkey.com/r/62CFKKH

COMMUNITY TRANSIT SERVICES



- [Atkinson Elder Services](#)
- [The CareGivers](#)
- [Community Caregivers of Greater Derry](#)
- [Disabled American Veterans NH](#)
- [Easterseals New Hampshire](#)
- [Future in Sight](#)
- [Granite State Independent Living](#)
- [Greater Salem Caregivers](#)
- [Meals on Wheels of Hillsborough County](#)
- [Manchester Transit Authority](#)
- [Rockingham Nutrition and Meals on Wheels](#)
- [Sandown Senior Affairs Transportation Program](#)

WHAT'S IN THIS NEWSLETTER?

- CommuteSmart NH 2024 Spring Challenge
- Provider Update





THE COMMUTESMART SPRING CHALLENGE IS BACK!

CommuteSmart New Hampshire is an organization dedicated to encouraging and assisting people to choose sustainable transportation options in place of driving single occupancy vehicles. This year, CSNH is issuing their yearly spring challenge for May 2024! Compete with other businesses throughout the state to show who can log the most sustainable trips. All it takes is businesses and their employees participating in green commuting options. During the spring challenge, businesses can also participate in Bike to Work Week (May 13-17) and Bike to Work Day on Friday, May 17, 2024.



Participants can save on the cost of gasoline and have fun doing so by reducing their miles driven during the Spring Challenge. A combination of driving and biking to work also counts. Decreasing the number of cars on the road also preserves the life of our existing roadways, reduces air pollution, minimizes time spent in traffic, and most importantly keeps all of us healthier and happier. Examples of sustainable trips that can be logged include:



Carpools and Vanpools



Public Transportation



Walking

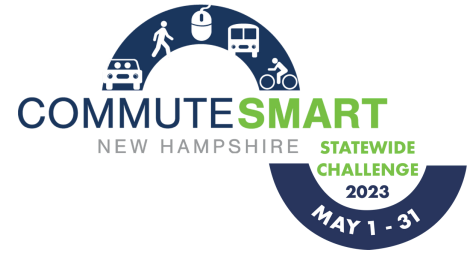


Telecommuting (working from home)



Biking

In May 2023, 383 individuals participating in CommuteSmartNH accomplished much for the environment, our health, and our wallets, all through sustainable commuting. It is amazing what 383 challenge participants can collectively do when they are committed to sustainable commuting! For example:



During last year's challenge, bike commuters reduced **9,648 car trips** by biking, and drove **71,075 miles less**, which is equivalent to:



Circling the earth **2.9 times**



Driving from New York to Los Angeles **25.6 times**



67,178 laps around the NH Motor Speedway

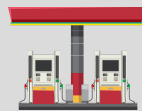
Commuters prevented **60,674 pounds of carbon emissions** discharged to the environment and saved **3,096 gallons of gas** from being bought, which is equivalent to:



9.3 tons of gas



206.4 sedan gas tanks



A gas pump running for **6.5 hours**

The savings at the pump and from wear and tear on our vehicles equaled a total of **\$44,422** during the 2023 Spring challenge, which is equivalent to:



15.7 years of the average NH monthly electric bill



49.2 grocery trips for a family of 3



1110.6 trips to the gas pump

Through active transportation (such as walking and biking), participants burned a whopping **486,667 calories**, which is equivalent to:



2863 medium lattes from Dunkin Donuts



477 lobster rolls



1622 cider donuts

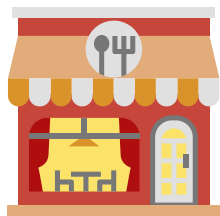


How Do I Join the Challenge?

1. Head over to commutesmart.org or download the CommuteSmart New Hampshire mobile app.
2. Create an account. Don't worry - **it's free!**
3. Opt-in to the challenge. This can be found on the home page if you're on the desktop version or under the "more" tab in the mobile app.
4. Start logging your trips! The leaderboard will appear on May 1st, 2024 and will update at the stroke of midnight every day. The points earned from logging your trips can be used for:



Gift Cards



Restaurant Coupons



Retailer Discounts



Tickets to shows and attractions



CommuteSmart New Hampshire, is a partnership between planning commissions, state agencies and transit providers. Smart commuting options include carpools, vanpools, public transportation, walking, biking, and telecommuting. CommuteSmart New Hampshire also seeks to educate employees and employers about the benefits of using these travel options and provides them with the resources they need to get started

Have any questions? Contact CommuteSmart New Hampshire at 603-722-6020 or email Vincent Pagano at vpagano@cnhrpc.org



PROVIDER UPDATE

INTRODUCING MORAL CARE SERVICE



MORAL CARE
HELPING HANDS

Moral Care Service is a caregiving program that opened in Manchester in 2023. They provide hourly, overnight, and live in care, as well as elderly, disability, Alzheimer's, and dementia care. They also provide demand-response transportation for their clients.

Moral Care provides transportation to clients who need rides for:

- Physician appointments
- Medication pick-up
- Accompany to lunch or dinner
- Senior center
- Club event
- Church activities
- Community events
- Special family events
- Hairdresser/barber salon
- Grocery shopping



Moral Care serves residents of Manchester as well as those in the immediate surrounding area including Hooksett, Auburn, Londonderry, Bedford, and Goffstown.

Moral Care Service contact information:

Website: <https://moralcareservice.com/>

Phone: (603) 270-9255

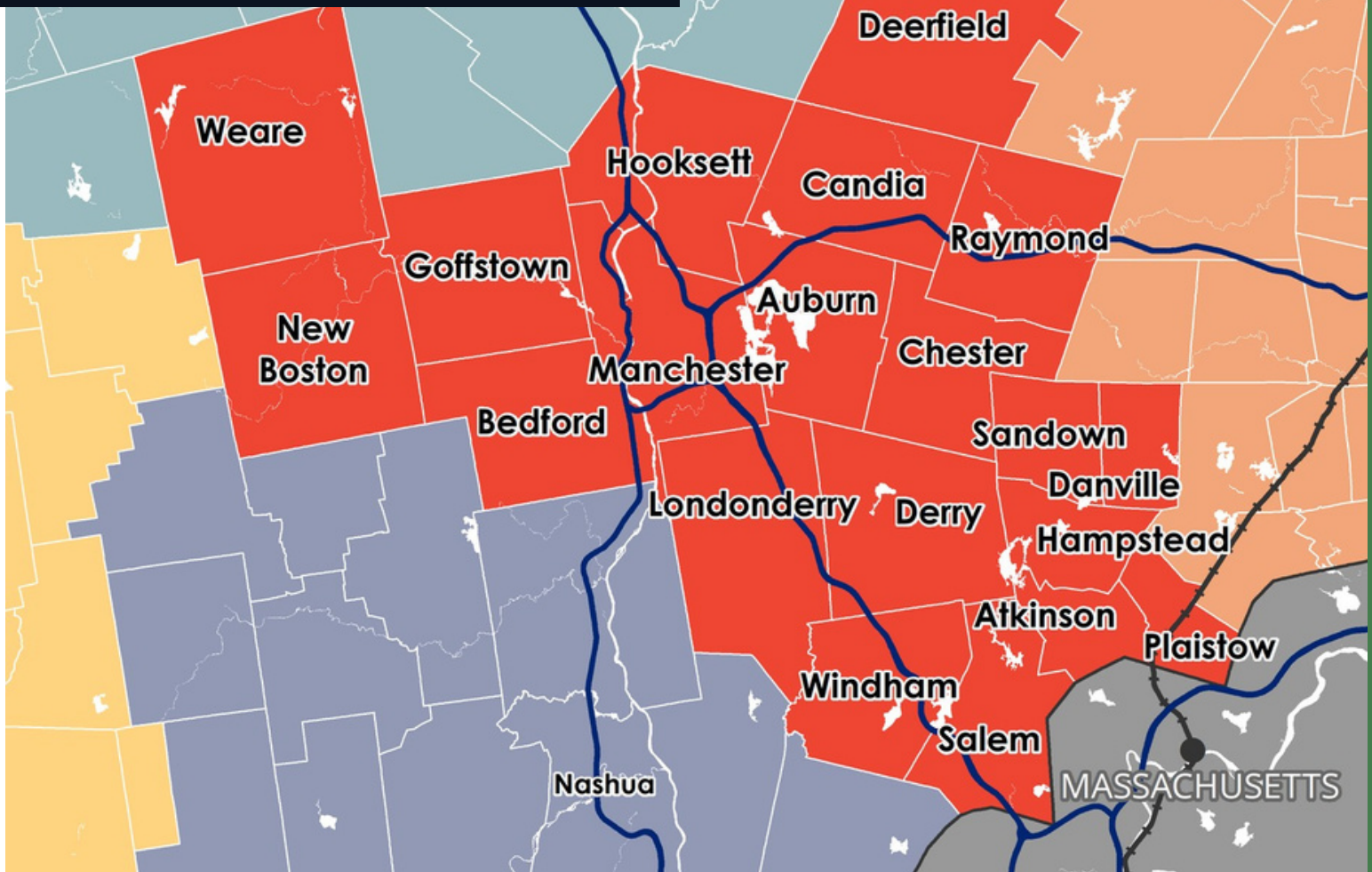
Fax: (603) 270-9255

Email: info@moralcareservice.com

Address: 1045 Elm Street, Suite 204, Manchester, NH, 03101



ABOUT THE REGION



The Region 8 Coordinating Council serves 350,000+ New Hampshire residents throughout areas of Hillsborough, Rockingham, and Merrimack Counties. Municipalities in this region include: **Atkinson, Auburn, Bedford, Candia, Chester, Danville, Deerfield, Derry, Goffstown, Hampstead, Hooksett, Londonderry, Manchester, New Boston, Plaistow, Raymond, Salem, Sandown, Weare, and Windham.**

The RCC meets at SNHPC in the William G. Herman Conference Room. These meetings are open to the public and you can attend in-person or virtually. Visit [snhpc.org](https://www.snhpc.org) for more information.

Need a ride? Click below!



[I Need a Ride](#)

UPCOMING MEETINGS

Regional Coordinating Council Meeting
5/21/24 12:30pm-2:30pm, SNHPC/Hybrid
Format

Statewide Coordinating Council Meeting
5/2/24, 1:30-3:30pm, Granite State
Independent Living, Concord/Hybrid Format

[Click here to view the Region 8 RCC webpage](#)

CONTACT

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For more information, visit:

<https://www.snhpc.org/transportation/transportation-coordination/pages/mobility-management>