

## Message from our Executive Director

It is with profound gratitude that I am able to come to work each day and do what I love to do. Working with amazing staff who are dedicated to making the world a better place, and who are truly committed to their programs is nothing short of a gift. I am also granted the opportunity to work with a very strong and active board of directors, who take their roles very seriously. Standing side by side our staff and volunteers, our board helps our organization stay focused on its mission and able to execute the outcomes we promise to deliver. Thoughtful, generous and gifted people, our board offers TUR a healthy foundation to stand upon.



What is equally exciting are the long-time and newly formed networks with which we are able to work within. Building the infrastructures between agencies, schools and municipalities to meet the needs of our children youth and families, we are able to share the weight, while also sharing the very precious resources of dollars, humans, space and time. It is working well for us, for our partners and for those families and individuals who trust us to assist them, a win-win for all.

This community is not short of generous people, out there, making each day significant so others' needs are met. This past year, being part of multiple networks within our community, I have seen an awakening so to speak, a renewed sense of purpose to humankind. It is powerful, it is beautiful and it is reaching people in places that change lives. Not only those receiving services but those supporting them. What an amazing year, amazing time to be right here where we are!

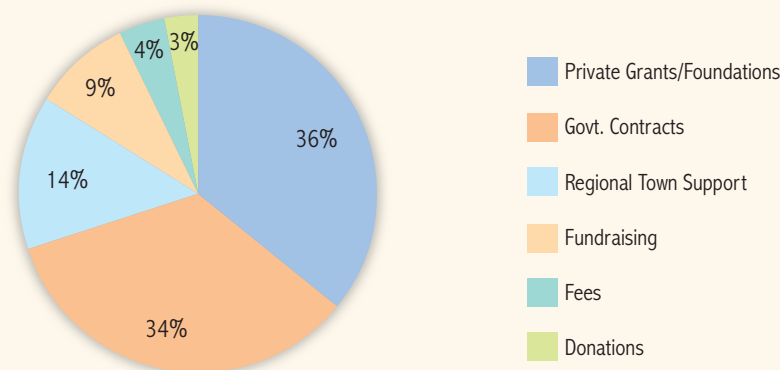
Brenda Guggisberg, M. Ed, Executive Director

## FUNDING

The Upper Room relies on a myriad of grant, foundation and contract dollars for more than 2/3 of our funding. We are grateful for community fundraising and support from you!

In addition, we received \$187,681.00 of in-kind donations, from office supplies to auction items, food and building supplies.

Very grateful to the 82 AMAZING volunteers who donate thousands of hours of service to our agency!



## The Upper Room

Chosen as



Brenda Guggisberg, Sue Schick, and Elaina Wheaton holding the Business of the Year award at the annual Greater Derry Londonderry Chamber of Commerce dinner where awards were granted.



Gale Stanley, Board of Director, Shelly Koza and Sue Schick (Staff)



Staff at awards dinner: Jeremy Lane (Board of Directors, President), Kate Briggs, Elizabeth Green, Jenny Chesney and Elaina Wheaton

## HIGHLIGHTS



Our **17th Annual Family Matters Auction**, held Nov. 9th, was a home-run success with a theme "Take Me Out to the Ball Game". A special thanks to Bill Burke for auctioneering our most successful event yet. Thank you to our presenting sponsor, Tupelo Music Hall. Thank you to those who attended or supported from afar. Stay tuned for 2019 event theme to be announced for our November 1, 2019 date at Tupelo! \*



**Jon Bucciero** of Salem was our first recipient of the **Anna Willis Scholarship Award**. Jon is a student at Rivier University and is studying Education. Be on the lookout for our 2019 Scholarship opportunity, it will be posted on our website in early 2019. \*



Our **Ice Cream Social** was a huge hit at Town of Derry Parks & Recreation. Thank you to nora\_floor, Simply the Best Entertainment, Life is Good, Well Sense Health Plan, Trading Faces, and Launch Trampoline Park - Methuen, MA, and of course Moo's Place Ice Cream for making the day so special. Over 300 people attended the event this year. This event included 5 students from Windham who raised money to help other students who have family members struggling with addiction. Mark your calendar, 2019 Ice Cream Social is August 14th. \*



**Board of Director Alexis Brophy** receiving a Volunteer of the Year award. With her family Phil, David and Brenda Brophy: best friend and TUR ED Brenda Guggisberg, Gale Stanley and Jeremy Lane, board president.. \*



Beverly Donovan, Town of Derry Economic Development, celebrating with The Upper Room as they receive the **NHCIBOR Cares Grant**. Beverly Donovan (left), Brenda Guggisberg (middle) and Laura Nesmith (right) representing NHCIBOR. \*



Our **3rd Annual Road race** for families, a certified 5K/10K road race in beautiful Derry, NH, was a great event, and included a kids run (sponsored by Vanguard Dental), this year with great prizes and energy! Looking forward to our April 7th event in 2019! \*

**2019 Dates to Remember:**  
**Connect Family Program activities We Are One**, a community event, January 15  
**Ice Cream Social**, August 14  
**Family Matters Auction**, November 1, at Tupelo Music Hall  
 Visit our website for details:  
[www.urteachers.org/calendar-of-events](http://www.urteachers.org/calendar-of-events)

**Utilizing Resources** - As one of 10 non-profits chosen in NH to be offered an internship through University of New Hampshire, and the Entrepreneurship class, our organization accessed an opportunity to look deeply at our marketing strategies. We worked the entire semester with a team of students to look at our social media, web presence and other collateral. The team of 4 students presented a final project presentation November 27th and followed up early December to be sure we had the tools they recommended to improve our outreach and communication with customers, supporters, funders, and the community. Such a valuable experience to engage and learn from. We are better as a result of our opportunity here. \*



**Youth Day of Giving Back**, a partnership with Pinkerton Academy student volunteers, TUR and area agencies. Every year TUR organizes a Youth Day of Giving Back with Pinkerton Academy students this past year 7 agencies received volunteers for a day to do projects they needed to get done. TUR, Montessori School, Boy Scouts Camp, and Community Caregivers all provided projects for students to manage for the day! HUGE success. \*



**Jon and Gale Stanley** along with their grandkids attended the Pizzastock event in July of which TUR was awarded proceeds of the event. \*

**Crossing curriculum** - Our HiSET students are participating in 6 weeks of a science/health and nutrition course facilitated by the UNH Cooperative Extension. These lessons have also crossed into our Math curriculum in ways we never

anticipated. Our volunteer Becca has been a wonderful asset to our agency. \*





## SERVICES

### SCHOOL SUCCESS

We increased educational services in our **HiSET Program**. 54 participated, with 35 students earning their high school education. 85% of those graduating are earning a livable wage or admitted to college admission or both. Returning students have access to tutoring to help them stay on track.



**Rejuvenate, one of our newest programs**, provided 112 students with support and academic tutoring and counseling during suspensions from high school. This program is working to reduce the risks that come from a suspension and to address the myriad challenges that present themselves with our students. \*

### YOUNG ADULT SUCCESS

As a partner with South Central Public Health Network, we join 11 regions statewide fighting the substance misuse mental health epidemic by offering **Young Adult Strategies (YAS)** to increase skills and resources to encourage positive relationships and build employability. \*



### PARENTING SUPPORT

**Family Wellness Greater Derry Family Outreach (GDFO)** Provides in-home parenting education & counseling. Being a parent is hard work. You don't have to go it alone. We offer help for families at no cost through the Greater Derry Family Outreach Program.



We expanded to do workshops through the YMCA, as well as creating a program, Reflections, specifically for families needing support and guidance once involved with DCYF. \*

### PARTNERING FOR A STRONGER COMMUNITY

**Over 15,000 people reached, in 43 Communities served** by partnering with our area schools, agencies, businesses and municipalities offers us a chance to make a more powerful impact. We have a common goal for the health of our towns and communities and shared hope for the potential and well-being of the children and families who make up the citizenship of these very places. When together we share in the work, for a common purpose, it drives incredible services and outcomes. \*



### Parenting Education Series

- Texting and Driving Workshop
- Positive Solutions
- 1-2-3 Magic and More
- Pearls of Wisdom for Positive Parenting
- Active Parenting: Children ages 1- 4
- Crossroads: a co-parenting class
- Drugs & Alcohol and Your Choice Workshop for Teens and Parents
- Active Parenting: Teens

### Weekly Support Groups (FREE)

- Reflections—for families who have questions about working with the Division of Children, Youth and Families (DCYF)
- TIPS—for teens and young parents up to age 23 (childcare available)
- UR Parents Support Group—for parents of teens
- CONNECT— supportive fun activities, education for parents/caregivers of children ages 0-6. Look for our new 2019 schedule of activities!

## ABOUT US

The Upper Room is a non-profit Family Resource Center, committed to the development of strong individuals and families in Southern New Hampshire and beyond. The Upper Room has a team of dedicated professionals who are working to improve the family life of citizens and communities, in a way that is unique to any place in New Hampshire.

### The Mission of The Upper Room

"Strengthening individuals and families by providing them with education, services and resources needed to lead healthy, self-sufficient lives."

## THANK YOU

### Our Race Sponsors

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### Our Auction Sponsors

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 Derry Medical Center  
 Minuteman Press

**Agency Recognition** Thanks all donors and sponsors, every single ounce of support is felt and tenderly assigned to a need here at the Upper Room. We are so humbled at the goodness of our community, businesses and partners who help us achieve our mission every day. Thank you.



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