

CHAT

COMMUNITIES FOR HEALTHY AGING TRANSITIONS

COMMUNITY ASSESSMENT

FOR THE

TOWN OF NEWMARKET

GREATER SEACOAST COMMUNITY HEALTH



PUBLISHED: OCT 2022

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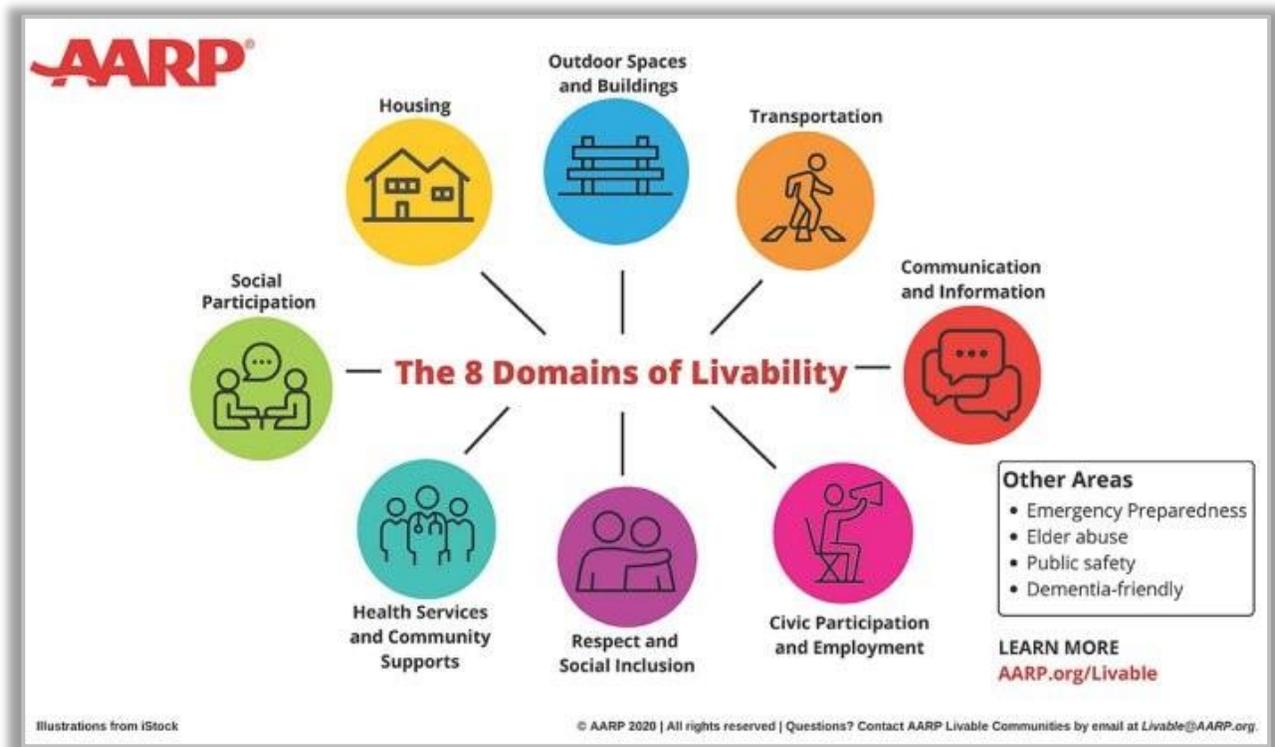
INTRODUCTION AND FRAMEWORK

[Communities for Healthy Aging Transitions \(CHAT\)](#), a regional project, examined age-friendliness in Strafford County, as well as Brookfield, Wakefield, Newmarket, Nottingham and Northwood in Carroll and Rockingham counties, respectively. The project was funded by the Tufts Health Plan Foundation and conducted in partnership with Greater Seacoast Community Health (GSCH)'s Strafford County Public Health Network (SCPHN) program.

The project mission was to engage our communities looking at and promoting diverse, equitable, inclusive, livable environments where people can grow and thrive, regardless of age.

To achieve this mission, SRPC and partners at SCPHN designed engagement activities to understand strengths and opportunities in each community, which were framed within [AARP's eight domains of livability](#) from its [Livable Communities program](#): Outdoor Spaces and Buildings, Housing, Transportation, Social Participation, Respect and Social Inclusion, Civic Participation and Employment, Communication and Information, and Health Services and Community Support.

The qualitative and quantitative information presented in this Community Assessment was also framed within the eight domains of livability.



CHAT OUTREACH PROCESS

SRPC and partners at SCPHN enacted a modified outreach process due to the pandemic. Most of the outreach for the CHAT project was conducted via online channels as described below.

COMMUNITY ZOOM FORUMS

Residents from across the region were invited to participate in a series of seven municipal or subregional community Zoom forums between February and June 2021. SRPC and SCPHN held a Zoom community forum with Newmarket on April 5th, 2021. This session allowed SRPC staff to receive valuable feedback from Newmarket residents and municipal volunteers.

SURVEY

Launched in February 2021, the CHAT online survey was distributed through multiple regional outlets to the residents of Newmarket via Facebook postings, through the community forum, and between town staff and residents. There was a total of 51 responses from people who live, play, and work in town.

POSTCARD ART ACTIVITY

With the pandemic, partners tried to think about creative ways to engage people and give them a different outlet for expressing themselves. The postcard art activity was distributed at Newmarket's Arts in the Park series at Schanda Park through summer 2021.

COMMUNITY PROFILE

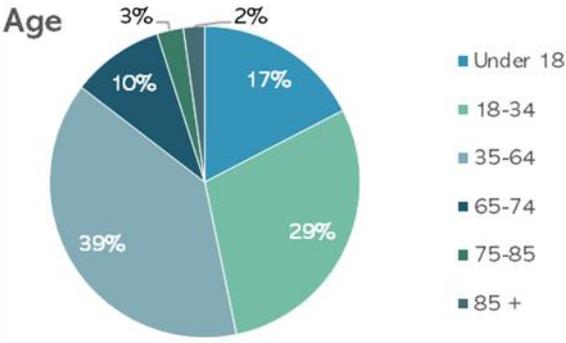
Newmarket, NH is a compact, close-knit, and engaged community with residents representing a diverse array of backgrounds. Residents and visitors alike admire the community for its artistic and unique appeal, variety of activities, and local businesses which contribute to a welcoming and dynamic community character.

Newmarket's ambiance is that of a classic coastal New England town. The historic and walkable downtown provides access to necessities for many residents, and the character of the infrastructure and preservation of natural features creates an appealing small-town aesthetic. The downtown area is the heartbeat of the community, where activity and interaction among residents thrives. The town's commitment to preserving its natural resources can be seen in its progressive land use policies and regulations.

The town has various boards and commissions that work in accord with local government and keep residents active in the community, maintaining Newmarket's most valued features and lively atmosphere.

The outreach process, combined with supplementary data analysis, was used to outline the many ways in which Newmarket provides an inclusive, welcoming, supportive, and healthy environment for people of all ages, as well as opportunities for improvement. The findings are presented below in relation to each of the eight AARP domains of livability.

Total Population	9,430
Median Age	36.3
Total Housing Units	4,035
Number of Jobs in Town	1,468
Life expectancy	79.4 - 80.2



Sex



LIVABILITY PRINCIPLE #1 - OUTDOOR SPACES AND BUILDINGS

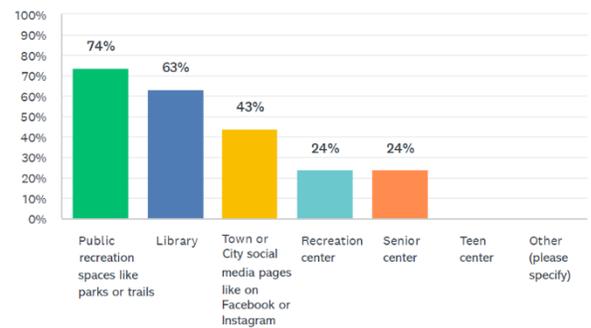
“People need public places to gather — indoors and out. Green spaces, seating and accessible buildings (elevators, zero-step entrances, staircases with railings) can be used and enjoyed by people of all ages.”ⁱ

DATA

Recreation Site Type	Number of Sites
Beach	0
Boating Access	4
Community Garden	1
Disc Golf Course	0
Dog Park	0
Fishing Access	0
Golf Course	0
Gym	0
Open Space and Trails	7
Park	2
Playground	2
Pool	1
Rail Trail	0
Skatepark	1
Skating Rink	0
Sledding Hill	1
Sports Fields and Courts	5
Total	24

Community Resources	Number of Sites
Places of Worship	2
Historic Places, Buildings, or Structures	8
Libraries	2
Medical and Health Care Facilities	3
Governmental Services	5
Non-Governmental Services	1
Fire and Police Stations	2
Schools	1
Total	24

Q16 Do you use any of these public spaces in your town?



24% of land in Newmarket is conserved.





STRENGTHS

- **Water resources** – Many survey respondents mentioned moving to Newmarket for the waterfront views. Forum attendees appreciate the Lamprey River in town.
- **Downtown aesthetic** – Community members enjoy the “look and feel” of the downtown area.
- **Indoor spaces** – Many forum attendees utilize the town’s library and its public gathering spaces, as well as the mill building’s spaces. Over 60% of survey respondents use the town’s library.
- **Conservation land** – Many forum attendees mentioned the town’s conservation lands and utilizing public trails. Over 70% of survey respondents use the town’s public recreation spaces like parks or trails.



OPPORTUNITIES

- **Accessibility** – Expanding parking options for residents could improve accessibility to the Town’s outdoor spaces. Making these spaces accessible for residents without cars would also improve accessibility.
- **Events and programs** – Some residents expressed interest in a theatre program in town, potentially utilizing the downtown gazebo as a pop-up space.

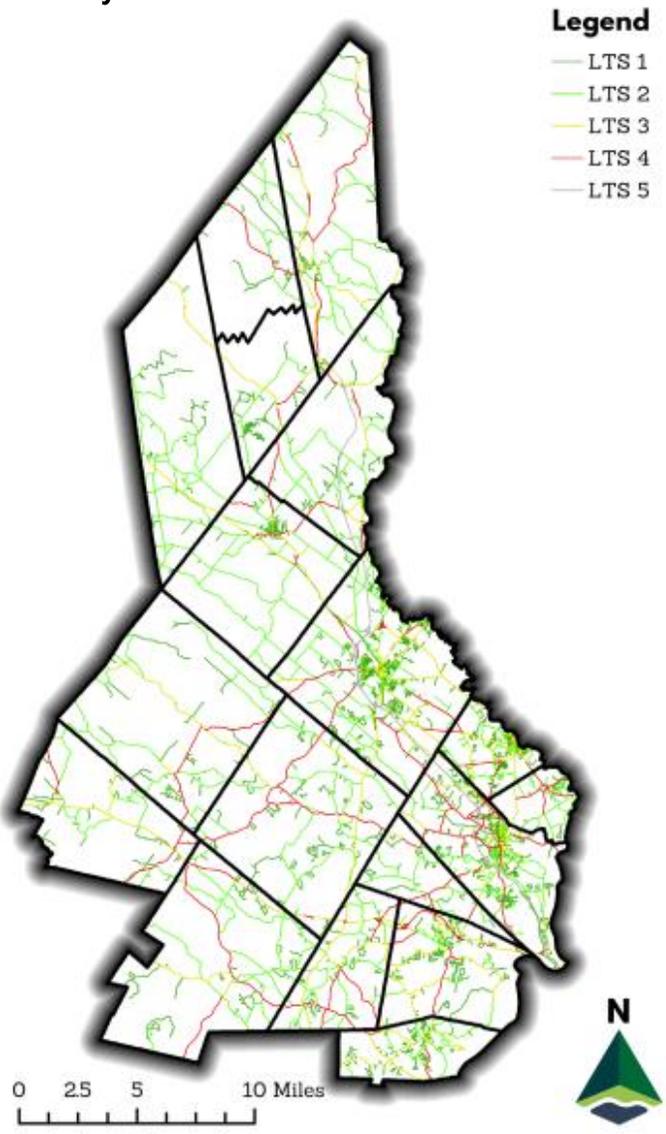
“SOUGHT A WALKABLE,
SMALL-TOWN COMMUNITY
WITH AN ACTIVE
DOWNTOWN”

LIVABILITY PRINCIPLE #2 - TRANSPORTATION

“Driving shouldn’t be the only way to get around. Pedestrians need sidewalks and safe, crossable streets. Dedicated bicycle lanes benefit nondrivers and drivers alike. Public transit options can range from the large-scale (trains, buses, light rail) to the small (taxis, shuttles or ride share services).”ⁱⁱ

DATA

Bicycle Level of Traffic Stress

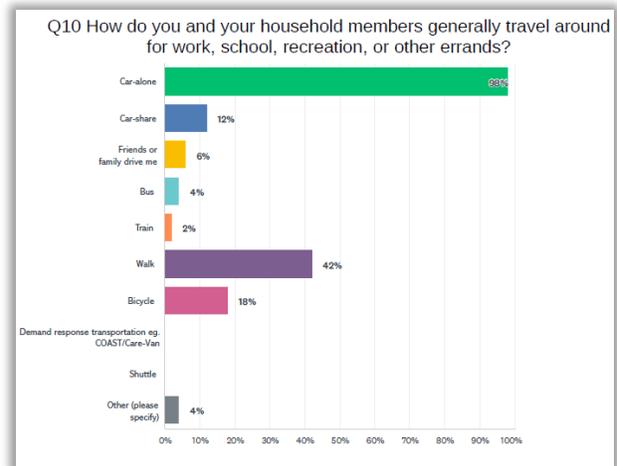


Legend

- LTS 1
- LTS 2
- LTS 3
- LTS 4
- LTS 5

LTS Rating	LTS Rating Description	Population Class
LTS 1	Lowest stress; suitable for all riders	Kids and Beginners
LTS 2	Lower stress; suitable for adults with some experience	Willing but Wary Riders
LTS 3	Moderate stress; suitable for those who ride regularly	Comfortably Confident Riders
LTS 4	High stress; suitable for experienced riders with tolerance to high speeds and traffic	Exposure-Experienced Riders
LTS 5	Bicycles prohibited	

Source: Bicycle Level of Traffic Stress. Year: 2019. Granularity: SRPC.



COAST Routes (including ADA On-Demand Transit)	0
Wildcat Routes	1
Demand Response Transit	Yes



STRENGTHS

- **Walkability** – Overwhelmingly, residents appreciate the walkability of the downtown area and its extension to the shoreline. Residents also noted an appreciation for the blinking lights on sidewalks as a safety measure.
- **Transportation services** – Residents mentioned the Lamprey Health Care van service and Meals on Wheels as useful transportation services in town.
- **Community Rides** – “The Alliance for Community Transportation (ACT) offers curb-to-curb non-emergency medical transportation called Community Rides. Community Rides is open to older adults (60+) or individuals with a qualifying disability who live within ACT's 38-town service area, which includes Newmarket. Trips are provided only to destinations within the 38-town service area as well. Community Rides is meant to serve as a "provider of last resort" for people who aren't eligible for other services such as COAST ADA Paratransit, Portsmouth Senior Transportation, or Rockingham Nutrition & Meals on Wheels Senior Shuttle.”ⁱⁱⁱⁱ



OPPORTUNITIES

- **Transportation and aging** – 42% of survey respondents are concerned about access to transportation in Newmarket as they age. Some residents mentioned a gap in services to reach social events or go shopping.
- **Modes of travel** – Greater than 90% of survey respondents travel via car alone for their daily transportation needs, compared to 40% who walk alone for these needs.
- **Bus service** – The bus service cuts have been an issue for some, oftentimes the route services do not line up with the times people need to use the bus.
- **Sidewalk expansion** – Residents would like to see the town's walkability extend beyond the downtown into more neighborhoods.
- **Bike safety** – Bike safety could be improved in Newmarket by creating more paved bike lanes and addressing bike safety specifically along route 108.
- **Pedestrian bridge** – Residents would like to see the Mills pedestrian bridge project carried out.

“[WOULD LIKE A] GREATER UNDERSTANDING OF WHAT THE TRANSPORTATION OPTIONS ARE -WE DRIVE NOW AND WILL FOR THE NEXT SEVERAL YEARS MOST LIKELY BUT WOULD LIKE TO BE AWARE OF OUR OPTIONS. “

LIVABILITY PRINCIPLE #3 – HOUSING

“AARP surveys consistently find that the vast majority of older adults want to reside in their current home or community for as long as possible. Doing so is possible if a home is designed or modified for aging in place, or if a community has housing options that are suitable for differing incomes, ages and life stages.”iv

DATA

Housing Stock

■ Single family ■ Multi-family ■ Mobile Home



Own vs Rent



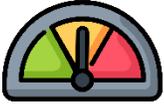
4,035 total housing units in Newmarket.



STRENGTHS

- **Housing availability** – Many survey respondents indicated they moved to Newmarket because they were downsizing or approaching retirement, and others moved to Newmarket because of its proximity to UNH and availability of student-suited housing.

- **Housing stock diversity** – Forum attendees appreciate the diversity of housing available in Newmarket and noted the mill buildings in particular. Residents noted that these options vary both in type and range of affordability.



OPPORTUNITIES

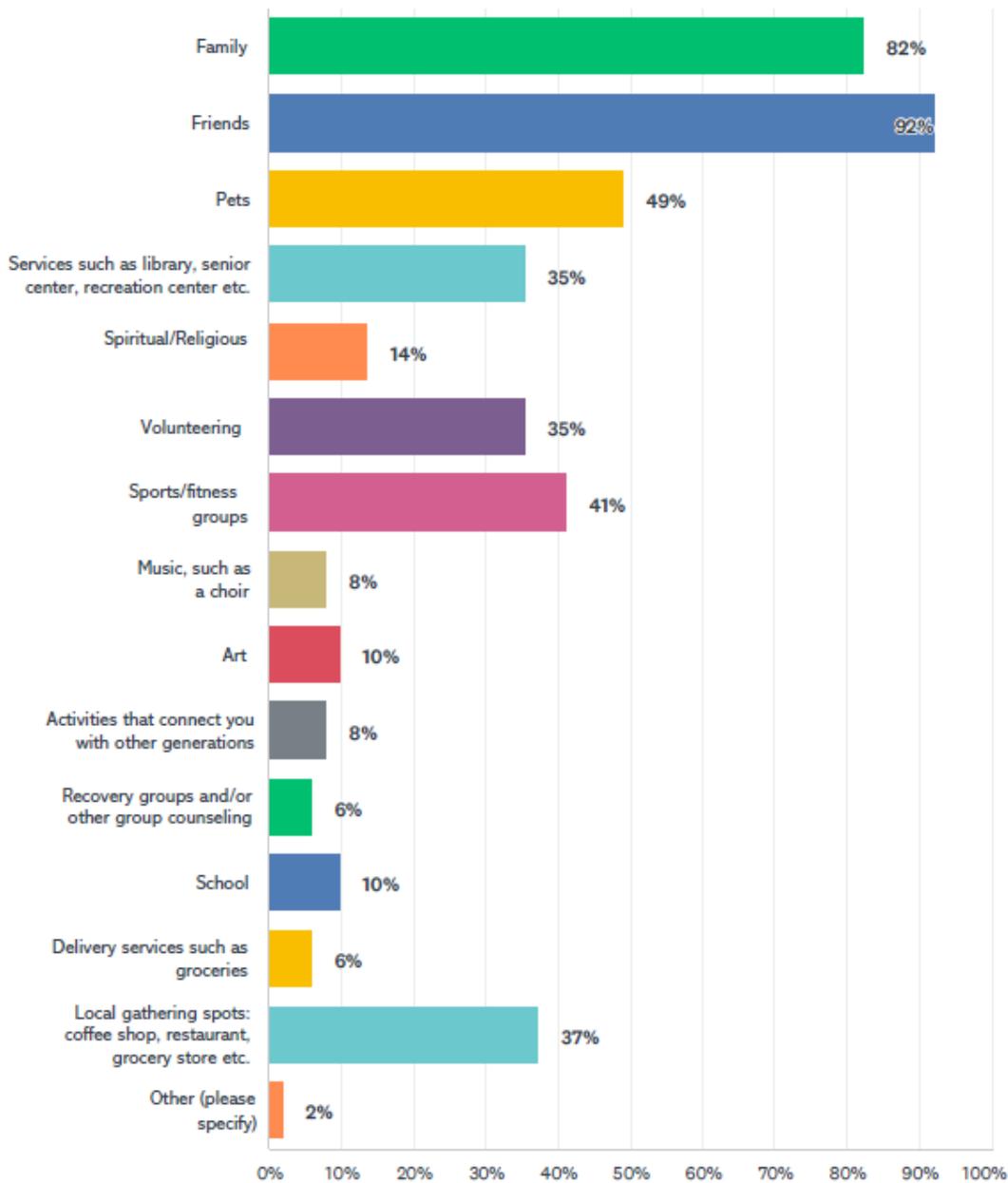
- **Affordable housing** – 32% of survey respondents are concerned about having affordable housing options in Newmarket as they age. Some respondents expressed a desire for more diverse affordable housing options that are not geared toward university students, and which are close to public transit.
- **Attached dwelling units (ADUs)** – Permitting the use of attached dwelling units could expand affordable housing options in Town.
- **Taxes** – Survey respondents and forum attendees expressed the burden that the town’s property taxes place on the aging population, and that it may affect their ability to age in place.
- **Alternative housing models** – Some forum attendees expressed interest in more alternative housing types, giving the example of the “Golden Girls” living style where groups of older friends can live together and share amenities. Tiny homes were also mentioned as a housing opportunity for the aging population.
- **Downtown development** – Residents would like to see more affordable housing availability and development in the downtown area, potentially through the use of inclusionary zoning.

LIVABILITY PRINCIPLE #4 – SOCIAL PARTICIPATION

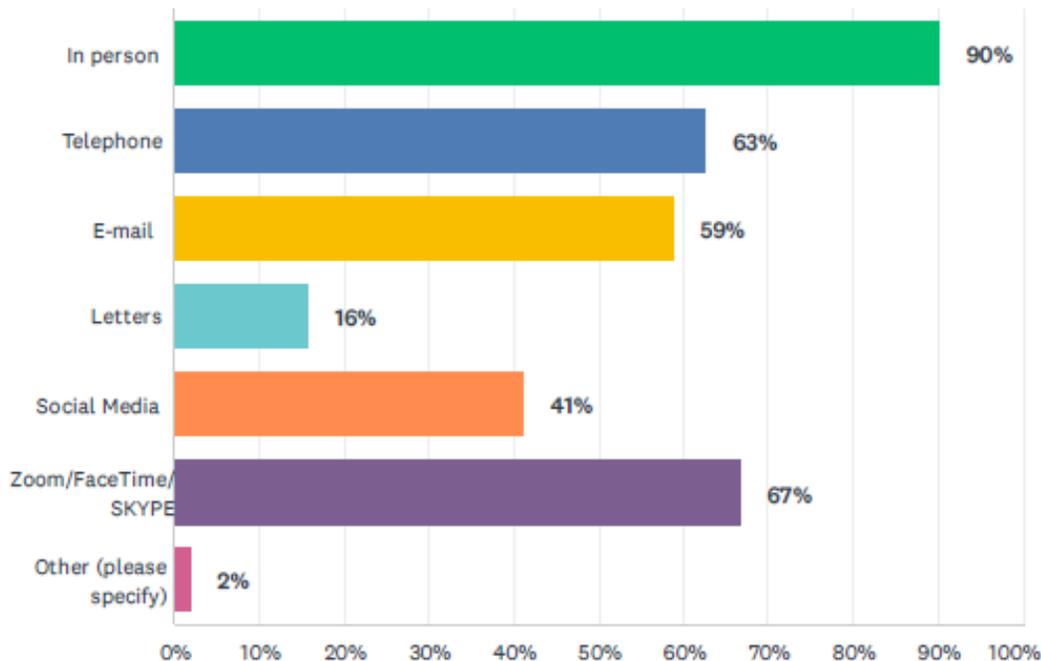
“Regardless of a person’s age, loneliness is often as debilitating a health condition as having a chronic illness or disease. Sadness and isolation can be combated by having opportunities to socialize and the availability of accessible, affordable and fun social activities.”^{iv}

DATA

Q14 What are your main social interactions? Check all that apply



Q15 How do you most commonly socialize? Check all that apply.



STRENGTHS

- **Interaction types** – Most survey respondents' main social interactions are with friends and family, but a significant portion of their social interactions are also services such as the library, senior center, and recreation center, volunteering, sports and fitness groups, and local gathering spots.
- **Summer concerts** – Some residents at the forum appreciate the summer music series held at Schanda Park.
- **Recreation department** – The help of UNH practicum students in the town's recreation department is appreciated, as well as the department's commitment to planning events for all ages.
- **Downtown density** – Community members value the way that the downtown development patterns facilitate social interaction, as the density and vibrant atmosphere encourage people to stop and socialize on the streets.



OPPORTUNITIES

- **Theatre program** – Many residents at the community forum expressed interest in a town theatre program to promote intergenerational socialization.

- **Heritage festival** – Forum participants valued the Newmarket Heritage Festival and miss the tradition, noting that its organization required a lot of work and there may be an opportunity to create a network of volunteers and utilize the UNH student base for assistance.
- **Social participation and aging** – An effort to include the aging population in the downtown area and community centers would help diversify social participation.

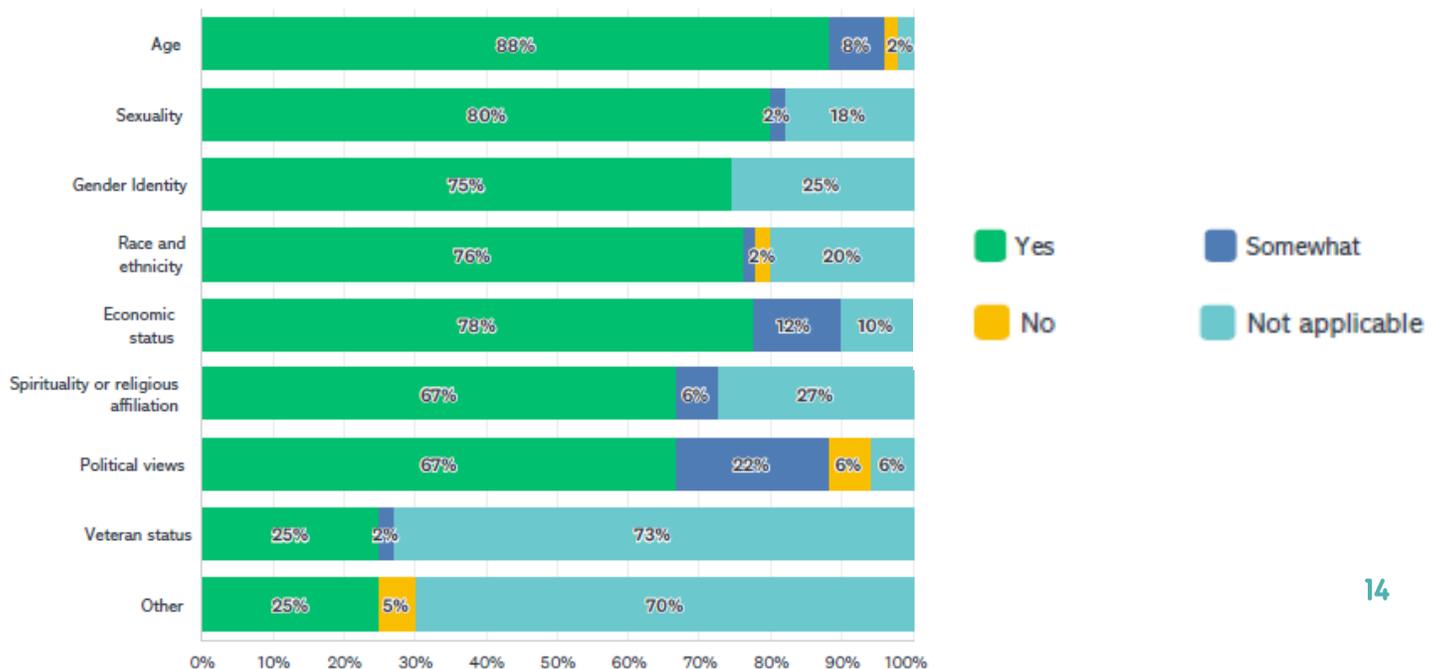
“MORE INTEGRATION OF SENIORS INTO THE SCHOOLS AND REC PROGRAMS WOULD HELP IMPROVE SOCIAL PARTICIPATION IN TOWN.”

LIVABILITY PRINCIPLE #5 – RESPECT AND INCLUSION

“Everyone wants to feel valued. Intergenerational gatherings and activities are a great way for young and older people to learn from one another, honor what each has to offer and, at the same time, feel good about themselves.”^{vi}

DATA

Q9 Do you feel accepted in your community with regards to:





STRENGTHS

- **Acceptance** – The majority of survey respondents feel accepted in Newmarket with regards to their spirituality, political views, age, sexuality, gender identity, race, ethnicity, and economic status. Forum participants suggest Newmarket has always been welcoming to new immigrant populations.
- **Diversity** – Forum participants note the Polish club as an inclusive place for gathering, and that different populations of people have been welcomed and celebrated in the community through town wide observation of holidays in the Laotian and Polish communities particularly.
- **Open-mindedness** – Residents view the school department as open-minded and appreciate the progressive and friendly nature of the community.
- **Safety and togetherness** – Social and community activities as well as low crime were among respondents' top 3 reasons that would keep them living in Newmarket.



OPPORTUNITIES

- **Culture** – Residents would like to see more cultural opportunities to foster inclusion through food.
- **Neighborhood tour** – Forum participants suggested the idea for a neighborhood tour/map creation to highlight the best aspects of Newmarket.
- **ADA compliance** – Residents at the community forum suggested zoning with incentive for ADA compliance for seniors, to develop smaller lot sizes that are safer and more manageable.

**“[WE MOVED TO NEWMARKET]
BECAUSE OF THE VIBRANT
COMMUNITY FEEL.”**

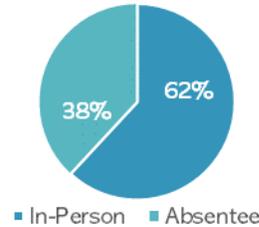
LIVABILITY PRINCIPLE #6 – WORK AND CIVIC ENGAGEMENT

“Why does work need to be an all or nothing experience? An age-friendly community encourages older people to be actively engaged in community life and has opportunities for residents to work for pay or volunteer their skills.”^{vi}

DATA

Income	Median Household Income	\$73,734
	Income Inequality (Gini Index)	0.39
	Low income households	21.70%
	High income households	5.40%

Ballots Cast



1,468 total jobs in Newmarket.



STRENGTHS

- **Newmarket Business Association** – The Newmarket Business Association is noticed for its training opportunities through SCORE and other groups, and its support for local and small businesses.
- **Civic opportunities** – Residents enjoy that Newmarket has many volunteering opportunities especially for the aging population.
- **Employment** – Some forum participants notice that many residents work outside of town and seek better employment opportunities elsewhere or work remotely and are not connecting to the community through work.
- **Mill buildings** – The Mill buildings provide convenient locations downtown for small businesses.
- **Voter participation** – Newmarket has a relatively high voter participation rate.



OPPORTUNITIES

- **Age diversity** – Resident would like to see better age diversity in local government and participation on local boards and committees.

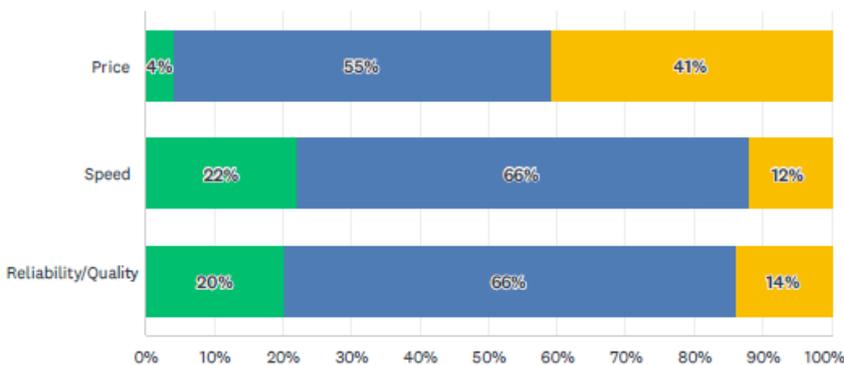
- **Engagement levels** – Residents noted that community engagement levels have decreased over the years, trying to enliven civic opportunities and cater to inactive demographics may increase engagement.
- **Training and employment** – Nearly 30% of respondents said they do not have employment and/or training available to them in their community. There may be an opportunity for the business association to survey residents and fill in gaps in training areas.

LIVABILITY PRINCIPLE #7 – COMMUNICATION AND INFORMATION

“We now communicate in ways few could have imagined a decade ago. Age-friendly communities recognize that information needs to be shared through a variety of methods since not everyone is tech-savvy, and not everyone has a smartphone or home-based access to the internet.”^{viii}

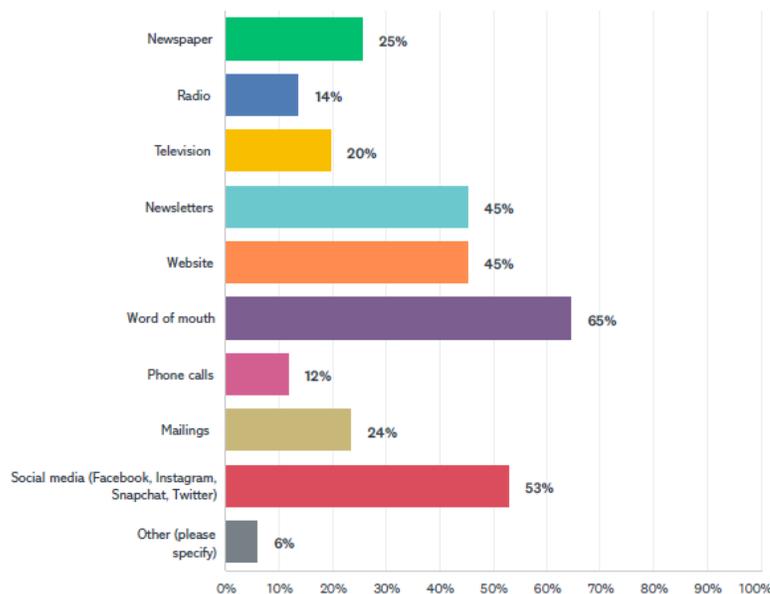
DATA

Q11 How would you rate your internet access in regard to? Please select none if you do not have internet access.



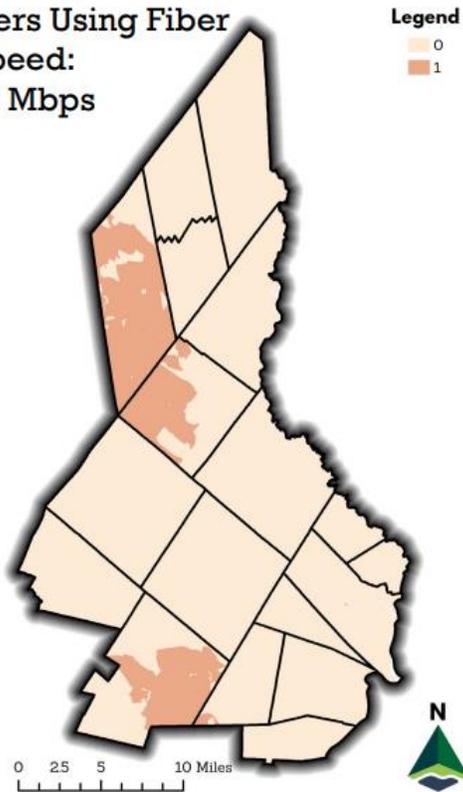
Q17 How do you learn about community news and activities?

Check all that apply.

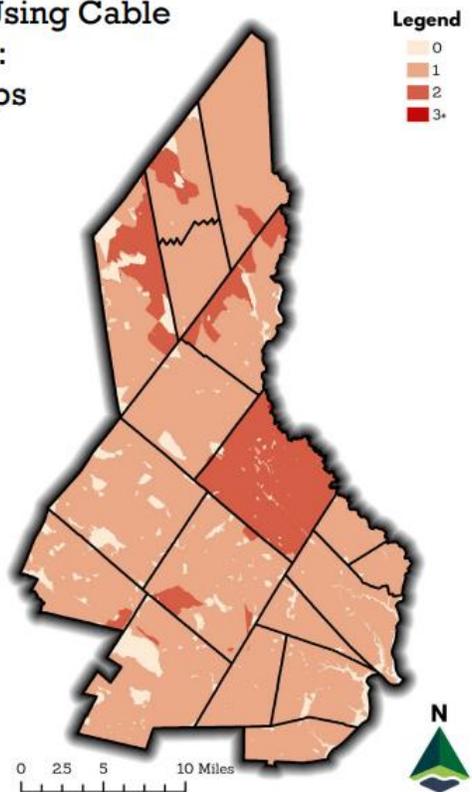


Broadband Access

Providers Using Fiber
Min. Speed:
100/20 Mbps



Providers Using Cable
Min. Speed:
100/20 Mbps



STRENGTHS

- **News outlets** – From the survey, the two most common ways respondents learn about community news and activities are through word of mouth and social media. Residents noted using Facebook pages and groups as well as the online community newsletter.
- **Library** – Residents noted that the library does a good job at spreading the word about upcoming events and news.



OPPORTUNITIES

- **Website** – Residents would like to see the website more up to date and current, and to be used as a means of transparency.

- **Social media** – Many forum participants suggested that social media as an outlet for communication and engaging the community is a barrier for increased participation. Forum participants suggested that there be a greater effort to use a mixed approach to communication.
- **Newspaper** – A desire to bring back the town newspaper was expressed by many, which could improve engagement from different groups and foster inclusion for the aging population.
- **Technology and aging** – While some forum participants noted that seniors rely heavily on electronic communication, some residents suggested that seniors may not always have access to or the skillset to use this technology. This may be an opportunity for the Sunrise Center to address in workshops or trainings.

LIVABILITY PRINCIPLE #8 – COMMUNITY AND HEALTH SERVICES

“At some point, every person of every age gets hurt, becomes ill or simply needs some help. While it’s important that assistance and care be available nearby, it’s essential that residents are able to access and afford the services required.”^{ix}

DATA

Healthcare and Aging Services	Number of Sites
Assisted Living Sites	0
Nursing Homes	0
Senior Centers	1
Primary Care Providers	23
Hospitals	0
Community Health Centers	0
Home Health Agencies	8
Memory Cafes	0
Dementia Support Group	0
Total	32

Community Resources	Number of Sites
Places of Worship	2
Historic Places, Buildings, or Structures	8
Libraries	2
Medical and Health Care Facilities	3
Governmental Services	5
Non-Governmental Services	1
Fire and Police Stations	2
Schools	1
TOTAL	26



STRENGTHS

- **Senior center** – Residents feel fortunate to have a senior center in town.
- **Rite Aid** – Residents appreciate the convenience of Rite Aid’s drive through service and closeness to the downtown/walkability element.
- **Usage of health services** – Over 80% of participants use both dental and primary care health services.
- **Lamprey Health Care** – Lamprey Health Care holds a 10k race each year, provides a walk-through flu clinic, and convenient health services walkable from Newmarket’s downtown.
- **Senior Center** – Many residents admire services provided by the senior center and how it is run.
- **Proximity to hospitals** – Residents appreciate the town’s closeness to hospitals in both Exeter and Dover.



OPPORTUNITIES

- **Elderly services** – Survey participants were heavily concerned with the availability of service as they age in Newmarket. Some suggested the opportunity to have UNH nursing students work with residents.
- **Sunset Sunrise Center** – The Sunrise Center offers events for people of all ages; focusing on age-directed marketing to engage a larger demographic may help bring in more participants outside of the aging community.

NEXT STEPS

Following completion of the community assessments, SRPC and SCPHN staff will solicit interest from and work with a limited number of communities to develop action plans. Selected municipalities will be able to take the information in the community assessments a step further, to identify specific implementation strategies that respond to the assessment findings and aim to enhance the community’s “age-friendliness.” Communities will be selected based upon interest and engagement in promoting age friendly communities, local support and willingness to implement recommendations, and geographic diversity. With the goal of adoption, final plans will be presented to each community. There is also the opportunity for completion of one or two pilot projects that will be selected from the action plan recommendations. Lastly, SRPC and SCPHN will publish an extensive resource guide that will be widely distributed via channels appropriate to our key audiences.

ⁱ <https://www.aarp.org/livable-communities/network-age-friendly-communities/info-2016/8-domains-of-livability-introduction.html>

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- ii <https://www.aarp.org/livable-communities/network-age-friendly-communities/info-2016/8-domains-of-livability-introduction.html>
 - iii <https://communityrides.org/community-rides-0>
 - iv <https://www.aarp.org/livable-communities/network-age-friendly-communities/info-2016/8-domains-of-livability-introduction.html>
 - v <https://www.aarp.org/livable-communities/network-age-friendly-communities/info-2016/8-domains-of-livability-introduction.html>
 - vi <https://www.aarp.org/livable-communities/network-age-friendly-communities/info-2016/8-domains-of-livability-introduction.html>
 - vii <https://www.aarp.org/livable-communities/network-age-friendly-communities/info-2016/8-domains-of-livability-introduction.html>
 - viii <https://www.aarp.org/livable-communities/network-age-friendly-communities/info-2016/8-domains-of-livability-introduction.html>
 - ix <https://www.aarp.org/livable-communities/network-age-friendly-communities/info-2016/8-domains-of-livability-introduction.html>

APPENDICES

DATA DISCLAIMER AND SOURCES

This details the sources for the data included in this CHAT report and any data disclaimers.

CHAT SURVEY RESULTS

This is the raw data results from your municipality's CHAT Online Public Survey.

DATA DISCLAIMER AND SOURCES

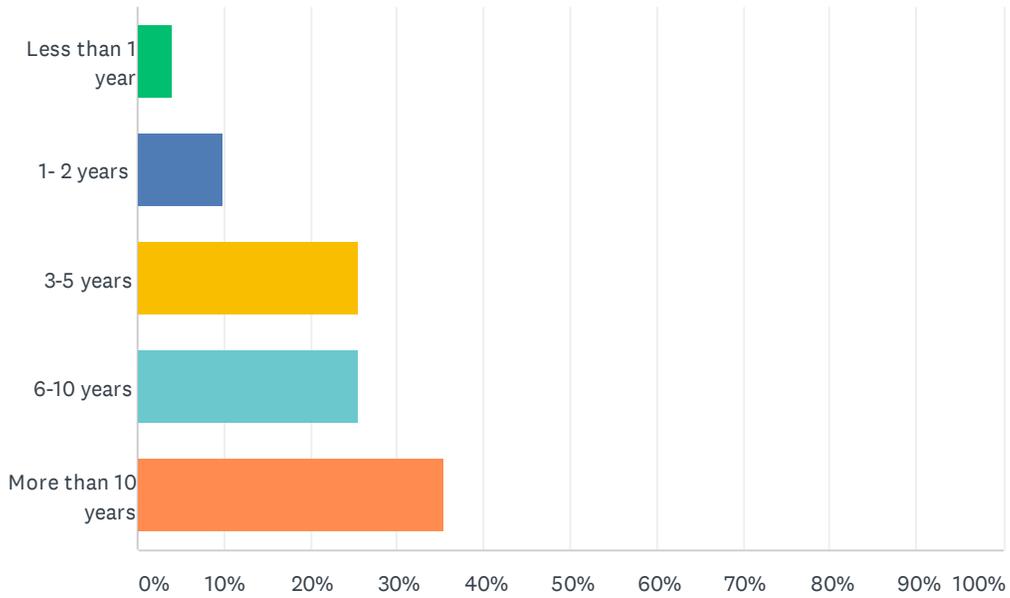
This documents the data sources for each metric used in the CHAT Community Assessment report, in order that they appear.

METRIC	SOURCE
Total Population	Census 2020
Median Age	ACS 2019
Total Housing Units	ACS 2019
Number of Jobs in Town	NH Employment Security, 2015 Estimates
Life Expectancy	Center for Disease Control Small-Area Life Expectancy Estimates, 2015
Age Brackets (Percentages)	ACS 2019
Sex (Percentages)	ACS 2019
Recreation Sites	Promoting Outdoor Play via SRPC, 2021
Community Resources	Community Anchor Institutions 2014 and National Register of Historic Places 2014
Q 16 Do you use any of these public spaces in town?	CHAT Public Survey via SRPC
Conservation Land (Percentage)	NH GRANIT, 2021
Bicycle Level of Traffic Stress	Bicycle Level of Traffic Stress via SRPC, 2019
Q 10 How do you and your household members generally travel around for work, school, recreation, or other errands?	CHAT Public Survey via SRPC
Bus/On-Demand Response Transit	COAST/Wildcat Transit/TripLink

METRIC	SOURCE
Housing Stocks	ACS 2019
Own vs Rent	ACS 2019
Q14 What are your main social interactions?	CHAT Public Survey via SRPC
Q15 How do you most commonly socialize? Check all that apply.	CHAT Public Survey via SRPC
Q9 Do you feel accepted in your community with regards to:	CHAT Public Survey via SRPC
Median Household Income	ACS 2019
Income Equality (Gini Index)	ACS 2019
Low income households	ACS 2019
High income households	ACS 2019
Ballots cast	NHSOS Voting data, 2020
Q11 How would you rate your internet access in regard to: Please select none if you do not have internet access.	CHAT Public Survey via SRPC
Q17 How do you learn about community news and activities? Check all that apply.	CHAT Public Survey via SRPC
Broadband Access	FCC, Dec. 2020
Healthcare and Aging Services	Tufts Health Plan Foundation - New Hampshire Healthy Aging Community Profiles, 2019

Q1 How long have you lived in this community?

Answered: 51 Skipped: 0



ANSWER CHOICES	RESPONSES	
Less than 1 year	3.92%	2
1- 2 years	9.80%	5
3-5 years	25.49%	13
6-10 years	25.49%	13
More than 10 years	35.29%	18
TOTAL		51

Q2 Why did you or your family decide to live or move here?

Answered: 48 Skipped: 3

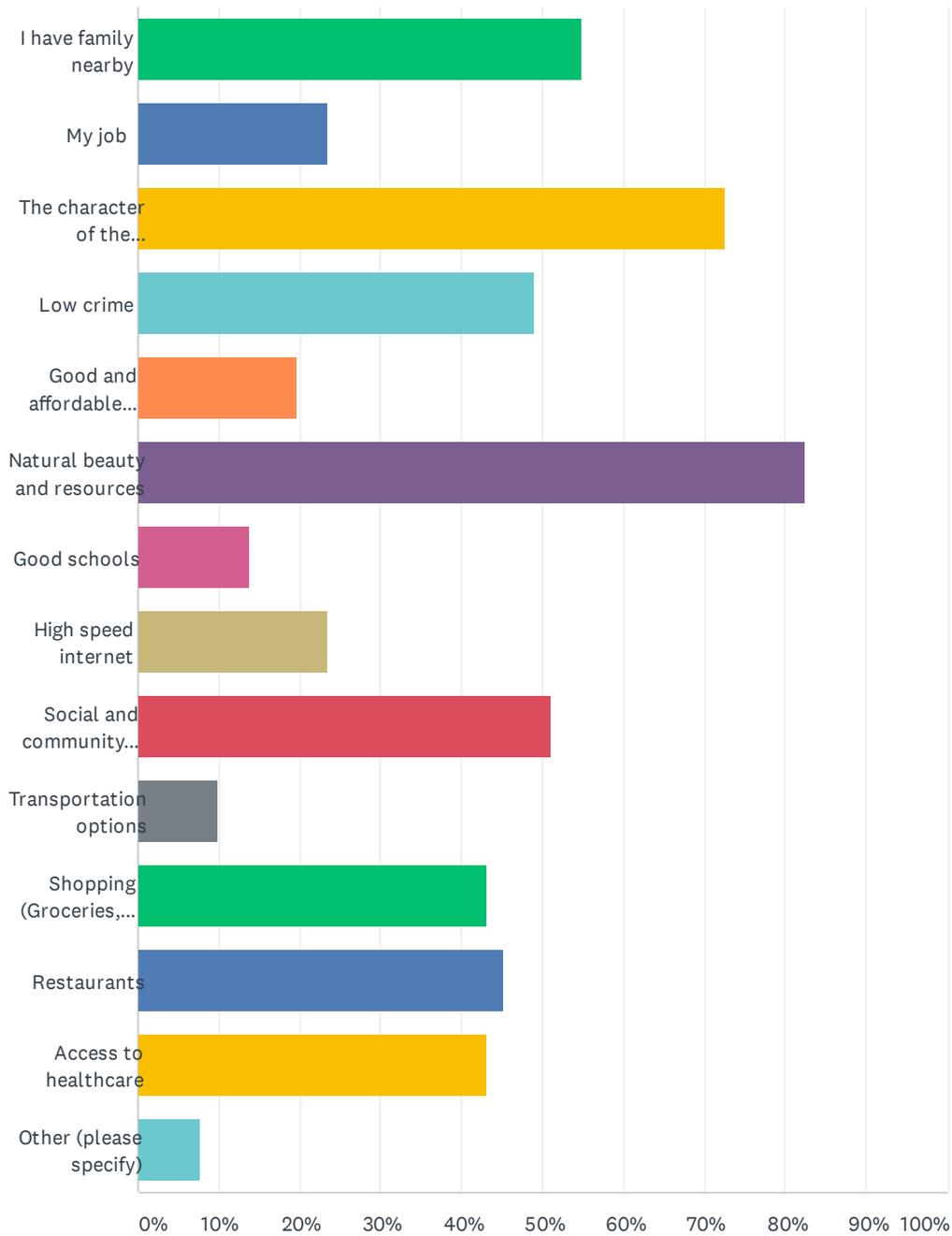
#	RESPONSES	DATE
1	Closer to all family members!	8/9/2021 1:48 PM
2	I moved here because I was able to get a senior apartment	8/9/2021 1:44 PM
3	Progressive, Friendly Community	8/9/2021 1:39 PM
4	born here	8/9/2021 1:30 PM
5	For college	7/30/2021 6:44 PM
6	Initially needed a place to rent when I moved to NH but my wife and I loved it so much we bought a house here!	7/6/2021 7:59 PM
7	Relocating back to US to be near family.	5/5/2021 2:57 PM
8	Moved to help take care of mother-in-law	5/3/2021 7:01 PM
9	My husband was already living in Durham when we met so I moved up here from Boston	5/3/2021 3:53 PM
10	Downsizing	5/3/2021 7:41 AM
11	Location to the Seacoast and mountains and to be closer to a family member.	5/2/2021 9:37 PM
12	My wife and I loved the location on Great Bay and our 6 kids are over the border in Mass. We also liked no state income tax.	5/2/2021 9:31 AM
13	The beauty of The Great Bay	5/2/2021 9:06 AM
14	Waterfront home	5/2/2021 9:02 AM
15	To be closer to our daughter	5/2/2021 8:35 AM
16	To be near family	5/2/2021 8:15 AM
17	3rd generation resident	5/2/2021 7:51 AM
18	Lifestyle, family, health care close	5/1/2021 6:09 PM
19	to live in a community where they maintain the home and yard	4/30/2021 4:29 PM
20	The view of the water and down size from a family home on six acres to a condominium.	4/30/2021 10:48 AM
21	Wanted to live in a community setting that took care of yard work, plowing, etc.	4/27/2021 4:14 PM
22	The location	4/27/2021 7:53 AM
23	Our retirement home.	4/26/2021 10:47 PM
24	To be nearer my children	4/26/2021 7:07 PM
25	retirement	4/26/2021 5:40 PM
26	to be near grown children and grandchildren and their families, move out of the big home to a condominium with fewer home rrsponsibilities.	4/26/2021 4:47 PM
27	To be near the ocean and Lake Winnepesaukee	4/26/2021 4:40 PM
28	To enjoy the beauty and make our life easier.	4/26/2021 3:41 PM
29	Downsizing from Durham, a nice neighborhood of about 100 homes within Newmarket.	4/26/2021 2:42 PM
30	Retired from New York City and wanted a change in pace	4/26/2021 2:35 PM
31	retiring and closer to aging relatives	4/26/2021 2:12 PM

Communities for Healthy Aging Transitions Survey

32	the view	4/26/2021 1:58 PM
33	It was affordable, with good access to our jobs. We liked the downtown and community "feel,"	4/19/2021 9:06 PM
34	We grew up here	4/9/2021 11:59 AM
35	Seacoast location - walkable downtown - amenities such as a vibrant Senior Center and really active rec department - great real estate values - school department seems solid and openminded -	4/9/2021 9:48 AM
36	My husband and I were born and raised in Strafford county	4/6/2021 8:41 PM
37	Proximity to UNH, the feel and look of the town. It was a little rougher around the edges back then, which I liked! It still has great heart!	4/5/2021 8:24 PM
38	My job	3/24/2021 4:52 PM
39	Initially for our jobs, and we have stayed because of the vibrant community (restaurants, outdoor activities, general social programs/initiatives that align with our beliefs, etc.)	3/24/2021 1:59 PM
40	I'm 5th generation	3/14/2021 12:02 PM
41	To be close to son	3/12/2021 4:07 PM
42	Work	3/12/2021 12:25 PM
43	Schools, ocean	3/12/2021 10:46 AM
44	employment	3/12/2021 9:59 AM
45	Nearer our grown children.	3/10/2021 11:57 AM
46	My wife decided to live here in Newmarket, NH	3/3/2021 7:13 PM
47	Sought a walkable, small town community with an active downtown	2/25/2021 4:02 PM
48	I live here because of UNH.	2/24/2021 4:44 PM

Q3 Thinking about the future, which of the following reasons would keep you in your present community? Check all that apply.

Answered: 51 Skipped: 0



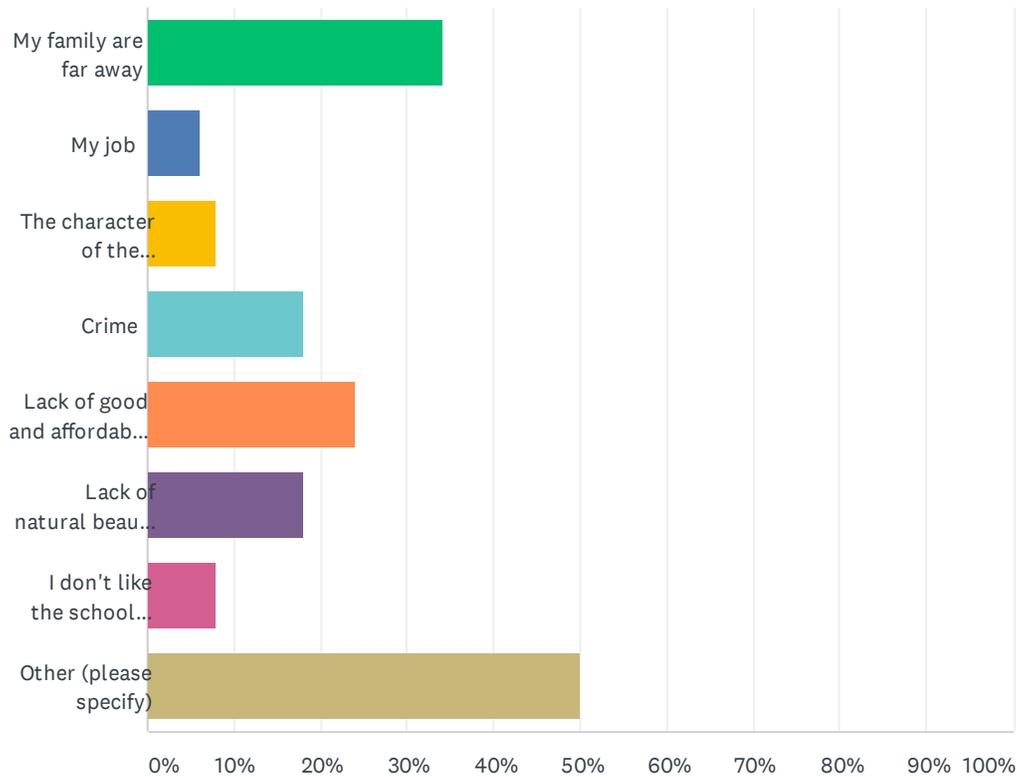
Communities for Healthy Aging Transitions Survey

ANSWER CHOICES	RESPONSES	
I have family nearby	54.90%	28
My job	23.53%	12
The character of the community	72.55%	37
Low crime	49.02%	25
Good and affordable housing choices	19.61%	10
Natural beauty and resources	82.35%	42
Good schools	13.73%	7
High speed internet	23.53%	12
Social and community activities	50.98%	26
Transportation options	9.80%	5
Shopping (Groceries, prescriptions, recreational items etc.)	43.14%	22
Restaurants	45.10%	23
Access to healthcare	43.14%	22
Other (please specify)	7.84%	4
Total Respondents: 51		

#	OTHER (PLEASE SPECIFY)	DATE
1	Friends from decades of living here	5/2/2021 9:02 AM
2	All of the above. We take all the rest for granted, but character of community and natural beauty are exceptional here.	4/26/2021 2:42 PM
3	community that isn't nosey, opiniated and minds their own business, but are friendly	4/26/2021 1:58 PM
4	Ocean near by	2/24/2021 4:44 PM

Q4 Similarly, what might influence your decision to move out of your present community?

Answered: 50 Skipped: 1



ANSWER CHOICES	RESPONSES
My family are far away	34.00% 17
My job	6.00% 3
The character of the community	8.00% 4
Crime	18.00% 9
Lack of good and affordable housing choices	24.00% 12
Lack of natural beauty and resources	18.00% 9
I don't like the school system	8.00% 4
Other (please specify)	50.00% 25
Total Respondents: 50	

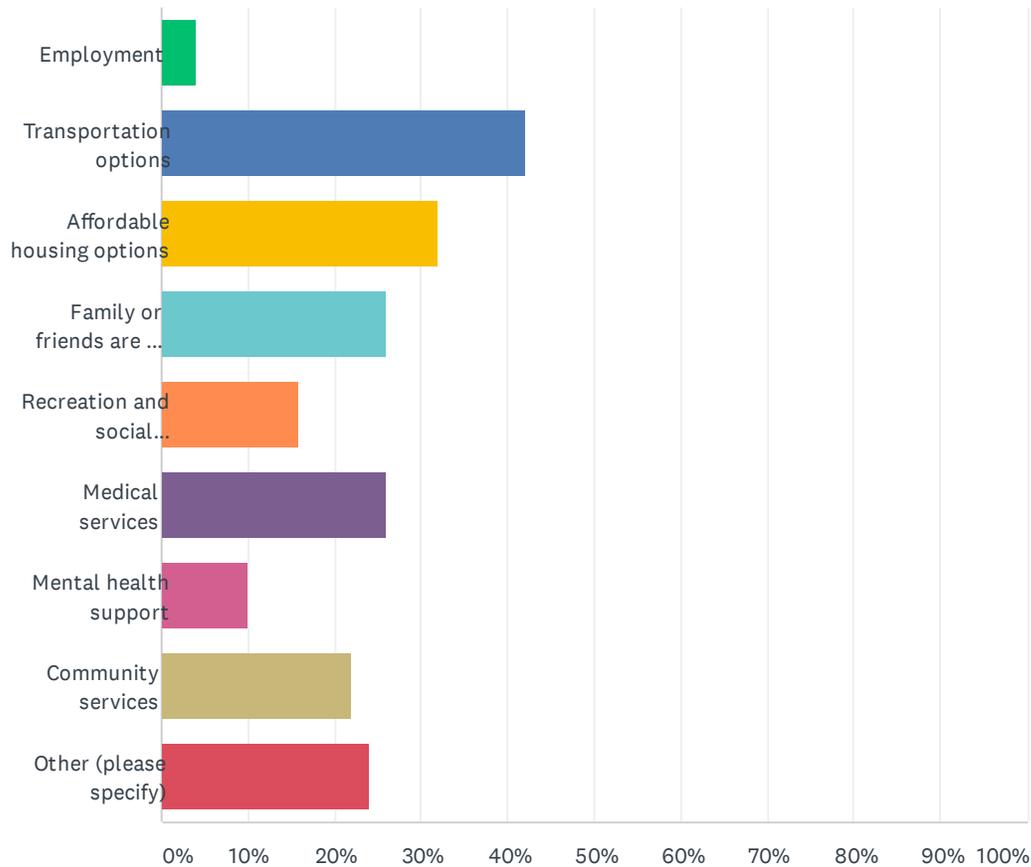
#	OTHER (PLEASE SPECIFY)	DATE
1	Better quality of life elsewhere. (e.g., opportunity to ride bicycles without risking life)	5/5/2021 2:57 PM
2	Desire to live in a continuing care retirement community.	5/2/2021 11:01 PM
3	High property tax	5/2/2021 9:31 AM

Communities for Healthy Aging Transitions Survey

4	Unsupportive local government	5/2/2021 9:06 AM
5	Current home is not walkable to any commercial places	5/2/2021 9:02 AM
6	We will not be moving	5/2/2021 8:35 AM
7	High taxes	5/2/2021 7:51 AM
8	Health	5/1/2021 6:09 PM
9	Downsizing	4/27/2021 7:53 AM
10	aging	4/26/2021 5:40 PM
11	move in to a community that will continue to work for us as we age	4/26/2021 4:47 PM
12	Health	4/26/2021 4:43 PM
13	Cold weather	4/26/2021 4:40 PM
14	Disability; death	4/26/2021 2:42 PM
15	Unable to live independently	4/26/2021 2:36 PM
16	lack of transportation services	4/26/2021 2:12 PM
17	REDACTED	4/26/2021 1:58 PM
18	People moving into the community and changing it	4/9/2021 11:59 AM
19	I don't picture moving out of this town. It's a "never say never" answer I am offering, but we chose a place that offered different things we wanted as we aged.	4/9/2021 9:48 AM
20	Not being able to get up and down my stairs at home	4/6/2021 8:41 PM
21	Lack of transportation options	4/5/2021 8:24 PM
22	High taxes	3/14/2021 12:02 PM
23	If my son moves	3/12/2021 4:07 PM
24	nothing comes to mind	3/12/2021 9:59 AM
25	Cheaper land or Hawaii	2/24/2021 4:44 PM

Q5 What concerns do you have about growing older in your community? Check all that apply

Answered: 50 Skipped: 1



ANSWER CHOICES	RESPONSES	
Employment	4.00%	2
Transportation options	42.00%	21
Affordable housing options	32.00%	16
Family or friends are not nearby	26.00%	13
Recreation and social engagement opportunities	16.00%	8
Medical services	26.00%	13
Mental health support	10.00%	5
Community services	22.00%	11
Other (please specify)	24.00%	12
Total Respondents: 50		

#	OTHER (PLEASE SPECIFY)	DATE
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Communities for Healthy Aging Transitions Survey

1	Limited elder care options.	5/5/2021 2:57 PM
2	Support services for elderly.	5/2/2021 11:01 PM
3	High property taxes	5/2/2021 9:31 AM
4	High taxes	5/2/2021 7:51 AM
5	Age	4/27/2021 7:53 AM
6	None	4/26/2021 10:47 PM
7	in home health care and help	4/26/2021 5:40 PM
8	possibility of medical issues as we age....our friends are moving as they age	4/26/2021 4:47 PM
9	Only disability	4/26/2021 2:42 PM
10	no concerns. I think for us, this is an ideal situation	4/9/2021 9:48 AM
11	Getting around	4/6/2021 8:41 PM
12	very crowded	2/24/2021 4:44 PM

Q6 With regards to the concerns you expressed in question 5, what changes would help?

Answered: 41 Skipped: 10

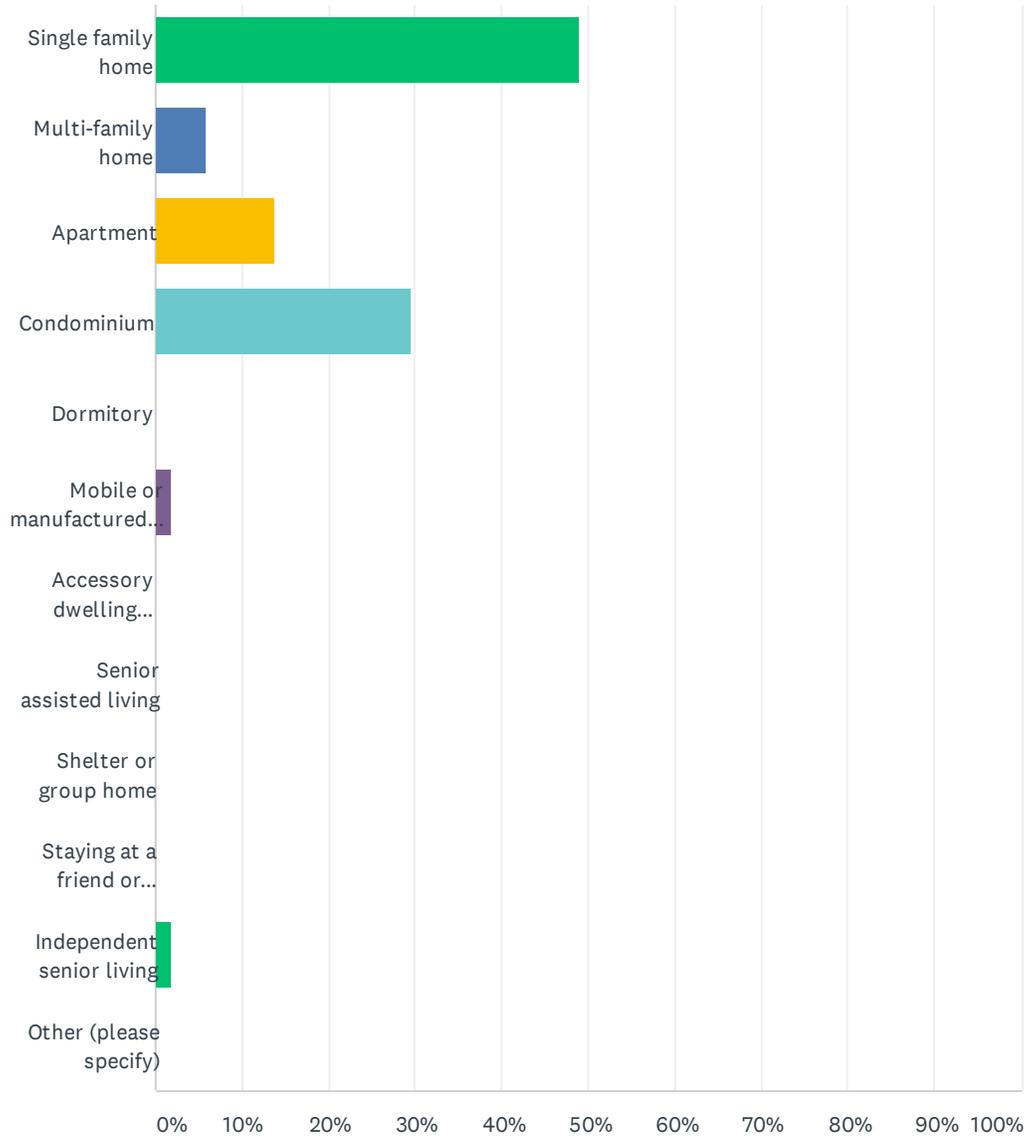
#	RESPONSES	DATE
1	More affordable housing	8/9/2021 1:39 PM
2	Affordable housing for older people	7/30/2021 6:44 PM
3	Ensuring those resources are available by maintaining funding.	7/6/2021 7:59 PM
4	I have no idea.	5/5/2021 2:57 PM
5	None	5/3/2021 7:01 PM
6	Greater understanding of what the transportation options are -- we drive now and will for the next several years most likely but would like to be aware of our options. We'd love to see housing costs in general come down - they are crazy high now.	5/3/2021 3:53 PM
7	Family moving closer	5/3/2021 7:41 AM
8	None that are plausible.	5/2/2021 11:01 PM
9	More medical services and affiliations with Boston hospitals.	5/2/2021 9:37 PM
10	Get the taxes under control.	5/2/2021 9:31 AM
11	Senior transportation for shopping and medical appointments	5/2/2021 9:02 AM
12	Public transportation out to our community	5/2/2021 8:35 AM
13	continued connections with Boston facilities	5/2/2021 8:15 AM
14	State funding of local schools	5/2/2021 7:51 AM
15	Not sure	5/1/2021 6:09 PM
16	No recreation area for Pickleball/tennis Less property tax	4/30/2021 4:29 PM
17	Elderly tax break and less property tax.	4/27/2021 4:14 PM
18	Assisted living services	4/27/2021 7:53 AM
19	None	4/26/2021 10:47 PM
20	More active adult activities	4/26/2021 7:07 PM
21	Availability of services: cleaning, cooking, in home health help	4/26/2021 5:40 PM
22	Nothing, really. The area is fairly rural.	4/26/2021 4:40 PM
23	We are not especially close to a hospital but I am not sure anything can be done about that.	4/26/2021 3:41 PM
24	Eternal good health. Know where I can get it?	4/26/2021 2:42 PM
25	Better public transportation	4/26/2021 2:36 PM
26	Not sure	4/26/2021 2:35 PM
27	more accessible transportation/more services provided..such as rides...pick up groceries and pharmacies	4/26/2021 2:12 PM
28	available, frequent transpotation availability	4/26/2021 1:58 PM
29	Reducing taxes, fees so people can afford to stay in their homes	4/9/2021 11:59 AM
30	n/a	4/9/2021 9:48 AM

Communities for Healthy Aging Transitions Survey

31	Not sure	4/6/2021 8:41 PM
32	More public transit options, more walking paths, more integration of seniors into the schools and rec programs.	4/5/2021 8:24 PM
33	Their arent many jobs in my field in the area (cyber security)	3/24/2021 4:52 PM
34	If my family/friends were closer; more housing options that aren't geared towards university students or more affluent families.	3/24/2021 1:59 PM
35	More and various options for living	3/14/2021 12:02 PM
36	Attractive affordable housing	3/12/2021 4:07 PM
37	Public transportation	3/12/2021 12:25 PM
38	Affordable housing	3/12/2021 10:46 AM
39	Free and frequent public transportation, bike lanes and sidewalks,	3/3/2021 7:13 PM
40	smaller, affordable housing that is in proximity to public transit	2/25/2021 4:02 PM
41	nothing because people want to live near the sea coast.	2/24/2021 4:44 PM

Q7 What type of home do you currently live in?

Answered: 51 Skipped: 0



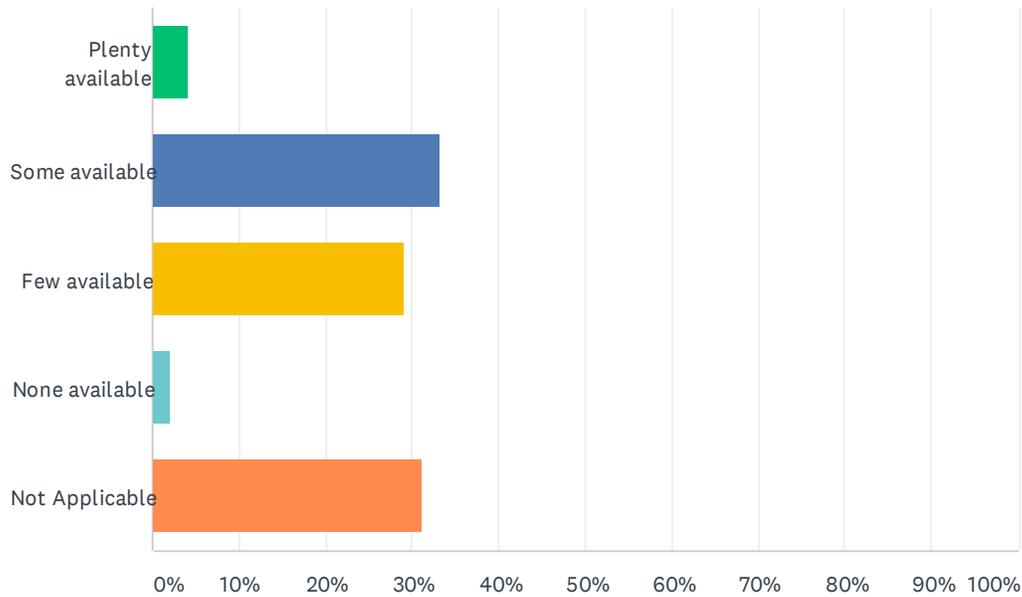
Communities for Healthy Aging Transitions Survey

ANSWER CHOICES	RESPONSES	
Single family home	49.02%	25
Multi-family home	5.88%	3
Apartment	13.73%	7
Condominium	29.41%	15
Dormitory	0.00%	0
Mobile or manufactured home	1.96%	1
Accessory dwelling unit-eg. a an apartment attached to a family member's home	0.00%	0
Senior assisted living	0.00%	0
Shelter or group home	0.00%	0
Staying at a friend or family's home	0.00%	0
Independent senior living	1.96%	1
Other (please specify)	0.00%	0
Total Respondents: 51		

#	OTHER (PLEASE SPECIFY)	DATE
	There are no responses.	

Q8 If you have searched for housing in the last five years, how would you describe the options you found in your price range?

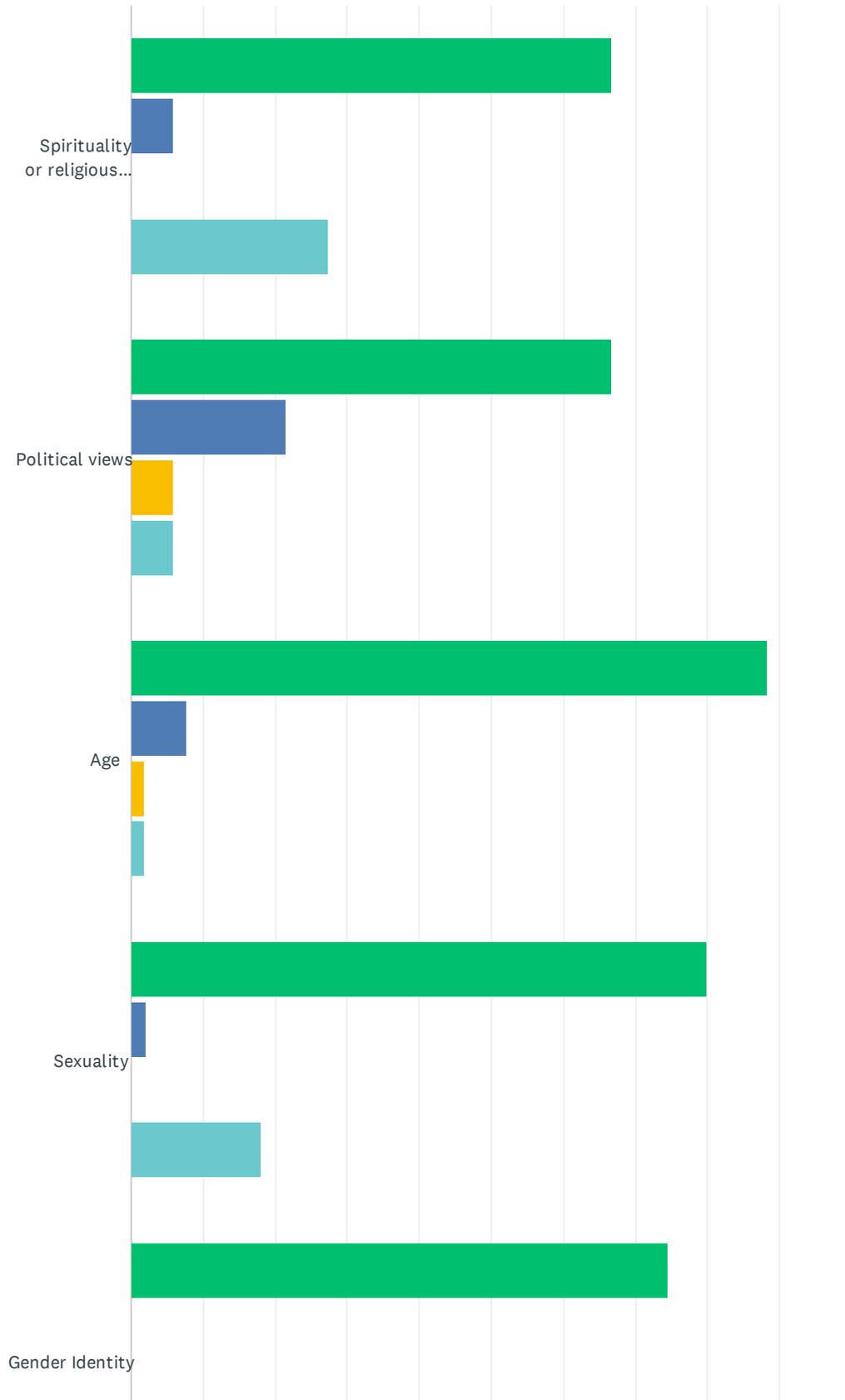
Answered: 48 Skipped: 3



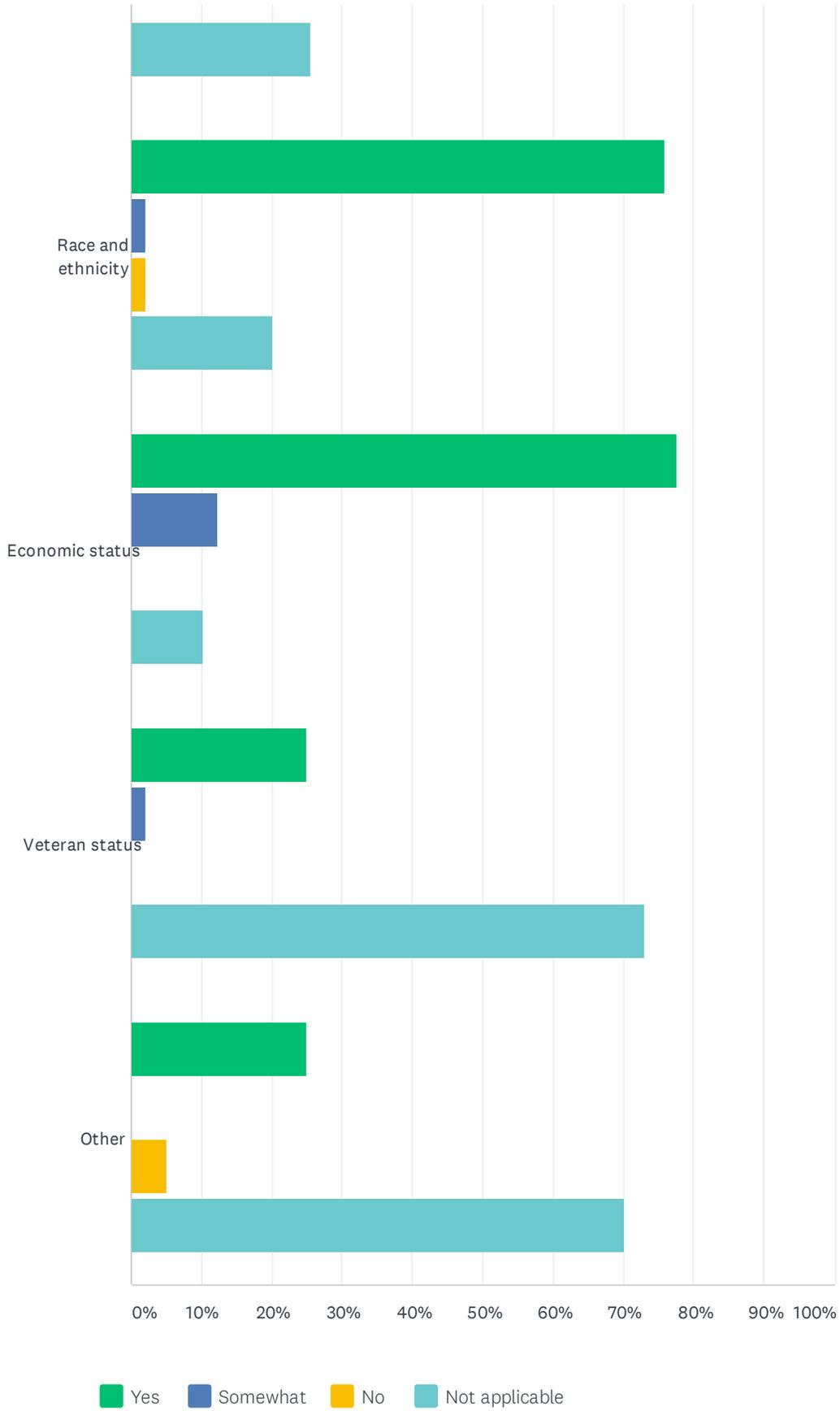
ANSWER CHOICES	RESPONSES	
Plenty available	4.17%	2
Some available	33.33%	16
Few available	29.17%	14
None available	2.08%	1
Not Applicable	31.25%	15
TOTAL		48

Q9 Do you feel accepted in your community with regards to:

Answered: 51 Skipped: 0



Communities for Healthy Aging Transitions Survey



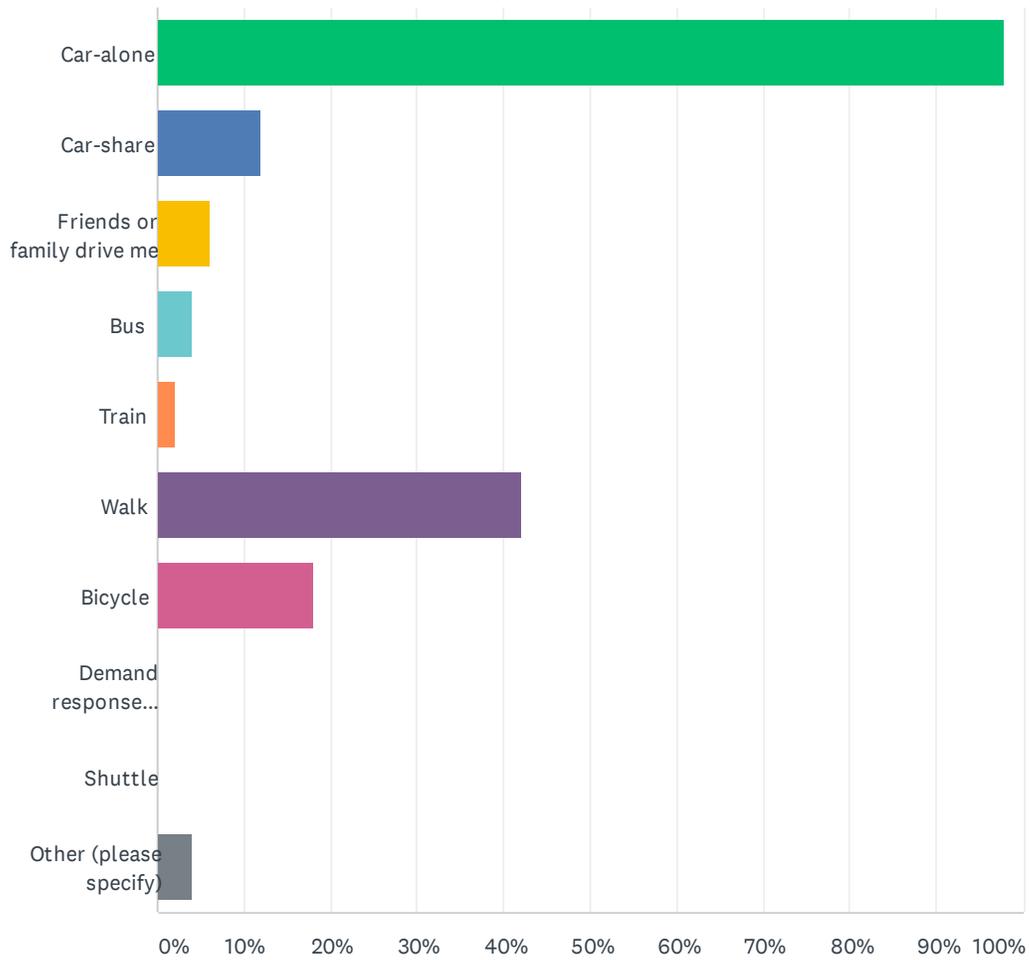
Communities for Healthy Aging Transitions Survey

	YES	SOMEWHAT	NO	NOT APPLICABLE	TOTAL
Spirituality or religious affiliation	66.67% 34	5.88% 3	0.00% 0	27.45% 14	51
Political views	66.67% 34	21.57% 11	5.88% 3	5.88% 3	51
Age	88.24% 45	7.84% 4	1.96% 1	1.96% 1	51
Sexuality	80.00% 40	2.00% 1	0.00% 0	18.00% 9	50
Gender Identity	74.51% 38	0.00% 0	0.00% 0	25.49% 13	51
Race and ethnicity	76.00% 38	2.00% 1	2.00% 1	20.00% 10	50
Economic status	77.55% 38	12.24% 6	0.00% 0	10.20% 5	49
Veteran status	25.00% 12	2.08% 1	0.00% 0	72.92% 35	48
Other	25.00% 5	0.00% 0	5.00% 1	70.00% 14	20

#	OTHER (PLEASE SPECIFY)	DATE
1	Lifestyle	5/1/2021 6:09 PM
2	I am a straight white female in a predominantly white community. I am VERY grateful to feel accepted and safe here but it's not as tall an order for someone who looks like me. I would hope that Newmarket is as accepting of folks who are less vanilla than me!	4/5/2021 8:24 PM
3	Non a native speaker. English is not my first language	3/3/2021 7:13 PM

Q10 How do you and your household members generally travel around for work, school, recreation, or other errands?

Answered: 50 Skipped: 1



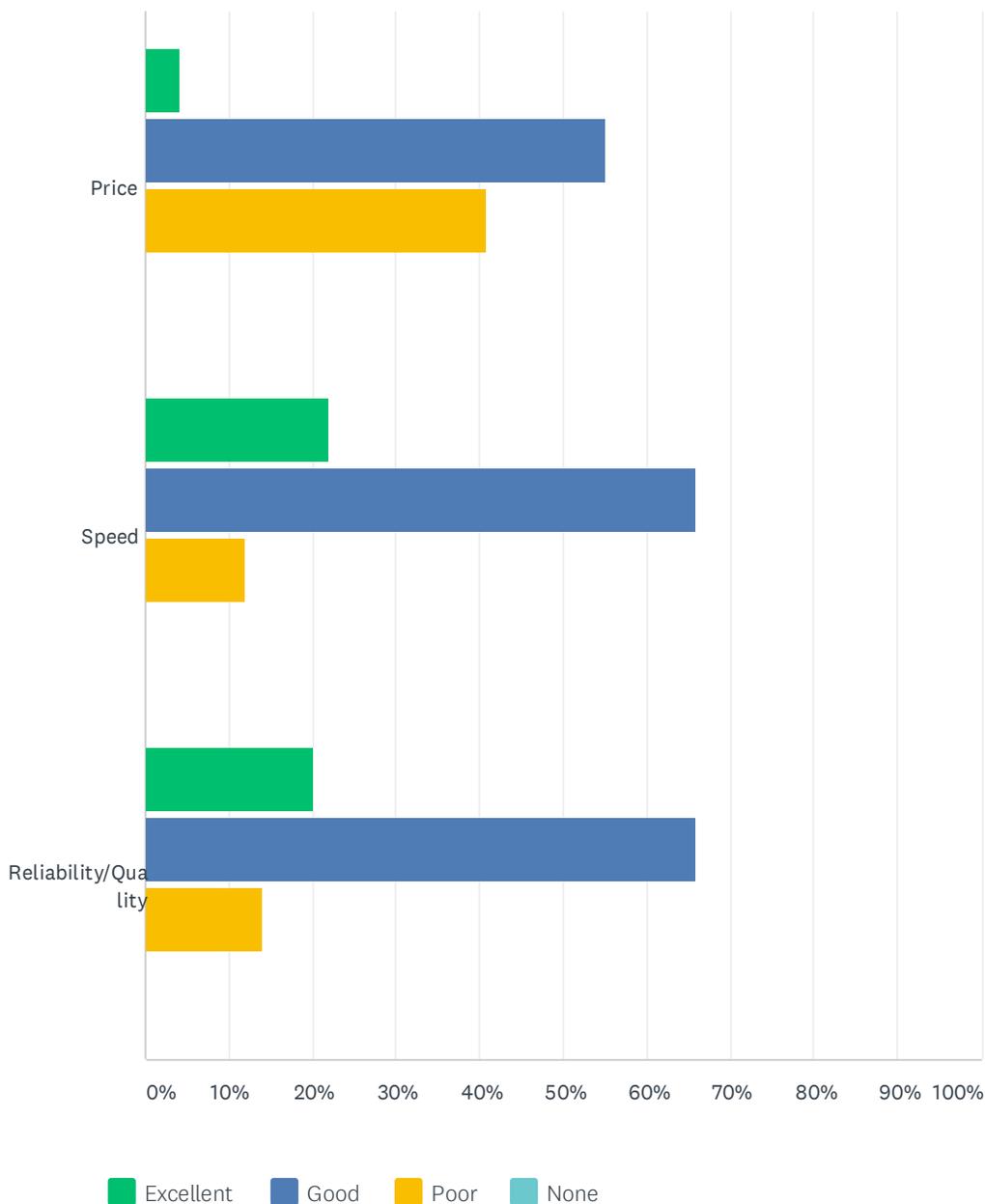
Communities for Healthy Aging Transitions Survey

ANSWER CHOICES	RESPONSES	
Car-alone	98.00%	49
Car-share	12.00%	6
Friends or family drive me	6.00%	3
Bus	4.00%	2
Train	2.00%	1
Walk	42.00%	21
Bicycle	18.00%	9
Demand response transportation eg. COAST/Care-Van	0.00%	0
Shuttle	0.00%	0
Other (please specify)	4.00%	2
Total Respondents: 50		

#	OTHER (PLEASE SPECIFY)	DATE
1	Motorcycle	5/5/2021 2:57 PM
2	Limo	4/30/2021 10:48 AM

Q11 How would you rate your internet access in regard to? Please select none if you do not have internet access.

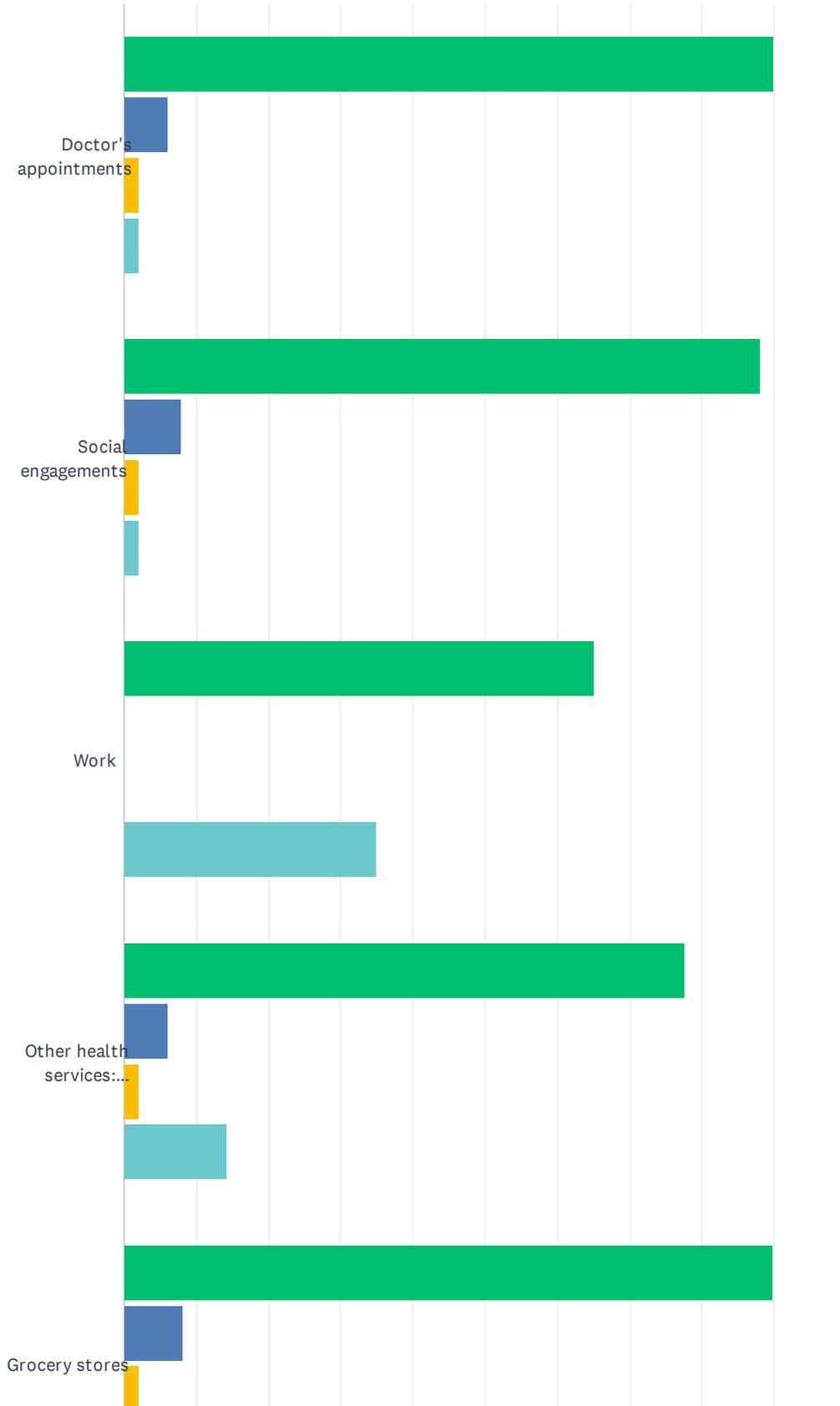
Answered: 51 Skipped: 0



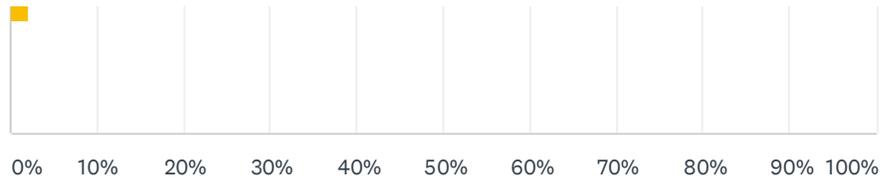
	EXCELLENT	GOOD	POOR	NONE	TOTAL
Price	4.08% 2	55.10% 27	40.82% 20	0.00% 0	49
Speed	22.00% 11	66.00% 33	12.00% 6	0.00% 0	50
Reliability/Quality	20.00% 10	66.00% 33	14.00% 7	0.00% 0	50

Q12 Do you have safe and reliable transportation to connect you to:

Answered: 51 Skipped: 0



Communities for Healthy Aging Transitions Survey

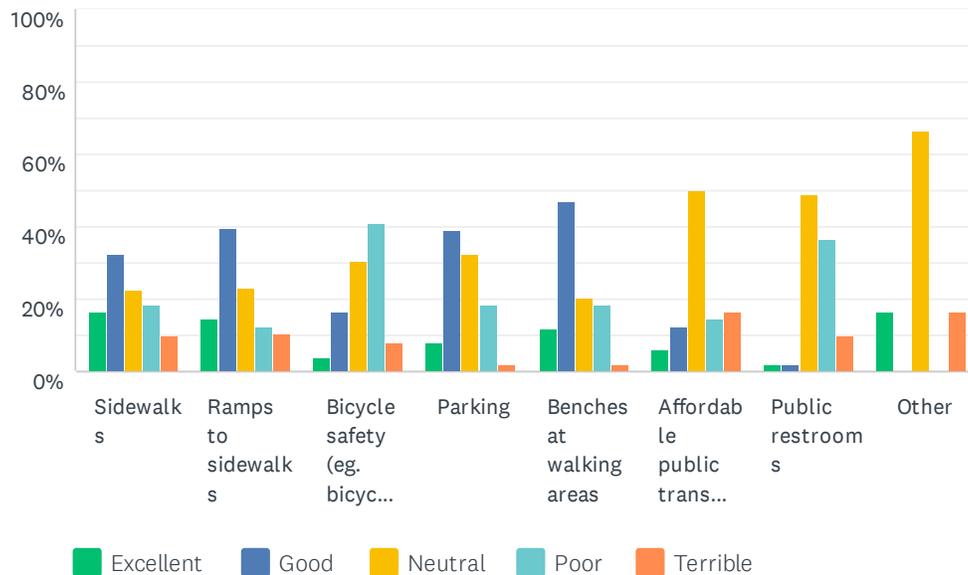


■ Always
 ■ Sometimes
 ■ Never
 ■ Not applicable

	ALWAYS	SOMETIMES	NEVER	NOT APPLICABLE	TOTAL	WEIGHTED AVERAGE
Doctor's appointments	90.00% 45	6.00% 3	2.00% 1	2.00% 1	50	1.16
Social engagements	88.00% 44	8.00% 4	2.00% 1	2.00% 1	50	1.18
Work	65.12% 28	0.00% 0	0.00% 0	34.88% 15	43	2.05
Other health services: mental health, prenatal care, substance misuse treatment, physical therapy etc	77.55% 38	6.12% 3	2.04% 1	14.29% 7	49	1.53
Grocery stores	89.80% 44	8.16% 4	2.04% 1	0.00% 0	49	1.12

Q13 Please rate the following in your community

Answered: 51 Skipped: 0

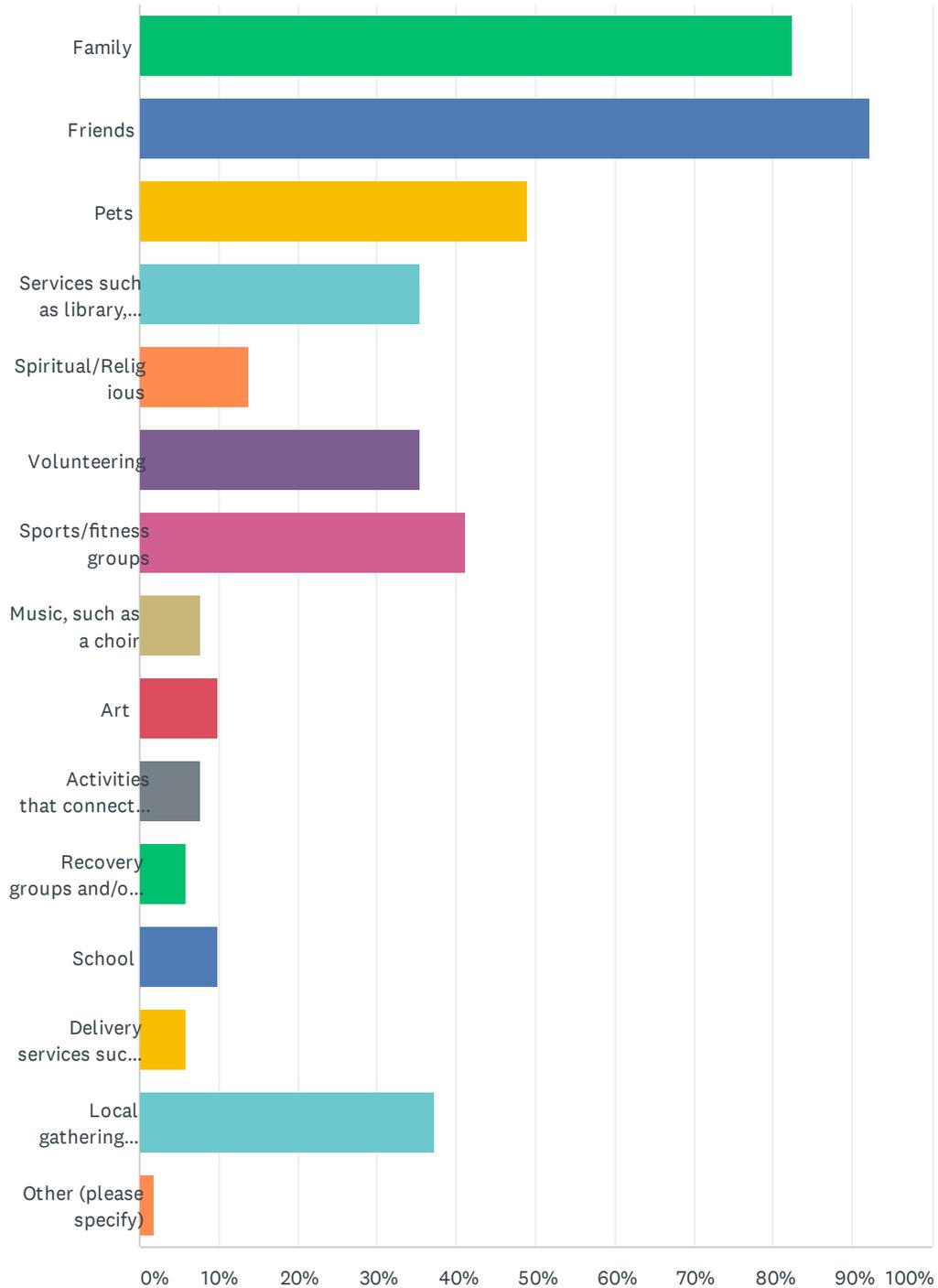


	EXCELLENT	GOOD	NEUTRAL	POOR	TERRIBLE	TOTAL	WEIGHTED AVERAGE
Sidewalks	16.33% 8	32.65% 16	22.45% 11	18.37% 9	10.20% 5	49	2.73
Ramps to sidewalks	14.58% 7	39.58% 19	22.92% 11	12.50% 6	10.42% 5	48	2.65
Bicycle safety (eg. bicycle lanes)	4.08% 2	16.33% 8	30.61% 15	40.82% 20	8.16% 4	49	3.33
Parking	8.16% 4	38.78% 19	32.65% 16	18.37% 9	2.04% 1	49	2.67
Benches at walking areas	12.24% 6	46.94% 23	20.41% 10	18.37% 9	2.04% 1	49	2.51
Affordable public transportation	6.25% 3	12.50% 6	50.00% 24	14.58% 7	16.67% 8	48	3.23
Public restrooms	2.04% 1	2.04% 1	48.98% 24	36.73% 18	10.20% 5	49	3.51
Other	16.67% 2	0.00% 0	66.67% 8	0.00% 0	16.67% 2	12	3.00

#	OTHER (PLEASE SPECIFY)	DATE
1	Pave bicycle paths are non-existent.	5/5/2021 2:57 PM
2	bike lanes would be helpful	4/30/2021 4:29 PM

Q14 What are your main social interactions? Check all that apply

Answered: 51 Skipped: 0



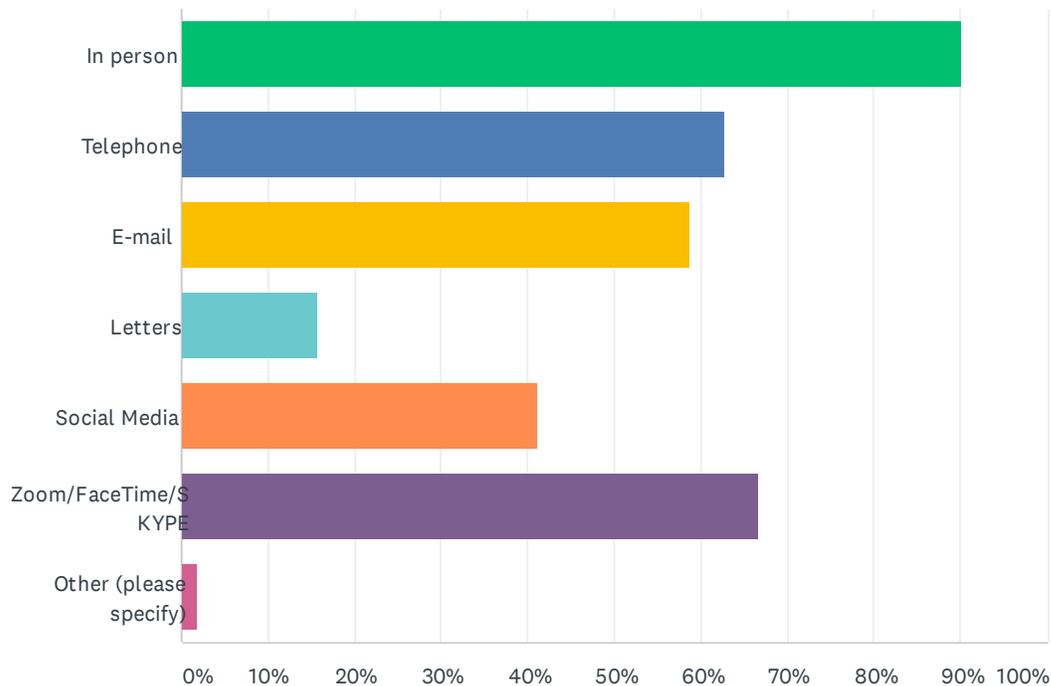
Communities for Healthy Aging Transitions Survey

ANSWER CHOICES	RESPONSES	
Family	82.35%	42
Friends	92.16%	47
Pets	49.02%	25
Services such as library, senior center, recreation center etc.	35.29%	18
Spiritual/Religious	13.73%	7
Volunteering	35.29%	18
Sports/fitness groups	41.18%	21
Music, such as a choir	7.84%	4
Art	9.80%	5
Activities that connect you with other generations	7.84%	4
Recovery groups and/or other group counseling	5.88%	3
School	9.80%	5
Delivery services such as groceries	5.88%	3
Local gathering spots: coffee shop, restaurant, grocery store etc.	37.25%	19
Other (please specify)	1.96%	1
Total Respondents: 51		

#	OTHER (PLEASE SPECIFY)	DATE
1	walk on beaches, dine out, meet with friends, garden	4/26/2021 4:47 PM

Q15 How do you most commonly socialize? Check all that apply.

Answered: 51 Skipped: 0

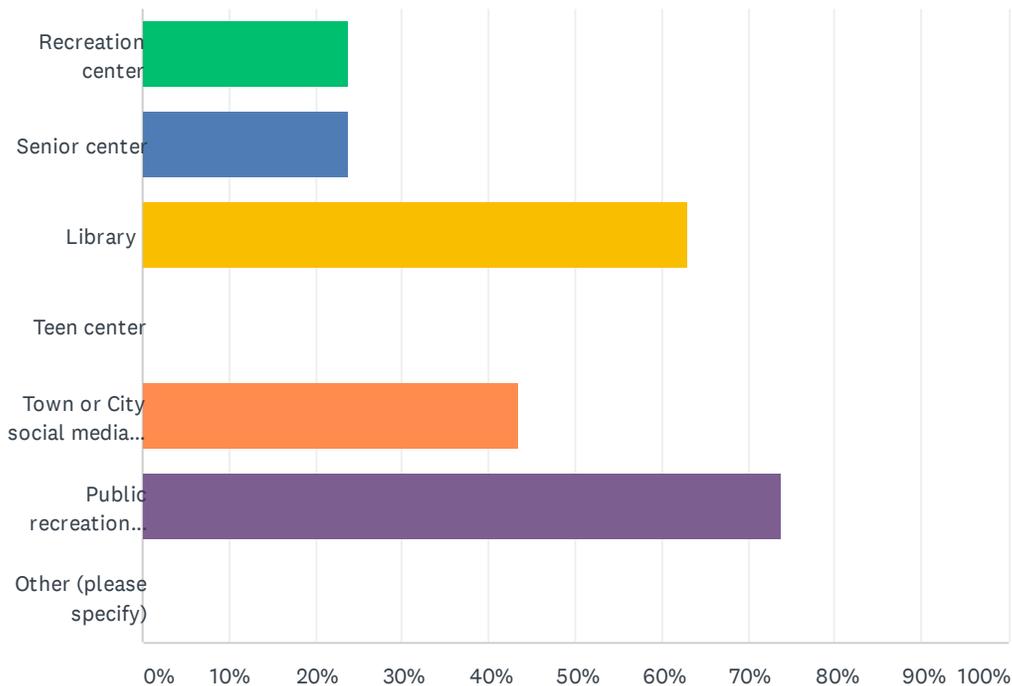


ANSWER CHOICES	RESPONSES
In person	90.20% 46
Telephone	62.75% 32
E-mail	58.82% 30
Letters	15.69% 8
Social Media	41.18% 21
Zoom/FaceTime/SKYPE	66.67% 34
Other (please specify)	1.96% 1
Total Respondents: 51	

#	OTHER (PLEASE SPECIFY)	DATE
1	during pandemic difficult to answer	4/26/2021 2:12 PM

Q16 Do you use any of these public spaces in your town?

Answered: 46 Skipped: 5

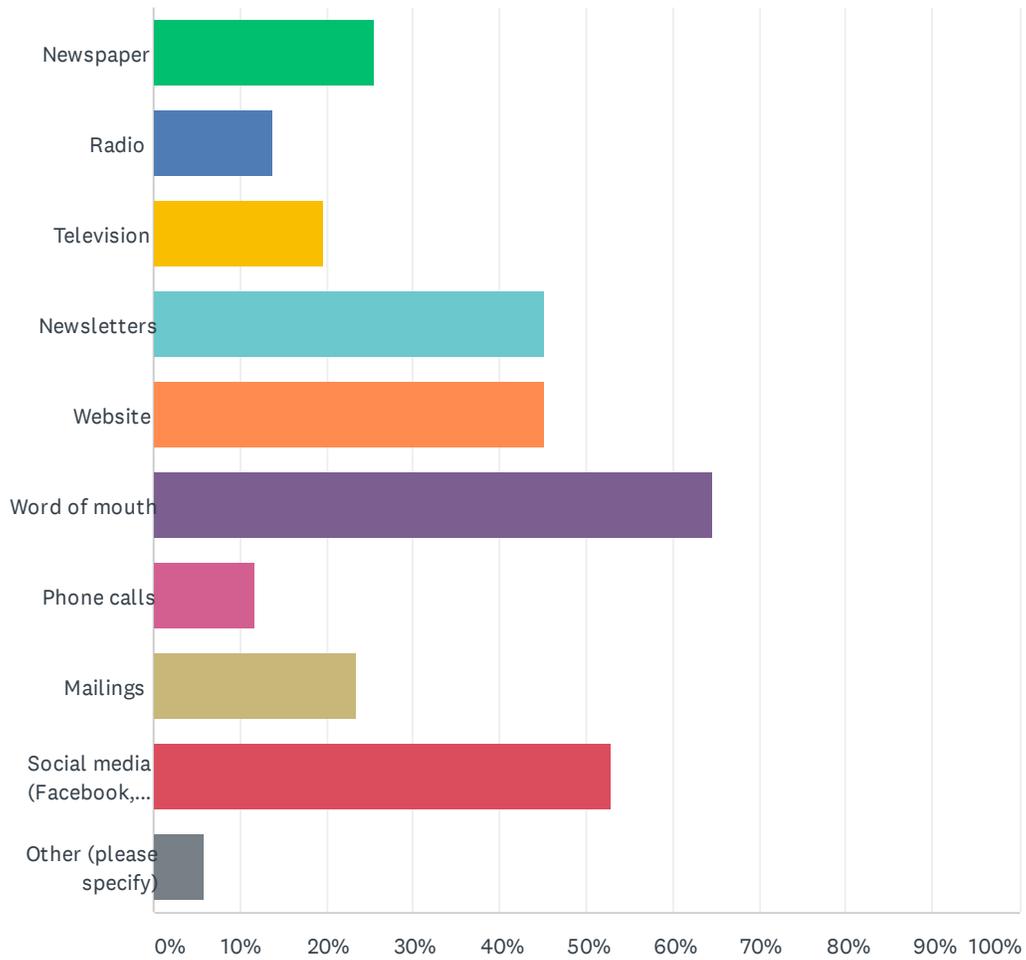


ANSWER CHOICES	RESPONSES	
Recreation center	23.91%	11
Senior center	23.91%	11
Library	63.04%	29
Teen center	0.00%	0
Town or City social media pages like on Facebook or Instagram	43.48%	20
Public recreation spaces like parks or trails	73.91%	34
Other (please specify)	0.00%	0
Total Respondents: 46		

#	OTHER (PLEASE SPECIFY)	DATE
	There are no responses.	

Q17 How do you learn about community news and activities? Check all that apply.

Answered: 51 Skipped: 0



Communities for Healthy Aging Transitions Survey

ANSWER CHOICES	RESPONSES
Newspaper	25.49% 13
Radio	13.73% 7
Television	19.61% 10
Newsletters	45.10% 23
Website	45.10% 23
Word of mouth	64.71% 33
Phone calls	11.76% 6
Mailings	23.53% 12
Social media (Facebook, Instagram, Snapchat, Twitter)	52.94% 27
Other (please specify)	5.88% 3
Total Respondents: 51	

#	OTHER (PLEASE SPECIFY)	DATE
1	Weekly email from town	5/1/2021 6:09 PM
2	Weekly town digital newsletter	4/26/2021 4:40 PM
3	handed a survey slip when getting covid vaccination	3/12/2021 9:59 AM

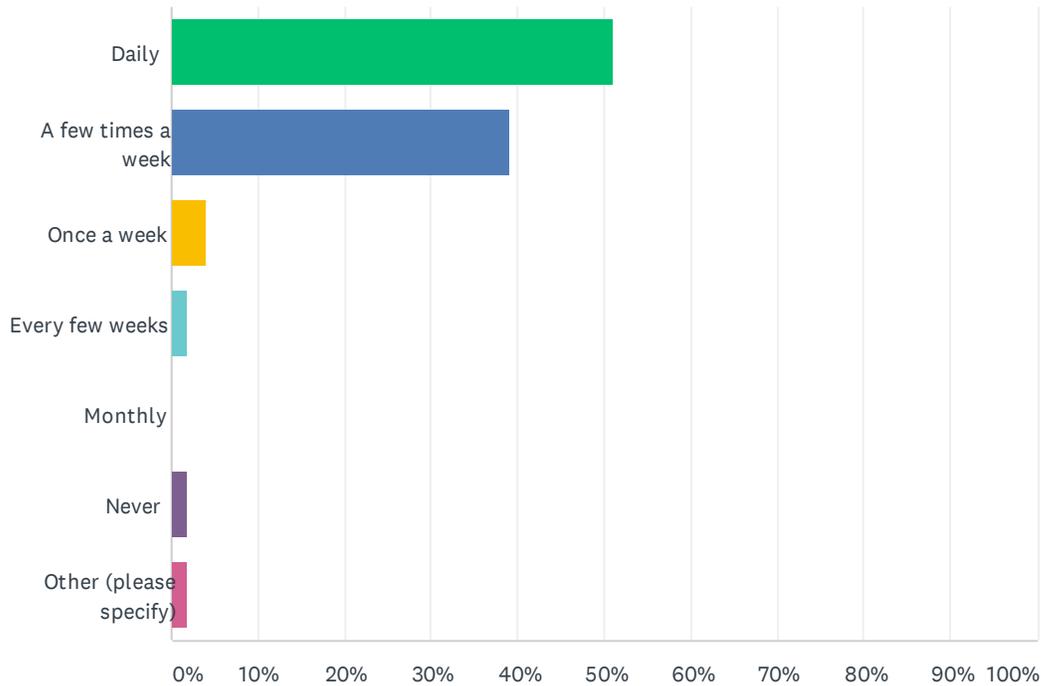
Q18 Do you have employment and/or trainings available to you in your community? If so, which kinds?

Answered: 30 Skipped: 21

#	RESPONSES	DATE
1	Yes, through the Newmarket Business Association	7/6/2021 7:59 PM
2	Not applicable	5/5/2021 2:57 PM
3	Not applicable to us	5/3/2021 3:53 PM
4	Don't know	5/3/2021 7:41 AM
5	N/A	5/2/2021 11:01 PM
6	I teach at a college part-time online. I'm retired as an attorney.	5/2/2021 9:31 AM
7	Teaching and volunteering at Dover Adult Learning Center	5/2/2021 9:02 AM
8	No	5/2/2021 8:35 AM
9	no sure	5/2/2021 8:15 AM
10	NA	5/1/2021 6:09 PM
11	work in another town	4/30/2021 4:29 PM
12	Yes at hospital	4/27/2021 4:14 PM
13	Neutral	4/27/2021 7:53 AM
14	I am employed	4/26/2021 10:47 PM
15	I teach affordable and inspirational classes for mid income adults.	4/26/2021 7:07 PM
16	I am retired	4/26/2021 5:40 PM
17	NA	4/26/2021 4:40 PM
18	NA	4/26/2021 2:42 PM
19	No	4/26/2021 2:35 PM
20	n/a	4/26/2021 2:12 PM
21	NO	4/26/2021 1:58 PM
22	no	4/9/2021 11:59 AM
23	the Newmarket Business Association seems to offer a lot of training opportunities through SCORE and other groups	4/9/2021 9:48 AM
24	No	4/5/2021 8:24 PM
25	I work at the school	3/14/2021 12:02 PM
26	Employment at Riteaid	3/12/2021 4:07 PM
27	NO	3/12/2021 12:25 PM
28	Yes webinars	3/12/2021 10:46 AM
29	No	3/3/2021 7:13 PM
30	yes, at UNH	2/24/2021 4:44 PM

Q19 How frequently do you engage in some form of physical activity?

Answered: 51 Skipped: 0

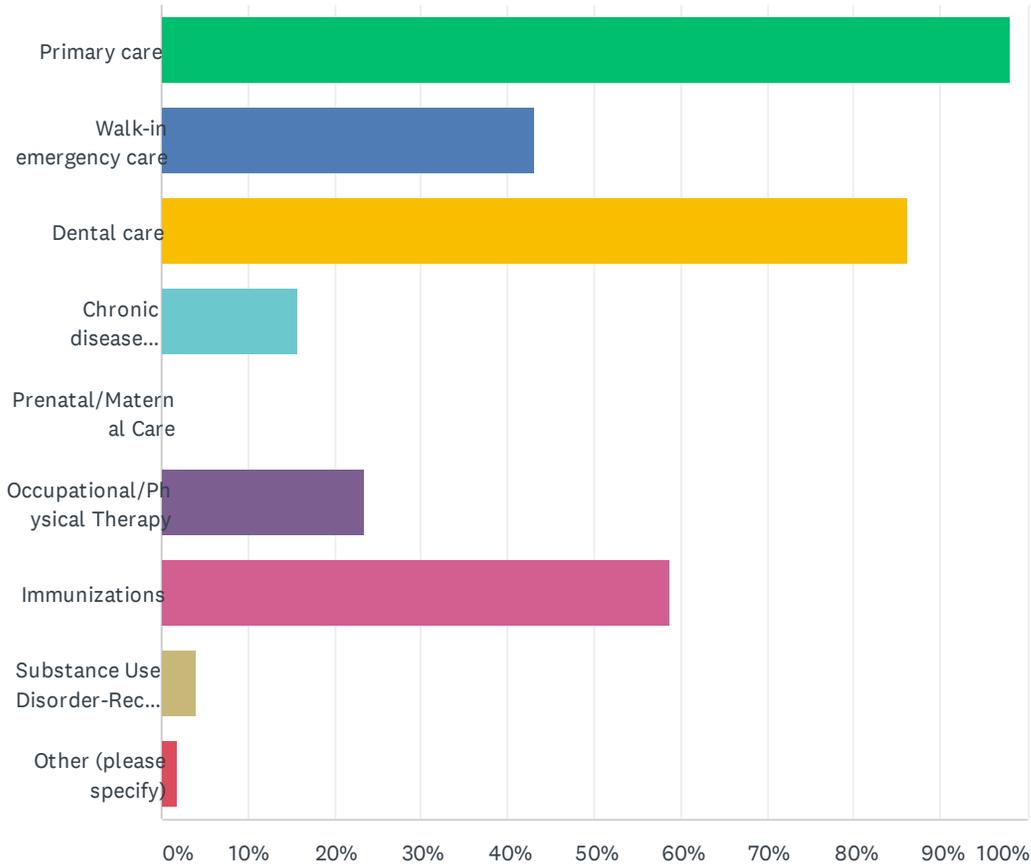


ANSWER CHOICES	RESPONSES
Daily	50.98% 26
A few times a week	39.22% 20
Once a week	3.92% 2
Every few weeks	1.96% 1
Monthly	0.00% 0
Never	1.96% 1
Other (please specify)	1.96% 1
TOTAL	51

#	OTHER (PLEASE SPECIFY)	DATE
1	Since COVID nothing	4/26/2021 4:43 PM

Q20 What kind of health services do you use? Check all that apply.

Answered: 51 Skipped: 0

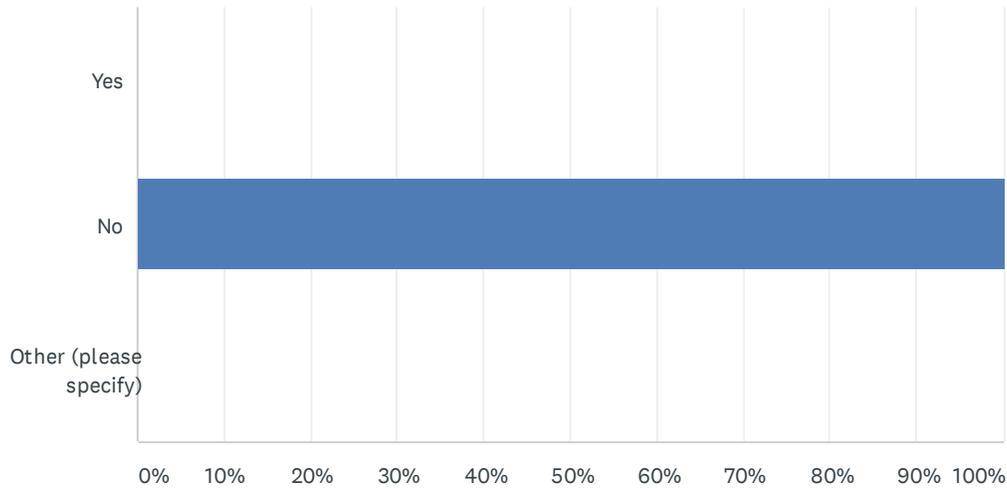


ANSWER CHOICES	RESPONSES
Primary care	98.04% 50
Walk-in emergency care	43.14% 22
Dental care	86.27% 44
Chronic disease management	15.69% 8
Prenatal/Maternal Care	0.00% 0
Occupational/Physical Therapy	23.53% 12
Immunizations	58.82% 30
Substance Use Disorder-Recovery	3.92% 2
Other (please specify)	1.96% 1
Total Respondents: 51	

#	OTHER (PLEASE SPECIFY)	DATE
1	Chiropratic and message therap	5/3/2021 7:41 AM

Q21 Are you concerned that you or someone else in your household is struggling with substance use, mental illness, or is at risk for harming themselves or others?

Answered: 51 Skipped: 0

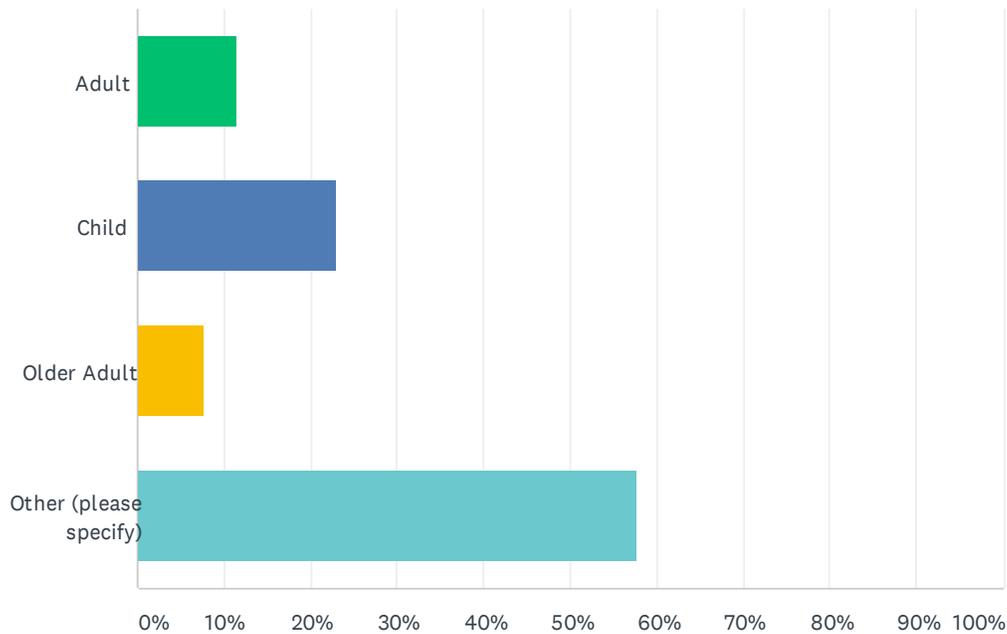


ANSWER CHOICES	RESPONSES
Yes	0.00% 0
No	100.00% 51
Other (please specify)	0.00% 0
TOTAL	51

#	OTHER (PLEASE SPECIFY)	DATE
	There are no responses.	

Q22 Are you currently a caregiver providing unpaid care to:

Answered: 26 Skipped: 25



ANSWER CHOICES	RESPONSES
Adult	11.54% 3
Child	23.08% 6
Older Adult	7.69% 2
Other (please specify)	57.69% 15
Total Respondents: 26	

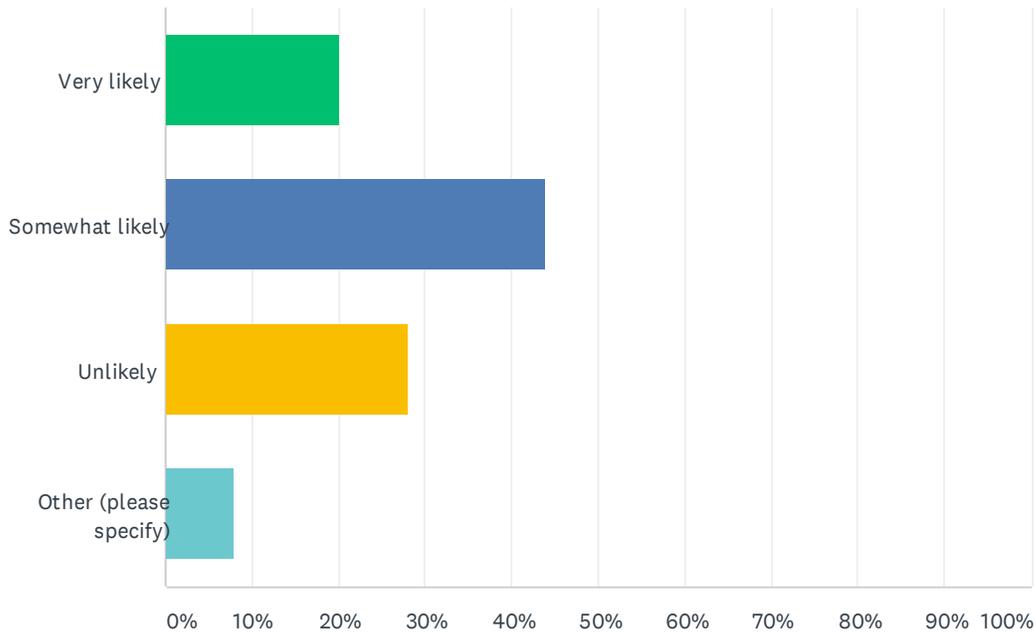
#	OTHER (PLEASE SPECIFY)	DATE
1	None	5/5/2021 2:57 PM
2	No	5/3/2021 7:41 AM
3	No	5/2/2021 8:35 AM
4	no	5/1/2021 6:09 PM
5	No	4/27/2021 7:53 AM
6	No	4/26/2021 10:47 PM
7	Only my grandkids, and only occasionally	4/26/2021 4:40 PM
8	No	4/26/2021 2:36 PM
9	n/a	4/9/2021 9:48 AM
10	No longer. My mother in law died of Covid this winter. Still getting used to not caring for her.	4/5/2021 8:24 PM
11	No	3/14/2021 12:02 PM
12	Occasionally babysitting	3/12/2021 4:07 PM

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13	No	3/12/2021 10:46 AM
14	none	3/12/2021 9:59 AM
15	no	2/24/2021 4:44 PM

Q23 How likely is it that you will provide care to an adult loved one in the future?

Answered: 50 Skipped: 1



ANSWER CHOICES	RESPONSES	
Very likely	20.00%	10
Somewhat likely	44.00%	22
Unlikely	28.00%	14
Other (please specify)	8.00%	4
TOTAL		50

#	OTHER (PLEASE SPECIFY)	DATE
1	No	8/9/2021 1:48 PM
2	Don't know	4/30/2021 10:48 AM
3	Unknown. Healthy at the moment	4/27/2021 4:14 PM
4	unknown. it could be my husband ends up with something requiring care or I do / knock on wood.	4/9/2021 9:48 AM

Q24 How has COVID-19 affected you in terms of health and safety?

Answered: 44 Skipped: 7

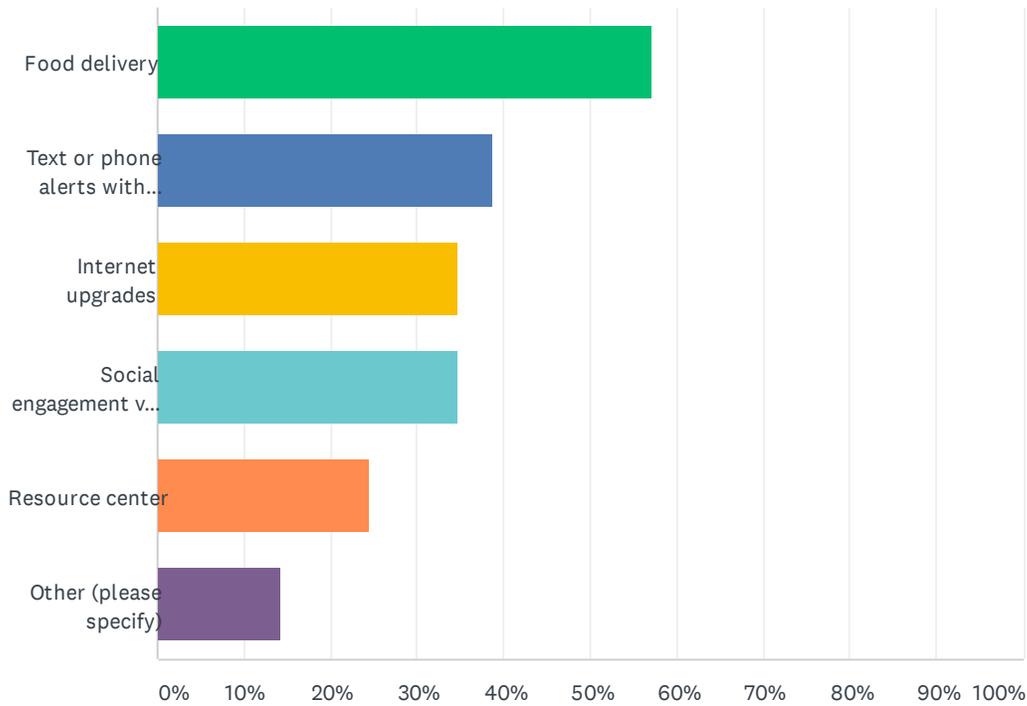
#	RESPONSES	DATE
1	It has not	8/9/2021 1:48 PM
2	Have to be home for long periods of time.	8/9/2021 1:44 PM
3	Isolation is difficult because I am used to a lot of social contact	8/9/2021 1:39 PM
4	Difficult to stay inside for as long as we did. Was nice to be able to get out and go to restaurants when those finally opened back up. It was tough seeing all the businesses struggle to survive.	7/6/2021 7:59 PM
5	Seems to have made depression a little worse.	5/5/2021 2:57 PM
6	Isolating	5/3/2021 7:01 PM
7	no affect	5/3/2021 3:53 PM
8	Not at all	5/3/2021 7:41 AM
9	Has not affected health or safety.	5/2/2021 11:01 PM
10	More active Less social	5/2/2021 9:37 PM
11	We are both vaccinated. We are going to travel to Florida on May 10, but from Feb 2020 until now have stayed put and not had it.	5/2/2021 9:31 AM
12	not really but we isolated for most of the year	5/2/2021 9:06 AM
13	As retirees, we had no trouble staying safely isolated	5/2/2021 9:02 AM
14	We are fine	5/2/2021 8:35 AM
15	postponed routine tests and appt such as dental, colonoscopy	5/2/2021 8:15 AM
16	no concerns	5/1/2021 6:09 PM
17	limited socializing so haven't met the people in the neighborhood	4/30/2021 4:29 PM
18	Limited social access to people in person.	4/30/2021 10:48 AM
19	More outdoor activities. Less eating out and socializing in large groups	4/27/2021 4:14 PM
20	It's been ok.	4/27/2021 7:53 AM
21	Has not affected us.	4/26/2021 10:47 PM
22	I have become a zoom friendly hermit.	4/26/2021 7:07 PM
23	Strangely, I am a bit healthier from lack of social interaction (flu and colds), and I have been working out at home. I have lost a few pounds and feel safer not driving.	4/26/2021 5:40 PM
24	Confining and boring but OK	4/26/2021 4:47 PM
25	Only in the fact that my 2-days-a-week "Bone Builders" class hasn't been able to meet since March, 2020	4/26/2021 4:40 PM
26	Not at all, so far	4/26/2021 2:42 PM
27	Isolated me and had an impact on my socializing	4/26/2021 2:35 PM
28	Frustration with the curtailing of our Civil liberties	4/26/2021 1:58 PM
29	Isolating. I have teenagers, so struggling with schooling. I'm also the only help or my mother who lives nearby.	4/19/2021 9:06 PM

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30	It hasn't	4/9/2021 11:59 AM
31	well, safety, maybe, since masking has become so controversial	4/9/2021 9:48 AM
32	No	4/6/2021 8:41 PM
33	It has worn on my mental health.	4/5/2021 8:24 PM
34	I had covid in dec 2020. Thankfully asymptomatic.	3/24/2021 4:52 PM
35	Somewhat; my partner was COVID positive, but no one else in our household was infected. We all were able to stay home and continue to work remotely.	3/24/2021 1:59 PM
36	I'm careful and it's all good	3/14/2021 12:02 PM
37	Increased depression	3/12/2021 4:07 PM
38	Bad	3/12/2021 12:25 PM
39	Mental health is suffering	3/12/2021 10:46 AM
40	Health and safety? No effect. Convenience and ease of socialization? Major effect.	3/12/2021 9:59 AM
41	Lack of socialization, reluctance to seek routine medical attention,	3/10/2021 11:57 AM
42	No changes in health or safety.	3/3/2021 7:13 PM
43	I have been fortunate to remain healthy and employed but my work has impacted my health in terms of increased stress	2/25/2021 4:02 PM
44	less active	2/24/2021 4:44 PM

Q25 What kind of resources are needed in your community facing a crisis like COVID-19 in future?

Answered: 49 Skipped: 2

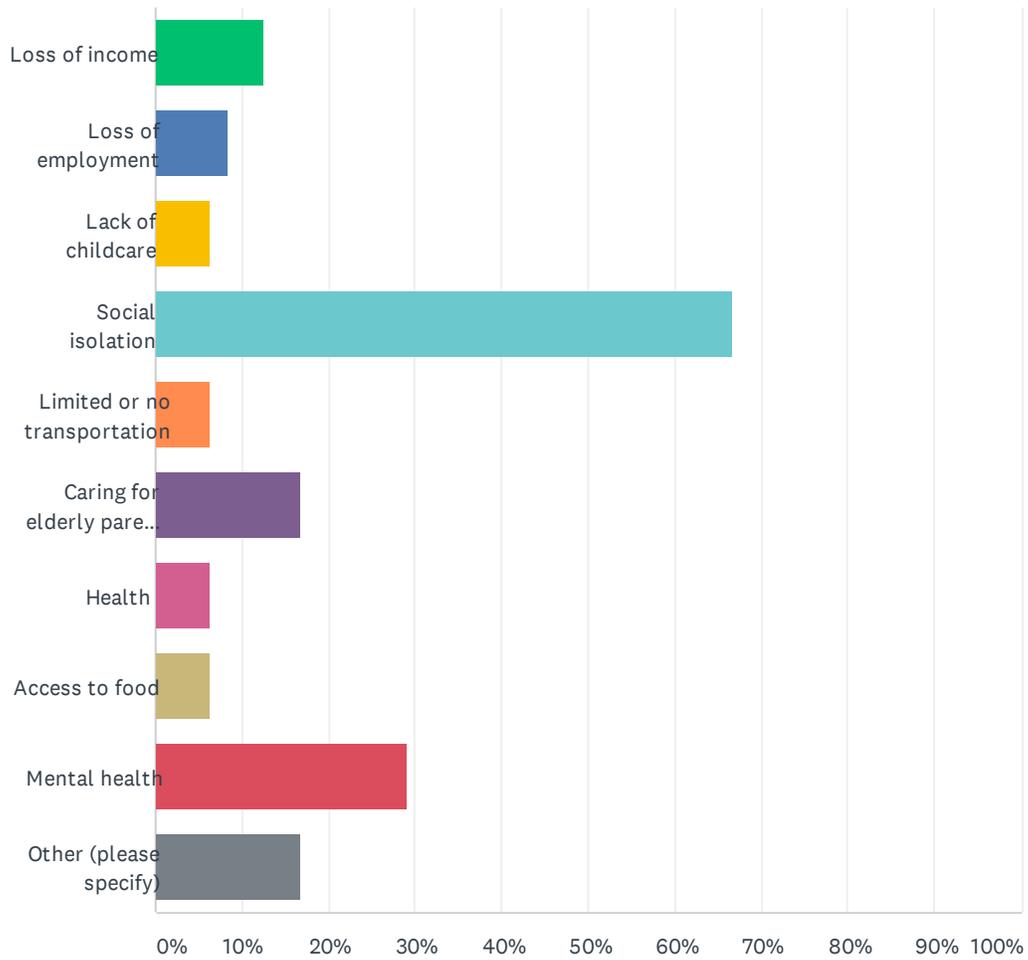


ANSWER CHOICES	RESPONSES	
Food delivery	57.14%	28
Text or phone alerts with important information	38.78%	19
Internet upgrades	34.69%	17
Social engagement via internet	34.69%	17
Resource center	24.49%	12
Other (please specify)	14.29%	7
Total Respondents: 49		

#	OTHER (PLEASE SPECIFY)	DATE
1	Truth in news	5/3/2021 7:41 AM
2	No opinion.	5/2/2021 11:01 PM
3	Ok	4/27/2021 7:53 AM
4	None	4/26/2021 10:47 PM
5	we have what we need	4/26/2021 4:47 PM
6	My personal needs are already being met	4/26/2021 4:40 PM
7	None	4/26/2021 2:42 PM

Q26 What have been the greatest challenges you or your household have faced due to COVID-19?

Answered: 48 Skipped: 3



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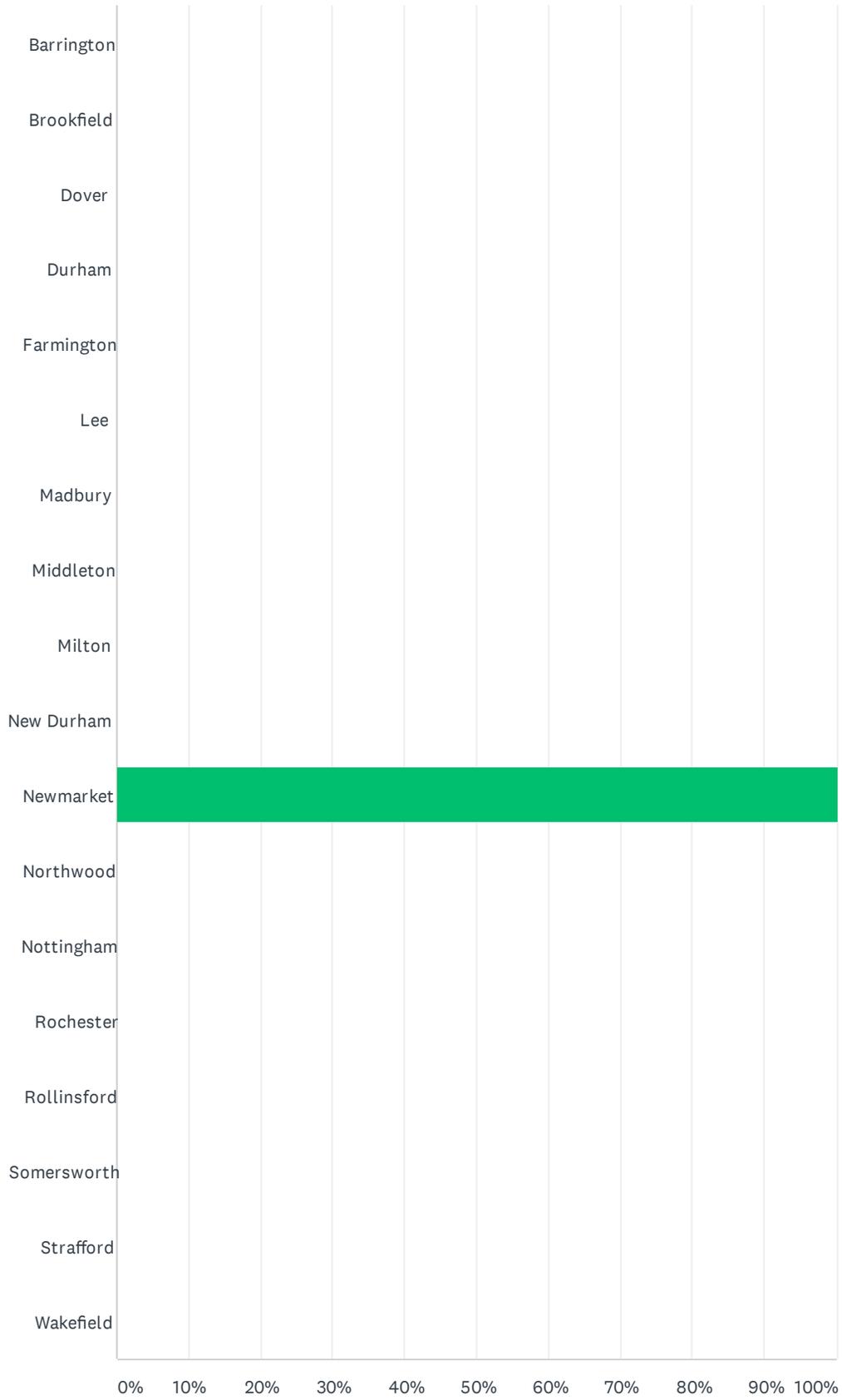
ANSWER CHOICES	RESPONSES	
Loss of income	12.50%	6
Loss of employment	8.33%	4
Lack of childcare	6.25%	3
Social isolation	66.67%	32
Limited or no transportation	6.25%	3
Caring for elderly parents or family members	16.67%	8
Health	6.25%	3
Access to food	6.25%	3
Mental health	29.17%	14
Other (please specify)	16.67%	8
Total Respondents: 48		

#	OTHER (PLEASE SPECIFY)	DATE
1	Inability to live life normally, which always included about 50% of time spent traveling.	5/5/2021 2:57 PM
2	none	5/1/2021 6:09 PM
3	less social interaction with our friends	4/26/2021 4:47 PM
4	Less social interaction, but I'm not really "isolated"	4/26/2021 4:40 PM
5	None	4/26/2021 2:42 PM
6	None..... we weren't negatively impacted because we didn't let ourselves be dictated by the powers to be	4/26/2021 1:58 PM
7	Loss of life. We lost two family members.	4/5/2021 8:24 PM
8	None	3/14/2021 12:02 PM

Q27 Which city or town do you live in?

Answered: 51 Skipped: 0

Communities for Healthy Aging Transitions Survey



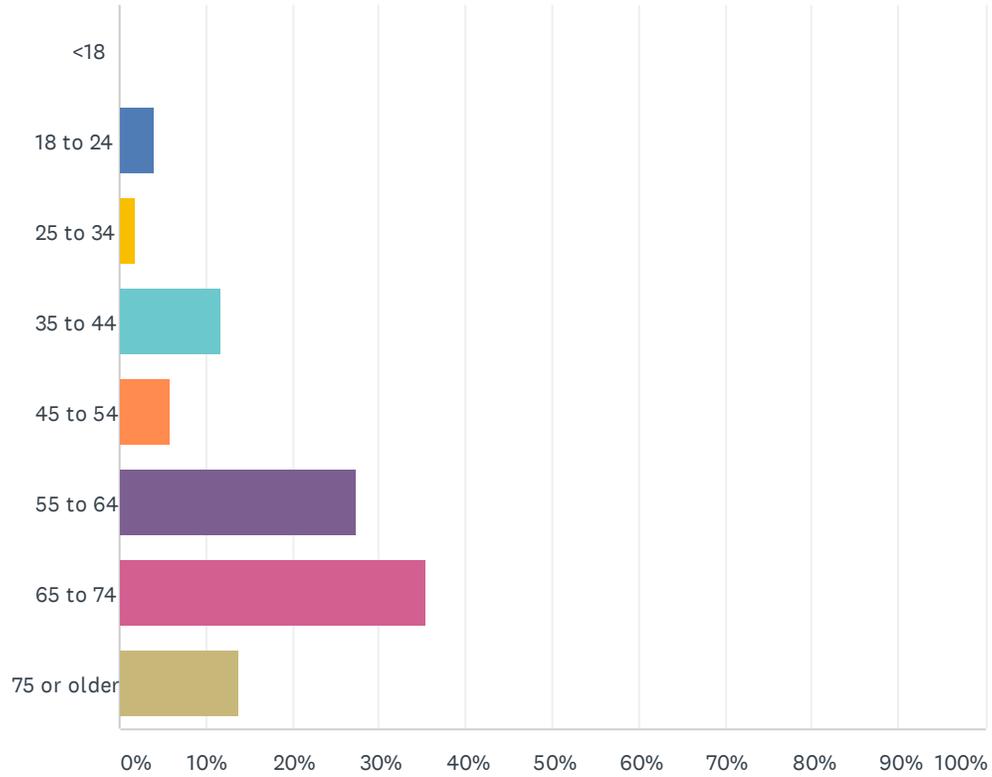
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ANSWER CHOICES	RESPONSES	
Barrington (1)	0.00%	0
Brookfield (2)	0.00%	0
Dover (3)	0.00%	0
Durham (4)	0.00%	0
Farmington (5)	0.00%	0
Lee (6)	0.00%	0
Madbury (7)	0.00%	0
Middleton (8)	0.00%	0
Milton (9)	0.00%	0
New Durham (10)	0.00%	0
Newmarket (11)	100.00%	51
Northwood (12)	0.00%	0
Nottingham (13)	0.00%	0
Rochester (14)	0.00%	0
Rollinsford (15)	0.00%	0
Somersworth (16)	0.00%	0
Strafford (17)	0.00%	0
Wakefield (18)	0.00%	0
TOTAL		51

BASIC STATISTICS				
Minimum 11.00	Maximum 11.00	Median 11.00	Mean 11.00	Standard Deviation 0.00

Q28 What is your age?

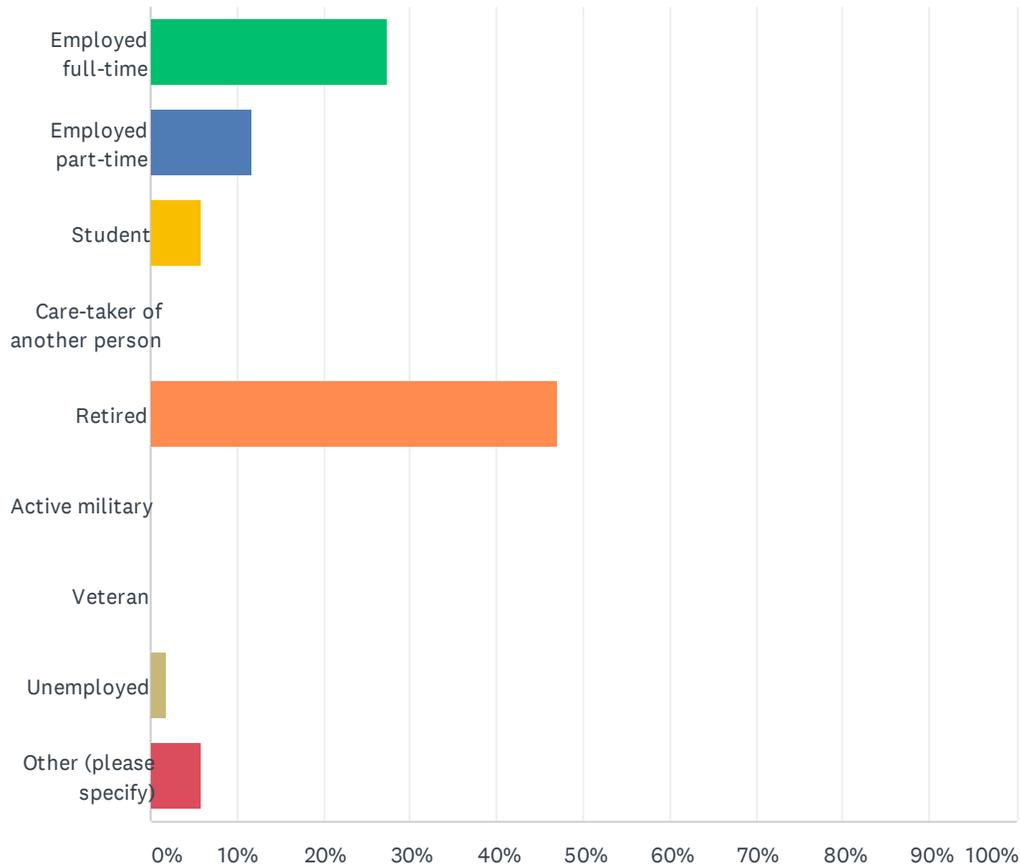
Answered: 51 Skipped: 0



ANSWER CHOICES	RESPONSES	
<18	0.00%	0
18 to 24	3.92%	2
25 to 34	1.96%	1
35 to 44	11.76%	6
45 to 54	5.88%	3
55 to 64	27.45%	14
65 to 74	35.29%	18
75 or older	13.73%	7
TOTAL		51

Q29 What is your employment status?

Answered: 51 Skipped: 0



ANSWER CHOICES	RESPONSES	
Employed full-time	27.45%	14
Employed part-time	11.76%	6
Student	5.88%	3
Care-taker of another person	0.00%	0
Retired	47.06%	24
Active military	0.00%	0
Veteran	0.00%	0
Unemployed	1.96%	1
Other (please specify)	5.88%	3
TOTAL		51

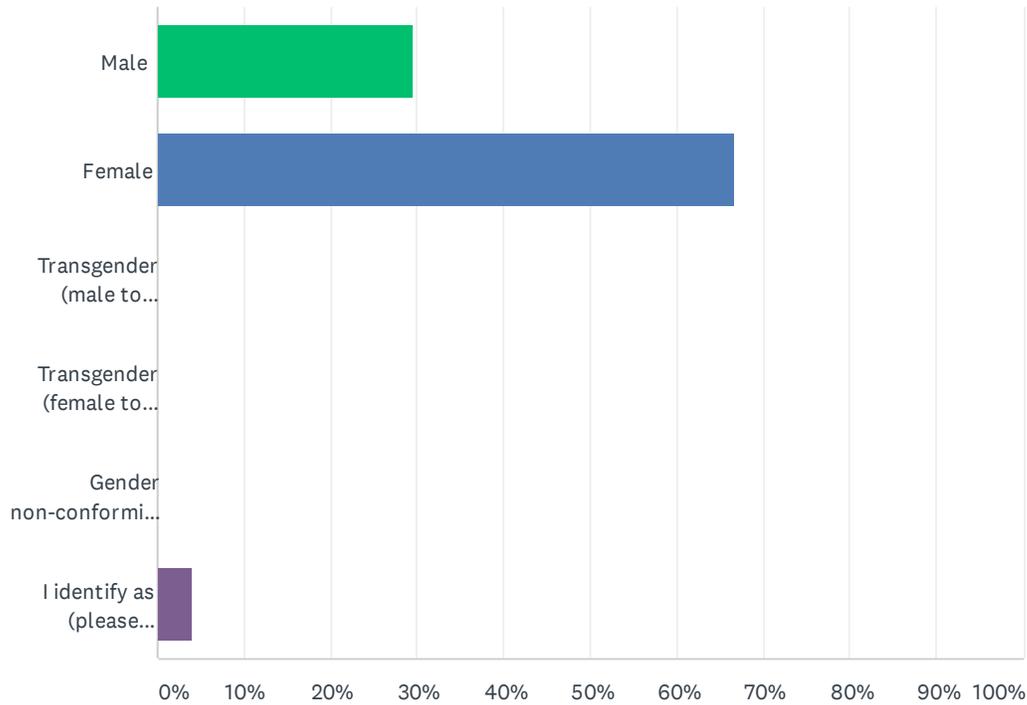
#	OTHER (PLEASE SPECIFY)	DATE
1	Retired and a veteran	8/9/2021 1:39 PM
2	Self employed	5/3/2021 7:41 AM

Communities for Healthy Aging Transitions Survey

3	Parent and community volunteer	4/19/2021 9:06 PM
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Q30 What is your gender expression?

Answered: 51 Skipped: 0

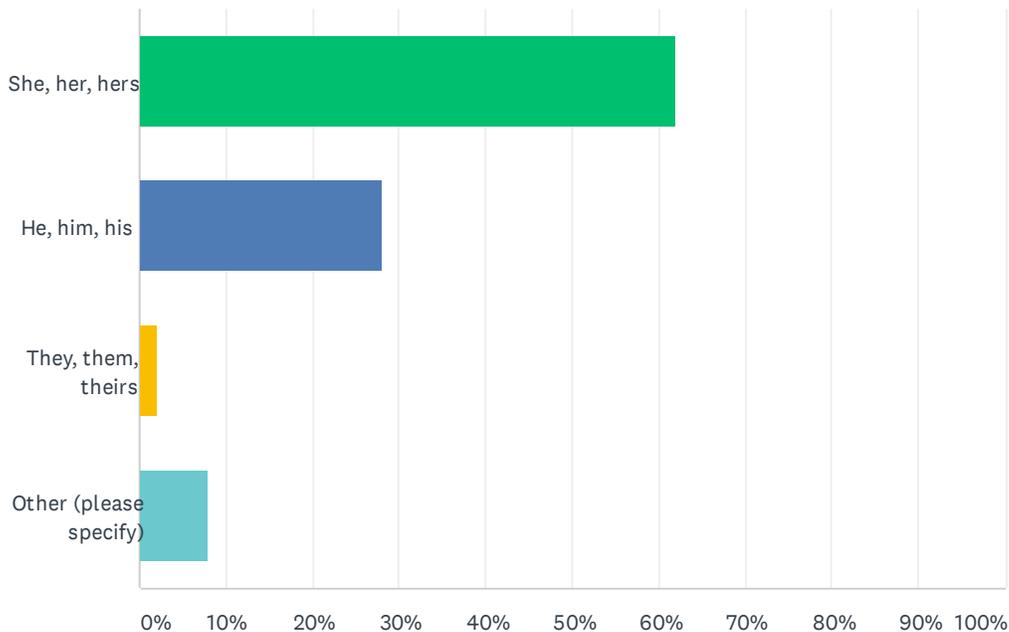


ANSWER CHOICES	RESPONSES	
Male	29.41%	15
Female	66.67%	34
Transgender (male to female)	0.00%	0
Transgender (female to male)	0.00%	0
Gender non-conforming, neither exclusively male or female	0.00%	0
I identify as (please specify):	3.92%	2
TOTAL		51

#	I IDENTIFY AS (PLEASE SPECIFY):	DATE
1	I don't answer questions like this	5/3/2021 7:41 AM
2	White male and proud of it	4/26/2021 1:58 PM

Q31 Which pronouns do you prefer?

Answered: 50 Skipped: 1

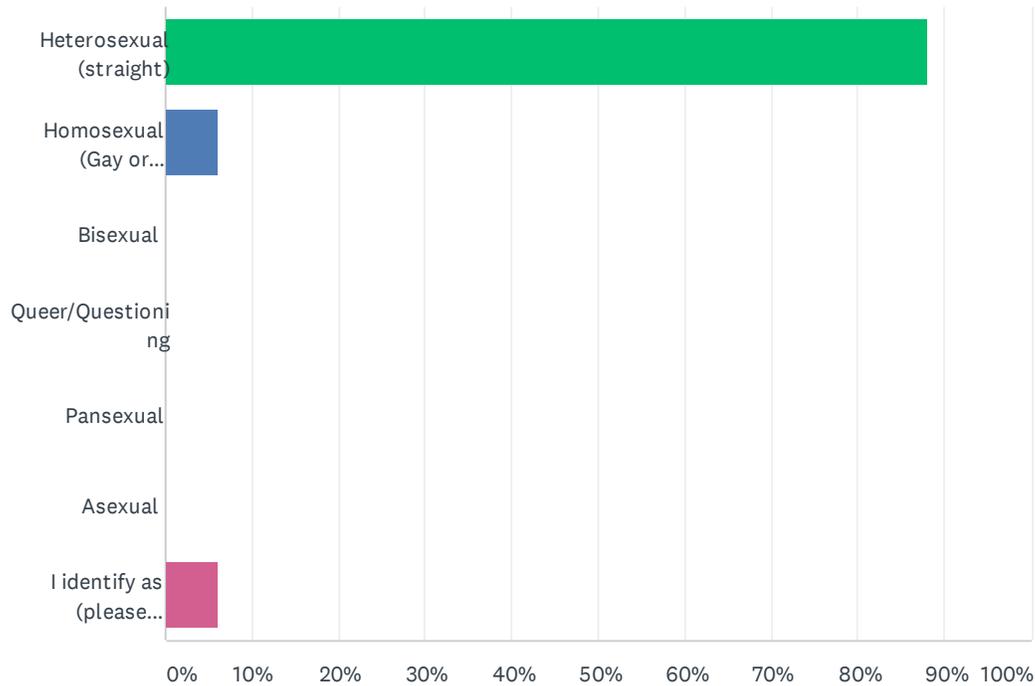


ANSWER CHOICES	RESPONSES	
She, her, hers	62.00%	31
He, him, his	28.00%	14
They, them, theirs	2.00%	1
Other (please specify)	8.00%	4
TOTAL		50

#	OTHER (PLEASE SPECIFY)	DATE
1	All	8/9/2021 1:48 PM
2	I don't answer questions like this	5/3/2021 7:41 AM
3	REDACTED	4/26/2021 1:58 PM
4	Any	4/9/2021 11:59 AM

Q32 What is your sexual orientation?

Answered: 50 Skipped: 1

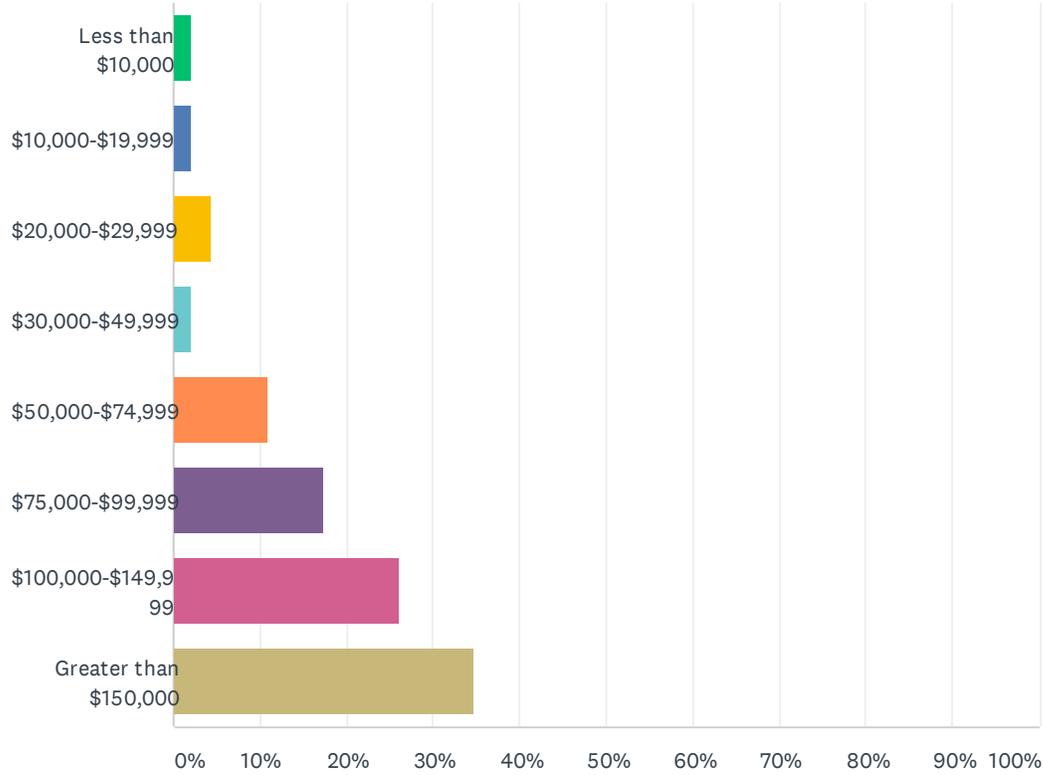


ANSWER CHOICES	RESPONSES
Heterosexual (straight)	88.00% 44
Homosexual (Gay or Lesbian)	6.00% 3
Bisexual	0.00% 0
Queer/Questioning	0.00% 0
Pansexual	0.00% 0
Asexual	0.00% 0
I identify as (please specify):	6.00% 3
TOTAL	50

#	I IDENTIFY AS (PLEASE SPECIFY):	DATE
1	I don't answer questions like this	5/3/2021 7:41 AM
2	Need a red center with tennis/Pickleball courts	4/27/2021 4:14 PM
3	Why is this important	4/9/2021 11:59 AM

Q33 What is your household Income?

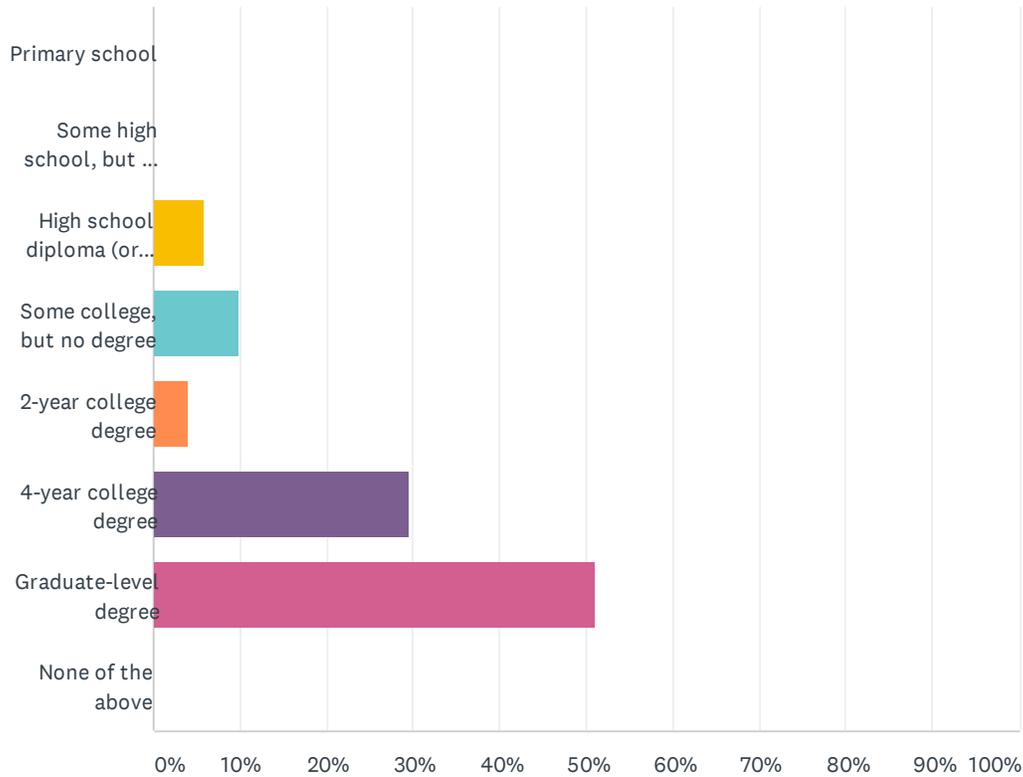
Answered: 46 Skipped: 5



ANSWER CHOICES	RESPONSES	
Less than \$10,000	2.17%	1
\$10,000-\$19,999	2.17%	1
\$20,000-\$29,999	4.35%	2
\$30,000-\$49,999	2.17%	1
\$50,000-\$74,999	10.87%	5
\$75,000-\$99,999	17.39%	8
\$100,000-\$149,999	26.09%	12
Greater than \$150,000	34.78%	16
TOTAL		46

Q34 What is the highest level of school that you have completed?

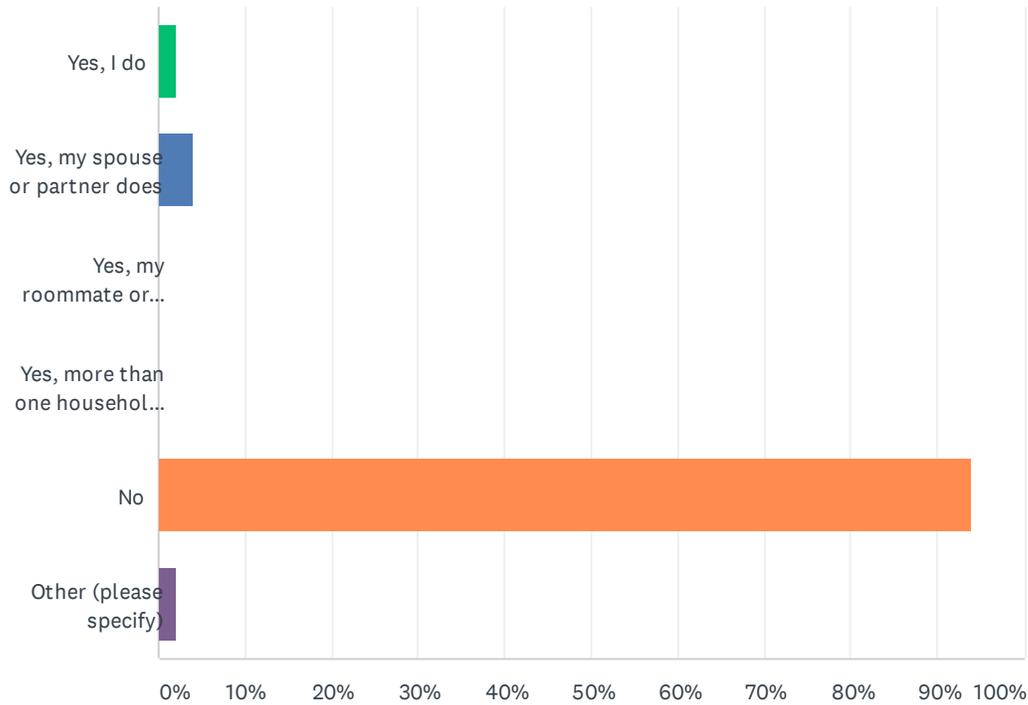
Answered: 51 Skipped: 0



ANSWER CHOICES	RESPONSES	
Primary school	0.00%	0
Some high school, but no diploma	0.00%	0
High school diploma (or GED)	5.88%	3
Some college, but no degree	9.80%	5
2-year college degree	3.92%	2
4-year college degree	29.41%	15
Graduate-level degree	50.98%	26
None of the above	0.00%	0
TOTAL		51

Q35 Do you or a household member live with a disability?

Answered: 50 Skipped: 1

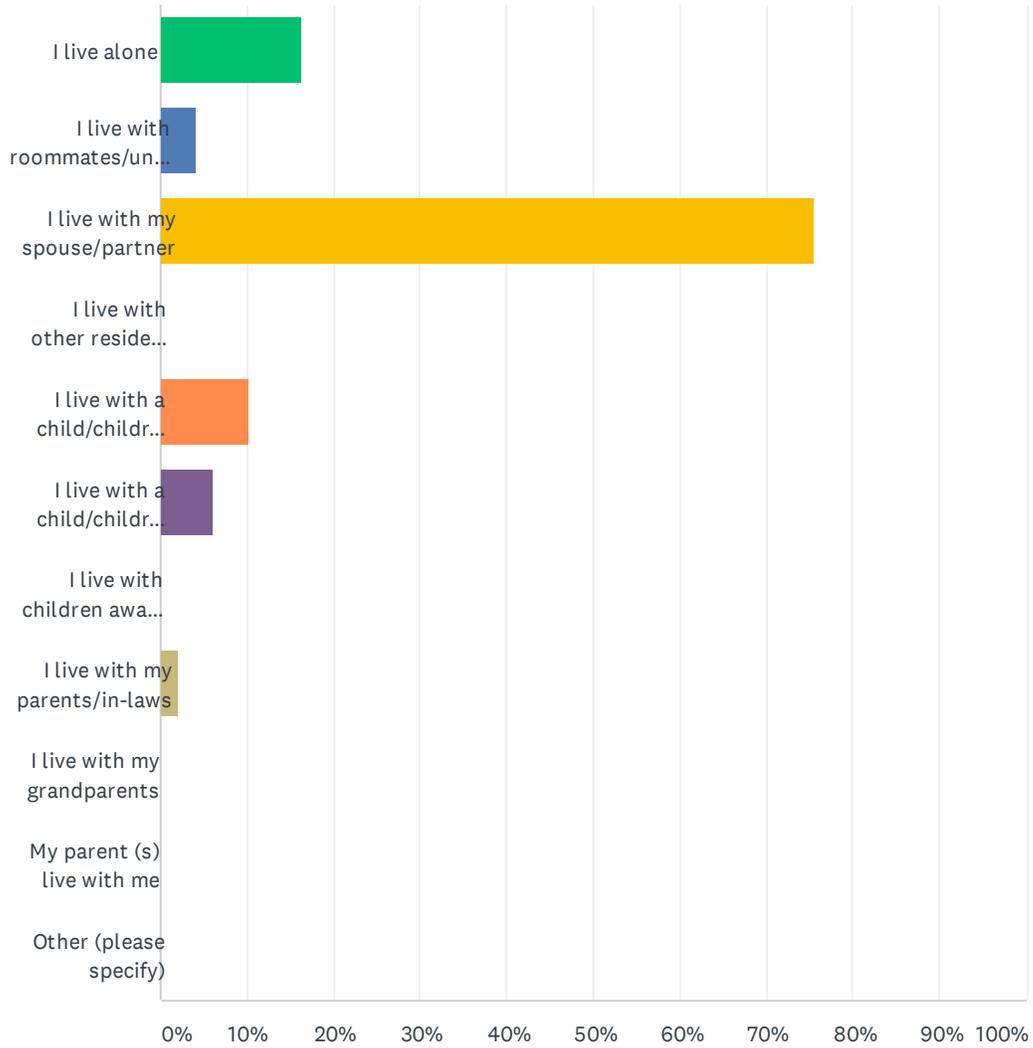


ANSWER CHOICES	RESPONSES	
Yes, I do	2.00%	1
Yes, my spouse or partner does	4.00%	2
Yes, my roommate or household member does	0.00%	0
Yes, more than one household member does	0.00%	0
No	94.00%	47
Other (please specify)	2.00%	1
Total Respondents: 50		

#	OTHER (PLEASE SPECIFY)	DATE
1	No welfare either	4/26/2021 1:58 PM

Q36 What describes your living situation? Check all that apply

Answered: 49 Skipped: 2



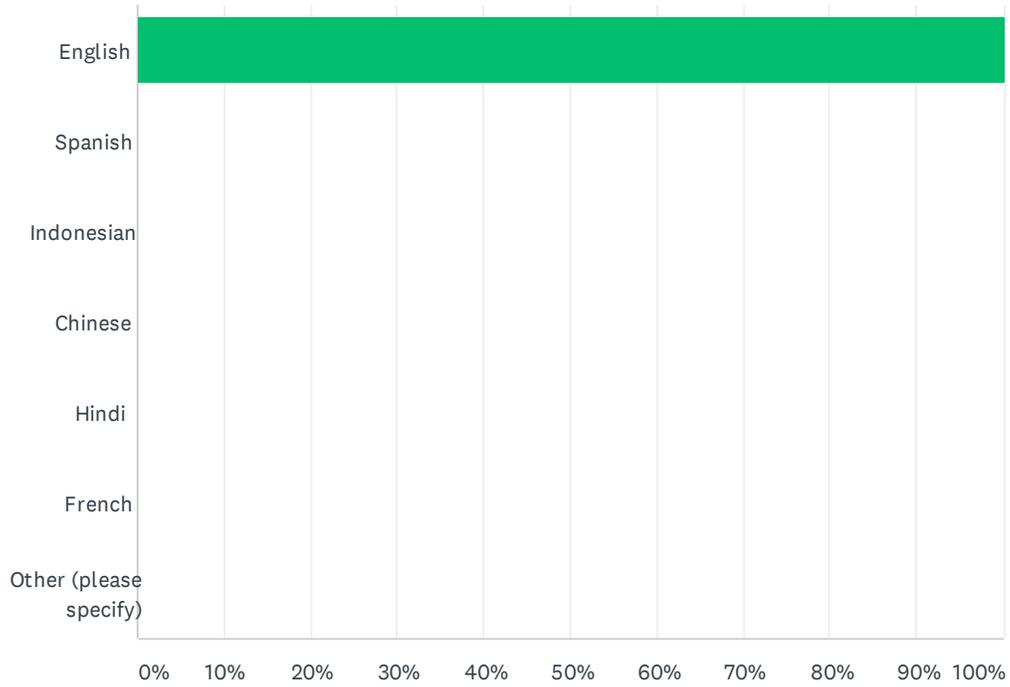
Communities for Healthy Aging Transitions Survey

ANSWER CHOICES	RESPONSES	
I live alone	16.33%	8
I live with roommates/unrelated people	4.08%	2
I live with my spouse/partner	75.51%	37
I live with other residents in a group facility	0.00%	0
I live with a child/children under 18	10.20%	5
I live with a child/children over 18	6.12%	3
I live with children away at college	0.00%	0
I live with my parents/in-laws	2.04%	1
I live with my grandparents	0.00%	0
My parent (s) live with me	0.00%	0
Other (please specify)	0.00%	0
Total Respondents: 49		

#	OTHER (PLEASE SPECIFY)	DATE
	There are no responses.	

Q37 What language do you primarily speak at home?

Answered: 50 Skipped: 1



ANSWER CHOICES	RESPONSES
English	100.00% 50
Spanish	0.00% 0
Indonesian	0.00% 0
Chinese	0.00% 0
Hindi	0.00% 0
French	0.00% 0
Other (please specify)	0.00% 0
TOTAL	50

#	OTHER (PLEASE SPECIFY)	DATE
	There are no responses.	