



15th annual
**Unsung Hero
Awards**

Recognizing extraordinary parents and caregivers
in February, Parent Recognition Month.



NEW HAMPSHIRE

Children's Trust

New Hampshire chapter of  **Prevent Child Abuse
America**

“We make a living by what we get,
but we make a life by what we
give.” – Winston Churchill



The Merrimack is committed to improving lives by
supporting causes and organizations that benefit
our community.



MERRIMACK
COUNTY SAVINGS BANK

800.541.0006 themerrimack.com

The Unsung Hero Awards are presented by



This year, the 15th annual Unsung Hero
Awards are being celebrated virtually!

Follow us on social media and help us honor
these amazing parents and caregivers!



www.nhchildrenstrust.org/unsungheroes

15th Annual Unsung Hero Selection Committee

Brian Beals, MD FAAP, *NH Children's Trust Board Member*

Elizabeth "Sooze" Hodgson, MD FAAP, *NH Children's Trust Board Member*

Fay Pierce, Parent Rep., *FRC of Northern NH*

Janice Fitzpatrick, *NH Children's Trust Board Member*

Karen Pellicano, *NH Children's Trust Staff*

Mary Ann Allsop, *NH Children's Trust Staff*

Nick Garrett, Parent Rep., *FRC of Northern NH*

Learn more about the annual Unsung Hero Awards at
www.nhchildrenstrust.org/unsungheroes

15th annual Unsung Hero Awards Honorees

- Alicia, *Cheshire County*
Bonnie, *Merrimack County*
Carol, *Rockingham County*
Eric, *Merrimack County*
Janelle, *Cheshire County*
Jenn, *Merrimack County*
Jennifer, *Hillsborough County*
Joan, *Merrimack County*
Katie, *Hillsborough County*
Liz, *Coos County*
Marie and Alex, *Carroll County*
Melissa and Shawn, *Merrimack County*
Michelle, *Merrimack County*
Om Saeed, *Hillsborough County*
Nyohnudeh "Precious", *Hillsborough County*
Rita, *Hillsborough County*
Sandy, *Hillsborough County*
Sean, *Rockingham County*
Sherifah, *Hillsborough County*
Terry, *Strafford County*
Tiffany, *Coos County*

Their Stories

Alicia

Alicia experienced a childhood where she was placed in ten foster homes before her later teen years. Despite maltreatment and the lack of consistent nurturing, Alicia overcame all odds. With incredible self-drive and determination, she finished high school and attended college, earning a degree in Criminal Justice. And now, as a mother of a remarkable one year old child, Alicia is the master of her parenting journey. She successfully meets the ever-changing challenges of the developmental growth of her little boy with exuberance and love. Alicia is also a business owner and community partner who is full of grace and gratitude. An absolute hero.

Bonnie

Bonnie has worked tirelessly for years for the Parent Information Center where she is a Special Education trainer and advocate. She runs trainings for the center, testifies in the legislature, plans and implements new workshops and conferences, supports parents and families every day, and works the PIC intake line. Bonnie and Skip Dunham are also the parents of two children, Sean and Meagan. Sean is a person living with multiple differing abilities/disabilities, mainly Down Syndrome. Bonnie always approaches everything she does with good humor, care and is amazing at giving non-judgmental advice. Bonnie also used to bring homemade supper to many of her trainings. She is definitely an Unsung Hero!

Carol

Carol has persevered and advocated tirelessly so to provide her children with the services and supports they need. Carol and her husband John adopted their daughter when she was 7 years old. With their love and support this little girl was able to finish high school and support herself. And when their daughter had 2 children, John and Carol built an apartment in their home to help with the grandchildren and provided care for the children while mom worked. A special education educator, Carol's knowledge of child development has allowed her to work with her children in a unique way. And when their daughter could not care for her children, Carol and John were able to adopt them as well. Carol continues to advocate despite losing her husband and her unwavering commitment to her family makes her an Unsung Hero.

Thank You

NEW HAMPSHIRE CHILDREN'S TRUST
FOR PROTECTING, EDUCATING AND BEING A
RELIABLE RESOURCE FOR CHILDREN
AND THEIR FAMILIES

Associated Grocers of New England, Inc.
11 Cooperative Way · P.O. Box 6000
Pembroke, NH 03275 · www.AGNE.com



Redefine Retirement

 RiverWoods
Exeter

 RiverWoods
Manchester

 RiverWoods
Durham



Their Stories

Eric

Despite the drastic changes he has experienced within the last five years, Eric is a steadfast advocate for his child, ensuring she has everything she needs to reach her full potential. He has gone above and beyond when it comes to spending quality time with his daughter, bridging her social connections, connecting her to activities that meet her interests, talking through presented challenges and behaviors, and guiding her through her developmental stages of life. When challenges do arise, Eric does not hesitate to seek support. Instead, he hones in on the problem, working hard to figure out solutions that will guide him towards overcoming the challenge. Eric is a dedicated and admirable parent who is working hard to provide his daughter with a safe and well-rounded childhood that will lead her to become the best version of herself.

Janelle

Words cannot aptly describe Janelle's many incredible attributes and abilities. She is a solo parent to three amazingly talented and socially well-adjusted children. Janelle effortlessly but effectively instills the importance of honesty, good manners, and respect of fellow community members. She is tireless in her work as an in-home aide for medically challenged adults while at the same time meeting a wide array of social needs for her three children after work. Watching Janelle accomplish all of what she does with humility and grace is inspiring.

Jenn

Jenn is an amazing single parent of two amazing kids with differing abilities and disabilities. Jenn also takes care of her father, as well as her mother who has recently passed on. Despite her many responsibilities, she works full-time, advocates for children and families who need help in the disability community, plans meetings, helps all staff with technological difficulties, and much more! Jenn is organized and faces everything with humor and positivity, and she is always there for everyone. She understands the challenges others face and always has an encouraging or humorous quote to help ease the stress.

Jennifer

Jennifer has both biological and adopted daughters. All three of her daughters are very happy and caring people. Jennifer is also a grandmother and loves that role. More recently, Jen is fostering two siblings, ages 9 and 3. Despite present and future hurdles, Jen seeks to be their pre-adoptive home while also caring for her own biological teenager. Jen's home is filled with laughter, guidance, patience, and love. Her home is a model for nurturing foster care.

Their Stories

Joan

Joan is the true definition of what resiliency looks like. This year Joan adopted her granddaughter and the relationship that they share is absolutely amazing. Despite the many challenges of the past year, she relies on her support network and can bounce back after times of stress. Joan's hard work, dedication to her family and families that she works with is insurmountable. She is always willing to go the extra mile to support and connect those around her and will do whatever is necessary for her family. Joan truly is a hero—not only to her family but also to her colleagues.

Katie

Katie is a wonderful example of all five Strengthening Families protective factors. Katie has been attending school to receive her associate degree in Early Childhood Education while also working through an apprenticeship program at Southern New Hampshire Services and holding another job. A single parent to two kids, Katie juggles all these activities and family with strength, capability, and resiliency. She is not afraid to ask for help or to receive help when needed. She attends parenting classes and is willing to expand her knowledge on parenting and child development to better understand her child's needs. A wonderful example of an Unsung Hero.

Liz

Liz is a wonderful person, Mom, Professional and friend. She is mastering her own recovery journey while parenting and working full-time as a Parent Partner with The Family Resource Center. She will soon obtain her Certified Recovery Support Worker (CRSW) certification as a highly trained member and participant of the recovery community. Liz also sets a great example for the parents she works with, a mentor to community members and colleagues who relies upon supports for challenges, and as a provider and family member struggling with substance use and emotional difficulties. Although it is her story to share, Liz's heroic personal journey is an inspiration those who know her.

Marie and Alex

Parents Marie and Alex have continued to persevere and grow despite numerous challenges, setbacks, and stressors. Parenting an adopted child who has suffered abuse and neglect is no easy task, and yet Marie and Alex have not only taken on this incredible task but they have learned from these experiences and created a more nurturing environment for their children. And when Alex and Marie are unable to figure something out, locate resources, or have questions, they are not afraid to ask for help. Over the years, they have grown, learned, adapted, and are succeeding as caregivers of children who are developing in a healthy and thriving environment.

Their Stories

Melissa and Shawn

Melissa and her husband, Shawn, are kind, generous and helpful to everyone they know. Melissa and Shawn have two amazing daughters, both with differing abilities including autism and ADHD. Melissa and Shawn started NH Artists4Autism to help families, give them support, and create an outlet for stress. She runs fundraisers throughout the year and donates the proceeds to organizations in the New Hampshire area that provide needed supports and services to the disability community. Melissa also helps families access support, resources, and advocates for disability rights. She and Shawn work tirelessly to help their daughters and they deserve recognition for their contributions to the community.

Michelle

Michelle works tirelessly as the Director of the Parent Information Center of NH, all while caring for her own children with differing abilities and medical challenges. In addition to supporting her family's needs, she plans trainings, works on grant funding, public relations, expanding capacity, and serves on various boards for the Center. Michelle is an incredibly caring, supportive, non-judgmental person, and she truly understands families and their struggles. She is the definition of an Unsung Hero for everything she does for families and children living with disabilities and the New Hampshire educational community.

Om Saeed

Om Saeed has a special kind of resilience. She and her family became refugees when the US and NATO allies invaded Iraq, and then again during the Syrian civil war. Now safe in New Hampshire, Om Saeed is not only a caring mother and caregiver to her children, but she also cares for her disabled husband and is involved in the community. She is strong, happy, loving, empathetic, and teaches others to exhibit these qualities, something she attributes to a strong foundation in Islamic faith. She doesn't see herself as a victim, but rather "blessed" to care for others.

Their Stories

Nyohnudeh "Precious"

Precious exhibits all of the protective factors that keep families strong. She has the ability to bounce back from stress and has a strong support system. Precious also understands her children's developmental needs and shows empathy and support toward their feelings. She is resilient and embodies all the traits of an Unsung Hero. Congratulations, Precious!

Rita

Rita is the definition of an Unsung Hero. She is the mom of two young children (9 and 5) who possesses an incredible amount of parental resilience. Both of her children have special educational needs, and because of the pandemic, she's had them both home with her since 2020. It has been 641 days, as of this writing, since she has had both kids at school. She took them through remote learning supported by the district until September of this year. She has an innate understanding of what her children need, especially when it comes to their big feelings. And when Rita needs help, she will ask for it. Rita is a personal hero to so many in the community.

Sandy

While raising three children of her own, Sandy began fostering other children nearly twenty years ago. Having described fostering as "her life calling," Sandy began a daycare center focused on foster children. Eventually, she adopted five young girls, two of whom (now 18 and 19) still live with her. Recently, Sandy cared for two emergency respites: an eight-year-old boy who had been in three foster homes and three schools in the past year; and a 14-year-old girl who has recently been reunited with her father. She is looking forward to opening her home to another child in the near future. Loving, patient, and consistent, Sandy has done so much already and continues to do more for Granite State youths. A wonderful example of an Unsung Hero.

Sean

Sean is a man that gives above and beyond, regardless of what is going on in his own personal life, and exemplifies integrity, care, and resilience. Both he and his family have experienced many hurdles, including learning how to navigate the field of mental illness to support his teenage son. Regardless of what life has thrown his way, he still manages to show up and give 100% multiple evenings a week, giving back to a group of youth who also suffer with depression, anxiety, and suicidal thoughts. He is the epitome of an Unsung Hero.

PROUD SPONSOR OF

**NEW HAMPSHIRE
CHILDREN'S TRUST**

AND ALL THEY DO TO SUPPORT CHILDREN



Their Stories

Sherifah

Sherifah is a mother of three young children under the age of six. Sherifah and her husband Joe (who was working remotely & finishing school via on-line in his basement office) are like other Granite State families who face many challenges during the COVID -19 pandemic shutdown. And yet, Sherifah's calm demeanor and use of parenting strategies keep her children entertained and developing without electronics, making a stressful time more enjoyable for the family. Sherifah's resilience and ability to travel with three children during difficult circumstances is immensely impressive. She is truly an Unsung Hero!

Terry

Terry is a grandmother raising her two-year-old granddaughter, who has been with her since birth. She is the definition of resilience and focuses on what she can do to create a happy, healthy family with her granddaughter. She is also committed to connecting with other parents and grandparents and accesses community resources to improve her life. Further, Terry recognizes that this is a sign of strength, and she gently encourages others by sharing the information and resources. She is working on practicing self-care and taking action to preserve her own physical and emotional health. Terry is truly an Unsung Hero.

Tiffany

Although Tiffany has experienced difficult circumstances in the past, she shows incredible resilience. Tiffany cares for her children in a loving way no matter the difficulty of the situations, using her past as inspiration to keep her moving forward. Tiffany considers the children in her care before anything else, making sure that their needs are always met. And when she sees there may be concerns, she makes necessary changes. Tiffany often speaks of her supports that she uses during the tough times and is not afraid to say when she needs some extra help. She also continues to learn about child development and applies new skills she learns in home visiting to raising her children. Not only is she raising her own children, but she is also the current guardian of a nephew and providing amazing support to him as well. Tiffany is always available to all the children in her care and meets their emotional and physical needs with empathy and understanding.



David Higgins
Financial Advisor

Phone: 603-334-4014

david.higgins@wellsfargoadvisors.com



WE WANT YOU TO BE YOU.

**Fidelity Investments is proud to support our
Unsung Heroes and NH Children's Trust.**

At Fidelity, you'll find endless opportunities to build a meaningful career that positively impacts peoples' lives, including yours. And we're committed to nurturing a workplace where our associates feel a sense of belonging so they can best serve our customers.

Learn more at [FindYourFidelity.com](https://www.fidelity.com).

Fidelity CAREERS

EOE

NEW HAMPSHIRE'S PREFERRED MANAGED IT SERVICES PROVIDER

PROACTIVE FLEXIBLE IT SERVICE PLANS

Tailored to meet your needs and align with your budget. We support PC and Mac products, on-site or remotely.

Our mission is to provide exceptional services and support for all aspects of a business's or organization's IT infrastructure. Unlike many managed IT services providers, Back Bay Networks provides comprehensive support to offices that work with both PC and Mac products.

[CONTACT US](#)



(603) 692-5100 | www.bbnh.com

*A special thanks to the following sponsors
for their support of New Hampshire families*

Hero Sponsor



MERRIMACK
COUNTY SAVINGS BANK

Family Sponsors



Friend Sponsors

