Dear Friends,

I’m pleased to announce that St. Joseph Community Services will now be doing business as Meals on Wheels of Hillsborough County. So why a name change? We believe that by adopting the Meals on Wheels America brand, which is one of the most recognizable nonprofits in the country, we can reach more people who may need our services, or who may want to contribute.

We’ve also changed our website address from mealsonwheelsnh.org to hcmow.org. We took this step to acknowledge that we are a countywide service, and not statewide. Each county has its own Meals on Wheels providers and we wanted to respect that.

We also retired our SJCS logo, and replaced it with the Meals on Wheels America brand, again in an effort to make our services more recognizable and easier to access.

We will still maintain the corporation of St. Joseph Community Service, which we will continue to use when signing contracts or entering legal agreements. By embedding our primary service directly into our name, we anticipate folks will have an easier time accessing our services and understanding what we do. Thank you for your ongoing support.

Best regards,

Jon Eriquezzo
Step Up 5K Run-Walk

Join us for the 2nd Annual MOWHC 5K Run-Walk for Meals on Wheels!

Register before April 28th to be guaranteed a 2021 t-shirt!

https://runsignup.com/Race/NH/Nashua/SJCSmow5k

Saturday, May 29, 2021 at Mine Falls Park
7 Stadium Drive, Nashua (Stellos Stadium Entrance)

Check-In / 8:00 AM
Run-Walk/ 9:00 AM-1:30 PM
Entrance Fee/ $25 Early Bird before May 7th ($30 after)
Children 12 and under/ $5 discount. Teams of 3 or more $5 discount per member

~ Register before April 28th and receive a 2021 T-shirt
~ Not a runner? We are doing a 3K (1.8mi) walk!
~ NEW this Year! Still hesitant about a live race? We are doing a virtual 5K! (Run between May 22 and 29)
~ All runners and walkers (day of and virtual) will receive a "Swag Bag"

Can’t make it at all? Go to the registration link, and click donate!
Make a one-time donation, create your own fundraiser or a team fundraiser. Race registration not required to fundraise!

Our gratitude to the generous sponsors who have “Stepped Up” so far!
Thank you to all the Community Champions who gave their time to support us during March for Meals/ Community Champions Week!

**Governor Chris Sununu** delivered meals and kind words to our folks when he volunteered during Community Champions Week 2021. Prior to hitting the road and visiting neighborhoods, Governor Sununu met with MOWHC’s President Jon Eriquezzo and other staff. Jon explained that in addition to serving nutritious meal to clients, drivers and volunteers can help make vital connections for clients in need.

Many clients did double-takes when seeing the Governor at their door holding a bag of food. “This
“is exciting!” says Rolande, a MOW client. “I feel so special.”

Beyond her excitement at meeting the Governor, Rolande discussed what the home delivered meals mean to her. She said that due to an injury she can no longer cook and that “[T]he meals are good and I don’t have to prepare them. I also enjoying talking to the drivers.”

For his part, the Governor quickly picked up the delivery routine and the process moved along quickly. “Meals on Wheels is such an important service,” he said. “Thank you for all that you do!”

Congressman Chris Pappas also volunteered during this important week. He is a strong advocate of our work and we greatly appreciate his support.

We were fortunate to host Congresswoman Annie Kuster, who kindly volunteered to deliver meals to folks in Nashua. We are grateful for her time and service.

Mayor Joyce Craig pitched in to deliver meals to some of our Manchester folks.

Mayor Jim Donchess gave a show of support at our Grab N’ Go Program in Nashua.
Below is a letter Meals on Wheels received from Senator Jeanne Shaheen, in support of our volunteers during Community Champions Week!

We wish we had room to post pictures of all our champions, but we would at least like to thank them and list them all here. Our gratitude to the following champions (in order of the day they volunteered):

Rep. Michael Pederson
Rep. Pat Long
Chief Mark Reams (Amherst PD)
Sen. Lou D’Allesandro
Sen. Kevin Avard
Ald. Will Stewart
Chief Brian Levesque (Merrimack PD)
Captain Matt Tarleton (Merrimack PD)
Chief Joseph Hoebeke (Hollis PD)
Rep. Heidi Hamer
Rep. Jeanine Notter
Chef Nicole Barreira (T-Bones)
IN THE NEWS!

MOWHC Receives Harvard Pilgrim Health Plan's Healthy Community Impact Award

The 2021 Nonprofit Impact Awards recognize the impact of the nonprofit sector in New Hampshire. The awards are presented each year to honor remarkable people and nonprofit organizations that have made outstanding contributions to their communities. Meals on Wheels of Hillsborough County is humbled to announce that this year, we have been honored with the Harvard Pilgrim Healthy Community Impact Award! The excerpt below was taken from the Nonprofit Impact Awards website:

“The Harvard Pilgrim Healthy Community Impact Award recognizes a nonprofit working to increase access to care and improve the well-being of individuals and communities. Meals on Wheels of Hillsborough County (aka St. Joseph Community Services) will be honored for combatting hunger and isolation in older and disabled adults. They make it possible for seniors to live healthier and more independent lives at home by providing daily food, wellness checks and information about other community services to enhance their physical and emotional health.

‘We are proud to partner with NH Center for Nonprofits and honor Meals on Wheels of Hillsborough County for their extraordinary efforts to deliver healthy meals and a friendly visit to hundreds of older adults throughout southern New Hampshire,’ said William Brewster, M.D., Vice President, NH Regional Market for Harvard Pilgrim Health Care. ‘Harvard Pilgrim is committed to providing quality care to individuals and families across New Hampshire and improving access to fresh healthy food through our Foundation. We congratulate Meals on Wheels of Hillsborough County for all they do every day to ensure the health and wellbeing of our neighbors and friends.’”

Thank you to everyone who helps us make an impact on the senior community!

Source: Center Events | NH Center for Nonprofits (nhnonprofits.org)
him, MOW client Bill is quick with a reply. “It allows me to stay here,” he says, gesturing to his neat apartment in a complex in the village of Greenville. “I’m here, I’m safe, and that means everything to me.”

Employee Appreciation Day

We had the chance to recognize our amazing employees on Employee Appreciation Day, which took place in March! Pictured are cookie bags and baskets filled with delicious cookies provided by Nashua’s legendary maker of sweet treats, Crosby Bakery. Thanks to all of our employees and volunteers, our participants are more able to stay in their homes, which is where they want to be. So, we extend our deep gratitude to our incredible staff - you are truly appreciated! And a big, thankful shout out to Sue and Gale from Crosby Bakery!

Grab N' Go Has Some New Sites!

Below is our current Grab N' Go schedule:

**Carpenter Center, 323 Franklin Street, Manchester:** Monday through Friday, 12:45-1:15 PM ~ Meals provided by T-Bones/GNHR and Tap House.

**The Meetinghouse, 12 Reed Street, Goffstown:** Monday through Friday, 1:00- 1:30 PM ~ Meals provided by T-Bones/GNHR and Tap House.

**John O'Leary Center, 4 Church Street, Merrimack:** Wednesday, 12:00-1:00 PM ~ Meals provided by Soel Sistas.

**Nashua Senior Activity Center, 70 Temple Street, Nashua:** Monday and Wednesday, 1:00-2:00 PM ~ Meals provided by Soel Sistas.

**William B. Cashin Center, 151 Douglas Street, Manchester:** Wednesday and Thursday, 12:30-1:00 ~ Meals provided by T-Bones/GNHR and Tap House.

We are also working with at least one other restaurant and hope to have more Grab n' Go locations in the near future.
We have posted our annual report! Please click here to read all about it!

DID YOU KNOW?

April is National Stress Awareness Month!

Whether it's struggling to finish your taxes, dealing with high-stress at home or on the job, or just juggling multiple tasks every day--taking a breath once in a while is the best thing you can do for your overall health, experts say.

Harmful effects of stress include: tightening of the muscles, increased blood pressure, headaches, dizziness, and dry mouth.

In fact, studies show that severe stress has a direct correlation with heart disease, depression, and a general lowering of the immune system which, in turn, opens the body up to many other diseases.

Here are some tips on coping with stress during National Health Awareness Month:

• Treat yourself. Eating yummy foods which you love in moderation, including chocolate, can have health benefits and boost your dopamine levels!

• Exercise. Take a walk around the park, play with your dog, or dance to your favorite song! This will help the endorphins (the feel-good chemicals!) pumping in your brain, which will increase relaxation!

• Meditate. Simply taking time to breathe and to collect your thoughts before a hectic day can often lead to increased energy and stamina.

• Get enough rest. Remember that the body is detoxified and cells are regenerated during deep sleep leaving us feeling rejuvenated and ready to take on the world again.

• Pet your dog. Or it maybe a cat, a parakeet, or any
other pet. Science shows that the unconditional love that pets freely give helps us to de-stress and has powerful effects on lowering our blood pressure.

- **Laugh.** It's true what they say about laughter being the best medicine. So collapse on the couch and take time out to watch your favorite TV sitcom or stream a classic Hollywood comedy to end the day.

As the wise man once said... *"Sometimes a quick hit of nothingness delivers a balance to the everythingness."*

Chill. And enjoy the day dedicated solely to de-stressing!

Sources:
Day (chiff.com) 2021 National Stress Awareness Day (chiff.com)  
https://pixabay.com

**DONOR CENTRAL**

The Wright Choice

We would like to thank Wright Choice Financial Group, LLC for setting up a matching donation for us during our work through the pandemic. We had to postpone the “big check donation” until a couple weeks ago but were thrilled at the effort they undertook for us and are so happy to welcome them onboard as community partners. Big thanks also, for the amazing office chairs they donated! Pictured here from left to right MOWHC President, Jon Eriquezzo; COO Janet Wright; CFP Sarah McDonald, and Doug Wright, President, all of Wright Choice Financial Group.

Colorful Mask Bags for our Clients!

SJCS held a booth at the Merrimack Winter Carnival and children attending the festival stopped by to decorate gift bags for masks that we will deliver to our clients. They are so cute and colorful, with cheerful sentiments for our folks! Leah, the daughter of one of our staff members made 13 of them herself and her creativity is front and center in the photo where the masks are shaped like a flower. Thank you to Leah and all the children who participated in this fun endeavor!
MARCH DONORS

Due to the length of this month's newsletter, we will publish the March donors in the May newsletter. We appreciate all of our donors who help keep us going all year round!

VOLUNTEERS GREATLY NEEDED!

*If you're looking for something to change your life, we have the “job” for you!*

Our older, homebound and disabled friends and neighbors throughout Hillsborough County need your help now more than ever. The winter months are always the most challenging for our clients but the continued impact of the COVID-19 pandemic has compounded those challenges, and created the need for many more volunteer drivers, especially in the Nashua and Manchester areas.

If you are interested in becoming a volunteer driver, please email Jillian, Assistant Program Director at volunteer@sjcsinc.org. You may also call (603) 424-9967 or visit our website: www.hcmow.org to learn more.

AMAZON SMILE PROGRAM

Shop online and make a difference! Register through Amazon Smile and designate St. Joseph Community Services, Inc. as your charity of choice. Every time you shop, Amazon will donate a portion of your purchase! Give back with a smile!

CELEBRATE AN OLDER ADULT!
As part of the celebration of her 25 years with SJCS Meals on Wheels, former President Meghan Brady has asked that our friends and stakeholders consider honoring a beloved older adult who has made a difference in their lives. Read more about the fund on our Celebrate an Older Adult Page where you can make a donation and upload a story of your loved one.

STAY CONNECTED!

To keep up with our latest news and information, please visit our digital news platforms:

Facebook: www.facebook.com/mealsonwheelsnh/
Twitter: https://twitter.com/MoWSJCS
LinkedIn: www.linkedin.com/in/st-joseph-community-services-b3ab9b9a/

Happy Spring!