HCMOW Nominated for Non-Profit of the Year!

We are proud to be one of the three nominees named by The Greater Merrimack-Souhegan Valley Chamber of Commerce for Non-Profit of the Year! The winner will be named at the Chamber’s Annual Awards Dinner and Celebration on August 16th. It is an honor to have been nominated along with our friends at the United Way of Greater Nashua and the Humane Society for Greater Nashua which also do tremendous work in our community. Our thanks to GMSVCC for nominating us!

FOCUS ON: Our Western Towns and Cities ~ this month: Peterborough!

Marilyn is a retired schoolteacher who lives in Peterborough, one of the towns in our western focus areas. Marilyn first became connected to Meals on Wheels when caring for her husband. “I didn’t know that I was eligible,” she recalls. “And the service was such a big help to us at that time. It was a real time saver.” A native of Massachusetts, Marilyn and her husband moved to NH to pursue their teaching careers and worked at Con-Val for many years. On a beautiful summer day, Marilyn, 85, chats with driver Fran, who covers several towns in the Monadnock Region, driving about 50 miles a shift in the process. “I love seeing Fran,” Marilyn says. “It’s great to get the meals, but she is always so pleasant to talk to!”

If you know of anyone in the western part of Hillsborough County who could benefit from our services, they may not know that we serve their areas! Please share our information and direct them to our website services page https://www.hcmow.org/services#MealsonWheels

EVENTS YOU CAN'T MISS!
You're Invited! Roundtable Discussions

As part of our effort to increase stakeholder engagement, we are pleased to offer a series of roundtable discussions at various community dining sites. The first one was held in Greenville (pictured here) and was featured in last month's newsletter. It was a lively discussion, lasting over an hour, and covering a wide range of topics important to seniors.

If you would like to participate in a roundtable discussion, below are some dates and locations for our upcoming sessions!

**August 12th, 11:45 am-12:45 pm: Nashua Senior Activity Center**
70 Temple St, Nashua.

**August 25th, 11:30 am-12:30 pm: The Meetinghouse**, 12 Reed St. Goffstown.

**September 13th, 12:00 pm-1:00 pm: John O' Leary Community Center**, 4 Church St, Merrimack

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### Hudson Chamber of Commerce Scavenger Hunt!

**Now through September 3rd!** Do you enjoy a good scavenger hunt? Great prizes make it even more fun! HCMOW is happy to be one of the “missions” on the Hudson Chamber of Commerce Scavenger Hunt list. It is easy and fun—you just need to download the free GooseChase app, enter the game key, password and your email... and you'll be on your way! It’s easy and fun and there is plenty of time over the summer to accomplish your missions...starting with a selfie taken at one of our 7 main dining centers, captioned with “Meals on Wheels is looking for volunteer drivers.”

Visit: [https://www.hudsonchamber.com/community-scavenger-hunt](https://www.hudsonchamber.com/community-scavenger-hunt) for instructions, codes, and prize list!

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### NH Eats Local: HCMOW is supporting **NH Eats Local!** Now through August 31st.

You will see various social media posts during this time on how we can all support local eateries, farms, and venues.
We will be posting about the different campaigns and encouraging you to post along with us.

**August & October 2021 - Buy Bags for our Cause!**

For the months of August and October 2021, Meals on Wheels of Hillsborough County will receive a donation from each purchase of the reusable Fight Hunger Bag at the Hannaford store located at 4 Jenkins Road, Bedford NH.

When you purchase a reusable Fight Hunger Bag at the Bedford Hannaford, **$1.00 of the $2.50 bag will go to HCMOW**. Shoppers can also support us by purchasing a Fight Hunger Bag online via Hannaford-To-Go.

**Jam Fest! Saturday, September 25th**: (Tentative) Our friends Curt Simpson and Stone Hill Station are gearing up for another day-long multiple band jamboree where the tips collected will be donated to HCMOW! This will be a fun outdoor location in the fall at Sherman’s Pit Stop, 944 Gibbons Hwy, Wilton NH. Details are forming but approximate start time will be 11:00AM. This event is tentative, awaiting town approval.
CRAZE! Saturday, October 30th, 5:00-7:00 pm, Trombly Gardens
Milford, NH: Join HCMOW for a fun-filled event with a corn maze, costume contest, hot dog/s’mores roast, pumpkin corn hole and music by Stone Hill Station. Tickets: $20 per person. Kids 4-12: $15. Cool CRAZE t-shirts available for $10 (pictured here). Visit https://www.hcmow.org/craze

Our deepest gratitude to our CRAZE! sponsors thus far!
EVENT WRAP-UPS!

HCMOW was happy to participate in National Night Out supporting police and community partnerships on August 3rd in Merrimack, Goffstown, and Manchester. We were honored to have Manchester Mayor Joyce Craig (right) stop by for a visit at our table with Sabina Huzejovic, Intake Specialist (middle) and Nicole Dutka (left), our new Assistant Coordinator at Carpenter Center in Merrimack.

IN THE NEWS!

Community Dining Reopens!

We are excited to announce the reopening of some of our Community Dining sites which have been closed due to COVID. Currently, our centers in Nashua, Goffstown, Manchester and Greenville are serving 5 days a week. Community Dining in Merrimack will resume on Mondays, Tuesdays, and Thursdays, effective August 9th. Our Grab N' Go program has ended at all sites except the Hobbs Community Center in Pelham. Please check our website and social media for updates on our other sites.

Below are the centers that are offering Community Dining:

The Meetinghouse: 12 Reed St, Goffstown, M-F

Ronald A. Philbrick Elderly Housing at Greenville Falls: 56 Main St, Greenville, M-F

Carpenter Center: 323 Franklin St, Manchester, M-F

Senior Activity Center: 70 Temple St, Nashua, M-F

John O' Leary Community Center: 4 Church St, Merrimack, (effective August 9th), M, Tu, Th
Christmas in July!

The Nashua Senior Activity Center recently celebrated Christmas in July after reopening Community Dining! It was a great way to officially kick off the reopening after COVID-19 caused year-long closures across the state. The day came complete with holiday fanfare, decorations, and a visit from the jolly old elf himself!

Grab N' Go

We have one last site serving these great walk-up/ drive-through fresh meals provided by our restaurant partner, Soel Sistas.

Hobbs Community Center, 8 Nashua Road, Pelham Wednesday, 12:30-1:00PM

Welcome Emily and Nicole!

We are happy to announce two new additions to the HCMOW Team—Emily Thayer, Clerical Administrative Assistant and Nicole Dutka, Assistant Coordinator at the Carpenter Center in Manchester. Both were initiated quickly—Emily, by the multi-tasking that occurs every day at our administrative office and Nicole, by the reopening of community dining and by staffing one of our tables at Manchester National Night Out! We are very excited to have them both onboard!

...and Another Welcome to Jordan and Andrea!

We would also like to welcome two new members to our Board of Directors, Jordan Guagliumi and Andrea O'Brien. Both bring a great deal of experience and enthusiasm to our board! We are very fortunate to have them! Look for spotlights on them in next month’s newsletter.

DID YOU KNOW?

It's National Immunization Awareness Month!

Every year thousands of adults in the U.S. become seriously ill and
are hospitalized because of diseases that vaccines can help prevent. Many adults even die from these diseases. By getting vaccinated, you can help protect yourself from much of this unnecessary suffering.

Getting vaccinated may seem daunting, but it's a necessary step in maintaining your health! Below are 10 reasons you should get vaccinated:

1. **Vaccine-preventable diseases have not gone away**
   The viruses and bacteria that cause illness and death still exist and can be passed on to those who are not protected by vaccines. While many diseases are not common in the US, global travel makes it easy for diseases to spread.

2. **Vaccines will help keep you healthy**
   The Centers for Disease Control and Prevention (CDC) recommends vaccinations throughout your life to protect against many infections. When you skip vaccines, you leave yourself vulnerable to illnesses such as shingles, pneumococcal disease, flu, and HPV and hepatitis B, both leading causes of cancer.

3. **Vaccines are as important to your overall health as diet and exercise**
   Like eating healthy foods, exercising, and getting regular check-ups, vaccines play a vital role in keeping you healthy. Vaccines are one of the most convenient and safest preventive care measures available.

4. **Vaccination can mean the difference between life and death**
   Vaccine-preventable infections can be deadly. Every year in the US, prior to the COVID-19 pandemic, approximately 50,000 adults died from vaccine-preventable diseases.

5. **Vaccines are safe**
   The US has a robust approval process to ensure that all licensed vaccines are safe. Potential side effects associated with vaccines are uncommon and much less severe than the diseases they prevent.

6. **Vaccines will not cause the diseases they are designed to prevent**
   Vaccines contain either killed or weakened
viruses, making it impossible to get the disease from the vaccine.

7. Young and healthy people can get very sick, too
Infants and older adults are at increased risk for serious infections and complications, but vaccine-preventable diseases can strike anyone. If you are young and healthy, getting vaccinated can help you stay that way.

8. Vaccine-preventable diseases are expensive
Diseases not only have a direct impact on individuals and their families, but also carry a high price tag for society as a whole, exceeding $10 billion per year. An average flu illness can last up to 15 days, typically with five or six missed work or school days. Adults who get hepatitis A lose an average of one month of work.

9. When you get sick, your children, grandchildren, and parents may be at risk, too
Adults are the most common source of pertussis (whooping cough) infection in infants which can be deadly for babies. When you get vaccinated, you are protecting yourself and your family as well as those in your community who may not be able to be vaccinated.

10. Your family and co-workers need you
In the US each year, millions of adults get sick from vaccine-preventable diseases, causing them to miss work and leaving them unable to care for those who depend on them, including their children and/or aging parents.

Sources:
10 Reasons To Get Vaccinated – National Foundation for Infectious Diseases (nfid.org)
Reasons for Adults to be Vaccinated | CDC
https://pixabay.com/
### DONOR CENTRAL

#### July 2021 Donors

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<th>INDIVIDUALS</th>
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#### July $500+ Donors

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Our heartfelt thanks to all of our donors, including those who chose to remain anonymous. Your gifts mean so much and we could not do this work without you!

We appreciate all of our donors and have taken great care to compile this list, although we do sometimes make mistakes. If you have made a donation and do not see your name on this list, or your name is misspelled, please contact Joan at jbarretto@sjcsinc.org.

**VOLUNTEERS GREATLY NEEDED!**
Raise your hand if you are looking for an experience that will change your life!

We need volunteer drivers now more than ever, especially in the Nashua and Manchester areas.

It's an experience you will never forget!

If you are interested in becoming a volunteer driver, please email Jillian, Assistant Director of Client and Volunteer Services at volunteer@hcmow.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: https://www.linkedin.com/in/meals-on-wheels-of-hillsborough-county-b3ab9b9a

Enjoy the last best days of summer!