PARTICIPANT STORIES: Alice turns 100!

"So Far, So Good!"
Alice, a charming lady who turned 100 in July, hosted a few admirers last week who wanted to acknowledge her amazing 100 years! HCMOW staff, together with her family members, and Mayor Joyce Craig, were on hand to celebrate Alice and hear a little about her fascinating life. Mayor Craig also presented Alice with a proclamation for her hundredth birthday. The two chatted about downtown Manchester and its history (Alice grew up on the Bedford Block).

While visiting Alice’s house, you are struck by the many photos of her family—a true tapestry of a rich life. There are pictures of her children, grand-children, and great-grandchildren… and for each… there is a story. However, perhaps the best story by far is how Alice met her first husband Roger. With the help of her son, Leo, Alice—a Manchester native—relates the family story of how she and Roger first met. As a young woman she had recently had her portrait taken and it was being displayed in a shop on Elm Street. Roger was walking on Elm Street one day and saw Alice’s portrait. According to the family, he was “thunderstruck by the picture.” He later arranged to meet Alice and the rest, as they say, is history.

A few years after Roger passed away, Alice re-married. She has been married to Tim, age 92, for 36 years. They enjoy spending time with family and taking short trips to Lake Massabesic. Tim is growing a beard and the couple joke about his new look.

They both have been Meals on Wheels participants for several years. “We like pretty
much all of the food.” She has family close by to help but says she “still gets around pretty well.” Having the meals delivered definitely helps.” When asked about how it feels to be 100, Alice says. “It feels great! I try not to overdo things,” she says. “So far, so good!”

EVENTS YOU CAN’T MISS!

Jam Fest!

August 20th, 12:00 PM - 9:45 PM: Jam Fest! Presented by Musicians for Meals on Wheels. All day free concert- raffles- door prizes! Riley’s Place, Milford. Outdoors, indoors if rain. Band tip proceeds to benefit our agency. Come out for a jammin’ good time and some great eats!
NH Eats Local!

NH Eats Local runs through the month of August! Up for a challenge? Like to eat local? Then join the NH Eats Local Challenge! Kick it off at our Restaurant Voucher partner, The Village Eatery in Merrimack (and use your vouchers!) or at our Jam Fest host, Riley’s Place in Milford! Visit the NH Eats Local link for more info and to access submission forms! 2022 NH Eats Local Month – NH Eats Local
EVENT WRAP-UP

**Hawaiian Luau Cookout!**

A great time was had by all at the Hawaiian Luau-themed cookout at the Nashua Senior Activity Center. About 90 people were treated to live entertainment, tropical decor, and served a delicious lunch of classic summertime fare. Thanks to all who participated or helped make this fun day happen!
Peterborough Site Celebration!

We are grateful to everyone who attended our Peterborough Site Celebration in July! We are very excited to have a new site located in the beautiful Monadnock community, creating a more visible presence in the western part of our county, and enabling us to serve more folks out that way! Special thanks to board members Carolyn Oguda, Gil Oriol and Chris Conway, and our Vose Farm Business Center colleagues for stopping by to lend their support!
A new distribution center for Meals on Wheels of Hillsborough County has opened in Peterborough. The center, which has been open for roughly a month, serves not only Peterborough, but all of the surrounding towns.

President and CEO of Meals on Wheels of Hillsborough County Jon Eriquezzo said that Peterborough had unique qualifications to be the town to house the new distribution center. “Typically, you just operate these centers and don’t think much of it. But for this we said, ‘Let’s look at the data and see where the need is,’” he said.

Read the full article [here](https://www.mldt.com/article/new-meals-on-wheels-center-opens-in-peterborough)!
Thank You, Boston Billiards!

Our gratitude to [Boston Billiard Club & Casino](https://www.bostonbilliards.com) for hosting us as the non-profit of the week during Charitable Games of Chance in July! HCMOW staff and board members got together at the facility during the week to honor our hosts and have a little fun! Thanks to all who attended!

IN THE NEWS

**Restaurant Voucher Program**

We are excited to announce that our Restaurant Voucher Program (RVP) is in full swing again! If you are 60 or older and enjoy a fresh healthy restaurant meal, while dining with others, this is the program for you! RVP is a donation-based meal program with a suggested donation of $4.00 per voucher. The voucher will be good for a meal from a specially curated menu at [The Village Eatery](https://www.thevalleyeatery.com) Merrimack, NH. Vouchers must be used during specific timeframes as described on the voucher itself. Meals meet 1/3 of the USDA recommended daily requirements for adults and there are numerous delicious options at the Village Eatery! For more information, and to register, or request additional vouchers, please visit: [https://www.hcmow.org/voucher-program](https://www.hcmow.org/voucher-program).

... and we have even more kudos to Village Eatery!

Village Eatery also graciously hosted our below series of lunch and learn programs over the past few weeks, featuring the following special guests and performers:
Chris Dugan - NH Senior Games

Jim Smith - live guitar music of the 50’s, 60’s, 70’s

Community Service Officer Bill Vandersyde - Merrimack PD

Nashua Community Music School - presentation on Motivate with Music, by Tori Caruso, Assistant Director followed by Jazz Trio music (Jonathan Sterling, Ray Aucoin, Mike Loce)

Matthew Casparius - Merrimack Parks and Rec. Director

Thanks to all our special guests, performers, and of course, our amazing partner, the Village Eatery!

We appreciate our Volunteers!

In an effort to pay forward the generosity of some of our donors, who contributed towards gas card raffles for our volunteers, our agency is adding to the raffles in the upcoming months, so that 2 volunteer drivers and 1 non-driver volunteer will be randomly selected each week. We are very grateful for all they do for us! The winners so far are as follows:

John Watson, SAC Driver ~ $50
Jason Dubois, MIL Driver ~ $50
Peter Adamovich, GOF Delivery Assistant ~ $20
Allison Mensh, MIL Driver ~ $50
Nancy Barron, CAR Driver ~ $50
Kevin Stagakis, CAR Delivery Assistant ~ $20
Rodney Buckley, JOL Driver ~ $50
Jill Havunen, HIL Driver ~ $50
Aline Gamlin, CAR Kitchen ~ $20
John Short, SAC Driver ~ $50
Maurice Gibeault, GOF Driver ~ $50
Bob Lepine, GRN Kitchen ~ $20
Nancy Hobbs, JOL Driver ~ $50
Taylor Radke, CAR Driver ~ $50
Evelyn Friedrich, GOF Kitchen ~ $20
Isabel Quintal, SAC ~ $50
M.J. Driscoll, MIL Driver ~ $50
Lorraine Audet, CAR Kitchen ~ $20

Congratulations volunteers, and thank you!

**Congratulations, Izolda!**

Izolda Petakov (right), pictured here with site manager, Nicole Dutka, is a volunteer driver at the Nashua Senior Activity Center and was randomly picked as a May volunteer gas card winner. This gas card was courtesy of Chris Christensen who wanted to honor our volunteers each month in recognition of their contributions. Thanks to Izolda for her dedication to our participants and Chris for his generosity!

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**A big shout out to Advantage Insurance, in Merrimack, our August Volunteer Gas Card Sponsor!** For the month of August, the weekly volunteer gas card giveaways will be courtesy of Chris and Terry Woods and the team at Advantage Insurance, our next-door neighbors! We are so grateful for their support!

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**In their own words: Raymond**

Raymond, a fairly new transplant to this area has made community dining a regular part of his week, visiting multiple times per week.
“I’ve met the most wonderful people here, many days, I can’t wait to come to the center to see my friends. This is such a happy place! I’m so lucky to be here!”

Community Dining

Community Dining has re-opened at 2 more sites!

**Hobbs Community Center**: 8 Nashua Rd., Pelham: 12:00 p.m. Tuesdays and Thursdays

**Hudson Senior Center**: 19 Kimball Hill Rd, Hudson: 12:00 p.m. Mondays and Wednesdays

Dining Centers are open at the following sites:

- **The Meetinghouse**: 12 Reed St, Goffstown, M-F
- **Carpenter Center**: 323 Franklin St, Manchester, M-F
- **Senior Activity Center**: 70 Temple St, Nashua, M-F

Please check our [website](#) and social media for updates on other sites and community dining options.

**ADDITIONAL DINING OPPORTUNITIES**

**Milford Brunch Bingo**

If you are over the age of 60, love a delicious meal and a good game of bingo, then the Milford Brunch Bingo is for you! For a suggested donation of $3.00 for lunch and $2.00 for 2 bingo cards, you can enjoy both every
fourth Wednesday of the month! To reserve your lunch, call Carol at (603) 424-9967 ext. 404.

Offered by the Milford Recreation Department
Milford Town Hall 3rd floor
12:00pm & 2:00pm

Hollis Seniors' Lunch
Are you 60+ and want a balanced, delicious meal? The Hollis Seniors' Organization hosts a weekly lunch on Thursdays from 11:00am-1:00pm. For membership questions, call David Seager at (603) 882-7890 or visit: https://www.hollisnh.org/seniors.

DID YOU KNOW?
August is "Happiness Happens" Month! It is dedicated to celebrating things that make you happy. It's a known fact that happiness is contagious and sharing your happiness can make others happy. The month reminds us that happiness can be found in even little things that we might not notice and that spreading the same joy amongst others can help make the world a better place.

Interesting Facts About Happiness Happens Month

- Gratitude is a strong source of happiness. The more you show gratitude, the more you feel happy.
- Giving your time to others is a good way
Giving is better than receiving. And it can be very beneficial for your inner peace and happiness.

If someone wants a quick dose of happiness, reminiscing is a good way to achieve it. Reading old letters or watching old videos can make you happy.

Encouraging others is another way to bring happiness.

How to Celebrate Happiness Happens Month

- **Give Genuine Compliments**
  When you give someone genuine compliments, it will bring happiness to both of you. And it’s an easy and fun way to observe the month.

- **Be a Smile Starter**
  This month is about celebrating happiness. And making other people happy can be the ideal way to observe it. Be a smile starter! Start someone else's smile by writing letters, baking cookies, sending flowers, or just spending time with them.

- **Make a List of Happy Things**
  Being happy about small things is the best way to celebrate the month. So make a list of happy things to do and see how many you can accomplish during the month!

- **Call Your Old Friends**
  If you want to celebrate the month in a special way, you can reconnect with your old friends. Our hectic routines makes it hard to keep in touch with old friends. Nonetheless, it is important to at least talk with them once in a while. This is a great month to reach out!

- **Starting a New Hobby**
  If you want long-term happiness, starting a new hobby is a good place to begin!!
How to Make a Happiness Treasure Chest

1) Find an empty shoe box or any other empty box.

2) Decorate it with pictures, markers, jewels, seashells… anything you have that makes you happy!

3) Jot down things that spark joy in your mind (They could be your favorite game, music, time in nature, people, films, books, kindness, etc.)

4) Fill the box with your ideas, or even other trinkets that spark joy in you.

5) Open your box whenever you are feeling down and need a happiness boost.

National Happiness Happens 2022: Things Everyone Should Know (nationaldaystoday.com)
Create Your Happiness Treasure Chest (thenourishapp.com)
Pixabay.com

DONOR CENTRAL
Our Gratitude to all of our Amazing Donors!

July 2022 Donors

INDIVIDUALS
Jack and Nancy Barron
Doris I. Beaulieu
Carol Beland-Bushong
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Jennifer West
Arthur & Helen Williams

CORPORATE/FOUNDATION/ORGANIZATION SUPPORT
Amazon Smile
Our heartfelt thanks to all of our donors, including those who asked to remain anonymous. Your gifts mean so much and we could not do this work without you! Please note that this list includes June 29th-30th, along with July.

We appreciate all of our donors and have taken great care to compile this list, although we do sometimes make mistakes. If you would like to add another name onto your donation (such as a spouse or other family member), have made a donation and do not see your name on this list, or your name is misspelled, please contact Joan at jbarretto@hcmow.org.
Volunteer Opportunities
Retired? Need Community Service Hours? Please read on!

We need YOU! Here at HCMOW, volunteers make it happen! We have multiple volunteer opportunities available, but we really need volunteer drivers especially in the Manchester area through summer. This is the best “job” you will ever have! In our recent survey, 100% of respondents rated their MOW volunteer experience as Excellent or Good. This is your chance to enjoy a volunteer opportunity that will give back in so many ways. If you are retiring, or a high school student in need of community service hours (and have a parent willing to help), or simply have spare time to fill, please connect with us! We love to hear from interested folks: https://www.hcmow.org/volunteer

AMAZON SMILE PROGRAM

Shop online and make a difference! Register through Amazon Smile and designate Meals on Wheels of Hillsborough County/ 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!

STAY CONNECTED!

To keep up with our latest news and information, please visit our digital news platforms:
Enjoy the remaining lazy, hazy days of summer!