THANKFUL!

The children from the Hills Garrison Elementary School in Hudson made beautiful Thanksgiving cards, (pictured) for our program participants. We are grateful to Jane Nikander, Library Media Specialist, for coordinating this effort. Other students who lent their time and talents to creating special Thanksgiving cards were from Bedford High School and the Central High Key Club in Manchester. Our thanks to all of these kids for giving back!

EVENTS YOU CAN'T MISS!

Holiday Dining at our Dining Centers!

Please join us for some fun and frolics at this year’s Community Dining Holiday parties! If you are 60 or older and would like a good meal and great company in a fun holiday atmosphere, we have just the thing for you! All for a suggested donation of $2.00. You must RSVP ahead of time so that we can plan accordingly. Please see schedule and RSVP dates below:

Greenville- Ronald A. Philbrick Elderly Housing: December 14th, 12:00 PM- RSVP by December 9th to 603-878-3109

Nashua- Senior Activity Center: December 17th, 11:30 AM, RSVP by December 14th to 603-882-2106

Goffstown- The Meetinghouse: December 21st, 11:30 AM- RSVP by December 16th to 603-497-4633

Manchester- Carpenter Center: December 23rd, 11:00 AM, RSVP by December 14th to 603-669-1699.
Share the Love!

The Subaru Share the Love Event is in full swing until January 3rd. Again this year, sharing the love is more important than ever! Subaru of America and its participating retailers have donated more than $200 million to help those in need. We are happy to be participating again this year. For every new Subaru purchased until January 3rd, Subaru generously donates $250 to one of four charities that the buyer designates. Meals on Wheels America is one of those beneficiaries and when we participate through social and other media, as well as Subaru-related events, we will score points to receive some of the NH apportioned funds! Our thanks to Subaru of America and Meals on Wheels of America for this event!

Community Connection Day

December 12th, 11:00 AM - 5:00 PM, Milford VFW, 1 VFW Way: Please join us at Superior Roofing for their first annual Community Connection Day. Enjoy a fun day to benefit SHARE in Milford and stop by the Meals on Wheels booth for a visit!

Holiday Gift Bag Program

This program provides a holiday gift bag for each of our 1,200 Meals on Wheels participants. Items from our list are collected from our community friends and partners, packed in a gift bag, and delivered to our folks just before the holidays.

December 9th: Collection deadline
December 15th: Bag packing date

Requested Items This Year:
(please, no food items other than listed below)
● **WARM SOCKS**: Gender Neutral, non-skid
● **HOT COCOA OR TEA**: No large boxes, please
● **MINI FLASHLIGHT**: With batteries
● **CHAPSTICK or VASELINE**: Original jelly type, 7.5 oz or under, no lotion, please
● **DECK OF CARDS**: Single deck only, large print if possible

If you would like to support the program but have no time to shop, you can make a donation [here](https://www.hcmow.org/holidaygift).

Please visit our event page at [https://www.hcmow.org/holidaygift](https://www.hcmow.org/holidaygift) or email Joan with questions at jbarretto@hcmow.org.

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**Meals on Wheels of Hillsborough County**

**Holiday Gift Program**

Help us to fill gift bags with the below items for our older, homebound, and disabled friends and neighbors! Please, NO food items, other than listed.

- **WARM SOCKS**: Gender neutral, non-skid
- **HOT COCOA or TEA**: No large boxes, please
- **MINI FLASHLIGHT**: With batteries
- **CHAPSTICK or VASELINE**: Original jelly type, 7.5 oz. or under, no lotion
- **DECK OF CARDS**: Single deck only, large print if possible

**Drop-off deadline: Thursday, December 9th**

Please drop items off at our office, 395 DW Hwy, Merrimack, NH or at one of our site locations. Call 603-424-9967 for more info.

No time or energy to shop? Your donation will help us to purchase the items for the gift bags. It takes so little to make a difference!

- One filled bag costs only $10
- $50 will purchase 5 gift bags
- $100 will purchase 10 gift bags
- $250 will purchase 25 gift bags
- $500 will purchase 50 gift bags

Please mail a check* with “Holiday Gift Bag” in the memo, payable to: MOW of Hillsborough County, PO Box 910, Merrimack, NH 03054 and include the completed section below or a completed Holiday Gift Tag or donate online at [www.hcmow.org](http://www.hcmow.org).

**NAME:**
**ADDRESS:**
**CITY, STATE, ZIP:**
**EMAIL:**
**PHONE**

As a special tribute, my gift is:
- [ ] In honor of:
- [ ] In memory of:

395 DW Hwy, Merrimack, NH 03054 | 603-424-9967 | [www.hcmow.org](http://www.hcmow.org)
With delicious meals provided by Meals on Wheels of Hillsborough County!

Offered by the Milford Recreation Department
Milford Town Hall 3rd floor
4th Wednesday of each month
12:00pm & 2:00pm
$2.00 for 2 Bingo Cards

Fresh, delicious meals provided by Meals on Wheels of Hillsborough County for anyone 60+. Suggested donation $2. To reserve your lunch, call Carol at (603) 424-9967 ext. 404 by the 17th of each month.

SAVE THE DATE!

Back by popular demand... A Festival of Fives! This year’s theme is "Winterfest." Please visit our event page where tickets are already available! [https://www.hcmow.org/winterfest](https://www.hcmow.org/winterfest)
A FESTIVAL OF FIVES WINTERFEST

An Evening of Wine Tasting & Jazz
To Benefit:
Meals on Wheels of Hillsborough County
Saturday, February 5th, 6:30 – 8:30 PM
Labelle Winery, Amherst, NH

Enjoy:
Five Wine Pours
Five Appetizers
Five Dessert Choices
Music by Cat & the Rhythm Boys
Silent Auction
Wine Pull

Tickets:
$75.00 per person
www.hcmow.org
603-424-9967 or
jbarretto@hcmow.org

WE ARE SO GRATEFUL TO OUR
FESTIVAL OF FIVES SPONSORS THUS FAR:

[Logos of sponsors]

GELINAS & PRATTE, CPA

EVENT WRAP-UPs!
Giving Back on Giving Tuesday

Our gratitude to all of you who gave to our #GivingTuesday 2021. The totals aren’t completely in yet, but it looks like we raised approximately $6,000 to support our Meals on Wheels Program!

IN THE NEWS

Grab N’ Go

Pelham GNG: Takes place twice a month on Wednesdays at the Hobbs Community Center. Call Carol at 603-424-9967 for details. Click here for information on senior programs at the center.

Hollis Seniors’ Lunch: Takes place Thursdays 11:00 AM-1:00 PM at the Lawrence Barn. Membership questions should be directed to David Seager, 603-882-7890. https://www.hollisnh.org/seniors

Community Dining Centers are open at the following sites:

- 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, Monday and Thursday

Please check our website and social media for updates on other sites.
Grab N’ Go is still running on a bi-weekly basis in Pelham- thanks in large part to our collaboration with Subway and a group of fantastic volunteers who have kept this program running like clockwork. Subway’s meals of rotisserie chicken on multi-grain with lettuce, cucumber, tomato, spinach, bell pepper, onion, oil and vinegar served with a banana, and chocolate milk is a favorite!

Some of our MOW participants are able to take advantage of this program as well—and instead of receiving a home-delivered meal on a given day, they can choose to use the transportation offered by Hobbs Community Center in Pelham to get out in the community and receive a GNG meal! Sometimes they go into the center to eat their meal and sometimes Moe Lussier, our amazing MOW volunteer, goes aboard the bus to deliver it!

Moe also does double duty as he is part of the caring powerhouse trio (pictured above), including Leslie Marrocco and Ann Chadwick, Hobbs Community Center volunteers, who check the participants in, hand deliver each meal, and collect any donations.

We are thankful to this selfless group of volunteers and to our Subway partners in Hudson (special shout out to Gerri Speidel and the team there), Milford, Goffstown and Merrimack. We could not run this program without our superhero volunteers and restaurant champions!

BOARD SPOTLIGHT: Jim Scammon, Chairman

"Taking Care of the People Who Took Care of Us"

Now coming into his eighth year as a member
of the Meals on Wheels Board of Directors, and his second as Chairman, Jim Scammon still has vivid memories of one his first encounters at the agency. "As a new board member, I went on a delivery route with one of the drivers. One of the stops was in an apartment building with just a set of rickety stairs--no elevator. We brought the meal up to the second floor and knocked on the client’s door. She greeted us in her wheelchair. This really stuck in my head, how important this work was. What would this person do without us?"

As Vice President of Granite Group Benefits, one of the state’s most prominent insurance brokers, Jim’s day job involves helping employers, large and small, pick the best insurance plan for their needs. As a board member (and current chair) for Meals on Wheels, he works with fellow board members and the leadership team to chart the organization’s direction. “The pandemic has made our mission both complex and difficult. . .we have had to continually evolve to meet the needs of our clients. I couldn’t be prouder of how Meals on Wheels has responded.”

The Meals on Wheels cause runs deep in the Scammon family. He recalled that when talking to his parents after first joining the board, he learned his grandmother had been a driver for Meals on Wheels. “This cause is so important--we are literally helping people in need be able to live safely at home. These are the teachers, police officers, fire fighters, coaches—all people who played a key role in the community....We take care of the people who took care of us.”

DID YOU KNOW?

December is Older Driver Safety Awareness Month

Are you an older driver? If not, you probably know one — a parent, grandparent or neighbor down the street. Between 2010 and 2019, the U.S. population of people 65 and older increased by 34%, and in 2019 the number of people 65 and older killed in traffic crashes made up 20% of all traffic fatalities. During Older Driver Safety Awareness Month, we remind you that simply getting older doesn’t mean it’s time to hang up your keys, but you should evaluate how you — or loved ones — drive.

How Aging Can Affect Driving
Medical Conditions

As people age, it's important to monitor changes in overall health as it relates to driving. While some drivers can safely drive into their nineties, for others medical conditions, problems with eyesight, sleep, tremors, or memory can make driving more difficult and dangerous.

Medications

Many older people take multiple medications, whether prescribed or over-the-counter. Unfortunately, some of these drugs or a combination of drugs can impair judgment, or affect reflexes or the alertness necessary for safe driving. An older driver’s primary care provider or pharmacist can help determine if any medications can affect their driving.

Ask yourself, or the older driver in your life:

• Can you remember the routes you often drive?
• Do traffic signs and signals, or other drivers make you feel overwhelmed while driving?
• Have you recently received a ticket or citation for a driving violation, or been in a minor crash?

Options for Safer Driving

Adapted Vehicles

Many vehicles can be modified to accommodate an older driver’s specific needs by adding adaptive equipment. This equipment can be as simple as a swivel seat for more convenient access, a hand control to make it easier to operate a vehicle, or a pedal extender. Make sure to ask a qualified mobility dealer for training on how to use the equipment.

Driver Assistance Technologies
Each year, vehicle manufacturers release new and improved driver assistance technologies to help keep road users safer. The technologies include everything from automatic emergency braking to blind spot intervention and lane keeping assistance. Driver assistance technologies aren’t just about keeping drivers safe; they also keep pedestrians and other road users safe.

The bottom line: older drivers should have the freedom to travel as they see fit, as long as they are able to safely do so.

Resources

NHTSA offers free educational resources for older drivers and older drivers’ caretakers to help make sure everyone can enjoy their later years to the fullest. We encourage drivers and their families to begin a “transportation plan,” much like what many are encouraged to do for retirement.

Sources:

https://www.nhtsa.gov/older-drivers/keeping-our-older-drivers-safe-road

2.4 million+ Stunning Free Images to Use Anywhere - Pixabay

DONOR CENTRAL

Our Gratitude for all of your Amazing Donations!

Pumpkin Chic!

We were so grateful to receive festive fall decorations for our participants’ tables—the children from Birch Hill Elementary School in Nashua made wonderful laminated place mats and Girl Scout Troop #11143 from Merrimack made creative pumpkin table décor. Thank you to everyone who helped with these projects—they will make beautiful additions to any table!
Helping to Fill our Bags!

Our thanks to the kind folks at Granite State Credit Union for stopping by with a generous check for our Holiday Gift Program!

November 2021 Donors

**INDIVIDUALS**

Karen Barnard  
Jack and Nancy Barron  
James and Linda Barton  
Susan & Grant Benson  
Frank and Chrystal Brusky  
Eleanor Chamberlain  
Jean Clough  
Christine Cole  
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John and Diane Donovan

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Anne & Roger Renaud  
Elaine and Ronald Robidas  
James and Susie Hug Sayer  
Girard & Sharyn Sevigny  
Norman Sirois  
Joseph and Dianne Sirois
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!

Please note that if you donated to our Giving Tuesday Campaign on November 30th, your donation will appear in the January newsletter.

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@hcmow.org.
Tis the season to give back to your community and get something priceless back in return!

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

It's an experience you will never forget and will give back to you in so many ways!

If you are interested in becoming a volunteer driver, please email Jillian, Assistant Director of Client and Volunteer Services at volunteers@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 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:

Facebook: www.facebook.com/mealsonwheelsnh/
Twitter: https://twitter.com/MoWSJCS
LinkedIn: https://www.linkedin.com/in/meals-on-wheels-of-hillsborough-county-b3ab9b9a
Instagram: https://www.instagram.com/hcmealsonwheels/

Happy Holidays!