Wrapping up our 2022 Holiday Gift Program!

Thanks to everyone who donated items or funds, took up collections and/or volunteered. This is one program that truly takes a village and we could not have done it without you! Holiday bags were delivered to every participant in our home-delivered meals program—1,200 in all! We also appreciate our drivers who made sure this bag of holiday cheer arrived in time and with a smile.

Our gratitude, also, to all of our wonderful volunteers - those pictured here, and those who escaped our lens! Pictured in the group photos above are the following elves, top row-- Franklin Savings Bank (check out their “antlers!”); second row from top--Boston Billiards including the tiniest of all of our holiday wrappers; third row--registration table including our rockin’ ribbon elves Donna and Jody; bottom row from left to right, power packers, Sandy and Abigail, the ladies of Sigma Phi, and Peggy and Tony T!

We are grateful for board members Andrea O’Brien and Andrew Cirrone, who also took time out
of their busy days to do some packing!

The other photo depicts the layout of all the items that folks received in their gift bags.

EVENTS YOU CAN'T MISS!

You can #ShareTheLove with our aging neighbors this season! Buy or lease a vehicle through January 3 and Subaru of America and its retailers will donate $300 to your charity of choice including #MealsOnWheels America! Not in the market for a car? Sharing the love with a gift like fresh flowers will brighten a senior’s day! Find out more about Subaru’s giving campaign at:

http://ow.ly/9hVO50MbO9K

Festival of Fives: Dinner and a Story!
February 4, 2023, 6:00-8:30, LaBelle Winery, Amherst, NH.

**Dinner Buffet includes:**
~Boneless Chicken Breast with the Winemakers' Kitchen Poultry Seasoning (GF) and White Wine Crema
~Butternut Squash Ravioli with Brown Butter Sauce
~Roasted Potatoes
~Seasonal Vegetables
~House Salad

**Desserts**
*by Frederick’s Pastries*

For more information or to buy tickets, please click [here](http://ow.ly/9hVO50MbO9K).
Festival of Fives ~ Dinner and a Story

to benefit Meals on Wheels of Hillsborough County

Saturday, February 4, 2023 ~ 6:00-8:30 PM
LaBelle Winery, Amherst NH

Enjoy:
Five Wine-Tasting Pours ~ Five Dinner Buffet Stations
Five Dessert Choices
“Live Free And Eat Pie” ~ story by NH author Rebecca Rule
Music by Cat & the Rhythm Boys ~ Jazz, Americana
Silent Auction ~ Wine Pull

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

Our gratitude to our generous Festival of Fives Sponsors: Presenting Bacchus Sponsor: Service Credit Union  Grand Cru Sponsor: Harvard Pilgrim Health Care; Vintner Sponsor: Martin's Point Healthcare; Sommelier Sponsors: Franklin Savings Bank, Gelinas & Pratte CPA, Nashua Elks Lodge 720; Magnum Sponsor: Summit Title Services; our lead in-kind sponsor: Service Credit Union, Amherst and our wonderful hosts: LaBelle Winery. Thanks to all of them for helping to support a great evening of friends, fun, and of course, fundraising!

SAVE THE DATE

Community Champions Week:
For the last 20 years, the Meals on Wheels network has dedicated the month of March to rallying communities around the Older Americans Act of 1965. In 2023, it's more important than ever to raise awareness for the power and importance of Meals on Wheels as hunger and isolation continue to rise in the vulnerable population we serve.

**Community Champions Week:** During this week we invite local and state leaders, police and fire departments and other Meals on Wheels "champions" to learn more about our programs and engage with our participants. This initiative is crucial in order to get the word out about our services and to increase awareness of their importance.

**EVENT WRAP-UP**

We are so grateful for Sadie and her team at Unitarian Universalist Church in Nashua, and Julia and her team from St. Catherine of Siena Parish in Manchester for their amazing donations of holiday gift bag items for our annual Holiday Gift Bag event. Both stopped by to deliver a carload to us and were nice enough to let us take their photo with our “haul.” We could not provide this program without help from our community - our deepest thanks to all who have shopped, donated, delivered, or otherwise contributed!
Congratulations to the Carpenter Center in Manchester for being named Volunteer Site of the Year by the Independent Services Network (ISN) during their Annual Meeting. Pictured here are HCMOW President, Jon Eriquezzo and Joan Kazakis, a long-time, dedicated assistant at the Carpenter Center. Well deserved!

We were thrilled to be recognized at the Greater Manchester/Nashua Board of Realtors, Inc. (GMNBR) Community Investment Day, where we were presented with a $5,200 check. Pictured here are members of the GMNBR organization with HCMOW President Jon Eriquezzo, (l-r) Kelly Kisiday, Martha Cossey, Darleen Wilkins, and Karin Duchesne. Our deepest gratitude to this generous organization for all they do to support the community and us!

Checkout our new online Meals on Wheels Store!

Below are just a few of the great items offered at our new online store! To see the whole collection, please visit [http://ow.ly/aLeU50LMwyC](http://ow.ly/aLeU50LMwyC).
Reminder: The Restaurant Voucher Program is now the Dine Out Club!

This is a reminder that the Dine Out Club is the new name for our popular Restaurant Voucher Program. Same great program, same delicious food, but a new name, and a few changes to make it easier for all! If you are 60 or older and enjoy a fresh healthy restaurant meal, while dining with others, this is the program for you! Dine Out Club is a donation-based meal program with a suggested donation of $4.00 per meal. Diners can choose from a specially curated menu at one of our restaurant partner locations. We are also excited about our new location! In addition to the Village Eatery, Merrimack, participants will now have another option, the White Birch Eatery in Goffstown! To learn more about our exciting new donation-based Dine Out Club, available to people 60+, please visit https://www.hcmow.org/voucher-program.
We really need Meals on Wheels Drivers!

We are hiring for Meals on Wheels drivers in Manchester and the Monadnock Region! If you have a little spare time and are looking for meaningful part-time work, this is the job for you! For more info, please visit: https://www.hcmow.org/jobs

THANK YOU!

Shout out to MI-BOX in Merrimack for supporting our Holiday Gift Bag program for the last 4 years. Each year, they have donated a large MI-BOX to us for several months so we can store and transport all the items we collect for the program. This donation has been a lifesaver for us in so many ways. Thank you to Jack Martone and his phenomenal team!

Kudos and thanks to the Merrimack Girl Scout Troop #58261 members who created these adorable snowman ornaments for folks on our MOW routes. They did an excellent job making these and also shopping for items for our Holiday Gift Program. Thanks to everyone in the troop for truly demonstrating the spirit of giving this season!
Thanks to BAE Systems for choosing us as the beneficiaries of a generous $5,000 Community Investment Grant. We are very appreciative of BAE’s partnership over the years and their support will go a long way to help. Thank you!

Subaru Superheroes!

We deeply appreciate the support of Milford Subaru, Prime Subaru in Manchester, and Granite Subaru in Hudson. All three dealerships are participating in the #ShareTheLove (STL) campaign and hosted us to discuss the importance of STL. “It’s a great program and great to give back... as a company focused on our local community, that’s important to all of us,” said Steve, Sales Director at Prime. Jeff, Sales Director in Milford concurs and reports that he has enjoyed learning about the success stories from local nonprofits and the impact the STL campaign has made on the community. Josh, from Granite Subaru adds “STL is a wonderful way for people to not only support non-profits but also learn about their impact locally,” and shares that they look to help other non-profits throughout the year in addition to STL. Thanks to all for taking the time to meet with us, sharing your thoughts and caring about our community! Pictured above is Steve, Prime Subaru, below left is Josh, Granite Subaru in Hudson, and below right, Vasiliy and Jeff from Milford Subaru. Learn more at...
PARTICIPANT STORIES: Dorothy

Dorothy, a Milford Meals on Wheels participant, has been with us for a few years now and our volunteer driver, Angela Hultz, has been delivering meals and providing friendly visits to Dorothy for the past year. When asked what she liked about Meals on Wheels, Dorothy responded “The friendliness of it and the meals of course, they’re nourishing. You can always depend on them. It’s just amazing how they do it, I can’t imagine.”

Do you know someone who might benefit from our services? If so, please visit our website at https://www.hcmow.org/get-meals-online-referral-form or call 603-424-9967.

COMMUNITY DINING

Dining Centers are open at the following sites:

- **The Meetinghouse**: 12 Reed St, Goffstown, 11:30 a.m. M-F
- **Carpenter Center**: 323 Franklin St, Manchester, 11:00 a.m. M-F
- **Senior Activity Center**: 70 Temple St, Nashua, 11:45 a.m. M-F
- **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
- **Milford Brunch Bingo**: Offered by the Milford Recreation
**Department** Milford Town Hall 3rd floor-12:00pm, 4th Wed of month

- **Hollis Seniors' Lunch**: Lawrence Barn, 11:00 a.m.-1:00 p.m. Thursdays. For membership questions, call David Seager at (603) 882-7890 or visit: [https://www.hollisnh.org/seniors](https://www.hollisnh.org/seniors)

- **New Boston Central School**: 15 Central School Rd, New Boston 2:00 PM Thursdays.

- **Greenfield Public Library**: 402 Main Street, Greenfield 12:00-2:00 PM, 2nd Thursday of the month. Please RSVP to Carol at (603) 424-9967.

Please check our website and social media for updates on other sites and community dining options.

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**DID YOU KNOW?**

![January is National Quality of Life Month! Just as everyone has their own definition of success, we all have slightly different ideas of what constitutes a high-quality life. However, there are some steps everyone can take to make life more enjoyable. Just taking these few steps can boost your personal well-being and make each day more meaningful, without drastic change.](image)

**Three Tips to Improve Quality of Life**

**Get a Good Night's Sleep**

Whether you're staying up late because of your job or to catch up on social media, there is so much going on in our lives that seems to take precedence over a good night's sleep. But sleep is an integral part of a healthy lifestyle. The quality of your sleep directly affects your mental and physical health. It also affects the quality of your life, including your productivity, emotional balance, and creativity. No other activity delivers so many benefits with so little effort.

**Plug Your Energy Drains**

Most of us have a few things in our lives that drain us of our energy on a daily basis. These are known as tolerations, and they come in many shapes and forms. They can take the form of a disrespectful co-worker or unresolved conflict with a family member. They can even be small, seemingly inconsequential things
like a cluttered table in your home or a clothing alteration you've been putting off. No matter how big or small they may seem, tolerations have a way of accumulating and weighing you down. Learning how to identify and eliminate your tolerations will give you more energy for doing things that you enjoy.

**Make Time for Leisure**

Do you ever feel like there is never enough time in the day to do the things you want to do? Yes, life is busy, and most of us have enough work to occupy all of our time—times two. But if you're not allowing yourself time to relax and have some fun, you could be doing yourself a big disservice. Leisure time is more important than many people realize. Research shows that engaging in a leisure activity not only lowers your stress levels and improves your mood, but it also enhances your problem-solving skills. So indulge yourself with a pleasurable activity and watch your mood and productivity improve. You might even find yourself more energized and excited about doing those things you have to do—or at least not dreading them.

How to Improve Your Quality of Life (verywellmind.com)
Pixabay.com
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<th>INDIVIDUALS</th>
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<td>Shirley Caya</td>
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<td>David L. Christensen</td>
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<td>Frank Farmar</td>
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<td>Richard and Anita Galway</td>
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**Giving Tuesday 2022 Donors**

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<td>Andrew Cirrone</td>
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Please note that this December list reflects only donors through December 19th. Donors from December 20th-December 31st will be listed in February’s newsletter.

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!

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 and Nashua areas. 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 way. 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](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:
Happy New Year!

MOW of Hillsborough County | PO Box 910, 395 DW Highway, Merrimack, NH 03054
www.hcmow.org (603) 424-9967

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