Carpenter Center Transitions: Frank Carpantino leaves a lasting legacy as he retires his apron!

Easy with a smile and quick with words of encouragement, the Carpenter Center’s Frank Carpantino is someone you often hear before you see. MOW driver Paul, a retired police officer, says of Frank, “He’s forever telling jokes and encouraging people. A wonderful hands-on leader. He’s also a born public speaker who doesn’t need a microphone.”

A Veteran of the U.S. Airforce and retired fire chief, Frank is stepping down as Site Coordinator as of July to help with his family in South Carolina. He and his wife, Kim, a middle school principal, will split time between the Palmetto state and NH initially, and when Frank is in NH, he will serve as a fill-in Meals on Wheels driver. “This work and cause are part of who I am,” he says. “And that will always be the case.”

Frank joined HCMOW shortly after retiring from the Fire Department. Something he initially thought would be “a short gig,” turned into a nearly 5-year commitment. He points out that for many of the participants served, the HCMOW driver is their only outside contact in a given week and he stresses that fact with every new driver or volunteer. “They’re the true heroes here and deserve all the credit. They are the point of contact for those we serve.”

Jessie Pinkham has served as Assistant Site Coordinator for the past 3 years and will assume the
lead role effective July 5th. “Frank is a great mentor,” she says. “He’s a good boss and brother figure to me. We’ll miss him day to day but are grateful that he’ll still play a role.”

While he will not be totally out of the picture, Frank says he’ll miss pretty much every aspect of his job, but most of all the commitment of the staff and volunteers, particularly during the pandemic. “We didn’t miss a day of deliveries,” he recalled. “We asked the team what they wanted to do and they said they wanted to serve our folks. We even had people come in to volunteer whose companies had shut down due to COVID-19. That’s how much these people care. They make it work!”

We may have to pry him from the Carpenter Center deep freezer, but we wish Frank an amazing next step in his life's journey. He will be greatly missed...and for the staff, volunteers, and participants he has cared so much about in these past 5 years, he last left a lasting legacy. Thank you, Frank!

**EVENTS YOU CAN’T MISS!**

**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.” Please visit: https://www.hudsonchamber.com/community-scavenger-hunt for instructions, codes, and prize list!

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. More information in the "Did You Know?" section below. But maybe you could start with a visit to Trombly Gardens in Milford, NH, our host for our new fall event called "CRAZE!" More info on that in the Save the Date section below.

Event Save the Dates!

August 2021 - Buy Bags for our Cause!

For the month of August 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 unless otherwise directed by the customer through the Giving Tag attached to the bag. Shoppers can also support us by purchasing a Fight Hunger Bag online via Hannaford-To-Go.

Saturday, September 25th: 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.

Saturday, October 30th, 5:00-7:00 pm Trombly Gardens, Milford, NH: Join HCMOW for CRAZE! A fun-filled event with corn maze, costume contest, hot dog and s’mores roast, pumpkin corn hole and music by Stone Hill
EVENT WRAP-UPS!

**NH Gives 2021**
Thanks to your support, we raised approximately $6,200 in 24 hours. Our gratitude to all of you who donated to this whirlwind online fundraising event and to the NH Center for Non-Profits for the fantastic job it did in hosting and coordinating!

**Step Up 5K**
Our final numbers are in! We can now announce that together, we raised over $30,000 and our top 2 individual fundraisers were Lucy Gagnon from the Nashua Senior Activity Center and Jeni Neveu of the Carpenter Center in Manchester. These two tireless volunteers really know how to get the job done and we could not be more grateful for their hard work and effort!

Thanks, once again to all the sponsors, donors, runners, walkers, staff, volunteers and all those who helped make this event such a big success!

IN THE NEWS!

**Stone Hill Station Rocks!**
Our Rock Star Champions, Stone Hill Station, played to benefit us on Father’s Day! It was a beautiful day, with music, ice cream, and lots of fun. Thank you to Stone Hill Station for supporting Meals on Wheels! You rock!

FOCUS ON: Our Western Towns and Cities ~ this month focus is on both Greenville and Hillsborough!

Greenville site holds roundtable
As part of an ongoing effort to collect feedback toward modifying...
or improving services, HCMOW held a participant roundtable at its Greenville site this June!

“Feedback and comments from clients and their families is critical to our work” says Kristin Kostecki, HCMOW VP “We take each and every comment very seriously and use the information we gather to review our processes and make changes where appropriate.”

The Greenville roundtable, organized by site director Mary Zichella, featured participants ranging from age 60 to 90.

According to roundtable member Pete, the community dining meals “help get me out of the house. I enjoy the food and human contact.” Lea chimed in, “I’ve made friends here…these people keep us going!” Theresa, who is 95, says she enjoys all the meals as well as visits from Mary and the Greenville team.

All the participants were united in sharing that the meals and check-ins were an important part of being able to live independently. Once COVID-19 restrictions are lifted and in-person gatherings start again, the group looks forward to other activities at the Greenville Center, such as health and wellness offerings, entertainment, and small business fairs from local merchants.

Many thanks to all who took part. In the coming weeks and months, we will continue to hold roundtables across our service area to collect information and comments from clients and share their stories--stay tuned!

On the road in Hillsborough
We followed Tad and Sonnie, the Hillsborough volunteers we featured last month, and were able to meet and speak to some wonderful program participants, Linda and Beverly. Beverly is 82 years old and a retired inspector from Sylvania. She has some vision issues and is unable to cook for herself or drive anymore.
She has been a Meals on Wheels recipient for about 2 years and very much enjoys the service—particularly the chicken parmesan, macaroni and cheese and beef stew. She and Sonnie chatted about crocheting during a recent visit as well as her children and grandchildren. “Meals on Wheels helps me a lot,” she says. “Thanks to this service, I can stay in my home.”

Linda, who just turned 69, greets Sonnie in her driveway. She enjoys “all of the meals” and says she plans her morning around the visits from Sonnie and Tad. On this day, Linda talks about her cat as well as some ducks who live nearby. “I’m always happy to see these folks (Tad and Sonnie),” she says. “And I would tell my friends or family that Meals on Wheels is great!”

Grab N' Go

Don't forget about this great walk-up/ drive-through fresh meal service. And it's donation based! Meals are provided through our restaurant partners, Soel Sistas and Mola Foods.

Carpenter Center, 323 Franklin Street, Manchester
Monday through Friday, 12:45-1:15 PM

The Meetinghouse, 12 Reed Street, Goffstown:
Monday through Friday, 1:00-1:30 PM

John O'Leary Center, 4 Church Street, Merrimack:
Wednesday, 12:00-1:00 PM

Nashua Senior Activity Center, 70 Temple Street, Nashua:
Monday and Wednesday, 1:00-2:00 PM

William B. Cashin Center, 151 Douglas Street, Manchester: Wednesday and Thursday, 12:30-1:00

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

THANK YOU!

Thank you to the following groups and organizations for supporting HCMOW:
Curt Simpson, and his band **Stone Hill Station** for donating their tip proceeds to us from their Father’s Day Concert!

**Meals on Wheels America** for grants to support our voucher and grab n’ go programs.

**Feed NH** for a grant to support outdoor dining as we reopen community dining.

**Subaru of America** for its donation from the Subaru Share the Love Campaign.

The following partners for their support of our Meals on Wheels Program over the past several months:

**Milford Hospital Association**
**Barker Family Foundation**
**Globus Medical**
**Bank of NH**
**People’s United Community Foundation**
**Bishop’s Charitable Assistance Fund**
**Rotary Club of Nashua**
**Bedford Women’s Club**
**Amherst Junior Women’s Club**

*Please note-- those not hyperlinked have no accessible website or Facebook page.*

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**DID YOU KNOW?**

**Harnessing the power of local food**

**NH Eats Local** promotes buying, supporting, and eating New Hampshire grown and produced food for the prosperity of our community, economy, environment, and culture by connecting Granite Staters with our farmers, restaurants, food producers, markets and farm stands, and other food-related businesses.

Eating local means something different to everyone; that’s what makes living and eating the Granite State so exciting! Below are some examples of food and sights at local NH farms, and some ideas for how to eat local!
A fantastic sandwich featuring whipped goat cheese spread from Hickory Nut Farm!

How sweet is this little one at Harding Hill Farm?

Fresh spinach at Generation Farm!

Dreaming about Cheshire Garden’s strawberry moon cakes!

Beautiful scenery and great eats at Garlic scapes— another seasonal
Twombly Gardens, the host of our upcoming CRAZE event! delight at Emery Farm!

Ideas on how to eat local!

1) Shop at Farmers' Market, farm stands, food hubs, or other small food businesses
2) Sign up for a CSA (Community Support Agriculture) or CSF (Community Supported Fishery)
3) Dine out at a local restaurant
4) Hunt, fish, and forage
5) Grow and preserve your own food
6) Ask your local grocer to carry a local product you love

Sources: https://nheatslocal.com/

DONOR CENTRAL

June 2021 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!

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 COVID-19 pandemic has compounded the challenges that our participants face, 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: https://www.linkedin.com/in/meals-on-wheels-of-hillsborough-county-b3ab9b9a

Stay Cool!