Step Up Results!

Our gratitude to all those who made this year’s Step Up such a great success!

Although the weather was dreary-- it didn't dampen the spirits of all the dedicated folks who braved the elements to support us! See below for results!

Our gratitude to the all of our runners, walkers, fundraisers, North Star Timing, DJ Rob McCrary, volunteers and staff, sponsors and in-kind donors (listed below the results) and all those who supported us on this day - thank You for "stepping-up!"

Pictured here our Gil Oriol, HCMOW board member and his son, who did the 3K walk with us and supported us in so many ways!
### 5k Run

<table>
<thead>
<tr>
<th>Overall Name</th>
<th>City /State</th>
<th>Gend/Place</th>
<th>Time</th>
</tr>
</thead>
<tbody>
<tr>
<td>1 David Audet</td>
<td>Concord , NH</td>
<td>M 1</td>
<td>21:32.6</td>
</tr>
<tr>
<td>2 Evan Jean</td>
<td>Nashua NH</td>
<td>M 2</td>
<td>23:30.0</td>
</tr>
<tr>
<td>3 Eunice Park</td>
<td>Westford MA</td>
<td>F 1</td>
<td>24:05.9</td>
</tr>
<tr>
<td>4 Gary Horwitz</td>
<td>Winchester MA</td>
<td>M 3</td>
<td>25:03.2</td>
</tr>
<tr>
<td>5 Karen Frost</td>
<td>Billerica MA</td>
<td>F 2</td>
<td>25:18.3</td>
</tr>
<tr>
<td>6 James Little</td>
<td>Derry NH</td>
<td>M 4</td>
<td>25:47.1</td>
</tr>
<tr>
<td>7 Katelyn Parker</td>
<td>Hooksett NH</td>
<td>F 3</td>
<td>26:02.4</td>
</tr>
<tr>
<td>8 Heath Leber</td>
<td>Middletown CT</td>
<td>M 5</td>
<td>26:08.5</td>
</tr>
<tr>
<td>9 Mark Mangelinxx</td>
<td>Bristol CT</td>
<td>M 6</td>
<td>26:28.2</td>
</tr>
<tr>
<td>10 Vincent Dematties</td>
<td>Meriden CT</td>
<td>M 7</td>
<td>26:37.1</td>
</tr>
</tbody>
</table>

### 3k Walk

<table>
<thead>
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<th>Overall Name</th>
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<th>Time</th>
</tr>
</thead>
<tbody>
<tr>
<td>1 Alexis Jean</td>
<td>Nashua NH</td>
<td>F 1</td>
<td>27:10.5</td>
</tr>
<tr>
<td>2 Jessica Jean</td>
<td>Nashua NH</td>
<td>F 2</td>
<td>27:16.1</td>
</tr>
<tr>
<td>3 Jerry Leavitt</td>
<td>Manchester NH</td>
<td>M 1</td>
<td>34:15.6</td>
</tr>
<tr>
<td>4 Esther Blake</td>
<td>Manchester NH</td>
<td>F 3</td>
<td>34:15.9</td>
</tr>
<tr>
<td>5 Samantha Lubic</td>
<td>Bedford NH</td>
<td>F 4</td>
<td>35:45.3</td>
</tr>
<tr>
<td>6 Sean MacPhee</td>
<td>Auburn NH</td>
<td>M 2</td>
<td>36:05.0</td>
</tr>
<tr>
<td>7 Ivy Phipps</td>
<td>Hollis NH</td>
<td>F 5</td>
<td>40:25.5</td>
</tr>
<tr>
<td>8 Max Phipps</td>
<td>Hollis NH</td>
<td>M 3</td>
<td>40:25.6</td>
</tr>
<tr>
<td>9 Jenny Lasalle</td>
<td>Hollis NH</td>
<td>F 6</td>
<td>40:25.7</td>
</tr>
<tr>
<td>10 Matthew Brodeur</td>
<td>Haverhill MA</td>
<td>M 4</td>
<td>42:39.1</td>
</tr>
</tbody>
</table>
Our virtual participants got into the Step Up game as well! Pictured below are Tim Wiegand (left) SJCS Senior Bookkeeper, who did his 5K run in Aruba--lucky guy, and Cathy Craven (right), who did her virtual 5K walk in the Strafford, NH area and posted a not-too-shabby 5K walk time!

Our gratitude to our 2021 sponsors:

**PLATINUM**
St. Joseph Hospital

**BRONZE PLUS**
Hannaford

**BRONZE**
Well Sense Health Plan
Harvard Pilgrim
Granite Group Benefits
Melanson
Guyer & Son Roofing
Broad Street Planning

**SILVER**
Kiwanis Club of Hudson
TRIO Community Foods
Enterprise Bank
Bank of New Hampshire

**COMMUNITY**
Eaton & Berube

**FRIEND**
Franklin Savings Bank
Control Air
We Share A Common Thread
Foundation- Jeanne D'Arc Credit
IN KIND DONORS
The Print Shop
Dick's Sporting Goods
Hannaford, Nashua

A Big Shout-out ...

to Boston Billiards for hosting us as their non-profit partner for the week of May 24th and giving us one extra day, which, lucky for us, happened to fall on Memorial Day! We are so grateful for their support...and if you are tempted to play your hand anywhere, Boston Billiards is the place to go! It's always a good time there and they have been such a supportive partner to us!
More thanks... 
to the following groups for their generous grants to fund our programs:

- Milford Hospital Association
- Meals on Wheels America
- Bank of America
- Nashua Rotary Club
- Bedford Women’s Club

EVENTS YOU CAN'T MISS!

**NH Gives begins in just a few days!!**

**June 8th, 5:00 p.m. - June 9th, 5:00 p.m.**

NH Gives is NH’s biggest online fundraiser. It represents 24 hours of giving and is designed to build community, connect donors to local nonprofits and generate excitement about the nonprofit sector.

This is an amazing opportunity for us us to boost our fundraising efforts in this difficult year. It provides us the opportunity to reach new donors and to appeal to our steadfast, long-term supporters, as well. We hope you will consider supporting us during this powerful 24-hour period of giving.

**$300,000 in matching funds available!**

The funds will be matched at various times throughout the fundraising period- the schedule is below, but the funds will be matched on a first-come, first-served basis up to $250. So essentially, the earlier in the scheduled hour that people donate, the better chance that the donation will be matched!

https://www.nhgives.org/organizations/hc-mealsonwheels

**Schedule for Matching Funds**

**June 8th**
- 5PM - $100,000
- 8AM - $20,000
- 6PM - $20,000
- 9AM - $20,000
- 7PM - $20,000

**June 9th**
- 12PM - $20,000
- 8PM - $20,000
- 3PM - $20,000
IN THE NEWS!

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

Sonnie and Tad--Dynamic Duo!

“We’re fulfilling a need,” is how Tad Fish, a volunteer driver out of the Meals on Wheels Hillsboro Center, describes his work in delivering meals across the area. Working alongside his wife, Sonnie, Tad embraces the role of volunteer and calls it “one of the most rewarding things I’ve ever done.” “Sometimes people just need a little boost...aside from the meals we bring, those conversations we have with clients can mean a lot.”

Tad and Sonnie, both retired ministers, relocated to the area from New Mexico. Originally from New England, they wanted to move back East to be closer to family in their retirement. Sonnie loves volunteering with HCMOW and Tad says it’s “one of the most rewarding things I’ve ever done!”

They joined HCMOW this past spring and found a great group of staff and volunteers. The Center serves about 300 seniors a week, primarily in the towns of Antrim, Deering, Francistown, Henniker, and Hillsboro.
Having met in Divinity School, Sonnie and Tad have now been married almost 30 years, and will celebrate that milestone later this year. We are extremely grateful to them for their deep commitment to our program!

Jessie Pinkham has been named as the new Coordinator for the Carpenter Center in Manchester! Currently, Jessie serves as the Assistant Site Coordinator but will take on her new role in July.

Jessie started working for Meals on Wheels in December, 2018 as the cold line shift leader. Within a month, she became the Assistant Site Coordinator. She has always worked in customer service, but her heart belongs to older adults and she loves working with them! Jessie was raised in a French Canadian family and learned to speak French at the age of 6. Because of this, she has been able to communicate with her French-speaking clients.

In her downtime, she likes to watch her son and daughter play sports and hang out with her husband and their 2 dogs. She enjoys going to concerts with friends! Jessie’s mantra "Life is to short... we need to make memories with our love ones!"

If you ever get a chance to go to the Carpenter Center, you will most likely find her singing or laughing, for she believes laughter and music heal the soul!

While welcoming in the new, it's always difficult to bid farewell to old friends. Next month, we will feature our departing Carpenter Center Coordinator, Frank Carpentino.

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

Milford High School National Honor Society students volunteered to help us out with our Step Up 5K. They packed Swag Bags, hauled tables around for the event, and served as spotters on the trail. They were a pleasure to work with and were a huge help to us! Many thanks!

DID YOU KNOW?

June 12th is Family Health and Fitness Day!
The National Park & Recreation Association's (NRPA) Family Health & Fitness Day — celebrated the second Saturday in June each year — promotes the importance of parks and recreation in keeping communities healthy. Agencies everywhere are encouraged to participate by inviting families to get active at their local park or recreation center, or by safely hosting an event, such as a health fair or family fun run, on June 12. Members of the healthcare community also are encouraged to participate, even as sponsors.

Various research studies are confirming that community parks and recreation, green spaces and time outdoors are critical for creating healthy, active and sustainable communities. As we have witnessed throughout the coronavirus (COVID-19) pandemic, parks and recreation have played a critical role in supporting our mental and physical well-being, and Family Health & Fitness Day is a great opportunity to celebrate this.

There are many health benefits to enjoying time in the great outdoors. Below are some of the ways nature can help heal the body and mind.

**Being in Nature Boosts Life Satisfaction**
If you’ve been feeling blue, visit somewhere green! A recent study found that men and women who spent just 20 minutes in a park setting reported a 64% hike in life satisfaction. The best news? Participants’ satisfaction levels had nothing to do with physical activity! Simply visiting the park boosted well-being. Of course, movement adds a plethora of additional health benefits.

**Spending Time Outdoors May Lower Blood Pressure**
Sunlight does so much more than boost vitamin D levels. It can actually lower your blood pressure! Researchers report that the nitric oxide present in the skin responds to the sun’s rays by widening blood vessels, resulting in lower blood pressure. Although participants whose blood pressure was in the normal range noticed a minimal drop, it’s believed that folks with high blood pressure would likely experience a more significant change.
Outdoor Time Can Reduce Inflammation
Inflammation has been linked to a host of health problems, from autoimmune disorders to depression and even cancer. Various studies have shown that spending time in green spaces reduces inflammation. Men and women of all ages can benefit from this natural inflammation-buster. From healthy, college-aged males to elderly patients, there was a marked difference in inflammation among individuals who spent time in the forest.

Outdoor Time Improves Sleep
Struggling to snooze? Going outdoors could improve your quality of sleep, according to Stanford Medicine. It seems that increasing the amount of time an individual spends outside helps to regulate body temperature, along with the sleep-wake cycle, otherwise known as the circadian rhythm. While spending time in nature could lead to better sleep for people of all ages, the benefits seem to be most notable for men over the age of 65.

Spending More Time Outside Increases Happiness
It probably comes as no surprise that outdoor time can have a positive effect on mood. The boost may be due, in part, to nature’s ability to zap anxiety and ruminating thoughts. A 2015 study published by Science Direct found that folks who walked in a wooded area reported a better emotional state when compared to study participants who walked in an urban location. If you live in a city, try to schedule regular trips to green areas for mood-lifting benefits.

Nature Relieves Stress, Anxiety, and Depression
One of the best remedies for stress, anxiety, and other mental health concerns is spending time in nature. According to NBC News, “forest bathing” is a Japanese practice that has caught on here in the States. To begin your own practice, simply spend time in a forest or wooded area.
regularly. Studies show that walking in a green environment lowers the stress hormone cortisol. While cortisol is vital for optimal mental and physical health, elevated levels have been linked to a menagerie of health problems, including anxiety, depression, memory and concentration problems, and even sleep disorders.

Outdoor Time Relieves Pain Naturally
Exposure to nature may be the best medicine for healing and pain relief. Research indicates that patients who undergo surgery experience quicker recovery and don’t require as much pain relief when exposed to green spaces. In addition to recovery from surgical procedures, “green exercise,” or exercising in nature, is suggested for chronic pain sufferers.

Spending Time In Green Spaces Boosts Immunity
If you’re prone to illness, getting outdoors may help. Research suggests that spending time in nature wards off everything from diabetes and ADHD to cardiovascular disease and cancer. This is largely due to the relaxed state that nature promotes. Forests are particularly beneficial for the immune system, as plants produce phytoncides, which have been shown to increase natural killer cells—a type of white blood cell in humans. Plus, sun exposure strengthens infection-fighting T cells.

Sources: Family Health & Fitness Day, June 2021 | National Recreation and Park Association (nrpa.org)

13 Remarkable Health Benefits of Getting Outdoors | TripOutside.com

DONOR CENTRAL

May 2021 Donors

INDIVIDUALS
Ricky Arce
John Barron
Mindy Bedard
Wendy Blanchard
Cecile Boucher
Mike Broas
Tara Cardinels
Peter & Jeanne Chaloner
Eleanor Chamberlain

Donna Kobs
Kristin Kostecki
Mary Kupchunas Nute
Michael Kupson
Gregory & Teresa LaBrie
Jim & Peg LaLiberte
Jenny Lasalle
Jennifer Lawson
Clement & Sandra Libby
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Jeff Cogar
Jim Commey
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Rick Davenport
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Tim Wiegand
Chuck Wiegand
Bruce Willey
Scott Yiankoplos

CORPORATE/FOUNDATION/ORGANIZATION SUPPORT
Network For Good
Rotary Club of Hudson-Litchfield

May $500+ Donors

INDIVIDUALS
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Marcel Lavallee

CORPORATE/FOUNDATION/ORGANIZATION SUPPORT
Amherst Lions Charities
Bedford Women's Club
Henry L. & Patricia J. Nielson Fund
Melanson
Proto Part, INC.
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 because our Step Up 5K took place at the end of the month, some of those donations may not be reflected until the July 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@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/](http://www.facebook.com/mealsonwheelsnh/)
**Twitter:** [https://twitter.com/MoWSJCS](https://twitter.com/MoWSJCS)
**LinkedIn:** [https://www.linkedin.com/in/meals-on-wheels-of-hillsborough-county-b3ab9b9a](https://www.linkedin.com/in/meals-on-wheels-of-hillsborough-county-b3ab9b9a)

*Spring into Summer!*