Merrimack Girl Scout Troop 20113, which has been a generous supporter of our agency, surprised us with these beautiful St. Patrick’s Day dreamcatchers for our participants! These will bring such a festive atmosphere to our community dining St. Patty’s Day parties! We are grateful for all the time and energy the girls spent creating such wonderful gifts. We know our folks will love them! We are grateful for their continued generosity!

**EVENTS YOU CAN’T MISS!**

**March for Meals and Community Champions Week:**
March 20-24, 2023

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.

Be sure to check social media as we post pictures and stories of the champions who volunteered to help us raise awareness for our important services!
Save the date for our annual Step-Up 5K Run-Walk for Meals on Wheels, taking place on **Saturday, May 27th** at the scenic Mine Falls Park in Nashua, NH! Virtual options available. For more info and to register, please visit:  

https://runsignup.com/Race/NH/Nashua/HCMOW5k

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**EVENT WRAP-UP**

We had a lot of fun and a very high attendance at the William B. Cashin Senior Activity Center Luncheon on February 14th! Valentine’s Day cards were provided by 2nd and 3rd graders from South Range Elementary School. Valentine’s Day gift bags were made by Merrimack Friends and Families and were given to Merrimack participants. Thanks to everyone who participated this year in giving their time and talents to remember our participants on Valentine’s Day. Your thoughtfulness means so much and is greatly appreciated!
IN THE NEWS

Visiting at our Dine Out Club Restaurants!

In February, we had two great meetings with Dine Out Club members. Folks at the White Birch Eatery in Goffstown were thrilled with the program and had so much to say about how it benefits them. They described how happy they were to be out of the house and spending time with others. Additionally, they are thrilled with the diverse meal choices offered to them and the ease with which they can redeem the meals using our new swipe card system. Pictured below are a few of these excited folks with their swipe cards and favorite meals - The Baby Bear, The Scrambled Egg Bowl, The Chicken Salad Sandwich and Soup!

We also spent time at another Dine Out Club location, the Village Eatery in Merrimack. This was a lively group of about 20 people who had many stories to tell us about what the program means to them. These folks gather later in the day, about 3:30, and enjoy their Dine Out Club meal for dinner. Many said that before
joining the program, they felt lonely—some said they were stuck in their homes all day and rarely saw anyone. Others said they had been eating all the wrong things and not feeling well. But they went on to describe how that had all changed since they joined the program. They are getting out more, eating better, and their spirits have been lifted. This group has created a tight-knit network where they take care of each other as a result of the program, offering rides, checking in on each other, planning outings, helping those with mobility challenges, or oxygen tanks to get out of their homes and enjoy being with others. We were so happy to hear of all the wonderful outcomes, expected, and unexpected, that have been realized because of the Dine Out Club! The favorite meal here? Baked Fish, without a doubt! If you are 60 or older, you can also take part in this great program. To register or for more information, please visit: https://www.hcmow.org/voucher-program.

Check out our new “bus wrap”! It displays our logo and phone number loud and clear and will be a lot more visible for folks to call and obtain our services!

We have added more community dining days at the Hudson Senior Center!

Now serving Monday-Thursday 12:00 p.m 19 Kimball Hill Rd, Hudson.

Please call the Hudson Senior Center at
(603) 578-39299 to reserve your meal or visit: https://www.hudsonnh.gov/seniorcenter for more information

THANK YOU!

We received more amazing handmade Valentine’s Day cards for our participants, in addition to the cards featured in the Cashin Center article above. These beauties were created by Merrimack Girl Scout Troop #62031 (pink and purple cards) and Bedford High School students (white cards). They all did such an incredible job! Our participants appreciated these amazing cards and the meaningful sentiments contained within them. Thanks to all who contributed!

PARTICIPANT STORIES: Kathleen

“For me, this a game changer”

Kathleen credits Meals on Wheels with helping her stay independent. “Meals on Wheels is amazing,” says Kathleen. “I’m so glad I found them. Getting the meals home delivered allows me to stay at home.”

At 68 years old, she has had some health challenges and sometimes it’s hard to prepare meals. “So that’s why it’s so important to me. Plus, the food is excellent!” Kathleen went on to say that beyond the meals being delivered, she looks forward to the driver’s visits. “Bill is a wonderful person,” she says. “We enjoy catching up on things.”
She shared her thoughts that programs like Meals on Wheels are so important to many in need, especially with costs of many consumer items going up. “I can’t say enough great things about this service,” she says. “For people who are having challenges and going through hard times, this service is a life saver. I have learned that a lot of people don’t know that they can qualify... I am so happy that I found about Meals on Wheels... for me this is a game changer.”

In Their Own Words

"Meals on Wheels is the only company I receive daily. This makes me feel safe that someone is checking up on me. The drivers are friendly and cheerful--a nice greeting every day."

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
- **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
- **New Boston Central School**: 15 Central School Rd, New Boston, 2:00 PM Thursdays
- **Stephenson Memorial Library**, 761 Forest Rd, Greenfield 12:00 p.m., 4th Thursday of the month. Please RSVP to Carol at (603) 424-9967.
- **William B. Cashin Center**: 151 Douglas St., Manchester, 12 pm. 2nd and 4th Tuesday of each month. Sign up at the site or call Nicole at the Carpenter Center (603)669-1699.
- **Hudson Senior Center**: 19 Kimball Hill Rd., Hudson. Monday-Thursday at 12 p.m. Please call the Hudson Senior Center at (603) 578-39299 to reserve your meal or visit: https://www.hudsonnh.gov/seniorcenter for more information.

Please check our website and social media for updates on other sites and community dining options.
Join Our Dine Out Club!

Have you registered for your Dine Out Club card yet? 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, Village Eatery, Merrimack and the White Birch Eatery in Goffstown! To learn more about our Dine Out Club, available to people 60+, please visit https://www.hcmow.org/voucher-program.

DID YOU KNOW?

March is National Nutritional Month! This is an annual campaign created 50 years ago in 1973 by the Academy of Nutrition and Dietetics. During the month of March, everyone is invited to learn about making informed food choices and developing healthful eating and physical activity habits. This year's theme is "Fuel for the Future." Eating with sustainability in mind means choosing foods that are good for you and good for the environment.
Eating Right for Older Adults

Healthy eating is recommended throughout life, but as we age certain factors can affect our nutrient needs. Choosing a variety of foods from all the food groups (vegetables, fruits, grains, dairy and protein foods) will help you build a healthy eating routine. The following tips can help you get started on your way to eating right.

Make half your plate fruits and vegetables. Eat a variety of different colored vegetables, including ones that are dark-green, red, and orange. Beans, peas, and lentils are also good choices. Fresh, frozen, and canned vegetables can all be healthful options. Look for “reduced sodium” or “no-salt-added” on the labels. Add fruit to meals, snacks or as dessert. Choose fruits that are dried, frozen, or canned in water or 100% juice, as well as fresh fruits.

Make at least half your grains whole. Choose breads, cereals, crackers, and noodles made with 100% whole grains. Whole grain corn tortillas, brown rice, bulgur, millet, amaranth and oats all count as whole grains, too. Also, look for fiber-rich cereals to help stay regular and cereals that are fortified with vitamin B12, which is a nutrient that decreases in absorption as we age or due to some medications.

Vary your protein choices. Eat a variety of foods from the protein food group each week. In addition to lean meat, poultry and eggs, choose seafood, nuts, beans, peas, and lentils when planning your meals. Spread your protein intake throughout the day by including a source with meals and snacks. Protein foods derived from animal sources also provide vitamin B12, and certain plant-based foods may be fortified. If you’re at risk for low levels of vitamin B12, your doctor may also recommend a supplement.
Stay well-hydrated. Drink plenty of water throughout the day to help prevent dehydration and promote good digestion. Other beverages that can help meet fluid needs include unsweetened beverages, like low-fat and fat-free milk, fortified soy beverages, and 100-percent fruit juices. Choose these more often in place of sugary drinks.

National Nutrition Month® (eatright.org) Pixabay.com

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Our Gratitude to all of our Amazing Donors!

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January 2023 $500+ Donors

CORPORATE/FOUNDATION/ORGANIZATION SUPPORT
February 2023 Donors

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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
WE NEED YOUR HELP!

Volunteer Opportunities
Retired? Need Community Service Hours? Please read on!

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).

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/)
Happy St. Patrick's Day!