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

“A chance to make people smile,” says Douglas, a driver with the Meals on Wheels program in Greenville, when asked about his favorite part of the job. “That is it in a nutshell.” Douglas says that working for Meals on Wheels has given him a better appreciation for the needs across the community.

According to site director Mary, pictured here during a delivery, MOWHC serves about 50 clients each week, some of whom live in the apartment complex. In addition to Greenville, the Center serves towns such as Temple, Greenfield, Peterborough and New Ipswich. The far reach of MOWHC’s services, especially to western Hillsborough County, is perhaps the best kept secret around, so we are attempting to do more outreach in that area to let people know that yes, we are here, and yes, we can serve you!

The Greenville team consists of Mary, Douglas, one other employee and two volunteer drivers. “We’re filling a true need in this community,” Mary says. “We may have a small team,” she remarks with a smile, “but we get a lot done!”

EVENTS YOU CAN'T MISS!

Hurry! Early bird pricing of $25 ends on May 7th!
Step Up 5K Run-Walk

Join us for the 2nd Annual MOWHC 5K Run-Walk for Meals on Wheels!

https://runsignup.com/Race/NH/Nashua/SJCSmow5k

Saturday, May 29th

Check-in: 8:00 AM
Race/Walk Starts: 9:00 AM
Virtual Race: May 22-29th
Registration: $25 - After May 7th: $30

603-424-9967

Register before April 28th to be guaranteed a t-shirt
Swag Bags for all runners and walkers!

Step Up 5K Run-Walk

Join us for the 2nd Annual MOWHC 5K Run-Walk for Meals on Wheels!

https://runsignup.com/Race/NH/Nashua/SJCSmow5k

Saturday, May 29, 2021 at Mine Falls Park
7 Stadium Drive, Nashua (Stellos Stadium Entrance)

Check-In / 8:00 AM
Run-Walk/ 9:00 AM-1:30 PM
Entrance Fee/ $25 Early Bird before May 7th ($30 after)
Children 12 and under/ $5 discount. Teams of 3 or more $5 discount per member
Not a runner? We are doing a 3K (1.8mi) walk!
New this Year! Still hesitant about a live race? We are doing a virtual 5K! (Run between May 22 and 29)
All runners and walkers (day of and virtual) will receive a fun "Swag Bag"

Can’t make it at all? Go to the registration link, and click donate!
Make a one-time donation, create your own fundraiser or a team fundraiser. Race registration not required to fundraise!

Our gratitude to our generous 2021 Sponsors who have “Stepped Up” for us in so many ways!!

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Boston Billiards
May 24th-May 31st!
These are our tentative Games of Chance Dates this year! Last year, our week brought in over $61,000 for MOWHC. This year, once
our application is approved through the state, Boston Billiards has generously offered us 8 days!! We will send out more information once it is set in stone. But if you’re someone who enjoys a game of poker, the roll of the dice, or a little roulette, think about supporting us and Boston Billiards during our week. The more they raise, the more we raise!

NH Gives Begins in 34 days!

June 8th-June 9th

NH Gives – an initiative of the NH Center for Nonprofits, is a powerful, statewide 24-hour online fundraising event that is designed to build community, connect donors to local nonprofits and generate excitement about the nonprofit sector.

NH Gives will help 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. More information will follow in upcoming weeks!

https://www.nhgives.org/

IN THE NEWS!

Champions Revisited!

We had limited space last month to bring you all our Community Champion stories, but we would be remiss if we did not share stories on the below two champions, who have since offered to volunteer on other occasions to help with deliveries.

Jeanine Notter is a state representative and in fact, the House Majority Whip. Jeanine had a unique take on how to effectively delivery meals during her volunteer stint—she proudly sported an “I Love Lucy” apron, which brought smiles and memories to the clients
to whom she delivered! Along with, of course, the accompanying drivers, who are no other than the delightful Bloom dreamtime, last year’s Older Adult Volunteer award winners for Hillsborough County!

Chief Joe Hoebeke of the Hollis Police Department offered these kind words about our program and Meals on Wheels driver Connie after his volunteer day:

“I wanted to pass along a quick email to thank you for allowing me to participate in the Meals on Wheels Community Champions Week. The incredible work that you and the team do on a daily basis reasserts and strengthens my belief that the number of good people in the world far outnumbers the bad. The appreciation that the food recipients showed to the workers, in this case Connie, is heartwarming. I would also be remiss if I did not mention how much I enjoyed shadowing Connie. She is truly a kind human being who has such an incredible way with the community members. Meals on Wheels is fortunate to have her, and I am so lucky to have had the chance to spend some time with her yesterday.

Although I did not get to deliver the last two meals on the route, as we had a serious motor vehicle collision that required my response, I felt an immense sense of pride in having helped participate in the program. Please make sure you include me for next year, and know that I will likely bring more friends from Hollis PD to help!”

Thank you for all that you do!

Between Generations

When people talk about the “sandwich” generation, they could be talking about “Lily.” Lily resides in Hillsborough County and has a busy household with a husband, a college-aged son, and a disabled foster child as well as numerous pets. She also had an elderly father and step-mother living nearby. Her step-mother had done all the cooking for years, but when her dementia became too overwhelming, Lily’s father became the full-time caregiver. He accepted the task willingly, but he leaned a great deal on Lily,
especially because he had never learned to cook. Caught between the demands of two households, Lily knew that she couldn’t keep up, especially when she herself was diagnosed with cancer. She decided it was time to call MOW. Lily says that her parents simply could not have remained at home as long as they did without the MOW drivers providing meals and the “extra set of eyes,” looking in on them every day. It gave her great peace of mind as she faced the numerous and profound challenges of her own life.

Lily is an all-too-familiar example of how people who should be enjoying the prime of their lives sometimes have to juggle responsibilities between generations. The term “sandwich generation” was coined by social worker Dorothy A. Miller in 1981 to describe adult children of the elderly who are “sandwiched” between caring for their own children and their aging parents. This group of caregivers is subject to unique challenges and stresses but can also benefit from strong, multi-generational bonds.

"Debra" whose parents were once MOWHC clients expressed how grateful she was that our agency "came to her rescue" as she negotiated her way between the generations in her life. "So grateful to all of you that during this difficult time in my own life, caring for an ill husband, two teenagers, and my aging, declining parents, that at least once, every day, I could exhale. Knowing that they had a caring and dedicated driver there every day with a healthy meal and a kind word, took worlds of stress off my shoulders and made me more able to embrace and appreciate my role as caretaker to all of my loved ones. Thank you!"

Source:
https://www.aplaceformom.com/caregiver-resources/articles/what-is-the-sandwich-generation

Grab N' Go Has A New Site!

We have a new Grab N' Go location which opened in Pelham, NH! See below for details.

Below is our current Grab N' Go schedule:

**Carpenter Center, 323 Franklin Street, Manchester**  
Cedar House: 372 Beech St, Manchester  
Frances Warde House, 435 Union Street, Manchester  
Monday through Friday, 12:45-1:15 PM ~ Meals provided by T-Bones/ GNHR and Tap House.

**The Meetinghouse, 12 Reed Street, Goffstown:**  
Monday through Friday, 1:00- 1:30 PM ~ Meals provided by T-Bones/ GNHR and Tap House.

**John O'Leary Center, 4 Church Street, Merrimack:**
Nashua Senior Activity Center, 70 Temple Street, Nashua: Monday and Wednesday, 1:00-2:00 PM ~ Meals provided by Soel Sistas.

William B. Cashin Center, 151 Douglas Street, Manchester: Wednesday and Thursday, 12:30-1:00 ~ Meals provided by T-Bones/GNHR and Tap House.

Hobbs Community Center, 8 Nashua Road, Pelham: Wednesday, 12:30-1:00PM ~ Meals provided by Soel Sistas.

We are also working with at least one other restaurant and hope to have more Grab n' Go locations in the near future.

DID YOU KNOW?

May is Older Americans Month!

Every May, the Administration for Community Living leads our nation’s observance of Older Americans Month. The theme for 2021 is "Communities of Strength."

Older adults have built resilience and strength over their lives through successes, failures, joys, and difficulties. Their stories and contributions help to support and inspire others. This May, we will celebrate the strength of older adults and the Aging Network, with special emphasis on the power of connection and engagement in building strong communities.

Here are 7 ways you can connect, engage, and build strong relationships with the older adults in your life!

1) Get a few DVD’s of your loved one's favorite actor and spend an afternoon watching them. Don’t forget the snacks!

2) Start a new tradition and have a “game night” once a month with your older relatives.

3) Plant a butterfly / hummingbird garden.

4) Spend some time doing arts and crafts or hobbies.
5) Puzzles can be a wonderful way to spend quality time together.

6) Put together a family cookbook of the family’s favorite recipes.

7) Spend some time helping your loved one to organize their boxes of photos.

Sources:
Older Americans Month: May 2021 (seniorsafetyadvice.com)
OAM 2021 | ACL Administration for Community Living
photos: www.pixabay.com

DONOR CENTRAL

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**INDIVIDUALS**
- Suzanna Thurber

**CORPORATE/FOUNDATION/ORGANIZATION SUPPORT**
- Daughters of Isabella St. Louis Circle #1349
- Digital Federal Credit Union
- Peoples United Community Foundation
- Well Sense Health Plan

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**INDIVIDUALS**
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- Richard Testa
- Elise & Tom Thornton
- Richard White

### April $500+ Donors

**INDIVIDUALS**
- Jennifer Kendrick
- Burt & Kim White

**CORPORATE/FOUNDATION/ORGANIZATION SUPPORT**
- Granite Group Benefits
- Guyer & Son Roofing
- Lindley Food Service (TRIO)
- United Way of Greater Nashua
- Bank of New Hampshire
- Pennichuck Corporation

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.

Your Donor Dollars at Work

Grab N' Go Numbers at a Glance*

~ Number of people served: 163
~ Number of meals served: 1149
~ Current average number of meals: 320/week
   (served in 5 cities/towns at 8 locations)

*Dated gathered between Feb 1, 2021 and April 20, 2021

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

Stop and smell the May flowers!