Every year, with the support of schoolchildren around the county, we deliver a handmade card to each of the veterans in our programs. This year, we collected hundreds and hundreds of cards from multiple schools, 4H Clubs and Girl Scout Troups. We will deliver approximately 230 cards to our veterans during the week of Veterans Day. Our thanks to the following schools and groups which did a fabulous job with their impactful words and beautiful artwork. Merrimack Middle School; McKelvie Intermediate School, Bedford; Bicentennial Elementary School, Nashua; Fairgrounds Middle School, Nashua; Memorial Elementary School, Bedford; Milford Middle School, Bedford; 4H Hoofbeats Club/Girl Scouts, Goffstown; Amherst Middle School; Robin’s Nest 4H Club (no website); Francestown Elementary School
Dear Veteran, Thank you for your service, your bravery, and the example you set for us all. I can not put into words on how thankful I am for you. You have done so much for our country. Thank you so much.

-Freja F
Among the many challenges of the pandemic was the loss of congregate dining in some communities. In a wonderful example of necessity being the mother of invention, Meals on Wheels and the Milford Recreation Center have teamed up on a new program called Brunch Bingo.

Arene Berry, Director of the Milford Recreation Department notes that “Meals on Wheels has been fantastic to work with. As a department, we try to provide seniors with a variety of opportunities. This has been a great way to provide a new option. People used to bring their own lunches to Bingo. Then they found out how good the Meals on Wheels lunches were!”

On a recent rainy Wednesday, nearly 20 seniors enjoyed a healthy lunch and competitive bingo. Nancy, a retiree from Milford, was attending her first Bingo Brunch and enjoying the experience. “This is wonderful- a great opportunity to socialize and meet new people. I’m having a great time.”

A grandmother of three and great-grandmother of nine, Linda has been attending the Brunch Bingo for the past several months. “It’s a fun day out,” she said. “And I’m making new friends and the food is excellent. . .I’ve also brought some of my family members here- it’s great!”

Brunch Bingo is offered on the 4th Wednesday of each month at noon. To learn more please visit https://www.milford.nh.gov/recreation

EVENTS YOU CAN'T MISS!

Hannaford Bloomin' 4 Good!
Month of November (Bedford, NH)

Meals on Wheels of Hillsborough County has been selected as the beneficiary of the Hannaford Bloomin' 4 Good Program! Each time the $12.00 Bloomin' 4 Good
Bouquet with the red circle sticker (pictured) is purchased at the Hannaford at 4 Jenkins Road, Bedford, NH during the month of November, we will receive a $1 donation. Every bouquet sold makes a difference! Find more information here.

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**Hannaford Bags for my Cause- Month of November (Hudson, NH)**

We have been lucky enough to be selected at another Hannaford for the Hannaford Helps Reusable Bag Program! (77 Derry Rd., Hudson) Each time the $2.50 reusable Hannaford Fights Hunger Bag is purchased at the Hudson location, we will receive a $1 donation.

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**Holiday Gift Bag Program**

This program provides a holiday gift bag for each of our 1,200 Meals on Wheels participants. Items from our list are collected from our community friends and partners, packed in a gift bag, and delivered to our folks just before the holidays.

**December 9th:** Collection deadline  
**December 15th:** Bag packing date

**Requested Items This Year:**  
(please, no food items other than listed below)

- **WARM SOCKS:** Gender Neutral, non-skid  
- **HOT COCOA OR TEA:** No large boxes, please  
- **MINI FLASHLIGHT:** With batteries  
- **CHAPSTICK or VASELINE:** Original jelly type, 7.5 oz or under, no lotion, please  
- **DECK OF CARDS:** Single deck only, large print if possible

If you would like to support the program but have no time to shop, you can make a donation here.

Please visit our event page at https://www.hcmow.org/holidaygift or email Joan with questions at jbarretto@hcmow.org.
Walgreen’s Campaign

We have been chosen to participate in the myWalgreens donation program! You can donate your myWalgreens cash rewards to Meals on Wheels of Hillsborough County through November 30, 2021.

How to participate? If you are not already enrolled in myWalgreens, there are 2 ways to do so—it only takes seconds!
1. Sign up at mywalgreens.com
2. Or on the Walgreens app

Once enrolled, you can donate your accrued WalgreensCash rewards to make an impact on causes you care about, like HCMOW! You’ll earn unlimited 1% Walgreens Cash rewards when you shop and you can choose how much to donate. Whether you’d like to contribute $1, $5, or more of your Walgreens Cash rewards you’ll be making a big difference. It really adds up!

To learn more about the myWalgreens program visit: walgreens.com/mywalgreens.

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**Milford Brunch Bingo**

With delicious meals provided by Meals on Wheels of Hillsborough County!

Offered by the Milford Recreation Department
Milford Town Hall 3rd floor
4th Wednesday of each month
12:00pm & 2:00pm
$2.00 for 2 Bingo Cards

Fresh, delicious meals provided by Meals on Wheels of Hillsborough County for anyone 60+. Suggested donation $2. To reserve your lunch, call Carol at (603) 424-9967 ext. 404 by the 17th of each month.

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**SAVE THE DATE!**

Back by popular demand... A Festival of Fives! This year's theme is "Winterfest." Please visit our event page where tickets are already available! https://www.hcmow.org/winterfest
Thank you to all who attended or supported CRAZE!

We had a great time at CRAZE on October 31st--despite the destruction of the corn maze due to wind and the rescheduling of the event, which just happened to take place on trick-or-treat night. We still enjoyed great
music, good food, fun festivities, and a spooky walk through the Dark Woods! It’s definitely a do-over for next year!

To add to the fun, Morticia and Gomez were in the house (see photo below), as well as the Cat in the Hat, Queen Poppy from Trolls, a couple of witches, a flower fairy and a very excited "dog monster" straight out of Monsters, Inc. The younger kids loved the Dark Woods non-scare trail and the adults loved...well...tolerated the Full Scare experience!

Our thanks to all of our sponsors, especially Franklin Savings Bank and Modern Woodmen Fraternal Financial who set up fun prize tables, our in-kind donors, our band Stone Hill Station, Trombly Gardens, Chad Zingales and actors from the Dark Woods, our volunteers and staff, our “t-shirt guy” Jake Dandy, and all those who helped make this happen despite some astronomical odds of it not happening—an October N’oreaster, a Bomba Cyclone, the conflict with trick-or treat (and the Patriots game), etc. It doesn’t get more challenging than that, but we pulled it off and we really want to do it again!
IN THE NEWS

Spooky Fun at the Carpenter Center!

Our dining sites really got into some spooky fun during their Halloween lunches. There was a variety of invited… and uninvited… guests at the Carpenter Center!
Heartfelt Thanks to the Amoskeag Quilters!

Pat Grandmaison of the Amoskeag Quilters delivered beautiful handmade quilts that the group created for our participants. The Amoskeag Quilters have donated over 60 quilts to us this year, not to mention all the time and energy they put into each and every one of these works of art. We are very grateful for their generosity!
Although our GNG program has been phased out at the sites that have reopened community dining (see below for the community dining list). We have been able to continue the program in Pelham, as well as provide meals to the Hollis Seniors' group as follows:

**Pelham GNG:** Takes place twice a month on Wednesdays at the Hobbs Community Center. Call Carol at 603-424-9967 for details. Click [here](#) for information on senior programs at the center.

**Hollis Seniors' Lunch:** Takes place Thursdays 11:00 AM-1:00 PM at the Lawrence Barn. Membership questions should be directed to David Seager, 603-882-7890. [https://www.hollisnh.org/seniors](https://www.hollisnh.org/seniors).

Community Dining Centers are open at the following sites:

- **The Meetinghouse:** 12 Reed St, Goffstown, M-F
- **Ronald A. Philbrick Elderly Housing at Greenville Falls:** 56 Main St, Greenville, M-F
- **Carpenter Center:** 323 Franklin St, Manchester, M-F
- **Senior Activity Center:** 70 Temple St, Nashua, M-F
- **John O' Leary Community Center:** 4 Church St, Merrimack, Monday and Thursday

Please check our [website](#) and social media for updates on other sites.

**BOARD SPOTLIGHT: Kayla McDonald**

For Kayla McDonald, volunteering at Meals on Wheels is personal and deeply fulfilling. A dedicated volunteer driver, she joined our board two years ago and now happily wears two volunteer hats. “When you go to a client’s house to deliver a meal and see them waiting for you on their porch, you know how much these visits mean to them,” she says. “Unfortunately, sometimes society forgets about older adults and for many of our clients, their Meals on Wheels driver is the only person they’ll see in a given week. So, clearly our visits are very meaningful.”

Kayla calls her time with Meals on Wheels a “true learning experience.” She adds, “I had a general sense of what Meals on Wheels was before I came here but had no idea how important our services are to our clients. People look forward to our visits. We become part of their lives.”
Kayla serves as an Account Manager at Access Pointe, a local company that focuses managed markets and reimbursement for the pharmaceutical and biotech industry. Her company has been involved in non-profit causes and she first learned about Meals on Wheels when one of her colleagues spied a bumper sticker on a passing car. “We called Meals on Wheels to see if they needed help, and here we are! I’m pleased to tell anyone that asks about the cause and mission and the impact we have on seniors.”

Kayla says she was drawn to join the Meals on Wheels board by the opportunity to be more involved with the agency’s cause. “The more I learned about the mission, the more I wanted to get better connected to the big picture. The services we provide help people remain in their homes as long as possible. That is so important to our clients...to be able to be part of this work, means everything to me.”

**DID YOU KNOW?**

National Family Caregivers Month – celebrated each November -- is a time to recognize and honor family caregivers across the country. Celebrating Family Caregivers during National Family Caregivers Month enables all of us to raise awareness of family caregiver issues, celebrate the efforts of family caregivers, educate family caregivers about self-identification, and increase support for family caregivers.

**Why National Family Caregivers Month is Important**

1. **Caregivers need love, too.** Caregiving while still holding down an outside job is exhausting. Much of caregiving is unpaid. National Family Caregivers Month in November provides resources for self-care, advocacy, and de-stressing for our caregivers. The month is dedicated to supporting caregivers as they care for others. This year's theme is “Caregiving Around the Clock.”

2. **Learn how to cope.** National Family Caregivers Month features lots of vital information to help caregivers cope with a tough, and sometimes thankless job. There are tips for caregivers such as taking care of your own health, accepting offers of help from others, learning the skills to speak effectively with doctors, and being open to new, assistive technologies that can lighten your load. If you don’t take care of yourself, who will?

3. **Check yourself for depression.** Watching a parent age or seeing someone change
drastically due to illness can be devastating. Take some time to monitor your own wellbeing. If you are not sleeping well, exercising, or feel yourself becoming reclusive, speak to a professional about depression. It can hit anyone at any time. There's no shame in feeling overwhelmed.

**How to Observe National Family Caregivers Month**

1. **Attend a caregiving conference or workshop.** Since it's National Family Caregivers Month, do something to make an impact. Check with the National Alliance for Caregiving for the details but if you can't get away to Washington, attend a workshop instead. They have lots of practical advice. The main thing is to know that you are not alone.

2. **Download a caregiving toolkit.** Download the [Circle of Care Mental Health Toolkit](https://www.circleofcare.org/toolkits). Sponsored by the National Alliance for Caregiving, the toolkit covers topics including taking care of yourself, getting an accurate diagnosis, communicating with health professionals, finding community services, finding providers and more. This month, the resources you need are just a click away.

3. **Take naps.** One of the healthiest things you can do for yourself is to fit naps into your weekly schedule. Round-the- clock caregiving is never easy. But when your loved one takes a break, don't do another task — you take a break too. It's important not to wear yourself down or who will take care of you?

**Source:**
[Circle of Care Guidebook | NAMI: National Alliance on Mental Illness](https://www.nami.org)

[National Family Caregivers Month -November 2021 - National Today](https://www.nationaltoday.com)

Images credited to [Pixabay](https://pixabay.com)
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!
Raise your hand if you are looking for an experience that will change your life!

We need volunteer drivers now more than ever, especially in the Nashua and Manchester areas.

It's an experience you will never forget and will give back to you in so many ways!

If you are interested in becoming a volunteer driver, please email Jillian, Assistant Director of Client and Volunteer Services at volunteers@hcmow.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 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:

Facebook: www.facebook.com/mealsonwheelsnh/
Twitter: https://twitter.com/MoWSJCS
LinkedIn: https://www.linkedin.com/in/meals-on-wheels-of-hillsborough-county-b3ab9b9a
Instagram: https://www.instagram.com/hcmealsonwheels/

Happy Turkey Day!