Every year, with the support of schoolchildren around the county, we deliver a handmade card to each of the veterans in our programs. For the past two years, we collected hundreds of cards from multiple schools, 4H Clubs and Girl Scout Troops. We will deliver approximately 211 cards to our veterans during the week of Veterans Day. Pictured here are the amazing cards designed by the Printmaking and Graphic Design students of the Amherst Middle School. Each card featured a beautiful fall design in charcoal, had its own title such as "Pumpkin Breeze," Acorn in Fall," and "Woodland Acorn," among others, and contained a poignant message thanking veterans for their service and sacrifice.

Our thanks to the following schools and groups which did a fabulous job with their impactful words and beautiful artwork. Bicentennial Elementary School, Nashua; Merrimack Middle School; McKelvie Intermediate School, Bedford; Fairgrounds Middle School, Nashua; Memorial Elementary School, Bedford; Milford Middle School; Bedford High School; Ross A. Lurgio Middle School, Bedford; Merrimack High School; 4H Hoofbeats Club/Girl Scouts, Goffstown; Amherst Middle School; Robin's Nest 4H Club; Francestown Elementary School
In Memoriam
Steve Ayotte
Nashua Senior Activity Center (SAC) Team
October 15, 1962-October 17, 2022

We were very sad to hear of the passing of Steve Ayotte, long-time manager of our Meals on Wheels and Community Dining programs in Nashua. Always happy and quick with a smile, Steve was deeply devoted to the Meals on Wheels mission, his site and his participants. He had a great laugh, was always willing to lend a hand, and truly loved being part of the Meals on Wheels team. A supportive colleague and friend to many, he will be greatly missed.

EVENTS YOU CAN'T MISS!

Our 2022 Holiday Gift Program

The holidays are right around the corner! Help us to fill 1,200 gift bags for our Meals on Wheels participants! For more information, see below flyer, and click here. Drop off deadline is December 8th.
Hannaford Campaigns in November for Meals on Wheels!

We have been chosen as beneficiaries of two Hannaford programs at two different locations for November! The first is the Hannaford Fights Hunger- Bags for My Cause program. For every $2.50 reusable bag that is purchased at the Hannaford on 77 Derry Road in Hudson, NH, we will receive $1.00. Help the environment and support...
Also, for every Bloomin' 4 Good bouquet purchased at the Hannaford on 4 Jenkins Road, Bedford, NH, we will receive $1.00. Brighten someone's day with flowers and support our cause!

Giving Tuesday—November 29th!

Black Friday. Cyber Monday. Why not Giving Tuesday? Twenty-four hours of giving kicks off on the Tuesday after Thanksgiving!

Every dollar counts for your older friends and neighbors in these challenging times! Visit https://www.give65.org/hcmow for more information and to make a donation!

Share the Love this Holiday Season!

Subaru Share the Love kicks off on November 17, 2022 and runs through January 3, 2023. More details when the campaign launches November 17th!

SAVE THE DATE

Festival of Fives: Dinner and a Story!

February 4, 2023, 6:00-8:30, LaBelle Winery, Amherst, NH. For more information and to buy tickets, please click here.
Our deepest gratitude to our sponsors so far: Gelinas and Pratte, CPA, and the Nashua Lodge of Elks 720.

EVENT WRAP-UP

Gathered Together!

A special community dining lunch was held in Greenfield on October 14th, at the Stephenson Memorial Library Community Room.
Despite the terrible weather, it did not keep people away! Seniors were excited to gather together and spend some time with friends enjoying hearty sandwiches and good conversation! Stay tuned, as in November, this will be an ongoing lunch the second Thursday of every month!

**Halloween Hijinks!**

The crew at the administrative office took a little time out for some Halloween hijinks today, as well as for a friendly (yet slightly competitive) costume contest! And the results are in! The winners are Stephanie Hartson (middle back row) for her "Holy Guacamole" costume, complete with avocado and chips and Chris Kingsley (back row, second from left) in her perky 50’s sock-hop best, right down to the poodle skirt, bobby socks and ponytail. And who is behind the creepy baby mask? We'll never tell! Congrats to all in this ghoulishly fun group!

**IN THE NEWS**

The Restaurant Voucher Program is now the Dine Out Club!
Announcing the **Dine Out Club** as the new name for our popular Restaurant Voucher Program. Same great program, same delicious food, but a new name, and a few changes to make it easier for all! 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. We are also excited to announce a new location! In addition to the Village Eatery, Merrimack, participants will now have another option, the White Birch Eatery in Goffstown! To learn more about our exciting new donation-based Dine Out Club, available to people 60+, please visit our website [www.hcmow.org](http://www.hcmow.org)

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**We really need Meals on Wheels Drivers!**

We are hiring for Meals on Wheels drivers in Nashua and Manchester! If you have a little spare time and are looking for meaningful part-time work, this is the job for you! For more info, please visit: [https://www.hcmow.org/jobs](https://www.hcmow.org/jobs)
"It’s a big help for me!"

Born and raised in Pittsburgh, PA, Meals on Wheels participant, Ethnea, got her degree in nursing and started working in the ICU of a large hospital in downtown Philadelphia. Several years later, she had the opportunity to come to NH and work in the Maternity Unit at St. Joseph Hospital in Nashua.

“I thought I’d be there a short time and maybe do something else,” she said. “That ‘short time’ turned into a 26-year stint at the hospital…a job I really loved!”

Ethnea calls herself “a huge Pittsburgh Pirates fan” and attended games at the old Forbes Field in 1950’s and 1960’s. On this day, she talks about her favorite players such as Roberto Clemente and Willie Stargell and laments the fact the current team is struggling.

Nowadays, Ethnea, 85, is retired and getting home delivered meals. Although a little camera shy (so we don’t have a photo of this beautiful lady), Ethnea is effusive in her praise for the program. “Getting the meals is great, the people are nice. And this helps me eat the right things,” she says, “It’s a big help for me.”

THANK YOU!

Shout outs to Jiffy Lube, 283 S. Willow Street Manchester (manager Adam, pictured left), Jiffy Lube, 77 E. Hollis Street Nashua (manager Molly, pictured below, right), and the Amherst Street Jiffy Lube in Nashua (team member Carlos, pictured below, left). All three of these stores participated in the Drive to Do More campaign for Meals on Wheels during the month of October. Thanks @Jiffy Lube for caring about your community!

Nashua (E. Hollis Street) https://www.jiffylube.com/locations/nh/nashua/596

Nashua (Amherst Street) https://www.jiffylube.com/locations/nh/nashua/3438

Manchester (S. Willow Street) https://www.jiffylube.com/locations/nh/manchester/3022
Our agency was recently awarded a $5,000 community grant from Franklin Savings Bank. Agency president, Jon Eriquezzo, attended the award banquet and was presented with a beautiful plaque collage in appreciation for the work we do. We are very grateful to FSB for its generosity and partnership, as well as the great volunteers they send to support our events! Thank you FSB!

Celebrating our Volunteers!

In an effort to pay forward the generosity of some of our donors, who contributed towards gas card raffles for our volunteers, our agency is adding to the raffles in the upcoming months, so that 2 volunteer drivers and 1 non-driver volunteer will be randomly selected each week. We are very grateful for all they do for us! The winners so far are as follows:

Stanley Wachel, MIL Driver~ $50
Eileen Fox, CAR Driver ~ $50
Mitchell Chamberlain, SAC Delivery Assistant~ $20
Jennifer Atherton, SAC Driver~ $50
Debra Flanders, GRN Driver ~ $50
Samantha Morin, CAR Kitchen~ $20
John Watson, SAC Driver ~ $50
Jason Dubois, MIL Driver ~ $50
Peter Adamovich, GOF Delivery Assistant ~ $20
Allison Mensh, MIL Driver ~ $50
Nancy Barron, CAR Driver ~ $50
Kevin Stagakis, CAR Delivery Assistant ~ $20
Rodney Buckley, JOL Driver ~ $50
Jill Havunen, HIL Driver ~ $50
Aline Gamlin, CAR Kitchen~ $20
John Short, SAC Driver ~ $50
Maurice Gibeault, GOF Driver ~ $50
Bob Lepine, GRN Kitchen ~ $20
Nancy Hobbs, JOL Driver ~ $50
Taylor Radke, CAR Driver ~ $50
Evelyn Friedrich, GOF Kitchen~ $20
Isabel Quintal, SAC ~ $50
M.J. Driscoll, MIL Driver ~ $50
Lorraine Audet, CAR Kitchen~ $20
Stanley Wachel, MIL Driver~ $50
Eileen Fox, CAR Driver ~ $50
Mitchell Chamberlain, SAC Delivery Assistant~ $20
Jennifer Atherton, SAC Driver~ $50
Debra Flanders, GRN Driver ~ $50
Samantha Morin, CAR Kitchen~ $20
Louise Coupe, SAC Driver~ $50
Cindy Robertson, CAR Driver~ $50
Emily Wright, SAC Delivery Assistant~ $20
Bob Letourneau, JOL Driver~ $50
Arlene Hutchinson, GOF Driver~ $50
Vicki Hatfield, SAC Delivery Assistant~ $20
Will Mersch, MIL Driver~ $50
John Browne, CAR Driver~ $50
John Stroup, SAC Kitchen~ $20
Michael Dougherty, MIL Driver~ $50
Walter Heffernan, SAC Driver~ $50
Nathaniel Carvalho, MIL Delivery Assistant~ $20
Patricia Mullin (Driver-SAC) $50
Julio Santos (Driver- SAC) $50
Kyle Boule (Driver Assistant- GOF) $20
Joanne Elliott (Driver-GRN) $50
Denis Charbonneau (Driver- MIL) $50
Joan Mahoney (Driver Assistant- SAC) $20
Jane Bacha (Driver-CAR) $50
Adam Witkowicz (Driver-JOL) $50
Henry Middlemiss (Kitchen-CAR) $20

Congratulations volunteers, and thank you!

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
- **Hudson Senior Center**: 19 Kimball Hill Rd, Hudson: 12:00 p.m.
  Mondays and Wednesdays
- **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.hollishnh.org/seniors](https://www.hollishnh.org/seniors)
- **New Boston Central School**, 15 Central School Rd, New
  Boston 2:00 PM Thursdays.

Please check our website and social media for updates on other sites
and community dining options.

DID YOU KNOW?

November is a time to show support and to
honor our nation's vital caregivers during
National Family Caregivers Month.
National Family Caregivers Month (NFCM)
is a time to recognize and honor family
caregivers across the country. It offers an
opportunity to raise awareness
of caregiving issues, educate communities, and increase support for
caregivers. The national observance is led by Caregiver Action
Network (CAN), a nonprofit that provides free education, peer support,
and resources to family caregivers. CAN selected the 2022
theme, #CaregivingHappens, to acknowledge the reality that family
caregiving is not always convenient or expected.

Facts About Caregiving

1. The US has millions of caregivers.
   Have you ever felt alone as a caregiver?
Well, you are not alone. In fact, according to AARP, more than 40 million individuals are currently serving as family caregivers in the United States. Most assist elderly relatives or grandparents. Moreover, the percentage of senior citizens in the nation is increasing as the generation of Baby Boomer ages. That implies the number of family members who will become caregivers is going to increase in the future.

2. Caregiving has shifted from being a nursing-related career into a family matter. For a large number of families, it is cost prohibitive to place elderly loved ones in an assisted-living center, nursing home, or other senior living community. So that responsibility now largely falls to family caregivers. Many must assume the role of caregiver in addition to their own jobs and family responsibilities.

3. Caregivers can be of any age. Statistics indicate that the average age of caregivers ranges from 45 to 64. The stark reality is that only about 17% of caregivers are in that age bracket. In addition, ten million millennials are now serving as caregivers.

4. Caregivers spend a great deal of time on care-related duties. According to Caregiver Alliance, the average caregiver spends approximately 13 days per month shopping, cooking, cleaning, doing laundry, providing transportation, and administering medications and an additional 6 days on average providing personal care like feeding, dressing, and bathing. Moreover, caregivers spend 13 hours on average each month learning how to care for certain medical conditions, scheduling appointments, and assisting with finances.

5. Even caregivers need help. It is no secret that the support programs which provide for the needs of caregivers are chronically underfunded. Most often today one child or sibling is responsible for the elder parent’s care in a family. Caregivers are often unaware that
there are programs which provide respite, emotional, spiritual and financial support. Most communities have organizations devoted to providing support to family caregivers.

**6 Ways to Support Caregivers**

1. **Give Them a (Much Needed) Break**
   Caregiving can be exhausting. Recent research from the AARP shows that 40% of caregivers feel emotionally stressed, and 20% feel physically strained. A good place to start helping caregivers is simply giving them time off, time they can spend caring for themselves. Offer to hold down the fort for a day, if you’re able. Or consider asking if you can hire a private nurse for a few hours. Whatever you’re able to do to give them a break will be much appreciated.

2. **Show Up for Them**
   Show up for your loved one. Swing by their house for a walk, or pick up the phone and call. However you choose to show up, let them know that you care and are there for them, no matter what. We are stronger when we have support.

3. **Listen**
   Caregivers may feel like people don’t care about what they’re going through, or at the very least don’t understand. Sometimes your loved one might just need a listening ear to talk through what they’re experiencing. Focus on listening to them without judgment or interruption. It’s a gesture that might feel small, but ultimately speaks volumes.

4. **Share Information on Support Groups**
   Without proper support, caregiving can feel lonely and isolating. Fortunately, multiple types of support groups exist – both online or in-person. These groups offer a place for caregivers to share expertise, concerns or experiences in a safe, supportive environment. Help your loved one by connecting them with a group, or offer to join them for a meeting.

5. **Help with the Day-to-Day**
   Managing a person’s care may already be a full-time job for some caregivers. Add
day-to-day tasks like cooking and cleaning, and it’s easy to see how one could feel overwhelmed. You can relieve that burden by offering to help with some of life’s daily needs. Bring over homemade meals or send gift cards to favorite restaurants. Shovel their driveway. Offer to walk their dogs. All these tasks add up when going it alone, but even knocking off just one from the to-do list can provide relief.

6. Offer Financial Support
One in five caregivers experiences significant financial strain as a result of providing care. Caregivers often bear the burden of their loved one’s health care costs, which is why offering financial support can be so very helpful. There are many ways to provide monetary support, from starting a GoFundMe to offering to help with something specific, like a car payment or rent. Consider asking your loved one where the costs add up the most, so you can be sure your gift is making the most impact.

National Family Caregivers Month 2022 | ACL Administration for Community Living
6 Simple (Yet Meaningful) Ways to Support a Caregiver | CaringBridge
10 Interesting Facts about Caregiving - Eleanor Gaccetta (onecaregiversjourney.com)
Pixabay.com
October 2022 $500+ Donors

CORPORATE/FOUNDATION/ ORGANIZATION SUPPORT

Gelinas & Pratte, CPA
Leclair-Caron-Pelletier Unit 13 American Legion
United Way of Greater Nashua

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 this list, or your name is misspelled, please contact Joan at barretto@hcmow.org.

WE NEED YOUR HELP!

![Volunteer Opportunities](image)

Let's Do Lunch!

Put your apron on and join Annie Mae, Aline and Lorraine by helping pack meals and serve lunch to folks in your community!

Call (603) 424-9967
Visit www.hcmow.org

Volunteer Opportunities
Retired? Need Community Service Hours? Please read on!
We need YOU! Here at HCMOW, volunteers make it happen! We have multiple volunteer opportunities available, but we really need volunteer drivers especially in the Manchester and Nashua areas. This is the best “job” you will ever have! In our recent survey, 100% of respondents rated their MOW volunteer experience as Excellent or Good. This is your chance to enjoy a volunteer opportunity that will give back in so many way. 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.

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/

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