2022 SPIRIT OF NH OUTSTANDING VOLUNTEER: Ed Duer!

We are happy to announce that our amazing volunteer driver, Ed Duer, was just named as the recipient of the 2022 Spirit of NH Outstanding Volunteer Service/Champion Award in the adult category! Ed has been volunteering with us for 23 years and has done double, even triple, duty sometimes covering additional Meals on Wheels routes, especially during the worst of the pandemic. Our participants love him and we are so grateful to have him on our staff. Hundreds of people have been helped to stay in their homes due to his long-term commitment to them and to our agency. Congratulations, Ed! Well-deserved!

EVENTS YOU CAN'T MISS!

Jiffy Lube Partnership for the month of October!

We are thrilled to have the support of Jiffy Lube this October. Through the end of the month, customers can make a $3 donation to help us provide meals, safety checks and more to seniors. So if you need an inspection, oil change, tire rotation, etc...be sure to schedule it at Jiffy Lube and add $3 for Meals on Wheels! Find your local service center at bit.ly/1fouPFs. Thank you, Jiffy Lube, for caring about your community!
Lunch with Friends in Greenfield!

Friday, October 14th, 12:00 PM: If you are 60 or older, join us for a delicious lunch at the Stephenson Memorial Library Community Room, 761 Forest Road Greenfield, NH. RSVP by October 10th to Carol (603) 424-9967, ext 404. cmckillip@hcmow.org.

Suggested donation: $3.00

This will be an ongoing weekly lunch starting in November on the second Thursday of each month.

Save the Date for the Duck Derby!
Saturday, October 15th, 2022

The Nashua Rotary Club West hosts a duck derby every October to raise money for the numerous nonprofits it supports, including our agency.

Festivities begin at 11:00 AM, and the ducks start “racing” at 2:00 pm. $5.00 per duck, $25.00: Six Quack (6 ducks), $50.00: Quacker’s Dozen (12 ducks), $100: Flock (25 flocks). Prizes for the top 3 ducks! More info on this fun event at https://www.duckrace.com/nashua

Holiday Gift Bag Program
(collections kicking off now!)

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. If you are interested in donating items you can do so now through our collection date!

December 8th: Collection deadline
December 14th: Bag packing date
Requested Items This Year: (please, no food items other than listed below)

- SMALL HAND TOWELS & FACE CLOTHS  (navy, other blues, gray, or white-no patterns)
- POWDER (under 9 ounces)
- BATH SPONGE, SCRUBBY, OR LOOFAH
- BAR SOAP (no liquid soap)
- CHAPSTICK
- CANDY CANE

More details to follow. They will be announced on social media and our website. Please email Joan with questions, jbarretto@hcmow.org.

EVENT WRAP-UP

NH Tackles Hunger Wrap-Up!

Our gratitude to everyone who contributed to this terrific community effort! Our pantry is full thanks to all the contributions from the community at this one-of-a-kind giving event! Together, you contributed over 1307 pounds of food! We appreciate your generosity!

It was a great day for a picnic at Oak Park in Greenfield!

Seniors from multiple towns gathered for an end of summer picnic and enjoyed subs and other picnic fixins' on a beautiful September day. Thanks to Reverend Dan Osgood (pictured, with Jon Eriquezzo, HCMOW president) from the Greenfield Covenant Church for his help in publicizing the picnic to his parishioners, many of whom traveled by bus to the festivities. Stay
Meals on Wheels of Hillsborough County has been selected as a beneficiary of the Hannaford Bloomin’ 4 Good Program for the month of November!

The Hannaford Bloomin’ 4 Good Program, which launched in August 2021, is an easy way for shoppers to give back. Every Bloomin’ 4 Good Bouquet with the red circle sticker sold supports a nonprofit organization local to the Hannaford in which it was purchased.

HCMOW was selected as the November beneficiary by local store leadership at the Hannaford located at 4 Jenkins Road, Bedford, NH. HCMOW will receive a $1 donation for every Bloomin’ 4 Good Bouquet with the red circle sticker purchased at this Hannaford location in November.

Flowers can make someone’s day, brighten a room or spread a smile. Now they can give back to our local communities, too!

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! Stay tuned for more information!
PARTICIPANT STORIES: Carol

“They were my lifeline”

Born and raised in Somerville, MA, Carol is retired from a decades-long career in the pharmacy at Holy Family Hospital in Methuen. She has been living in Nashua for several years now.

Carol, 68, is unable to go out shopping, so she gets her meals delivered each day by our agency. “Every single person who comes here is so nice,” she says. “I look forward to their visits. And all of the food is very good, I really like the chicken.”

Carol is a huge Boston Bruins fan, and her house is adorned with posters of the Black & Gold as well as hockey-themed pillows on her couch. As a young girl, she has fond memories of the big, bad Bruins of the late 1960’s and early 1970’s and attended Stanley Cup games in 1970 and 1972. She recalls: “We bought standing room only tickets and squeezed against the back wall of the old Boston Garden- what a blast!”

When facing some major health challenges a few years ago, Carol found herself relying upon Meals on Wheels in a major way. “I just had heart surgery and couldn’t leave the house. . .they came every day and brought food, but also checked in on me. I can’t tell you how very important that was to me.”

“They were my lifeline.”

IN THE NEWS

Andrew Cirrone joins the HCMOW Board of Directors!

We are pleased to announce that Andrew Cirrone, of Franklin Savings Bank, has joined our Board of Directors! Andrew is the Southern NH Market Manager for FSB,
which has been a generous community partner to our agency. We are very excited to welcome Andrew onboard and know that he will bring a wealth of expertise and experience to the board and to our agency.

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: http://ow.ly/Ytev50KV2CV

Restaurant Voucher Program

Our Restaurant Voucher Program (RVP) is in full swing again! If you are 60 or older and enjoy a fresh healthy restaurant meal, while dining with others, this is the program for you! RVP is a donation-based meal program with a suggested donation of $4.00 per voucher. The voucher will be good for a meal from a specially curated menu at The Village Eatery in Merrimack, NH. Vouchers must be used during specific timeframes as described on the voucher itself. Meals meet 1/3 of the USDA recommended daily requirements for adults and there are numerous delicious options at the Village Eatery! For more information, and to register, or request additional vouchers, please visit: https://www.hcmow.org/voucher-program.
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

Congratulations volunteers, and thank you!

BOARD SPOTLIGHT: Peter Albert

“I’ve Always Loved the Cause”

A long-time member of the Merrimack PD, Peter “Pete” Albert often had a front row seat to some of the challenges people face as they age. “Community policing is all about getting to know people and getting them in touch with the services they need which requires you to build partnerships with organizations such as MOW…you also become accustomed to knowing what to look for and to recognize when people need help.”

Pete recounts that while on a meal delivery with an MOW driver, the
client told the driver about an apparent internet fraud scheme. The driver reported back to his supervisor, the Manchester PD was called, and then followed up by visiting the client. This showed Pete that MOW is more than food deliveries.

Pete, who retired after 32 years with the PD and is now a Deputy Sheriff in Hillsborough County and Chief of Court Security at the Superior Court in Manchester, emphasized the importance of wellness checks. “Oftentimes our clients have very limited contact with the outside world…our driver might be the only person they see. So that check-in makes a huge difference.”

Now is his fifth year on the board, Pete is excited about the direction of the organization. “Our staff has done a wonderful job in taking care of our clients. It’s a privilege to be a board member, the depth of knowledge and diversity of our board is amazing, it’s a great organization to be part of.”

“The way this organization has adapted to meet the client’s needs during the tough times of COVID-19 was inspiring. I feel very strongly that we are well prepared for the future.”

**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.hollisnh.org/seniors](https://www.hollisnh.org/seniors).

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

**We have opened another dining site!**

Please join us on Thursdays at 12:00 noon at the **New Boston Central School**, 15 Central School Rd, New Boston, NH for a delicious community dining meal with
Did You Know?

October is Emotional Wellness Month! How you feel can affect your ability to carry out everyday activities, your relationships, and your overall mental health. How you react to your experiences and feelings can change over time. Emotional wellness is the ability to successfully handle life’s stresses and adapt to change and difficult times. Below are some ideas how to improve your emotional health!

How to Observe Emotional Wellness Month

Build Resilience

- Take time for yourself each day. Notice the good moments. Do something you enjoy.
- Practice gratitude. Take time to note things to be thankful for each day.
- Explore your beliefs about the meaning and purpose of life. Think about how to guide your life by the principles important to you.

Help Manage Stress

- Get enough sleep. Adults need 7 or more hours each night, school-age kids need 9–12, and teens need 8–10.
- Show compassion for yourself. Note what you’ve accomplished at the end of the day, not what you didn’t.
- Seek help. Talk to a mental health professional if you feel unable to cope, have suicidal thoughts, or use drugs or alcohol to cope.

Get Enough Sleep

- Go to bed the same time each night and wake up the same time each morning.
- Sleep in a dark, quiet, comfortable environment.
- Try to get natural sunlight for at least 30 minutes a day.
- Consult a health care professional if you have ongoing sleep problems.
Practice Mindfulness

- Take some deep breaths. Breathe in through your nose to a count of 4, hold for 1 second and then exhale through the mouth to a count of 5. Repeat often.
- Enjoy a stroll. As you walk, notice your breath and the sights and sounds around you. As thoughts and worries enter your mind, note them but then return to the present.
- Be aware of your body. Mentally scan your body from head to toe. Bring your attention to how each part feels.

1-Minute Mindfulness Exercises

Think of a 1-minute mindfulness exercise like the brakes in your car. The important thing is that you stop — not so much the length of your stop. You may find yourself looking forward to putting the brakes on your high-speed life with one of these 1-minute breathers.

Regular daily practice seems to be more important than the length of your practice. As you begin stopping for 1 minute a couple of times a day, you may soon find yourself expanding your practice to several times, or even 5 or 6 times, a day. Soon, mindfulness will be a daily practice that comes naturally.

Just sit

This is a basic meditation that could become the cornerstone of your mindfulness practice. It’s easy to learn and is designed to be done in as little as 1 minute.

1. Sit up straight, but not stiffly, in a chair with your feet flat on the ground.
2. Place your hands in a balanced position and close your eyes.
3. Focus on your breathing, as you follow each breath in and out.
4. After 1 minute (or longer), gradually open your eyes and resume activities.

Quick tip: The sands of time

To help you keep up your 1-minute meditation practice, try keeping a
1-minute hourglass timer on your desk or your bedside table. Anytime you see something that draws your interest, like how the light plays on the wall or the sound of a bird outside, just turn the timer upside down. Focus on your breath along with what you see, hear, or feel for 1 minute.

Walking Meditation

You can start doing this meditation for 1 minute as you walk from the kitchen to the living room, or from your home to your car. Later, you might expand walking meditations to include part or all of a daily walk.

1. As you begin walking, pay attention to each step.
2. Notice how many steps you take during each inhale and exhale, and at the speed you’re walking. Pay attention to your lungs, and do not force your breathing or the number of steps you take.
3. Match your steps to your breath. For example, as you breathe in, count 1-2-3 steps. As you breathe out, count 1-2-3 steps. Let your lungs and feet come to a happy equilibrium.
4. As you walk, you may wish to say a phrase that approximates the rhythm of your walking, for example: “With each step, a gentle wind blows.”

Box Breathing

This is a highly structured type of breathing exercise that requires your full attention.

You breathe in specific counts, while visualizing a box:

1. Inhale to the count of 4 as you visualize the top edge of a box.
2. Hold your breath for a count of 4, as you go down along the right side.
3. Exhale for a count of 4, moving from right to left along the bottom edge.
4. Hold for another count of 4, going up along the left side, back to the top.
5. Repeat for several cycles for at least 1 minute.
DONOR CENTRAL
Our Gratitude to all of our Amazing Donors!

September 2022 Donors

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September 2022 $500+ Donors

CORPORATE/FOUNDATION/ ORGANIZATION SUPPORT

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<th>Franklin Savings Bank</th>
<th>Harbor Group</th>
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<td>Rotary Club of Nashua West</td>
<td>Stuart Draper Charitable Foundation of NHCF</td>
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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 this list, or your name is misspelled, please contact Joan at jbarretto@hcmow.org.

WE NEED YOUR HELP!
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:
Have a "Wicked" Good October!