CHAMPIONS AT WORK!

Our deepest gratitude to every Champion who showed up during Community Champions Week to help spread the word about Meals on Wheels and whose presence at our sites and on the meal routes demonstrated how much they care about our work and our participants. Thank you!

Champions, with HCMOW staff in the photos above (left to right in each row, then down): Chief Joe Hoebeke, Hollis PD; Chief Hoebeke with Hollis driver, Jon; Representative Jeanine Notter; Board Member Jordan Guagliumi; Nashua Mayor Jim Donchess; Hillsborough County Deputy Sheriff Mike Merrifield and Sheriff Chris Connelly; Alderman Will Stewart; Senator Lou D’Allesandro and wife Pat; Merrimack PD, Chief Brian Levesque, Deputy Chief Matt Tarleton and Captain Ken MacLeod; Congressman Chris Pappas; Merrimack PD packing tortillas; Congressman Pappas serving diners in
The countdown is on for our Annual Step-Up 5K Run-Walk for Meals on Wheels taking place on Saturday, May 28th! Register before April 27th for a guaranteed a t-shirt and before May 5th to take advantage of our early bird fee.

Register
If you are over the age of 60, love a delicious meal and a good game of bingo, then the Milford Brunch Bingo is for you! For a suggested donation of $2.00 for lunch and $2.00 for 2 bingo cards, you can enjoy both every fourth Wednesday of the month! To reserve your lunch, call Carol at (603) 424-9967 ext. 404.

Offered by the Milford Recreation Department
Milford Town Hall 3rd floor
12:00pm & 2:00pm

Hollis Seniors' Lunch: Are you 60+ and want a balanced, delicious meal? The Hollis Seniors' Organization hosts a weekly lunch on Thursdays from 11:00am-1:00pm. For membership questions, call David Seager at (603) 882-7890 or visit: https://www.hollisnh.org/seniors.

Grab N' Go
Pelham GNG: Pelham's Grab n' Go program is up and running! This program allows anyone 60+ to pick up a delicious, balanced meal right at Hobbs Community Center (HCC) for a suggested donation of $2.00 per meal. This service is first-come-first-serve. For more information, click here or call Carol at (603) 424-9967 ext. 404.

EVENT WRAP-UP

More Champion Photos!
We had strong volunteer support from our local police departments and city/state officials during Community Champions week, pictured below with various HCMOW staff members.

**Hollis:** Chief Joe Hoebeke with Hollis driver, Jon

**Bedford:** Jon Eriquezzo, HCMOW president with Communications Specialist Nina Malley (l) & Officer Shannon Gardner (r)

**Manchester:** (l-r): Officer Steve Duquette, Sergeant Emmett Macken, and Officer John Levasseur

**Goffstown** (l-r): Executive Secretary Kelli Sallee, Jon Eriquezzo, Officer Zach Schucart, and Chief Eric Sereno

**Merrimack** (l-r) Chief Brian Levesque, Deputy Chief Matt Tarleton, Elida Gagne, HCMOW and Captain Ken MacLeod

**Hillsborough County:** Deputy Sheriff Mike Merrifield (l) and Sheriff Chris Connelly (r) with Jon Eriquezzo

**Mayor Joyce Craig** volunteered her time to make some special deliveries along the Meals on Wheels route in Manchester.

**Congressman Chris Pappas** joined our “Champion” ranks, pictured here with HCMOW staff. Cong. Pappas helped serve at our Goffstown site along with Goffstown PD.

**Mayor Jim Donchess** lent a helping hand to serve up some meals at the Senior Activity Center in Nashua. Board member Jordan Guagliumi (left) helped to meet and greet.

We wish we had room to post pictures of all our Champions who volunteered in person or contributed in some way, but we would at least like to list them here (if we have their names-- sometimes we had surprise volunteers!):

Erin White, Aide to Congresswoman Anne Kuster
Christian Seaholtz, Aide to Congressman Chris Pappas
BOARD SPOTLIGHT: Juliet Carolyn Oguda

“For Many, it’s Five Minutes of Joy”

With a life journey that took her from her native Kenya to college in the US to leadership roles in nursing home administration and the pharmaceutical industry, Carolyn brings a broad perspective to her volunteer service on the Meals on Wheels Board.

“Older adults and those who are homebound are often isolated and lonely,” she said. “When I first joined the board (5 years ago), I learned a lot about what some people are facing. And once one understands that there is a big need out there, you realize how important our programs and services are.”

Carolyn got her Master’s Degree in Business Administration and Healthcare Administration and made greater Nashua her home. “I love this area,” she said. “There’s a true sense of community.”

She describes that being part of the board has been a wonderful experience. “Clearly, we have a common interest and mission… the atmosphere is excellent, and we work very well together.” She also appreciates how flexible the organization is, particularly during the pandemic. “I think we’re good at adjusting to meet the needs of those we serve as well as working to connect with other organizations to support older adults.”

While she enjoys all the aspects of her work on the board and the mission of Meals on Wheels, it’s those unique, personal connections made each day with clients, particularly those who don’t get a lot of visitors, which mean the world to Carolyn.

“You can see how much it means when you look into the eyes of a client. While it may be a short visit, for many, it’s five minutes of joy!”

PARTICIPANT STORIES
Alice who loves Apples!
“I enjoy all of the meals!” says Alice. On this day, she invites the interviewer into her house and welcomes him into her living room, where a large picture window affords a stunning view of Mt. Monadnock.

Born and raised in the Monadnock Region, Alice and her family ran a popular apple orchard for decades, growing several varieties and selling them across the Northeast.

At 95, Alice welcomes the meals and visits from her Meals on Wheels Driver, Doug. She says that the home deliveries and check-ins are very important to her. “This is a great service,” she says. “I tell all of my friends how good the food is.” And Alice tells us her apple secrets—although she likes pretty much all of them, she confides that Macintosh and Cortland are her favorites!

IN THE NEWS

Restaurant Voucher Program Update

We released another round of restaurant vouchers for our new partner, the Village Eatery in Merrimack in late March and as of April 4th, all available vouchers have been distributed. We are so grateful to Vicki Lee and her team at the Village Eatery for creating an amazing curated menu and being such a great partner! Please check our website and on social media for any additional voucher releases.

The Restaurant Voucher Program is a donation-based program for people over the age of 60, with a suggested donation of $3.00 per voucher. The vouchers are good for a meal from a specially curated menu at one of our restaurant partners. Vouchers must be used
A fun time was enjoyed by all at the Goffstown Site’s St. Paddy’s Day Celebration on March 17th!!

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

Please check our [website](#) and social media for updates on other sites and see our "Events" section above for special community dining options.

**DID YOU KNOW?**

**April is National Volunteer Month!**

National Volunteer Month is an opportunity to recognize the impact of volunteer service and the power of volunteers to tackle society’s greatest challenges, to build stronger communities and be a force that transforms the world. Each year, we shine a light on the people and causes that inspire us to serve, recognizing and thanking volunteers who lend their time, talent and voice to make a difference in their communities.

This month not only encourages volunteerism but celebrates volunteers, as well. Below is a letter provided by Senator Jeanne Shaheen for Community Champions Week in which she
We wanted to share this letter and let our volunteers know how much they are appreciated and valued, not only by us, but by people everywhere- all the way to Washington!

March 23, 2022

Meals on Wheels of Hillsborough County
395 Daniel Webster Highway
Merrimack, NH 03054

Dear Friends,

I join you all in spirit as we celebrate this year’s Meals on Wheels Community Champions! This week is a great opportunity to salute the dedicated volunteers who drive their many routes and dedicate thousands of hours to a very worthy cause. Thank you for your passion and your hard work!

We all know that Meals on Wheels is so much more than a nutritional program. Daily visits from your stalwart volunteers help to lessen isolation, and these daily interactions can serve as an early warning system for seniors before they need assistance of some kind. You give families such an important gift: the peace-of-mind that their loved one can continue to live in their own home with dignity and with access to healthy, nutritious meals. And your efforts were a lifeline to so many seniors and homebound adults during two long years of isolation and uncertainty because of COVID-19.

Thank you once again for all you give to Meals on Wheels. You have my support as you continue your good work, and I wish you all the best in your future endeavors.

Sincerely,

Jeanne Shaheen
United States Senator

How to Observe National Volunteer Month

Volunteer at an organization
Nonprofits receive an overwhelming number of requests in April, so if you don't land a volunteer post in April, sign up during another month – but do sign up!! Volunteers are needed in every month!
Throw a volunteer appreciation party
They truly deserve the honor. Plan a party for all the volunteers you know at a fun place, like a coffee shop, and bring in some surprises. Make sure your recognized volunteers don’t even get up to get their drinks. Find volunteers to volunteer!

Celebrate it on social media
Whether you are volunteering this month or remembering some great volunteers of the past (and present), share pictures and tell your story using the hashtag #NationalVolunteersMonth.

4 Benefits of Volunteering

Volunteering makes people happy
96% of volunteers believe that volunteering makes them happier people and they are more positive if they have recently volunteered.

It can lead to better job opportunities
Volunteering can provide you with all types of work experience and can take you to places you’ve never even heard of before. You can volunteer close to home, or in another country— the choice is yours! Whatever the choice, the experience you gather not only improves your life (and others), it should impress future employers!

It reduces depression
With feelings of happiness, empathy, and brighter job prospects, it’s not surprising studies reveal that volunteering significantly lowers levels of depression.

Millions of nonprofits
There are 1.8 million non-profit organizations in the United States alone, so the opportunity to volunteer is close to never-ending.
# DONOR CENTRAL

## Our Gratitude to all of our Amazing Donors

### February & March 2022 Donors

#### INDIVIDUALS
- Terry L Atkinson
- Diane Y. Aubrey
- Cynthia Baer
- Jack and Nancy Barron
- M.B. Bixby
- Susan Bernstein
- Chris Christensen
- Jean Clough
- Patrick Conway
- Frank Davis
- Joanne Emus
- Jonathan Eriquezzo
- Jane Fink
- Martha May Fink
- Barbara L. Glauner
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- Andrea Guidoboni
- Dennis & Lorraine Guilbert Family Trust
- Charlotte Hebert
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- Debra Klick
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- Kristin Kostecki
- Matthew P. Landon
- Jennifer Lawson
- David Mack

#### CORPORATE/FOUNDATION/ORGANIZATION SUPPORT
- Ariana McKinley
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- Katherine Scaramella
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- Suraj Shenoy
- Norman Sirois
- Carol Thellen
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- Jeanne D'Arc Credit Union
- Lenovo
- Microsoft
- The Barker Foundation, Inc.
- Benevity Community Impact Fund
- Broad Street Planning
- Digital Federal Credit Union
- Eaton & Berube Insurance
- Granite Group Benefits
- Harvard Pilgrim Health Care
- Home Health & Hospice Care
- Kiwanis Club of Hudson, Inc.
- The Mary Gale Foundation
- Melanson
- Millyard Bank
- Network For Good
- People’s United Comm. Foundation
- St. Joseph Hospital
- The Tufts Health Plan Foundation
- Well Sense Health Plan/BMC

### February & March 2022 $500+ Donors

#### INDIVIDUALS
- Maryann Dunn
- Donald Peppard M.D.
- Mr. & Mrs. Larry Scammon Jr.

#### CORPORATE/FOUNDATION/ORGANIZATION SUPPORT
- The Barker Foundation, Inc.
- Benevity Community Impact Fund
- Broad Street Planning
- Digital Federal Credit Union
- Eaton & Berube Insurance
- Granite Group Benefits
- Harvard Pilgrim Health Care
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- Kiwanis Club of Hudson, Inc.
- The Mary Gale Foundation
- Melanson
- Millyard Bank
- Network For Good
- People’s United Comm. Foundation
- St. Joseph Hospital
- The Tufts Health Plan Foundation
- Well Sense Health Plan/BMC
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.

VOLUNTEER FOR MEALS ON WHEELS!

April is National Volunteer Month! This is a great time to think about how you can make a difference, and our volunteers do make an enormous difference in the lives of our participants! We especially need volunteer drivers.

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

If you are interested in volunteering, please email Garrett, Client Services Specialist 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/

April Showers bring May Flowers!