Our Annual Report is Out!

Click Here to Read!

Dine Out Club participants enjoying a community meal
at the Village Eatery in Merrimack
Shaw's Give Back Where it Counts Program for April
We are the beneficiaries at Shaw's 7 Continental Blvd., Merrimack NH

Drop by drop
makes an ocean.

Dollar by dollar
makes a
difference.

For all of April, every purchase of this $3.00 GIVE BACK WHERE IT COUNTS Reusable Bag at our designated Shaw's sends us $1.

Every dollar counts!

Please join us for our 4th Annual Step-Up 5K Run-Walk, Saturday, May 27th at Mine Falls Park in Nashua! T-shirt deadline is fast approaching on **April 21st**, so please register now at: [https://runsignup.com/Race/NH/Nashua/HCMOW5k](https://runsignup.com/Race/NH/Nashua/HCMOW5k)
Sponsors who have signed on since our flyer was finalized include:

- WellSense Health Plan
- Enterprise Bank
- Jeanne D'Arc Credit Union-We Share a Common Thread Foundation
- TD Bank
- Trio Community Meals

**SAVE THE DATE**

**June 6th-7th: NH Gives!** This is NH's biggest online fundraiser and we are happy to be participating again this year. More information to follow in the weeks to come!

**June 29th: 2:00-5:00 p.m.:** Staff and volunteer party, Murphy's Taproom, Bedford, NH
Thank you to our Community Champions!

We had a terrific week of volunteerism, which helped raise public awareness of our programs thanks to our Champions!

The complete list of Champions is as follows: Congressman Chris Pappas and staff; Representatives Heidi Hamer and Jeanine Notter; Alison Bell, Tianna Landry, and Emmanuel Sillerico from Service Credit Union; Alderman Will Stewart, Manchester; Chief Joe Hobeke, Hollis PD; Tina Dishong, Milford PD; Manchester Mayor Joyce Craig; Chief Brian Levesque and Deputy Chief Matt Tarleton, Merrimack PD; Fire Chief Steve Buxton and Police Chief Kevin Rourke, Nashua; Kelsea Batchelder, St. Mary's Bank; Alderman Patricia Klee, Nashua; and Nashua Mayor Jim Donchess. Thanks to all for their gift of time and enthusiasm for volunteering!

**Congressman Chris Pappas** visited the Dine Out Club at the White Birch Eatery in Goffstown, and chatted with participants who were happy to see him and to talk about how much they love the program!

**Mayor Joyce Craig** helped deliver a Meals on Wheels route in Manchester. She has been delivering meals for the past few years as part of this program.

**Mayor Jim Donchess** of Nashua, a frequent champion, took some time out to help pack home-delivered meals at the Nashua Area Senior Center with volunteers Dora and Angela.

**Representative Jeanine Notter** traveled with volunteer Rod and helped provide meals on the

**Representative Heidi Hamer** cheerfully helped prep and serve meals to our happy community

**Alderman Patricia Klee**
Merrimack: Long-term champions Merrimack Police Chief Brian Levesque and Deputy Chief Matt Tarleton helped volunteer Michelle deliver a Merrimack Meals on Wheels route. Folks on the routes and at the centers were happy to see these local heroes caring enough about them to help serve and deliver their meals.

Nashua: Nashua Police Chief Kevin Rourke and Fire Chief Steve Buxton were on hand with the Nashua Area Senior Center crew to help prep and serve meals to the diners. Thank you to these champions for giving their time, protecting and serving all of us daily!

Hollis: Police Chief Joe Hobke helped deliver a Meals on Wheels route in Hollis along with Nashua Senior Center driver John. Chief Hobke is our longtime champion and enjoys delivering during Community Champions Week almost as much as we enjoy having him!

Milford: Assistant Tina Dishong of the Milford Police stepped up to happily deliver on a Milford route, along with driver Peter.
We were honored to have received this letter of support from U.S. Senator Jeanne Shaheen, thanking all of our Community Champions!

\[Image\]

March 21, 2023

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

Dear Friends,

I join a grateful community in saluting this year’s Meals on Wheels Community Champions! Thank you for contributing your time and effort to such a worthy cause.

Your work with Meals on Wheels is critical to its success and community impact. We all know that Meals on Wheels is more than a means to deliver meals to people in need. It is a lifeline for so many who feel isolated because of age or health, and it gives peace-of-mind to family members that their loved one can remain in their home with dignity and access to essentials like nutritious food.

As a Meals on Wheels Community Champion, you do so much to ensure that no one in our diverse Granite State family feels left out or left behind. 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

IN THE NEWS

Meals on Wheels of Hillsborough County is thrilled to announce that we have purchased Blake’s Restaurant and Creamery on South Main Street in Manchester! This purchase is part of a larger plan to increase our capacity to produce meals for our Meals on Wheels and Community Dining programs. The new building will enable us to improve efficiencies and offset the rising food and gas costs. Long-term plans will include reopening the restaurant as part of our successful Dine Out Club program, which provides donation-based meals for people 60 and older. We will continue to update our progress on social media, so please check there often!

President Jon Eriquezzo talked about isolation within the older population in this video for the Nashua Chamber of Commerce: http://ow.ly/iRWp50NhOzP
THANK YOU!

The Goffstown Nutrition Center group loved their St Patty’s Day dreamcatchers generously created and donated by Merrimack Girl Scout Troop #20013. Our gratitude to them for offering a bit o’ the green, some good luck and great dreams to our folks in Goffstown!

Children from The Landing, a faith-based after-school program in Hollis, made these wonderful placemats for our Milford clients. Thank you for these thoughtful handmade gifts!

IN THEIR OWN WORDS

"I so appreciate the volunteers and staff who make our delivery possible. They are always a ray of sunshine in my day. I realize the cost of food has increased and you do a good deed every day in making them available for us. Thank you so much!"

Do you know someone who might benefit from our services? If so, please visit our website at https://www.hcmow.org/get-meals-online-referral-form or call 603-424-9967.

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
- **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)

• **New Boston Central School**: 15 Central School Rd, New Boston, 2:00 PM Thursdays

• **Stephenson Memorial Library**, 761 Forest Rd, Greenfield 12:00 p.m., 4th Thursday of the month. Please RSVP to Carol at (603) 424-9967.

• **William B. Cashin Center**: 151 Douglas St., Manchester, 12 pm. 2nd and 4th Tuesday of each month. Sign up at the site or call Nicole at the Carpenter Center (603) 669-1699.

• **Hudson Senior Center**: 19 Kimball Hill Rd., Hudson. Monday-Thursday at 12 p.m. Please call the Hudson Senior Center at (603) 578-39299 to reserve your meal or visit: [https://www.hudsonnh.gov/seniorcenter](https://www.hudsonnh.gov/seniorcenter) for more information.

Please check our [website](https://www.hcmow.org/dineoutclub) and social media for updates on other sites and community dining options.

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**Join Our Dine Out Club!**

![Dine Out Club Image](image-url)

Have you registered for your Dine Out Club card yet? 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, [Village Eatery](https://villageeatery.com), Merrimack and the [White Birch Eatery](https://whitebircheatery.com) in Goffstown! To learn more about our Dine Out Club, please visit: [https://www.hcmow.org/dineoutclub](https://www.hcmow.org/dineoutclub)
DID YOU KNOW?

Keep America Beautiful Month in April is inspired by a non-profit organization dedicated towards improving our public spaces through action and education. With over 40,000 national events, there’s plenty of opportunity to roll up your sleeves wherever you live. End littering, start recycling, and show visitors how stunning your city can be. From Boston to Seattle, we celebrate this month by beautifying communities in this great land of ours.

Ways to Observe Keep America Beautiful Month

**Reduce, Reuse, Recycle!**
Take steps to reduce, reuse, and recycle during spring cleaning! You might be surprised to find that many of the items you could have sworn were destined for the garbage or giveaway tables can enjoy a useful second life.

**Get Planting!**
To celebrate National Arbor Day, which takes place April 29 this year, consider planting a tree or even a garden in your yard. Trees have many benefits from sequestering carbon and providing oxygen to creating habitats for wildlife and beautifying green spaces. When planting trees or a garden, try to incorporate native species. Native species, including trees, shrubs, and wildflowers, are critical to enhancing biodiversity, rebuilding ecosystems, and supporting pollinator health.

**Plog!**
Plogging is an environmental fitness craze
in which people integrate the collection of litter within their jogging workout. The official definition of plogging is a blend of the Swedish phrase ‘plocka upp’ (meaning ‘pick up’) and ‘jogging’. Plogging was adopted by Keep America Beautiful because it incorporates the primary areas we address – reducing litter, improving recycling, and beautifying communities – and this healthy activity’s direct connection to our vision of a world that’s clean, green, and beautiful.

April is Keep America Beautiful® Month - 10 Ways to Take Action - Keep America Beautiful (kab.org)
Pixabay.com

DONOR CENTRAL
Our Gratitude to all of our Amazing Donors!

March 2023 Donors

INDIVIDUALS
Mr. and Mrs. Bruce Angus
Jack and Nancy Barron
Peter Bergeron
Anna and Al Cappalargo
Mr. and Mrs. Anthony Cappuccio
Jean Clough
W. Sean Conley
Jonathan Eriquezzo
Denise Goodman
Lisa Greenberg
Anita Grignon
Andrea Guidoboni
Heidi and Gary Hamer
Charlotte Hebert
Jon and Ellen Hendrickson
Jacqueline Hurley
Elise Jodrey
Kristin Kostecki
Jennifer Lawson
Christopher Little

INDIVIDUALS
David Mack
Gloria and Gary Mazo
Deborah McKinstry
Michael Neacy
Pearl Panico
Jill Pickett
Theodore Ruback
Norman Sirois
Jennifer West

CORPORATE/FOUNDATION/ORGANIZATION SUPPORT
Amazon Smile
Hannaford Bloomin' 4 Good
Hudson Hannaford: Fight Hunger Bag Program
Jeanne D'Arc Credit Union (We Share a Common Thread Foundation)
JiffyLube
Microsoft

March 2023 $500+ Donors

INDIVIDUALS
Grace Stanley

CORPORATE/FOUNDATION/ORGANIZATION SUPPORT
Cambridge Trust Charitable Fdtn
Club National, Inc.
Enterprise Bank
Marcum LLP
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 FOR:

Change their lives...and yours!

Our volunteers deliver so much more than a meal...and they get so much more in return!

A minimum of 2 hours once a week makes all the difference. You can help us to reduce hunger and isolation in your community.

We would love to hear from you!
Call (603) 424-9967
Email us at volunteers@hcmow.org
www.hcmow.org

Volunteer Opportunities
Retired? Need Community Service Hours? Please read on!

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](https://www.hcmow.org/volunteer)

**STAY CONNECTED!**

To keep up with our latest news and information, please visit our digital news platforms:

Facebook: [www.facebook.com/mealsonwheelsnh/](http://www.facebook.com/mealsonwheelsnh/)

Twitter: [https://twitter.com/MoWSJCS](https://twitter.com/MoWSJCS)


Instagram: [https://www.instagram.com/hcmealsonwheels/](https://www.instagram.com/hcmealsonwheels/)

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Spring Has Sprung!

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MOW of Hillsborough County | PO Box 910, 395 DW Highway, Merrimack, NH 03054
www.hcmow.org (603) 424-9967

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