On a recent Friday afternoon at the Nashua Senior Activity Center Community Dining Program, operated by HCMOW, diners gathered to share a meal, companionship, and a good-natured barb or two. “This is a fun table, “said Celeste, age 80. “We definitely enjoy telling jokes and poking fun at each other.”

The Boston native began coming to community dining late in 2021. She calls it a “good chance to get out of the house and see other people.” Celeste—who is retired from a long career in the hospitality industry, said she enjoys most of the meals.

In between jokes and bites of their food, the table has animated discussion about beets and there are some strong opinions.

Across the table sat Walter, age 85 and Sophie, age 81. Now married for “58 and-a-half-years,” they have been coming to community dining for 9 years. Sophie was born in Poland and moved to the U.S. as a young girl. She enjoys the chicken and haddock but acknowledges that the “humor at the table” is a big draw. “It’s fun to laugh,” she says.

Walter is a retired meteorologist and worked for several weather services. He was stationed in Iceland during the Cold War and shared that no matter how hard the wind blows in NH, it is no match for gales that buffeted his base while he was in the service.

Walter likes pretty much everything on the menu. “The food here is wonderful,” he says. “And the staff and volunteers treat us very well. Alice (one of the volunteers) always comes with a joke.”

Sophie and Walter live in Nashua with some of their family members.
He enjoys working outside but despite his background as a meteorologist, is not quite sure why the wind blows leaves from his neighbor’s yard into his.

“That’s OK,” he jokes. “Leaves from my yard blow into his yard sometimes.”

Linda, age 82 has been dining at SAC for about 6 years. “I enjoy all of the protein items,” she says. She also shared that she is on a special diet and that the meals fit well with her lifestyle. “You always feel welcome here,” she says. “And it’s nice to get out and talk to other people.”

EVENTS YOU CAN’T MISS!

July 18th-July 24th Games of Chance at Boston Billiards!

Please support us during this week at Boston Billiard Club & Casino! Put on your best poker face and play a few hands on our behalf- 35% of the proceeds from Charitable Games of Chance will go directly to us. This is our biggest fundraising opportunity of the year!

Summer Cookouts on the Horizon!
Please RSVP to below phone # by listed date

Senior Activity Center: July 15th, 11:30 AM
70 Temple Street
Nashua, NH 03060
603- 882-2106
RSVP: Tuesday, July 5th

Ronald A. Philbrick Elderly Housing: July 20th, 12:00 PM
56 Main St
Greenville, NH 03048
603-878-3109
RSVP: Tuesday, July 12

Hobbs Community Center: August 9th, 12:00 PM
8 Nashua Rd
Pelham, NH 03076
603-635-3800
RSVP: Monday, August 1st

The Meetinghouse: August 11, 11:30th AM
12 Reed St
Goffstown, NH 03045
603-497-4633
RSVP: Monday, August 1st

Dining Out with a Twist at the Village Eatery!
583 Daniel Webster Hwy, Merrimack, NH
Join us for a delicious meal with a special guest!
Suggested Donation: $3.00

Wednesday, July 6th, 3:00 PM
Guest: Merrimack Community Services Officer Bill Vandersyde
Meal offered: Chef’s Salad, fruit salad, toast

Monday, July 11th, 3:00 PM
Guest: NCMS Jazz Trio
Meal offered: Chicken Parmesan, spinach, bread, applesauce

Tuesday, July 12th, 3:00 PM
Guest: Matthew Casparius, Merrimack Parks and Recreation
Meal offered: TBD

Please RSVP via this link
https://www.surveymonkey.com/r/SZWDPT5 or call Carol at the HCMOW Office- 603-424-9967.

EVENT WRAP-UP

Our Heartfelt Thanks!
We are grateful to everyone who supported us during NH Gives. As always, your generosity made it happen! Together, $3.5 million
Thanks to Stone Hill Station for putting on a Father's Day Concert for our benefit!

Our deepest gratitude to Stone Hill Station and the Delage Family of Sundae Drive in Brookline for hosting the concert. The colder temps and wind kept attendance down but spirits were high, the music and ice cream were great...so it was a good day all around!

SAVE THE DATE!

Jam Fest!
Presented by Musicians for Meals on Wheels

Join us for a jammin’ good time at Jam Fest - a free outdoor concert featuring multiple bands/musicians:

Saturday, August 20th, 12:00 PM - 8:45 PM, Riley's Place, Milford, NH.

All of the musicians’ tip proceeds will benefit Meals on Wheels of Hillsborough County! Our deepest gratitude to Stone Hill Station for organizing this event and Riley's Place for hosting it, and to all of the great bands and musicians who are willing to play and donate their tip proceeds. More information, along with the band schedule and other details will be posted in the August newsletter, our website, and on social media in the coming weeks.

IN THE NEWS

President Jon Eriquezzo presents to the
NH Alliance for Healthy Aging

On Friday, June 24, Hillsborough County Meals on Wheels President Jon Eriquezzo made a Zoom presentation to the NH Alliance for Healthy Aging on Food Insecurity Among Older Adults. He and Laura Milliken, from NH Hunger Solutions, discussed the many issues facing older adults, some of which have been exacerbated by the COVID-19 Pandemic.

Jon noted that some residents of the state face “food deserts,” meaning they do not have the same access to healthy, fresh food as others. Food insecurity also includes a poor diet and a lack of proper nutrition.

He described our services a little more fully, explaining the wellness check conducted by our drivers and how we make referrals to other types of services, if needed. Jon emphasized that the drivers' visits have been particularly important during COVID-19 when many seniors have been more isolated than ever. Additionally, he described for those who may not be aware, that community dining is also an important part of our programming-- and how truly critical in-person social interactions have been for all seniors, even those who are not homebound.

New Peterborough Meals on Wheels Site!

We are excited to have recently opened a new Meals on Wheels site in Peterborough! Our goal is to be able to serve more people in the western part of Hillsborough County, and Peterborough was an ideal spot to do that! The location is 9 Vose Farm Road—come check it out!

Thank you, Bob!

Bob McSweeney of Manchester was randomly picked as the April volunteer gas card winner. The gas cards are courtesy of Chris Christensen who wanted to honor our volunteers each month in recognition of their contributions. Thanks to Bob for his long-time volunteer work, and as always-- a big shout-out to Chris for his generosity!

In their own Words...
“Meals on Wheels has made a difference in my life by providing me with additional food that I would otherwise not get. I like the fact that someone from MOW comes every day to check on me because I live alone” – Leah

Community Dining

Community Dining has re-opened at 2 more sites!

**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

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 community dining options.

Additional Dining Opportunities

**Milford Brunch Bingo**

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 $3.00 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.

DID YOU KNOW?
July is National Blueberry Month, National Grilling Month, and National Ice Cream Month!

What's more delicious than fresh fruit, a cook-out, and ice cream on a hot summer's day? Below are some ways you can celebrate this month, deliciously and nutritiously!

"Best Ever Blueberry Cobbler" Recipe

**Ingredients**
- 3 cups fresh blueberries
- ½ cup orange juice
- 3 tablespoons white sugar
- ⅔ cup all-purpose flour
- ¼ teaspoon baking powder
- 1 pinch salt
- ½ cup butter, softened
Directions
Step 1: Preheat the oven to 375 degrees F (190 degrees C).

Step 2: Mix blueberries, orange juice, and 3 tablespoons sugar in an 8-inch square baking dish.

Step 3: Mix flour, baking powder, and salt in a small bowl.

Step 4: Cream butter and 1/2 cup sugar in a large bowl until light and fluffy. Beat in egg and vanilla. Gradually add flour mixture, stirring just until ingredients are combined.

Step 5: Drop spoonfuls of batter over the blueberry mixture, covering as much filling as possible.

Step 6: Bake in the preheated oven until topping is golden brown and filling bubbles, 35 to 40 minutes.

5 Grilling Tips!

Grilling is a fantastic way to cook, but not everyone is a fantastic cook on a grill. Like any other cooking style, experience will teach you tips, nuances, tricks, and strategies that will make you a better cook on a grill. We have compiled some grilling tips and tricks to boost your progression in the art! Our collection of grilling tips and tricks will give you the advantage of learning skills and neat little ideas that will not only make grilling easier but improve your technique and the quality of the food you produce from your grill.

1. **Clean the grill with an onion.** Light the fire and give the grill a chance to heat up. Cut
a raw onion in half, and coat one half of the onion's cut surface with vegetable oil. Pierce the onion with a long barbeque fork with the cut side facing down. Rub the onion over the surface of the grill. The rough surface of the onion combined with the slight acidic juices of the onion will make short work of cleaning the grill with the added benefit of imparting flavor to add to the meat.

Ideally, you should season the grill before and after cooking. This will build up the seasoning on the grill over time. Seasoning the grill essentially adds a non-stick coating to stop food from sticking to the grill and making it difficult to turn. To season the grill before cooking, brush the cooking grill down with a grill brush with stiff wire bristles. This loosens food particles on the grill. Wipe these food particles off the grill with a paper towel. Wipe a high smoke point oil such as ghee, or avocado oil, over the grill with a paper towel, ensuring an even coating of oil over the entire grill. Light the grill and let it heat up to sear the oil on the grill. You can now enjoy a non-stick grilling experience.

3. **Use sugar to light stubborn coals.** Lighting charcoal can sometimes be tricky, especially if the charcoal is not igniting easily with your lighting methods. A dusting of sugar over the coals before you light your fuel will help get the charcoal lit. The sugar melts on the charcoal when exposed to heat and will burn, for a few minutes, assisting in lighting the charcoal.

4. **Place lemon slices under fish on the grill.** A major problem grilling fish directly on the grill is the fish’s skin sticking to the grill. When you try to lift the fish off, the fish simply breaks apart. To avoid this problem, slice several slices of lemon and place them on the grill. Place the fish on top of the lemon slices. This will do away with the problem of the skin sticking to the grill with the added benefit of adding flavor to the fish.

5. **Add green herbs to charcoal for flavored smoke.** Pick a fresh sprig of rosemary, thyme, or another green herb from your garden. Place the fresh sprig directly on the charcoal. The green herb will produce an aromatic smoke that will add
Ice cream is a delicious treat that appeals to sweet teeth all over the world. It is perhaps one of the best-loved man-made culinary staples on the planet – and it comes in many different varieties! It may not be the healthiest treat to enjoy regularly, but it has a fascinating history, and we'd wager that there are plenty of interesting facts about ice cream which are likely to surprise you. Grab a spoon and tuck into our sweet fact file about this dessert staple.

1. **It's very airy stuff!** Believe it or not, around half the ice cream you eat is pure air. That’s what helps to keep it so light and creamy – otherwise, it’d be super-dense and difficult to enjoy.

2. **Ice cream has been around since the Roman Empire.** The Romans were big fans of ice cream – yes, it really has been around that long. They are thought to have started making their own sweet treats using snow and fruit. Probably not recommended nowadays for sanitary reasons!

3. **America loves its ice cream.** The USA is one of the biggest consumers of ice cream the world over, and the average U.S. citizen seems to prefer vanilla over all other flavors. So many combinations and creations – and they opt for the generic choice!

4. **Ice cream trucks are more than a century old.** Ice cream vans and trucks are around 100 years old. It was Harry Burt who first brought mobile ice cream to the roads in the U.S. around 1920.

5. **Brain freeze is absolutely real.** Many people suffer from what are known as ‘ice cream headaches’ when they eat the dessert too quickly. This comes from blood vessels in the top of your mouth constricting themselves, causing a nervous reaction.
Don’t worry – brain freeze is temporary!

Best Ever Blueberry Cobbler Recipe | Allrecipes
12 Grilling Tips and Tricks (Proven & Tested) (carnivorestyle.com)
11 Irresistible Facts about Ice Cream - Fact City
Pixabay.com

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Our Gratitude to all of our Amazing Donors!

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INDIVIDUALS

CORPORATE/FOUNDATION/ORGANIZATION SUPPORT
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! Please note that this list was run through June 28th- donations received on the 29th-30th will be listed in August's newsletter.

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 area as summer approaches. 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 ways. 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!

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Twitter: https://twitter.com/MoWSJCS
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Instagram: https://www.instagram.com/hcmealsonwheels/

Everything blooms in July!