A GIFT FROM THE HEART!

We were so grateful to receive a generous donation from Chris Christensen of the Merrimack Rotary to purchase gas cards for our volunteer drivers, which will be given at random to one volunteer each month. Chris wanted to acknowledge the tremendous work that our volunteers do on a daily basis and let them know how much it is appreciated. Thank you, Chris, for your thoughtfulness, and thank you volunteers for all you do each and every day! Chris is pictured here on the left along with HCMOW President, Jon Eriquezzo.

EVENTS YOU CAN'T MISS!

March for Meals and Community Champions Week: 3/21-3/25

For the last 20 years, the Meals on Wheels network has dedicated the month of March to rallying communities around the Older Americans Act of 1965. While our 2022 March for Meals celebrations might not look like they always have, it's more important than ever to raise awareness for the power and importance of Meals on Wheels amid this unparalleled time in our nation's history.

Community Champions Week: During this week we invite local and state leaders, police and fire departments and other Meals on Wheels supporters to learn more about our programs and engage with our participants. This initiative is crucial in order to get the word out about our services and to increase awareness of their importance, especially during such challenging times for our participants.
Step-Up 5K Run-Walk! This is our March for Meals related fundraiser, held in May, a more weather friendly month to enjoy the outdoors. See below for more information and to register!

Step-Up 5K Run-Walk
Saturday, May 28th~9:30 AM

Step-Up 5K Run-Walk
Registration for 2022 Step-Up is Open! Join us for the 3rd Annual 5K Run-Walk for Meals on Wheels!

Saturday, May 28, 2022 at Mine Falls Park
7 Stadium Drive, Nashua (Stellos Stadium Entrance)

Check-In / 8:30-9:15 AM
Run-Walk / 9:30 AM-12:30 PM

Entrance Fee/ $25 Early Bird before May 5th ($30 after)
Children 12 and under/ $5 discount

~ Register before April 27th and receive a 2022 T-shirt
~ Not a runner? We are doing a 3K (1.8 mi) walk!
~ Still hesitant about a live race? Again this year, we are doing a virtual 5K! (Run between May 21st and May 28th)
~ All runners and walkers (day of and virtual) will receive a "Swag Bag"

Can’t make it at all? Go to the registration link, and click donate!
Make a one-time donation, create your own fundraiser or a team fundraiser. Race registration not required to fundraise!

Our gratitude to the generous sponsors who have “Stepped Up” so far!
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 $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.
Hollis Seniors' Lunch
with lunch provided by Meals on Wheels of Hillsborough County

**Thursdays** 11:00 AM-1:00 PM

**Membership questions?**
Call David Seager at
(603) 882-7890

**Lawrence Barn**
28 Depot Road
Hollis, NH 03049

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**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.

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**IN THE NEWS**

**January Volunteer Gas Card Drawing**
We are so excited to announce that the first winner of the volunteer gas card drawing is Jen Stuart, a volunteer driver from the Milford Site. This was made possible because of Chris Christensen’s kind donation. Congratulations, Jen—well deserved-and our deepest gratitude to Chris!

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**Restaurant Voucher Program**
Our new restaurant voucher program was launched in January—it is a donation-based program for people over 60, with a suggested donation of $3.00 per voucher. The vouchers are good for a meal from a specially curated

The menu at the [Temple Street Diner](#) in Nashua, our initial restaurant partner. 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. The plan is for vouchers to become available at other restaurant partner locations in the future.

One recipient offered these thoughts on the program: "This is a blessing - I get to gather with friends and have a meal that I can’t afford on my social security income."

The initial kick-off of the program was so successful, however, that we have issued all of the vouchers that were available in this round. We are extremely grateful to Jan and her team at the Temple Street Diner for being our first restaurant partner. We had some great feedback and people told us they were happy to be able to go out and dine with others, which they described as challenging on a fixed income.

We will announce the next voucher release on our website and social media. Please stay tuned!

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**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
John O' Leary Community Center: 4 Church St, Merrimack, Monday and Thursday

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

OUR PARTICIPANTS' STORIES

Our program recipients are unique individuals who have interesting life stories to share. From time to time, we plan to bring you these stories, with full consent of the recipient, and share a bit about them and why our services are so important to them. Today is Doris’s story.

Doris, 89 years of age, “and turning 90 soon” has been a Meals on Wheels recipient for several years. She enjoys all of the meals and in particular, the conversations she has with the Meals on Wheels drivers.

“I’m lucky to have such wonderful folks visiting me,” she said. “It’s Brian on Monday, Jen on Wednesday and Chris on Friday—they’re all great.”

A retired Army recruiter, Doris credits Meals on Wheels with helping her stay safely at home. “I don’t get out very much, so the meals are important. The food is always good. In fact, when I have friends over, I show them the meals I get.”

“The drivers come in all kinds of weather…we talk about all kinds of different things. I always look forward to their visits.”

The Bedford resident shared that she would “definitely” recommend the Meals on Wheels program to others. “It’s a great help to me. The service is excellent and the people are very friendly!”

EVENT WRAP UP
A good time was had by all on February 5th at Festival of Fives Winterfest! The wine and food at Labelle Winery were delicious, the Sommelier’s presentation on food and wine pairings was interesting and educational- add to this the beautiful jazz sounds of Cat and the Rhythm boys, an eclectic and fun silent auction, a sold-out wine pull, a terrific group of friends and supporters (many from the Merrimack Rotary), and it just doesn’t get much better!

Heartfelt thanks to our Sommelier sponsors: Associated Grocers of NE; Martin’s Point Healthcare; Merrimack County Savings Bank; and Wright Choice Financial Group; our Magnum Sponsor: Gelines and Pratte; our wonderful hosts Labelle Winery; our provider of delectable desserts, Frederick’s Pastries, and all of our in-kind and auction donors: All About U Spa, Barretto/Donnelly family, Bittersweet Bake Shoppe, CEJ Computers, John Enriquezzo, Sharon Goldsmith, Gunstock Mountain Resort, HCMOW Board members, Kendra Scott Jewelry, Lozier Glass, Mallory Portrait Studios, NH Coffee Roasting Company, Primordial Boards, Sue and Don Sirois, and Smokin' Tin Roof. And of course, to every person who supported us by attending and bidding on items, we are truly grateful!
DID YOU KNOW?

March is National Nutrition Month!

“Let thy food be thy medicine,” said Hippocrates (a long, long time ago), but the sentiment still rings true. National Nutrition Month, celebrated in March, stresses the importance of a balanced diet and exercise. During the month of March, everyone is invited to learn about making informed food choices and developing healthful eating and physical activity habits.

This year’s theme, "Celebrate a World of Flavors," showcases how flavors from cultures around the world is a tasty way to nourish ourselves and appreciate our diversity. We are all unique with different bodies, goals, backgrounds and tastes! A Registered Dietitian Nutritionist can help you create healthy habits that celebrate your heritage and introduce you to new foods and flavors.

5 Ways to Eat Healthier This Month

1) Go, go, H2O!
We all know drinking water helps in nearly every aspect of wellness, but drinking the recommended amount of water per day can be tough. Electrolyte additives offer the same, if not better, benefits than drinking six or more glasses of water a day would.
Though there are some who sincerely lack certain vitamins and minerals that can’t be achieved through diet alone, most of the good things our bodies need come from food — not store-bought supplements. Research shows that certain supplements haven’t been tested to meet many purity and safety standards, making them unreliable sources of nutrition.

3) Opt for color
When in doubt, throw some color on your plate — natural color, that is. Bright greens from crunchy vegetables or vibrant reds from tangy fruit will not only make your meal Instagram-worthy, they’ll give you a healthy boost.

4) Pack your lunch
Avoiding typical restaurant or fast-food grease may seem obvious, but according to Harvard Health Publishing, even more important than that is the ability to control portion sizes when you pack your own lunch. Try something fun like a DIY Bento box!

5) Shop the perimeter
Shopping a supermarket's outside aisles ensures that you’re getting healthy alternatives to processed foods like produce, meat, and dairy. When you move inward, most, if not all, of the products contain unnecessary additives and sugar.
INDIVIDUALS
Joseph Comeau III
Andrea Kokolis
Ray S. Widrew

CORPORATE/FOUNDATION/ORGANIZATION SUPPORT
Club National, Inc.
Dorothy Gould Cook Memorial Fund
Fidelity Charitable
First Congregational Church of Milford
New Hampshire Charitable Foundation
Schwab Charitable Fund

January 2022 $500+ Donors
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! February donors will appear in next month’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.

Thank You, United Way of Greater Nashua!

We are so grateful to United Way of Greater Nashua for an amazing donation to our folks. Through its project "Shoe Boxes of Love," their staff and volunteers put together 150 drawstring bags filled to the brim with goodies for our participants. Inside were throw blankets, playing cards, puzzle books, and snacks, among many other things. The bags were then delivered by our drivers. Here is a sentiment from one of our grateful recipients:

"I couldn't believe how much was in the bag (No, I couldn't fit it all back in, again). From edible things (the Hostess snack disappeared for lunch dessert), cup of soup, oatmeal, drinks, etc., to useful items like a throw, comb, toothbrush, and so on. What a great surprise!!! I have to admit one of the things I was happiest to see was the large print crossword book...once again, thanks for helping make my day brighter."

VOLUNTEER FOR MEALS ON WHEELS!
It's always the right season to give back to your community and get something priceless back in return!

We need volunteer drivers now more than ever, especially in the Nashua and Manchester areas.

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

If you are interested in becoming a volunteer driver, please email Jillian, Director of Enrollment 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:
May the Luck of the Irish be with you!