AWARDS AND HONORS

Non-Profit of the Year!

Meals on Wheels of Hillsborough County was named Non-Profit of the Year by the Greater Merrimack Souhegan Valley Chamber of Commerce at the Annual Awards Banquet in August!

Our gratitude to GMSVCC for nominating us and to all those who voted for us—we are extremely honored!

International Day of Charity Volunteer Award Winner!

We are so excited to announce that Arlene Hutchinson, who is a volunteer Meals on Wheels Driver in the Goffstown area, has received the International Day of Charity Award through the Jeanne D’Arc Credit Union. Pictured here from left to right are Alison Hughes, Assistant Vice President and Engagement Officer from Jeanne D’Arc, Jon Eriquezzo, HCMOW President, and Arlene Hutchinson, Award Winner.

As part of the award, both Arlene and our agency received a gift of $250 from Jeanne D’Arc. Arlene is truly deserving of this honor as a tireless volunteer who is always willing to go above and beyond to meet the needs of our participants. Our thanks to Arlene and all the volunteers who make our programs happen!

EVENTS YOU CAN'T MISS!

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

**Sat., September 25th, 11:30 AM - 9:00 PM, Sherman’s Pit Stop Wilton, 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 **Sherman’s Pit Stop** for hosting it, and to all of the great bands and musicians who are willing to play and donate their tip proceeds. Visit: [https://www.hcmow.org/jam-fest](https://www.hcmow.org/jam-fest) for more info and a concert schedule.
Join us for:

CRAZE!

Saturday, October 30th, 5:00-7:00 PM
Trombly Gardens
150 N. River Road, Milford, NH
Tickets: $20, Ages 4-12: $15
Proceeds to benefit:
Meals on Wheels of Hillsborough County
(*Rain date, Sunday, Oct 31st)

Includes:
- Unlimited trips thru corn maze
- 2 hot dogs
- S’mores fixin’s
- Bottled water
- Music by Stone Hill Station...and more!

• Add a cool $10 “Craze” T-shirt! (must order by Oct. 1st)
• Prizes for best costume and best in Pumpkin Corn Hole

https://www.hcmow.org/craze  603-424-9967

CRAZE!

Saturday, October 30th, 5:00-7:00 PM
Trombly Gardens Milford, NH:

Join HCMOW for a fun-filled event with a corn maze, costume contest, hot dog/s’mores roast, pumpkin corn hole and music by Stone Hill Station. Tickets: $20 per person. Kids 4-12: $15. Cool CRAZE t-shirts available for $10 (pictured here). Visit https://www.hcmow.org/craze
Walgreen's Campaign

We have been chosen to participate in the myWalgreens donation program! You can donate your myWalgreens cash rewards to Meals on Wheels of Hillsborough County thru November 30, 2021.

How to participate? If you are not already enrolled in myWalgreens, there are 2 ways to do so—it only takes seconds!

1. Sign up at mywalgreens.com
2. Or on the Walgreens app

Once enrolled, you can donate your accrued WalgreensCash rewards to make an impact on causes you care about, like HCMOW! You’ll earn unlimited 1% Walgreens Cash rewards when you shop and you can choose how much to donate. Whether you’d like to contribute $1, $5, or more of your Walgreens Cash rewards you’ll be making a big difference. It really adds up!

To learn more about the myWalgreens program visit: walgreens.com/mywalgreens.

Community Dining Reopens!

We are excited to announce the reopening of some of our Community Dining sites which have been closed due to COVID. Currently, our centers in Nashua, Goffstown, Manchester and Greenville are serving
5 days a week. Community Dining in Merrimack has resumed on Mondays and Thursdays. Please check our [website](#) and social media for updates on our other sites.

Below are the centers that are offering Community Dining:

**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.

Save the Date!

The Ducks Are Coming to Nashua!

[Nashua Rotary West](#) is having the first annual Nashua Duck Derby on October 16th, 2021. 1,000's of little yellow "ducklings" will be released into the Nashua River from Front Street and the first ducks to cross the finish line 500' away near the Main Street bridge will win prizes! All funds they raise from their fundraising activities directly support over 40 local non-profit service organizations (including HCMOW), over 10 Post-High School educational scholarships, various regional projects, and international efforts for Pure Water and Polio Plus. Please visit the duck derby [website](#) or [Facebook page](#) for more information.

October 2021 - Buy Bags for our Cause!

For the month of October 2021, Meals on Wheels of Hillsborough County will receive a donation from each purchase of the reusable Fight Hunger Bag at the [Hannaford](#) store located at 4 Jenkins Road, Bedford NH.

When you purchase a reusable Fight Hunger Bag at the Bedford Hannaford, $1.00 of the $2.50 bag will go to HCMOW. Shoppers can also support us by purchasing a Fight Hunger Bag online via Hannaford-To-Go.
EVENT WRAP-UPS!

THANK YOU!

Our thanks to Target Circle Community Giving Program and The GoodCoin Foundation for donating over $3,000 through the Target Circle Giving Plan. Maybe even more impressive, HCMOW obtained almost 34,000 votes which ultimately enabled us to secure these funds!

IN THE NEWS!

Participant Roundtables

As part of our effort to increase stakeholder engagement, we have been pleased to offer a series of roundtable discussions at various community dining sites. Two were held in August.

The first took place at the Nashua Senior Activity Center (SAC), where participants shared a broad range of opinions on the service, food quality and other possible modifications. “The food and service is excellent, and staff and volunteers really take care of us…it is great to see my friends again,” said Rachel, a roundtable member. Grace says she also enjoyed food choices from Soel Sistas, a catering partner of Meals on Wheels which came on board during pandemic. “I’ve met the most wonderful people here,” said Ramon. “Many days, I can’t wait to come to the center to see my friends. This is such a happy place! I’m so lucky to be here!”

The second session was held at the Meeting House in Goffstown. At 76 years of age, Walter has been part of the program for about six years. “I love the camaraderie here. It’s fun to catch up with friends and Dana (site coordinator) is always making us laugh.”

Roxanne, who has been a client for about 7 years, drives to the Center from her home. Now 78, she says it’s harder to cook for herself and looks forward to the food. “I really like the lasagna.”

Janet, 82, called the food choices “excellent”
“This is the only time I have people to talk to,” said Norma, 93. “It’s wonderful to be able to come down for a meal again.

“The value we get is excellent,” said Irma who is 82. “I eat pretty much everything served. You really can’t go wrong.” She also highly recommends the service to her friends and family members.

All are welcome to participate at the next roundtable: September 13th, 12:00 pm-1:00 pm: John O’ Leary Community Center, 4 Church St, Merrimack

Welcome to our New Board Members!

We would like to welcome two new members to our Board of Directors, Jordan Guagliumi and Andrea O’Brien. Both bring a great deal of experience and enthusiasm to our board! We are very fortunate to have them!

Jordan Guagliumi

Jordan has spent over 25 years in marketing, with a successful career in both radio and digital advertising for companies like Interrep, Saga Communications and ReachLocal. He is currently an independent marketing consultant and has access to cutting-edge digital solutions. As one of the newest members of the HCMOW board, he has already assisted us with marketing for our rebrand!

On why he chose to become a board member: “I chose to join this board because I saw an opportunity to get involved right in my local community – with an operation that touches the lives of tons of people in the county on a daily basis. I know that I can bring marketing and
public relations skills and experience to the organization, allowing us to reach more clients, sponsors and volunteers!

Andrea O’Brien

Andrea has been with the NH Small Business Development Center since 1998 as a Merrimack Valley Region business advisor and director of the statewide Business Sustainability Program. Andrea works with Manchester area clients on management assistance. She also helps NH SBDC clients across the state form stronger companies by identifying the company’s risk of environmental and business resiliency, promoting sustainability protocols and practices, and refining their management practices to achieve practical and sustainable business operations.

On why she chose to become a board member: "MOW has been so important to our family. We depended on them to provide, not only a wonderful meal to my mom daily, but also a friendly face. The driver who delivered her food took an active interest in how she was doing. She considered him a friend. It was so much more than a meal and for that our family is so grateful. So how best to say thank you than by giving support and time to the organization that made such a huge impact. I am very lucky to be able to serve on their board now."

Volunteers from the Amherst Lions’ Club made over 160 beautiful pillowcases for participants in the Milford/Amherst area. Upon completion, the pillowcases were washed, pressed, individually packaged and labeled. Joan Ferguson of the Lion’s Club delivered them and described the effort as a labor of love. Comprised of a colorful variety of fabrics and patterns, these gifts will be treasured by our folks for years to come! Our deepest gratitude to the amazing group from the Amherst Lions’ Club that devoted so much time and energy to give our participants these heartfelt gifts.

DID YOU KNOW?

September is National Falls Prevention Month
A simple thing can change your life—like tripping on a rug or slipping on a wet floor. If you fall, you could break a bone, like thousands of older men and women do each year. For older people, a break can be the start of more serious problems, such as a trip to the hospital, injury, or even disability.

If you or an older person you know has fallen, you're not alone. More than one in three people age 65 years or older falls each year. The risk of falling—and fall-related problems—rises with age.

5 Ways to Prevent Falls:

Stay physically active. Plan an exercise program that is right for you. Regular exercise improves muscles and makes you stronger. It also helps keep your joints, tendons, and ligaments flexible. Mild weight-bearing activities, such as walking or climbing stairs, may slow bone loss from osteoporosis.

Have your eyes and hearing tested. Even small changes in sight and hearing may cause you to fall. When you get new eyeglasses or contact lenses, take time to get used to them. Always wear your glasses or contacts when you need them. If you have a hearing aid, be sure it fits well and wear it.

Always tell your doctor if you have fallen since your last checkup, even if you aren't hurt when you fall. A fall can alert your doctor to a new medical problem or problems with your medications or eyesight that can be corrected. Your doctor may suggest physical therapy, a walking aid, or other steps to help prevent future falls.

Wear non-slip, rubber-soled, low-heeled shoes, or lace-up shoes with non-skid soles that fully support your feet. It is important that the soles are not too thin or too thick. Don't walk on stairs or floors in socks or in shoes and slippers with smooth soles.

Stand up slowly. Getting up too quickly can cause your blood pressure to drop. That can make you feel wobbly. Get your blood pressure checked when lying and standing.

What to do if you fall:
Take several deep breaths to try to relax. Remain still on the floor or ground for a few moments. This will help you get over the shock of falling.

Decide if you are hurt before getting up. Getting up too quickly or in the wrong way could make an injury worse.

If you think you can get up safely without help, roll over onto your side. Rest again while your body and blood pressure adjust. Slowly get up on your hands and knees, and crawl to a sturdy chair.

Put your hands on the chair seat and slide one foot forward so that it is flat on the floor. Keep the other leg bent so the knee is on the floor. From this kneeling position, slowly rise and turn your body to sit in the chair.

If you are hurt or cannot get up on your own, ask someone for help or call 911. If you are alone, try to get into a comfortable position and wait for help to arrive.

Carrying a mobile or portable phone with you as you move about your house could make it easier to call someone if you need assistance. An emergency response system, which lets you push a button on a special necklace or bracelet to call for help, is another option.

Sources:
September is National Fall Prevention Month (compassandclock.com)
2.4 million+ Stunning Free Images to Use Anywhere - Pixabay
August $500+ Donors

CORPORATE/FOUNDATION/ORGANIZATION SUPPORT
- Granite United Way
- Valley of the Sun United Way
- Network For Good
- Hannaford- Bags 4 My Cause
- Nashua Lodge of Elks
- Benevity Community Impact Fund
- FrontStream

Our heartfelt thanks to all of our donors, including those who chose 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 have made a donation and do not see your name on this list, or your name is misspelled, please contact Joan at jbarretto@sjcsinc.org.

VOLUNTEERS GREATLY NEEDED!

Raise your hand if you are looking for an experience that will change your life!

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, Assistant Director of Client and Volunteer Services 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 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

Cozy up for Autumn!