A VISIT FROM SENATOR SHAHEEN!

Meals on Wheels hosts US Senator Jeanne Shaheen at the Village Eatery

Good food and a healthy discussion were on the menu at the Village Eatery in Merrimack as Meals on Wheels of Hillsborough County (HCMOW) welcomed U.S. Senator Jeanne Shaheen, who had heard about the voucher program and wanted to see it firsthand. Senator Shaheen (middle) met with HCMOW President, Jon Eriquezzo (right), and Vicki Lee of the Village Eatery (left) to discuss the agency’s innovative restaurant voucher program and its partnership with Village Eatery. Senator Shaheen also spoke to many seniors in attendance to gauge response to the program.

“We’re continually seeking to serve older adults and create as many points of entry as possible,” Jon said. “We first initiated the voucher program for those who don’t have family nearby and want to have a meal out.”
program last year to offer seniors healthy meal options and as a way to support restaurants which had taken a hit during the pandemic.” The program enables older adults to dine at area restaurants with a donation-based voucher and enjoy healthy meals that meet MOW guidelines.

“Vicki and the Village Eatery have been a wonderful partner and we’re thrilled to have them as part of this program,” Jon said. “We greatly appreciate Senator Shaheen’s support of Meals on Wheels and seniors. And we thank her for taking the time to join us.”

EVENTS YOU CAN'T MISS!

Join us for an End of Summer Picnic!

If you are 60 or older and want to celebrate summer one last time before it fades into fall, then please join us at Oak Park, 971 Forest Rd, Greenfield, NH.

**Date:** Wednesday, September 14th  
**Time:** 12:00 PM  
**Suggested Donation:** $3.00  
**RSVP:** by Sept 6th to Carol at cmckillip@hcmow.org 603-424-9967 ext 404
Jam Fest!

We had a jammin’ good time at Jam Fest 2022 in August! The day was filled with great music, delicious food, and high spirits as Musicians for Meals on Wheels gathered to donate their time, their tip proceeds and their many talents to raise over $1,956 for our agency. Spearheaded by Stone Hill Station, but supported by all the musicians/ bands that played (eight in all), it was a fun-filled, successful day and we could not be more grateful to all who participated. Please check out these amazing performers when they are playing in the area! Joey Clark, Taylor Hughes, Vista (a late substitute for the band Loser), Category 4, The Blue Monkey Band, Diamond Edge, Grayleaf, and Stone Hill Station. Lastly, we want to give a big shout out to Kim and the terrific staff at Riley’s Place. The food was wonderful and the friendly staff went over and above to make this day great!
We are also grateful to the various restaurants and businesses which donated to the raffles: Brennan and Mackay Appliance, Indie Music, Jade Dragon Milford, Nelson’s Candy and Music, Pastamore, Riley’s Place, Sal’s Pizza, Sammich NH, Sherman’s Pit Stop, Hump Day Poker Posse, Sundae Drive, and Trombly Gardens. And a very special thank you to the Kuchinos Family for donating the much sought-after Orangewood guitar!

And additional 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!
A Place to Belong

On a 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.”

President Jon Eriquezzo presents to the NH Alliance for Healthy Aging

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.

Restaurant Voucher Program

Our Restaurant Voucher Program (RVP) is in full swing again! If you are 60 or older and enjoy a fresh healthy restaurant meal, while dining with others, this is the program for you! RVP is a donation-based meal program with a suggested donation of $4.00 per voucher. The voucher will
be good for a meal from a specially curated menu at The Village Eatery Merrimack, NH. 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 and there are numerous delicious options at the Village Eatery! For more information, and to register, or request additional vouchers, please visit: https://www.hcmow.org/voucher-program.

Celebrating our Volunteers!

In an effort to pay forward the generosity of some of our donors, who contributed towards gas card raffles for our volunteers, our agency is adding to the raffles in the upcoming months, so that 2 volunteer drivers and 1 non-driver volunteer will be randomly selected each week. We are very grateful for all they do for us! Shout out to Advantage Insurance, which sponsored the gas cards for August! The winners so far are as follows:
Congratulations volunteers, and thank you!

**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
- **Hudson Senior Center**: 19 Kimball Hill Rd, Hudson: 12:00 p.m. Mondays and Wednesdays
- **Milford Brunch Bingo**: Offered by the [Milford Recreation Department](https://milfordrecreation.org) 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).

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

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**PARTICIPANT STORIES AND QUOTES**

**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

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**Feeding the Soul**

Earlier this year, we had the opportunity to meet a charming couple, Joan and Blair, who have been receiving home-delivered meals for about 4 years. "It definitely helps to get the meals," Blair said. "The food is always good, and the company (of the delivery drivers) is excellent."

Married for 65 years, they have 6 children, 18 grandchildren, and 18 great-grandchildren. Their house is adorned with photos of their family and cards from the grandchildren. While one of their daughters lives nearby, Blair and Joan say it is reassuring to have the Meals on Wheels service. "The service is very dependable," Blair notes. "And if there’s a storm coming, they make sure we have extra meals."

Blair is a retired Electrical Engineer and makes stained glass windows and other art. “It’s a lot of fun,” he says. “And it gives me something to do with my hands.” Among his handiwork is a stunning stained glass lamp, which graces their parlor.

“We’re very grateful for Meals on Wheels,” said Blair. “We can always count on them.”

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**DID YOU KNOW?**
Hold the Pumpkin Spice! Summer Is Not Over Yet!

We still have three weeks until fall descends. There are beach days yet to be had! Grab your flip flops, your grilling tools and your ice cream scoop and celebrate the final month of summer in the following fun ways!

"Best Ever Blueberry Cobbler" Recipe

**Ingredients**
- 3 cups fresh blueberries
- ⅓ cup orange juice
- 3 tablespoons white sugar
- ⅔ cup all-purpose flour
- ¼ teaspoon baking powder
- 1 pinch salt
- ½ cup butter, softened
- ½ cup white sugar
- 1 egg
- ½ teaspoon vanilla extract

**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
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.

2. **Season the grill before cooking.** 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 flavor to the meat.

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### 5 Irresistible Facts about Ice Cream

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!
## August 2022 $500+ Donors

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<td>Samantha Baldini</td>
<td>The Barker Foundation</td>
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<td>Roger Dionne</td>
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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.

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## WE NEED YOUR HELP!

### VOLUNTEERS NEEDED!

We stand together because Meals on Wheels is a movement for all. Everyone has a friend, a family member or a neighbor who’s been touched by what we do.

**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 and Nashua areas. 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 way. 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!

**AMAZON SMILE PROGRAM**

Shop online and make a difference! Register through [Amazon Smile](https://www.amazon.com/gp/help/customer/display.html?nodePath=2834597011) 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/](https://www.facebook.com/mealsonwheelsnh/)
- **Twitter**: [https://twitter.com/MoWSJCS](https://twitter.com/MoWSJCS)
- **LinkedIn**: [https://www.linkedin.com/in/meals-on-wheels-of-hillsborough-county-b3ab9b9a](https://www.linkedin.com/in/meals-on-wheels-of-hillsborough-county-b3ab9b9a)
- **Instagram**: [https://www.instagram.com/hcmealsonwheels/](https://www.instagram.com/hcmealsonwheels/)

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**Farewell Summer - Hello Fall!**