

The need is now—and so is our response.

For more than 50 years, LISTEN has been on the front lines, providing vital support to Upper Valley neighbors. Today, more neighbors than ever are turning to us for help with life's most basic needs. Your gift today means immediate relief when it matters most. 100% of your generosity stays here in our community, giving your neighbors the chance to achieve stability.



Donate Today!



Who Funds LISTEN'S Programs?

YOU DO!

Our COMMUNITY funds 100% of LISTEN's work.

35% Thrift Store revenue
65% Individuals like you, foundations, civic and faith groups, local businesses



Support a senior with food

Your gift of **\$50** provides fresh groceries from LISTEN's Pantry to an older neighbor facing hunger.



Bring healthy meals to our tables

\$150 supplies a full salad bar for 100 nightly guests at the Community Dining Hall.



Help a child discover and grow

\$325 sends a local child to summer camp with scholarship support.



Keep two families warm this winter

\$1,000 covers winter heating assistance so your neighbors can stay safe.



Stop eviction in its tracks

\$2,500 ensures five families can remain in their homes during a financial crisis.

From the Executive Director

Together, we meet the moment

Dear Friends,

Over the past year, LISTEN supported 8,377 neighbors in New Hampshire and Vermont—an increase of more than 900 from the year before, and more than double the number we reached just five years ago. With basic costs soaring and public assistance declining, people are turning to LISTEN for help in record numbers.

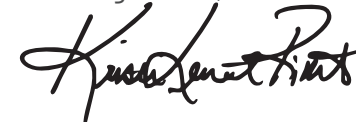
As winter approaches, the stakes are higher. For people living paycheck to paycheck, the change in seasons brings the impossible choice of heating their home, paying for rent, or putting food on the table. No one should have to make that decision.

At LISTEN, we respond with care, resourcefulness, and a deep belief in what's possible when our community comes together. Your generosity turns that care into action—mobilizing food, heating assistance, housing support, and other vital resources to help neighbors rebuild and thrive.

This season of giving, will you meet the moment with us? 100% of your gift stays here in the Upper Valley, ensuring help arrives when and where it's needed most.

Thank you for standing with your neighbors and with LISTEN. Together, we can make sure no one faces these challenges alone.

With gratitude,



Kristi Lenart-Rikert
Executive Director



Thank you so much for getting my heat turned back on. I was out of work for a bit with bills piling up. You saved me and my kids, and we will pass your kindness forward. - Emily



Your Donation Matters...

Last year, YOU helped LISTEN provide:

38,113

Home-cooked meals for the community



Community Dinners

1,507

Individuals with heat and electricity to stay warm during the winter



Heating Helpers

759

People the safety and security of housing



Housing Helpers

168

Children with the opportunity to attend summer camp



Summer Camps

429,369

Pounds of produce and goods at our Pantry



Food Pantry

\$215,181

In Thrift Store gift cards for essential clothing and home goods



Thrift Stores

3,110

Households with service coordination for basic needs



Service Coordination

To donate, mail in your gift with the enclosed envelope or make your gift online at www.listencs.org/help



Food Assistance

"The fridge was empty."

Charles left his job this year to care full-time for his wife, who is living with dementia. Living on a fixed income, they now rely on LISTEN's Community Dining Hall for a few meals each week. "Bills are tight. This helps makes it possible to meet our health care costs."

Hunger is closer than we think:
1 in 8 Upper Valley neighbors faces hunger each day.

LISTEN responds with two open doors: our Community Dining Hall in White River Junction, serving free lunches and dinners on weekdays, and our Food Pantry in Lebanon, where anyone in the region can pick up groceries once a week.

In 2026, more than **5,000 local families** will rely on LISTEN's Food Pantry, and **1,000 meals will be served each week** in our Dining Hall, with the need increasing as local food programs are cut.



Heating Assistance

"Our electricity was shut off."

When Evelyn reached out, the nights were already dipping below freezing. With a grant from LISTEN, her family no longer worries about their pipes bursting. "We don't have to be scared now. Thank you to everyone who made this happen."

20% of people in Vermont and New Hampshire report falling behind on at least one energy bill in the last 12 months.

For neighbors facing rising energy costs—especially seniors and families with children—losing heat or air conditioning can be life-threatening. LISTEN's utility assistance is a vital safety net, keeping them safe.

In 2026, state and federal heating aid is expected to shrink, even as **local demand rises beyond the \$212,000 LISTEN provided** in grants last year. Your donation today will help to meet this challenge.



Housing Assistance

"We'll be homeless soon."

When a rent increase forced single mom Jordan and her children to leave their home, they feared ending up in their car. With help from our Service Coordinator, they found a safe, affordable place to live. "We are so grateful."

There is a shortage of 36,000 affordable and available rental homes for extremely low-income renters in VT and NH.

LISTEN helps neighbors avoid eviction and homelessness. Our staff provides one-on-one support, guiding individuals and families through challenges and connecting them with resources to secure housing.




In 2026, the Upper Valley's tight housing market will continue to leave many **neighbors without affordable options**. LISTEN expects to provide more than **\$220,000 in housing assistance** to help families facing financial hardship.

The Upper Valley Needs You

Together, We Can Do More!

These are uncertain times—filled with questions, worries, and what-ifs. That's where our volunteers come in. They are a lifeline, offering care and connection when it's needed most.

Whether you have an hour or a day to spare, your time makes all the difference. Here's where you can help:

-  **Food Pantry:** Stock shelves, assist visitors, and unload deliveries
-  **Community Dinners:** Prepare meals, serve at mealtimes, and help clean up
-  **Thrift Stores:** Sort clothes, housewares, and more

Sign up today at listen.volunteerhub.com. Everyone is welcome — come on your own or bring family, friends, or colleagues!

Thank you to our amazing volunteers in 2025!

1,061 people donated **26,237 hours of service** across our Thrift Stores, Food Pantry, Dining Hall and more.

Kristi Lenart-Rikert,
Executive Director, Sharon, VT

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