A message from our President

Hello everyone and welcome to September!

While the days and weeks tend to blend together as we collectively navigate the ever-evolving world of COVID-19, what remains constant (and growing) is the need to protect vulnerable adults across Hillsborough County. Our staff, volunteers, board, donors and community partners continue to come together to serve those in need, helping them age safely in place and we truly cannot thank you enough for all you do.

In these pages, we'll update you on our work, highlight our amazing donors, share some exciting news about our leadership team and provide some highlights of a wonderful drive through celebration for our retired President Meghan Brady.

Meghan was among the many reasons I was so happy to join SJCS in 2019 and I have greatly enjoyed and appreciated working alongside her this past year. Her leadership and energy were critical to our response to the pandemic as she helped guide our agency through some uncertain times. Please join me in thanking her for her leadership and dedication to our clients, and wishing her health and happiness in her next chapter.

In closing, I would like to thank the board for their confidence in me. Having viewed the agency from the outside for many years, I was always impressed by its work and mission. Now having had the privilege of being part of the work and seeing our impact up close, I am truly humbled by this amazing opportunity and very much looking forward to what lies ahead!

Sincerely,

Jon Eriquezzo

A Fond Farewell

On July 31, staff, friends, family, board members, volunteers and community leaders participated in a fun drive-through celebration for Meghan to wish her well and honor her life’s work.
Our endless gratitude to Meghan for her 25 years of dedication to the older adult and disabled community and for all those who took part in her celebration!

Welcome Kristin!

SJCS/Meals on Wheels is excited to welcome Kristin Kostecki as our next Vice President.

With more than 20 years of experience in the field of human services, she joins us from Curriculum Associates where she served as an Account Specialist. Prior to that, Kristin was the Director of Student and Adult Services at the Crotched Mountain Foundation.

"We're thrilled to welcome Kristin to our team," said Jon Eriquezzo, President of SJCS. "She was at the top of a very deep pool of candidates and we're looking forward to her expertise and leadership at our organization."

Kristin will be joining the team on September 14th.

Congratulations to our 2020-21 Board Officers!

We are pleased to announce our 2020-21 Board Leadership and look forward to working with them in the year to come!

- Jim Scammon, Chairman
- Dan Abbis, D.O., Vice Chairman
- Peter Albert, Treasurer
- Carolyn Oguda, Secretary

We also extend our heartfelt thanks to our previous Chairman, James P. Harris, Esq., who will remain on the board, and departing board member
Matt Mercier, who chaired the Board Development Committee. Both have provided strong leadership to SJCS and we are very grateful for their support and guidance.

Legends of the Fall
September is National Falls Awareness Month

Falls have become epidemic in America and are now the leading cause of death due to injury for those over 65, and account for 40% of all nursing home admissions. Falls are also the leading cause of injury related emergency department visits for older adults, the major cause of hip fractures, and responsible for more than half of fatal head injuries. Nearly half of all seniors sustaining a fall DO NOT resume independent living. https://agesafeamerica.com.

However, the good news is falling is NOT a normal part of aging. There are steps you can take to reduce your risk. And here in NH, we are fortunate to have the NH Falls Reduction Task Force on our side, which provides information and resources, as well as a location map for evidence-based falls' reduction classes such as Matter of Balance and Tai Ji Quan. For more information, please visit their website at: http://www.nhfalls.org/wordpress/.

EVENTS YOU CAN'T MISS!

August through mid- September: NH Tackles Hunger - WMUR TVs' annual “NH Tackles Hunger” food drive kicked off in August and SJCS is pleased to have been chosen as a partner of Merrimack High School. For the last seven years, 58 high schools in NH with varsity football teams have participated and collected 455,000 lbs. of food which equals 380,000 meals.

Due to COVID-19, the community is urged to make monetary donations this season. These funds will be used to purchase shelf stable food for our food pantry and then distributed to our participants. To learn more, please visit: https://www.nhfoodbank.org/nh-tackles-hunger/

October through week of Dec 7th (Exact date TBD) Holiday Gift Program - Each year, the SJCS staff, with tremendous help and support from our community, collects needed items and puts together gift bags for all of our Meals on Wheels participants. The outreach begins in late October and culminates in a bag packing event in December with delivery to our folks soon after. This year, both our item list and packing day will look very different due to COVID-19 and we are currently working out the details.

November 11th, Veterans Day Recognition - Each year, right around Veterans Day, with the help of the Nashua Breakfast Exchange Club, local students, and youth groups, SJCS delivers flags and homemade cards to our
December 1st: Giving Tuesday - This is a well-known nationwide online fundraiser, traditionally held on the Tuesday after Thanksgiving, to help kick off the giving season. SJCS is excited to be onboard again this year!

Smokin' Wheels 2020, Canceled

Due to COVID-19 related concerns, SJCS has canceled Smokin' Wheels scheduled for October 11th.

"After careful consideration and substantial discussion among our leadership team, we have made the difficult decision to cancel this year's event," said Joan Barretto, Director of Development & Events.

"It was not an easy call to make but with due regard to COVID-19 guidelines, our concern for holding a safe public event, and the limitations placed on attendance numbers, it would have been extremely challenging to host a safe, successful, well-attended event. We truly appreciate everyone's interest, and are especially grateful for the support of our sponsors."

DONOR CENTRAL

GIVE 65

SJCS was excited to be part of the nationwide GIVE65 online fundraiser this summer. A project of the Home Instead Foundation, the event sought to raise funds and awareness of the role non-profits play in keeping seniors healthy and safe.

Fifteen local donors stepped up for our cause and contributed a total of approximately $2,000 to SJCS. Thank you for your continued generosity and support! And our gratitude to Home Instead Senior Care Foundation for hosting the fundraiser!

Coming through in the Clutch!

A term often used in sports, this time it refers to our wonderful community which time and time again has stepped up in support of SJCS, especially to help us in our mission to continue safe delivery during COVID-19.

Summer in-kind benefactors include:
ECCO USA: Donated gift cards for our Manchester drivers to get new footwear.
United Way of Greater Nashua: Provided much needed donations of PPE
Bonrisu: Donated high quality fabric masks for our staff and volunteers.

Thanks to all of you, our community is better and stronger!

Your Donor Dollars at Work!

<table>
<thead>
<tr>
<th>Number of Meals</th>
<th>Community</th>
<th>June — 162</th>
<th>July — 148</th>
<th>Total: 310</th>
</tr>
</thead>
<tbody>
<tr>
<td>Home Delivered</td>
<td></td>
<td>June — 33,716</td>
<td>July — 34,144</td>
<td>Total: 67,860</td>
</tr>
</tbody>
</table>

Number of Client Intakes: 157
Number of New Volunteers: 9 (Includes 8 new volunteer drivers)

*Please note that statistics shown may not be for the current month, depending on when data is gathered.

JULY 2020 DONORS

CORPORATE/FOUNDATION/ORGANIZATION SUPPORT

Amphenol
Bright Funds
First Congregational Church
Merrimack Senior Citizens Club
Paul's Executive Car Care
Town of Brookline
Town of Lyndeborough
Town of Sharon

INDIVIDUALS

Robert Allen and Anne Griffin
Leanne Appleton
Joan Barretto
Ben and Jeanne Bausha
Jeanette Begin
Carol Beland
Roberta Berner
Vicki Bissonnette
Meghan Brady and Paul Bergeron
Ryan W. Brown
Deborah Calvetti

Darrell J. Halen
Shon Haley
James P. Harris & Chantal Lambert-Harris
Ronald Jost
Steve and Doris Labbe
James and Marguerite Laliberte
Jennifer Lawson
Kristin Lewotsky
Sandy Segal Lish
David Mack
Mark Maloney
Diane McClung
Gerald McHugh Jr.
Sherry Nassauer
Mike and Carole Neacy
Renee Nicholls
Nanine O'Rourke
Paul O'Rourke
Jill Pickett
Claudette Pinard
Donna Pinto
### JULY $500+ DONORS

**CORPORATE/FOUNDATION/ORGANIZATION SUPPORT**

- Harvard Pilgrim HealthCare Found.
- Melanson
- Service Credit Union
- Subaru Share the Love
- Town of Antrim
- Town of Bennington
- Town of Greenville

**INDIVIDUALS**

- Joshua C. Hipps
- Gary & Maureen Wasserman

### AUGUST DONORS

**CORPORATE/FOUNDATION/ORGANIZATION SUPPORT**

- Bright Funds
- Frontstream
- Intel Foundation
- Microsoft
- Network For Good
- Town of Francestown
- Town of Hancock

**INDIVIDUALS**

- Leanne Appleton
- Joan Barreto
- Meghan Brady and Paul Bergeron
- Ryan W. Brown
- Daniel and Helen Daigle
- Frank Davis
- David and Joanne Emus
- Jonathan Eriquezzo
- Roger and Deanne Fournier
- Ami and Justin Grenier
- Andrea Guidoboni
- Ronald Jost
- James and Marguerite Laliberte
- Jennifer Lawson
- Kristin Lewotsky
- Christopher Little
- David Mack
- Mark Maloney
- Claudie Payer
- Gerald McHugh Jr.
- Sherry Nassauer
- Mike Neacy
- Paul O'Rourke
- Nanine O'Rourke
- Claudie Payer
- Jill Pickett
- Alan Retter
- Warren and Judith Sebor
### AUGUST $500+ DONORS

#### CORPORATE/FOUNDATION/ORGANIZATION SUPPORT

- Meals On Wheels America
- NFL on behalf of NE Patriots
- Performance Plastics Corp.
- Saint-Gobain
- Town of Amherst
- Town of Hudson
- Town of Peterborough
- Town of Temple

#### INDIVIDUALS

Andrew and Deborah Westwood

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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!

Please Note: Our donor lists may run 1-2 months behind depending on a variety of factors. Thank you for understanding.

**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.**

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### Volunteer Opportunities!

**Driven to Help!**

*Volunteer Drivers Needed in Manchester, Nashua, and Milford.*

SJCS is seeking volunteer drivers to join our cause and deliver meals to older, homebound and disabled adults. Along with the nutritious meal, you will also be providing a friendly visit, wellness check, and valuable social connections for those in need.

Meals are delivered between 10:30 AM and 12:30 PM (approximately) weekdays. Typical arrival time at site location is 10:30 AM. Average routes take approximately 1 ½ hours to complete.

Interested in making a difference and can make at least a 6 month commitment? Please contact us today to learn more at: volunteer@sjcsinc.org.

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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: www.linkedin.com/in/st-joseph-community-services-b3ab9b9a/