United for a Cause

The O-Team driven to help seniors

Retired police officer Paul O’Rourke knows the streets of Manchester like the “back of his hand” after 40 years on the force of the Manchester Police Department. Paul’s job experiences have given him a unique perspective on the city and the people who live there. These traits serve him well in his post-retirement role—as a driver for Meals on Wheels/St. Joseph Community Services.

Paul was recruited to his job by his wife Nanine, an employee of the agency for several years. “It’s a great chance for us to work together,” Nanine shares. “When we visit a client and spend even a few minutes with them, we know that it can make their day.”

The couple works to put together meals at Manchester’s Carpenter Center in Hillsborough County, the state’s most populous area. “There’s a lot of need in our community,” says Paul. “Sometimes it’s not something the public sees, but it’s there for sure. By delivering the meals and keeping tabs on people, we can help keep them safe.”

According to Nanine, some clients haven’t seen any family due to the pandemic. “Our visits with them, that human contact, means so much. We may be their only outside contact in a given time period.”

Watching Paul and Nanine joke and interact with volunteers and staff, it’s clear to see their dedication to a common cause – to help seniors and homebound adults. “This is a wonderful group of people we get to work with,” said Paul. “It’s gratifying to see what our services mean to seniors.” It always gives Paul and Nanine a great feeling to see the smiling faces of their clients standing in the doorway.

EVENTS YOU CAN’T MISS!

SJCS First Annual Virtual Ugly Sweater Contest!
HURRY, time is running out!

Have a ho-ho-horrible sweater you want the world to see? You know you have one...hiding in the back of your closet, waiting to make its embarrassing once-a-year appearance. This year, give it new purpose! Let its ugliness shine and enter it in the SJCS Meals on Wheels first ever virtual Ugly Holiday Sweater Contest!

Winners will receive gift cards in the following categories and even better... bragging rights!

~ "So Ugly it Works" ($25)
~ "Most Originally Ugly" ($50)
~ "Should Never Ever be Seen in Public" ($75)

Where else can you be the best by being the worst? Winners will be chosen both by number of Facebook likes and the votes of an SJCS panel of ugly sweater-wearers.

Contest runs through Wednesday, December 16th at 4:30 PM. Winners will be announced on Friday, December 18th and will earn a coveted spot on the SJCS Facebook Ugly Sweater Wall of Fame. Check out our website event page for more details!

All proceeds will benefit the St. Joseph Community Services Meals on Wheels Program.
RESCHEDULED: A Festival of Fives!

PLEASE NOTE: This event has been RESCHEDULED to Saturday, January 23rd, 2021, 6:30- 8:30pm.

Although we had to postpone, we are still very excited to host our first live event in a year! Attendees at "A Festival of Fives" will enjoy appetizers, desserts, and wine from local LaBelle Winery in Amherst, NH. Proceeds will benefit SJCS Meals on Wheels.

This will be a socially distanced event: restaurant capacity is 50%; tables are distanced; you will be seated only with your party (table limit of 6); all food and beverages will be served at your own table by restaurant professionals; masks are required when not seated at your table; and hand sanitizer provided at multiple stations. Join us for a fun, safe, and enjoyable holiday evening while raising funds for a phenomenal cause! Seating is limited! Non-alcoholic beverages will be provided under the ticket cost for those who are not doing the wine-tasting. Cost: $75 per ticket.

December 8th: **Holiday Gift Program** - The Holiday Gift Program is underway! The elves at SJCS have been sorting and storing items from community donations to put together gift bags for all of our Meals on Wheels participants--approximately 1300! Santa's workshop will be busy on December 8th for a bag-packing extravaganza, and gifts will be delivered soon after!

Now through January 4th: **Subaru Share the Love**
This year, sharing the love is more important than ever. Over the last 12 years, through the **Subaru Share the Love Event**, Subaru of America Inc. and its participating retailers have donated more than $176 million to charity, with customers choosing between four national and over 1,440 hometown charities. In this, their 13th year, they are on track to bring that total to over $200 million! Purchase or lease a new Subaru
now through January 4, 2021, and they will donate $250 to your choice of national or hometown charities. Meals on Wheels America is one of the choices! And if SJCS participates in the campaign through social media, other media and Subaru-involved events, we will score points to receive some of the funds apportioned to NH. Subaru is a phenomenal giving organization and we are happy to be part of this charitable campaign again in 2020!

**IN THE NEWS!**

Meals on Wheels staff members were busy in front of the microphone this past month with interviews at several media outlets. These included: WSMN radio, Manchester Public Television and WZID radio (pictured here, Jillian Schucart and Jon Eriequezzo on the air with Marga Bessette at WZID). Links to these interviews will be posted to our website in the coming days. Thanks to these stations for supporting our programs!

**Myth Busting: Coronavirus Vaccine**

**FACT:** Covid-19 Vaccine Will Decrease the Risk of Contracting Covid-19. Vaccines will only be authorized if they substantially decrease the risk of contracting the illness.

**FACT:** Covid-19 Vaccination Will Be an Important Tool to Stop the Pandemic. The combination of getting vaccinated and following the CDC’s recommendations will provide the best protection against the virus.

**FACT:** Getting Vaccinated Can Help Prevent Getting Sick With Covid-19. Based on what we know about vaccines for other diseases, experts believe that getting a COVID-19 vaccine may help keep you from getting


**MYTH:** Covid-19 Vaccines Will Cause You to Test Positive on Covid-19 Viral Tests. Vaccines in current U.S. trials will not cause you to test positive on viral tests, but because they develop an immune response, they may cause a positive antibody test.

**MYTH:** Receiving an mRNA Vaccine Will Alter Your DNA. mRNA from a COVID-19 vaccine never enters the area where our DNA is kept, meaning mRNA does not interact or effect our DNA.
The holidays pose many challenges for seniors and homebound adults in our community. Here are some tips to help make the holidays more comfortable for the seniors in your life:

**Dietary Needs**

It can be difficult to limit delicious holiday food during this season. For those with strict diets, try different recipes that deliver flavor without breaking the diet! Try some of these alternative holiday recipes: [Dietary Restrictions | EatingWell](https://www.eatingwell.com/)

**Hydration and Alcohol**

Everyone needs to drink plenty of water, especially seniors! Those who take medications usually need even more water to help their bodies process the drugs without dehydration. Alcohol can interfere with medication, so make sure there are plenty of non-alcoholic drinks around!

**Create a safe space**

Prevent falls by removing tripping hazards and making sure everyone can access the restroom without difficulty.

**Preventing Loneliness**

Spend time during the holidays with seniors in your community. Make gingerbread houses and gifts with seniors living in a home, or simply take time to chat with seniors who are out shopping by themselves. These simple steps can help prevent health issues associated with loneliness and depression.

Source: [Senior Health During the Holidays (azbesthomecare.com)](https://www.azbesthomecare.com/)

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**DONOR CENTRAL**

**Giving Thanks!**

Thank you to students from Bedford High School for donating 290 Thanksgiving Day cards! What an amazing way to bring cheer to older adults this holiday.

Source: [Center for Disease Control (CDC) Facts about COVID-19 Vaccines (cdc.gov)](https://www.cdc.gov/)

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**Keep your Holiday Healthy**
Giving Tuesday!

Giving Tuesday was a great success! Thank you to everyone who donated and helped spread the word. With your help, we reached our goal of $5,000! We are very grateful to all of you for making this happen. It’s because of your generosity that we are able to continue our mission each and every day!

Thank you, Bridges!

SJCS is honored to work with a new community partner, Bridges by Epoch! Pictured here, Wendi Sage-Matsis, Senior Advisor at Bridges, hand delivers a generous donation to SJCS President, Jon Eriquezzo. We are grateful to Bridges for their support and partnership and look forward to working together in the future.

October 2020 Donors

CORPORATE/FOUNDATION/ ORGANIZATION SUPPORT

CAF - Charities Aid Foundation of America
Enterprise Bank
Franklin Savings Bank
Frontstream
Merrimack Lions Club
Microsoft
Nashua Lodge of Elks
PayPal Giving Fund
Town of Greenfield

INDIVIDUALS
Lee Allison
Irene and Wayne Jeness
Richard and Ann Johnston
Keith Jorgensen
Ronald Jost
Kristin M. Kostecki
Kristin M. Kostecki
Phyllis Kupchun
James and Marguerite Laliberte
Rita Lamont
Jennifer Lawson
Jaclyn Leonardi
James and Marguerite Laliberte
Christopher Little
Mr. and Mrs. Bruce Angus
Leanne Appleton
Martha and Michael Ballog
James and Linda Barton
Cathy and Steven Beauregard
Susan & Grant Benson
Eleanor Boucher
Phyllis Bowden
Meghan Brady and Paul Bergeron
Coleen Brady
Frank and Chrystal Brusky
Charles and Tracey Carrier
Jeanne Cere
Jeanette Chasse
Diane and James Colangelo
Robert and Carol Croatti
Daniel and Helen Daigle
Frank Davis
John and Diane Donovan
Christopher and Helen Dugan
David and Joanne Emus
Jonathan Eriquezzo
Barbara and Thomas Feller
Donna and Douglas Fergusson
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Dawn Henry
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David Mack
Paul and Susan Major
Mark Maloney
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Gerald McHugh Jr.
Dr. and Mrs. Moheban
Michael Moriarty
Mike and Carole Neacy
Carol Nichols
Carolyn Oguda
Nanine O'Rourke
Paul O'Rourke
Kenneth and Elizabeth Paige
Jill Pickett
John and Theresa Price
Janice Psilopoulos
Mary Quinn
James and Teresa Reinhardt
Alan and Kristen Retter
David and Patricia Rosenzweig
Barbara Rousseau
James and Susan Hug Sayer
Jan Schmidt
Norman Siros
Lori Smedick
Tori Spangler
Suzan Swales
Norman and Patricia Thibault
Tom and Elise Thornton
Douglas and Adrienne Topliffe
Teresa Wallace and Richard Abbott
John and Betsy Westgate

October $500+ Donors

CORPORATE/FOUNDATION/ORGANIZATION SUPPORT
BAE Systems
Law Logistics
Lois G. Roy Dickerman Fund
Milford Rotary Club
New Hampshire Charitable Foundation

The Barker Foundation
The Panther Group, Inc.
The Pearl Manor Fund
Town of Litchfield

INDIVIDUALS
Geoffrey Ashman
W. Stewart and Cathy
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: This list only includes donations received before November 27th. If you donated anytime after this date, you will be listed on January's newsletter. 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.

Your Donor Dollars at Work

Safety and Concern Calls

The mission of SJCS goes beyond delivering meals, and includes life enrichment and social engagement. Safety and concern calls are made by drivers and/or site coordinators to check in with clients if they have not made contact on a given day, or if there is a specific concern about a client’s wellbeing. The numbers below reflect the number of safety and concern calls made to clients in the months of July-September, 2020:

- **July:** 388
- **August:** 301
- **September:** 336

The health and wellbeing of our clients have always been central to our mission and we have a dedicated staff who take great pride in fulfilling that mission, as the above safety and concern call numbers demonstrate.

VOLUNTEERS GREATLY NEEDED!

When speaking to new clients about the services and programs provided by St. Joseph Community
Services, Joan Kazakis has a true insider’s view of the program.

“Previously, I was a Meals on Wheels client,” she recalls. “I had broken my wrist and needed help with meals. The services they provided were vital to me.”

Joan says it was that experience- her first-hand knowledge of the programs and the wonderful people behind the scenes-that motivated her to reach out to St. Joseph Community Services regarding employment opportunities.

Now more than a year into her part-time role, Joan juggles a range of responsibilities at the Carpenter Center which range from client interviews and intake to administrative functions at the bustling center in Manchester’s center city. “I love all aspects of my job,” she says. “But my favorite part is talking to clients on the phone. When we are able to connect them to our programs and arrange meal delivery, it makes such a difference in their lives. You can tell by talking to them how relieved they are that we can help them.”

When asked what advice she would give others considering working or volunteering at St. Joe’s, Joan has a ready answer. “Do it. You get to work with wonderful people in support of a great cause.”

***SJCS Meals on Wheels- Volunteer Call to Action***

If you’re looking for something to change your life, we have the “job” for you!

Our older, homebound and disabled friends and neighbors throughout Hillsborough County need your help now more than ever. The winter months are always the most challenging for our clients but the continued impact of the COVID-19 pandemic has compounded those challenges, and created the need for many more volunteer drivers, especially in the Nashua and Manchester areas.

You have risen to our challenges before but the need has never been greater. It takes so little time to enrich both their lives and yours. Ask yourselves:

- Do you have a few extra hours each week?
- Would you like to make a positive impact in your local community?
- Can you help SJCS curb the impact of social isolation?

If you answered "yes," please reach out to become a volunteer driver!

SJCS Meals on Wheels provides nutritious meals, wellness checks,
and friendly visits throughout Hillsborough County. Meals on Wheels drivers not only feed some of the most vulnerable people in the county, but they also combat social isolation through their wellness checks and friendly visits. Volunteers report that they get as much as they give from their involvement in our program.

Most volunteers serve on a weekly basis. Deliveries occur Monday through Friday, between 10:00am – 1:30pm, but most routes take less than two hours to deliver.

If you have more hours to give, we do offer paid driver positions in Hillsborough County.

If you are not able to volunteer at this time, we would still appreciate your help spreading the word to your family members, friends, or colleagues if you think they might be interested.

Please email Jillian, Assistant Program Director at volunteer@sjcsinc.org to learn more about how you can help our local homebound friends and neighbors! You may also call (603) 424-9967 or visit our website: www.mealsonwheelsnh.org to learn more.

Thank you for your continued support and consideration in meeting our volunteer needs!

“Meals on Wheels has made a difference in my life from the beginning. The volunteers care about me. I live by myself and know that Fran or Bob will not leave until they know I am O.K. Thanks for all you do.” Paul W.

“I watch the clock for my drivers every day and love talking with them.” Karen S.

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!

CELEBRATE AN OLDER ADULT!

As part of the celebration of her 25 years with SJCS Meals on Wheels, former President Meghan Brady has asked that our friends and stakeholders consider honoring a beloved older adult who has
made a difference in their lives. Read more about the fund at: 
https://www.mealsonwheelsnh.org/celebrate-an-older-adult, where you can make a donation and upload a story of your loved one.

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/

Have a Safe and Happy Holiday Season!