Mary's Poem

The view from my window this morning reveals
That a volunteer's here from our dear Meals on Wheels.

Their visits come often and always bring gladness
Their smiles and good will can take away sadness.

Those dutiful people are truly admired
They brighten the lives of those who're retired.

Along with the fact that they're very reliable
They remind us of truths that are quite undeniable.

No matter the troubles that may come our way.
There are people whose kindness will brighten the day.

Written by Mary, our wonderful Meals on Wheels client.
Thank you for your beautiful words, Mary!

Meals on Wheels Sweethearts

When we meet our true Valentines, it's a love that
can last forever! Betty Lee and Harold Jenkins of
Nashua are 84 and 87 respectively, and together,
they continue to brighten the world with energy
and true joy! Betty Lee and Harold have been
Meals on Wheels clients for about two years and
view the program as critical in helping them stay
independent and safe. Harold adds that Jeane, their Meals on Wheels driver, is “wonderful and takes such good care of us. She’s terrific!”

Festival of Fives Triumph!

Festival of Fives was a big success! It was a fun evening and a good time was had by all. After a brief postponement, SJCS was able to host its first live event in over a year! And the crowd seemed happy to be out celebrating and enjoying each other’s company, with social distancing and safety guidelines in place! Beautiful jazz guitar music was provided by Paul Bourgelais. Our thanks to our wonderful hosts, **Labelle Winery** and our generous sponsors and in-kind donors, listed below.

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**Our Gratitude to our Generous Festival Sponsors:**

*Presenting Sponsors: Enterprise Bank and Kiwanis Club of Hudson*

*Grand Cru Sponsor: Broad Street Planning*

*Vintner Sponsors: Eaton & Berube, Optiline, and REQ*

*Sommelier Sponsors: Anthem, Control Air, and Harvard Pilgrim Health*

*and to our amazing In-Kind Donors:*

*Amherst Country Club ~ Anewu Med Spa ~ Boston Red Sox*

*Chi Aerospace ~ Crotched Mountain Ski Resort*

*Jonny’s Detailing ~ Donnelly Family ~ Kathy Blake Dance Studio*

*Lozier Glass, Artist Brenda Lozier*

*Michael Timothy’s Dining Group ~ Palace Theatre*

*Primordial Boards, Woodworker, Doug Sirois*

*SJCS Board Members ~ Stephanie Goldberg ~ Time to Clay*
EVENTS YOU CAN'T MISS!

March for Meals (month of March)
Community Champions Week: 3/22-3/26

For the last 19 years, the Meals on Wheels network has dedicated the month of March to rallying communities around the Older Americans Act of 1965. While our 2021 March for Meals celebrations might not look like they always have, it's more important than ever to raise awareness for the power and importance of Meals on Wheels amid this unprecedented time in our nation's history.

Our local March for Meals campaign typically centers around Community Champions' week, where we invite local and state leaders, and Meals on Wheels supporters to learn more about our programs and engage with our participants. This year, we will offer limited activities, such as safe distance meal delivery, attendance at our Grab and Go program, and virtual interviews. Lastly, although held in May, our Step-Up 5K is actually part of our March for Meals campaign, just held at a time more conducive to outdoor activities (i.e. May, rather than March!).

Step Up 5K Run-Walk

Saturday, May 29th, 9:00 AM at Mine Falls Park in Nashua.
Although additional activities may be limited for the event, our Run/Walk itself has been confirmed! We are excited about this venue- it has something for everyone-- runners and walkers alike! Beautiful trails are there for all to enjoy. We also plan to add a virtual race depending on COVID conditions. So please consider joining us and run or walk your way to the finish line to help end senior hunger. The race link will be live in the coming weeks and more info will follow!

DID YOU KNOW?

7 Reasons Love is Good for Your Heart

It's a bit of scientific serendipity that the act of loving another — be it your mom, your spouse, your pup,
1. Spent time with a loved one lowers blood pressure. A study in the journal *Psychosomatic Medicine* found that people who spent time with their romantic partners experienced a greater dip in blood pressure than those who hung out with a stranger.

2. Your heart gets a workout when it goes pitter-patter. When you lock eyes with the person who makes your heart race — whether it’s a new crush or the love of your life — your brain releases hormones such as dopamine, adrenaline, and norepinephrine, which make your heart beat faster and stronger.

3. Hugs are good for the heart. When you partake in a warm embrace with someone you love (like a parent, child, or spouse), your body releases oxytocin, the feel-good hormone, which has the power to reduce stress hormones and lower blood pressure, according to research from the University of North Carolina.

4. Laughter makes your blood flow more freely. Recent research from the University Of Maryland School of Medicine presented at the 2011 European Society of Cardiology (ESC) annual conference found a link between mental stress and the narrowing of blood vessels, which can restrict blood flow and lead to atherosclerosis. Laughter, however, had the opposite effect. So gather your best pals together for a good chuckle more often!

5. Love letters can lower cholesterol. In two randomized, controlled trials published in *Human Communication Research*, healthy college students who spent 20 minutes writing about their affection for loved ones (friends, relatives, and/or romantic partners) experienced significant drops in total cholesterol while students in the control group, who wrote about random topics, did not.

6. A positive attitude reduces heart attack risk. Research published in the *European Heart Journal* shows that having a positive outlook on life can protect against cardiovascular disease. Researchers measured each participant’s level of positive affect based on a 12-minute in-person interview and checked health records over the following 10 years to look for incidences of
cardiovascular disease. They found that people who scored even a single point higher for positive affect had a 22 percent lower risk for cardiovascular disease.

7. Holding hands calms nerves. Holding hands with someone you love has a calming effect on the body, according to a study published in *Psychological Science*. The study also found that a stranger’s touch provided comfort, but less so than a spouse.

High stress and anxiety are linked to high blood pressure, increased heart rate, and other factors that can contribute to heart disease, such as weight gain. In the stresses and worries of everyday life, this research lends new meaning to the phrase “helping hand.”

Source: 7 Reasons Love is Good for Your Heart | Everyday Health
Photo Credit: Pixabay.com

IN THE NEWS!

Grab N' Go Meals
SJCS is partnering with Soel Sistas to offer fresh, delicious lunch options for anyone 60 or older! For only a $2 donation per meal, you can drive through and pick up a tasty lunch at the Nashua Senior Activity Center. We are excited to offer this new program twice a week, on Mondays and Wednesdays from 1:30-3:30 pm! Call us at 603-424 9967 to reserve your spot!

New Hampshire COVID-19 Vaccination Allocation Plan
Summary January 16th, 2021
List of underlying medical conditions (adapted from CDC):

- Cancer
- Chronic Kidney Disease
- COPD (Chronic Obstructive Pulmonary Disease) and other high-risk pulmonary disease
- Down Syndrome
- Heart Conditions, such as heart failure, coronary artery disease, or cardiomyopathies
- Immunocompromised states
- Obesity (body mass index of 30 kg/m or higher)
- Pregnancy
- Sickle cell disease
- Type 2 Diabetes Mellitus

Source: covid19-vaccine-allocation-plan-summary.pdf (nh.gov)

Million Mask Challenge Tour!

Heartfelt thanks to local Rotary Clubs from Manchester and Bedford for donating thousands of masks to Meals on Wheels as part of Rotary's "Million Mask Challenge Tour--Take Two."

Volunteers for the New Year

Nashua Senior Activity Center- a
beehive of activity— even on New Year’s
eve! From wrapping up dozens of rolls,
to packaging desserts, to including
frozen meals to be eaten later, the staff
and volunteers at SJCS processed and
delivered hundreds of meals throughout
Nashua on the last day of the year!

DONOR CENTRAL

December 2020 Donors

CORPORATE/FOUNDATION/
ORGANIZATION SUPPORT

Lenovo
Grace Electric, Inc.

INDIVIDUALS

Judith & James Adams
Paula Ahari
Peter & Ellen Allen
Kari Anderson
Leanne Appleton
Diane Aubrey
John Avila & Jan Merrill
Sara Bakerman
James & Patricia Barbato
Diane & Andrew Bauer
Michele Becker
Perry Bennett
Philip & Anne Marie Bergeron
Paul & Deanna Berkebile
Roger & Paula Blais
Suzanne Borlaug
Barbara Boucher
Eleanor Boucher
Bill Boyd-Robertson
Brian & Michelle Bresnahan
Memory of Mark Buckley
Denise Canavan
Martin Cannata & Karla Vogel
Jeanne Caron
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Kayla McDonald
Gerald McHugh Jr.
Deborah McKinstry
Michael & Katy Meagher
Claire Monast
Carol & Robert Murphy
Joseph Murphy
Mike & Carole Neacy
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 between
December 30th and January 29th. If you donated after this time, you will be listed in the March 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

Thanks to our volunteers, staff, and wonderful clients, our Meals on Wheels program is always growing! Below are our averages for the last three months: October, November, and December.

<table>
<thead>
<tr>
<th></th>
<th>Total Averages for Oct-Dec</th>
</tr>
</thead>
<tbody>
<tr>
<td>Intakes</td>
<td>88</td>
</tr>
<tr>
<td>Clients Served</td>
<td>1,210</td>
</tr>
<tr>
<td>HD Meals Served</td>
<td>33,661</td>
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<tr>
<td>Active Volunteers</td>
<td>116</td>
</tr>
<tr>
<td>Volunteer Hours</td>
<td>1,229</td>
</tr>
</tbody>
</table>

VOLUNTEERS GREATLY NEEDED!

*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.

As Meals on Wheels driver Jeane unloads her car on a recent morning in downtown Nashua, Kenny and his friend Jeremiah—Meals on Wheels clients—cross the parking lot with broad smiles to meet her. The trio banter about the weather and the upcoming holiday. While the exchange is a brief one, it is an interaction that plays out hundreds of times, five days a week, all across Hillsborough County. Kenny and Jeremiah are both veterans and rely upon SJCS for daily meals. “This is the best part of my day,” says Kenny. “Jeane is the best!”
If you are interested in becoming a volunteer driver, please email Jillian, Assistant Program Director at volunteer@sjcsinc.org. You may also call (603) 424-9967 or visit our website: www.mealsonwheelsnh.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!

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/

Happy Valentine's Day!
Have a Lovely Month!