Holiday Gift Bags... That's a wrap!

We would like to extend our deepest thanks to everyone who volunteered to help us pack 1,300 gift bags for our Meals on Wheels participants on December 8th! It was quite an undertaking but with help from volunteers, staff, and other recruits, we got it done and the bags have been delivered to our participants, who have already expressed their deep gratitude at receiving a nice holiday gift bag!

We are also very grateful to all of you, including individuals, companies, and churches who took up item collections and/or provided monetary donations to help us fill the gift bags.

Thanks, also, to our wonderful hosts, Labelle Winery for donating the venue and for the amazing job they did setting the room up for us and providing festive holiday music!

Board Member Sharon Goldsmith and her son Connor at the warm item station!

Gia and Justin from Boston Billiards with their freshly-packed bags!

A small portion of the hundreds of larger bags filled with gifts that were sent out to our folks!
Now through Jan. 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!

SJCS staff and a volunteer delivered home-baked cookies to Milford Subaru to thank them for their participation in the Subaru 2020 Share the Love Event. We also extend our heartfelt thanks to Subaru of America, Inc. for choosing Meals on Wheels as one of its Share the Love beneficiaries!

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. 


Planning for our second annual Step Up 5K is underway! On Saturday, May 29th, run or walk your way to
Event Results!

2020 Holiday Ugly Sweater Results!
Thank you to everyone who participated in our Holiday Ugly Sweater contest! There were some beautifully hideous submissions!

So Ugly it Works—Tim
Most Originally Ugly—Jessie
Should Never Ever be Seen in Public—Nick

Thanks to each and every one of you for contributing and having fun with this! We look forward to next year's contest!

Giving Tuesday represented 24 hours of giving which took place on December 1st! Our goal was to raise $5,000 from this event. Thanks to all of our generous donors on that day, as well as matching grants and a couple off-line donations, we surpassed our goal and raised approximately $8,000! Our heartfelt thanks goes out to everyone who donated and helped make our Giving Tuesday goal a reality.

IN THE NEWS!

Nashua Strong
SJCS President Jon Eriquezzo was pleased to join community activist Harvey Keye on Nashua Strong, Keye’s television program. Jon and Harvey discussed a broad range of topics, including aging in Nashua, and focused on programs and services provided
New Cook-Chill Meals!
At the beginning of the COVID-19 pandemic, SJCS Meals on Wheels switched from our traditional hot meal program to a frozen program. However, starting on January 4th, in an effort to improve quality, the main entrée that clients will receive from Meals on Wheels will not be frozen, but a cook-chilled meal. These are meals that should be stored in the refrigerator and eaten the same day. Created by a registered dietitian to ensure nutritional requirements, and taste-tested by SJCS staff, these meals not only offer a wider variety than our frozen program, but ensure quality and presentation. We are excited to move into the New Year with new meals!

Pen Pals!
SJCS is hoping to launch a new Pen Pal program in the New Year! Students from Bedford High, ConVal, Nashua South, and Alvrine who have shown interest have been tasked with coming up with the program, and SJCS will be distributing interest letters to our clients. Though the program is early in the works, we are excited to deliver letters through Meals on Wheels drivers!

Keeping Your New Year's Resolutions!
Most of us create resolutions for the New Year. Usually, they revolve around creating healthier lifestyles, but most of the time they are difficult to maintain. Below are some suggestions on how to create attainable goals and stay on track to achieve them!

1) Be specific, but reasonable
Focus on specific, daily habits which will support you in overall success. Create goals that are attainable, and won’t feel overwhelming.

Ex. Instead of, “I will write a book this year,” try, “I will write 250 words every day.”
2) **Tie your actions to your identity**
Research has shown that people have more success in achieving goals when they link them to their identity, rather than using sheer willpower.

**Ex.** Maybe you made a goal of taking a daily walk, but you are feeling like you’d rather take a nap. Instead of trying to force yourself, “I will take a walk instead of a nap,” consider, “I am a person who keeps commitments to myself.”

3) **Link your habits**
Link your new goal behavior to another existing behavior.

**Ex.** If your goal is to listen to more audiobooks, link your listening to another habit that you’ve already established, such as morning coffee or tea. Consider listening to an audiobook while you drink your morning beverage. This way, every time you drink your coffee, you will also be contributing toward your goal!

4) **Establish accountability**
Write down your goals! This will keep you accountable. Share your goals with others, or make them mutual. Team up with friends or family with similar goals, and keep each other motivated and accountable!

5) **Give yourself credit, and take breaks**
Mark your progress by writing down your accomplishments, and tracking the days you achieve your small goals. Give yourself credit for every step you take and reward yourself for this progress! Build in days when you can take a break and celebrate!
**CORPORATE/FOUNDATION/ORGANIZATION SUPPORT**

- Berry Family Donor Fund
- Comeau Family Charitable Fund
- Fiduciary Trust Company of New England
- Humana
- Immaculate Conception Parish
- Junius Family Charitable Trust
- Katherine Kinnicutt Family Foundation
- Lions Club of Nashua
- Manchester Community Resource Center, Inc.
- Movement Christian Church
- New Hampshire Charitable Foundation
- Saint Joseph the Worker Parish
- Schwab Charitable
- Stewart Property Management
- The Mello Foundation
- The Seifert Family Foundation
- Wolf & Company Charitable Foundation, Inc.

**INDIVIDUALS**

- Kay & Stephen Bennett
- Eleanor Briggs
- Chris and Lynn Christensen
- Christopher & Edna Conway
- C. Michael & Catherine Costa
- Edwin Duer
- Frank Farmar
- Robert Giordano
- Steve & Leslie Ann Goan
- Stephen Gronberg
- Matthew Landon
- Robert Levine M.D.
- Heather MacDonald & William Dallas
- Heather Newell
- Elizabeth O’Hare
- Catherine O’Keefe
- Cindy Rosenwald
- Michele Smith
- Juliana Taylor
- James & Jane Toohey
- Fernand & Linda Vachon
- Gary & Maureen Wasserman

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 November 27th and December 30th, 1:00pm. If you donated in December after the 30th, you will be listed in February'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.

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**Your Donor Dollars at Work**

**Holiday Gift Bag Event**

We would like to thank everyone who had a hand in our Holiday Gift Bag event. We were able to deliver a
number of items to our clients, including warm items, face masks, and first aid kits, among other things! Below are some numbers that demonstrate our success this year:

Approximate number of bags delivered: 1,300
Approximate number of items collected: 8,000
Approximate number of volunteer gift packers: 20
Approximate number of donor item collections: 50

Thank you again to everyone who participated, and all donors who made this event possible. We would not be able to pack and deliver these bags if it were not for your generosity and support!

**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.

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/

Have a Safe and Happy New Year!