We would like to thank ten year-old Jackson from the bottom of our hearts for putting together a wonderful community service drive through his karate studio, Bedford Martial Arts Academy. He spearheaded a drive to engage his friends and fellow students, both at karate and at school, to create and laminate approximately 50 beautiful placemats for our Bedford Meals on Wheels clients. These mats are truly works of art and are sure to brighten up the days of everyone who has the pleasure of receiving one! You can read Jackson’s own words about the project in the photo! Thank you so much to Jackson, his Mom, and all the friends who collaborated on this amazing project!

EVENTS YOU CAN’T MISS!

March for Meals
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 n' 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!).

We are happy to say that a few champions have already agreed to participate, including Mayor Joyce Craig, state representatives, police and fire department chiefs, and many more are considering it! This initiative is crucial in order to get the word out about our services and to increase awareness of their importance, especially during such challenging times for our seniors. Next month, we will include pictures and articles to showcase this important week!

**Step Up 5K Run-Walk**

Registration for 2021 Step-Up is Open! Join us for the 2nd Annual SJCS 5K Run-Walk for Meals on Wheels!

https://runsignup.com/Race/NH/Nashua/SJCSmow5k

Join us for the 2nd Annual SJCS 5K Run-Walk for Meals on Wheels!

Saturday, May 29, 2021 at Mine Falls Park
7 Stadium Drive, Nashua (Stellos Stadium Entrance)

Check-In / 8:30 AM
Run-Walk/ 9:00 AM-1:30 PM
Entrance Fee/ $25 Early Bird before April 17th ($30 after)
Children 12 and under/ $5 discount
~ Register before April 28th and receive a 2021 T-shirt
~ Not a runner? We are doing a 3K (1.8mi) walk!
~ NEW this Year! Still hesitant about a live race? We are doing a virtual 5K! (Run between May 22 and 29)
~ All runners and walkers (day of and virtual) will receive a "Swag Bag"

Can’t make it at all? Go to the registration link, and click donate! Make a one-time donation, create your own fundraiser or a team fundraiser. Race registration not required to fundraise!

Our gratitude to the generous sponsors who have “Stepped Up” so far!

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**National Nutrition Month** is an annual campaign created by the Academy of Nutrition and Dietetics. During the month of March, everyone is invited to learn about making informed food choices and developing healthful eating and physical activity habits!

**Eating Right for Older Adults**
From the National Nutrition Month Campaign Toolkit

**Make half your plate fruits and vegetables.** Eat a variety of different colored vegetables, including dark green, red, and orange. Beans, peas and lentils are also good choices! Fresh, frozen and canned vegetables can all be healthful options. Look for “reduced sodium” or “no-salt-added” on the labels! Choose fruits that are dried, frozen or canned in water or 100% juice, as well as fresh fruits!

**Make at least half of your grains whole.** Choose breads, cereals, crackers, and noodles made with 100%...
whole grains. Whole grain corn tortillas, brown rice, bulgur, millet, amaranth and oats all count as whole grains, too! Also, look for fiber-rich cereals to help stay regular and cereals that are fortified with vitamin B12.

Switch to fat-free or low-fat milk, yogurt and cheese. Older adults need more calcium and vitamin D to help keep bones healthy. Include three servings of fat-free or low-fat milk, yogurt or cheese each day. If you are lactose intolerant, try lactose-free milk or a calcium-fortified soy beverage!

Vary your protein choices. Eat a variety of foods from the protein food group each week, such as seafood, nuts, beans, peas, and lentils, as well as lean meat, poultry and eggs. Spread your protein intake throughout the day by including a lean source with meals and snacks! Protein foods are also a source of vitamin B12, which is a nutrient that decreases in absorption as we age or due to some medications.

Limit sodium, saturated fat and added sugars. Look out for salt, or sodium, in foods you eat. Compare sodium in the foods you buy and choose those with lower numbers. Add spices or herbs to season food without adding salt. Make major sources of saturated fats occasional choices, not every day foods. Examples of these include desserts, fried foods, pizza, and processed meats like sausages and hot dogs. Switch from solid fats to oils when preparing foods. Select fruit for dessert more often in place of desserts with added sugars.

Stay well hydrated. Drink plenty of fluid throughout the day. Choose unsweetened beverages, like water or milk, in place of sugary drinks.

Enjoy your food but be mindful of portion sizes. Most older adults need fewer calories than in younger years. Avoid oversized portions. Try using smaller plates, bowls and glasses.
Be physically active your way. Pick activities that you like and start by doing what you can. Every bit adds up and health benefits increase as you spend more time being active. If you are currently inactive, check with your doctor concerning increased physical activity.

Consult a registered dietitian nutritionist if you have special dietary needs. A registered dietitian nutritionist can create a customized eating plan for you!

Ensuring adequate nutrition and proper intake of fats and nutrients will help keep older adults feeling more vital, and ultimately, more healthy. This form of prevention is far more effective than intervention later down the line. The USDA Food Patterns recommends that people 50 or older choose healthy meals every day from the following:

- Fruits — 1½ to 2 ½ cups
- Vegetables — 2 to 3½ cups
- Grains — 5 to 10 ounces
- Protein foods — 5 to 7 ounces
- Dairy foods — 3 cups of fat-free or low-fat milk
- Oils — 5 to 8 teaspoon
- Solid fats and added sugars (SoFAS) — keep the amount of SoFAS small

Sources: National Nutrition Month (eatright.org)
Why Seniors Have Different Nutritional Needs (aplaceformom.com)

IN THE NEWS!

Grab n' Go Takes Off!
Grab n' Go is SJCS's effort to reach out to anyone over 60 who needs nutritious meals. This is especially important for those folks who have been impacted by community
dining's closure due to COVID-19, given the devastating isolation it has caused. The effort began at the Nashua Senior Activity Center (SAC) and gathered steam through a wonderful partnership with Soel Sistas (SS), a local Nashua meal preparation and catering business. SJCS then sought out additional restaurants for this initiative and found a new partner in Great NH Restaurants (GNHR). This group includes the Copper Door, T-Bones, CJ's Great West Grill and Cactus Jack's. Other NH Meals on Wheels programs are offering the Grab n' Go option, but SJCS is the only one in the state to partner with local restaurants to provide the meals.

The meals from SS and GNHR are freshly prepared and consist of sandwiches, salads and wraps, among other nutritious offerings, all for a suggested donation of $2.00 per meal! Currently, the program is offered twice a week at SAC on Mondays and Wednesdays from 1:30-3:30. Participants call us ahead at 603-424-9967 to reserve their meals and then drive up to SAC and pick them up. Once Soel Sistas came onboard, the program really took off and attendance is booming! (approximately 60 meals are being served each week at the Nashua site). SJCS hopes that the program will increase our reach into senior communities and raise awareness of the critical services we offer.

In addition to the SAC program described above, folks will have the opportunity to attend Grab n' Go at the following sites (please call us for times):

- John O'Leary Center, Merrimack, Wednesdays, beginning March 10th~ serving meals by Soel Sistas.
- The Meeting House, Goffstown, Monday-Friday~ serving meals by Great NH Restaurants (GNHR).
- Carpenter Center, Frances Warde House and Cedar House, Manchester, Monday- Friday~ serving meals by GNHR.

We are also working with at least one other restaurant and hope to have more Grab n' Go locations in the near future.

Pictured are some of the fresh salads and sandwiches offered in the Grab n' Go bags!
We Have A New Website!

We are excited to announce the launch of our new website! We hope that you find it much easier to navigate and faster to load! Our thanks to Clover Creative Group and Shawn Dixon for his extensive knowledge and endless patience! Check it out! Same URL, great new look! [https://www.mealsonwheelsnh.org/](https://www.mealsonwheelsnh.org/)

DONOR CENTRAL

We are so grateful to the students of the following schools, and the teachers and staff who were instrumental in organizing a Valentine’s Day card drive for delivery to our Meals on Wheels clients. The cards were beautiful, creative, and contained warm sentiments that undoubtedly warmed the hearts of all who received them. Thank you so much for your kindness!

# February 2021 Donors

## INDIVIDUALS

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<td>Michael &amp; Bevin Anderson</td>
<td>Jennifer Lawson</td>
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<td>Leanne Appleton</td>
<td>Rebecca Lazinsk</td>
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<td>Ryan Baker</td>
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<td>John Daniels</td>
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<td>Frank Davis</td>
<td>Kayla McDonald</td>
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<td>Edward &amp; Carol Ekstrom</td>
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<td>Jon Eriquezzo</td>
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<td>Jay Kimble &amp; Donna Esposito</td>
<td>Paul &amp; Nanine O'Rourke</td>
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<td>George Giroux</td>
<td>Jill Picket</td>
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<td>Ami Grenier</td>
<td>Kristene Pierce</td>
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<td>Andrea Guidoboni</td>
<td>Richard &amp; Marsha Rawlings</td>
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<td>Kristin Kostecki</td>
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<td>Tim &amp; Kim Socha</td>
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## February $500+ Donors

### CORPORATE/FOUNDATION/ORGANIZATION SUPPORT

- Broad Street Planning
- Eaton & Berube
- Harvard Pilgrim Health Care
- Kiwanis Club of Hudson NH
- NH Charitable Foundation

### INDIVIDUALS

- Catherine Fisher
- Richard & Anita Galway

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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: This list includes donations received between January 29th and February 28th.
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.

<table>
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<th>Your Donor Dollars at Work</th>
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<tr>
<td>Average number of meals provided each week: <strong>7,300</strong></td>
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Results of our 2020 Annual Client Survey demonstrate that our program is having a tremendous impact on our participants!

- **94%** tell us they are able to stay in their homes
- **95%** report they feel safer knowing someone is checking on them
- **84%** say they are less hungry on our program
- **91%** state that they eat a healthier variety of foods

**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](http://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/donate#CelebrateanOlderAdult

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 St. Patrick's Day!
May the Luck of the Irish be with you!