

AROUND THE TABLE

MAY 2025

VOL. 2

"I am very glad of all the help Meals on Wheels has been to me. It makes being home so much safer and easier for me, and it is nice to look forward to someone coming each weekday."

-MOW Recipient



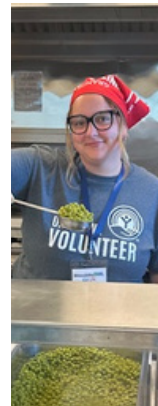
HELPING HANDS

We are incredibly grateful to all the amazing volunteers who joined us for the 2025 Granite United Way Day of Caring in support of Meals on Wheels. This time, energy, and compassion made a real difference in the lives of our seniors, delivering not just meals, but smiles, care, and connection.

From packing to delivering meals across the community and everything in between, the efforts of these volunteers

remind us how powerful it is when we come together to serve others. Thank you to our volunteers from, Bangor Savings Bank, Casella, Lighthouse Credit Union, & Lincoln Financial.

From packing to delivering meals across the community and everything in between, the efforts of these volunteers remind us how powerful it is when we come together to serve others. Thank you to our volunteers from, Bangor Savings Bank, Casella, Lighthouse Credit Union, & Lincoln Financial.



Volunteers are always welcome!

Meals on Wheels is always welcoming volunteers to support local meal sites. While volunteers do not deliver meals, they play a vital role by helping with activities, cleanup, packaging, and other tasks that keep our programs running smoothly. It's a great way to give back and make a meaningful impact in your community. If you're interested or would like to be matched with a nearby meal site, please contact Operations Director, Helen Kostrzynski at (603) 679-2201.



FROM SILENCE TO A SMILE

THE QUIET IMPACT OF A MEAL

When one of our delivery drivers began delivering to a female client's home in September, she barely opened her door. She was timid and shy and deeply fearful of leaving her house. A hand would quietly slip out, just enough to grab the paper bag holding her daily meal.

Continuing into the fall, something shifted. One day, she opened the door a little wider, her eyes meeting the driver's for the first time. "Look," she said softly, a small smile forming, "I have the door open."

As time passes and her confidence grows, she can now be seen waiting on the ramp outside her home; a wide smile lights up her face as she waves when the driver arrives. She still doesn't go out, groceries are delivered, and her world remains close and quiet. But those few minutes every day, standing there in the open air, have become her way of showing that she's still moving forward.

Each delivery is more than just a meal. It's a connection, a moment of trust, and a step toward something more. Little by little, with the familiar sound of footsteps and a kind voice at her door, she's finding comfort and courage. Baby steps, as they say, but every step counts.

**For privacy, this image is a representation and does not depict a current Meals on Wheels client.



MEDEIVAL MAGIC, MODERN IMPACT



The NH Renaissance Faire is a vibrant, family-friendly event that combines education, theater, and visual spectacle, all set in the scenic and central town of Fremont, NH. From gallant knights to whimsical fairies, the NHRF offers a magical experience for attendees of all ages. A key part of NHRF's mission is giving back to the community by supporting local charities. Meals on Wheels of Rockingham County is proud to be one of the beneficiaries, alongside the NH Food Bank. These generous contributions help us continue our work of supporting our clients.

Annually in May, Meals on Wheels hosts a booth at the faire, where visitors can learn more about our mission and enjoy a spin-the-wheel game with fun prizes. This year, thanks to the kindness of fairgoers, we received \$250 in donations to support our program.



A SWEET SURPRISE



The Salem Meals on Wheels site received a heartwarming treat thanks to the generosity of Salem Girl Scouts Troop #58720. The troop, made up of thoughtful and community-minded 8th and 9th graders, donated 12 boxes of Girl Scout cookies to share with our clients.

This sweet gesture brought smiles and a little extra joy to the day, proof that a small act of kindness can go a long way. We're so grateful for the troop's support and commitment to giving back. Thank you, Troop #58720, for helping us spread cheer, one cookie at a time!

SHARE YOUR STORY!

Do you have a special connection to Meals on Wheels?
We'd love to hear from you!
Deb Parker - Marketing & Development Manager
106 North Road
Brentwood, NH 03833
DPARKER@RNMOW.ORG

GINGHAM & GOODIES

Seabrook Day was a festive celebration of community, connection, and classic fair fun! Organized by the Seabrook Recreation Department in collaboration with the Seabrook Meals on Wheels site, this year's theme, "A Day at the Fair" brought residents together for a vibrant afternoon filled with entertainment, great food, and valuable local resources.

The event was catered by Glendale Dining Services, serving up delicious fare to complement the cheerful atmosphere. Guests were treated to juggling performances and toe-tapping tunes from the Southern New Hampshire Ukulele Group, keeping smiles wide and spirits high.

We were honored to welcome State Representative Matt Sabourin dit Choinière, who also serves on the Town of Seabrook Planning Board, as he joined in the day's festivities and supported community engagement.

The fair also featured numerous community vendors, including AARP, United Healthcare, and ConvenientMD, who offered helpful information and services to attendees.



MONTHLY GIFT

Help us keep meals on the table

ONE TIME GIFT



Become a monthly donor and bring connection, nourishment, and smiles to the seniors we serve every day. Together, we can ensure no one is left hungry or alone.



Support Meals on Wheels. Because every meal matters.

www.RockinghamMealsOnWheels.org/Donate

SCAN HERE

SCAN HERE

