

AROUND THE TABLE

A Meals on Wheels Publication

AUGUST 2025

COLD STORAGE, WARM THANKS, THANKS TO SALEM COUNCIL ON AGING



Pictured L to R: Bob Bean, Tim Diaz, Tori Cook

Thanks to the incredible generosity of the Salem Council on Aging, our Salem Meals on Wheels site at the Ingram Senior Center has a brand-new reach-in refrigerator! The council recently donated \$5,544 to support this much-needed purchase, and members personally presented the check to our site manager, Wesley Lyons.

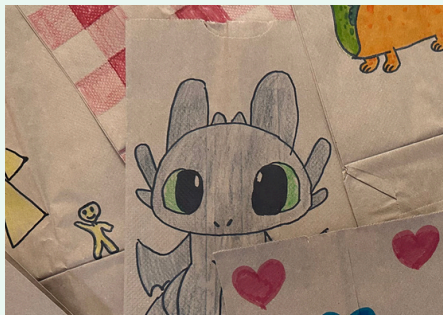
Wesley shared with council members how vital this refrigerator is for storing fresh, cold meal options for our home-delivered clients, especially as Salem has seen a steady increase in the number of older adults relying on our services over the past year. We are deeply grateful to the Salem Council on Aging for recognizing the impact of this need. Support like this not only keeps meals fresh but also nourishes the well-being of our neighbors who count on us daily. Because of you, more seniors can remain healthy, independent, and connected to their community.

COLORFUL BAGS AND CARING HEARTS- THANK YOU LIBERTY MUTUAL

The Portsmouth team at Liberty Mutual turned an ordinary lunch break into an extraordinary act of kindness. Coordinating a special lunchtime event, team members decorated lunch bags with colorful designs and heartfelt messages to brighten the days of our Meals on Wheels clients.

Special thanks to Brian MacAllister and the entire Portsmouth Liberty Mutual branch for their creativity and compassion. These beautifully decorated bags will be used to deliver meals, adding a personal touch that reminds our clients they are valued and cared for.

Acts like these show how small gestures can make a big difference in someone's day, and we are so grateful for your support!



BRINGING KINDNESS TO LIFE- ONE CARD AT A TIME



Every quarter, thanks to the inspiring Cards for Kindness program, our organization receives beautifully themed, blank cards, handcrafted by volunteers across the globe. Managed by the Creative Kindness Foundation, this global initiative empowers creative individuals to make and donate handmade cards that uplift others. Thanks to this partnership, we're able to pass them along to our site managers to share unfiltered kindness with our community.

These precious cards come in a variety of thoughtful themes such as Birthday, Get Well Soon, Sympathy, Thinking of You, Thank You, Motivational, and more. They arrive blank inside with coordinating envelopes, intentionally left unwritten so our team can personalize messages that truly matter to each recipient.

Our site managers use these quarterly deliveries to bring a personal touch to momentous occasions:

- Sending warm Birthday wishes that brighten our clients' special days.
- Offering heartfelt Get Well Soon notes when someone isn't feeling their best.
- Providing gentle Sympathy cards to comfort those who have experienced loss.
- Sharing a simple Thinking of You or Thank You card to remind someone they're valued.

These handcrafted cards do more than send a message. They deliver comfort, connection, and affection in a way that only kindness can.

Together, through small gestures like these cards, we help turn everyday moments into meaningful connections.

Santa FOR SENIORS

HOLIDAY GIFT PROGRAM



Get ready to spread some holiday cheer!

Our Annual Meals on Wheels Santa for Seniors Holiday Gift Program is just around the corner, and registration will open via email at the end of September—so be on the lookout!

This special program brings joy to over 1,300 seniors in Rockingham County who might otherwise go without a gift during the holiday season.

With the support of generous individuals and organizations, we ensure that every senior client receives a thoughtful present—complete with personal touches like favorite colors, hobbies, or even items for their beloved pets.

Last year, the kindness of our community made it possible for every client to receive a gift—and with your help, we can do it again this year.

Mark your calendar, gather your team, and get ready to make the holidays brighter for those who need it most.

Stay tuned for registration details coming at the end of September!

BECAUSE EVERY MEAL MATTERS.



CLICK OR SCAN
HERE TO
DONATE



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