

AROUND THE TABLE

A Meals on Wheels Publication

MARCH & APRIL 2026

EMPLOYEE APPRECIATION DAY



On April 24, 2026, Meals on Wheels of Rockingham County proudly gathered at the Salem meal site at the Ingram Senior Center for our annual Employee Appreciation Day, a time to come together, reflect, and celebrate the incredible people behind our mission. We are deeply grateful to the Ingram Senior Center staff for their generous support in hosting us, and for their help with setup and breakdown to make the day run smoothly. Each year, we bring a new theme to the celebration, and this year's "Movie Night" theme added a fun and creative twist, with sites dressing up as their favorite movies or TV shows. Salem brought smiles as The Cat in the Hat, Londonderry stepped up to the plate as The Sandlot, Epping's team went full "banana" as the Minions, our administrative team showed their competitive spirit as Average Joe's Gym from Dodgeball, and Derry came ready for the full movie-going experience with blankets and snack trays in hand.

Each year, our teams face off in a lively trivia challenge to test their knowledge and compete for the well-known "Golden Tray". This year, the Salem site earned top spot and has the opportunity to showcase their win until next year's Employee Appreciation Day!



Alongside the fun, we were honored to recognize employee milestones, celebrating team members who have dedicated 5, 10, 15, and even 20+ years of service to our community. With 83 employees (and growing) our team continues to show unwavering commitment to delivering not just meals, but connection, care, and smiles to our clients every single day.



SERVING UP BREAKFAST: SALEM STYLE



Meals on Wheels of Rockingham County recently brought people together for a warm and welcoming quarterly breakfast at our Salem site. Prepared by Site Manager Wesley, the meal was a hit with more than 50 attendees, including both clients and staff. Guests enjoyed a classic breakfast spread featuring eggs, pancakes, sausage, and a selection of coffee, tea, and orange juice. Beyond the delicious food, the morning was a wonderful opportunity to connect, share conversation, and strengthen the sense of community that makes our program so special. Events like these remind us that Meals on Wheels is about more than just meals; it's about bringing people together.

BLAST FROM THE PAST



The Epping site recently shared a special piece of history. A newspaper clipping dated July 6, 1983, reminds us that gathering for meals, laughter, and connection has always been at the heart of what we do. It's especially meaningful to see how little some things have changed over the years. Today, we still host fun and engaging events at our luncheon centers, and the suggested donation remains incredibly affordable at just \$3 per meal because what's important is nutrition and connection.

The original article reads:

"In honor of Senior Citizens Month, the Rockingham County Nutrition Program held a special lunch at the Epping Community Church. Approximately 75 area seniors attended.

The program operates Meals on Wheels, bringing food to the homebound.

Church members volunteered to help in the kitchen and serve the lunch, which was prepared by Saga Corp. Also helping were Meals-on-Wheels site managers, Louise Harvey of Epping, Doris Plante of Candia and Sue Bonagura of Plaistow. Rev. Carroll Moore, pastor of the church gave the blessing.

There was a June birthday cake, and music by the Live Wires, a group of seniors from the Plaistow area. The Live Wires perform next at Goodwin's of Exeter. Al LeBel is master of ceremonies, and his wife, Doris, dances the Charleston. Other acts include vocals - old and new songs - and numbers performed on the kazoo and harmonica.

The Rockingham Smoothies danced the rhumba, and "Naomi," swathed in light green, did a belly dance for the crowd.

Donation for the meal was \$1."

VOLUNTEER APPRECIATION WEEK



During National Volunteer Appreciation Week, Meals on Wheels of Rockingham County proudly recognized the incredible individuals who give their time, energy, and heart to support our mission. While our drivers are out on the road, it's our dedicated site volunteers (working alongside Site Managers and Assistant Site Managers) who keep everything running behind the scenes. From serving meals and welcoming clients to creating a warm, connected environment, their impact is felt in every smile and every shared moment.



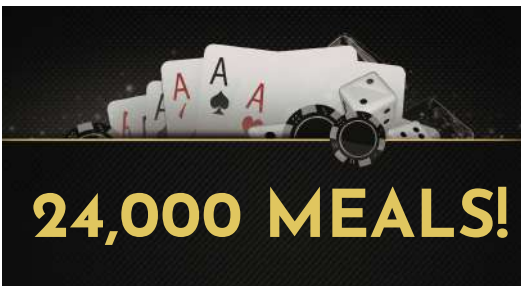
Throughout the week, we highlighted just a few of the many volunteers who make our work possible. We celebrated years of dedication from individuals like Allison C. (8 years), Vuong K. (10 years), Betty D. (11 years), Mary O. (14 years), and Jan B. (20 years), whose commitment and compassion continue to inspire us all. We also shared a glimpse into the "day in the life" of our volunteers. Setting up welcoming spaces, helping with meals and donations, and even lending a hand outdoors to keep our centers beautiful.



As Volunteer Appreciation Week comes to a close, we're reminded that April is Volunteer Appreciation Month, a time to recognize that the impact of our volunteers goes far beyond the meals we serve. They create community, foster connection, and bring care and dignity to all we do.

To every volunteer: thank you. You are truly the heart of Meals on Wheels of Rockingham County.

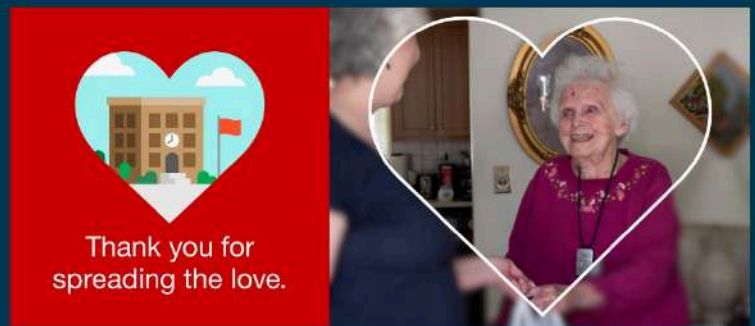
CHARITABLE GAMING: SUPPORTING THE COMMUNITY



24,000! That's how many meals will be funded thanks to The Brook Casino and everyone who participates in our 2026 Charitable Gaming Week! Talk about making a real difference in the community.

From all of us at Meals on Wheels of Rockingham County, THANK YOU for helping us serve our neighbors in need. Your support truly changes lives, one meal at a time

38,866 Target Community Support Votes!



\$2,102.98

Thank you to everyone who supported Meals on Wheels of Rockingham County through the Target Circle community support votes!

We are so excited to announce that because of your 38,866 votes, we were awarded a \$2,102.98 grant, which will provide over 200 meals for local seniors! Your support is instrumental in providing the meals and transportation services our older adults rely on. We couldn't do it without you!

HERE YE HERE YE: THE FAIRE IS BACK IN TOWN!



Join Meals on Wheels of Rockingham County at The New Hampshire Renaissance Faire on May 9 & 10 and May 16 & 17 from 10 am – 5 pm.

Stop by our booth to spin the trivia wheel and win a prize – fun for all ages! Learn about our mission, support a great cause, and enjoy the festivities.

Don't miss your chance to meet us amidst the merriment and magic. Huzzah!

SHARING OUR MISSION: ACROSS ROCKINGHAM COUNTY



Meals on Wheels recently participated in the Nonprofit Showcase at The Brook's beautiful new "Secret Garden" event space. The event brought together nonprofits from across New Hampshire, offering a wonderful opportunity to connect with community members and share the impactful work happening throughout our region.

We invite you to join us at some of our upcoming informational events to learn more about the wide range of services available in your community:

Atkinson Forever Young Expo

May 12 | 2–5 pm
Atkinson Community Center

What's the Scoop Around Town

May 18 | 6–7:30 pm
Marion Gerrish Community Center
39 West Broadway, Derry

Exeter Resource Fair

May 20 | 11 am–2 pm
10 Hampton Road, Exeter

Atkinson Elder Services and
Lisa Sears, REALTOR® BHGRE The Masiello Group
present the 2026

Forever Young Expo

Tuesday, May 12th, 2-5 PM
Atkinson Community Center
4 Main Street, Atkinson

Join us for afternoon of fun, health and joy as we honor our vibrant seniors! Explore local businesses and organizations that add magic to the lives of the "Forever Young" community!

For Questions Contact:
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ELDER SERVICES
TOWN OF ATKINSON

BETTER PARKS
& RECREATION

THE MASIELLO GROUP

EXETER SENIOR COUNCIL PRESENTS

RESOURCE FAIR



MAY 20, 2026
11AM - 2PM

Visit with local service providers
Explore resources in Exeter
Pick up your copy of the Exeter Senior Resource Guide!
Coffee and snacks available

HOSTED BY
Exeter Parks & Recreation
10 HAMPTON ROAD
EXETER, NH 03833



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