

Paul & Dolores Gendron  
 Catherine Gilbert  
 Evelyn Gionet  
 Nancy Goebel  
 Goffstown Rotary Club  
 Doris Golej  
 Theresa Goodno  
 Richard C. Goppelt  
 Elena M. Gordon  
 Helen F. Gordon W. Lugenia Gordon  
 Granite United Way  
 Stanley S. Grant  
 Greater Manchester \ Nashua Board Of Realtors Inc  
 Joan Green  
 Roger & Martha Gregoire  
 Daniel Guerrette  
 Hollis E. Harrington  
 David Harrity  
 Theresa Harwood  
 Lorraine Heroux  
 George & Jean Hieken  
 Eugene E. Holley  
 Thomas & Elinor Hooker  
 Fern Hubbard  
 Charles Hungler  
 Ethel Hunter  
 Mary Kay James  
 Basil & Linda Janosz  
 Deborah Jensen  
 Lynne C. Joseph  
 Bertha Kaufman  
 Sarah A. Kinter  
 Daniel & Suzanne Kirby  
 Lillian Koocher  
 Jeanette LaBerge  
 Armand & Sandra LaCombe  
 Leo LaCoste  
 Albert & Joan Laflamme  
 Conrad E. Lafond  
 Shirley M. LaFrance  
 Therese L. Lajoie  
 Ovide LaMontagne  
 Roger Lamontagne  
 Barbara Lantignie  
 Robert & Bertha LaPlante  
 Madeleine LaRose  
 Irene Lavigne  
 Pauline Lavoie  
 Eleanor Lazzar  
 Donna Leavell  
 Rodman H. Leavell  
 Roger Ledoux  
 Edward Leduc  
 Janice R. Lee  
 Dave Lent  
 Carmela Leopold  
 Sandy S. Lish  
 Estelle Loiselle

Hilda-Rose & Burnham Lombard  
 Janet Loos  
 Warner Lund  
 Dorothy Lynch  
 M.D.C. Recovery Services, INC  
 Bill MacCorquodale  
 Katherine MacDonald  
 Steven Maesk  
 Stephanie Malley  
 Manchester Auto Wash Inc.  
 George & Sheila Marble  
 Barbara Marchand  
 Robert & Barbara Mariano  
 Karen Marino  
 Ellie Martel  
 Lorraine Martel  
 Aglaia Martin  
 Cleo Martin  
 Robert Martineau  
 George Mastrangelo  
 Terry Matthews  
 Lorraine McCarthy  
 Patrick & Susan McKeown  
 Priscilla McKuskie  
 John & Maryanne Meisel  
 Merchants Automotive Group  
 John & Genevieve Merrill  
 Robert & Elizabeth Michael  
 Yvonne Michaud  
 J. A. Michel  
 Michele's Sweet Shoppe LLC  
 Judy Miller  
 Cheryl Moore  
 Barbara Moses  
 Barry & Tamara Moskowitz  
 Susan M. Mozek  
 Carolyn Mulrooney  
 Pat Murphy  
 Rita Murphy  
 Virginia Murphy  
 Denise Murray  
 Joseph & Ruth Nelson  
 Marsha Neubert  
 Daniel Nieman  
 M. Grail O'Connor  
 Carol R. Oday  
 Judith O'Donnell  
 William Olender  
 John & Theresa Olson  
 Natalie Oneil  
 Esther Osman  
 Paul Ouellette D.M.D.  
 Barbara Padley  
 Daniel & Marjorie Paquet  
 Gerard and Rachel

Paquette  
 Mark & Kathryn Parenti  
 Lena Parker  
 Lloyd and Hannelore Parker  
 Phyllis Parzych  
 John & Suzanne Patenaude  
 Gloria Pelletier  
 Lorenzo J. Perry  
 Henry Plantier  
 Paul & Teresa Pollard  
 Robert Popp  
 Doris Proulx  
 Richard & Carol A. Provost  
 Sheila Queenan  
 Louise Quiet  
 Shirley Reilly  
 Diane C. Rene  
 Gene Rheault  
 Claire Ricard  
 Joseph & Anita Richard  
 William Rocha  
 Polyxeni S. Rounds  
 Craig & Lynn Rousseau  
 Louise Rousseau  
 Rebecca J. Rutter  
 Barbara Ryan  
 Mark A. Sad  
 Theresa Saunders

Albert & Marion Savage  
 Joseph & Betty Sawyer  
 Kathryn Schank  
 Steve Scheiner  
 Evelyn Schwager  
 Pat Sevigny  
 Irene Shallack  
 Michele and Stephen Sheppard  
 Israel & Florence Silver  
 Dorothy Smith  
 Rebecca Snider  
 Mary Solomon  
 Michael & Louise Spinelli  
 Brenda Sprague  
 David & Rita Springs  
 Rangaswamy Sree Sridharan  
 Claire St. Gelais  
 St. Mary's Bank  
 Richard I. Stanley  
 Bob Steckis  
 Fran Stewart  
 Robert and Patricia Sturtevant  
 Roman Susalka  
 Judy Swanson  
 Carolyn Swift  
 Sonja Tahsin  
 Janice Tardif  
 Therese Tardif

Laurie Teale  
 Barbara Tessier  
 Jane Tibbetts  
 Vasilike Tolios  
 Hilda Tolles  
 Pauline J. Touzin  
 Claire Trudel  
 Gail Tulipani  
 Helen Vaillancourt  
 Jeannine Vaillancourt  
 Alfred & Gertrude Valley  
 Jennifer Vigneau  
 Roland Vigneault  
 Bruce Vignola  
 Gary Wasserman  
 Patricia or Robert Webster  
 Theresa Webster  
 Walter S. Wheeler  
 Kathy Willis  
 Eric & Janet Wittenberg  
 Lillian Wohlander  
 Barry F. Wolper  
 Frances E. Wright  
 Bessie Zekopoulos  
 Stanley Zube



**Main Office**  
**19 Harvey Road**  
**Bedford, NH 03110**  
**603-622-4948**

Nonprofit Organization  
 U.S. Postage PAID  
 Manchester, NH 03103  
 Permit No. 185



# Caring Connections

VOLUME 10, ISSUE 2

SUMMER 2014



## Breaking Bread With Friends



Volunteer Jim Hall took Ann Austin and Pat Harding to Milford's Red Arrow.

Helping the frail, elderly & disabled to maintain their independence & dignity through the spirit of volunteerism.

People eat alone for sustenance, but dine together for indulgence. Eating together is a communal buffet sharing of each other's tastes, pleasures and shared experiences. Portioning food for another seems to bring out a sense of joy contained in each dish.

Beyond necessary nourishment, the simple act of gathering around the table helps establish connections, which research determined is crucial in maintaining happiness and a sense of belonging.

A recent study reported 76% of seniors regularly ate alone and longed to share a meal with family or friends. Seniors that eat alone report making better nutritional choices when eating with someone else. Plus, they believe the food tastes better.

CareGivers' volunteer and restaurateur Carol Sheehan wants volunteers to take clients out to eat. Sheehan, a busy businesswoman that finds time to drive clients to medical appointments, recently financed the CareGivers' Red Arrow Lunch Bunch program.

To take part, CareGivers volunteers simply invite a client out and then contact Program Coordinator Kelly Urban (622-4948 ext. 25) to receive a gift card, which is valid at the Red Arrow, a 24-hour diner located in Manchester or Milford.

"The very first time I gave a medical appointment ride I was so excited and had a really great time. I couldn't wait for the following week," Sheehan, who owns several restaurants and firsthand knowledge of how people truly value eating together.

Like most CareGivers' volunteers, Sheehan believed she receives far more than she gives while helping out, and, as a result, wanted to give something back. She's hoping to see plenty of our homebound clients sharing a meal and a memory inside the diner.

## Chocolate Lover's



Sunday June 1st we celebrated the 12th Annual Chocolate Lover's Fantasy Event at the Radisson Hotel in Manchester, NH. It was a "sweet" success. The photo above was of the Chocolate Fountain station, and the photo to the right is our CEO Donny Guillemette (L) Debbie Atamanchuk (C) of Bite Me Cupcakes who, received an award for being best new vendor at the event.

Heather Bishop (R) of WZID participated in the judging. Music was provided by Cliff Conti and friends as well as Profile Chorus.



## Staff

**Donny R. Guillemette**  
*President & CEO*  
**Eric Emmerling**  
*Development & Resource Manager*  
**Debbie Bowen**  
*Community Outreach & Events Coordinator*  
**Kelly Urban**  
*Program Coordinator*  
**William Duryea**  
*Caring Cupboard Program Coordinator*  
**Ellie Martel**  
*Office Manager*  
**Kathleen Donovan**  
*Ride Scheduler*

## Board of Directors

- **President & CEO**
- Donny R. Guillemette
- **Chairman**
- Ruth-Ellen Mason
- *Fundraising Professional*
- **Vice Chairman**
- *John MacGilvary*
- *Berkshire Hathaway Verani Realty*
- **Treasurer**
- Steve Scheiner
- *St. Mary's Bank*
- **Secretary**
- Jennifer Thebodeau
- *People's United Bank*
- **Members**
- Kathy Apgar
- *Stoneyfield Yogurt*
- Doreen deRochemont
- *Shaw's Super Market*

Eriikka Kopycinski  
*UPS*

Sharon Noel  
*Appraiser*

Karen Salmon  
*Sandtander Bank*

Cyndi Spiers  
*Comcast*

Gene Rheault  
*Community Volunteer*

Rebecca J. Rutter  
*Attorney*

James Wilkie  
*Fidelity Investment*

*"Experience the power of caring!"*

[www.caregiversnh.org](http://www.caregiversnh.org)

“What a beautiful turkey. I am going to roast it and turn it into Judy’s Famous Turkey Pie for the new year!”  
—Judy, Client

### Bishop’s Fund



The CareGivers, Inc. recently received a \$2,000 grant from the Bishop’s Charitable Assistance Fund to expand the Caring Cupboard food delivery program assisting homebound elderly living in and around Manchester and Nashua.. The check was presented Bishop’s Charitable Assistance Fund board member Carol Bednarowski

### T-Bones/Cactus Jack’s



Donny R Guillemette (L) received a check from Tanya Untiet (C) and Tom Boucher (R) the proceeds from the ninth annual Sweetheart of a Deal promotional fundraiser at T-Bones & Cactus Jack’s, two of the best restaurants in the Southern New Hampshire area.

### Holiday Hopes

Last December, our Holiday Hopes program once again provided holiday gifts to over 300 seniors! We couldn’t have done it without the generosity of over a hundred businesses, organizations, and individual donors. The holiday season continues to provide just how thoughtful and generous Southern New Hampshire residents can be!



### Fresh Rescue

The Caring Cupboard has partnered with Hannaford Supermarkets for the New Hampshire Food Bank’s Fresh Rescue Program. Through this program, we now have hundreds of additional pounds of fresh produce, meat, and bakery items to give to our clients each month.

## Community Food Drive

In April, we once again held our Annual Community Food Drive, and it was a huge success! Thanks to generous support from Comcast through Comcast Cares Day, volunteers collected nearly 20,000 lbs of food from neighborhoods throughout Southern New Hampshire. This brings our total food collected from the past two years of community food drives to nearly 45,000 lbs. That’s over 22 tons of food in two years! More than 100 volunteers participated in the food drive, helping to canvass neighborhoods and collect and sort the donated food. All of the food collected will benefit clients of the Caring Cupboard, who will now have access to more groceries (and a greater variety of items) during the traditionally lean summer months.



## Lunch Amongst Friends

Client George Mastrangelo and Volunteer and past board member Des Coffee treated Office Manger Ellie Martel and Program Coordinator Kelly Urban to a wonderful lunch at Yann’s in Bedford NH. A good time was had by all!



Friend us on Facebook!

### Happy Birthday Volunteers

- Lisa Duda 07/01
- Pamela McManus 07/04
- Katherine Metivier 07/04
- Inara Platt 07/16
- Ruth Conway 07/19
- Eugene Rheault 07/20
- Virginia McLeman 07/20
- William (Bill) Doucet 08/04
- Patrick Homer 08/05
- Tammy Gross 08/08
- Terri Murray 08/12
- Anne Felice Emmick 08/13
- Pauline Dodier 08/14
- DD Elnar 08/20
- Kirsten Jimenez 08/20
- Kristina Anne Moulis 08/20
- Trina Loughery 08/21
- Cathy Willmott 08/22
- Ann Fitzgerald 08/23
- Pamela Huntress 08/24
- Michael Bala 09/01
- Kathy Willis 09/02
- Kathleen Flax 09/03
- Richard G. Bordeleau 09/06
- Susan M Mansor 09/12
- Susan M. Mozek 09/12
- Bernice Kravitz 09/13
- James Wilkie 09/18
- Darren Erickson 09/19
- John Anastasiou 09/21
- Josephine May 09/27
- Gladys Ongori 09/28
- Mitchell Holden 09/29
- June Sapiel 07/02
- Donna Skotz 07/04
- Stacy Hebert 07/16
- Andy Normand 07/28
- Paul Pearsall 07/30
- Christine M. Tanguay 07/31
- Patricia Greig 08/04
- Richard Godbois 08/06
- Sara Caron 08/14
- Shirley Dutton 08/30
- Jeff Pruitt 09/03
- Christina Patenaude 09/11
- William Doucet 09/12
- Kim Anastasiou 09/14
- Marie Grantham 09/15
- Phyllis Bodnar 09/24
- Robert Sampson 09/24
- Aaron Tuttle 09/25

## A Look Inside the Cupboard

The CareGivers Caring Cupboard is a mobile food pantry delivering free grocery packages to low income elderly and disabled neighbors.



The CareGivers, Inc. would like to acknowledge the generosity of the following who contributed to our programs from April 1, 2014 to June 30, 2014. Their donations will help insure that more than 700 seniors and disabled people will receive the services they need to remain independent.

|               | Delivery Business Partners  | Households Served | Amount of Groceries |
|---------------|---|-------------------|---------------------|
| APRIL 2014    | St. Anselm College, Bedford Presbyterian Church, McLane Law Firm, Berkshire Hathaway Verani, People’s Bank, Southern New Hampshire University, Bedford Hills, and National Charity League | 372               | 11,243              |
| MAY 2014      | Manchester Fire Department, Stonyfield Yogurt, McLane Law Firm, Berkshire Hathaway Verani, Merrimack Lions Club, and National Charity League  | 368               | 10,088              |
| JUNE 2014     | Merrimack Lions Club, McLane Law Firm, Berkshire Hathaway Verani, St. Anselm Staff, National Charity League   | 371               | 12,778              |
| <b>TOTALS</b> |   |                   | <b>34,109</b>       |

## Our Generous Donors...

The CareGivers, Inc. would like to acknowledge the generosity of the following who contributed to our programs from January 1, 2014 to May 31st, 2014. Their donations will help insure that more than 800 seniors and disabled people will receive the services they need to remain independent.

- |                      |                           |                          |                            |
|----------------------|---------------------------|--------------------------|----------------------------|
| C. S. Akins          | Claire Bouchard           | Desmond Coffee           | Michael & Michelle Donati  |
| William J Allison    | Cecile Boucher            | Margaret Comiskey        | William & Denyse Doucet    |
| Kathy Apgar          | Debra Boucher             | Bradford & Kathy Cook    | Barbara Douglas            |
| Eileen Avery         | Stella Bourgeois          | Doris Cote               | Janet P Driscoll           |
| BAE Systems          | Donald Bournival          | Muriel Crittenden        | Denise & Laura Duhamel     |
| Roseann Morin Bailey | Constance Bourque         | Rita Croteau             | Kathryn Durant             |
| Kierstin Balmer      | Doris Bourque             | Joan Carrier             | Agnes Durost               |
| Germaine Barbour     | Denis & Rejeanne Boutin   | Thomas & Ruth Dabrowski  | Angela Dusaitis            |
| Evelyn Barrett       | Jean & Doris Boutin       | Maria Dakos              | Louise Duval               |
| Chick Beaulieu       | Juliette J. Boyer         | David Dalrymple          | Bruce and Susan Edwards    |
| John & Ruth Bedinger | Dorothy & Barbara Brawley | Joseph J. Degulis        | Florence Edwards           |
| Paul Bedinger        | Lois Breingan             | Daniel Demos             | Ethan Allen Home Interiors |
| Annette Belliveau    | Thomas & Marilyn Brison   | Rene Demos               | Faith Baptist Church       |
| Paul Pearsall        | Jeannette Brooks          | Teddy Demos              | Marcelle Favreau           |
| Christine M. Tanguay | Carole Buss               | William T. Dennehy       | Milly Fedourich            |
| Patricia Greig       | Archie & Ethel Caesar     | Ralph Derota             | Leonard Foisy              |
| Richard Godbois      | Carl & Marilyn Blanchette | Charles E. DesRuisseaux  | Louise Fournier            |
| Sara Caron           | Shirley Dutton            | Marie Dinter             | Doris Francis              |
| Shirley Dutton       | Jeff Pruitt               | Wilbrod & Rachel Dion    | Irene Fullam               |
| Jeff Pruitt          | Christina Patenaude       | Constance Dionne         | Evangeline B. Fusscas      |
| Christina Patenaude  | William Doucet            | Roger Dionne             | Gertrude Gagne             |
| William Doucet       | Kim Anastasiou            | Julia M. DiStefano       | Ursula & Hubert Gall       |
| Kim Anastasiou       | Marie Grantham            | Pauline & Rosaire Dodier | Elaine Gaudreault          |
| Marie Grantham       | Phyllis Bodnar            | Bernadette Donahue       |                            |
| Robert Sampson       | Herve & Lucienne Boisvert |                          |                            |
| Aaron Tuttle         |                           |                          |                            |

## Corporate Connections

The following corporations have supported The CareGivers in a significant way throughout the year. If you share our mission and would like to join us as a corporate partner, please call The CareGivers, Inc.

