



700 East Industrial Park Drive
Manchester, NH 03109

CAREGIVERSNH.ORG

603-622-4948

f caregiversnh

Thanks, Generous Donors

The CareGivers would like to acknowledge the generosity of the following who contributed to our programs. Their donations help preserve the wishes of more than 600 local seniors to live independently in their own homes.

Kathy Apgar	Milly Fedourich
Bernice Buckley	Richard Gagnon
Richard Buechsenschuetz	Patrick Head
Bradford E. Cook	Deborah Holman
Karolina Couitt	Stephen Holman
Ronald Covey	Simone T. Joubert
Andy & Melissa Crews	Eriikka Kopycinski
Lou & Pat D'Allesandro	Sandy S. Lish
Andrea Diaz	Eileen D. Luicha
Stephen B. Dorr	Steven F. Maesk
Nancy Efferson-Bonachea	Ruth-Ellen Mason

Mark McCulloch	Vicki Samuels
Eric V. Mele	Steven F. Scheiner
Judy A. Miller	Joseph W. Sheppard
Sharon Noel	Russell E. Simmons
John & Suzanne Patenaude	Sree Sridharan
Nancy Philbrick	Madhavan Srinivasan
Real R. Pinard	Jennifer Ware
George Pouravelis	Kathy Willis
Marc Provencher	
Rebecca J. Rutter	
Barbara Ryan	

NONPROFIT ORG
U.S. POSTAGE
PAID
PERMIT #37
Manchester, NH



Newsletter

Summer 2019

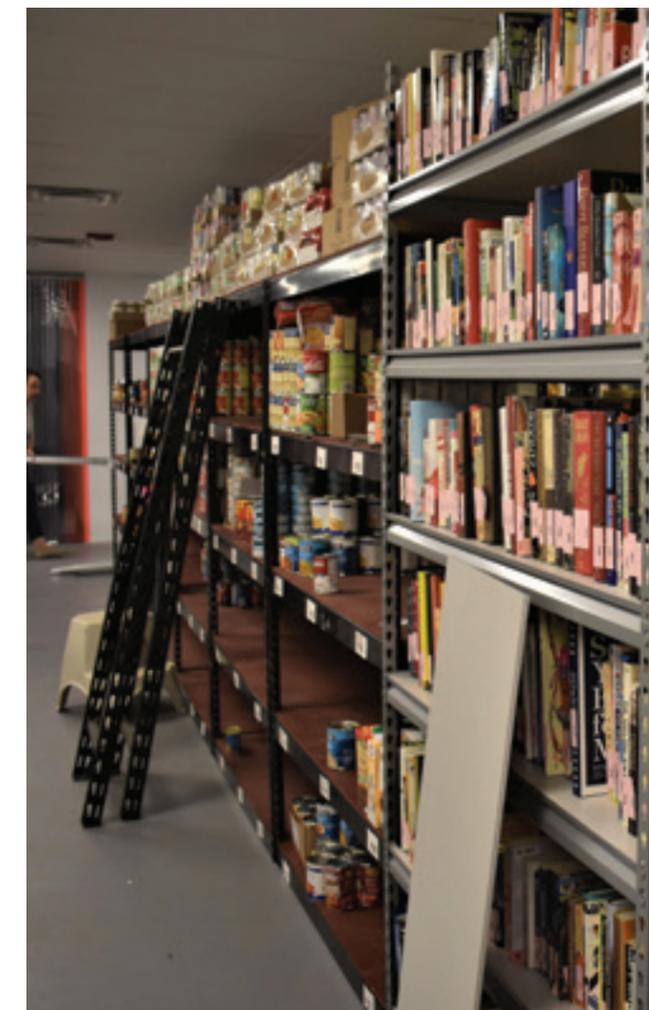
We've Moved! See For Yourself on June 20

Albert Einstein once said, "Life is like riding a bicycle. To keep your balance, you must keep moving." To that end, The CareGivers recently moved its operations to **700 East Industrial Park Drive** in Manchester, which is also home to the New Hampshire Food Bank.

The new location - with its own dedicated office and warehouse - is fully housed on one floor. This is great news for Caring Cupboard volunteers who no longer have to worry about stairs when moving food in and out. And, being under the same roof as the New Hampshire Food Bank will certainly help expand our food delivery program to additional clients and communities in and around Southern New Hampshire.

"It's important to keep moving forward," said James Wilkie, executive director of The CareGivers. "Opening new doors leads us to new opportunities to prepare for the future and better serve the needs of our many clients."

We will welcome volunteers, supporters and friends to our new home on **Thursday, June 20 from 5 - 8 p.m.** for an ice cream social. We'll provide some food and some fun and show off our new digs. Stay tuned to our Facebook page and website (caregiversnh.org) for more information.



In Memory of a Valued Supporter

The following generously donated to The CareGivers in memory of Dr. Ovide A. Lamontagne, 88, a valued longtime volunteer who passed away on January 7, 2019, surrounded by loving family and caregivers. After serving as a Captain in the U.S. Army he began a dental practice spanning 44 years.

Upon his retirement, he started volunteering for The CareGivers and was recognized as the "CareGiver of the Year" in 2004.

Gerald E. Aubin
Timothy R. Boisvert
Daniel J. Callaghan
Paul Chenette
Brian Delahanty

Kathleen Kierstead
Roger A. Lamontagne
Kathryn A. Marchocki
Paul G. Mattaini
Paul M. Montrone

Norman H. Proulx
Emile J. Tetu
Roy W. Tilsley
Laurence E. Zabar



Want to volunteer? Check out: caregiversnh.org/volunteermatch

James Wilkie, Executive Director
james@caregiversnh.org

Ellie Martel, Office Manager
ellie@caregiversnh.org

Eric Emmerling, Development Manager
eric@caregiversnh.org

Will Duyrea, Caring Cupboard Coordinator
will@caregiversnh.org

Claudette Simino, Volunteer Scheduler
claudette@caregiversnh.org

Mike Szaley, Warehouse Manager
mike@caregiversnh.org

Should Use-By Dates Be Taken Seriously?

Do you wonder if the cryptic and sometimes smudged 'sell by', 'use by', or 'best by' dates on the labels of food products are a firm deadline? Can you safely eat foods beyond those dates? Here are some helpful guidelines from the United States Department of Agriculture (USDA):

General Tips

- **Sell by** most often is grocer terminology, letting the meat or dairy clerk know when to swap out stock. It's safe to eat a food a few days after a sell-by date.
- **Best before** refers to quality and taste standards. The length of time that food is good after this date depends on the product.
- **Use by** is more of a hard-and-fast rule indicating that it is not safe to consume a product beyond the stated date.

Meat: Expiration dates are especially important with raw meat—and so is common sense. Eat it or freeze it within two days of purchase because home refrigerators usually aren't cool enough to keep the meat fresh for more than two days. Any frozen ground meat should be used within three months; pork holds for six months; and beef, lamb, veal and venison last eight to 12 months.

Condiments: Here's a guide to how long the following condiments will last once opened: ketchup, one month in pantry, six to eight months in fridge; mayonnaise, two months in fridge; jellies and jams, one year in fridge; mustard, six to eight months in fridge; peanut butter, two to three months in fridge; pickles, one to two months in fridge; sour cream, two weeks in fridge; salad dressing, three months in fridge; butter, three months in fridge (can be stored in the freezer for up to a year).

Packaged Foods: Dates on food packages have more to do with quality than they do safety. They might get stale, but they're unlikely to be unsafe for consumption. The biggest issue is the oils in them getting rancid. If it smells bad, throw it out. Flax tends to get rancid quickly.

Dairy: Milk usually carries a sell-by date because it is affected by many things in the environment. If stored around 37 degrees Fahrenheit, pasteurized milk will remain fresh for two to five days after its sell-by date. Use yogurt within seven days of opening and keep tightly covered. If unopened, it should still be good up to a few weeks after the date stamped on it.

Frozen Foods: Most frozen foods can last months, even years in the freezer without risk of spoilage. However, some foods may end up with some freezer burn after a period of time. It's not unsafe to eat these, but they may not taste very good.

Canned Foods: In general, high-acid canned foods such as tomatoes, grapefruit and pineapple can be stored on the shelf 12 to 18 months. Low-acid canned foods such as meat, poultry, fish and most vegetables will keep two to five years—if the can remains in good condition and has been stored in a cool, clean, dry place.



The Caring Cupboard Wish List

Don't have the time to volunteer your time, but want to help the cause? Simply take along our Caring Cupboard shopping list the next time you head out to the store. Donating a few items is a deeply appreciated and rewarding way to help.

- Canned fruit: peaches, pears and mandarin oranges
- Coffee, ground
- Canned yellow beans or waxed beans
- Tomato/V8 & cranberry juices
- Small, 1 lb. canned hams
- Boxed, flavored rice mixes
- Saltine crackers
- Granola bars
- Grocery store gift cards, in any denomination



Anne Gribok and Ellie Martel have been phone friends for more than a decade. Anne calls Ellie seeking a driver to get to and from doctor appointments. Ellie, in her cheerful and empathetic way, records the information before they chat, sharing stories and confiding in one another. Over the years, they've developed a trusting friendship. Today, Anne got a ride to the office in order to meet Ellie face-to-face for the first time.

Want to volunteer? Check out:
caregiversnh.org/volunteermatch.

Contact Us - 603-622-4948

A Night On The Town

Being housebound can make it extremely difficult to get out for an enjoyable evening, dinner out or even a trip to the movies. But thanks to several generous area businesses, a great night out is becoming a reality for many of our clients. Now volunteers can pick up clients and go out on the town.

A big THANK YOU to the following participating sponsors who contributed gift cards to create this memorable experience for our housebound clients

- Capitol Center for the Arts
- Dana Center at St. Anselm College
- Majestic Theatre
- Manchester Monarchs
- Margaritas Mexican Restaurant
- Red Arrow Diner
- Red River Theatres
- T-Bones & Cactus Jacks (Great NH Restaurants)

