A Dynamic Duo

Jennifer Smith and Lori Nigl, Martignetti Companies of NH co-workers and friends, volunteer every month to give back to their community. It all started when Martignetti was approached by The CareGivers to become a delivery business partner for the Caring Cupboard program. Jen and Lori enthusiastically volunteered for the one-time delivery of groceries to clients, but it didn’t end there. After their initial volunteer experience, these two dynamic women decided they wanted to do more. Jen and Lori asked about other opportunities such as our Birthday Squad program and becoming regular volunteers for our monthly Caring Cupboard grocery deliveries. Without hesitation, they went through the process to become permanent CareGiver volunteers and “Team J-Ló”, as they call themselves, was born. Jen and Lori’s sentiments are the same...they “volunteer to make a difference in someone’s life, not for self gratification. People just need to know someone cares. The clients are so appreciative and we get genuine hugs.” They both feel good at the end of the day having seen the positive, immediate impact they are making, “Volunteering puts things into perspective. You appreciate what you have” says Jen. Lori states “it makes me feel good making someone else feel good. It’s all so worthwhile.” Both ladies wish they could spend more time with the clients when making deliveries because the recipients never want them to leave. Jen and Lori love hearing client stories and getting an insight into their past. Lori adds happily “We love them all because they think we are in college!”

Outstanding CareGiver of the Year Award Honorees

This past November, The CareGivers, Inc. hosted its Volunteer Recognition and 25th Anniversary Celebration. Tom Boucher, CEO Owner of T-Bones & Cactus Jack’s Restaurants and a long-time supporter of The CareGivers was the guest speaker. The CareGivers was delighted to honor Rita Soderberg, a Greater Manchester volunteer, Cecile Boucher, a Greater Nashua volunteer and The Meelia Center at Saint Anselm College, a volunteer group. These award recipients go above and beyond as CareGiver volunteers. Thank you and congratulations to all.
Rose, client, age 90

“The balloon is still up in my parlor; it floats all around and keeps me happy. You have to be special people to do this for everyone. It brings a lot of happiness to those you do it for. We don’t feel so lonely.”

Steven Scheiner
Financial Services Manager, Vice President, Ocean Bank, A Div. of People’s United Bank

Why did you become involved with The CareGivers?
“I became involved with The CareGivers as I firmly believe that our senior population gets overlooked too often, as many programs are out there supporting youth (which is all well and good) and not enough for our seniors.”

What interests you most about The CareGivers organization?
“Watching The CareGivers grow their mission statement and initiatives is inspiring, as the people who make it happen every day are volunteers who enjoy making a difference. It is very rewarding being associated with an organization of The CareGivers’ caliber and watching it doing more and more for those less fortunate. I know that when I organize a group of Ocean Bank people to assist with the Caring Cupboard program, the feedback I get is nothing short of positive...and they look forward to helping out again!!”

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.

<table>
<thead>
<tr>
<th></th>
<th>Delivery Business Partners</th>
<th>Households Delivered to</th>
<th>Amount of Groceries</th>
</tr>
</thead>
<tbody>
<tr>
<td>OCTOBER ’09</td>
<td>Saint Anselm College, Fidelity &amp; BAE Systems</td>
<td>150</td>
<td>5,133 lbs. Value: $9,453.27</td>
</tr>
<tr>
<td>NOVEMBER ’09</td>
<td>Saint Anselm College, Fidelity &amp; Whipple Hill Communications</td>
<td>150</td>
<td>5,772 lbs. Value: $9,614.75</td>
</tr>
<tr>
<td>DECEMBER ’09</td>
<td>Manchester Fire Explorers, Fidelity, Hesser College &amp; McCarthy Team</td>
<td>150</td>
<td>4,916 lbs. Value: $8,182.28</td>
</tr>
<tr>
<td>TOTALS</td>
<td></td>
<td>450</td>
<td>15,821 lbs. Value: $27,250.30</td>
</tr>
</tbody>
</table>

THANK YOU!

Ann H., Fidelity Cares Volunteer

Highlights
“CareGivers is not just about making food deliveries to assist someone in need; it’s about making their day by giving them a smile, conversation, hope, and yes...a basic need too. I find the most rewarding part about volunteering with CCC is the socializing with the clients, even if it’s just a few minutes. I leave with my empty grocery bags knowing whatever situation they are in my time and CCC’s generosity is leaving them in a little better place.”
Upcoming Events & Short News

SAVE THE DATE! Sunday May 16, 2010 for our 8th Annual Chocolate Lovers Fantasy Event at the Radisson Hotel in Manchester from 12 Noon to 5:00 PM. More information will be available soon on our website at www.caregiversnh.org.

The Bedford Presbyterian Church bought Christmas gifts again this year for some of our clients. Christine Flanagan leads the church in this donation. The CareGivers provided the church with the names of clients to receive a gift and their requested item. Some of these items included robes, sweaters, blankets, gloves, and towels. The Presbyterian Church parishioners picked from the “giving tree” and shopped for that client. They wrapped and delivered gifts to 30 of our clients during the Christmas season.

On behalf of the Bedford Women’s Club, member Margaret Goodrich (and her grandson), delivered numerous bags of non-perishable food items they collected for the CareGivers Caring Cupboard. In addition, the Club donated a variety of grocery store gift cards to supplement our mobile food program’s needs! Thanks to all the BWC members who participated!!!

“I want to thank you for always being there when I need a ride.”
Bea, client, age 83

The Volunteer Corner

Each month, through our Birthday Squad Program, caring volunteers bring personal birthday wishes to clients, which include a birthday card, cookies and a balloon. Eleanor P., age 80, a recent recipient of this special delivery, expressed her feelings in a note:

“Wonderful group; you do such fine, kind work. Have just had a birthday. Had cards, out to dinner, etc. The thing that made me smile the most was your balloon. Guess we still have some kid in us, no matter the age. All cards were gone before the balloon.”

From the President...

Donny R. Guillemette
President & CEO

Our mission at The CareGivers is about “people helping people”. What I’ve valued most about our organization over the years are the volunteers, who have many faces and their own unique motivations for helping others. It is my ongoing privilege to be associated with the young, recently retired, stay-at-home parents, working professionals, and so many others who give of their time. I’ve known those whose lives have been touched by tragedy or health issues who want to give back, realizing life is too short to “put off until tomorrow”. We have parents who view volunteering as an opportunity to include their young children, whether it’s driving a client to the grocery store or just stopping by for a friendly visit, so they can experience the rewards of a relationship with a grandparent figure. No matter how much time or what service they provide to help others, I’ve noticed our volunteers’ commitment strengthen when they see firsthand the benefits to the recipient of their efforts...the magic of volunteerism!

Happy Birthday Volunteers:

October
Roger Gosselin 10/3
Christina Lemieux 10/7
Denis Boutin 10/9
Peter Maffaletto 10/12
Partie Davis 10/18
Robert Lajoie 10/18
Donna Watson 10/20
Patty Martin 10/23
Carl “Bo” Cuchetti 10/24
Pamela Snow 10/29

November
Lucille Atkinson 11/1
Mary Kay James 11/1
Greer Bodmer 11/2
Gail Rheume 11/3
Jane Warren 11/5
Matt Colby 11/6
Deena Greene 11/7
Thomas Lecesse 11/16
Cecile Boucher 11/22
Gail Schevey 11/23
Linda Abels 11/24
Armand Duhaime 11/24
Lorraine Gibson 11/25
James Hall 11/25
Wayne Parmin 11/26
Brian Tremblay 11/29

December
Nancy Letizia 12/5
Beverly Duhaime 12/6
Laura Withers 12/6
Jane Laurendea 12/8
Tammie Call 12/9
Nancy Pease 12/12
Kathy O’Leary 12/13
Nancy Mellin 12/16
Kathleen Walsh 12/21
Christine Giroux 12/23
Mary Lockridge 12/23
Bruce Manchester 12/23
Andrew Vogt 12/25
The CareGivers Inc.

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

Staff

Donny R. Guillemette
President & CEO

Bernadette Douzanis
Development & Resource Manager

Mary Ellen Subisak
Community Outreach & Events Coordinator

Kelly Urban
Manchester Program Coordinator

Eric Emmerling
Nashua Program Coordinator

Ellie Martel & Diane Gardini
Office Support Staff

Jill Puchacz
AmeriCorps Member
Caring Cupboard Volunteer Coordinator

Robert Hemmer
Caring Cupboard Warehouse Clerk

Board of Directors

Chairman
Desmond Coffee
Community Volunteer

Treasurer
Steve Scheiner
Ocean Bank

Secretary
Cyndi Spiers
Comcast

H. Andy Crews
AutoFair

David Harrity
Retired-U.S. Dept. of Housing & Development

John Knorr
Business Owner

Ruth-Ellen Mason
Encrease Sales & Marketing, LLC

Mary Wainright
Community Volunteer