

VOLUNTEER CORNER BY SARA, UWGN DIRECTOR OF VOLUNTEER AND COMMUNITY ENGAGEMENT

Coffee and Causes
at City Moose Café –
Volunteerism for Retirees

The City Moose Café
30 Temple Street, Suite
202, Nashua, NH
Thursday, August 22
at 9 a.m.

Bring your own mug and
join United Way of Greater
Nashua for FREE COFFEE
at The City Moose Café
in Nashua to talk with
other retirees and pre-
retirees who are interested
in volunteerism. Stay
United, United Way's new
retiree group, will speak
about how retirees can
work together to make a
difference.

11,500 MEALS WERE PUT TOGETHER AT OUR MILFORD, NH FOOD SECURITY DOC

Thank you to all the wonderful volunteers who participated on June 5 at Milford SHARE!



THE GREATER NASHUA VOLUNTEER FAIR HELD AT THE NASHUA PUBLIC LIBRARY

The June 6 event was a great success. Thank you to everyone who participated



TUNE IN TO OUR RADIO SHOW EVERY MONDAY MORNING AT 9 A.M. ON 1590 WSMN



Listen to **WSMN** on Monday mornings at
9 a.m. as Mike Apfelberg hosts area non-
profits to discuss what is happening in
our community! The show is generously
sponsored by **Echstone Properties**.

WELCOME 2019 CORPORATE SPONSORS! THANK YOU SO MUCH FOR BEING ON OUR TEAM!



Please email mapfelberg@unitedwaynashua.org if you are interested in becoming a United Way sponsor

HOW CAN YOU GIVE OR GET INVOLVED?

www.facebook.com/UnitedWayGN/

<https://twitter.com/unitedwaygn>

www.youtube.com/user/UnitedWayGN

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United Way of Greater Nashua SUMMER 2019 NEWSLETTER

PLEASE JOIN US FOR THE FOURTH ANNUAL UNITED WE SLEEP TO END HUNGER AND HOMELESSNESS

September 20 from 5 p.m. to September 21 10 a.m.
Nashua Community College, 505 Amherst St. Nashua

Text [sleepout2019](text:sleepout2019) to 71777

We are planning **United We Sleep** again for 2019. This year's event will take place at **Nashua Community College**, right out on the front lawn, on September 20 and 21. We will have a broad and deep team of experts from our community, and successful participants from their programs, to discuss the issues of food insecurity, housing complexity, mental health, human trafficking, and other critical issues.

Will you help us with United We Sleep 2019? You can sign up or donate at www.tinyurl.com/uws2019 -- you can encourage your friends or colleagues to join you -- you can create a team from your family, church, or workplace to get involved -- you can take up a collection of socks -- and you can help share your story. We hope you will support us in this effort and once again get involved with **United Way**, and our mission to fight for the health, education, and financial stability of EVERY person in EVERY community!

United We Sleep has helped us to raise over \$200,000 for our **Community Impact Fund**. This fund invests in our strong network of local nonprofits which are working tirelessly to lift people out of poverty. This includes supports such as access to dental care, a focus on high school graduation for at risk teens, food support for kids from low income backgrounds, and transitional housing for single moms, dads, and families experiencing homelessness. Our focus continues to be on investing in programs which are hand-ups... With our belief that people need the tools and resources to lift themselves out of poverty. To date, 16 different nonprofits operating over 25 different programs have directly benefited from the resources created by you at **United We Sleep!**

We are also using the event to collect socks for our local shelters and pantries for the winter... one of their most needed items! Socks can be dropped off at various locations before the event, or during the event. Learn more on our website, www.unitedwaynashua.org, under events, or on our Facebook page; <https://www.facebook.com/UnitedWayGN/>

Sign up TODAY: tinyurl.com/uws2019



IT'S BEEN A BUSY YEAR – AND OUR TWO FINAL 2019 DAYS OF CARING ARE HAPPENING SOON!



UNITED WE SLEEP 2019

For one night in September, join fellow community members in learning about the level of poverty that exists and exploring pathways to success in the greater Nashua community. You will learn from local experts as you participate in a unique, experience of a sleep out in a cardboard box at **Nashua Community College**. You can make a difference preventing and eliminating homelessness in our community.

Nashua Community College
505 Amherst Street, Nashua



Shoebbox Project Day of Caring –

Help us put together care packages for our local seniors during our final 2019 Day of Caring. Each year we determine a theme for our care packages that truly aids a challenge our senior community faces, for example last year we created memory care kits.

If you are interested in donating items for our care packages, look for our wish list in a future newsletter or on our social media channels. More information will be available soon!

Nashua Senior Center
70 Temple Street, Nashua

PARTICIPANTS OVERCOME THEIR FEAR OF HEIGHTS TO GO OVER THE EDGE FOR THEIR COMMUNITY

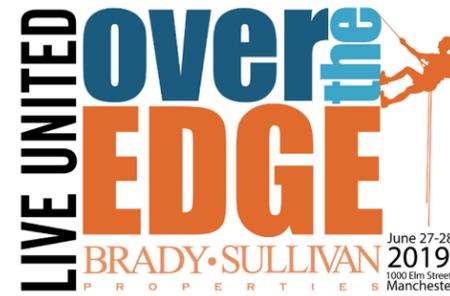


In late June, 23 local non-profits, including **United Way of Greater Nashua** and **Granite United Way**, joined forces to go **OVER THE EDGE** in support of our community! Almost \$200K was raised this year for the participating organizations. 130 individuals rappelled down the **Brady Sullivan Tower** at 1000 Elm Street in Manchester. These individuals overcame their fear of heights because they believe in the strength of teamwork. They are committed to improving our community! Their supporters include friends, family, colleagues...even random strangers simply wanting to support their cause. Thank you **Brady Sullivan Properties LLC** for again being our building sponsor for this amazing event! We are also very excited about our awesome VIP Team, which included **Erin Fehlau** from **WMUR-TV**, New Hampshire Congressmen **Annie Kuster** and **Chris Pappas**, and **Randy Pierce** from **2020 Vision Quest**.



A big thank you to all of our wonderful volunteers, and our sponsors: **Brady-Sullivan Properties**, **St. Joseph Hospital Mobile Health Clinic**, **Bar Harbor Bank and Trust**, **Frank FM**, **WSMN 1590**, **WMUR**, **Optline Enterprises**, **AkaVie**, **Elliot Healthcare**, **Mint Printworks**, **McLane Middleton**, **SignsNow NH**, **Greenleaf Photography**, **B2B Video Solutions**, and **Nashua Telegraph**.

NH Chronicle covered the event! <https://www.wmur.com/article/tuesday-july-23rd-erin-goes-over-the-edge/28447940>



VOLUNTEERS AND DONORS HONORED AT CELEBRATION OF U EVENT AT ANHEUSER-BUSCH

On July 10, donors and volunteers of **United Way of Greater Nashua** gathered at the Merrimack brewery **Biergarten** for an evening of fun, good food, drinks, and family fun. The event was also an opportunity to thank and recognize individuals who have helped the organization run smoothly during the last year. It was a way to say thank you to everyone involved! Six individuals were recognized:

Local family medicine doctor, **Donald McDonah**, received the **Donor Award** for being a longtime donor as well as being actively engaged as a volunteer with the United Way. The award was presented by United Way Board of Director Secretary and City Welfare Officer **Bob Mack**.

Peter Chaloner, United Way Finance Committee Chair received the **Rod Hansen Award**. Hansen was a former board member who was involved in everything, everywhere he went. **Chaloner** received the award for having a similar passion, as he participates in "practically everything" when it comes to United Way events. Board member **Rolf Goodwin** presented the award.

Mayor Jim Donchess presented **Alderman Brian McCarthy**, who passed away suddenly last year, the **Max Silber Award**. McCarthy's wife **Gloria** accepted the award on his behalf. Alderman McCarthy served as Alderman for 25 years and was heavily involved in the city, much in the way that Silber was.

Bruno Suarez was presented the **Advocate Award** by **Liz Fitzgerald**, United Way Director of Community Impact. **Suarez** is a leader in the **One Greater Nashua Coalition**. **Suarez** has been a strong advocate for children in the Nashua School District and an advocate for immigrants throughout the state, making our community a better place for all of us.

Cynthia Whitaker was also nominated for an Advocate Award. As the Chief of Services at **Greater Nashua Mental Health**, she is out tirelessly advocating for the mental health of the community, including some of the most at-risk members of our community. **Mike Apfelberg**, President of United Way of Greater Nashua, presented Whitaker the award.

Galina Szakas received the final award of the evening. United Way Board of Directors Co-chair **Bob Larmouth**, presented **Szakas** the **Volunteer Award** for her work with One Greater Nashua, serving on the board, and dedicating her time to various community assessments and evaluations.



THANK YOU FOR HELPING US HELP YOUNG FAMILIES GET OFF TO A GREAT START

Our 3rd Annual Community Baby Shower was a great success thanks to our sponsors and volunteers!



2019 Day of Caring and Baby Shower SPONSORS

- | | |
|-------------------------------|------------------------|
| Bangor Savings Bank | Mr. Macs Mac 'n Cheese |
| Eaton and Berube Insurance | Nashua Teachers Union |
| E Print | Oster and Wheeler |
| Family Dental Care of Milford | Peniel Environmental |
| Franklin Savings Bank | Pennichuck Water |
| Howe Riley and Howe | Subzero Ice Cream |
| Jambard Farm | Unique System Skills |
| Merrimack Auto Center | Web Action Group |



United Way of Greater Nashua serves Amherst, Brookline, Hollis, Hudson, Litchfield, Lyndeborough, Merrimack, Milford, Mont Vernon, Nashua, and Wilton, New Hampshire.