

# BREAD AND BOARD

## The NSK & S Newsletter



The Nashua Soup Kitchen and Shelter, Inc. is a private, non-profit organization providing meals, emergency shelter, transitional & permanent housing, food baskets and advocacy to poor and homeless men, women and families with children. The soup kitchen, at 42 Chestnut Street, serves dinner seven days a week and breakfast five days a week. Our philosophy:

*No one should be hungry or homeless in our community.*

**SPRING 2010**

### FROM SOUP TO SHELTER

The economy has hit people very hard, even here in New Hampshire. Many of the people coming to us are new to being in need and asking for assistance. We hear from them that without the soup kitchen they don't know what they would do.

In the first 8 months of this fiscal year (July – Feb) we:

- served 11,335 breakfasts ( up 27%)
- served 21, 437 dinners (up 17%)
- gave out 19,700 diapers (up 2%)
- provided 6,788 nights of shelter
- had 18,571 visits for fresh produce
- gave out 3,746 food bags (up 32%)

Statistics are easy to compile and analyze. It is harder to look into the scared and desperate faces of folks waiting in line outside to get food to feed their families. Each meal served is a face and every food bag distributed is a family in need. We are seeing more folks come in but with your help we are also accomplishing more.

### TALES FROM THE TRENCHES

~ A young woman came into the office who spoke little English. She fled a domestic violence situation and had not been able to get food stamps here because she could not get the welfare office to close out her case where she had been living. Our staff advocated, got her case closed and she was able to apply for her food stamps within hours of leaving our office.

~ A pregnant mother of 3 whose husband left her came in because her electricity had been shut off. She could not get local assistance because her husband had already received assistance for

the family in the past. The mom was so desperate she was ready to write a bad check to get the electricity turned on so she could cook for her kids. NSKS staff called the utility company and negotiated a payment plan and got them to turn the electricity on while the woman applied for benefits.

~ A woman came in who had moved to Nashua and her U-Haul truck caught fire on the highway. She lost everything. We were able to give her emergency food, a backpack for her daughter, toiletries, curtains, blankets and some household items to hold her over until her insurance paid her.

### THERE IS STILL TIME TO REGISTER

Our 17<sup>th</sup> Annual Run for Food & Shelter – sponsored by **Subaru of Nashua** is coming up. Sunday, April 11<sup>th</sup> we will have our 5K run, 10K run, 3K walk, and Kids' Sprint sponsored by the **Nashua Police Patrolman's Association**.

As the number of people coming to us for help continues to climb, this event is more important than ever in helping us meet our mission. We need your help to be successful.

To register, go to our website at [www.nsk.org](http://www.nsk.org) or call the office at 889-7770. Race day registration is also available. We need runners, walkers and people to pledge those participants as well. New this year are two-year age categories for youth medals and a lower registration fee for youth.

Our corporate sponsors are listed on the next page. It is not too late for your company to join them in supporting this great event. Call or email Lisa at 889-7770 or [lisa@nsk.org](mailto:lisa@nsk.org)

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## 'EMPTY BOWLS' THANKS

"Empty Bowls 2010" was another wonderful success. We are very grateful to Robin Peringer, the Honor Art Society, the NHSS Jazz band & chorus, and the rest of the faculty, students, and community who helped to make this a success. You raised \$7,000 to support the services of the NSK&S. THANK YOU to all of you!

## ADVOCACY CORNER

Granny D proves it's never too late. Accolades for the work of Granny D (Doris) Haddock are pouring in from all over the world and from all sides of the political spectrum on the occasion of her death at age 100. One of her most significant accomplishments was walking 3,200 miles across the US over a period of 18 months at age 89 to bring attention to campaign finance reform.

What is particularly notable is that she did not think it was too late to make a difference at that point in her life and she did it in her own way. Just because we were not "always" involved in community affairs does not mean we can't start now. Granny D embodies the power of one person to create awareness, the first step to meaningful change.

We can accomplish this in regard to efforts to end homelessness, to relieve hunger, to offer hope to local people struggling with job loss, debilitating illness, or other factors that change lives dramatically in moments. Please contact Eileen at NSK&S, 889-7770 or [eileen@nsks.org](mailto:eileen@nsks.org) to find out more about advocacy efforts or check out the Advocacy page on [www.nsk.org](http://www.nsk.org).  
- Eileen Brady

## RACE SPONSORS

Along with our title sponsor **Subaru of Nashua** and the **Nashua Police Patrolman's Association** we would like to thank these race sponsors. We recognize in these economic times it is a struggle to continue to support our work and we greatly appreciate it. It is your support that makes this event a success. We hope that our friends will note who is supporting us and help patronize those businesses. At this time, they are:

**Apple Therapy Nashua**  
**BAE Systems**  
**beckonings**  
**G.M. Roth Design Remodeling**  
**Gottesman & Hollis, P.A.**  
**Kalil & Kress Family Dentistry**  
**Levesque Family Dentistry**  
**Lovering Volvo of Nashua**  
**Major Mail, Inc.**  
**Melanson Heath & Co., P.C.**  
**Nashua YMCA**  
**The Orthopedic Center**  
**Phoenix Graphics**  
**The Print Factory**  
**Ruo & Haschig Realty Inc.**  
**Smith-Weiss Shepard, P.C.**  
**St. Joseph Hospital**  
**Unity Construction**

## FROM THE EXECUTIVE DIRECTOR

Recently I came across this Buddhist prayer and thought about how it mirrors the mission of the NSK&S.

### GIVING TO THOSE IN NEED

*May I become at all times, both now and forever  
A protector for those without protection  
A guide for those who have lost their way  
A ship for those with oceans to cross  
A bridge for those with rivers to cross  
A sanctuary for those in danger  
A lamp for those without light  
A place of refuge for those who lack shelter  
And a servant to all those in need.*  
- Tenzin Gyatso, the 14<sup>th</sup> Dalai Lama

Next year will mark the 30<sup>th</sup> anniversary of the NSK&S. For almost three decades we have been a part of the community and helping those in need. With your support we have come from serving soup and sandwiches to a handful of folks three days a week to feeding hundreds of people over 50,000 meals a year. We provide emergency shelter, transitional, and permanent housing. Our education and employment program helps folks find jobs and go back to school. Staff and volunteers address public policy and advocate on hunger, homeless and poverty issues locally and in the capitols of both our state and our nation.

- Lisa Christie

## VOLUNTEERS OF THE MONTH

**January - Jennifer Morton** is a volunteer from the UU Church and has accomplished many things as a volunteer for us. She has picked up food weekly from an area restaurant, helped with our Christmas program and comes in monthly to serve dinner. Always with a smile and big hello, thank you Jenn for being part of our team!

**February - Archie Frangoudis** comes in every Saturday to help with dinner. Archie is a cleaning machine and on the go from the time he comes in. Thank you Archie for being an awesome volunteer!

**March - Steve Varga** is a third Saturday of the month dinner volunteer. Steve is willing to pitch in wherever his help is needed. He has a fantastic attitude and it's always a pleasure when he comes to the Soup Kitchen. Thank you Steve for your time and talent!

- Carol Weeks

## WISH LIST

Canned Tuna, Chicken & Ham; Beans, dry, canned or baked; Pasta; Spaghetti sauce or tomato products; Rice; Peanut Butter; Soups; Toilet Paper; Razors and shaving cream; Diapers (size 3, 4 or 5, any brand) For updates check our website at [www.nsk.org](http://www.nsk.org)!

**Remember we rely on your support to help the men, women and families with children who depend on the NSK&S.  
Thank you for your help.**