



Reflections

Fall 2019

The Ultimate Recipe for Success

When you look into the kitchen at the New Hampshire Food Bank, you will most likely find Moriah Webster working hands-on with students in the Recipe for Success Culinary Job Training Program. Over the past two years, she – along with the program’s production chefs – has helped dozens of unemployed individuals gain the culinary skills needed to seek employment in the food service industry.

Once a Culinary Job Training Program student herself, she is now the program’s production assistant. But Moriah’s journey with Catholic Charities New Hampshire didn’t start at the New Hampshire Food Bank. It began twelve years ago – at the Our Place pregnancy and parenting education program.

As a scared, first-time mom, Moriah worked with the Our Place team as she began her journey into motherhood. From the physical and emotional changes of pregnancy to labor and delivery, Our Place was there to guide and prepare Moriah for the unexpected challenges that come with becoming a mother. “Our Place gave me the confidence to know that everything was going to be okay and that I could do this,” Moriah recalls. Shortly after enrolling in Our Place, Moriah’s daughter Madisyn was born.

During Moriah’s time at Our Place, she attended a six-week Cooking Matters® program, hosted by the New Hampshire Food Bank, where she learned how to make healthy and affordable meals for her family. While there, Moriah discovered the Culinary Job Training Program – an opportunity to build a career in an industry she had never considered.

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After graduating from Recipe for Success, Moriah's culinary skills were put to the test at a few different jobs, one of which was the chef supervisor for a job training program. Soon after, she received a phone call from Recipe for Success Chef Instructor Jayson McCarter. He was looking for a production assistant for their program and knew Moriah would be the perfect fit. The rest fell into place. "I wake up every day and know that I am making a difference," Moriah shares.

Madisyn is now an ambitious 12-year old and is thriving in school. She also loves to cook, just like her mom.

When Moriah is working with students, she often finds herself instilling in them the life lessons she learned at Our Place, one being: It's okay to fail; you just have to pick yourself back up and keep going.

"Everything that I am today is because of hard work and utilizing the resources that Catholic Charities New Hampshire offers," Moriah says. "They are proof that if you need help, someone will be ready and eager to steer you in the right direction."

To read more about Moriah's story, visit cc-nh.org/moriah



Ways You Impact Lives Across New Hampshire

Through your support of Catholic Charities New Hampshire, so far in 2019, you have provided hope, healing and promise to **more than 68,800 individuals and families** statewide living amid poverty, mental health challenges, isolation and in some cases, a lack of basic life needs. This includes:

- **1,080 individuals**, who because of you, have received casework services and a guiding hand to move their lives from despair to self-sufficiency through Parish & Community Services.
- **242 of your neighbors**, who thanks to you, have the Counseling Services to confront – and work to overcome – depression, anxiety, post-traumatic stress disorder, substance use and other difficult life situations.
- **More than 400 homebound and disabled elderly** who now have access to food deliveries, rides to vital medical appointments and the sense of independence they value most.

Visit cc-nh.org/impact to learn about the profound difference you're making.

Your Gift Can Do More! Matching Gifts

Did you know that Catholic Charities New Hampshire accepts matching gifts? Check with your company's human resources department to see if they have a matching gift program, then follow these easy steps:

1. Obtain a matching gift form from your employer.
2. Fill in the employee section of the form and send it to CCNH along with your donation. If you have already made your contribution, simply send the completed form to:

Catholic Charities New Hampshire
Attn: Matching Gifts Dept.
215 Myrtle Street
Manchester, NH 03104

3. We will complete the form and return it to your employer's matching gift office for processing. Your company will send its matching donation directly to CCNH.

Your matching gift furthers the impact of your contribution to help those in need across New Hampshire. Thank you!

Save the Date!

Grand Opening

CCNH Northern Regional Service Center

Thursday, September 12, 2019

2 Main Street, Berlin NH

RSVP: 603-752-1325

or at cc-nh.org/berlin



CCNH 75th Anniversary Celebration

Saturday, February 15, 2020

DoubleTree by Hilton Manchester Downtown

700 Elm Street, Manchester NH

More details to come.

Your Legacy

Make a lasting impact by naming Catholic Charities NH in your will or estate plans. For more information, contact Karen Moynihan at **603-669-3030**.