

Volunteer Spotlight: Amy-Lynn Sullivan

Hundreds of homebound and at-risk seniors across Greater Manchester and Greater Nashua live alone, in isolation and without proper access to food, social connections and other means of assistance. The CareGivers is a lifeline to help them live independently in their own homes and know that they are not alone.

Whether it's the Caring Rides to medical appointments or Caring Cupboard food deliveries, none of this work would be possible without the selfless commitment of incredible volunteers who dedicate their time and gas mileage to help others. Amy-Lynn Sullivan is one of those.

At the beginning of the pandemic, she heard that many local seniors were unable to make their medical appointments because they didn't have a ride, or couldn't afford a taxi. She knew she had to do something about it. In just one year, she has become a dedicated volunteer who has made an incredible impact. She spoke with us about her experience as a volunteer and why it's so important to support programs like The CareGivers:



What are some ways you assist with The CareGivers?

When I started at The CareGivers last May, I made reassurance calls to check in on seniors feeling isolated and then moved on to providing rides for clients to medical appointments, the grocery store, or anywhere else they might need to go. Twice a month, I also pick up food packaged by the Caring Cupboard mobile food pantry program and drop it off to clients.

Most of our seniors are physically disabled, living in low-income housing and receiving some other type of assistance. I've always believed that if you can help somebody, you should. Volunteering with The CareGivers is a way for me to help people who may not be so quick to ask for it. These seniors are holding onto that last shred of independence, and it's not easy for them.

What do you personally gain from volunteering?

It's hard to put into words the exact feeling, but there's nothing better than knowing you've helped somebody. Whether you're the first person to speak with them that day – or be there to give or receive a smile – I think the best word to describe that feeling is fulfillment.

In your mind, why is this work so important, especially after what we've experienced this past year?

During this pandemic, isolation is a massive concern for seniors. Clients are nervous to leave their homes and might not feel comfortable (or be able to afford) getting on a bus or calling a cab. They end up reaching out to The CareGivers as a last resort to get somewhere like the doctor's office. What would happen if a senior couldn't get to their medical appointment? We all know what waitlists are like right now. If they don't make it to their appointment, are they going to be able to make it to another one? The CareGivers shows up for those clients and provides a real sense of security for them.

Continued Inside

Can you talk about any special connections you have formed?

I had a client whom I assisted with rides to her dialysis appointments. When she exited the dialysis center after her appointment, she would smile as she saw my car waiting for her. It was nice to know that she felt safe and was happy to see me. When you become a regular driver for these types of clients, you get to know them well. During the rides, she would talk about her family and what's going on in her life – we formed a strong connection.

Why would you encourage others to get involved?

Beyond the special bonds I've formed with clients, the best thing about The CareGivers is that you can volunteer around your schedule. With Caring Rides, a schedule of ride requests gets sent out via email, and you look and see if you can provide any of them. You volunteer at the rate at which you can accommodate into your own life. No matter your schedule, there are many flexible options.

Why are donations so important for The CareGivers?

Without The CareGivers, many NH seniors would be making tough decisions like choosing between paying for heat or paying for groceries. Or they may have to go into assisted living, while losing what they value most - their independence. CareGivers relies on donations and volunteers to keep running. It's the people who are willing to donate their time and resources that help seniors maintain that sense of self, wellness and independence. That is incredibly valuable.

A Year Later: Your Impact Continues

Since the COVID-19 pandemic began last year, your support has allowed us to respond to the needs of hundreds of individuals and families in crisis – and provide them with the support, guidance and hope to better navigate these difficult times.

As the demand for our services remains greater than ever, we are grateful to you for giving us the chance to do the work that we do. While we've been tested like never before, it's been a time in which we have been able to provide services in incredible ways and strengthen our mission to protect the poor, needy and vulnerable.

COVID-19 Crisis: A Growing Demand

75% increase in overall requests for emergency services (Community Services)

35% increase in requests for Mental Health Counseling Services

18% increase in food distribution among homebound seniors (CareGivers)

And You Responded:

- **4,312 New Hampshire residents** have received assistance around food, transportation, housing and other essential needs.
- **2,549 teletherapy sessions** have been conducted by our Mental Health Counseling Services program.
- **121,863 pounds of food** have been distributed to **435 homebound seniors** across Greater Manchester and Greater Nashua through The CareGivers program.

Visit cc-nh.org/impact to learn about the many other ways you are making tomorrow much brighter for so many. **Thank you** for your continued generosity.

A Smashing Success: 2021 Virtual Mardi Gras

While we couldn't get together in person for our annual Mardi Gras, that didn't stop us from raising money for a great cause. On February 16, our virtual event brought in more than \$210,000 to help deliver hope and healing to individuals in need across New Hampshire during these difficult times. We celebrated Fat Tuesday with special guests (such as Bishop Peter Libasci), an inspiring video about the seniors we serve, unique auction items and fun raffles.

A big thank you to our amazing sponsors, including our presenting sponsor – CGI Business Solutions, and Streaming Sponsor – Harvard Pilgrim Health Care, committee members, Krewe Fundraising Champions, and most importantly, **YOU**, for making this year's Mardi Gras one for the books. We couldn't do any of this without you. Thank you for helping us make our biggest fundraiser of the year a smashing success!

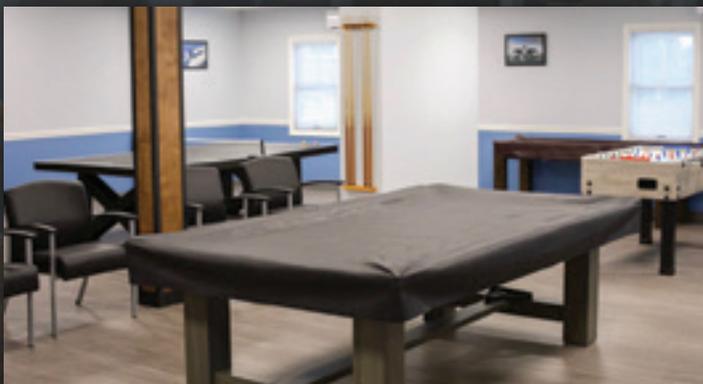
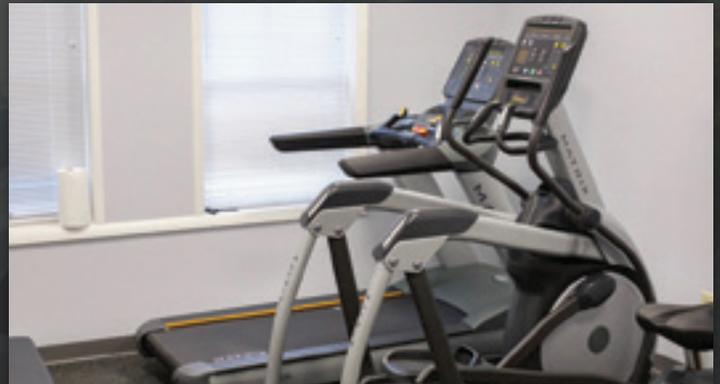


Your Legacy

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**.

Photos: Liberty House Center for Veterans

Here are some photos of the newly completed Center for Veterans at Liberty House's new home in Manchester. The 2,000 square-foot space will be used to host community programs, recovery meetings and job skills seminars, as well as a dedicated art room and small gym for residents of Liberty House's transitional living program to utilize during their recovery process.





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Grant Recognition

Thank you to the following for awarding grants to support Catholic Charities New Hampshire’s programs and services:

- CCUSA Francis Fund for Eviction Prevention Eviction Prevention
- Dobles Foundation Community Services
- Eastern Bank Charitable Foundation COVID-19 Support
- The Eventide Foundation The CareGivers
- Fannie Moulton McLane Trust The CareGivers
- Horne Family Foundation The CareGivers
- The Keel Foundation The CareGivers
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- Pulte Family Charitable Foundation Monadnock at Home
- Ray & Kay Eckstein Charitable Trust Our Place
- Saab Family Foundation The CareGivers
- Samuel P. Pardoe Foundation Community Services
- Tufts Health Plan Foundation Liberty House