





Janice MacKenzie

Rebuilding a Marriage Counseling Services

The hope of saving their marriage was all but gone for Bill and Carol. They said it was like "taking a hammer to our marriage and slowly destroying it."

They had been married fewer than two years when they realized that they needed counseling. They still loved each other but the light of hope was flickering. Janice MacKenzie, a Licensed Independent Clinical Social Worker in one of Catholic Charities' district offices, was there to help the couple restore that light.

Janice wanted to know one thing as she started to counsel them; did they have the will to work at rebuilding what was destroyed? Bill & Carol said they did.

"That was what I needed to know. "It's the old expression: Where there is a will there is a way," Janice said. "That's huge."

"There were layers of issues," Janice says. "When one got stressed, the other fed off of it. They were not physically abusive to each other but verbally so. The interesting thing about this couple is that they are very compatible. They understand each other." Both Bill and Carol had been married before, both suffered through abusive relationships and neither of them had positive role models growing up.

Bill opened his heart to Carol's two schoolaged children and they shared a strong faith. But eventually, small things turned into big things and when the arguing started, it became unbearable.

"Words and behavior can be very sabotaging," Janice says. "You don't resolve issues when you're highly emotional. They are making strides towards their goal of saving their marriage by learning to communicate better and to fight fair."

Janice continues to counsel the couple, helping them resolve their issues and build on their faith, helping them make their marriage fulfilling and beneficial for the entire family.

"They're a family trying to rebuild themselves and they're doing a great job."

Catholic Charities' Counseling Services works with couples and individuals for as long as it's needed, so whatever the issue, it is resolved and people can have a richer, healthier quality of life.

Goals to a Brighter Future Parish & Community Services

What does it take to thrive in today's society?

The question is simple. The answers are not.

Catholic Charities New Hampshire works with clients to define those answers through *Life Plans*, a goal-oriented tool designed to give focus, direction and hope. By creating a Life Plan, we assess the clients needs and begin to address any barriers that might prevent the client from leading a life of independence. We also integrate other Catholic Charities programs as necessary and walk with them as they move their lives forward.

"If we are going to live out our mission of moving lives forward, we should have a plan for it," says Catholic Charities President and CEO Thomas Blonski.

Steven Knight, Director of Program and Quality Initiatives for Catholic Charities New Hampshire, said the Life Plan program allows case/outreach workers to take a snapshot of clients and their needs then map out steps to address those individual needs.

Development of the Life Plan program began two years ago and the program launched in February of 2015. Caseworkers and clients evaluate a series of 20 "life areas" as part of the assessment phase.

"Our staff finds that the initial problem is really just a symptom of deeper issues," Knight says. "We have had clients come to us looking for help to pay their rent. Our Life Plan assessment has helped us discover underlying problems that include poor preparation for the job market, a lack of financial management skills such as budgeting, even the existence of untreated mental or physical health issues that prevent the client from working. "

By identifying the root causes, our staff can work with clients to establish a step-by-step Life Plan for dealing with these issues, then clients can move forward. Goals are established, with milestones and timelines to assess their progress.

While an assessment is completed at the time of initial intake with the client. As goals are met, additional assessment can be made to update the Life Plan.

Through community engagement, Catholic Charities Parish and Community Services develop appropriate programs to meet local needs. Many programs are volunteer-driven and done in collaboration with local parishes and the community.

Christina Bertin of CCNH's Littleton District Office

Chad Dingman with a resident

Beyond Healing the Physical Trinity Health Partners

Robert's life was a fairly routine one. He was a married man living in the North Country, working a steady job at one of the local mills and spending his free time outdoors, fishing and camping.

A knee injury changed all that.

Robert chose St. Vincent de Paul Rehabilitation and Nursing Center for his rehabilitation and it was the emotional support he received during his time there that helped him through some trying times. Due to a serious infection he contracted after surgery, his doctors discussed the idea of amputating his leg below the knee. Robert's condition was not good, mentally or physically.

"He was becoming depressed," says Chad Dingman, the administrator at St. Vincent de Paul.

Robert's wife is bi-polar and the injury's snowball effect was taking its toll on the couple. He lost his job due to his extended absence from work. Consequently, the health insurance he had through his work was terminated. "They're wonderful people and very religious, but it was just one thing after another," Dingman says. "They were facing all of these challenges."

Dingman and his staff guided Robert through the process of applying for Medicaid benefits and Chad spent hours at Robert's bedside, swapping tales and exchanging pictures of their outdoor adventures.

"We visited daily and I think it helped keep his spirits up," Dingman says. "We talked a lot about faith and goals."

Medicaid helped cover the medical expenses and Robert is now being cared for back home by his wife. He recovered from his infection, avoided amputation and had a second surgery to strengthen his knee. The signs of hope and healing are evident.

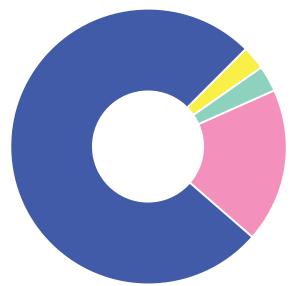
"We taught them what they needed to know to be able to keep him home and still continue to heal," Dingman says. "I recently spoke with his wife and we even talked about arranging a fishing challenge in the near future."

Catholic Charities' Trinity Health Partners provide exceptional nursing and rehabilitative care that meets the physical and spiritual needs of those we serve. We offer short- and long-term care in a warm and supportive atmosphere where residents and patients are cared for according to their individual needs.

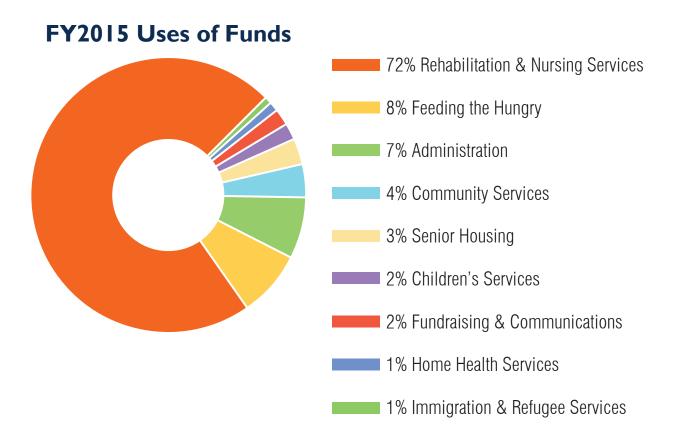
Financial Snapshot

Fiscal year ending March 31 (Audited - in thousands)	HEALTHCARE SERVICES		SOCIAL SERVICES	
	2015	2014	2015	2014
ASSETS - UNRESTRICTED				
Cash, Accounts Receivable and Other Assets	22,237	23,571	3,504	3,442
Property and Equipment - Net	13,337	13,102	9,169	9,570
Investments	12,578	8,917	11,718	10,801
Total Unrestricted Assets	48,152	45,590	24,391	23,813
LIABILITIES AND NET ASSETS				
Accounts Payable, Accrued Expenses and Other Liabilities	6,690	5,964	680	839
Mortgage Bond Payable	3,435	3,765	-	-
Net Assets - Unrestricted	38,027	35,861	23,711	22,974
Total Liabilities and Unrestricted Net Assets	48,152	45,590	24,391	23,813
UNRESTRICTED REVENUE AND EXPENSES				
(Excluding in-kind)	44.010	40.400	0.004	0.010
Net Patient Services and Other Program Revenue	44,316	42,192	2,231	2,019
Recurring Contributions from Trusts	-	-	324	342
Contributions and Other Fundraising	125	54	9,211	9,143
Total Unrestricted Revenue From Operations	44,441	42,246	11,766	11,504
Salaries and Benefits	24,716	24,441	8,158	8,106
Rent, Occupancy Costs and Insurance	2,422	2,263	927	909
All Other Expenses	14,614	13,281	2,532	2,384
Total Operating Expenses	41,752	39,985	11,617	11,399
Change in Net Assets before Extraordinary and Non-Operating Revenue and Depreciation	2,689	2,261	149	105
Extraordinary Revenue:				
Bequests	34	-	560	1,231
Non-Operating Revenue:				
Capital Campaign Contributions - Net	-	-	(2)	1
Investment Income - Net	716	1,235	773	1,361
Depreciation	1,277	1,075	646	612
Change in Unrestricted Net Assets	2,162	2,421	834	2,086
In-kind Contributions	9	24	17,767	12,196

FY2015 Sources of Funds



76% Healthcare Services Revenue
18% Contributions, Bequests and Fundraising Revenue
3% Social Services Program Revenue
3% Investment Revenue - Net



The figures in our Financial Snapshot include \$12,025,807 in free or reduced-cost services to our clients. Our financial information, audited by Howe, Riley & Howe, is available at our Administrative Office in Manchester.

Foundation & Corporate Giving Gifts received April 1, 2014 to March 31, 2015

1/2 Off Cards 127 Water Street Realty Inc 5th Massachusetts Battery (E) of Light Artillerv. Inc. 900 Degrees Wood Fired Pizzeria A & A Cleaners, Inc. A-Market A. W. Therrien Company, Inc. A-1 Steam Cleaning, Inc. AARP New Hampshire Abbott Fund Matching Grant Plan Abears Maintenance & More LLC Academy of Notre Dame Acadia Insurance Ace Welding Company, Inc. A-D Archambault Plumbing & Heating, Inc. Adamsky Law Offices Adelard A. & Valeda Lea Rov Foundation Alpha Delta Kappa, New Hampshire Alpha Chapter Alpha Delta Kappa, New Hampshire Eta Chapter Admiral Cleaning Services Admix. Inc. Adobe Systems Incorporated Advanced Building System, Inc Advantage Signs Aeroflex / Metelics, Inc Aetna Foundation, Inc. Aetna. Inc. American International Group, Inc. Air Vacuum Corporation Alan's of Boscawen Albertsons Alchemy Salon & Day Spa Alex Vailas, LLC Alexander Eastman Foundation Alexander Oral Surgery, Ltd. Alice J. Reen Charitable Trust All Real Meal All Saints Parish Altar and Rosarv Society Allegro Benefit Fund Allegro MicroSystems, LLC Allstate Altos Marketing Amarosa Industrial Park, LLC Amarosa Sales & Consulting LLC AmazonSmile Foundation American Endowment Foundation American K9 Country, Inc. American Legion Post 70 American Title Abstract Company, Inc. American Tower Corporation Ameriprise Financial

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Beckerer Foundation. Inc. Bedford Commons Bedford Hills Care and Rehabilitation Center Bedford Martial Arts Academy, LLC Bedford Occupational & Acute Care Beliveau, Fradette, Doyle & Gallant P.A. Bell Window Cleaning Inc Bellman's Jewelers, Inc. Bellwether Community Credit Union Benefit Strategies, LLC Beno Management Company LLC Berkshire United Way. Inc Berry, Dunn, McNeil & Parker Bert's Better Beers Best Buy Charitable Trust Account Best Jewelry Exchange LLC Best Septic Service Beta Sigma Phi Xi Zeta Chapter Biederman's Deli and Pub Birch Hill Terrace Bi-State Primary Care Association Blackduck Brickwork LLC Blanchet Canadian Rocker & Furniture Blouin Steel Fabricators, Inc. Blue Knights NH-IV Blue Moon Evolution Bob Provencher Inc Bob's Coins of Manchester Bob's Discount Furniture Boda Inc. Bond Auto Parts. Inc Boscawen Firefighters Relief Fund Boston Medical Center Healthnet Plan Bottomline Technologies, Inc. Bow Lake Free Will Baptist Church Bow Memorial School Bow Mills United Methodist Church Boynton Engraving Braiterman Law Offices Brentwood Surplus Brewster Academy Bright Day Psychology PLLC Brink's Remove-All, LLC Bristol-Myers Squibb British Cars of New Hampshire Brookline Teachers Association Brookstone Builders, Inc. **Burbank Companies** Burndy, LLC Burns & Associates Business Decision Services C&S Wholesale Grocers, Inc. C.R. Sparks

CA. Inc. Cafe La Reine Cafe Services. Inc. Callogix, Inc. Cardone Associates Carey Builders, Inc Carmelite Monastery of Concord, NH Catholic Daughters of the Americas Catholic Medical Center Catholic Order of Foresters Catholic Women's Club Chamberlain Mechanical Services LLC Chapel School Preschool Charity Gift Certificates Charles F. Hartshorne & Son, Inc. Charter Oak Lodge 58 Chester Community Food Pantry Chevron Corporation Chicago Title Insurance Company Choice Media Christ the King Parish Christopher P. Williams Architects, PLLC Chroma Technology Corporation Churchill's Gardens Cigna Cigna Foundation Cimo's South End Deli LLC Cisco System CIT Group Inc. Citizens Bank Citizens Charitable Foundation **CKP** Communications. LLC Clark & Leighton, P.C. Clark Mortenson Insurance Agency Classic Curb. Inc. Clear Channel Radio Club Alpine, Inc. CMC IS Powerball Players Coastal Truck & Auto Body Inc Cobb Financial, LLC Cobb Hill Construction Inc. Coco Mart, Inc. D/B/A Jiffy Mart Cogswell Benevolent Trust Coiffures by Michael Inc. Cole Gardens Colonial Hill of Rochester Colonial Life & Accident Insurance Company Combat Veterans Motorcycle Association New Hampshire Chapter 5-II Combined Federal Campaign Combined Federal Campaign of Northern New England (0571) Comcast Northern Division Office **Commercial Driving School** Community College System of New Hampshire Community House Calls, Inc. Compass Healthcare Advisers Concord Boys & Girls Club Concord Lions Club Concord Nissan, Inc.

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Diocese of Manchester Direct Capital Corporation Diver's Den Dive Shop Inc. DL Carlson Investment Group, Inc. **DLM Properties LLC** Donahue Tucker & Ciandella PLLC Donald Leveille Trucking, Inc. Donatic **Dover Housing Authority** Dover Veterinary Hospital Dr. J.P. Michaud & Associates Drs. Kalil & Kress. P.A. DT & L Consulting Enterprises, Inc. Dubes Pond Ski Club **Ducharme Construction Management LLC** Duragraphic Laminating Durham Unitarian Universalist Alliance Eagle Point Investment Advisors Eames Realty Company East Coast Enrollers Inc. East Coast Flooring, Inc East Washington Baptist Church Eastern Bank Eastern Bank Charitable Foundation Fastwick Associates Eaton Vance Investment Managers Edgewood Manor Edwards Industrial Equipment Company, Inc Egg Clearinghouse, Inc. Electrical Installations Inc. Electricity NH, LLC Elektrisola Inc. **Emery Rentals LLC** Emily Landecker Foundation Inc. Emma M. Kelly Charitable Trust Empire Beauty School Endowment for Health Episcopal Diocese of New Hampshire Epsom Central School **EPTAM Plastics** Eric D. Young. Inc. Erickson Family Fund Errol Self Storage Essential Energy Eurasian Auto Works. LTD Eversource Energy Eversource Energy Foundation Excel Construction Management, LLC ExxonMobil Foundation. Inc. ExxonMobil Ver-Shire Annutants Club F. K. Bassett & Sons Fairview Nursing Home Fall River Sam's Club #4903 Fallon's Furniture Family Concepts, LLC Farmington Road Mini Storage Farms & Barns RE, LLC Farms & Barns Real Estate, LLC Feeding America Feller Family Charitable Foundation

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New Hampshire Employment Security New Hampshire Flying Tigers New Hampshire Health Care Association New Hampshire Housing Finance Authority New Hampshire Magazine New Hampshire Medical Group Management Association New Hampshire Plastics, Inc. New London Hospital New Morning School New Style Homes, Inc. Newark America NewBama Steel, Inc. Newick's Seafood Restaurants Newmarket International Inc. Newsky Electrical Contracting NGM Charitable Foundation NH Center for Cancer Medicine, LLC NH Chapter Womens Council of Realtors NHCIBOR Cares NH Circle of Home & Family Inc NH Department of Health and Human Services NH Department of Revenue Administration NH Department of Transportation NH Dietetic Association. Inc. NH Elevator Inc NH Epsilon Master Chapter Beta Sigma Phi NH Funeral Directors Association NH Good Sam Club, Seabreeze Chapter NH Grocers Association NH Liquor & Wine Outlet NH Machine Products Inc. NH NeuroSpine Institute NH Nurse Practitioner Association NH School of Ballet NH State Association of Emblem Clubs NH State Grange Youth Department NH Trappers Association NH USA Gymnastics NH Women's Bar Association New Hampshire Diocesan Council of Catholic Women Nissan of Salem NL Partners Nobis Engineering, Inc. North Country Resident Council North Country Tractor, Inc. North Hampton Grocery Northeast Delta Dental Northeast Planning Associates, Inc. Northeast Plotting Inc Northeast Trakehners LLC Northeast Utilities Service Company Northern New England Housing Investment Fund Northminster Community Church Northway Bank Northwood Diner, LLC Northwoods Association Inc. Norton Insurance & Financial Services Novartis

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Port Electronics Portsmouth Brewery, Inc. Powers General Contracting Praxair Surface Technologies Inc Precision Letter Corp Precision Letter Corporation Precision Store Works d/b/a Northeast Resource Recovery Association Preference Styling Salon Preferred Maintenance Pro-Con. Inc. Professional Physical Therapy Services Professional Tax Consultants Proforma Unlimited PS It Matters, LLC Puritan Back Room Restaurant Quality Home Improvement LLC Qual-Tec Management Corp Queen City Rotary Club R & W Cleaning Services Inc. Rainbow Grille and Tavern Ramsdell Law Firm, PLLC Ravtheon Charitable Giving **RBC** Foundation - USA Red Arrow Diner, LLC Red's Famous Shoe Barn, Inc. Regeneron Matching Gift Program **REI** Service Corporation Renaissance Charitable Foundation. Inc. Renmar Health Care Products Resee Hair Fashion, LLC Retina Vision Center, LLC Richelieu Club Rising Tide LLC RiverStone Resources, LLC **RiverWoods Rivet Landscapiang LLC** Rivier University RJ Aragona Spinal Orthopedic Chiropractic Health Center **RJD** Flectric Robert Benson Meyer Jr. Foundation Robert Cummings & Associates Rochester Lodge of Elks #1393 Rochester Manor Rockingham Turf Care Rockywold-Deephaven Camps Inc Rodica Tanjala Krauss Roman Catholic Bishop of Manchester Rosatone & Bell, LLC Rotary Club of Bedford Rugged Cross Shrine No. 5 Russ Reid Co. RW Sprague Associates Inc. Ryan Construction Management, Inc. S&S Machine LLC Sacred Heart St. Vincent de Paul Community Saint Anselm College Saint Nicholas Greek Orthodox Church Saint-Gobain Performance Plastics

Salem Co-Operative Bank Salisbury Congregational Community Church Salon Bogar Salon Thairapy Salstar Stores Inc., DBA Tradeland Sam's Club Sandy Beach RV Resort Sandy's Classic Touch LLC Sanel Auto Parts Sanofi Foundation for North America Sapphire Marketing Satellite Agency Network Seabrook Firemen's Association Inc Seabrook Tire & Auto, Inc. Seacoast Dart Association Secod Wind Water Systems SEI/Aaron's Seneca Machine. Inc. Senior Financial Resources. Inc. Service Credit Union SFC Engineering Partnership Inc. Shaheen & Gordon, PA Shaker Farm LLC Shanelaris & Schirch PLLC Shanware Potterv Share our Strength Shaw's Sheet Metal Workers International Assoc. Sikh Sabha of Upper Valley Silicon Labs Matching Grant Program Silicon Valley Community Foundation Silvercloud Inc Sisters of Holy Cross Sisters of Holv Cross Berakah Sisters of Holy Cross Saint George Manor Sisters of Mercv Sisters of Mercy Northeast Inc Sisters of Mercy of the Americas Sisters of Notre Dame Six Flags New England SJG Engineering LLC Skip McKean Petroleum Transport **Snyder Properties** Soheila Degieux, DDS, Inc Soiourn Partners Solomon, P.A. Attorneys at Law Somerset Swim & Fitness Somersworth Hvundai LLC Somersworth Nissan, Inc. Sons of the American Legion Squadron #34 SOPHA Studio of Photographic Arts South Congregational Church Southern New Hampshire University Sovereign Bank Foundation Specialty Properties LLC Speedway Children's Charities Splash-N-Groom Mobile Pet Grooming, Inc. St. Andre Bessette Parish St. Andre Bessette Parish Ladies Guild St. Anne Society

St. Anne's Sodality of Our Lady of the Holy Rosary St. Anne - St. Augustin Parish St. Cecelia Choir St. Charles Church Activity Fund St. Denis Parish St. Elizabeth Seton Parish St. Elizabeth Seton Womens Guild St. Helena Church St. John the Baptist St. Joseph Church St. Joseph Hospital St. Joseph Regional School St. Joseph's Junior Choir St. Mark the Evangelist St. Mary Parish St. Mary's Bank St. Michael Parish St. Patrick Parish St. Patrick School St. Paul's School St. Peter Parish St. Peter Womens Guild St. Teresa Healthcare Center St. Timothy Woman's Club St. Vincent de Paul Society St. Vincent de Paul Society - St. Joseph Parish Staff Hunters Standex International Corporation Stantec Consulting Services Inc. Star Lit Hollow Farm. Inc. State Farm Insurance State of New Hampshire Office of State Treasurer State Street Matching Gift Program Ste. Marie Parish Steiner Buying Services Inc. Stephen and Mary Birch Foundation Steven J. Moore Company Steven St. Germain, D.D.S., Inc. Steven W. and Lucy H. Winship Fund Stewart Property Management, Inc. Stifel Nicolaus Stonebridge New Hampshire Country Club Stonyfield Farm, Inc. Stop & Shop Our Family Foundation Stratham Tire, Inc. Stratton Free Library Studley Home Inc Sugar River Bank Independent Order Of Odd Fellows, Sullivan Lodge #12 Sullowav & Hollis Summit Packaging Systems Sun Life Financial Suncook Family Health Center Suncook Valley Rod & Gun Club Sungard Superior Electric LLC Sweet Indulgence Windham LLC Swinging Puckerbrushers RV Club T. H. Willis Associates LLC

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Tichnor Properties Tilton Trailer Rental Corp. Tilton-Northfield Rotary Club Titan Energy New England Titlepro, LLC Tower, Crocker & Smith, PA Townsquare Live Events Tradeland Buy Sell Save Tranguil Tides Travis Terry & Co Trends Marketing Group, LLC Trinity Episcopal Church TrueValue Truist Tuckaway Tavern & Butchery Tuite Painting Co. Turbocam Automated Production Systems, Inc. Turnstone Corporation Tuscan Kitchen Tyco Electronics Matching Gift Program Tyler Lawn Care + Customers Ultra Geothermal. Inc. Uncanoonuc Mt. Perennials UNH Cooperative Extension - Hillsborough County Unicote-Finishes, LLC Union Mutual Fire Insurance Company Union - St Luke's Church United Health Care - Hooksett United Methodist Church United Parcel Service United Way of Central and Northeastern Connecticut United Way of Greater Philadelphia and Southern New Jersey United Way of Greater Portland United Way of Greater Waterbury United Way of Massachusetts Bay and Merrimack Valley United Way of Midland County United Way of Rhode Island United Way of the Tri-State UnitedHealth Group Unitil Service Corporation University of New Hampshire Kappa Sigma Chapter University System of New Hampshire USI Insurance Services, LLC Utility Service & Assistance Ux Consulting Company, LLC Van Otis Chocolates Velcro USA Inc. Venco Winas LLC Venture Construction Verizon Foundation VetroFuse, Inc. VFW Auxiliarv VFW Jaffrey Memorial Post 5613 VictorTango LLC Vietnam Veterans of America-Chapter 41 VMWare Foundation VR Concrete Inc. W. R. Berkley Corporation Charitable Foundation Wadleigh, Starr & Peters, P.L.L.C. Walmart

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Thank you to all of our foundations and corporations who have supported Catholic Charities, the New Hampshire Food Bank and all of our programs.

Please accept our sincere apologies for any mistakes or omissions. Contact our Development Department to report any discrepancies.



Our Donors

Gifts from Individuals, corporations, businesses and grants from foundations provide core funding that moves lives forward.

Catholic Charities New Hampshire provides programs that strengthen families, communities and builds independence by moving lives forward. We heal, comfort and empower people of all faiths & backgrounds through all stages of life.

Strengthening Families:

- Counseling for couples to overcome stress and/or grief, with a goal of creating a positive relationship that lasts. CCNH provided counseling services to 508 of families last year. Through our three OUR PLACE centers, we provide essential parenting and prenatal education to at-risk teens and young adults to lower the chance of child abuse; we have a typical caseload of 135 clients.
- Our Adoption & Maternity Services work with families through adoptions, home studies and search & reunions.

Building Self-Sufficiency:

- The New Hampshire Food Bank's Culinary Job Training Program graduated 74 students last year.
- Basic Financial Fitness helps to foster basic literacy in managing budgets, savings, smart shopping techniques and more. This new program is being instituted in all ten district offices and the three OUR PLACE locations.

Improving our Communities:

- Our Immigration and Refugee Services helps people on their path towards citizenship, providing expert legal services. 99% of adjudicated cases ended in favor of our clients. Last year, we served 1,200 clients.
- Cooking Matters is a national program that provides nutrition education and gives lessons in creating healthy meals on a limited budget. Last year, 598 people graduated from this program—the largest in the nation—and 71% of the adults are eating more vegetables and 67% of teens are eating more fruits.
- Trinity Health Partners is dedicated to quality care with seven nursing and rehabilitation facilities providing short- and long-term care, assisted living and independent living communities; last year, we served over 500 residents.



Hunger knows no boundary. It does not discriminate, affecting people living near the fertile farm lands along the Connecticut River to families located near the bountiful waters of the Seacoast. It surrounds us all, even if we may sometimes be unaware of its devastating consequences.

Robin and John of Hampton struggle to make it through the summer when their two young girls are not in school. They both work, juggling their schedules and their jobs so one can be home to watch the girls because they are unable to afford day care.

During the school year, their girls are provided with lunch, but that doesn't carry over to the summer months. Without the Seacoast Family Food Pantry, an agency of the New Hampshire Food Bank, to provide additional food in those months the girls would not get the nutrition and calories they need.

To the north, in Alstead, Diana is devoted to her three children and her husband, Jim, who has gone through three battles of cancer treatment. Neither Diana nor Jim can work regularly because of the time they spend caring for their children and the down time Jim needs for his cancer treatment.

The Fall Mountain Food Shelf helps provide food during the times the family cannot afford to buy food, especially the fresh fruits and vegetables Jim needs as part of his diet.

"When the family first came to the Food Shelf they were desperate," says Mary Lou Huffling of the Fall Mountain Food Shelf. "They were having to choose between buying food for their family or buying gas to drive Jim to his chemo. He had canceled a couple of chemo sessions because of not having the money for gas to get there."

The Food Shelf provided comfort and relieved some of the family's stress.

"There has been many a day over the years they have left in tears of gratitude for the wonderful supply of food they could get for their family, much of which comes from our Food Bank," Huffling says. "The food we have received from the Food Bank has touched and blessed many lives. We couldn't help our people as much as we do without the Food Bank. It is such a comfort to people who are struggling and don't have food or the money to buy food to know and feel that others care for them and their families well-being. We are all very grateful that the Food Bank provides such wonderful quality food for the needy of our state."



50%

of the food distributed by partner agencies is from the New Hampshire Food Bank.

400 Partner Agencies

The New Hampshire Food Bank serves over 400 partner agencies including:

- food pantries
- homeless shelters
- soup kitchens
- children's programs
- senior centers

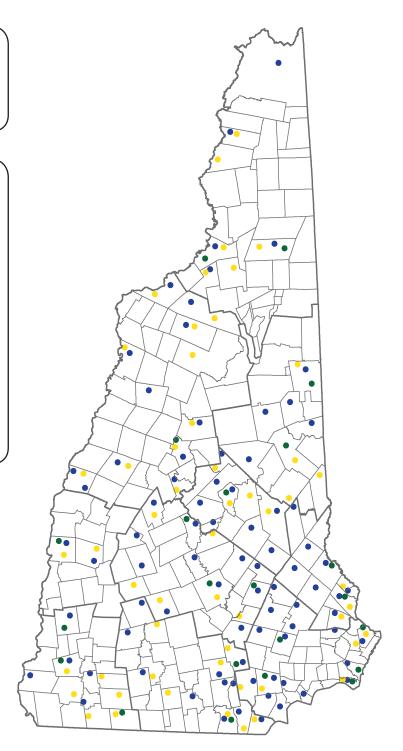
In turn, these agencies provide hunger relief to those suffering from food insecurity throughout the state.

Who We Serve



- Soup Kitchens
- Other (Includes shelters, senior centers, day cares, schools and group homes)

Please note that for each location mapped, there may be multiple agencies.



We feed the programs that feed the hungry

The Mission of the New Hampshire Food Bank is to feed hungry people by soliciting and effectively distributing grocery products and perishable foods, and offering innovative programs through a statewide network of approved agencies; by advocating for systemic change; and by educating the public about the nature of, and solutions to, problems of hunger in New Hampshire.

Report to Our Community



11,041,921

Pounds of food distributed in 2014



Cooking Matters®



598 Participants graduated, one of the highest rates of all programs throughout the United States.*

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Nationally, **71%** of adult course graduates are eating more vegetables and **67%** of teen course graduates are eating more fruit.

*Thanks to our partnership with UNH Cooperative Extension, classes are available in all 10 counties. Culinary Training Program

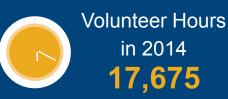


74 Individuals graduated from the Culinary Training Program in 2014.









SNAP (Supplemental Nutrition Assistance Program)

\$485.164

Benefits



\$868,442 Local Economic Impact

> 411 Applications

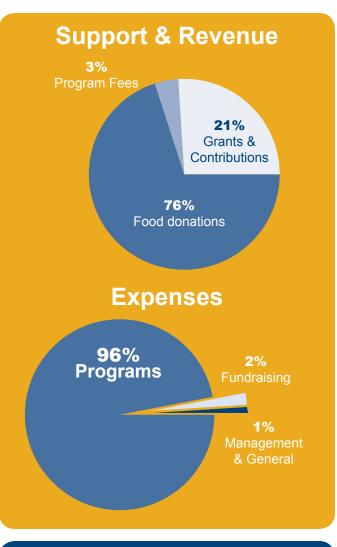


2016 Goals

- Plan for and meet the continued demand for product and services to our 400+ agency partners.
- Complete Phase 1 of the Production Kitchen.
- Continue to expand statewide SNAP (Food Stamp Outreach) with a focus on the senior population.
- Continue to develop partnerships to expand child feeding.
- Increase participation in Cooking Matters® Signature Courses by 10%.
- Expand to 30 farmers markets and distribute \$50,000 in nutrition incentives for fruits and vegetables.
- Develop curriculum leading to deployment of a revenue generating catering venue.
- Continue to collaborate with community and statewide partners to identify the root causes of hunger and to advocate on behalf of those we serve in the state of New Hampshire.

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Financial Snapshot Fiscal Year End March 31, 2015

Support and Revenue

Food in-kind Assistance	\$17,673,000
Program Fees	\$694,000
Grants, Contracts & Contributions	\$4,867,000
Total Support & Revenue	\$23,234,000

Expenses

Program	\$22,106,000
Management & General	\$342,000
Fundraising	\$471,000
Total Expenses	\$22,919,000

Change in Net Assets	\$315,000	
Total Net Unrestricted Assets	\$1,198,000	
We receive NO state or federal		
funding for food distribution	on.	

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Dear Friends:

You are continuing to help move lives forward with your generosity and support for programs that allow Catholic Charities New Hampshire to serve well over 100,000 people in our state every year. For that, I thank you.

While Life Plans are our newest tool, our ability to help move lives forward is evident in everything we do. Whether it is supplying food to the hungry through the New Hampshire Food Bank or offering comfort and guidance to the elderly at one of our Trinity Health Partners long-term care facilities, it is your commitment - and partnerships - that has allowed us to provide hope to people for more than 70 years.

The stories we have shared in this year's Annual Report are stories of resilience and compassion. They are stories of people who are benefiting from the support of people like you. They are stories of faith. They are stories of hope. They are stories of love.

Peace + God bless,

ando Bland

Thomas Blonski President & CEO



Dear Friends:

Jesus spoke these beautiful words to His disciples at the Last Supper, just before His passion and death: "I give you a new commandment: love one another. As I have loved you, so you also should love one another. This is how all will know that you are my disciples, if you have love for one another." (Jn 13:34-35.) Although it is among the most popular of Bible verses, the full meaning of the love Christ spoke about often escapes us.

St. John the Evangelist wrote in Greek and the original word "agape" has traditionally been translated as "love." But our contemporary understanding of "love" does not accurately convey the fullness and mystery of "agape." "Agape" implies a self-sacrificing love, a love of and from God, whose very nature is love. Today we might say that the word closest in meaning to the original is "charity."

When Christ gave his followers His new commandment to love our neighbor as ourselves, he was telling them—and us—to show charity to all people. As followers of Jesus, we cannot see

charity as mere altruism. It is a moral obligation, a divine command, and the mark of a Christian.

Since 1945, Catholic Charities has fulfilled this command by healing the sick, feeding and clothing the needy, welcoming the stranger, and caring for those unable to care for themselves. Today, as you'll see in the following pages, Catholic Charities continues to respond to those in need with programs that heal, comfort, and empower—programs that enable all of us to "love one another."

As Bishop of Manchester, I pray that the perfect love of God in Jesus Christ may continue to inspire a generous response to those in need, and I thank you for all you do in service to our Lord and our Church here in New Hampshire.

Sincerely yours in Christ,



Most Reverend Peter A. Libasci Bishop of Manchester

Annual Report Sponsored by:

Harvard Pilgrim Health Care



More than 40 Harvard Pilgrim Health Care volunteers helped build vegetable wash and drying stations, weeded and flipped garden beds, installed an irrigation system, built picnic tables and painted benches at the NH Food Bank's Production Garden in Manchester this past May. Approximately 60 students from Beech Street Elementary School joined the volunteers, planted seedlings to take home, learned about exercise and healthy eating, and participated in healthy cooking demonstrations by chefs from Great NH Restaurants.