

Rebuilding & Reunifying

Your Support Helped a Mother and Son Forge a New Beginning

"I know I've messed up."

As she stood before the judge, those were the five words that began her plea to reunite with her son Colton.

Twelve months earlier, Spenser gave birth to Colton. Homeless throughout her pregnancy and with a history of substance misuse, she arrived at the hospital having relapsed a few days before and doctors soon discovered drugs in her system and Colton's as well. Colton was placed in foster care, giving Spenser one year to turn her life around and have a chance to regain custody.

"That was a huge wakeup for me," Spenser recalls, and it prompted a seven-month stay in a drug rehabilitation center to begin to put her addiction in her past. Upon successful completion of the program, Spenser needed a safe place to go, where she could continue her recovery and rebuild her life. That place was New Generation.

A Fresh Start

A donor-supported program of Catholic Charities NH located in Greenland, New Generation is a shelter and pathway out of homelessness for pregnant women and single mothers with young children that are escaping domestic abuse, recovering from substance addiction, and facing other significant struggles.

Your support gives New Generation residents a safe, supportive environment to set and achieve goals that help them gradually build self-sufficient lives.

"Prior to Spenser, we only housed mothers who had their children with them," recalls Elsy Cipriani, executive director of New Generation, "but with Spenser, we could see how diligent and persistent she was, so we decided to help her as she worked through the reunification process."

At New Generation, Spenser found encouragement as she set and accomplished goals like maintaining sobriety, obtaining a job, and pursuing housing. "I was doing everything to get Colton back," says Spenser. "The support empowered me to move forward in my life."

Continued Inside

Spencer's Day in Court

One year after losing custody of her son, and surrounded by New Generation staff and others who had witnessed her incredible progress, Spenser appeared before a judge and humbly stated the case for Colton's return to her care.

"I've corrected my behaviors, I'm not that same person," she said. "Every day I think about what I could have done and what I should have done, but I can't change the past. I'm here today, focused on Colton and his future."

When the judge ruled in Spenser's favor, she cried with joy, and within two weeks, Colton arrived at New Generation to be with his mom again.

Housing and Another Twist

Soon after Colton returned, Spenser secured permanent housing and, with the help of New Generation volunteers, moved into her new apartment to begin her new life with her son. The two of them finally had a place they could call home.

And to bring things full circle, Spenser recently changed jobs, becoming the newest member of the staff at New Generation, where she can give back to women that are in the shoes she was in just over a year ago.

"New Generation's such a huge support," she says, "and my being here was a big part of me getting Colton back. Thank you very much to the donors – I've had so much help from people I don't know and I am just so grateful."

Help more NH neighbors in need today!
[**cc-nh.org/news2303**](https://cc-nh.org/news2303)



Founding Family Legacy

A safe place where pregnant women and mothers with children can go to escape from homelessness and abusive situations, and rebuild their lives. This was the vision of the late Ruthie Ford when she founded New Generation in Greenland.

This summer, Ruthie and her late husband Patrick were honored at a ceremony attended by their children and family members. A new playground bench was dedicated in tribute to the love and care the Ford family has brought to our community for decades.



Going the Extra Miles

A Volunteer Finds Fulfillment and Inspiration Giving Back to Homebound Seniors

Throughout her 37 years as an accomplished physical therapist, Mary Boland often worked with senior-aged patients who had trouble getting to their appointments. She and her co-workers would say, “When I quit working, I’m going to drive older people around to help them get to their appointments.” Now retired, she’s making good on the pledge.

Mary is one of the many volunteers who are the lifeblood of CCNH’s CareGivers program, helping homebound seniors avoid isolation and live independently in their homes.

In what ways do you help CareGivers as a volunteer?

I knew I wanted to help people with rides to medical appointments through Caring Rides, so I started there and usually do those once a week. I soon found out there were many other ways to help – I now pack produce in the warehouse for the monthly Caring Cupboard grocery deliveries, and make calls to 8-10 seniors each month to check in and see how they’re doing.

How do the rides work, and why are these important?

Each week, CareGivers posts an online list of people who need rides and I match myself with a senior during a time that works for me. I then call the person to let them know I’m coming and verify the time, day and where we will be going. I give a lot of rides to doctor and dentist appointments, as well as to the grocery store and pharmacy.

I think this is valuable because if they didn’t have a ride, particularly to medical appointments, it would have adverse consequences for their health. So, it’s really important that we have enough volunteers available to give these rides. We’re not just driving them to appointments – we’re helping maintain their physical and mental well-being. It’s very rewarding and impactful!

What draws you to helping this senior population?

Even during my time in physical therapy, I loved treating seniors. We owe them that respect and dignity, but I also enjoy being with them. When I give rides, I’m always amazed at how many things we talk about. I hear about their lives and about their kids and grandkids, and they share stories with such joy and pride. It’s wonderful. They don’t normally have a lot of interactions, so it’s a great social outlet for them. You can hear the appreciation in their voices.

How does it make you feel to be able to help?

It’s nice to know you’ve done something that makes a fundamental difference in someone else’s life. Many of the seniors we work with live on fixed incomes or face food insecurity regularly. And with limited family or other support nearby, they rely on these volunteer services. Whether it’s providing rides, making the calls or packing food, it’s amazing how such little effort goes a long way to making a difference to people in need.

What would you say to someone considering volunteering with CareGivers?

Volunteering at CareGivers gives you a chance to really help people. CareGivers works with you to fit your schedule so you don't become overwhelmed and they have a variety of ways to help. They are very flexible and you can volunteer as much or as little as you want, depending on your schedule. Whether you're retired and seeking a worthwhile activity, or are willing to help out after work, there are opportunities for you. You will meet some great people – both clients and volunteers – and you'll be part of something that is truly worthwhile.

Interested in volunteering?
cc-nh.org/volunteer



Doubling Up on Pathways Grads

Celebration was in the air this summer at St. Teresa Rehabilitation and Nursing Center in Manchester as two staff members advanced in their careers through the Pathways scholarship program. Misty is now a Licensed Practical Nurse (LPN) and Sophie earned her Licensed Nursing Assistant (LNA) certificate. Congrats to both – we are honored to have them on the St. Teresa team! To learn more about the Pathways program, please visit **cc-nh.org/pathways**.

Batter Up!

Speaking of our healthcare centers, events and road trips are big in the summer so why not take in a ballgame? Residents at Mt. Carmel Rehabilitation & Nursing Center in Manchester did just that – root, root, rooting for the home team NH Fisher Cats!



Grant Recognition

Thank you to the following for awarding grants to support Catholic Charities NH's programs and services:

- Hillsborough County – American Rescue Plan Act
- MGN Family Foundation
- New Hampshire Department of Justice
- Pulte Family Charitable Foundation
- Saul O. Sidore Memorial Foundation
- TC Energy Foundation
- Town of Merrimack
- Vermont Mutual Charitable Giving Fund

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](tel:603-669-3030)**.

Tourney Chips In \$37K for Vets

Liberty House's 6th Annual "Fore the Veterans" Golf Tournament in June was a tremendous success, raising over \$37,000 in support of local veterans facing homelessness and other daily struggles. 144 golfers hit the links for an action-packed day at Stonebridge Country Club in Goffstown that included lunch, awards and a special raffle.

All proceeds benefited Liberty House, a program of Catholic Charities NH that provides substance-free transitional housing and connections to community resources that help veterans get back on their feet and ultimately live independent, self-sufficient lives.

"It's days like today," said Jeff Nelson, executive director of Liberty House, "filled with fun, camaraderie and a shared common purpose, that gives us hope that more veterans will be able to put their difficult pasts behind them and regain the stability they deserve."



Upcoming Events

Liberty House Veterans Day Breakfast

Tickets are going quickly for the 9th Annual Veterans Day Breakfast on Saturday, November 4 at LaBelle Winery in Derry. Proceeds will benefit local veterans facing homelessness and other daily struggles. To order your tickets, visit libertyhousenh.org/vdb.

Mardi Gras '24 is Coming Soon!

Save the date – February 10, 2024 – for the return of our annual Mardi Gras Gala at the Grappone Center in Concord, bringing the spirit, charm and culture of New Orleans to the Granite State, all in support of the individuals and families, of all ages and backgrounds, who turn to Catholic Charities NH for help in their greatest time of need. If you are interested in sponsoring the event or purchasing a table, please reach out to Laura Brusseau at [603-663-0249](tel:603-663-0249).

We All Scream for Ice Cream


Is there anything better than sharing ice cream with friends? St. Francis Rehabilitation & Nursing Center in Laconia was one of four Ice Cream Social destinations this summer, when we had the opportunity to thank Catholic Charities NH donors for all the support they've given to their NH neighbors over the years. Thank you to all who were able to attend and to our healthcare centers in Dover, Manchester, Windham and Laconia for hosting. Let's do it again next year!





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Healing Hearts: Your Support in Action

Arlene is one of many seniors who reach out to us this time of year – each voice trembling with fear, anxiety, and uncertainty for the winter months ahead. They are calling for help, reaffirming the purpose behind our work – to bring healing, comfort and empowerment to our neighbors in need.

Arlene is a recent widow facing the daunting responsibility of managing her household expenses alone and after a recent surgery, her budget is stretched even thinner than before.

As the cold months loom ahead, Arlene is filled with worry about how she will manage to heat her century-old home. In a heartbreaking moment, she shared her contemplation of cutting back on groceries or even forgoing medication just to keep warm during winter.

But we cannot let that happen. Your support of Catholic Charities NH helps Arlene – and many others like her – receive the support they need, without having to make such sacrifices that could jeopardize their health and well-being.