



***“You helped me
put the pieces back
together and find
joy in life again.”***

You Gave Ryan a Second Chance

Because of you, this NH veteran has hope, stability and purpose once again

Ryan hadn't had a hit in weeks. But in the bottom of the ninth, with two outs and his team down one run, he stepped up to the plate. This was his shot at redemption.

Crack. The ball bounced off the outfield fence. Two runs scored. Ryan's team mobbed him.

For Ryan, that hit wasn't just a game-winner, it was proof – proof that even after setbacks, he could rise again and find his footing. Just like in his own life, **Ryan has been able to come out on top, and it's all thanks to you.**

Ryan grew up in a close, loving family. His greatest dream was to become a Marine, following in his grandfathers' footsteps of serving his country.

At 18, he left for Marine Corps basic training. His proudest moment came when he finished the crucible. He received his Eagle, Globe and Anchor – the emblem that marks a recruit officially becoming a Marine – in front of the Iwo Jima statue.

Days later, 9/11 happened - a sharp reminder of why he wanted to serve. But it wouldn't last long.

During a routine exercise, a split-second accident changed everything. As he lay on his back in agony, he wondered, “Is this it?”

He had broken his spine and was eventually honorably discharged from the Marines. The camaraderie, the paycheck, and his sense of purpose were gone.

Continued Inside

Ryan, Continued

“I was completely lost,” recalls Ryan. “The Marines were supposed to be my life. It was all pulled away from me so quickly.”

Ryan moved back home with his father. At first, painkillers dulled his physical pain, but soon they became a way to mask the disappointment he couldn't escape. What started as relief grew into dependence. OxyContin led to heroin, and addiction began to take over his life. **He lost his job, became homeless, and slept in his car most nights, overdosing several times.**

Finally, Ryan had enough. He turned to a friend from treatment who was living at Liberty House, the Catholic Charities NH program where veterans find stability and purpose. **Because of you, he found a place to belong.** A few days later, Ryan moved in.

From the start, Liberty House was different. Ryan was motivated and set goals to move his life forward. He saw a doctor and dentist for the first time in years, found a job, and even returned to softball.

But one trip back home triggered a relapse. Instead of spiraling, he called Ashley Kitchell, Liberty House's executive director, and owned his mistake. His case manager drove him to treatment, where he vowed drugs would no longer control his life.

Weeks later, Liberty House welcomed him back. It was a fresh start – a second chance.

He now works as a manager at a local grocery store and, with help from Liberty House, is finally receiving the VA benefits he deserves.

“Liberty House is a Godsend,” Ryan shares. “Without them, my life could have gone so much differently.”

Inspired by the help he's received, Ryan began studying human services this fall so he can support other veterans. He's in a stable relationship, reconnects with his parents daily, and shares laughs with his six-year-old niece on video chat.

“I'm finally starting to feel like myself again,” he says. “All the things Liberty House does to put you on a path to succeed don't happen anywhere else.”

Ryan knows recovery is a lifelong journey, but this time is different. And he's quick to recognize who made this possible.

“If it wasn't for people like you, I'd probably be dead or living under a bridge,” he reflects. “You helped me put the pieces back together and find joy in life again.”



Your gift today
means a better
tomorrow for your
neighbors in need
across the state.



Finally, A Place to Call Home

Thanks to you Allegra can tuck her son into bed – safe and secure

Allegra stood in the kitchen, smiling. Her 10-month-old son, Theon, crawled across the floor, giggling with joy. For the first time in a long time, everything felt safe and calm.

Just months earlier, Allegra and Theon were homeless. Now, this determined mom tucks her son into his own bed, in a place they can call home.

And it's all because of you.

Allegra grew up in the North Country, the oldest of three kids. Her childhood was typical – friends, school dances, and afternoons at the mall. After high school, she led a simple and stable life. But at 33, Allegra got caught up in drugs, losing her job and license.

“I was drifting through life, without a purpose,” she shares.

Then she got pregnant with Theon. After he was born, DCYF gave her a choice: go to treatment or lose custody of her son.

Allegra spent four months at a local recovery center with Theon. But when the program ended, she had nowhere to go. Her caseworker was able to connect her with New Generation, the **Catholic Charities NH program your generosity makes possible, giving mothers facing homelessness a safe place and a new beginning.**

Allegra and Theon moved in February 2025. She worked with staff to set clear goals: graduating from outpatient recovery treatment, replacing missing documents, applying for jobs, securing childcare, and regaining her license.

Then came the biggest step: She and Theon moved into a two-bedroom apartment.

She finally has a place for cooking meals for her son, watching him play, and taking neighborhood walks – just the two of them.

Now sober for a year, Allegra has her sense of purpose back – to be the best mother she can be and ensure Theon never goes down the path she did. Her next goal is to go back to school and pursue a career in graphic design.

But for now, she's grateful for her son, her apartment, and the **donors who make dreams come true through New Generation.**

“If it weren't for New Generation, I definitely wouldn't be here now,” she shares. “It opened up so many doors for me and Theon.”

A photograph of Allegra, a woman with long brown hair, sitting on a grey couch. She is wearing a white long-sleeved shirt with pink floral patterns and blue jeans. She is holding her 10-month-old son, Theon, who is wearing a black t-shirt with a pink graphic and pink pants. Theon is holding a yellow and green toy. Allegra is looking down at Theon with a smile. The background is a plain white wall with a small green plant on a shelf.

“If it weren't for New Generation, I definitely wouldn't be here now.”

“They Saved My Life”

How you helped Barbara remain in the home she loves

Barbara’s happy place is her quaint home, with her beloved cat Lucy. **She wouldn’t be anywhere else.**

However, a series of long-term medical conditions recently left her unable to walk. She was about to lose it all – her home, daily comforts and even Lucy.

Because of your support, Monadnock at Home – the program that helps older adults live independently and stay connected – became her saving grace.

Volunteers deliver groceries, pick up prescriptions, and even assembled a shower chair and walker for her safety. She also gets rides to the doctor and to physical therapy. These simple acts let her enjoy life’s simple pleasures – and Lucy.

“They have saved my life and saved me from having to give up my home,” she shares.

Your support allows Barbara to remain where she feels most at peace: at home, with Lucy curled up nearby, her dignity intact, and her independence secured.

A photograph of an elderly woman with white hair and blue eyes, wearing a blue sweater with a floral pattern. She is smiling and holding a black and white cat with yellow eyes. The background is a soft, out-of-focus indoor setting.

***“They have saved my life
and saved me from having
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Upcoming Events

Celebrate Love at the Sweetheart Ball: Be Our Valentine!

Keep the Mardi Gras beads at home – this year, we’re making room for something even more special: The Sweetheart Ball, honoring Catholic Charities NH’s 80th anniversary! Join us on Saturday, February 14, 2026, for an evening of romance, gourmet dining, and dancing.

Your presence supports Catholic Charities NH programs that bring hope and stability to neighbors across New Hampshire. Whether with a partner or solo, enjoy chocolates, flowers, and the joy of giving back. Reserve your spot today at cc-nh.org/sweetheart. Early-bird pricing ends January 10.

11th Annual Liberty House Veterans Day Breakfast

It’s that time of year again! Veterans Day is approaching and Liberty House will be hosting its 11th Annual Liberty House Veterans Day breakfast on Saturday, November 8 at LaBelle Winery in Derry.

Proceeds will go towards the veterans at Liberty House, helping them overcome homelessness, post-traumatic stress and other challenges. **Sign up at libertyhousenh.org/vdb.**

The Good News Begins with You

Dear Friend,

You may have noticed that our newsletter has a new name. What was once *Reflections* is now *The Good News*, a name that celebrates the extraordinary impact you make possible.

In these pages, every story of hope and renewal is living proof of your generosity at work. Ryan reclaimed his purpose. Doris found connection and comfort. Allegra and her son are no longer homeless. Barbara can stay in the home she loves, and countless others have found hope ***because of you***.

These are extraordinarily challenging times. More neighbors are reaching out for help, while at the same time resources to support our programs continue to decline. As the holidays near, your year-end gift can bring safety, healing, and hope to every neighbor in need. By making a year-end gift today, you ensure brighter days ahead. ***The Good News*** truly begins with you.

With deepest gratitude,



Tom Blonski
President & CEO

Make Your Year-End Gift!
cc-nh.org/TomNL



Grant Recognition

Thank you to the following organizations that recently awarded grants to support CCNH's programs:

- Abbie F. Moseley Trust, Citizens Bank, N.A., Trustee
- Alice J. Reen Trust
- City of Portsmouth
- Eastern Bank Foundation
- HCA Healthcare
- Hypertherm HOPE Foundation
- Ludes Family Foundation
- M&T Bank Charitable Foundation
- Marilyn Lichtman Foundation
- Marion C. Cohen Trust
- Nashua Regional Planning Commission
- NH Children's Health Foundation
- Parker-Nelson Foundation, Citizens Bank, N.A., Trustee
- Raskob Foundation for Catholic Activities, Inc.
- Southern New Hampshire Planning Commission
- Town Fair Tire Foundation
- Town of Merrimack
- Vermont Mutual Insurance Group Charitable Giving Fund
- Wireless Zone

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).

Because of you, Doris is Never Alone

An invaluable connection that keeps Doris smiling

Doris sat in the driver's seat, frozen. The whiplash from the accident was overwhelming.

As she caught her breath, she felt lucky to be alive. But she knew her life would never be the same. The broken hip meant she could no longer drive. With no friends or family nearby to help, the world outside her apartment suddenly felt miles away.

Because of you, her loneliness didn't last. Through your generosity, the CareGivers program at Catholic Charities NH was able to step in and make sure Doris always had someone to count on.

Ten years ago, Doris received her very first ride to a doctor's appointment through the Caring Rides service. **Ever since, she's been able to rely on this lifeline you helped create.** Whether it's a routine checkup or a specialist visit, caring volunteers made possible by your kindness are always there to answer her call and get her safely where she needs to go. Because of you, Doris never has to face the road alone.

Each month, she also receives rides to the grocery store. Volunteers shop with her, carry bags inside, and stock her fridge with healthy food.

Doris is shy and quiet. Opening up isn't easy for her, but the volunteers have become like family to her.

"I could not have asked for nicer people," she shared. "I'm very comfortable with them and they really look after me."

Last year, Doris had cataract surgery. The appointments were stressful, but each time a CareGivers volunteer drove her and helped calm her fears.

"They truly cared," she said. "I could not have gotten through it without them."

Doris realizes life would be different if it weren't for the CareGivers.

"When you are my age, living alone with no family near is very scary," she shares. "I'm so grateful for the CareGivers. Because of the volunteers and donors, I can keep going – and I thank God every day for that."

"I could not have gotten through it without them."



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Donate Now!



603-669-3030



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