

Two Difficult Chapters One Guiding Light

How You Helped Tammy Rebuild Her Life, Twice

Every day at Catholic Charities New Hampshire, compassion from people like you touches lives and helps those who are suffering find a path forward.

Sometimes, that support changes the course of life more than once. Tammy's story is one such example.

Pregnant and Scared

At 16 years old, Tammy was pregnant, alone, and terrified of what would happen next. A lifelong Manchester resident, Tammy spent weeks hiding her pregnancy from her family after learning she had already been six months along.

"I knew my mom would throw me out," Tammy recalled. That fear soon became reality.

Tammy lived alone in a small Manchester apartment, preparing to raise a baby on her own at just 16 years old. Up until the week she went into labor, she worked at McDonald's, walking across the city for her shifts, while depending on state assistance to survive.

During one of her most difficult moments, Tammy connected with Catholic Charities NH through its Our Place program, an experience that would shape her future.

The Support Tammy Never Expected

At Our Place, Tammy found help for herself and her newborn – and a community of moms she still keeps in touch with today.

"They taught us how to care for a newborn, how to parent, and even to step away and breathe when things get hard," Tammy said. "They were angels on Earth."

The support and confidence Tammy gained at Our Place shaped the parent – and person – she would become. **Tammy went on to raise three children while balancing a career in customer service and administration.** An avid runner, she eventually qualified for the Boston Marathon, proof of the determination that carried her through life.

Then at 43 years old, life took another unexpected turn.

Continued inside



One Night, Forever Changed

As Tammy sat down for dinner, she had no idea her life was about to change forever. Just two days earlier, she had visited her doctor with severe dizziness, headaches, and balance issues – symptoms she described as feeling like she was “walking through a fun house.”

Then, without warning, she suffered a devastating stroke that left her partially paralyzed.

After spending two months in hospitals and rehabilitation centers, Tammy faced an overwhelming new reality. Living on disability income, **she struggled to afford food, relied on others for transportation, and found everyday tasks like grocery shopping nearly impossible.** As her marriage ended and friendships faded, she was left feeling increasingly isolated and alone.

Just as Catholic Charities NH had once helped her as a teenager, donors would again be there during one of the hardest chapters of her life.

While watching television early one morning, Tammy saw **a commercial that brought her back to Catholic Charities NH. It was then she learned about CareGivers, which provides rides, food deliveries, and other support to seniors and people with disabilities.**

One phone call reminded Tammy that she didn't have to face life alone.

More Than a Ride

Today, CareGivers helps Tammy with transportation to appointments and grocery deliveries, helping her maintain the independence she fought to regain after her stroke. But Tammy says the greatest gift isn't the rides or groceries. It's connection.

Tammy spends many days almost entirely by herself, except for her rescue dog, Mr. Big.

“When someone pulls up happy to see me, I feel like a million dollars,” Tammy shared.

It means more than many realize when a volunteer sits with Tammy at appointments, carries in her groceries, or simply spends time with her. **“They don't just give people rides. They give people lives.”**

Today, Tammy lives independently and treasures quality time with her family. Looking back, she sees a thread connecting two of the hardest chapters of her life.

Your Generosity Helped Tammy Rewrite Her Story

At 16, Catholic Charities NH helped her face an uncertain future of becoming a mom with hope and confidence.

Decades later, your kindness was there again – offering stability, connection, and the reassurance that she did not have to face her struggles alone.

For Tammy, your compassion made a life-changing difference – not once, but twice.

Your gift today means
a better tomorrow for
those in need.

[**cc-nh.org/nsltr**](https://cc-nh.org/nsltr)



People of Hope Rolls Into NH

Hope came alive in Manchester on April 21 and 22 as Catholic Charities USA's "People of Hope: Faith-Filled Stories of Neighbors Helping Neighbors" mobile museum made its only New Hampshire stop at St. Anselm College.

Through inspiring stories, a powerful poverty simulation, and reflections on compassion and service, visitors stepped into the mission of Catholic Charities and experienced firsthand how compassion can transform lives.



Excellence in Senior Care

Our skilled nursing facilities are on a roll – once again earning national recognition for quality care!

Five of our communities – **Mt. Carmel** (Manchester), **St. Teresa** (Manchester), **St. Ann** (Dover), **St. Francis** (Laconia), and **Warde Senior Living** (Windham) – were named 2026 recipients of the Bronze – Commitment to Quality Award by the American Health Care Association and National Center for Assisted Living (AHCA/NCAL). The honor recognizes long-term and post-acute care providers that demonstrate a strong commitment to quality care and continuous improvement for residents.

Congratulations to our staff, residents, families, and communities whose dedication helped make this achievement possible!

Upcoming Events

2026 Catholic Charities NH Annual Gathering

September 15, 2026

Derryfield Country Club, Manchester NH

5th Annual Mulligans for Moms Golf Tournament benefitting New Generation

September 21, 2026

Breakfast Hill Golf Club, Portsmouth, NH

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).

From Silence to Belonging

How You Helped Kevin Reconnect with the World Around Him

It would be days, sometimes weeks. No phone calls. No visitors. No one to talk to.

Kevin was alone.

But thanks to Monadnock at Home, a program of Catholic Charities NH, the silence wouldn't last forever.

Growing up in the Monadnock region, Kevin raised his two sons on his own, working long weekend shifts at a home for children with disabilities so he could be there for his own boys during the week.

Kevin has lived in the same modest apartment for 40 years. It holds memories of his boys running around and family time together. Even after they moved out, Kevin loved spending holidays and going camping with them.

But the life Kevin once knew began to look very different. He had a falling out with both sons. His sister moved to Virginia. A neighbor he often spent time with passed away.

"I was going days and weeks without speaking with another human being," Kevin shared. "I did everything with my family and now I'm by myself most of the time. It was making me ill."

Kevin heard about Monadnock at Home in 2024 and attended one of the program's monthly coffee gatherings aimed at helping older adults build social connections.

At first, Kevin barely spoke. But the staff at Monadnock at Home kept encouraging him to come back.

Today, he's sharing meals, attending gatherings, and building friendships again.

Unable to afford a car, Kevin also relies on Monadnock at Home for rides to appointments and social gatherings.

"I don't know what I would do without them. They keep me alive and going." - Kevin



"Without Monadnock at Home, I would be alone," Kevin shares. "They help me interact with the world."

Monadnock at Home is a membership program. But for people like **Kevin living on a fixed income, donors help make this support possible.**

Now Kevin has something he didn't have before – a community that has his back.

"I don't know what I would do without them," Kevin says. "They keep me alive and going."

Through His Mother's Eyes A Transformation at St. Charles

For five years, Kelly tried everything to make the public school system work for her son.

But Michael, then a fifth-grader, was reading at approximately a first-grade level. **He was struggling academically and exhibiting behaviors that were difficult to manage in a traditional classroom setting.**

Eventually, the school agreed he needed something different.

That is when Kelly discovered St. Charles School. Based in Rochester, the Catholic Charities NH program provides specialized education and support for children facing behavioral and emotional challenges.

During their tour, Michael formed an immediate connection with Principal Tom Hayward. By the end of the visit, he didn't even want to see the second school they had planned to tour.

"For the first time, my son had people who were truly on his side – people who genuinely wanted to help him succeed," Kelly shared. "Seeing how they met my son where he was, without judgment and with no other goal than helping him grow, made my heart swell."

In just three years, **Michael went from reading at approximately a first-grade level to performing at grade level as an eighth grader.** He developed healthy coping skills, built meaningful friendships, gained confidence, and even took on leadership roles within the school.

St. Charles supported not only Michael, but his entire family during one of the most difficult periods of their lives.

"The staff at St. Charles saw us at our worst – struggling emotionally, financially, and personally – and never once judged us," Kelly said. "Instead, they quietly stepped in to help."

This spring, Michael graduated from St. Charles and is preparing to enter high school. He dreams of a career in welding.

"They didn't just educate my son," Kelly shared. "They changed the course of his life."



Grant Recognition

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

- The Barker Foundation, Inc.
- Bedford Women's Club
- Derry Wolverine Dream Foundation
- The Eventide Foundation
- Lakes Region Rotary Club
- Mary Gale Foundation
- Needham Bank Charitable Foundation
- New Hampshire Charitable Foundation
- Norwin S. & Elizabeth N. Bean Foundation
- Pulte Family Charitable Foundation

The Good News Begins with You

Dear Friend,

Beyond the stories you've read in this edition of Good News, the need across New Hampshire is significant and growing.

Rising grocery prices, higher fuel and utility costs, and increasing housing expenses are stretching families to their limits. More and more people are turning to Catholic Charities for help, many for the very first time. They're hardworking parents unable to make ends meet, older adults living on fixed incomes who struggle to afford food, veterans facing difficult pasts, and neighbors who never imagined they would need to ask for assistance.

That's why the work you make possible means so much.

Your generosity helps ensure that Catholic Charities can be there when life takes an unexpected turn. And to all who share our commitment to caring for neighbors in need, thank you for being part of a community that believes no one should face their hardest moments alone.

These personal stories are powerful reminders that behind every request for help is a person who simply needs someone to care. What are you making possible? Our neighbors find more than practical assistance. They discover encouragement, dignity, and the reassurance that they have somewhere to turn.

Together we bring Christ's love to life. In moments of uncertainty and hardship, we remind people that they are seen, valued, and never forgotten.

On behalf of everyone whose life has been touched through the supportive work and assistance provided by the program staff of CCNH, that you've made possible, thank you.

Your generosity enables us to continue serving our neighbors with compassion, hope, and love during a time when that support has never been more important.

With Gratitude and Blessings,



Tom Blonski
President & CEO

Make Your Gift Now!
cc-nh.org/TomNL



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Donate Now!



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