



BREAD AND BOARD

The NSKS Newsletter

www.NSKS.org

The Greater Nashua Community will be one that ensures that the basic needs of all its members are met in a sustainable, accessible, and dignified way. The Nashua Soup Kitchen and Shelter will provide food and shelter to vulnerable individuals and families in the Greater Nashua Region in a dignified and sustainable manner. NSKS works to increase access to a full spectrum of basic needs through advocacy, targeted programs and collaboration with other organizations.

No one should be hungry or homeless in our community.

WINTER 2022

SAVE THE DATE

Sunday, April 3rd, 2022

for our 27th Annual NSKS
Run & Walk for Food & Shelter Fundraiser!

Both In-Person and Virtual!

Our 10K is part of the NHGP series!

<https://tinyurl.com/nksrunwalk4foodshelter22>

Valentine Raffle- limited tickets to win a stunning Opal & Diamond Ring

We have only 150 tickets to sell for our Valentine Raffle, being drawn at Noon on February 11th, 2022. Grand prize winner will win a 14K Yellow Gold Ring (Size 7) featuring a 3.25 ct. Australian Lightning Ridge Opal (freeform cabochon cut) surrounded by 5 round, brilliant cut (0.01 ct. to 0.02 ct.) diamonds. Valued at \$2,850.00! We'll pull three additional names, and each will win a gorgeous pair of cubic zirconia earrings, bezel set in silver.

To purchase a ticket and see the beautiful ring, go to <https://tinyurl.com/nksValentineRaffle22>

Thank you to our generous supporters!

We are deeply grateful to everyone who made a donation to support our work this past holiday season. Your gifts help make it possible for us to provide a hot meal and nutritious groceries to those who are hungry, and emergency shelter to families and individuals experiencing the crisis of homelessness. With your generous support we also provide a wide range of supportive services. We help our clients find jobs and stay in their homes. NSKS outreach staff go out into the community to assist people who are living without shelter, connecting them to vital services and providing essential supplies like tents and sleeping bags. We offer showers and a place to do laundry, as well as hygiene products, for those in need. Your gifts help make all of this possible and the support we receive from the greater Nashua community – and beyond – inspires us to continue this important work. *Thank you for your compassionate commitment and your partnership!*

Target Circle

Do you shop at Target? Are you a member of Target Circle? If you are, you can vote to help Target decide which local nonprofit organizations to donate to. Voting is open through the Target mobile app and website (target.com/circle) until March 31st. Select either Nashua store as "My Store" in the upper left corner, look for the Community Support box, click "Vote Now" and vote for Nashua Soup Kitchen & Shelter Inc! We appreciate your votes!

Happy Winter 2022



NASHUA
SOUP KITCHEN
& SHELTER, INC.



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Find us on Facebook: Nashua Soup Kitchen and Shelter, Inc.

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27th Annual NSKS Run & Walk for FOOD & SHELTER Fundraiser

We are so glad to be back April 3rd! We offer a USATF Certified 10K course, which is part of the 2022 New Hampshire Grand Prix series, a USATF Certified 5K course, a 3K Walk and a Kids Sprint for children aged 7 & younger. New this year--- our event will be both in-person and virtual! Our in-person event will include our Corporate Team Challenge for the NSKS 5K Corporate Cup! Only 3 employees needed to start your Corporate Team. NSKS is partnering with Rivier University & all courses start & finish on campus. This is a fundraiser for the programs and services at NSKS.

Please join us Sunday, April 3rd! To register:
<https://tinyurl.com/nksrunwalk4foodshelter22>.

The link is also available on our NSKS website events page. We can't wait to see everyone running and walking!

2022 NSKS BOARD OF DIRECTORS

The NSKS is fortunate to have a wonderfully dedicated group of individuals who serve on our Board of Directors. A good Board is key to a healthy non-profit organization, and these are the folks who deal with the nitty gritty issues of non-profit governance. A heartfelt welcome to our newest 2022 Board Members: **Joseph Bates, Thomas Bolton, and Iraidia Munoz.**

They will be joining our 2022 Board Members:

Mary Slocum, President
Krishna Mangipudi, Vice President
Michael "Jerry" Ryan Treasurer
Madeleine LaRose, Clerk
Keith Bagley
Linda Bennett
Derek Briunoooge
Jane Goodman
Shoshana Kelly
Janet Polaneczky
Rick Ruo

Thank You for the Hats, Gloves & Scarves

Winter can be so bitter cold, and we are grateful to the more than 30 individuals and businesses that donated hundreds of these items to keep our clients warm and safe from frostbite. Some were store bought and some were hand-knit, and all were appreciated! Thank you! We'll begin to accept donations for these items again in October.

Client Successes told by staff...

Education & Employment Advocate, Donna Marceau:

♥ I recently received a thank you letter from a former shelter client whom I had encouraged to pursue their educational dreams. This single parent applied and enrolled in a PhD program and is getting high grades (Donna helped get the transcripts to start school); the children are adjusting to school (Donna collected many personal items for the family) and they've just signed papers for a permanent home!

Outreach: Denise Jackson & Wally Raymond: ♥ One family, living in their car for over a year, just got an apartment. We have supported them during that time, helping get mobile crisis involved, helping them get documents, etc. They had come from a southern state, with their dog.

♥ A client with a severe addiction issue is sober 4 months and working a job and a program. They thanked us for our support.

♥ One client we've dealt with, for almost a year, got assistance from us to get involved with Harbor Care. The client's trust and anxiety issues were so severe. We were finally able to accompany them to a meeting, out in the open, with Harbor Care. They have helped the client apply for disability. We advised the client to apply to the NH Emergency Rental Assistance Program. NHERAP has the client in a hotel while they wait for a voucher.

IRA Asset Donations

Did you know that, if you are the owner of a traditional IRA and are 72 or older, you can donate up to \$100,000 a year directly to one or more charities without these IRA distributions being counted on your adjusted gross income (AGI) when you file your income tax return. These donations, known as "qualified charitable distribution (QCD)," can count toward your required minimum distribution (RMD) from your IRA. These donations must be sent directly from your IRA holding company to your designated charities.

Sending your charity designation directly from your IRA financial institution to the charity helps you in several ways including: you pay no taxes on the QCD whereas if you took the distribution directly to yourself and then donated to the same charity, you would be required to pay taxes on the income; you may be able to reduce your income-based Medicare premiums; and you can take the standard deduction or itemized deductions. Your QCD cannot be part of your itemized deduction since it is not part of your AGI. QCDs may not be made to donor-advised funds but must go directly to the charity. Be sure to check with your tax accountant or financial advisor for the full details on this opportunity to support NSKS and save yourself some tax dollars!

Our Top Ten most-needed items are:

1. Canned Protein - Tuna, Chicken, Turkey, Ham
2. Macaroni & Cheese (kid friendly favorite!)
3. Pasta - any type, any brand
4. Rice
5. Cereal - any type, brand, or size; hot or cold
6. Canned vegetables (any brand, any type)
7. Body Wash or Bars of Soap
8. Toothbrush & toothpaste
(ask your dentist for samples)
9. Deodorant for men & women
10. Razors for men & women

***Please remember your donations support our work.
Please give as generously as you are able so we can
continue to help the families who come to us in order
to survive.***