



# BREAD AND BOARD

The Nashua Soup Kitchen & Shelter 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 & Shelter provides 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 collaborating with other organizations.

*No one should be hungry or homeless in our community.*

WINTER 2023

## SAVE THE DATE

### Sunday, March 26th, 2023

For our 28th Annual NSKS  
Run & Walk for Food & Shelter Fundraiser!

<https://tinyurl.com/nsksrunwalk4foodshelter2>

### THANK YOU TO HEMENWAY TRUST COMPANY

**Hemenway Trust Company**, a financial services firm in Salem, NH, moved last year. Lucky for us, they decided not to take all their office furniture with them.

NSKS received desks, a huge conference table and chairs, a table and chairs for the staff break room, credenzas, wooden cubbyholes, an adjustable standing desk, and desk chairs — all in great condition. They wanted to donate their furniture to a non-profit organization and worked with us to make it happen. They sent us pictures of what was available; scheduled visits for us to see, photograph, and measure the furniture. Most important, they allowed us to wait until the very last minute to move all of it. Space is always at a premium at NSKS and we needed to move items here to make room for the new furniture.



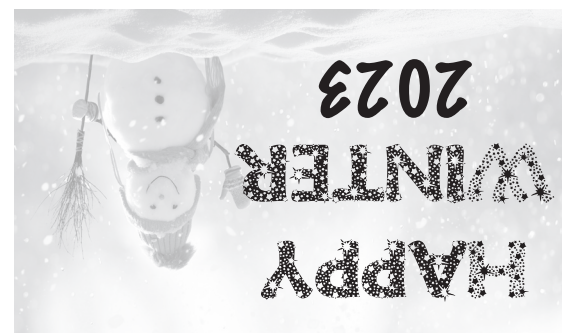
We are long overdue in thanking **Hemenway Trust Company** for this donation. Not only do we want to thank them for the furniture, but for their patience and their kindness. We especially want to thank **Erin McLaughlin** of **Hemenway**, who coordinated the move with us and took the time out of her busy schedule to personally deliver some items that the movers accidentally left behind. Thank you.



### Thank you for your generous year end gifts!

All of us at NSKS are deeply grateful to everyone in the greater Nashua community who made a donation this past holiday season to support our work. If you wrote a check, gave online, or came by 2 Quincy Street to drop off boxes of food, supermarket gift cards, and other necessities, you made a real difference in the lives of our clients. It is only with your support that we are able to offer holiday food boxes and gifts for children for families who may be struggling to make ends meet, daily meals in our soup kitchen, a warm bed for the night for those experiencing homelessness, and many other supportive services.

**You make our work possible. Thank you for your kindness and generosity!**



NON-PROFIT ORG.  
US POSTAGE  
PAID  
MANCHESTER, NH  
Permit No. 197

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

Telephone: 889-7770 www.nsk.org

P.O. Box 3116 • Nashua, NH 03061

NASHUA  
SOUP KITCHEN  
& SHELTER, INC.



## Love In Action

This entire newsletter could be filled with photographs of donations of blankets, hats, scarves, and mittens from the knitters and crocheters of the greater Nashua community.

We've given their handknits out to shelter clients, to children at local schools, and to people coming in for pantry services. These hand-knit blankets were made for our clients by **Warm-Up America**.

**Warm-Up America (WUA!)** is a non-profit that donates knit and crochet blankets and accessories to people in need. They train volunteers to work together to craft panels, join them, organize them, and ship them to people. Nashua's WarmUp America coordinator, Jeanne Swift, made 91 blankets for us.

We are also thankful to **Kieran's Kovers**, started by high school student **Kieran Hummer**, who has been collecting blankets, hats, socks, gloves, and mittens for us and the NYC Coalition for the Homeless. Our clients were happy to have them, and we are grateful to all of you in the community who help us keep people warm.

THANK YOU!

### Thank you to our corporate, foundation, and state supporters!

In November, NSKS received a transformative \$1.25 million grant from the **Bezos Day 1 Families Fund** that we will use over the next five years to expand the services we offer in our family shelter, including case management and educational programs. With the opening of the Spring Street shelter, NSKS will provide emergency shelter to more than twice as many families than we have been able to accommodate in the past, so this grant could not have come at a better time.

Our friends at **The Burkehaven Family Foundation** continued their partnership with NSKS with a grant to enable us to develop a new strategic plan this year and to support our general operations over a three-year period.

Generous grants from **New Hampshire's Department of Health and Human Services** and **Hannaford Supermarkets** have enabled NSKS to provide a cold weather overnight shelter, our first year offering this option for those in the community who would otherwise sleep outdoors this winter. The program has accommodated as many as 24 individuals in a given night.

Additional grants from the **New Hampshire Charitable Foundation's Thomas W. Haas Fund** to support our food programs, the **Horne Family Foundation** for general operations, **Eversource Energy Foundation** for shelter operations, and the **Stabile Family Foundation** for our family shelter all will help ensure that we can provide food, shelter, and services to those in need in the greater Nashua community in the year ahead.



## 28<sup>th</sup> Annual NSKS Run & Walk for Food & Shelter Fundraiser

We are so glad to be back March 26th! We offer a USATF Certified 10K course, a USATF Certified 5K course, a 3K Walk and a Kids Sprint for children aged 7 and younger.

This is our second live race since the pandemic and we're hoping to see many friends! Our event will include our Corporate Team Challenge for the NSKS 5K Corporate Cup! You only need 3 employees to start your Corporate Team. NSKS is partnering with Rivier University — all courses start and finish on campus. This fundraiser benefits all the programs and services at NSKS.

**Please join us Sunday, March 26th!** To register:

<https://tinyurl.com/nsksrunwalk4foodshelter23>

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

## 2023 NSKS BOARD OF DIRECTORS

The NSKS is fortunate to have a dedicated group of individuals who serve as our Board of Directors. Our 2023 Board Members: **Krishna Mangipudi**, President; **Jane Goodman**, Vice President; **Michael "Jerry" Ryan** Treasurer; **Madeleine LaRose**, Clerk; **Keith Bagley**, **Joe Bates**, **Linda Bennett**, **Tom Bolton**, **Shoshana Kelly**, **Iraida Muñoz**, **Camille Pattison**, **Rick Ruo**, and **Mary Slocum**.

## 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.*