

OPP NET HERALD

Opportunity Networks Newsletter

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Editors: Skyy

Andrew

Lisa

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Starting Off
Summer with a
Bang!!



Follow us to Page 2 to read more about our experiences at the Manchester Cedar Swamp All Persons Trail!



Catch a recap of our 32nd annual golf tournament fundraiser on page 11

**AND MUCH, MUCH MORE WITHIN
OUR SUMMER EDITION**

Manchester Cedar Swamp All Persons Trail

By: Liz

All persons trail is located in Manchester, NH.

All Persons Trail opened on Earth Day, April of 2022 accessible for all abilities. The trail is 1.2 miles and has handmade benches and signs. I like to read about plants and animals in the area. All persons trail is a nice footpath for adaptive equipment such as a wheelchair, walker, crutches, or vision and hearing impaired adaptive equipment. Any person with an assistive device can access this trail. One positive aspect that I personally like is that the path doesn't allow dogs, only service animals.



This trail is available to all persons for all communities free of obstacles to enjoy the beauty of nature surrounding the trail. This atmosphere is very calming and relaxing for the hikers. It can also be used for cross-country skiing and bird finding.

Here at Opportunity Networks we have a volunteer activity where program participants clean debris during the spring summer and fall months. Part of volunteering includes washing the signs, picking up garbage, and clearing sticks and rocks off of the pathway. We are sure to use an ecofriendly spray to ensure safety of wildlife. We frequently pass by hikers that are very appreciative of our work, especially the elderly. They feel safe to walk enjoying the path. There are other paths accessible to all persons, but not in the area.

Most of the trails are not accessible in the city. I feel very fortunate to be able to walk at All Persons Trail. In the month of July, an awesome event will take place at Cedar Swamp for the anniversary of the Americans with disabilities Act (ADA). It will also take place at 5 other accessible trails across the state over a 5 day period. Be sure to be on the lookout for #NHTrails4All information!

We thank the Nature Conservancy, the city of Manchester and all of the generous donors for this wonderful accomplishment. If you can go and visit the trail, I'm sure you will have a great experience. It is open all year round.

Quarterly Weather Report

Summer Expectations and Recommendations

By: Matt



Expect the warmth to continue until the first day of fall.
Expect a hazy, hot, humid, and sticky Summer.
Along with the muggy weather, showers and thunderstorms are likely to occur. These storms could range from strong to severe.

Summer Weather Tips & Tricks

- During hot weather wear loose, light clothing.
- Hydrate with plenty of fluids.
- Seek out shade on Sunny Days.
- Check on Children and The Elderly.
- Never leave pets in vehicles on hot days.
- During Sunny Days Sunscreen is recommended.
- Sun hats are highly recommended.

Forecast for this Summer in New Hampshire According to The Farmer's Almanac

By: Margaret

New Hampshire will experience higher than Normal temperatures of 75-85 degrees and also may experience a heat wave during the months of July and August. In addition to higher temperatures, New Hampshire will have more precipitation as well. Opportunity Networks offers a few activities to help keep us cool. My favorite ones are swimming in community pools, splash pads, and going to parks. Stay tuned to more predictions for the fall and winter months of 2023.



Jobsite Updates

Ben K: Day in my Life at Work

By: Ben

My name is Ben K. and I am 40 years old. I have been attending Opportunity Networks for seven years. Along with attending some of my favorite activities like Karate and walking at the YMCA, I like to keep my schedule busy by working two jobs. At work, a job coach comes with me; usually I will work with Sean or Evan. When there, they do their own thing, while I complete my tasks. They are mainly there to provide assistance when needed and make sure I stay focused. I have been working at both of these jobs for about five years now and plan on being there for many more!

The first job I got was at Market basket. When working, I push carriages and bring them into the store. I also help gather red baskets inside Market Basket and put them where they need to go. The hardest part of working here is remembering to get all of the carriages. My second job is at Banfield Animal Hospital. At Banfield, I work on completing the tasks on my cleaning list. Some of my tasks involve cleaning the mirrors and the benches, and taking care of the trash. At Banfield, I do not find myself having any difficulty with my tasks.

My Time at SHARE

By: Ashley

I volunteer at Share once a week on Monday. The mission of SHARE is to provide food, clothing, and emergency financial assistance to area families in need, who do not qualify for government assistance or for whom that assistance is insufficient or delayed in coming.

I have been volunteering at share for as long as I have been coming to program.

We go to the St. Patrick's church and collect all the donations for share. Then we bring all the donations for share to the share building and we bring them inside. We have quite a few donations each week. I have friends that also help me. We pull the wagon to the staffs car and load the car.

I like volunteering at share because I know you are helping people in need and giving back to the community.

Working at the Hollis Bus Co.

By: Justin



At Opportunity Networks, there are many different job sites for different people to try. I recently started working at the Bus Company in Hollis, NH. My coworker and I took over working here when one of our friends retired from the program. I work three days a week with one of my friends from the program to help with cleaning the buses once all the kids are at school.

Once we arrive, My coworker and I get started

by gathering up the necessary cleaning supplies and making sure we have everything needed to get started. Once ready, my coworker will typically help with wiping and disinfecting the seats on the bus, while I clean all the windows. Our jobsite coach assists with sweeping under the seats and making sure we stay on task, he is there to supervise and provide assistance if needed. On average, we are able to get about 5-6 buses done, depending on the day. This summer, we will be adding a few more cleaning duties to our list because of our hard work.

Working at the Bus Company is a great experience and a job I really enjoy. The staff there are wonderful and friendly and make sure that I know they are there for any questions I might have. Along with the great work environment, it feels great to make my own money. When I got my first paycheck from working, it was really rewarding to receive. Ever since I started working here, I have been saving up all my checks. It feels good to make my own money and have a new responsibility to take care of. I really enjoy working and helping those around me. I am proud of my job and what I do.

Jamie's Culinary Corner

By: Jamie



Creamy Garlic Parmesan Brussel Sprouts with Bacon and Rotisserie Chicken

Think you don't like brussel sprouts? The cooking group at Opportunity Networks is here to help change your mind! With this easy dish that is sure to be a crowd pleaser.

Ingredients:

- 1 (16 oz) package of bacon cut into small strips
- 2 tablespoons butter
- 3 pounds of brussel sprouts, trim bottoms and cut in half
- Salt and pepper to taste
- 5 cloves garlic minced
- 2 cups of light or heavy cream (we prefer heavy)
- 1 ½ teaspoons cornstarch mixed with 1 tablespoon water
- 1 rotisserie chicken, meat removed and chopped
- ¾ cup of fresh mozzarella (pre shredded is fine)
- ½ cup of fresh grated parmesan (pre grated is fine)

Instructions continued on Page 7...



Instructions:

1. Preheat oven to 375°F
2. Fry the bacon in a large oven-safe skillet over medium heat until crispy. Use a slotted spoon/tongs to transfer to a paper towel lined plate to soak up some of the oil. Set aside.
3. Drain bacon fat while leaving around 3 tablespoons for added flavor. In the same pan, melt the butter, then add Brussel sprouts and season with salt and pepper. Scrape any browned bits from the bottom of the pan and cook while stirring occasionally. The edges should start crisping and slightly charring, time will vary depending on your stovetop and skillet.
4. Add in the garlic and stir it through the sprouts for a minute, until fragrant. Pour in the cream, reduce heat down to low and allow them to simmer for 3-4 minutes. Add cornstarch mixture and mix immediately.
5. Add in bacon and rotisserie chicken and give everything a good mix to combine all the flavors together. Top the sprouts with mozzarella and parmesan cheeses (to your liking). Place skillet in oven for around 20 minutes after which broil on high for 2-4 minutes or until the cheese is browned and golden.
6. If desired, season with a little extra pepper before serving. You may sprinkle with fresh chopped parsley, thyme or rosemary.



Jamie's Final Review:
"Ya Uh Huh Good Man" out of a possible 10

**Ya Uh Huh
Good Man**

Programming Updates!!

Woodworking

By: Keesha

We have a woodworking group called the Pallet works at a day program called Opportunity Networks. It meets almost every day, sometimes all day. I started at Opportunity Networks in 2016 and ever since I started I've been doing woodworking, I absolutely love it. We have a lot of tools we use, such as hand saws, a wood sander, and the hand drill; we built a huge shed to hold everything. There are a lot of painters and builders in the crew like myself Keesha, Billy, Jane, Darren, Quentin, Jacob, Mike, Chris B. Nick, Sara D. of course Frank. However, it's mostly me that does the painting and all the details.



We sell a lot of our work at Junction 71 in Merrimack, NH and at the Creative Vibe Nashua, NH. We have also made an appearance on NH Chronicle a few times and Frank FM. Our work goes out to a lot of people everywhere and anywhere, no matter where you live in the world.

New Hampshire signs are our most popular designs. Recently, we did a cow print New Hampshire sign that said "Moo Hampshire". We also did another New Hampshire Sign that has a fake window at the top and a door on the bottom with an X in the middle of the door to look like a barn. Currently we have been making pride themed New Hampshire signs in honor of Pride month. Our second most popular design is wishing wells. We have made and sold a bunch of them, in a variety of sizes.

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However, we can make almost anything from sports to holidays. For Easter and Saint Patty's Day we did a leprechaun on one side and an Easter Bunny on the other side. During Christmas, we made a lot of big snowmen and little snowmen, Heat Miser and Charlie Brown and even sold them at the Christmas craft fair at Bishop Guertin High School. For the fall, we did a lot of scarecrows and horror movie themed signs. For sports, we make signs like a bear or snowman that wears a helmet and holds a hockey stick or that is decorated in the team's colors. We also made a Notre Dame snowman that says "GO IRISH".

Some of the most memorable pieces we have done are a Cumberland Farms cup with pants and another with shoes that we did last year. These signs are still in the Cumberland Farms in Milford, NH. We also made a memorable Snowman for a woman at Tolle Street before she



passed away, named Jackie. She was the one holding the snowman that said "Blessed" under where the hat is.

These are just a few of the things we make. If you have a business or are just looking for some new home decor, feel free to message us what you want. We make a large variety of designs and if you have an idea that you don't see, let us know and we can do it for you. We would love to provide you a handmade piece that also helps support the wood-working program! Just send us a message on our Facebook page, PalletWorks or call 6038834402!



Skiing with Bode

By: Doug

My friend Duncan had the opportunity to ski at Cannon Mountain for an annual fundraising event called “Bode Fest”. This is an annual event hosted by the Turtle Ridge Foundation that took place this year on March 18, 2023. Bode Miller is an Olympic medalist and four time world skiing champion. Proceeds from this fundraiser provide grants to like-minded organizations that enhance community opportunity and well-being for the adaptive community and youth sports. Duncan had a fun filled day with a lot of activities that are included for \$59.00. Duncan brought his jersey vest to show to participants at the Bedford office he was very proud to show his friends.



Fundraising

Souhegan Valley Golf Classic

By: Matt

Opportunity Networks had their 32nd Annual Golf Tournament on Thursday June 8th, 2023. They played 18 Holes of Golf with a Shotgun Start at 8:30AM. This year's Annual Golf Tournament was located at Amherst Country Club. The Golf Tournament is Important because it helps raise Money for Opportunity Networks Programming Such Bowling, Health and Wellness Programs, and Cooking. There were 136 Golfers Total. The event was overseen by Opportunity Networks Management Team Including: Max Morelli, Rocky Morelli, George Barrett, Kim



Rhault, Amanda Morse, Ann Goci, and Linda Jennings. Various Prizes are given out such as gift baskets and gift cards. An Auction also included Red Sox tickets, hotel stays at Encore and Foxwoods, sports memorabilia, concert tickets, and more. The



learning exchange was also part of the auction which contributes to Opportunity Networks programming.

Special Thanks to our Sponsors:

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- Souhegan Valley Motor Sports
- Eastern Propane
- Louis P. Cote
- Seamark Int'l
- HF Staples
- Alexander Buchanan
- Marcum LLP
- Theriault Paving

A Special Thanks

By: All of Opportunity Networks

We cannot possibly thank enough those who contributed to The Learning Exchange, a program created to promote learning opportunities for both our program participants and community members alike. Donations contribute heavily to expanded programming opportunities for our program participants, and we are happy to acknowledge those who donated.

John Morison IV
William Clark
Steve Desmarais
Mike Hopsicker
Mike Goci
Matt Ciardelli
Meghan Anderson
Jay Dinkel
John Morrison III
Mike Trask
Bob Young
Dave Theriault
Sam Foisie
Theresa Fitzgerald
Steve Lowther
Bruce Ebright
Paul Daniels
Henry Lowther
Linda Jennings
Art Schrom
Nick Coffee
Mark Misiag
Todd Ingham
Mike Desfosses

Upcoming Fundraisers

Please run or walk with us on September 30 for the Ability 5K in the picturesque downtown Amherst Village. All skills levels and age groups are welcome!! Register now on OpportunityNetworks.org



5th Annual September 30, 2023

Also Join us for our \$10,000 raffle. Tickets are good for admission for 2 with Complimentary food and cocktails and prize drawings in various totals including \$10,000!!

Raffle Extravaganza Grand Prize \$10,000

Additional Prizes: \$1,000, \$750, \$500, \$250 & \$150
(you do not need to be present to win the cash prizes)

Event Location

The River Casino & Sports Bar
53 High Street, Nashua, NH



Friday, December 1st

7 to 9 pm Cocktail

Reception & Prize Drawings