

# Jeremiah's Times



Spring 2026

## The Power of Showing Up: Volunteers in Action

This spring was a powerful reminder of what community truly looks like in action. We were fortunate to welcome several incredible volunteer groups, including students from **St. John's High School** and **Pomfret School**. Their time, energy, and willingness to jump in wherever needed made a meaningful difference across our programs.

Behind the scenes, our day-to-day operations are strengthened by dedicated individuals who consistently show up to support our mission. A special thank you to our food pantry volunteers Kevin, Yunio, and Nick, whose reliability and care help ensure that thousands of individuals and families receive nutritious food each year.



We're also grateful for our Clark University FIRM Pantry, volunteers including Teddy, Lera, Jamie, Kate, Anna, Charlie and many other Clark students. During last month's pantry refresh, volunteers like Gelian, Sage, Morgan, and Ada rolled up their sleeves to repaint and improve our space, making it more welcoming and efficient for those we serve. Thanks, also, to Dominic, our totally amazing Dynamy intern, who supported our Nutrition Center with kindness and curiosity.

Evening Meal Program and Bake a Cake Program continue to thrive thanks to the generosity of community groups such as **Our Lady of Lourdes, First Congregational Church of Oxford, Our Lady of Hope, and Realtors Association of Worcester**. These programs provide more than just meals, they offer comfort, dignity, and a sense of belonging.



Volunteering is not only central to our organization, it's also a vital part of recovery. Staff and residents in our recovery program regularly give back by volunteering at places like the **Community Harvest Project, Overlook Farm**, and at recovery events and food drives throughout the summer. This work helps individuals rebuild routines, develop a sense of purpose, and reconnect with their community.

Research shows that volunteering can significantly improve both mental and physical health. Individuals who volunteer regularly report lower levels of depression and anxiety, increased self-esteem, and even improved cardiovascular health. In recovery, these benefits are especially meaningful, helping to rewire the brain through positive social connection, structure, and a renewed sense of identity.

# Annual Meeting Highlights

Jeremiah's Inn held its **Annual Meeting of the Board of Directors** on May 13th at Stearns Tavern in Worcester. Board members, staff, volunteers, and community partners gathered to reflect on the organization's impact in 2025 and to look ahead to goals and priorities for 2026. The Board also conducted obusiness to support the continued growth and strength of our programs.



A highlight of the evening was the recognition of several of our Golden Friends, whose ongoing support makes our work possible. We were proud to honor Nick Keicher for his dedication to our food pantry operations, including picking up grocery store donations several times each week. We also recognized Our Lady of Lourdes for their longstanding commitment to our Evening Meal Program, providing three meals each month for residents for over 25 years. In addition, we honored Clark University for their meaningful partnership. Supporting Jeremiah's Inn through grants and donations, sponsoring food drives, providing student volunteers and interns, and collaborating on a wide range of student-led projects.

We are deeply grateful to all who joined us and to those who continue to support our mission!

## Annual Food Drive

June 8-14<sup>th</sup> 2026

Shaw's Supermarkets in Worcester

You can play a direct role in making sure children and families in our community have access to the nutritious food and essential items they need - especially during the summer months when school meals aren't available. Visit our website to see how you can get involved or scan the code to make a donation! Be part of the solution and help local families access the food they need to thrive this summer! [www.jeremiahsinn/food-drive](http://www.jeremiahsinn/food-drive)

Thank You, Sponsors!! Along with Shaw's Supermarkets, our current sponsors include: **Community Impact Leader:** Herlihy Insurance Group,



**Hyde-Dexter  
Russell Charitable  
Foundation**



**Hunger Relief Partner:** Hyde-Dexter Russell Charitable Foundation, Millbury Federal Credit Union, Teamsters's Local 170  
**Community Supporter:** Barrow's Hardware, Masterman's Safety & Industrial Supply



## Welcome New Staff

### Kali Champagne

Kali Champagne is a Case Manager with over three years of experience in addiction recovery and mental health services. She works closely with clients in early recovery, helping them access resources, build life skills, and create a strong foundation for long-term stability.

Currently pursuing her Master's in Addiction Psychology while studying neuroscience, Kali is passionate about understanding how brain function and behavior impact recovery. Outside of work, she enjoys creative expression through art and prioritizes health and fitness as part of maintaining balance and well-being.

Welcome to the Team Kali!!

## Donor Spotlight

### UMASS Memorial Health

During the **Day of Caring with United Way of Central Massachusetts**, we had the opportunity to welcome volunteers Mario and Roshonda from **UMass Memorial Health** for what was expected to be a routine service project. They spent the day helping with painting and getting a firsthand look at our space and programs. What they saw was not just a room in need of updates, but an opportunity to create a more comfortable, welcoming space for individuals in recovery to relax, connect, and build community.



Inspired by their experience, Mario helped secure a \$5,000 grant from UMass Memorial Health to support a full transformation of the space. With this funding, we were able to install new high-traffic flooring and a carpet. We added a new TV and entertainment center, and enhanced the environment with updated lighting, wall art, and furnishings.

Today, the space has been reimagined as the *UMass Memorial Health Resident Lounge*, a place where residents can unwind, spend time together, and feel a sense of home during their recovery journey. This transformation is a powerful example of what can grow from a single day of volunteering. Without that initial connection through United Way, this project and the impact it now has on our residents, would not have been possible.

## Nutrition Center

United Way Of Central  
Massachusetts  
Webster Five Foundation  
Worcester County Food Bank  
United Way Of Central  
Massachusetts

## Residential Program

Foundation for Alcohol Education

## Food Drive Sponsorship

Herlihy Insurance Group  
Millbury Federal Credit Union

Thank you

## Where it's Needed Most

Dr. & Mrs. B. Dale & Melanie  
Magee Fund

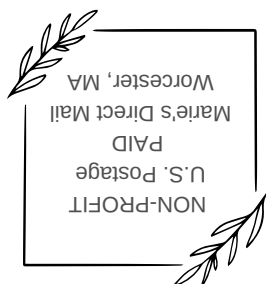
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