

# MONADNOCK

www.monadnockvolunteercenter.org

Email: rsvp@mfs.org

# RSVP

VOLUNTEER CENTER

## FROM THE DIRECTOR

Happy Fall Greetings RSVP Friends!

The season is quickly changing, and the leaves are beautiful and starting to fall and soon the holidays will be upon us before we know it. Some people are ahead with their planning and have growing anticipation and excitement. You will see in there are opportunities in this newsletter things you can do to help. But help is always needed throughout the year!

Over the course of 21 years here in October, I have seen changes at RSVP. Many changes: We were a program of the Corporation for National and Community Service and now we are an AmeriCorps Seniors program; performance measures and accountability and the national focus areas we need to center are efforts on; funding, staffing in the entire MFS community and us as well; a multitude of moves to new locations; volunteers; partner changes; and adjustments following covid. The list could keep going. Change brings opportunity. It can also bring sadness with loss of volunteers who have become friends along the way.

As an RSVP program working with adult's change is expected. Recently, two of our volunteers who started even before me are experiencing change with the progression of Alzheimer's. Great volunteers who did mentoring, literacy support in the schools and helped people to stay living independently. I am glad to be able to offer some suggestions of support and still be present for them.

I also have had a recent change in my life. Change does bring a sense of action, adjustment, reflection and eventually clarity and with hope there are positive things that come. I have tried to make it a daily practice in the morning to think of one thing for which in am grateful.

In this season of change and thankfulness I wish you all happy memories both old and new, enjoyment with your friends and families and a wonderful holiday time filled with gratitude and togetherness.

Most sincerely,

*Kathy Baird*

*"What you think, you become. What you feel, you attract.  
What you imagine, you create." – Gautama Buddha*

## WELCOME NEW RSVP VOLUNTEERS!



*Karen Peterson*

**Spread the word:** RSVP is asking for your help! Please pass along our newsletter to a friend to help get the word out about our program and service opportunities

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Region:**

Available By Appointment  
Phone: (603) 924-7350  
Fax: (603) 352-5698



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**AmeriCorps  
Seniors**



## Message From the AmeriCorps CEO

*It is not a moment, it is a movement!*

Dear AmeriCorps network,

For 30 years, AmeriCorps members and AmeriCorps Seniors volunteers have inspired a movement of generations of Americans to serve. When America calls, AmeriCorps answers. On Thursday, Sept. 21, AmeriCorps kicks off our 30th anniversary celebration with a virtual event for AmeriCorps members, AmeriCorps Seniors volunteers, alumni, grantees, sponsors, agency staff, and the national service community.

During the virtual event, we heard inspiring stories from alumni, listen to messages from elected officials and celebrities like Lieutenant Governor Billy Nungesser and Jay Ellis, reflect on milestones in the agency's history, and share strategies for how you can help grow AmeriCorps' impact for years to come.

While some AmeriCorps programs predate the agency itself, like AmeriCorps Seniors Foster Grandparent program, AmeriCorps Seniors RSVP program, and AmeriCorps VISTA, we celebrate AmeriCorps 30th anniversary in September 2023 to mark the signing of the National Community Trust Act in 1993 that established our agency. Since the swearing in of the first class of AmeriCorps members in 1994, more than 1.25 million individuals have served as AmeriCorps members, and millions more as AmeriCorps Seniors volunteers, helping local communities tackle pressing challenges with local solutions. And, AmeriCorps members have earned more than \$4.5 billion in Segal AmeriCorps Education Awards to pay for college or repay student loans.

Decades later, the underlying tenants of national service remain: no problem cannot be solved when Americans unite, we are better when we work together in diverse and equitable teams, and the best solutions come from those closest to the issues. Together with state and local partners, AmeriCorps will continue reducing barriers to service and tackling challenges where need is the greatest.

I hope to see you throughout the year as we celebrate our roots and recognize and identify areas to further meet communities' ever-changing and complex needs. In service,

Michael D. Smith, CEO  
AmeriCorps



## America Reads...School is in Session!

The leaves are turning those beautiful colors of yellow, red, and orange and the air is getting cooler, and we are going back to school...where did the summer go?! September is always a happy time for me as our volunteers are returning to the classroom and we are meeting new volunteers to begin a fresh new year with the America Reads program. But first some recap of this past year.

This past school year was the best coming out of the crazy, scary pandemic...though it is still lurking a bit. We had 42 wonderful volunteers return to our classrooms and they served 653 students. We are gaining momentum. YEAH!

The volunteers enjoyed attending our annual book fair at the end of May. We had 86% of the volunteers attend and gave away 704 books to the students. We are so fortunate to receive grant funding from the Keene City Rotary, More than a Thrift store and Kawanis and the Elm City Rotary to help support the book fair. Each student was given a brand-new book to take home. I recently read an article about the importance of the home library that said **"Having books in the home is proven to positively benefit children in a myriad of ways. A two-decade long study found that the mere presence of a home library increases children's academic success, vocabulary development, attention."** We will continue to do our part to support getting books into students' hands each year. After all we are the America READS program.

As the new school year begins, the momentum will continue. We are adding a new school this year and some of our seasoned volunteers that stepped away are coming back! The roster is growing, it's going to be another great year!

Sincerely, Pat




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*Reading is like making a movie in your mind. Books make wonderful friends.  
Reading helps you develop an extraordinary mind and a beautiful imagination.*

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### **Marlborough Elementary School has been awarded CLiF Year of the Book Grant 2023!**



CLiF's (Childrens Literacy Foundation) Year of the Book provides \$25,000 worth of literacy programs, support, and new children's books over one school year to help build a culture of literacy in elementary schools across New Hampshire and Vermont. This program targets schools that have a high percentage of students receiving free/reduced lunch and students scoring below proficient in literacy assessments.

The CLiF Year of the Book is awarded to elementary and middle schools serving pre-K through grade 6 that have demonstrated a commitment to literacy and creative ideas for celebrating reading and writing. Schools have a significant percentage of students below proficiency on reading and writing assessments, as well as students from under-resourced backgrounds.

"These 12 schools have made tremendous steps, with limited budgets, to bring literacy activities to their schools," explained Willner. "Combining the CLiF Year of the Book grant with their existing initiatives will have incredible and long-lasting impact. CLiF is very proud to partner with the dedicated staff, faculty, students, and families in these diverse schools."

Congratulations to Marlborough Elementary school!



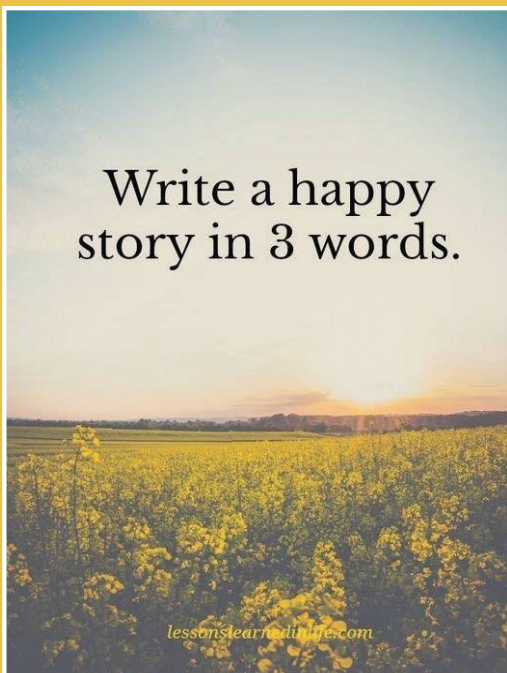


**America Reads volunteers incorporate their interests and hobbies into their learning sessions! Mr. Larry, shares his passion for kites with the preschoolers at Dr. George Emerson Elementary School. Maureen Chandler creates beautiful bookmarks for her students for holidays and when she distributes books at St. Joseph Regional School. We love these stories and how they engage children to learn to love to read!**



## Writing a happy story in three words

Write a happy story in 3 words.



[lessonslearnedwithlife.com](http://lessonslearnedwithlife.com)

Three-word story” is a game where a person writes down three words, and the next person continues the story by adding three more words. A fun game to play with family and friends and it’s a great way to work with emerging readers.

Here’s mine...

She read joyfully!

...what is your three-word story?

# NEIGHBORS-IN-DEED

Groceries, medicine, and a friendly ear to bend. What would life look like if you didn't know how or when you would have access to any one of these things? The Neighbors-In-Deed program, through Monadnock RSVP Volunteer Center, aims to provide some assistance to lessen that struggle for seniors, adults with disabilities, and veterans and military family members. With just one to two hours a week, our volunteers help provide a solution for how a person will get to the store, pharmacy, and perhaps more importantly, combat social isolation and loneliness. Below are the profiles of some of the people currently hoping to receive a volunteer.

With restrictions continuing to shift, it is important to note that we have not lifted all protocols. RSVP is following the guidelines of our parent organization, Monadnock Family Services, and most importantly we don't want anyone going outside of their own personal comfort levels. If you're interested in learning more about the program, or who is currently waiting for a volunteer. Please call 603-357-6893 or email [rsvp@mfs.org](mailto:rsvp@mfs.org)

## KEENE

This 65-year-old woman who is pleasant and would welcome some companionship and help with errands is 1x/wk help to post office, Hannaford's, Walmart. She does use transportation which can be difficult for her. She needs to have knee surgery but doesn't know when. She has struggled with depression and anxiety but she has pursued working out at the Y. She has less of a preference of a female or male volunteer.



**Get four free at-home COVID-19 tests this fall on [COVIDTests.gov](https://COVIDTests.gov)**

Every U.S. household may place an order to receive four free COVID-19 rapid tests delivered directly to your home.

**Order Free At-Home Tests**  
Need help placing an order for your at-home tests? Call 1-800-232-0233 (TTY 1-888-720-7489).

The U.S. government will continue to make COVID-19 tests available to uninsured individuals and underserved communities through existing outreach programs. Please contact a HRSA health center, Test to Treat site, or ICATT location near you to learn how to access low- or no-cost COVID-19 tests provided by the federal government.

The form is very easy and takes about two minutes. Ensure your safety and for those you care about!

• SILENT AUCTION • 50/50 • MUSIC • CASH BAR • ARTWORK •

# ANTIQUEROADSHOW & RAFFLE

STYLE EVENT

All proceeds benefit Shelter From The Storm - Transitional Housing for the Homeless.

**October 29th - 3:00-6:00 pm**  
Woodbound Inn • Rindge

**LIVE MUSIC** **SILENT AUCTION** **ANTIQUERAPPRAISALS**

75+ Silent Auction Baskets  
• Art • Golf • Books • Wine • Gourmet Food • Coffee • Wood Pellets • Gift Certificates • just in time for the holidays!

**WIN \$2023 in CASH PRIZES** 15+ other prizes!

**A YEAR OF WINE RAFFLE** (value over \$650)  
**\$35 per ticket**  
**Group Rate 10 tickets/\$300**

Each ticket allows one item to be appraised by Greg Walsh of Rindge, a chance to win over 15 raffle prizes and \$2023 in cash prizes, complimentary food & wine!

**EVENT or RAFFLE TICKETS**  
may be purchased from Board Members and Friends of Shelter, Shelter Office - 603-532-8222, Woodbound Inn • Jaffrey Chamber or online at [www.shelterfromthestormnh.org/](http://www.shelterfromthestormnh.org/) Upcoming Events

Live Music by SHEEPDIP

**15+ RAFFLE & CASH PRIZES • COMPLIMENTARY FOOD & WINE •**



**SCAMS! BE VIGILANT!**

This is important and I am not embarrassed. But it was one I didn't know about. I know others I have included in our newsletters: IRS calls (They do not call!) Grandchildren needing money, gift cards and the list goes on.

Right after my recent move I got an email from Amazon that my account was comprised. When I called the number, they said a delivery of an iMac Pro and earbuds was already on its way to Albuquerque, NM and could not cancel the transaction. I was supposedly transferred to the Federal Trade Commission and the "agent" gave me his federal ID number. I should have checked.

These scammers/thieves have done their homework and know how to replicate websites and they look real and they know the language. They want to scare you. Supposedly, this was a federal investigation and X number of states, transactions and accounts were set up under my Social Security Number. Because it was a "federal investigation and criminal for money laundering and drug trafficking," not

to tell anyone including the bank. Should have seen indicators...

I went so far as to withdraw funds from two banks that were fairly sizeable. There were more details from the "agent," and I didn't do it. Went to my dear friend in tears and he said he got a similar email. While I was there, I told the "agent" I was not feeling it and the government, including the IRS does not call. Send your arrest warrant letter and I will give it to my lawyer. But I am not sending you anything. The last phone call, my friend answered and asked who the "agent" was and back and forth and would not answer. My friend hung up, with an expletive and blocked the number from my phone.

Thankfully, I did not give out my Social Security number, bank accounts or address. HR at work was helpful and gave me the site to access the three credit screeners you can get for free once a year <https://www.annualcreditreport.com/index.action>. I called Amazon and Keene Police. The officer told me usually when a man answers that most times they don't want to talk with men. These scammers will also pass it on to another person with a different phone number. He suggested highly to share with everyone you know. If in doubt, don't respond to emails and call the site directly. Tell someone! Just four days ago Rossen Reports came out about this (wish I had seen it.) <https://www.ksbw.com/article/amazon-urgent-warning-new-scam/45446725>. We are going on to the holidays so please stay safe and aware!

## A CALL TO REDUCE THE NEGATIVE ASPECTS OF LONELINESS

*"Loneliness is such an omnipotent and painful threat to many persons that they have little conception of the positive values of solitude and even, at times, are frightened at the prospect of being alone."* – Rollo May

Recently Owen Houghton contributed an article to the Keene Sentinel about loneliness and isolation. He shared the Surgeon General just issued a shocking report that put the spotlight on America's epidemic of loneliness and isolation. His advisory on the healing effects of social connection and community points out the need for social interaction as necessary to combat the negative aspects of loneliness.

Loneliness and isolation are quite different, as I was advised by my clinical psychologist friend, from the choice of solitude some folks seek. Solitude is clearly not the life-threatening depression and despair which accompanies the absence of human connection.

Reflective of a trend in the U.S., even in our area participation in community organizations – from faith groups to recreational leagues – has declined in recent decades. A profound change from earlier civic life has affected our quality of personal as well as communal life.

Some positive signs include a growing "care companion" network, encouraged via such groups as Next Door, AARP and local groups inspired to build community through civic activities for the common good. Clubs and churches need to push the health benefits of joining. Tackling loneliness requires simple common-sense strategies to get people back into old-fashioned patterns like eating meals together, holding parties and volunteering to help one another out. To do good and feel good for the common good!

To view the entire article go to *Age-Wise: A call to reduce negative aspects of loneliness*, by Owen Houghton | Life & Style | [sentinelsource.com](http://sentinelsource.com) Owen R. Houghton, Ed.D; lives in Jaffrey and is an aging wellness educator and retired geriatric care manager. He is a member of Monadnock at Home and an advocate for long term care planning. Readers may contact him at [nohoughton@myfairpoint.net](mailto:nohoughton@myfairpoint.net).





# Kids Collaborative HOLIDAY BAZAAR



## CALL FOR GIFT DONATIONS & VOLUNTEERS!



The holidays are often a difficult time for families with limited resources. Keene Housing Kids Collaborative is hosting four holiday bazaars this December to support the 300 low-income households with kids that we serve.

The bazaars give kids a chance to select holiday gifts for their parents/guardians and siblings at no cost. Each child can select one present for each household member, which is gift wrapped by volunteers.

We greatly appreciate our community's support in helping to make the holiday season a little less stressful for our families and at the same time, help our kids experience the gift of giving.

### WHAT CAN YOU DO TO HELP?

## VOLUNTEER!

We need adult volunteers to help kids pick out gifts and wrap gifts.

Monday, December 11 through Thursday, December 14 from 5PM-7PM at our office at 5 Harmony Lane in Keene. For more information call (603) 283-5464



**Keene Housing KIDS COLLABORATIVE**

*You're Invited!*

**FRI OCT 13 7-8:30AM**

**8<sup>th</sup> ANNUAL BENEFIT BREAKFAST**

**POSITIVE CHILDHOOD EXPERIENCES ARE ESSENTIAL**

Join us for a complimentary, delicious breakfast hosted by WKBK Radio personality **Danny Mitchell** and hear from **Keynote Speaker, Jennifer Peck**, Catalyst, Advocate, Bridge-BUILDER, Policy and Systems Influencer and Youth Development Champion.

**Mascoma Bank**

**Fenton Family DEALERSHIPS**

**State Farm**

**KEENE STATE COLLEGE MABEL BROWN ROOM**

**Savings Bank of Walpole since 1875**

RSVP TO [SMALAY@KHKC.ORG](mailto:smalay@khkc.org)

## VOLUNTEER OPPORTUNITIES

**Be a part of volunteerism...many opportunities await you!**

*There are many avenues available for you to serve the community, in whatever capacity and at whatever level you feel comfortable interacting with the public. We continue to encourage you to look around your neighborhood and reach out to those in high risk demographics to see if you can help. Below we have posted available agency volunteer service activities.*

### **Volunteer Drivers - CVTC**

The most frequent phone call we get at the volunteer center is somebody looking for a ride, either to a doctor's appointment or to run needed errands. In many cases the agency we send them to is the Community Volunteer Transportation Company (CVTC). However, with ride requests back up to pre-pandemic numbers and volunteer numbers still low, many of these ride requests go unmet. You can help fill one of the biggest needs in our area, and do so on a schedule that works for you. There is no time commitment, just accept the rides that work for you. If you are interested in learning more please reach out to us at 603-357-6893 or by emailing [rsvp@mfs.org](mailto:rsvp@mfs.org).

### **Linda's Closet - A resource for free clothing and career advice**

Linda's Closet is located at 43 Cypress St. in Keene and is

open for shopping on a walk-in basis on Thursdays from 11-1, Saturdays from 10-12, and by appointment on Wednesdays from 6-8 pm. Donations of clean, gently used women's clothing are accepted on Mondays by appointment. To make appointments for shopping or donations, please go to our website at [lindascloset.org](http://lindascloset.org) or email us at [lindas.closet@yahoo.com](mailto:lindas.closet@yahoo.com). Linda's Closet is always looking for volunteers! As a volunteer, you can help as a clothing consultant to our clients during shopping hours, help sort and organize clothing donations, or volunteer on our Board of Directors. You will get to help other women of the Monadnock region look and feel good about themselves - and while you're there you may find something for yourself! If you are interested in this opportunity, please contact Diane Bogdan or Nancy Robie at 603-357-1015 or [lindas.closet@yahoo.com](mailto:lindas.closet@yahoo.com). You can also follow Linda's Closet on Facebook and Instagram.



# VOLUNTEER OPPORTUNITIES CONTINUED

## Meals on Wheels

Meals on Wheels is a staple service for older adults throughout the Monadnock Region. Not only do they deliver affordable/ free nutritious meals to homebound older adults and those with disabilities or chronic illness, but the daily check-in from drivers allows for a consistent wellness check which provides peace of mind for both the recipient and their family. Delivery drivers are needed throughout Hillsborough County. The pickup location for meals varies depending on the route. Drivers can volunteer anywhere from one morning a week to five. If you are interested in learning more about what meal delivery would entail and the requirements for becoming a driver, please reach out by calling the office at 603-357-6893 or by email at [rsvp@mfs.org](mailto:rsvp@mfs.org).

## MATS

MATS is currently seeking volunteers to join their board, We are seeking individuals who want to help children and adults experiencing homelessness. No experience required, but experience or interest in fundraising is a plus. If you are interested in becoming involved please call our office at 357-6893 or email [rsvp@mfs.org](mailto:rsvp@mfs.org).

## Project Lift

Help adult learners reach their goals by becoming a volunteer for Project LIFT. Project Lift offers free, confidential, one-to-one and small group instruction to adults who wish to improve their basic skills, learn English, or prepare for the High School Equivalency Test (HSET).

They have several volunteer opportunities: Tutors, Technological Assistants, English Language Learner (ELL) Conversation Group Facilitator and Career and Education Support Center Assistant. Project LIFT is based in the Fuller Public Library and serves Hillsborough and surrounding towns including: Antrim, Bennington and Hancock.

For more information regarding Project LIFT please call the office at 603-357-6893 or email [rsvp@mfs.org](mailto:rsvp@mfs.org)

## Court Appointed Special Advocate (CASA) volunteers are urgently needed!

CASA volunteers are ordinary women and men who step forward to advocate in New Hampshire's court system for children who have experienced abuse and neglect. CASA of

NH's vision is world where every abused or neglected child is given the opportunity to thrive in a safe, permanent and nurturing home.

Volunteers spend time getting to know the child(ren) they are working with and gather information from the important adults in each child's life so they may make qualified, unbiased recommendations to a judge about what they believe to be in the best interests of the child(ren). Volunteers visit their assigned child(ren) monthly, complete court reports, and interact with parents, extended family members, attorneys, social workers, foster care providers and judges. CASA volunteer advocates say they love putting their skills to use in a meaningful way with challenging, stimulating, emotionally rewarding work that directly impacts a child's life.

### Requirements:

- Undergo screening and 40 hours of pre-service training (training is remote via Google Classroom and Zoom)
- Commit to the life of the case (averages 2 years, and requires about 15 hours per month)
- Flexibility to attend court hearings
- Transportation
- Written and oral communication skills
- Comfortable with word processing, email, and internet research
- Ability to relate to a diverse population
- Confidentiality and objectivity

Cases are assigned out of our Keene CASA Office. Volunteers could report to Jaffrey/Peterborough or Keene Courts. Children are typically located in the area where the case originates. For more information, please contact Amanda Desmarais, CASA Communications Manager at [adesmarais@casanh.org](mailto:adesmarais@casanh.org) or by calling (603) 626-4600 extension 2125.

## Monadnock Region Afterschool Collective (MRAC)

Do you like to help kids discover, explore, experiment and play? Would you like to provide positive, enriching activities that expand kids' minds and support their academic growth? If this excites you, consider joining one of our regional afterschool programs as a staff member or volunteer. Positions are flexible, you can help a few hours, a

# VOLUNTEER OPPORTUNITIES CONTINUED

few days a week or serve as a substitute to fill in a day or two now and then. We are looking for energetic, responsible people for afterschool programs in Hinsdale, Winchester, Keene, Fitzwilliam, Troy, Swanzey, and Hillsboro. Contact Lauren Bressett, MRAC Facilitator at [LLB@unh.edu](mailto:LLB@unh.edu) for more details. Background checks are required. Remember, it only takes one to believe in a child to make a difference in their life.

## Become an advocate with the Monadnock Center for Violence Prevention (MCVP): Crisis & Prevention Center

Become an advocate with the Monadnock Center for Violence Prevention (MCVP): Crisis & Prevention Center. Advocates for those surviving domestic abuse are critical right now. MCVP will train volunteers on how to empower survivors to move beyond violence to create a better, healthier future for themselves and their children. Advocates help to end and prevent violence in our community one survivor or family at a time.

MCVP is currently seeking volunteers who are compassionate people with good communication skills and the ability to go through the 40 hours of training. Advocates serve as the first point of contact for survivors. They listen, support, provide information and referrals, and discuss options with the caller.

### Advocates:

- Work 24 hours shifts from their own homes. Shifts run from 4 pm to 8am Monday through Friday and 8am to 8am Saturday and Sunday.
- Advocates may also respond to local hospitals and police stations to support survivors, as well as screen in survivors seeking emergency shelter.
- Per Diem advocates make a stipend per shift that they work. \$35 for weeknight, \$45 for a weekend, and \$55 for a holiday.

MCVP will be they will be doing training in the spring of 2023. If you are interested in learning more about volunteering please reach out to Kathy Mota at 603-352-3875 or by emailing [directservices@mcvprevention.org](mailto:directservices@mcvprevention.org) or you can visit [www.mcvprevention.org](http://www.mcvprevention.org) to learn more about the organization.

## Greater Monadnock Medical Reserve Corp (MRC)

The Medical Reserve Corps is a community-based, civilian, volunteer program that helps build the public health infrastructure of communities nationwide. Each MRC unit is organized and trained to address a wide range of challenges from public health education to disaster response.

### Volunteer opportunities:

- Please visit [www.gmmrc.org](http://www.gmmrc.org) [[gmmrc.org](http://gmmrc.org)] to learn more about the Greater Monadnock Medical Reserve Corps. The website includes an application to become a member if interested in supporting regional public health preparedness and response efforts.
- For more information about COVID-19 vaccines please visit: [www.cheshiremed.org/vaccine](http://www.cheshiremed.org/vaccine) [[cheshiremed.org](http://cheshiremed.org)]. This website is updated regularly with information on vaccines.

For Homebound vaccines: COVID-19 Vaccination in NH | On-Site Medical Services ([on-sitemedservices.com](http://on-sitemedservices.com)).

To learn more about GMMRC please reach out to Kerry Kelley as the contact at [kkelley@cheshire-med.com](mailto:kkelley@cheshire-med.com) or visit their website at [gmmrc.org](http://gmmrc.org).

## Monadnock Habitat for Humanity

Monadnock Habitat for Humanity needs your help! We're currently busy working on two important local projects and are seeking additional community members to help with the planning and implementation.

- One effort is applying for a zoning change, developing sub-division plans, and raising capital funding for infrastructure requirements to allow for multiple single family home builds. This will set us up better to meet our goal of building a new home each year for several years into the future!
- Another is continuing our development initiative to establish a recycle marketplace for building materials and tools towards opening a ReStore retail center for the Monadnock area.

As always, we have an ongoing mission to provide small (weekend) repairs to low-income, elderly, and veteran homeowners. These projects are important to help people stay in their homes. MHFH performs repairs for only the cost of the materials (in some cases even these can be donated) as we provide all-volunteer labor-saving



# VOLUNTEER OPPORTUNITIES CONTINUED

homeowners hundreds or even thousands of dollars. Interested homeowners can apply for approval for projects that are specifically related to Accessibility, Safety or Weatherization. Unfortunately, we cannot offer roofing, electrical, or plumbing services, emergency services or remodeling.

If you have some time on your hands and would like to be a part of something exciting, sign up on the VolunteerUp link on our website:

<https://www.monadnockhabitat.org/volunteer-opportunities/>. To learn more email, us at [monadnockhabitat@gmail.com](mailto:monadnockhabitat@gmail.com) or leave a message on our office answering machine: 603-357-8474.

## Cornucopia Project

They are seeking volunteers to assist with harvesting vegetables for their Fall CSA on Wednesdays and Thursdays.

Volunteering is a great way to learn more about the day-to-day work that takes place on a vegetable farm. From propagating to planting and harvesting, it is a rewarding process and they welcome your participation.

Whether you're a seasoned gardener or simply eager to lend a hand, your efforts will contribute to providing healthy food to our community!

They are running an Elementary School Cooking Club during the months of November and December and looking for volunteers to help and join the fun educational program! Classes are 3:30-4:30 and here are the days and locations:

- Mondays: Pierce School (bennington)
- Tuesdays: Dublin Consolidated School
- Wednesdays: Temple Elementary
- Thursday: Antrim Elementary
- Fridays: Greenfield Elementary

Volunteers would be helping students follow recipes and assist in set-up and clean up.

For more information about both opportunities, call 603-784-5069 or email <https://cornucopiaproject.org>. Let us know if you help out!

## The River Center

Volunteer Income Tax Assistance Greeter  
Duties and Activities:

- Greet all taxpayers visiting the site to create a pleasant atmosphere
- Assist Site Coordinator with creating taxpayer packets
- Provide clerical support to site staff
- Must pass the Link & Learn Volunteer Standards of

Conduct test with at least 80% accuracy

Qualifications, skills or training required:

No experience required

Have a passion for serving others

Attend a 1-1.5 hour training in early January for refresh of logging into VITA Central, testing, and to go over the layout of the upcoming tax season

Days and times needed:

- Wednesdays 3:50 PM – 7 PM (Peterborough Office)
  - Thursdays AM shift or PM shift to prepare drop-off returns (Peterborough Office)
  - Saturdays (Peterborough Office)
    - 8:30 am – 11:30 am (Shift 1)
    - 11:30 am – 2:30 pm (Shift 2)
  - Another weekday – TBD (satellite site)
- Length of Commitment
- Greeters – at least 2-3 times during the tax season

For more information contact: The River Center at (603)924-6800 ext. 14 for Nisa Simila or email [nsimila@rivercenternh.org](mailto:nsimila@rivercenternh.org) or Tina Kriebel at [rivercentervolunteers@gmail.com](mailto:rivercentervolunteers@gmail.com).

## DCYF

The DCYF Community Connect program is seeking to recruit and train adult volunteers to serve as Mentors for youth ages 14+ who are in foster care or residential placement through DCYF's Manchester and Nashua (Southern) District offices. The mission is to try to match teens in the foster care system with an adult volunteer with whom they can develop a trusting relationship through engaging in mutually enjoyable activities together.

Mentors help youth believe they can create a future they want. They model positive relationship skills and help their mentees strengthen communication skills. A mentor is an experienced, caring and trusted adult advisor who is willing to listen to our youth and guide them through every day challenges. In so doing, mentors can help reduce the risk

## VOLUNTEER OPPORTUNITIES CONTINUED

factors that could lead to negative outcomes such as high school drop-out or substance abuse, thus strengthening our communities.

We ask that mentors commit to spending at least an hour per week for at least a year with their mentee. Although referred youth must have been living in the Nashua or Manchester catchment areas when they were placed in out-of-home care, their placements can be far and wide, sometimes making it difficult to find available volunteers who reside within a drivable distance. For more information please contact Michael Lucow, Connection Specialist at 603-573-1285 or email [Michael.B.Lucow@dhhs.nh.gov](mailto:Michael.B.Lucow@dhhs.nh.gov)

### **Monadnock Community Hospital** (In Community)

Monadnock Community Hospital has welcomed most volunteers - except those directly interacting with patients - back to their pre-COVID roles. As things continue to

progress, more opportunities will become available and we encourage you to keep the hospital in mind as you think about how you would like to serve the community. Opportunities will be available that fit almost any schedule, interest or need. • Gift Shop Volunteers - serve in the gift shop not only by helping customers to shop but also providing comfort and reassurance to patients and/or their families as they fill their down time.

- Visitor Greeters – help visitors find their way by manning greeting desks.
- Volunteer support opportunities are available in the mail room, HR, materials management, and more. Schedules can be regular or vary as needed.

For more information about volunteering with the Monadnock Community Hospital contact call 603-357-6893 or email [rsvp@mf.org](mailto:rsvp@mf.org).



## FRIENDLY MEALS TUESDAYS AT 11:30

- **October 3:** Macaroni & Cheese, Green Beans, Sliced Carrots, Sugar Cookie
- **October 10:** Salisbury Streak, Sweet Potatoes, Carrots, Tapioca Pudding with Peaches
- **October 17:** Shepherd's Pie, Corn & Mashed Potatoes, Diced Carrots, Pumpkin Cookie
- **October 24:** Lasagna Roll in Marinara with Sweet Sausage Links, Brussel Sprouts, Baked Sliced Apples
- **October 31:** Chicken & Broccoli Divan over Egg Noodles, Diced Carrots, Pumpkin Pudding

*Menu subject to change*

**All area seniors (60+) are invited!**

*Friendly Meals is a program of*



There is no charge for Friendly Meals, but a \$5.00 donation is requested. Diners do not need to be Senior Center Members. **RESERVATIONS ARE NEEDED:** Call the Senior Center at 603-352-5037. For Friendly Bus transportation, call 603-352-8494.





# October is NH Community Transportation Month

Ellen Avery, Executive Director  
Community Volunteer Transportation Company (CVTC)

Statewide, transportation providers will promote services in public transit; volunteer driver programs (VDP); demand-response, para-transit, and rides for veterans; and alternative modes of transportation like biking and walking. Each week in October will focus on these types of services.

Here in the Monadnock Region, Home Healthcare, Hospice and Community Services (HCS), Community Volunteer Transportation Company (CVTC), the Keene Senior Center, and Keene Kids Collaborative will highlight their efforts in serving those without access to transportation. We are so fortunate to have these services.

At CVTC, we have lots to celebrate. This past year, a total of 73 Volunteer Drivers served 340 residents from the region's 34 towns by taking them to important medical and social service appointments (some destinations are two hours away), as well as food shopping at local grocery stores, food pantries, farmer's markets, and local farm stands. Logging in over 124,000 miles for roughly 3,500 rides, CVTC volunteers donated close to 6,000 hours of their time to get people where they needed to go.

Today, we have 64 drivers and are seeking community-minded residents to join our team. Schedule rides based on your availability, and receive mileage reimbursement at \$0.655/mile. Find out more on our website at [www.cvtc-nh.org](http://www.cvtc-nh.org) or at 603-821-0569.

CVTC is proud to be one of 19 Volunteer Driver Programs in NH. The state has 259 communities made up of 13 cities, 221 towns, and 25 unincorporated areas. 34 cities/towns have public busses and the remaining 225 towns/cities/unincorporated areas do not have the population densities for public transit. Volunteer Driver programs and demand response programs like the HCS Friendly Bus fill that gap for 87% of the state.

In a recent VDP survey for 2022, 640 Volunteer Drivers across NH drove 620,000 miles for over 16,000 rides and donated close to 36,000 hours of their time. CVTC stands proud as a key contributor in getting people where they need to go. Volunteers are the lifeblood of these organizations.

Thank you to Monadnock RSVP for your assistance in keeping CVTC on the road.





## Kiwanis Club of Keene 2023 Bike Park

The Kiwanis Club of Keene donated \$5,000 to the City of Keene and the Keene Bike Park at the end of July, 2023. That money was given to purchase 10 BMX bicycles to be stored and used at the Keene Bike Park. The Club also donated 25 multi-sport bike helmets to be used by children when they ride these bikes.

The collaboration of Keene Parks and Recreation, Keene Bike Park and Alpine Bike Works, LLC is making possible the beginning of a new program that will soon begin at the park. Mike Davern, a member of the Brattleboro-Keene Chapter of the New England Mountain Bike Association, has had a vision of holding clinics for children to learn to ride the course at the Bike Park and experience the fun to be had by all children. Alpine Bike Works, LLC worked to provide the bikes at a great discount which then allowed the City of Keene and NEMBA to also purchase a bike stand and some replacement parts to have on hand to repair the bikes when needed. Ian Accurso, who owns the bike shop alongside his father, said he was happy to support the community and grow youth involvement in the sport.

A group of Kiwanians met on September 18th at Alpine Bike Works, LLC with Andy Bohannon and Bri Rafford-Varley, Mike Davern and Ian Accurso to see the 10 bicycles and have a group picture taken. We are excited to have played a part in this vision becoming a reality!

The Kiwanis Club of Keene oversees the Keene Kiwanis Foundation, a 501 (c)(3) and provides countless hours of service and financial support to youth clubs, area organizations, service projects and events for children and families in the Monadnock Region.



Pictured left to right: Mike Davern, Bri Rafford-Varley, Ian Accurso, Andy Bohannon, Eli Rivera, Jen Rivera, Art Walker, Carl Allen, Peg Bruce, Susan Doyle and Liz Sayre (photo by Josh Foote)



# RECIPES TO SHARE

## MAPLE GRILLED VEGETABLES



### INGREDIENTS

- 1/2 cup olive or vegetable oil
- 1 minced garlic clove
- 1 Tbs. maple syrup
- 2 Tbs. chopped rosemary
- Vegetables (peppers, mushrooms, eggplant, zucchini, etc.)

### DIRECTIONS

Mix all ingredients minus vegetables in a bowl  
 Use the mixture as a marinade on the vegetables  
 Grill vegetables for 3 minutes on each side  
 Enjoy!



## Save the date!

*upcoming mobile food pantry*



**Monday, October 30<sup>th</sup> from 12-2pm**  
(while supplies last)

**Hannaford Parking Lot  
752 US-202, Rindge, NH**

The NH Food Bank will bring shelf-stable and fresh food to distribute to families and individuals of Southern NH.  
(MA residents are welcome to attend.)

*This event is open to all. No proof of residency or income needed.  
This is a drive thru event. All items will be distributed to you in your vehicle.*

Sponsored by: **Caring Neighbors**



**MONADNOCK RSVP  
VOLUNTEER**

*Coffee Hour*

Our next coffee hour  
will be October 24  
10:00 - 11:00am

