

# MONADNOCK RSVP

## VOLUNTEER CENTER

### FROM THE DIRECTOR

A Warm Summer Hello!

Flooding... this word has a lot of context. As I reflect upon the last year and more (which I can't believe) it does seem like the gates opened with a host of things none of us expected would rush in unexpectedly and with mighty force - with the pandemic, social justice issues, being separated from the people we love, the strange weather patterns and disasters and the escalating issues with our armed forces that we are experiencing across the country and the world.

In July, for the first time our home flooded. We live on the Ashuelot River in Keene. We had never seen the river so high. What started in a corner of the basement took over the entirety of the space. It felt a little overwhelming to try to preserve what was important.

When I think of the people we serve through agencies and our programs, many of them feel that overwhelming flood of where do I start when faced with the unexpected - 'who do I ask when you don't know where to go and will I, even if there are resources available and that I may be eligible for.' I was talking with a woman while on vacation at the Cape whose husband has a severe form of Parkinson's and expressed this very thing, words I have heard time and again. They have been retro-fitting their home since May and living out of suitcases, staying with friends and family and living in hotels. I was glad I could give her suggestions of resources.

If there is a good side to floods, they recede. But the recovery isn't quick, nor easy. We are seeing this in some ways with the pandemic. But there is a clear message to plan, be vigilant. We continue to be in an unpredictable time. But it is also a time of a renewed sense of hope as communities try to re-emerge and come together and be creative and flexible with new ideas to improve and deliver services to those most in need, and support those under many personal stresses and the local economy. There is also information in this newsletter how you can get vaccinated and protect yourself and those you love. The process has become so much easier and the benefits far outweigh the risks.

Be well, stay safe and enjoy the rest of summer!

Most kindly,

*Kathy Baird*

*"We must build dikes of courage to hold back the flood of fear." - Martin Luther King, Jr.*

### WELCOME NEW RSVP VOLUNTEERS!



**Carol Gannoe**  
**Susan Kowalczyk**  
**Margaret Page**  
**Ann Richards**

**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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## America Reads Book Fair

The America Reads “annual” book fair was held in May with great success. This year we invited our partner school’s teachers and reading specialists to come and select books for their students. A total of 688 books were given out to students. Kaitlyn Derry 3rd grade teacher from Emerson Elementary School shared, “I just wanted to say thank you for your generosity! The students LOVED seeing their new book at their desk yesterday morning! I appreciate all that you and your program do for our school!”

A special thank you was sent from Mrs. Fisk’s class at Mt. Caesar Elementary School, sharing jokes and fun facts from the books they received from the book fair. “What do you get when you cross a firecracker with a triceratops? Dino-Mite!!” Hee, Hee, Hee.

Thank you once again to the Kiwanis for their generous donation to purchase books for the book fair, their generosity goes long and far!



## Congratulations Norma Wyman!



Monadnock RSVP Volunteer Center is proud to share that our America Reads Volunteer, Norma Wyman has been recognized by New Hampshire’s Excellence in Education Awards Program. She received the 2020 Doris Barnes Retired Educator Lifetime Achievement Award this past June. Norma’s award was given to her as she has demonstrated high standards of excellence as a teacher for 47 years!

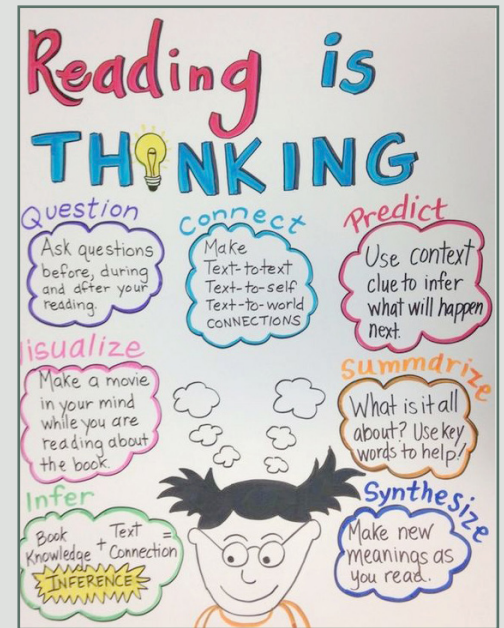
I met Norma in January 2020 at Chesterfield Central School. I shadowed her to find out who this volunteer was, committing an average of 20 hours per week! I found a lovely woman who is tutoring students in Kindergarten thru Third grade, to become proficient readers. I saw how she worked with each student and the relationship she had with each one and how her passion shined through. Norma has served over thousand hours since 2015 when she started volunteering with RSVP and the America Reads Program. She shares, “I know I am here to help the children but they help me, too, and thanks to the America Reads program I have become a good volunteer.” Excellent volunteer seems more like it!

The America Reads Program is built with outstanding volunteers. Norma is one of the pillars to this program that allows us to stand tall and proud. Thank you Norma, you are the best of the best. We are grateful for your service but more so, grateful for the commitment and dedication you give to the students at Chesterfield Central School!

# THE AMERICA READS PROGRAM BEGINS ANEW!

The week of July 27 through July 31 I watched with interest thru our street front window the excitement our community, especially the children had celebrating Harry Potters Birthday. There were children in Harry Potter costumes, witches hats and lots of wands being pointed! I have fond memories of the Harry Potter books, my eldest son was 8 years old when he received the first book published, Harry Potter and the Sorcerer's Stone for his birthday. It was a challenging read for an 8 year old and we read with him and his brother through the first couple books, then we blinked and they were reading them on their own! This translates to how our America Reads Volunteer tutors see and realize the impact they make in helping a child learn to read. To quote one of our America Reads Volunteers at Fuller Elementary School, "Both students surprised me with the huge improvement in their reading ability within a couple of months." And so, with all good intentions we will begin anew this fall to continue to see the impact we can make with just one hour per week, helping a student learn to read!

Kind Regards,  
Pat



✧ "I have lived a thousand lives and I loved a thousand loves. I've walked on distant worlds and seen the end of time. Because I read." - George R.R. Martin ✧

## RSVP is thankful for our supporters!

This July RSVP was thrilled to receive a \$1000 grant award from MORE Than A Thrift Store and \$500 from Keene Rotary Interact Club. Their help supports our mission to help children succeed in school through our America Reads program, keep our vulnerable neighbors and friends living in their homes as long as possible by pairing vulnerable adults with Neighbors-In-Deed volunteers to provide companionship and non medical assistance, and help community partner agencies in fulfilling their missions.

With the many challenges with the pandemic, their contributions reinforces the fact that working together and across generations to address essential lifetime skills and critical social needs, we improve people's lives and strengthen our community and can make lasting change.



### Men Who Cook...



MFS's Men Who Cook event brings our community together and exposes them to the important work Monadnock RSVP's America Reads volunteer do, even during the pandemic with the changing instruction models. This year the on line virtual event was a huge success and raised \$13,281! We are grateful for the support which allows us to operate fully and serve our schools and Head Start and early learning programs.



# THE RESULTS ARE IN!

Thank you to all the volunteers, stations, and Neighbors-In-Deed care recipients who responded to RSVP's annual surveys! We always find your answers very helpful and it shows us that the field of volunteer management needs to continue to change in response to community needs and expectations of volunteers and agencies. It also helps us to demonstrate our impact to current and potential funders.



## STATIONS SURVEYS

## Here is what you said:

### RSVP VOLUNTEER SURVEYS

- Volunteers like flexibility to choose where and how much they volunteer – 88% ranked this as an important benefit. This tells us we need to continue to provide meaningful opportunities that are episodic or time-limited to fit an active, older adult's lifestyle.
- We asked how many had the COVID Vaccine and 72% received it which is more than the national average!
- RSVP likes to keep you informed. Ninety-one percent of our volunteers are extremely satisfied with our communication.

• Seventy-two percent of our volunteers feel like they make a positive impact and derive a significant personal sense of accomplishment through their volunteering.

*"Volunteering isn't about recognition from others. It's about knowing I can make a difference and bring some happy moments to others. If you haven't grocery shopped for someone during Covid and seen in their eyes how much they appreciated my effort, you should, the mask may hide the smile but the eyes tell the story."* RSVP Volunteer

### NEIGHBORS-IN-DEED SURVEYS

- All of the care recipients who responded reported they felt less lonely and that they were less of a burden on family and friends.
- The top two biggest needs perceived in our community by the Neighbors-In-Deed volunteers is transportation 71% and social isolation 57% (as many of us well know, these two go hand-in-hand).

• Sixty-one percent of agencies said that RSVP helps them achieve their organizational objectives.

*"We have a very enjoyable routine whereby each week I take her shopping and completing other errands. We have good natured debates about the best route for accomplishing all on the check list and we always include a stop at Firedog for some excellent pastries. Our conversations while we drive around are interesting and the time passes quickly. It always feels good to complete the list."* Neighbors In-Deed Volunteer

- One hundred percent of Stations shared "RSVP enhances the quality of life for people served through my agency."

*"Most of our volunteer activities ceased at the beginning of the pandemic. We shifted our tutoring program to a virtual model with tutors and students meeting via Zoom or Google Meets. We found that we spent equal and significant amounts of time on boarding volunteers and students to the technology. Volunteer tutors have started meeting with student's in-person and this trend will continue as more people get vaccinated. I feel that we will be back to full in-person meeting by the middle to end of summer."* Keene Community Education Coordinator

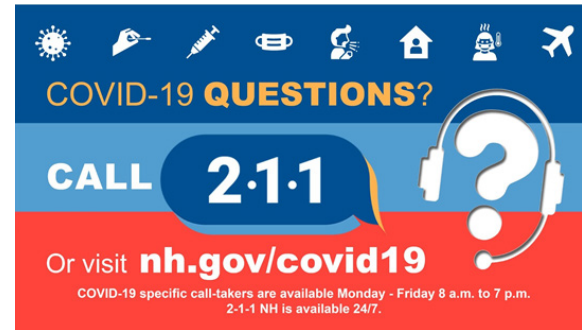
*"I can say that the relationship between her and the students as reading "buddies" over Zoom was helpful for student social-emotional wellbeing. She was one of the only friendly faces that "visited" with our class, since we couldn't have anyone come into the building due to COVID. I can't wait for the chance to have Nancy back in the classroom!"* America Reads 2nd grade teacher

- Sixty percent feel that we help them meet their organizational objectives, and 40% report that RSVP maximizes their start time by recruiting and screening qualified candidates. One of our winter goals is to pull station leaders together to discuss what more RSVP can be doing to help meet their objectives.

As the school year approaches and community transmission of COVID-19 is at its highest point in months, there is no better time to ensure that you do your part and get vaccinated. Everyone who is 12 and older is eligible to receive the vaccine. The shots are free and available without an appointment at many locations.

In New Hampshire and across the country, the dangerous and highly contagious Delta variant is spreading rapidly, especially among children. Thankfully, fully vaccinated individuals have extremely strong protection – since vaccines became widely available, more than 99% of Granite Staters who have been hospitalized with COVID-19 have been unvaccinated. While children under 12 are not yet eligible for the vaccine, we can keep kids safe by getting vaccinated ourselves and taking precautions like wearing masks when we are in high-risk settings.

Visit <https://www.vaccines.gov/search/> to find the nearest location offering vaccines.



## Being Isolated Can Put Older Adults at Risk for Medicare Fraud

*Author: Nicole Liebau, Center Director Senior Medicare Patrol (SMP) National Resource Center*

Can being socially isolated actually put someone more at risk of being defrauded? Yes. According to the [BBB Institute, the FINRA Investor Education Foundation, and Stanford Center for Longevity](#), “People are more likely to lose money to a scam when they are socially or physically isolated from others, if they are actively engaging on line, and if they are financially vulnerable ([BBB.org/ExposedtoScams](#)).” Additionally, the [Federal Trade Commission](#) says that people who talk about scams are much less likely to fall for them.

### How Scammers Use Social Isolation as an Opportunity

Scammers can use an individual’s social isolation as an opportunity for persuasive or deceptive marketing. In my work with the Senior Medicare Patrol, I have seen how scammers use these tactics to steal medical or personal identities to bill Medicare for medically unnecessary products or services, or to sell personal identification information to others for similar criminal activities. Scammers also leverage isolation and fear to try and pressure older adults into accepting medical services or products over the phone or through the mail without their doctor’s approval.

Scammers use spoofed phone numbers that look like local numbers to get people to answer their phone calls or text messages. They send deceptive emails that look like they are coming from government agencies or organizations. They have even upped their social media presence. And it’s not all virtual or over the phone—they will even go door to door to scam older adults.

When someone’s Medicare number or personal identity is compromised, it can have very serious consequences, including additional financial burden, stress, and impacts on mental or physical health.

### Fraud Prevention and Minimizing Risk

Preventing and minimizing risk related to social isolation and

fraud starts with outreach and education. Prevention efforts can reduce the chances of victimization.

To help prevent fraud and minimize risk of social isolation, it’s important to reach out to family, friends, and neighbors who may be socially isolated to make sure they have a support system. Assist with resources within the community to connect others with organizations or programs to minimize isolation. Teach others about scams and why it is important to not give out personal, medical, or financial information to anyone they do not know.

The Senior Medicare Patrol empowers and assists Medicare beneficiaries, their families, and caregivers to prevent and detect health care fraud, errors, and abuse. Here are some helpful pages from the SMP National Resource Center’s [website](#):

[Social Isolation Resources](#) (check out the numerous partner resources)

[Fraud Schemes](#)

[Read Your Medicare Statements](#)

If you believe you have been a potential victim of Medicare fraud, please find your local SMP by clicking the green “[Find Help in Your State](#)” button on the SMP Resource Center’s website or by calling 1-877-808-2468.

Also, remember that there are many types of fraud and financial exploitation. Read the Eldercare Locator’s [Protect Your Pocketbook: Tips to Avoid Financial Exploitation for helpful financial exploitation and fraud prevention tips and resources](#). [The Department of Justice](#) also maintains fraud and abuse resource listings. To report and receive assistance for health care fraud or abuse contact your SMP, but to report other fraud and abuse contact the Federal Trade Commission on its [Report Fraud website](#).

# Did you know this about the RSVP Staff!

## Kathy -

She is an identical twin. You might see her working at Cheshire Medical and get the smile like, "I think you think I am someone else."

She is a teacup collector and gets really excited about her finds!

She loves cooking and reads her recipes and cookbooks like novels over and over.



## Jazmin -

Jazmin is a mother of two young girls ages seven and four.

In the winter the whole family enjoys getting out onto the mountains and skiing.

The rest of her household includes her husband, two crazy dogs and one lazy cat.

## Pat -

Likes antiquing and gardening.

Has two female rescue lab/mix dogs, the girls drive her crazy but bring her much joy!

"Though she be but little she is fierce",  
Shakespeare's Mid-Summer Nights Dream



## VOLUNTEER OPPORTUNITIES

### Volunteering as the pandemic surges -

*Many of our partner agencies have started to reopen their volunteer roles with modified procedures and requirements. 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 357-6893 or by emailing Pat or Jazmin at [pdixe@mfs.org](mailto:pdixe@mfs.org)/[jbelcoure@mfs.org](mailto:jbelcoure@mfs.org)



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

Linda's closet is now open by appointment. If you would like to support Linda's closet you can donate by appointment or consider volunteering as a clothing consultant:

### **Clothing Consultant**

Do you have a flare for clothing and fashion? They are seeking volunteers to assist clients with clothing choices. Available times are Wednesday 6:00-8:00 p.m., Thursday 11:00a.m.-2:00 p.m. and Saturday 9:00 a.m. – noon. Volunteers are asked to commit to a date once a month if possible. You will get to help other women of Cheshire County look and feel good about themselves - and while you're there you may find something pretty for yourself! If you are interested in this opportunity, please contact Diane Bogdan or Kathleen Birch at 603-357-1015 or [lindas.closet@yahoo.com](mailto:lindas.closet@yahoo.com) To learn more about them, visit [www.lindascloset.org](http://www.lindascloset.org), Facebook and/or Instagram.

### **Meals on Wheels**

Meals on Wheels is a staple service for seniors throughout the Monadnock Region. Not only do they deliver affordable/free nutritious meals to homebound seniors 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 in; Rindge, Jaffrey, Antrim, Hancock, Peterborough, Greenville, and Frankestown. The pickup location for meals varies depending on the route. Drivers can volunteer anywhere from one day a week to five. Mileage reimbursement may be available for some (but not all) routes. If you are interested in learning more about what meal delivery would entail and the requirements for becoming a driver, please reach out to Jazmin at [jbelcoure@mfs.org](mailto:jbelcoure@mfs.org) or by calling the office at 603-357-6893.

### **Monadnock Area Transitional Shelter (MATS) - Help people achieve stable housing**

Monadnock Area Transitional Shelter (MATS) is a transitional shelter for individuals and families who are homeless. In the past year 100% of the guests who completed the program have moved on to permanent housing. MATS is currently seeking volunteers to join their board as well as those who could help with various administrative tasks. Those interested in joining the board should have experience with fundraising or grant writing and be ready to help research grant opportunities, make telephone calls, write emails, and help organize fundraising events. Administrative volunteers help to write thank you notes to donors, assist with mailings, assist with organizing fundraising events, and make telephone calls. If you are interested in becoming involved please call our office at 357-6893 or email Jazmin at [jbelcoure@mfs.org](mailto:jbelcoure@mfs.org)

## **Volunteer with Adult Learning Programs**

### **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 in Hillsborough and surrounding towns 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 Learning Lounge Assistant. Project LIFT is based in the Fuller Public Library and serves Hillsborough and surrounding towns including: Antrim, Bennington, Hancock and Peterborough. For more information regarding Project LIFT please reach out to Jazmin at [jbelcoure@mfs.org](mailto:jbelcoure@mfs.org) or call the office at 603-357-6893.

### **Keene Community Education**

Keene Community Education is looking for volunteers who want to help adult learners in our area. Their two main programs, teaching English as a second language and teaching adults who need their high school equivalency certificate, are in need of tutors who can work one-on-one with students or who can work in a classroom setting. Flexible hours, 'job' satisfaction, and plenty of fun guaranteed! Contact Pat at [PDixe@mfs.org](mailto:PDixe@mfs.org) or give us a call at 357-6893.

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

As the vaccine roll out continues, Monadnock Community Hospital has begun to phase volunteers back into their roles, starting with the Gift Shop volunteers. 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 a greeting desk.
- Support Staff Volunteers - in the mail room, HR, and for handy folks; facilities

Schedules can be regular or vary as needed. For more information about volunteering with the Monadnock Community Hospital contact Jazmin Belcoure at [jbelcoure@mfs.org](mailto:jbelcoure@mfs.org) or by calling 603-357-6893.

## Blood Drives

The American Red Cross is always in need of volunteers to staff the blood drives in our area. There are many drives being scheduled throughout the Monadnock region and you can choose to work the ones that fit with your schedule. If you are interested in learning how to volunteer please email Jazmin at [jbhelcoure@mfs.org](mailto:jbhelcoure@mfs.org).

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

Child abuse and neglect is more of a concern than ever. You can train and volunteer as a Court Appointed Advocate remotely via Google Classroom and Zoom.

Use this time at home to become part of a community of vibrant, committed volunteers who are getting tremendous satisfaction making a difference in a child's life. CASA volunteers say that they love putting their skills to use in a meaningful way with challenging, stimulating, emotionally rewarding work that directly impacts a child's life.

CASAs advocate for the best interests of children in abuse and neglect cases within the court system and strive to provide better outcomes for children so they grow up in safe, permanent homes. The hope is they can help break the cycle of abuse.

Volunteers visit assigned children monthly, they complete court reports, and interact with parents, extended family members, attorneys, social workers, foster care providers and judges.

- Qualifications, skills and training required:
- Undergo screening and 40 hours of pre-service training
- Commit to the life of the case (averages 2 years)
- Time commitment of 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 Keene CASA Office - could report to Jaffrey/Peterborough or Keene Courts, children typically located in the area where the case originates. For more information, please contact: Diane Valladares Director of Recruitment at [diane@casanh.org](mailto:diane@casanh.org) or by calling 603-626-4600, ext. 2106.

## 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 4pm to 8 am Monday through Friday and 8am to 8 am Saturday and Sunday.
- Once COVID-19 passes 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. \$30 for weeknight, \$40 for a weekend, and \$50 for a holiday.

If you are interested in learning more about volunteering with MCVP please reach out to Katrina Nugent at 603-352-3844 or by emailing [edcoordinator@mcvprevention.org](mailto:edcoordinator@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." To learn more about the GMMRC as well as how to volunteer you can visit their website at: [www.gmmrc.org](http://www.gmmrc.org) or contact Jane Parayil at [JParayil@cheshire-med.com](mailto:JParayil@cheshire-med.com).

## Monadnock Habitat for Humanity – Help prepare for the 2022 build

Monadnock Habitat for Humanity has procured two building sites for 2022 and is in need of volunteers to help prepare for their next build! Having a complete board is imperative for the planning and implementation of the next project. While building assistance is essential, there is much that goes on in the background that requires year round volunteers. In



addition to volunteers for the annual builds, Monadnock Habitat is need of volunteers to run their ongoing small projects program.

If you are interested in becoming involved or would like more details on what would be entailed, please call our office at 357-6893 or email Jazmin at jbelcoure@mfs.org or Pat Dixe at Pdixe@mfs.org

### Hospice Volunteers Change Lives – Volunteer with Bayada

Bayada is looking for volunteers to share their time and talents. Volunteers have just started being placed again.

#### Direct Patient Support Volunteers

Support patients and their families by offering a warm presence, meeting needs and making connections.

Volunteers do all sorts of things, like:

- Helping with day-to-day needs, indoors and out, like mowing the lawn, walking the dog, washing dishes, and more
- Sitting with patients to read, watch a movie or TV show
- Taking a patient out for a short walk!

- Keeping a patient company while caregivers take a break.
- Sharing specialized skills including Reiki, massage, pastoral care, and cosmetology.
- Sharing time with a therapy animal
- Just being together

#### Arts, Crafts, and Music Volunteers

Music reaches patients in very special ways. Some patients enjoy help finishing up projects or exploring creative expression. You can develop a plan to share your talents.

#### Care for Veterans

BAYADA proudly offers specialized support to our nation's veterans. They are eager to connect their patients with volunteers who have also served!

#### Administrative Support Volunteers

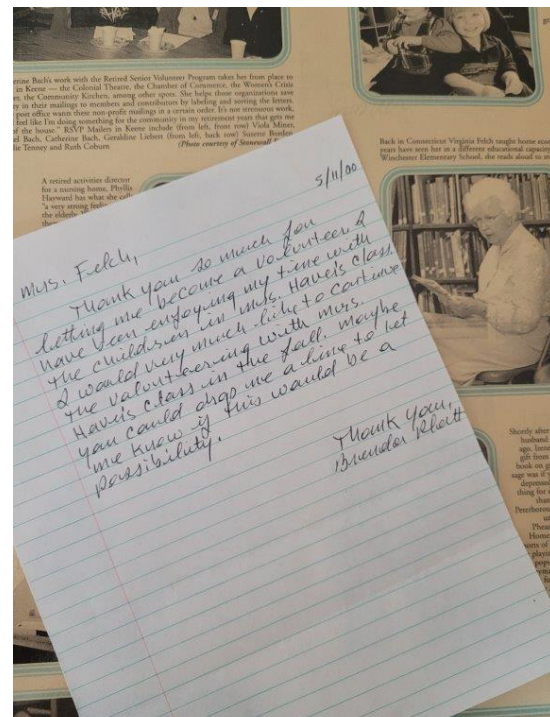
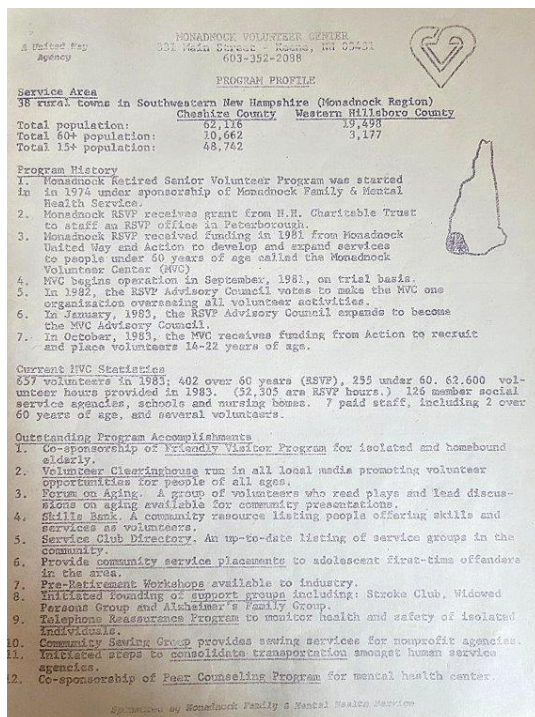
Help with mailings and other office tasks that are a key part of the care they provide.

For more information or if you would like to volunteer with Bayada Hospice please contact Monadnock RSVP at RSVP@mfs.org or by calling 603-357-6893. RSVP is thankful for our supporters!

*“What is the essence of life? To serve others and to do good.” – Aristotle*

# Memory Lane!

We discovered things entirely on accident when we unpacked during our office move. This note about Virginia Felch was in a file folder we recycled, a pencil with our original RSVP logo and our sign from Washington Street when Kathy first started working here, and the annual report which is amazing with its numbers!



# 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 reach out to Jazmin at [jbelcoure@mfs.org](mailto:jbelcoure@mfs.org) or by calling the office at 603-357-6893.*

## GREENFIELD

Help provide some companionship and assistance to a 64 year-old woman with hearing impairments. This woman moved in with her daughter a couple of years ago and is missing her community in Maine. Her daughter works full time and she spends her days alone. She has an easy sense of humor and is very pleasant company. The best volunteer for her would be someone comfortable with non-verbal communication, ideally fluent in sign language. She would prefer a woman volunteer who loves animals as her daughter has a small farm. At first activities could be confined to the home, but as communication with a volunteer strengthens getting out into the community would be welcome.

## Keene

This 74 year-old woman is looking for a person who could help her with some grocery shopping and escape the four walls of her apartment for a bit. She would love to go to lunch or explore the local museums. Born in Brooklyn, she has lived all over the country, including FL, MA, PA, and White river Junction in Vermont. Keene has been home for the last 15 years. She is easy to talk with and appreciative of any time that a person could give her. Her daughter lives in Whitefield, NH and tries to provide as much assistance as she can. Her Yorkshire terrier keeps her company and she enjoys reading science fiction.

This woman has lived in the area for 20 years. She is a retired LNA who used to own her own personal home care business. She is 69 years old and due to limited vision she is need of help running small errands and getting out of the house. She would love to be able to go berry or apple picking. Her son lives in Alstead and tries to help, but works long hours and often isn't able to get to her until the evening.

This 63-year-old woman has been waiting for a volunteer for a while. She is funny, self-reliant, and values holding onto her independence as much as possible. Due to progressing health issues she relies on an electric scooter, so outings into the community are getting more difficult. She enjoys beading, crafting and cooking. She does have a speech impediment which can be difficult at times over the phone, but is much easier to understand in person.

This woman is hoping to find a volunteer who will help her stay health conscious. She is 71-years-old and has been in the same apartment for the last 35 years. When she was younger loved to spend her time camping, fishing and boating. Nowadays she likes hunting in the thrift stores. While she tends to get along with men more easily, she is not opposed having a woman volunteer. A volunteer who would be willing to go treasure hunting at the flea markets, with a car that is low to the ground would be ideal.

This woman is looking for someone who can help her get out of the house, go to the occasional doctor's appointment and bring her to the bank. She is 80-years-old and loves to walk, she would like to get out more but needs to be on smooth trails where she can use a walker. She is easy going and happy with where she's at in life. A self-described "country girl" the right volunteer for would be someone who is interested in spending time outside who has the flexibility to go on occasional outings.

## RINDGE

This woman is a very positive person with a good attitude and is easy to talk to. She is 77-years-old and hoping to find a volunteer who could help her stay active as well as help her to do some grocery shopping. She would like to find someone who would want to go for walks. She gets around easily and only uses a cane as a "security blanket" when she is traversing unfamiliar territory.

## SPOFFORD

This woman is 76 and living with her daughter and son-in-law. She is in the early stages of Alzheimer's and hoping to find a volunteer who would like to help her stay active and engaged. She is a vibrant woman who is used to being actively involved in the community. Originally from Connecticut she retired to Maine where she loved to go for long walks and was on the board of her local library. She would very much like to find a volunteer who would enjoy walking or going for drives, visiting the Chesterfield or Keene Library's or helping her with some grocery shopping. She is a lively conversationalist and has no preference on being matched with a man or a woman. There are two cats and one golden retriever/lab mix in the house.

**SWANZEY**

This 92-year-old woman loves NASCAR, her 11 grandchildren, 6 great-grandchildren and cat. She lives in the ground floor apartment below her daughter but is alone most of the day and would like some who could come by for some conversation and company.

**WINCHESTER**

This gentleman is 63-years-old and rehabilitating after some health issues. He was released from the nursing home during the pandemic and has been having a hard time getting around. He alternates between a walker and a wheelchair depending on the day. He's hoping to find someone who would like to work on building models, playing checkers or chess or working on puzzles, as well as go out for the occasional cup of coffee. He is a smoker, although he's on the patch right now and he doesn't smoke in the apartment.

## Welcome and congratulations to new leadership in our partner organizations!



**The Community Volunteer Transportation Company (CVTC) welcomes Renee Sangermano** of Jaffrey to serve as Advancement Assistant. Her responsibilities include building up the volunteer driver base in the 34 towns served by CVTC in the Monadnock Region, with a particular focus on those towns most in need of representation. She will also coordinate marketing and communication activities to CVTC's volunteers, community partners, donors, and friends.

Sangermano previously worked to improve public health and wellness through the management of recreational programs and facilities as the Director of Parks and Recreation for the town of Jaffrey, NH. Sangermano says, "I am very excited to be working with the team at CVTC. The volunteer driver program fills a vital need for transportation in our region to ensure our most vulnerable residents have access to essential services and to optimize health, well-being and independence. "My heart is in serving others and I look forward to utilizing the marketing and relationship building skills I honed during my parks and recreation days to expand regional awareness of CVTC's mission and impact. CVTC is truly a neighbor helping neighbor, local organization and I am thrilled to be part of it."



**Keene Community Education has a new director. Victoria "Vicki" Farrington**, who joined the organization last year as the adult education coordinator succeeds Linda Morehouse who retired. As interim director, she will oversee Keene Community Education's programs including adult education and alternative diploma, along with apprenticeship and enrichment programs. She is an Elm City native and said, "I am excited for the opportunity to give back to the school district that provided me with such an excellent educational foundation. With the support of the fantastic people at Keene Community Education and the SAU 29 staff, I hope to continue and build upon the important achievements of my predecessors."



**The Keene Senior Center welcomes their new Executive Director, Mary Jensen.** Mary started her position on a part-time basis May 17th, and began full time on June 1st (when Cameron Tease transitioned to part time until he retired on June 11th.) Mary has served as the project manager for the Jonathan Daniels Center for Social Responsibility, and as the sustainability director at Keene State College where she helped develop and integrate sustainability-related knowledge and practices into the college's campus and programs. She has also worked at the Keene Recycling Center, the Keene Sentinel, and for a variety of music festivals. She is a board member of the Monadnock Farm and Community Coalition, and a volunteer at Maplewood Nursing Home and The Keene Senior Center.



**Beth Daniels is the newly named Chief Executive Officer of Southwestern Community Services (SCS).** Beth is not new to SCS. She began her career as a case worker and, over the years, has held a variety of leadership positions. Most recently, she acted as Chief Operating Officer. SCS was incorporated in 1965, one of five Community Action Agencies in New Hampshire. It offers services such as emergency shelter, transitional housing for families and seniors, and child care through Head Start.





## MONADNOCK RSVP VOLUNTEER

# ZOOM COFFEE

WEDNESDAY SEPTEMBER 29TH AT 10:00

Zoom Coffees are continuing as our "new normal"! Join us for 40 minutes of conversation with a mug of our favorite beverage for a chance to check in and catch up.

If you're interested in joining us, email Jazmin at [jbelcoure@mfs.org](mailto:jbelcoure@mfs.org) and we will email you the Zoom link prior to the meeting. We look forward to seeing you!

### THE NAME GAME!

Top first names on our volunteer roster. It is so indicative of generations!

Katherine/Kathy/Catherine/

Cathy/Kate – 13

Susan/Sue - 12



Nancy – 11

Tied for 6 – David/Dave,

Diane/Dianne,

Deborah/Debra/Debbie,

Patricia/Pat



### RECIPES TO SHARE

**BLUEBERRY SEASON IS COMING UPON US AND THIS IS A FAMILY FAVORITE THAT CAN BE ENJOYED FOR BREAKFAST OR DESSERT. HAPPY PICKING!**

#### Blueberry Buckle Cake

¾ cup sugar  
¼ cup shortening  
1 egg  
½ cup milk  
2 cup flour  
2 teaspoons baking powder  
½ teaspoon salt

Cream together sugar and shortening, then add in egg. In separate bowl, blend the dry ingredients and then add to the mixture and mix. Fold in 2 cups of blueberries.

Topping: Mix ½ cup of sugar, 1/3 cup flour, ½ teaspoon of cinnamon and ½ cup softened butter.

Grease and flour 9x9x1 ¾ pan. Bake 45-50 minutes @ 375 degrees.

Optional: serve with ice cream or whipped cream.



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