

# MONADNOCK

[www.monadnockvolunteercenter.org](http://www.monadnockvolunteercenter.org)

Email: [rsvp@mfs.org](mailto:rsvp@mfs.org)

# RSVP

VOLUNTEER CENTER

## FROM THE DIRECTOR

Season's Greetings!

Every year I try to think of gifts that are meaningful and from the heart. I have made quilts, mittens out of recycled sweaters, spice and cocoa mixes, jams, baked items, and a cookbook. I also love to receive homemade gifts because I feel special that someone took the time to create something unique for me.

But the best gifts often aren't material ones. Small acts of kindness can mean more, and cost less than a physical item. Even the smallest thoughtful act can go a long way and bring a smile to someone's face.

For those of us who are able and healthy, the snow can be an adventure. But for many seniors and adults with disabilities it is just one more thing to worry about being able to get done. Unfortunately, there are no services that provide snow plowing or shoveling free of charge in the region. Consider reaching out to your elderly neighbors who may be reluctant to ask you for help. This is also a great family opportunity or way to introduce children and youth to volunteer service.

It's a joyful time for many of us. But the holidays can be a lonely time for someone who has lost a loved one or doesn't have nearby friends and family. If you know someone who finds the holidays tough, invite them to your gatherings, or just spend some extra time with them one-on-one. Bring treats or a meal to a homebound neighbor or to someone you know doesn't cook.

It is easy to get caught up in the frenzy of the shopping season, and anxieties rise as we get closer to the holiday. Let someone go in front of you in the crowded grocery line or smile and thank a stressed-out employee who may be overworked. Pass by that really close parking space and let someone else have it. Hold the door open or offer to help someone who is struggling with their bags.

Random acts of kindness and the selfless giving of time and talents abound in the work we do here at Monadnock RSVP 365 days a year. It is the little things that make such a big impact – complimenting a child for reading well and bolstering their confidence; giving someone a ride when they have no other way to get to an appointment; spending Tuesday afternoons playing the piano for children with disabilities in residential care; giving blood; listening to someone pour out their life story when facing hardship, and so much more. Thank you for these gifts!

I wish you a wonderful holiday season and a happy and healthy New Year!

Sincerely,

*Kathy Baird*

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*What you think you become.*

*What you feel you attract.*

*What you imagine, you create. - Buddha*

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## WELCOME NEW RSVP VOLUNTEERS!

Trina Fagan	Lynn Simington	John Kondos	Anne Murray
Randy Chapman	Lisa Charland	Natalie Landry	Linda Rajaniemi
Leeann Lambert	Pat Kinne	Jacque Sendrowski	Sally Shonk
Sue Flagler	Debra Wilcox	Deborah McLay	Pete Cross
Sandy Waldo	Dick Jardine	Linda Keenan	Debbie Bowie
Norma Wyman	Debra Jardine	Donna Leather	Barbara Brooks
Linda Taylor	Grace Hartman	Dale Pyer	Debi Green
Margot Johnson	Andrew Cutting	Sue McGinnis	Helene Robbins
Joan Jones	George Duncan	Amy Pfeil	Tina Rice
Kitty Doty	Cynthia Martell	Donna Robinson	Bill Toms
Carol Schieb	Joan Reilly	Lauren Mann	

**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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## STAFF

### Kathy Baird

Program Director  
kbaird@mfs.org

### Suzette Borden

Program Coordinator  
America Reads (Per diem)

### Allison Riley

Program Coordinator  
America Reads/Keene

### Betty Christiansen

RSVP Volunteer

### Laura Redmond

RSVP Volunteer

# EVELYN FORTUNE

## VOLUNTEER EXTRAORDINAIRE!

Evelyn Fortune became a RSVP volunteer in 2005. When she started with the program, she was a knitter/sewer and according to her “that’s all she wanted to do”. She was great at it and did sewing projects for Sophia’s Hearth, Cedarcrest and many other nonprofits. She also was churning out hats and mittens as fast as we could distribute them!



Evelyn had been a teacher for 26 years and admitted to us that she did miss the classroom and working with children. In 2008 she started traveling from her home in Hancock once a week to work in Robin Fairchild’s classroom at Marlborough Elementary School. That partnership still exists today! That same year, I asked Evelyn if she would consider helping us train new America Reads volunteers. She

indicated that training was a real passion of hers and she was glad to assist. Since that time, Evelyn has participated in an average of two to three trainings a year, helped with in-services, and has been a mentor to many new volunteers.

In 2013 the America Reads program was honored with the Spirit of New Hampshire award as the Outstanding Volunteer program in the state. She continues to teach our classes and has taken on another volunteer assignment at the Elementary School in Frankestown. Over the years, she has contributed over 1000 volunteer hours.

Thank you, Evelyn! You are a true volunteer extraordinaire!

Written by Suzette Borden  
Retired AR Coordinator

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*“Every child deserves a champion: an adult who will never give up on them, who understands the power of connection and insists they become the best they can possibly be.” - Rita Pierson, Educator*

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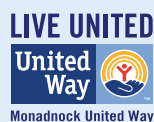
## RSVP OFFICES

### In Keene:

64 Main Street, Suite 212  
Keene, NH 03431  
Phone: (603)357-6893  
Fax: (603)352-5698

### In Peterborough:

9 Vose Farm Road, Suite 120  
Peterborough, NH 03458  
Phone: (603)924-7350  
Fax: (603) 924-4245



*Celebrate the season!*

Please join us for a festive holiday gathering  
in the beautiful atmosphere of the  
Horatio Colony House Museum.

Wednesday, December 9, 2015 2:00 - 4:00 p.m.

199 Main Street, Keene, NH

Refreshments & tours will be provided.



SEPTEMBER 11TH  
NATIONAL DAY OF SERVICE  
AND REMEMBRANCE

## RSVP VOLUNTEERS ARE ABOUT GETTING THINGS DONE!

On September 11th, RSVP held its National Day of Service to Honor Our Veterans in conjunction with Monadnock United Way's annual Days of Caring and Southwestern Community Services Stand Down event at the American Legion Gordon-Bissell Post #4.

Twenty-six RSVP volunteers contributed over 140 hours building stairs, staining decks, painting shutters, trimming bushes, washing windows, and so much more. Overall, nine projects in Keene, Swanzey, Fitzwilliam, Spofford, Hinsdale, and Greenville were completed.

"It's been a rewarding experience helping these folks. I have been touched by how appreciative everyone is." - Kathy Hart

"Deb and I had a great time today. Our crew of Jane, Lisa, and another Deb worked really well together, and we accomplished a good bit for Caroline. She was genuinely appreciative, and the time we spent there was a wonderful opportunity. So thank you and all the others at RSVP for organizing the experience." - Dick & Deb Jardine

"I am extremely grateful to Mike, Kathy, and Mike when they came to assist me with some outside chores. I'm concerned with the maintenance of my house. My husband always took pride in the appearance of our property and since his passing, my goal is to continue his legacy. But there are areas beyond my capabilities so when I had volunteers from RSVP, it was a tremendous relief to have these chores completed before winter. I feel very blessed to have volunteers willing to help me achieve my goals. Thank you very much. - Brenda King, Hinsdale

"We very much appreciate the job the volunteers did staining and weeding outside. They did a wonderful job, some coming back more than once and others finished the job. The first day was sort of a rain out. Thank you so much." - Dick & Dawn Roy, Swanzey



For more photos, check out our gallery on our website [www.monadnockvolunteercenter.org](http://www.monadnockvolunteercenter.org).

The Community Kitchen, Inc



**THANKSGIVING DISTRIBUTION**  
Sunday, November 22nd • 10:00 to 4:00  
Monday, November 23rd • 10:00 to 4:00

**THERE WILL BE NO  
PANTRY DISTRIBUTION ON**  
November 18th & 19th  
November 25th & 26th

**THANKSGIVING DINNER  
WILL BE SERVED ON**  
Wednesday, November 25th

**WE WILL BE CLOSED**  
Thursday, November 26th  
Friday, November 27th

## SENIOR CORPS PLEDGE

I will get things done for America – to make our people safer, smarter, and healthier.

When faced with a pressing challenge, I will bring Americans of all generations together to strengthen our communities.

When faced with children at risk, I will help them stay in school and on track for a brighter future.

When faced with older adults in need, I will provide support and compassion so they may age with grace and dignity.

Working for the greatest good, I will use my lifetime of experiences to improve my country, my community, and myself through service.

I am a Senior Corps (RSVP, Foster Grandparent, Senior Companion) volunteer, and I will get things done.



## RECIPES TO SHARE

### Dark Chocolate Cherry Fudge

1 ½ cups granulated sugar

¾ cup NESTLÉ® CARNATION® Evaporated Milk

2 tablespoons butter or margarine

¼ teaspoon salt

2 cups miniature marshmallows

1 ⅔ cups NESTLÉ® TOLL HOUSE® Dark Chocolate Morsels

¾ cup (4 oz.) dried cherries, coarsely chopped

1 teaspoon vanilla extract

**DIRECTIONS:** Line 8-inch-square baking pan with foil. Combine sugar, evaporated milk, butter and salt in medium, heavy-duty saucepan. Bring to a full rolling boil over medium heat, stirring constantly. Boil, stirring constantly, for 4 to 5 minutes. Remove from heat. Stir in marshmallows, morsels, dried cherries and vanilla extract. Stir vigorously for 1 minute or until marshmallows are melted. Pour into prepared baking pan. Refrigerate for 2 hours or until firm. Lift from pan; remove foil. Cut into 48 pieces.



## AMERICA READS IS GROWING!

The America Reads volunteer team is now 80 volunteers strong! We are thrilled that 36 new volunteers participated in a 4 ½ hour America Reads training program in early October and have been placed in schools and Head Start programs around the region. They will read and provide literacy support to children in pre-school through grade three for the upcoming school year, giving them the best chance at success for school, work, and life.

Three new schools have opened their doors to the America Reads program this year. The program is now in 15 schools and two Head Start programs supporting children's literacy throughout the Monadnock region. Wheelock School joins three other Keene School District elementary schools that currently host the program and they will welcome five volunteers, and Rindge Memorial School in Rindge and Emerson School in Fitzwilliam will each host three volunteers.

As we are always looking to open the program at new schools and on occasion we have volunteers who need to leave the program mid-year, we keep a running list of people who are interested in becoming AR volunteers. If you have friends who are interested in the program, please have them contact Allison Riley, America Reads Program Coordinator, at ariley@mfs.org or 283-1686, and she will add them to the volunteer waiting list.

### SAVE THE DATE!

*America Reads Fall In-Service Training*

*Thursday, December 3rd*

*9:30 a.m. – 11:00 a.m.*

*Cheshire County Department of Corrections*

*825 Marlboro Road*

*Keene, NH 03431*

*“Carry out a random act of kindness, with no expectation of reward, safe in the knowledge that one day someone might do the same for you.” - Princess Diana*

## MEDICARE RELEASES OFFICIAL 2016 PART B PREMIUMS

Patricia Barry, AARP Bulletin November 11, 2015

After months of speculation, Medicare's standard Part B premiums for 2016 have been officially announced. About 70 percent of beneficiaries will continue to pay the same amount that has been charged for the past three years: \$104.90 a month. Others will pay \$121.80 a month, or more for higher-income beneficiaries who already pay higher premiums.

As previously reported, the double standard arises from a quirk in the law that occurs only when there is no Social Security cost of living increase (COLA) in any given year, which is the case for 2016. The law "holds harmless" people whose Part B premiums are automatically deducted from their monthly Social Security checks, ensuring that their payments are not reduced by a premium increase.

But this means that the whole brunt of the Medicare program's increased expenses must be shared among those who are not protected. These include people who are new to Medicare in 2016; already enrolled in Medicare but do not draw Social Security payments; or pay higher income-related premiums.

The standard \$121.80-a-month premium, though still a hefty increase, is much less than the \$159.30 a month - an unprecedented 52 percent hike - that was projected in the Medicare Trustees' report to Congress in July. That amount represented actuarial estimates of how much the Part B program, which covers doctors' services and outpatient care, will cost next year. Part B premiums are required by law to cover 25 percent of those costs, with the federal government paying the rest out of general revenue.

But under recent budget legislation, signed into law Nov. 2, Congress and the White House intervened to soften the burden on beneficiaries not held harmless. This requires those people to pay a surcharge of \$3 a month (included in the \$121.80) to begin paying off the loan that funded the reduction.

Medicare beneficiaries who pay higher income-related premiums will see their monthly payments rise to between \$170.50 and \$389.80, depending on income level and including surcharges of between \$4.20 and \$9.60 a month.

The loan is expected to be paid off, and the surcharge to end, within five years.

Other Medicare costs in 2016:

- Part B annual deductible: \$166 (up from \$147 in 2015).
- Part A premium (for the relatively few people who must pay premiums because they haven't earned 40 work credits from payroll taxes): \$411 a month for those with fewer than 30 credits; \$226 a month for those with 30 to 39 credits (up from \$407 and \$224, respectively).
- Part A deductible for patients admitted to the hospital: \$1,288 (up from \$1,260).
- Daily copays for admitted patients after 60 days in the hospital: \$322 a day (up from \$315) for days 61 to 90. Lifetime reserve days: \$644 a day (up from \$630).
- Daily copays in a skilled nursing facility: \$0 for days 1 through 20; \$161 a day (up from \$157.50) for days 21 through 100.

## American Red Cross Transfers Medical Transportation Program to Contoocook Valley Transportation Company

For many years the American Red Cross has provided medical transportation in the Monadnock Region for people who've needed help getting to doctors' appointments and treatments. As the Red Cross core mission is to focus on preparedness, response and recovery in disaster, a transportation partner in the community has been identified to continue this valuable service. Contoocook Valley Transportation Company (CVTC) has been providing transportation in the region since 2009, and will absorb the client base of the current Red Cross transportation program.

This shift will take place over the course of the next several months to ensure that all clients and medical centers have time to understand how the change will work and to make preparations for new processes.

"CVTC has a well-established medical transportation program that we feel is a logical extension of the current transportation program," said Maria Devlin, CEO of the American Red Cross in New Hampshire and Vermont. "More clients will be served by transferring the program to an agency that can support its growth potential."

The American Red Cross has been providing medical transportation to residents of the Monadnock region because there was a need that was not being met. With this shift, the Red Cross will continue to support the program by making referrals to CVTC. Last year, the Red Cross assisted 440 people with 8000 medical rides.

"Contoocook Valley Transportation Company has been providing medical transportation in the area for nearly a decade. We will increase services as demand continues to grow," said Ellen Avery, Executive Director for CVTC. "Our staff and volunteers are committed to ensuring those without access to transportation can enjoy this valuable service for years to come."

CVTC, based in Peterborough, NH, operates a medical transportation program that serves the 13 towns in the eastern Monadnock region. The organization currently relies on 35 volunteers who use their own vehicles to provide this service.

# MOBILITY IS KEY TO INDEPENDENCE!

## CONTOOCOOK VALLEY TRANSPORTATION COMPANY

Rides for medical, dental, social services, court ordered appointments, shopping/grocery, and pharmacy. CVTC requests a 5 business day notice. Requests with shorter notice may be accepted at the discretion of the program coordinator, resources permitting, but the chances of getting a driver are greatly reduced. 1-877-428-2882

**FRIENDLY BUS** - Home Healthcare, Hospice & Community Services Transportation (Keene area) 603-352-8494 - Provides assisted transportation services for seniors age 60 and over. The Friendly Bus schedules rides one day in advance. The dispatch desk is available Monday through Friday 8:00 a.m. to 4:30 p.m. Rides are scheduled on a first come, first serve basis. Rides can be scheduled for pick-up and return from 7:45 to 4:00 p.m. A \$2.00 donation per round-trip is suggested.

**PARA EXPRESS** - Paratransit services for individuals with transit disabilities who live within 3/4 mile of the City Express route but who are certified as not able to use the regular City Express service. Services are available for those who have been certified as having a transit disability; that is a disability that prevents use of the regular fixed route service.

If you are a person with a disability, you or your care provider may request an application to be certified as having a transit disability. Applications are available in large print or Braille format. To request an application, call the City Express Office at 352-8494.

Certifications are granted based on individual needs and circumstances, depending on the disability. Eligibility determinations are made within 21 working days of the application. Your certification is valid nationwide. If you are not deemed eligible, you may appeal the determination.

Para Express services are available on the same schedule as the City Express fixed route service, Monday through Friday from 8 a.m. to 5 p.m., and until 7:30 pm on the Campus Community Shuttle route during the KSC year. Reservations for Para Express must be made by 5 p.m. for next day service. Para Express rides are \$2.00 per round-trip.

**THE CITY EXPRESS** - Keene's Bus for Everyone, public transportation in the City of Keene. The service operates Monday through Friday from 8 a.m. to 5 p.m. The City Express operates two routes stopping at 16 locations throughout the City, including major shopping areas and downtown, medical and recreational facilities and many residential areas. The City Express can also stop along the route if 'flagged' as long as it is safe to stop. City Express fares are \$1.00 a ride; discount tickets are available from the bus drivers.

## MONADNOCK AREA PEER SUPPORT AGENCY

(Keene area) 603-352-5093

Rides to the Community Kitchen, Market Basket, and Pharmacy Run on Wednesdays 1:30 - 4:15 p.m.

- Anyone who self identifies as a consumer of mental health services or at-risk for receiving mental health services.
- Live in Keene or Swanzey - Van will pick up/bring them home or they can meet at the agency at 64 Beaver Street
- Can be any pharmacy, but RX must be ready
- Grocery shopping is a half hour stop
- No supportive assistance

Please call or stop in the agency to sign-up. Requests are preferred at least one day before. The van will pick up people at their homes in the local vicinity. The van is not handicap accessible.

## MERIT CARE TRANSPORTATION SERVICE LLC

Local and long-distance non-emergency wheelchair medical transportation service for residents in the Monadnock region. Medicaid and private pay accepted. Requests are preferred two weeks in advance. (603) 924-0266

**DILUZIO AMBULANCE SERVICE** - Local and long-distance non-emergency wheelchair medical transportation service. Medicaid and private pay accepted. Requests are preferred several days in advance. (Keene residents) (603) 357-0341

## BELONG TO A CONGREGATION?

Many faith-based communities have caring members who are often willing to transport folks. Consider contacting your church leader and ask if they can offer you a hand up.

## MEDICAID MEDICAL TRANSPORTATION PROGRAM

Assists individuals enrolled in Medicaid to have access to necessary medical services. Medicaid Client Services -Transportation Unit, (603) 271-3770 or (800) 852-3345, extension 3770 (in state only).

**BEAS TRANSPORTATION SERVICES** - The Bureau of Elderly and Adult Services funds transportation programs for seniors and disabled adults in some areas of the State. Call ServiceLink toll-free at (866) 634-9412 to locate these programs.

**NH RIDESHARE** - NH Rideshare is a free commuter matching service provided by the NH Department of Transportation and dedicated to finding an alternative way for commuters to travel to and from work. Contact NH Rideshare at (800) 462-8707.

*\*If you know of other resources, RSVP would love to hear from you!*

# DOLLAR GENERAL GRANT

Monadnock RSVP has received a \$4,000 Grant from the Dollar General Literacy Foundation for our award-winning signature program, America Reads, a national literacy program that helps children in early learning programs through third grade become proficient readers.

RSVP will use the grant to buy books from First Book, a nonprofit organization that provides new, high-quality books at deeply reduced prices to schools and programs that serve economically disadvantaged children.

“We are thrilled to be able to provide books to children in America Reads to help foster a love of reading,” says Katharine Baird, Program Director of Monadnock RSVP. “Many of the children being served in America Reads have no age-appropriate books at home, and the classrooms they attend are woefully under-resourced. Schools cannot afford to buy books at retail prices.”

Now in its 17th year, America Reads is the only structured program that provides screened, trained, mature adults to area schools. The schools value the presence of RSVP volunteers who have the life experience to be positive role models and give the individualized attention and encouragement to children falling behind without putting increased demand on teachers' time and resources. During the 2015/2016 school year, RSVP's America Reads program will place at least 80 volunteer tutors in 13 elementary schools and two Head Start programs in 12 towns in the Monadnock region.

The Dollar General Literacy Foundation is proud to support initiatives that help others improve their lives through literacy and education. Since its inception in 1993, the Dollar General Literacy Foundation has awarded more than \$100 million in grants to nonprofit organizations, helping nearly six million individuals take their first steps toward literacy or continued education.

## UPCOMING VOLUNTEER OPPORTUNITIES

### Planned Parenthood of Northern NE

Planned Parenthood of Northern New England is seeking dedicated volunteers to work one-on-one with individuals who need assistance enrolling in health coverage through the federal marketplace in their Keene office. Ample training on The Marketplace and New Hampshire Health Protection Program application process is provided. Qualifications: excellent interpersonal skills, comfortable with listening to people's complicated health problems, ability to work independently, and basic computer skills. Volunteers are required to make a minimum commitment of 2 hours a week for at least 6 months.

### Transportation Drivers

Do you have some time now and then to give a ride to someone in your town? Volunteer drivers are needed throughout the entire region to assist people who do not have access to transportation because of age, ability, economic situation or other limiting circumstances. Trips may include local and long distance medical appointments and other basic needs. Volunteers may commit to a full day once a month or they can choose the ride requests that work with their schedules.

### Hundred Nights

In preparation for opening the Cold Weather Shelter on Thanksgiving, the Hundred Nights staff has set up five

training sessions for anyone interested in volunteering this winter season. They need dozens of people to help with the intake process from about 6:30 p.m. to either 9:30 p.m. or 11:00 p.m., and 11:00 p.m. to 7:00 a.m. daily. Intake volunteers greet people coming in to the shelter, help guests fill in an Intake form, check their belongings into a locker, and assign beds. The overnight shift starts at 11:00 p.m. and volunteers are needed to stay awake through the night, monitoring the shelter, until 7:00 a.m. They also need volunteers on Saturday and Sunday afternoons from 1:00 p.m. to 5:00 p.m. so that there is a warm place for the homeless to be indoors.

The training session is scheduled on Saturday, November 21st at 3:00 p.m. The session will be about two hours long and will be held upstairs in the conference room at Hundred Nights Inc., 17 Lamson Street, in Keene.

To sign up, call 352-5197.

### Neighbors-In-Deed

Neighbors-In-Deed is receiving a lot of referrals for seniors and adults with disabilities who would welcome a volunteer to visit, help with grocery shopping and errands, go to the doctors, and do social activities. We currently have people waiting in Keene, Swanzey, Winchester, Jaffrey, Hancock, and Bennington. If you can share a 1-2 hours a week, you can make a real impact in a neighbors life so they can remain safe and happy in their home as long as possible.