

MONADNOCK

www.monadnockvolunteercenter.org
 Email: rsvp@mfs.org

RSVP VOLUNTEER CENTER

FROM THE DIRECTOR

Happy Fall RSVP Friends!

This month marks my 14th year working at Monadnock RSVP. Prior to coming here I worked at JC Penney’s as the manager in their Jewelry Department. The company restructured and while offered another opportunity, I decided that it was time to make a change.

It was a summer much like this one and it rained very little. I loved it. But as fall rolled around and all my friends and family returned to work, I found that I needed something more to do and called to volunteer while I started my job search. It was rather serendipitous that RSVP was looking for a Program Coordinator for two days in Peterborough and to coordinate an initiative to prepare seniors and children for disasters. As funding and staff changed, my position expanded to include managing the Neighbors-In-Deed program.

Sales and volunteer management have much in common, particularly as it pertains to building relationships and communication. Good salespeople must be good listeners to understand the needs and motivations of their buyers. They must also be able to speak to the value and advantages of their products or services over a competitor. Those who are successful in this role are highly motivated, passionate, and able to effectively deal with objections and rejection. In fact, being told no means you work harder to get a yes!

There is something thrilling when you pitch a volunteer opportunity and someone commits to it. This is, especially, true with opportunities that require ongoing commitments or large amounts of time. This spring, after many calls to qualified candidates, Allison secured four new board members for Monadnock Habitat for Humanity. I still go “Wahoo!” when a volunteer is willing to help a Neighbors-In-Deed care recipient who may have a challenging or complex situation and it works out to be an amenable match that is sustainable.

Overall, it is important to have fun getting to know and build your customer base and make it a positive experience for them. Even if there are problems, if you communicate and do what you say, you will build customer loyalty and they will tell others about you. It is all about relationships.

Have a beautiful Autumn Season!

Warmly,

Kathy Baird

“Great things are done by a series of small things that are brought together.” - Vincent Van Gogh

WELCOME NEW RSVP VOLUNTEERS!



- | | |
|------------------------|-----------------|
| Robyn Andersen-Hannett | Jo Johnson |
| Rona Beame | Pamela Johnston |
| Cynthia Brewster | Tom Matson |
| Don Cheek | Denise Scholl |
| Irene Cheek | Paul Seguin |
| Emily Carr | Pat Tranfield |
| Jane Cartmell | Jim Vander Weil |
| Maureen Chandler | Peter Wagoner |
| Greg Griffin | Nancy Woodward |
| Jean Griffin | Janice Yoe |
| Bob Huften | |

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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Betty Christiansen
RSVP Volunteer

Laura Redmond
RSVP Volunteer

Beverly Westheimer
RSVP Volunteer



Monadnock Habitat for Humanity is currently building a new home for a deserving family in Troy. The Knightly family was chosen as a Partner Family, and building began in late September. The family — Diane, Don and Olivia Knightly and Kasey Dearth, Diane's stepson — will move into their new home once it's built, which they hope will be by the end of this year.

Diane, 42, works at C&S Wholesale Grocers, and her husband, Don, 43, is a truck driver. She said they faced hardship when Don was laid off from his job last year, and now struggle to give their children a good daily life.



Breaking ground on the Knightly home.

VOLUNTEERS NEEDED! Work days are scheduled through the fall.

To volunteer, visit

www.habitatnh.org, and click on the

Volunteer Up tab. Working on a Habitat build is truly rewarding. You'll meet great people, learn new skills, and change a family's life!

"Volunteering is the ultimate exercise in democracy. You vote in elections once a year, but when you volunteer, you vote every day about the kind of community you want to live in." - Unknown

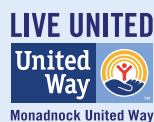
RSVP OFFICES

In Keene:

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In Jaffrey:

22 North Street
Jaffrey, NH 03452
Phone: (603) 924-7350
Fax: (603) 532-2429



Monadnock Family Services
PRESENTS

LIFE IS A CABARET

a magical, musical evening

SATURDAY, NOVEMBER 19TH

MAINSTREET BROADWAY AND FRIENDS, DOORS OPEN 7:30PM
HORS D'OEUVRES, SHATTUCK GOLF CLUB
CASH BAR & DESSERT, JAFFREY NH
AUCTIONS AND MORE... TICKETS: \$50.00

INFORMATION & TICKET SALES:
MARY DELISLE 603.283.1568 | mdelisle@mfs.org
CHRIS SELMER 603.532.2427 | cselmer@mfs.org

Monadnock Family Services

presents:

LIFE IS A CABARET

a magical, musical evening

Saturday, November 19, 2016

Doors Open 7:30pm

Shattuck Golf Club • Jaffrey, NH

Tickets \$50.00

For more information & ticket sales contact:
Mary Delisle 603-283-1568 / mdelisle@mfs.org
Chris Selmer 603-532-2427 / cselmer@mfs.org

PREPARED TO HELP WITH THE UNEXPECTED!

RSVP volunteer, David Lesser, was recently featured in the Keene Sentinel. An RSVP volunteer since 2013, we are proud to highlight the time and energy David gave to helping the victims of severe flooding in Baton Rouge.

Stoddard man spends weeks volunteering in Baton Rouge

When David Lesser got the message from the Red Cross, he had less than 48 hours to get from Stoddard to Baton Rouge. It was Aug. 30, and Louisiana's capital city had been recovering for weeks from severe flooding — *what the Red Cross called the worst natural disaster in the U.S. since Hurricane Sandy*. Lesser, 63, was called upon by the Red Cross to embark on his first deployment as a volunteer, after completing more than two years of training. Baton Rouge is a city where thousands had lost their homes, and help was sorely needed. A retired educator who served as principal at Wells Memorial School in Harrisville, Dublin Consolidated School and, most recently, Saxtons River (Vt.) Elementary School, Lesser said he's prioritized volunteering and giving back to the community throughout his life. "In the past when I've seen natural disaster, I've sat there kind of antsy saying, 'Gosh, I wish that I could do something,' he said in a recent interview from Baton Rouge. With an estimated 50,000 homes lost to the flooding throughout the city, according to Lesser, that need is great. In his training, he learned how to operate Emergency Response Vehicles (ERVs), which were an essential part of his work in Baton Rouge. He used the vehicles to transport food prepared in a church to hundreds of people in need in Baton Rouge every day. David Lesser said he hopes to volunteer after national disasters in the U.S. at least once a year from now on.

Abbreviated from the Keene Sentinel's article on September 17, 2016.



GET FIT & EXPLORE THE Y EVERY FRIDAY IN OCTOBER

They are hosting four all-day, full access Free Fridays for guests during the month of October.

Try out fun Group Ex classes like Ballet Fusion, Yoga, or Bodyshred; or get fit using our gym and aquatics center facilities, and much more!

October 2016
7th, 14th, 21st, 28th
5:00am - 9:00pm

AMERICA READS EXPANDS AGAIN AS WE BEGIN THE 2016-17 SCHOOL YEAR!



Monadnock RSVP is pleased to announce that the America Reads volunteer team is now 90 volunteers strong! 28 new volunteers participated in a 4 ½ hour America Reads training program in September and are now prepared to head into 17 schools and 5 early learning programs throughout the Monadnock region. Our dedicated and energetic volunteers will read and provide literacy support to children in pre-K through 3rd grade classrooms, giving them the best chance at success for school, career, and life.

Three new schools have opened their doors to the America Reads program this year, including the James Faulkner Elementary School in Stoddard, St. Joseph's Regional School in Keene, and Troy Elementary School. We are excited to partner with these new schools.

"A child who reads will be an adult who thinks." - Unknown

Since 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. Allison is happy to answer questions and add prospective volunteers to the "I'm interested in becoming an AR volunteer" list!



SEPTEMBER 11TH
NATIONAL DAY OF SERVICE
AND REMEMBRANCE

NATIONAL DAY OF SERVICE & REMEMBRANCE

WE SERVED OUR VETERANS AND THEIR FAMILIES WELL ON SEPTEMBER 8TH!

Nine projects were completed in Keene, Swanzey, Richmond, Hancock, Munsonville, and Hinsdale. Happy volunteers and happy recipients!



Don Hayes, Mike Ward, and Kathy Baird made short work of two tons of pellets and a cord of wood!

“Marty Mahoney, his wife Barbara, and a dear lady named Kathy came this year on National Day of Service. They were warm, friendly, and eager to help me. I was very impressed with the energy and ability to help in any way they could. In the short time they were at my house, they had power-washed my entire house as well as a good-sized workshop. And Marty installed gutter guards on front and back of the garage and house. This is not a task I would attempt for fear of falling and being alone. I would be injured for a long period of time. They left me feeling good that these jobs were done well and I could cross them off my to-do list. My husband would be pleased and proud that his widow had been recognized on the National Day of Service honoring his memoray as a veteran. I am eternally grateful to all involved in this great program!” - Brenda King, Hinsdale



RSVP Volunteers are ready to get things done!

“I enjoyed having them here and they did a wonderful job. It's good to know this service is available. Thank you very much.” - Dawn Roy, Swanzey

“Our volunteers were awesome. Our pellets were stacked in our breezeway where we can easily get them in the house for heat without going outside and our wood was stacked on the porch where we can again get it easily if needed. Great job was done and we are very grateful.” - Mary & Dana Taylor, Richmond

“Excellent, hard workers. Awesome. I cannot handle an extendable ladder or do physical chores outside. RSVP Volunteers have been a godsend for me.” - Roger Dube, Swanzey

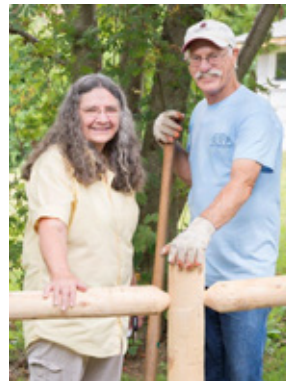
“This was my first time I had a RSVP volunteer. The two girls stained my deck did a professional job. They helped me so much, putting everything away for me. I can't thank them enough.” - Mary Ellen Cheever, Keene



Beth Healy, Alison Rossiter, Sharon Smith, and Dave Buren may be on a 39 step stairway to heaven!



At age 88, Larry Foley was a great inspiration to us all!



Cheryl Lund and Jim Vander Wiel are happy with the new fence!



**VIETNAM VETERANS
 OF AMERICA,
 KEENE CHAPTER #1034**

Veterans Helping Veterans.

Thank you Vietnam Veterans of America Chapter #1034 for your \$250 contribution to help support our National Day of Service and Remembrance on September 8, 2016.

Together we made it a great success!

UPCOMING VOLUNTEER OPPORTUNITIES

Community-based reading tutors are needed in Keene and Hinsdale!

The Reading Nook Project (supported by Impact Monadnock and Monadnock United Way) is looking for tutors to engage in reading and activities with children ages birth to five and their families at Reading Nook spaces in the Monadnock region. Established Reading Nooks are currently at Forest View Apartments in Keene and the Millstream Community Center in Hinsdale. Reading Nooks will be established at other locations in the future.

Qualifications, skills or training required: Desire to work with young children and their families. Volunteers must attend training offered through America Reads or KSC Reads. Background checks will be performed. For more information contact Carrie Hoffman at (603) 209-6809 or readingnook@muw.org

Become a Homework Station Volunteer!

Keene Housing Kids Collaborative is looking for volunteers to help low income children catch up on school work, succeed in their homework, and improve academically. Site-based opportunities are available at the Stone Arch Village Senior Building or the Forest View Community Building. Homework help will be provided from 3 – 5 p.m. Monday – Thursday.

Volunteers self-schedule, and whether you are able to volunteer once a week, once a month, the same day every time, or at odd intervals, you can schedule whatever works for you. We are looking for independent, motivated individuals who are interested in helping children and youth succeed academically. Volunteer interview, screening and orientation are required. For more information contact Liz Chipman at (603)283-5464 or lchipman@keenekidscollaborative.org

Mentors for young people are needed in the Monadnock region!

Mentors make a real and lasting impact! Would you like to become a BIG BROTHER or BIG SISTER and help a child achieve success in their lives?

Big Brothers and Big Sisters provide one-to-one mentoring either in a Community Based or Site-Based (typically a school) setting between a Big (18+ years) and a Little (6-17 years). Volunteers are matched on their location preferences.

Volunteers come from a variety of backgrounds and experiences and BBBSNH asks for a minimum commitment

of one year. Volunteers must have 3 positive references and clear a multi-layered background check process before being matched. You can make a BIG difference in the life of a child!

Blood Drives

Drives are held on an episodic basis throughout the Monadnock region during weekday business hours and on Saturdays. Time commitment is typically a 2 1/2 hour shift. The following positions are essential to make each drive run smoothly and efficiently:

- Registration - Welcome donors and enter registrations into computer.
- Canteen - Keep an eye on donors for adverse reactions and keep refreshment area replenished.

Give someone a Lift - Be a Volunteer Driver!

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 can choose the ride requests that work with their schedules.

Enrich a person's life by volunteering at the Castle Center Adult Day program at HCS

The Castle Center is an adult day care center located at 312 Marlboro Street in Keene. Adult day care can give caregivers respite by providing a center where elderly parents can be taken for a couple of hours or the entire day.

The Center is currently seeking volunteers to engage with participants for an hour or two each week in a variety of ways including: listening to music, reading stories, baking, making crafts, etc. Mondays, Wednesdays, and Fridays are the days volunteers are most needed and the minimum commitment is for three months.

Volunteering at the Castle Center enriches both the life of the participant and the life of the volunteer, therefore impacting the community in a positive way. The Activity Director is onsite and available to assist volunteers and free parking is provided.



REMEMBER TO
like us on
facebook®

UPCOMING VOLUNTEER OPPORTUNITIES

CONTINUED



Welcoming New Volunteer Drivers

If you have some time now and then to give someone a ride, please let us know

CVTC's (Community Volunteer Transportation Company) Volunteer Drivers provide "no fee" transportation for people who do not have access to transportation because of age, ability, economic situation or other limiting circumstances. Our trip purposes include non-emergency medical and social service appointments as well as trips to the grocery store and pharmacy.

In addition to the 13 towns of the eastern monadnock region that we have served since 2008 we have added, since July 1, 2016, the 20 towns of the western monadnock region which was formerly served by American Red Cross for a total of 33 towns.

CVTC is always enrolling new Volunteer Drivers to get people where they need to go. Drivers for the newly acquired towns of Swanzey, Troy, Winchester and Hinsdale are especially needed.

Our drivers are all volunteers and use their own vehicles. They receive an optional reimbursement of \$.41 per mile on the trips they provide. Trips needing a driver are listed on our website and each driver can use his/her computer to determine which trips would fit in with their plans. For those drivers who do not use a computer, our staff will help select trips that match your availability and complete a monthly mileage log.

We look forward to sharing more details about the Volunteer Driver Program when you call 1-877-428-2882, ext. 5. CVTC is a Monadnock United Way Partner Agency.



Holiday Gathering

SAVE THE DATE!

Please save the date and join the Monadnock RSVP Volunteer Center for a celebration of the season! Volunteers and community partners are invited to enjoy light refreshments and conversation at the beautiful Horatio Colony Museum, 199 Main Street, Keene. Wednesday, December 7, 2016 2:00 - 4:00 p.m.

KEENE PUBLIC LIBRARY BORROWER'S CARD BENEFIT FOR AMERICA READS VOLUNTEERS!

The RSVP Volunteer Center has made arrangements with the Keene Public Library to provide library cards free of charge to any active America Reads volunteers who are not City of Keene residents. If you are resident of Keene and you don't have a library card but would like one, you need only show personal identification and proof of residency to obtain a card. But, if you live outside of Keene and would like to have a KPL borrower's card, please contact Allison, America Reads Program Coordinator, at ariley@mfs.org.

IT'S ALL IN THE NAME

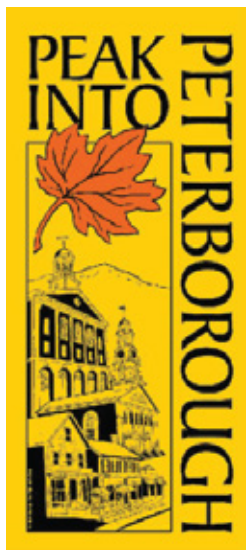
The Corporation for National and Community Service has supplied us with RSVP name tags to help us be more visible in the community and at the agencies where you serve. Our Neighbors-In-Deed volunteers help elderly people with shopping, errands, and medical appointments. Wear your tag and you may be asked, "what is RSVP?" Give us a call to arrange to stop in and get one.

PEAK INTO PETERBOROUGH

Saturday, October 15, 2016

Hosted by The Greater Peterborough Chamber of Commerce
info@peterboroughchamber.com • 603-924-7234

Already a great destination with unique shops, flavorful restaurants, and eclectic galleries, Peterborough pulls out all the stops for this special day, with tent sales, hayrides, live music, and much more! It's a fall foliage tour, day-on-the-town, and early Christmas shopping opportunity all at once.



Features this year include:

- Restaurant & food specials throughout town
- Live music
- Free hayrides downtown
- Exhibits, exhibitions, galleries, etc.
- Merchant sales and specials everywhere
- Farmer's Market
- Concert at Monadnock Center for History & Culture
- Free admission and parking
- Lots of kids' activities
- Family-friendly
- Handicapped-accessible
- Rain or shine
- Everyone welcome!



RECIPES TO SHARE

Country Apple Dumplings

Don't let the ingredients fool you. This is rich, impressive, and sinfully easy!

- 1 large Fuji Apple or any apple will do, tart is better
- 1 can Pillsbury Crescent dough
- ½ c. butter
- ¾ cups sugar
- ½ tsp cinnamon
- ½ tsp vanilla
- ¾ c. or 6 oz. 7Up soda or equivalent

DIRECTIONS: Preheat the oven to 350 degrees F. Grease an 8x8 baking dish with non-stick spray.

Cut each apple into wedges. Slice the apple skin off as well and set aside. Separate the crescent roll dough into triangles. Roll each apple wedge in crescent roll dough starting at the wide end. Pinch to seal and cover apple and place in the baking dish. (This is easier if you first pat the apple wedge dry, then wrap dough around it.)

Melt butter in a small saucepan and stir in the sugar and cinnamon. Heat, whisking to combine. The mixture will slowly combine and thicken. When it's thickened, remove from heat and add vanilla.

Pour cinnamon mixture over the apple dumplings. Pour soda over the dumplings.

Bake for 40 to 45 minutes in the preheated oven, or until golden brown. Serve immediately with whipped cream or ice cream. Enjoy!