

MONADNOCK

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

RSVP VOLUNTEER CENTER

FROM THE DIRECTOR

Warm summer greetings!

Early in June Monadnock Family Services closed the agency and gifted employees with a Wellness Day at Pilgrim Pines in Swanzey. It turned out that the weather was absolutely perfect, sunny and warm, unlike the many rainy days we had this spring.

This year we did not have entertainment at lunch. Instead, our CEO, Phil Wyzik, told a story that he prefaced had a happy ending, about a woman named Allison who survived a devastating car crash where she was trapped in a burning car, conscious the entire time. As despair and loneliness engulfed her, a selfless onlooker, who was a Vietnam veteran, ran into the fiery scene, kicked the glass out, and saved her life.

Allison's story continues about her journey of recovery and her internal fortitude to search for peace and happiness in spite of suffering. This resonated with me and I Googled her www.allisonmassari.com. Renowned as an international keynote speaker, executive coach, and interdisciplinary artist, I discovered her keynote address which is a message about courage, kindness, compassion and resilience.

She speaks about the instant bond she formed with the man that saved her as he peered into her driver's side window. She describes the kindness of a fireman who recognized her struggling when they had to cut off her clothes and he had the presence of mind to ask for a coat and preserve her dignity. She paints a vivid picture of the doctor who gently touched her shoulder and tenderly explained a procedure for her scalp injury. She talks about being in excruciating pain in her hospital bed when a nurse gazed into her eyes and ran her fingers in her hair, leaving her feeling healed. These examples demonstrate that you never know the impact you can have in someone's life and that every act of kindness counts.

This caused me to reflect upon the Neighbors-In-Deed volunteers who are paired with people who are socially isolated and may not, necessarily, contribute to developing positive connections. The volunteers who commit to this program have compassion for difficult people with difficult life circumstances and selflessly help to make their lives a little happier and easier by visiting them consistently, driving them to appointments, helping with errands and shopping, doing small fix-it repairs or simply doing something for fun. Indeed, the Neighbor's volunteers have mastered the art of kindness and are heroes in their own right by helping to bring back some goodness, hope and healing into their care recipients' lives. Every day I am most grateful for all that you do.

Kathy Baird

*"A key to happiness, is deciding to be a source for it."
 -Allison Massari*

WELCOME NEW RSVP VOLUNTEERS!



- | | |
|-----------------|--------------|
| Neil Cotoni | Richard Mays |
| Marie Del Sesto | Susan Moore |
| Sandra Kochman | Susan Moran |
| Adam Lefebvre | Jim Noyes |
| Bonnie Martino | Carrie Reder |

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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Keene/America Reads
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pdixe@mfs.org

Welcome Pat Dixe to the RSVP team!

Early in June Pat joined us as the new America Reads Program Coordinator and will work with agencies in Cheshire County. Her enthusiasm to meet the volunteers is highly visible right out of the gate with our Volunteer Coffee and her first America Reads in-service already! She recently moved to Winchester with her husband and two Black Labs, Libby and Luna, that are busy dogs from what we have heard. She has been a Program Coordinator in Norwich, CT for many years assisting high school youth with job placement, internships and career path opportunities. How lucky for us that she brings this background with working with schools, businesses, nonprofits and matching! Over the course of summer she will be reaching out to you to talk about your experience with RSVP and America Reads. But stop if you are in town Monday through Thursday 8:30 a.m. to 4:00 p.m. to say hello!



RSVP OFFICES

In Keene:

64 Main Street, Suite 212
Keene, NH 03431
Phone: (603)357-6893
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In Jaffrey:

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



Corporation for
**NATIONAL &
COMMUNITY
SERVICE**



Our office looked like a warehouse and with the help of Neil Moriarty, Nancy Lindberg, Ann Heffernon and Helen Ann Kelly, our book fair came together beautifully! It was a bustling place here for two days in April as America Reads volunteers came by to select books for the children who receive literacy support through the program. Books were purchased with a combination of funds from a host of very generous community organizations - Elm City Rotary, Kiwanis Club of Keene, Success By Six Committee (Elm City and Keene Rotaries), private donors and books from Monadnock United Way and C&S Wholesale Grocers. We appreciate that these organizations recognize that their donated dollars can really make a difference in the life of a child who may not have books in their home. At last count, volunteers picked up 1,169 new books that are now in the hands of children across the Monadnock region!

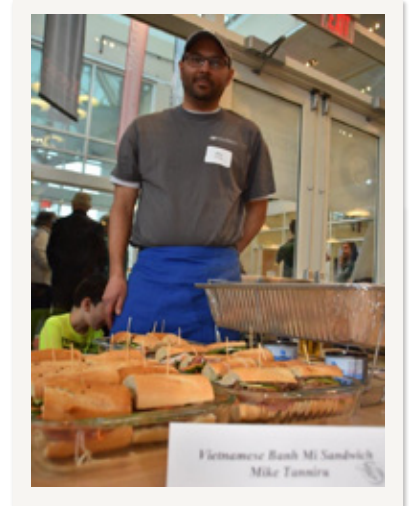


Men Who Cook It was a feast of all feasts!



The America Reads program is extremely grateful to have received \$16,643 from Monadnock Family Services' annual fundraising event, Men Who Cook! On Saturday, March 9 One hundred twenty-four chefs, 32 sponsors, 54 raffle donors, board members, incorporators, MFS and RSVP staff, the Keene High School Rotary Interact Club, Monadnock Regional High School Interact Club, RSVP America Reads volunteers who served as ambassadors to promote our program, and 339 attendees joined in community spirit for this massive potluck at

the Zorn Dining Commons at Keene State College. It was an amazing sight and, oh, so delicious! If you have never been, we hope to see you next year and come hungry!



RSVP's Volunteer Coffee Hour takes an ice coffee break during the hot months of July and August. We will resume in September. Enjoy the summer!



WE'VE SCHEDULED OUR
**AMERICA READS
TRAINING DATES**



Keene - September 17th from 9:00 - 2:00
Peterborough - September 24th 12:00 - 4:00

Contact Pat for more details and to RSVP
603-283-1686 or PDixe@mfs.org

NEIGHBORS-IN-DEED

Neighbors-In-Deed matches volunteers one-to-one to seniors, adults with disabilities, and veterans and military families for ongoing friendship and support to help them remain living independently in their homes. So many of our volunteers tell us that they get more out of volunteering than what they give, and we've seen some friendships develop. If you can spare one to two hours a week you can make an enormous difference in someone's life, and still have flexibility in your schedule to do the things you enjoy. Won't you consider giving the gift of your kindness and time to a neighbor in need?

HINSDALE

This 66 year old woman is looking for a female volunteer who would like to sit and visit or go for walks in nice weather. She goes to Keene three times a week for dialysis and has some home health services, so Thursdays would be the only days that would work. She has been very lonely since her friend who lived across the hall moved to Keene and she would very much like to find somebody to go out for the occasional lunch or shopping trip to Walmart. She does smoke.

KEENE

This almost 60 woman is very difficult to understand her on the phone because of a severe speech impediment. But it is much easier in person. Her apartment is small and she has a lot of things, including a Raggedy Ann collection, but it is clean. She uses a rollator if she goes out with someone in a car. But she uses an electric wheelchair to get around town, in addition to the Friendly Bus and Diluzio for medical appointments. She is looking for a volunteer for socialization and to do activities with. She is pretty much open to anything. She enjoys cooking, especially Italian, making jewelry, going to the Dollar Store, camping, fishing, the YMCA (hopes to get in the pool), craft fairs, and would like to try new things. She has a great sense of humor and is very appreciative.

This 77 year old woman lives in Keene with her husband who works full time. She was an avid outdoors person who loved to hike, and snowshoe. However, due to a string of severe health issues she is now legally blind and having a hard time getting out of the house. She loves animals and has one small dog and two cats in the house. She retired from being a Librarian Assistant from the Keene Public Library after 15 years, and also enjoyed selling at area flea markets. This woman is hoping to find somebody to provide her with some company and help her to get out of the house, when out she walks with a cane and is now restricted to walking on sidewalks or other smooth surfaces. She and her husband are the caregivers for one of their sons, who does smoke, but only outside of the house. She would prefer a female volunteer.

This lively and cheerful woman is 71 just recently relocated from her apartment in west Keene to down town, and hopes that that will provide her with some more independence since she will be within walking distance to more things. Primarily she is looking for help getting to the bank every other week, but the idea of having a volunteer who could help her get out once a week sounded like "pure heaven" to her. She is used to getting in and out of trucks as she grew up with horses and likes the idea of being able to go peruse the second hand shops. She has one cat and is a non-smoker. She has no preference of a man or woman volunteer.



**WEDNESDAY SEPTEMBER 25TH
9:30 - 1:30**

- Discussing goals and expectations for both volunteers and care recipients.
- Seasoned Neighbors-In-Deed volunteer guest speaker(s).
- Senior resources available in our region.
- Strategies for setting boundaries and maintaining clear communication.
- Q & A wrap up session.

While part of the training for the Neighbors-In-Deed Program. This workshop is also open to anyone who is considering volunteering and would like to learn more about what is involved.

Please reach out to Jazmin at jbelcoure@mfs.org if you are interested in attending.

This woman lives in Keene and is looking for a volunteer to provide some companionship as well as help with grocery shopping (especially in the winter). She lives with high anxiety and a non-verbal learning disability and could use some support when shopping. She is hoping to find somebody who would like to go for walks, maybe to the movies, or out for coffee or to other social events happening in the community. She has one cat in the home and is very sweet and easy to talk with. She needs to have a female volunteer.

This 58 year old woman is legally blind and is confined to a wheel chair, but is able to transfer herself. She is looking for help going grocery shopping and doing her banking. Her interests include floral arrangements and cooking and she would love to get out into the community more. She does not have a preference on a male or female volunteer.

NEIGHBORS-IN-DEED CONTINUED

This 86 year old woman is living on her own in Keene and looking for some company. She is still very independent but starting to experience signs of dementia. While talking with her she'll need to stop and search for words. There are times when she'll use the transportation provided by the Monadnock Adult Care Center to go over a few times a week, and she likes to walk around town and chat with people. She's hoping to find somebody who would like to go and grab a cup of tea and sit for a nice visit once a week.

This 88 woman lives Keene with her miniature poodle, she is still active, however she is hoping to find somebody interested in visiting with her, as she is starting to feel less and less comfortable driving. She enjoys playing bridge and working on puzzles.

RINDGE

This woman is her mid 70's and is in need of regular weekly assistance - groceries, farm stand, and the pharmacy. She is a very positive person with a good attitude and is easy to talk to. She keeps herself busy and is trying to maintain her health ever since a surgery/hospital stint she had about 5 years ago. She quit smoking at that time and she now tries to get healthy foods when she grocery shops. She gets around easily and only uses a cane as a "security blanket" when she is traversing unfamiliar territory. She walks on her street and doesn't use the cane in stores. She has no preference for gender in terms of a volunteer.

SWANZEY

This 57 year old woman lives in Swanzey with her husband. He leaves the house for work by 5:00 am and isn't home until just before dinner and then goes to bed by 8:00. She says the days are long and lonely and is hoping for a female companion to share a cup of coffee with and develop a friendship. She has emphysema, diabetes and congestive heart failure and uses a walker to get around. She told me that she takes pride in her house and loves to sit in the sun and enjoy their property. She would enjoy being able to get out occasionally for a fun outing. She does have 2 cats in the house and would like somebody who is comfortable with her talking about her faith in Jesus.

This 82 year old woman is blind and with a recent broken ankle she is need of company. She has family in the area that help her take care of her, but she is hoping for a visitor to chat with who can help read her mail or write some cards. She's a dog lover, and was a certified trainer. She currently owns four dogs. She's also worked at the hospital, and she ran a daycare for a time. She is happy and upbeat with a wide range of interests. She mostly listens to books on tape these days. She is a non-smoker and does not have a preference in the gender of her volunteer.

This gentleman in his 60's lives at Cityside housing. He has chronic heart failure, seizures, high BP, and has mobility issues that require him to use a cane and a walker, and he can no longer drive. His need is for transportation for shopping (Market Basket and Walmart for cat treats) and errands. For 25 years he worked as a machinist at a printing company. He

owned classic cars, enjoys oldies music, and plays solitaire on the computer. No preference of volunteer gender.

This 90 year old woman has just moved into a ground floor apartment in the same building as her daughter. She has just been released from a nursing home after rehabbing from a series of falls. She is now pretty much confined to a wheelchair, and hoping for visitor to provide some company. She has 11 grandchildren and 6 greatgrandchildren, enjoys NASCAR and has a shy kitty that you would probably never see.

TEMPLE

This 91 year old woman is living with her son in Temple. She is 91 and has progressed in her dementia to the point that her son no longer feels comfortable leaving her alone. They are making further arrangements for her care, but are hoping for a visitor during the week to provide her with some company, and possibly to bring her to the Bond Wellness center. She is an accomplished artist and artisan who concentrated on watercolors and braided rugs. She currently spends most of her time working on her Sudoku.

WALPOLE

This 102 year old woman lives in Walpole. She has a daughter who lives nearby who was coming daily but has come into some health issues herself. The care recipient does have some home keeping services and meals-on-wheels but her family would like to find somebody who could check on her in the middle of the day. She does have significant short term memory loss and would need to meet a volunteer with one of her family members present until she becomes comfortable. She can still walk but is fairly unsteady, a wheelchair would be necessary for going out.

A picture perfect picnic!



A big thank you to all of the volunteers and care recipients who came to our summer Neighbors-In-Deed Picnic. The weather was beautiful, the food was delicious and the company was delightful. I hope everyone can come back in 2020, and for those of you who couldn't make it, I hope we see you next year!

Suddenly Senior WHEN DID WE GET OLD?

BY FRANK KAISER



Standing in a cafeteria line at my 45th college reunion, the woman from the class of '58 asked of no one in particular, "When did I get old?"

Conversation stopped.

My first thought: Since I'm from the class of '57, I must be older than old.

Geez!

Someone suggested that we got old the first time we received a senior citizen discount without asking. Another blamed it on AARP, declaring that its letter inviting membership was indistinguishable from a death knell. And you were only 50 then. Just a child.

A third laughed and said, "I got old exactly at the point when my arms were too short to read the newspaper."

We were talking serious Suddenly Senior here, that moment in time when — out of the blue and contrary to that 23-year-old living inside us — we realized that we were geezers to the rest of the world.

When did we get old?

Was it the first time we had to get up in the middle of the night to pee? Our first colonoscopy? The first time we declared, "Back in my day?"

The first morning we got up feeling terrible, when we didn't even have a good time the night before?

Maybe it was our first "senior moment." Our first gray hair? The first time our spouse whispered, "Dear, you already said that?"

Or was it when we learned that our knees could predict the weather better than Channel 8? The day we decided holding our stomach in wasn't worth the trouble? The moment we realized we were now reading the obits before the news?

Standing in that cafeteria line, I had been thinking that we all looked pretty good. For codgers. Most all of my class-

mates were fit. Some even had hair. But it was the sparkle in their eyes and ready laughter from their hearts that really took me back to those days of 1957 when we were all so very young.

Like yesterday.

I'd been at DePauw two days now. I'd compared life stories with maybe 50 of my classmates.

I'd yet to hear anyone complain. Let's face it, we were all on our best behavior. But I'd spoken with some for a half hour or more. And instead of regrets, I heard nothing but confidence in life and in the future.

All have grand plans.

To build a country house, to visit China, to learn to play the dulcimer, to teach adult illiterates to read. Most all chose retirement as a time to learn and grow. And forgive.

We've grown up, this class of '57. But we haven't grown old. None of us. I don't care what AARP says.

More than ever, we wonder at the stars, now made closer by Hubble, and we're challenged by change, and work to make the most of it. For us, for our children, for our communities and our country.

We may be Suddenly Senior, but amazingly — to me, anyway — our hearts are still young, our appetites child-like, and our joy in each other endless.

We are today's seniors. The world had better get out of the way.

"Greatness is not found in possessions, power, position, or prestige. It is discovered in goodness, humility, service and character." -William Arthur Ward

Free Concert Series throughout the Monadnock Region

ANTRIM

Wednesdays thru August

6:00-7:30

Bandstand in Memorial Park on Jameson

www.monadnotes.com/antrim-in-the-evening

CHESTERFIELD

The first Saturday of every month through September

5:00-8:00

Ware's Grove

www.nhchesterfieldrec.com/summer-concert-series

FITZWILLIAM

Thursdays thru August

7:00-8:30

Fitzwilliam Town Common (in case of rain in the Town Hall)

www.fitzwilliam-nh.gov

JAFFREY

Wednesdays thru July

7:00-8:30

Jaffrey Town Common

www.teamjaffrey.org/concerts-on-the-common.html

KEENE

Wednesdays thru August 28th

7:00-8:30

Bandstand in Central Square

(In case of rain Inside the Recreation center)

www.ci.keene.nh.us/parks-trails-recreation/events/summer-concert-series-2019

MARLBOROUGH

Tuesdays thru Aug 13th

7:00 pm

Brookside Terrace Frost Free Library

<https://www.frostfreelibrary.com>

PETERBOROUGH

Fridays thru August 16th

6:00-7:30

Depot Square

www.musicindepotpark.com

SWANZEY

Fridays thru July 22nd

7:00-8:30

www.oldhomesteadswanzey.com/news.htm

WALPOLE

Sundays thru Aug 11th

6:30-8:00

The town green in Walpole

www.walpolebank.com/concerts-on-the-green-schedule

WINCHESTER

Thursdays thru Aug 15th

6:00-8:00

Winchester Common (in case of rain in the town hall)

www.facebook.com/winchestermusiconthecommon

Join the TD Bank Affinity program and Help Support RSVP

By participating in the TD Bank Affinity Program, your bank account(s) will be allocated Monadnock RSVP's Affinity code AG065. Based on the Affinity Codes assigned to accounts, TD Bank will make a financial contribution to Monadnock RSVP every year based on the average balance in all members' accounts. No contribution is made from your bank accounts. Your account balances are simply used to determine the level of contribution and are kept confidential at all times. Eligible accounts include: Checking, Money Market, Savings, Certificate of Deposit, and IRA.



Monadnock RSVP Volunteer

code: Ag065

That's right! Your organization has raised the fundraising bar by partnering with TD Bank. The work of nonprofit organizations in our community is so important. The Affinity Membership Program is committed to helping your organization grow and reach its fundraising goals. The more members who bank with us, the more money your organization can earn. There are no costs involved. In fact, it actually pays you to belong!

Your organization will receive an annual contribution based on the activity of all participating members' TD Bank accounts.

- Checking Accounts
 - \$50 for every new checking account!
 - \$10 for every existing checking account
- Savings Accounts or CDs
 - 1/10 of 1% contribution based upon your participants' annual average balances*

Now TD Bank Affinity Member Customers get **\$25** when opening a new checking account! Offer code: 2800

Stop by or call our Keene West St Store at 1-603-354-2040 to open an account or to find out if your existing TD Bank account is eligible to participate today!



America's Most Convenient Bank®

VOLUNTEER OPPORTUNITIES

THROUGHOUT THE MONADNOCK REGION

Bayada Hospice - Provide comfort to someone approaching the end of their life's journey

Bayada Hospice is looking for volunteers to provide companionship and support to those nearing the end of their life's journey, as well as for their loved ones. Volunteers can provide this support in a myriad of ways including but not limited to: meditation, house work, running errands, playing music and simply visiting. Volunteers can choose the activities they wish to do depending on their own personal abilities and comfort level. Those interested in volunteering through Bayada will go through 10 – 16 hours of training before being asked to commit to the program. If you have an interest in volunteering or would like to learn more about the program, please reach out to the Monadnock RSVP Volunteer Center.

Blood Drives - American Red Cross

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! Become a Volunteer Driver - CVTC

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. There are currently no drivers in the towns of Gilsum, Greenville, Hinsdale, Marlborough, Marlow, Roxbury, Stoddard, Sullivan, Surry, Temple, Troy, Westmoreland, and Winchester.

Change a young person's life - Big Brothers Big Sisters

The single most important factor in determining whether or not children reach their potential is the existence of a caring adult in their lives. Mentors are needed in the Monadnock region! Big Brothers, Big Sisters of NH promotes long term, impactful, one-to-one mentoring matches between a Big (an adult 18 years+) with a Little (a child 6-17 years old). The average commitment for the community-based program is 2 hours/2 times a month and for site based opportunities one hour/one day a week. If you are looking to be a positive role model and make a difference in the life of a child, please give us a call.

Court Appointed Special Advocate (CASA) volunteers are needed!

Become part of a community of vibrant, committed volunteers who are getting tremendous satisfaction making a difference in a child's life. Our volunteers tell us that they love putting their skills to use in a meaningful way with challenging, stimulating, emotionally rewarding work. While we cannot provide any financial compensation, our

volunteers enjoy intangible benefits such as stimulating work, ongoing support, new social connections and – above all – doing something that directly impacts a child's life.

CASAs, in advocating for the best interests of children in abuse and neglect cases within the court system, 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 they interact with parents, extended family members, attorneys, social workers, foster care providers and judges all the while advocating for the best interests of the children.

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
diane@casanh.org
603-626-4600, ext. 2106

Volunteer to bring cheer to our local seniors! - Senior Day Centers and Retirement Homes

Do you have some time and interests you'd like to share? Would you like to brighten the day of a senior in your area? Many of the agencies in the Monadnock region who provide care to our senior citizens are looking for help running or assisting activities.

Activities include things such as baking, arts and crafts, music, knitting, art, socializing, or possibly a unique hobby you would like to share.

Volunteers can expect to both give and receive enthusiasm and happiness and often become like extended family to the participants. If you are interested in learning more about a volunteering with seniors in our area please consider reaching out to one of the following agencies.

Jaffrey - Monadnock Adult Care Center (MACC)

The Monadnock Adult Care Center offers supportive and structured care during the day to adults with physical, emotional, or social challenges. Our mission is to improve the quality of life of our members, their families, and caregivers while we support an individual's efforts to remain independent. Our program helps older adults remain in their homes as long as possible. It provides respite care for families. We offer activities that maintain or improve the physical, mental, and

VOLUNTEER OPPORTUNITIES CONTINUED

social well-being of our members. MACC is a partner agency of Monadnock RSVP if you are interested in volunteering with MACC please contact Jazmin Belcoure at jbelcoure@mfs.org by calling 924-7350

Peterborough - Pheasant Wood Nursing Home

Pheasant Wood Center offers short-term rehabilitation, as well as long-term care and Alzheimer's and dementia care. Pheasant Wood Center's team of professionals is committed to maintaining or improving the quality of an individual's life through the care we provide. If you are interested in volunteering at Pheasant Wood Nursing home please contact Judy Rousseau at Judy.A.Rousseau@gmail.com

Keene - The Castle Center

Why stay at home when the Castle Center at HCS' Keene office is just around the corner offering entertainment, socializing, cards, games, arts and crafts, as well as peace and quiet. The Castle Center is available on weekdays from 8 a.m. - 4:30 p.m. for those who just need a little help, as well as those with more specific needs. Mondays, Wednesdays, and Fridays are the days volunteers are most needed and the minimum commitment is for three months. For more information or to volunteer, please contact Catherine Braught, Nurse Manager at 355-8281.

Disaster Training Opportunities - American Red Cross

The American Red Cross and the Greater Monadnock Public Health Network offer a variety of training opportunities to provide area residents with knowledge of specific health issues and challenges as well as disaster training - to ensure more area residents are ready to help in the event of a local disaster. Great opportunity to learn new skills, use your experience, and have flexibility.

Help your local library

Keene - The Keene Public Library is seeking volunteers to serve as a Greeter and Wayfinder. In this role you would be the first point of contact for library visitors - welcoming them, providing directions and referring them to the appropriate area for specific assistance, and answering general questions about the library. Training is provided. Volunteers should be able to sit for an extended period of time, stand and walk for short periods, and be able to lift/move up to 25 pounds occasionally. Volunteers are needed Monday through Saturday during regular hours. Shifts are 9 a.m. - noon, noon - 3 p.m., 3 - 6 p.m. and 6 - 9 p.m. Volunteers are asked to commit to six months. If you are interested in volunteering, please contact Tammy Parrott at 603-757-1846.

Jaffrey - The Jaffrey Library needs "watchers" for the second floor. Due to limited staff the second floor and Historical section can only be opened during periods of time when volunteers can be present on the floor. Come spend a two hour shift working on a personal project or reading a book while being available to offer help and guidance to anyone who ventures upstairs. If you're interested in volunteering please contact the Director, Julie Perrin at jperrin@townofjaffrey.com

Business Savvy? - Monadnock SCORE

Monadnock SCORE is committed to provide quality business

counseling, without charge, to local residents and businesses. They are seeking individuals with business experience in any and all phases of business operations, especially those who have retail or legal experience. Depending upon your interest, you may mentor small business owners, help develop business plans, address financial matters or operational problems, and assist with start-ups or marketing. Times are mutually agreed upon by the mentor and client. For more information or to volunteer, please contact Edward Merrell at 352-8738 or main10@myfairpoint.net.

Monadnock Habitat for Humanity - Building Committee

Building Committee Member - The members help to plan and execute the project. The project could be construction of a new house, rehabilitation of an older home, or a home repair project. The position involves, but is not limited to, the following tasks: Look at potential new home build sites and older homes that might be suitable for rehabilitation; meet with homeowners in need of help with small home improvement projects; help decide upon architectural style, location and orientation on the site; consult on the budget and design of the project; help in preparing a materials list; make contact with prospective subcontractors and assist with selecting them through a competitive bid process; maintain inventory of Habitat owned tools and equipment and make recommendations when purchases are necessary; contact local suppliers for tools/material pricing and request donations, discounts and in-kind gifts of building materials from national companies who have an affiliation with Habitat for Humanity; obtain building permits; participate in the build itself; get tools and equipment to the project site and returned when completed.

Ideal candidates will have professional/managerial/leadership backgrounds, ability to reach out to the community as needed, knowledge of the construction industry and practices, and possibly experience with Habitat builds.

The time required of Building Committee members will vary, dependent upon the complexity, stage in the construction process, and your level of expertise and commitment. You should expect meetings relative to new home construction or rehabilitation projects to be monthly, possibly becoming 2 meetings a month as the build approaches. Your level of commitment will dictate the amount of time required. The goal is to complete at least one home improvement project every three months, with each project taking not more than 2 weekends from start to finish of construction, subject to difficulty and volunteer staffing.

WITHIN CHESHIRE COUNTY

Keene Community Kitchen

Hot Meal Prep - Help ensure that community members have a hot, nutritious meal by helping with food preparation at the Keene Community Kitchen. Weekday hours from 10:30 a.m. - 1:00 p.m.

Wrap silverware for meals - The Keene Community Kitchen is looking for volunteers to help wrap silverware in preparation for meals on Monday and/or Friday mornings. The process takes only about an hour and volunteers are asked to come in to do the work any time before 11 a.m.

VOLUNTEER OPPORTUNITIES CONTINUED

Help tutor adult learners with Keene Community

Education

Keene Community Education is an adult education center serving adult learners across Cheshire County through the Adult Learner Services (ALS) program. The ALS program serves adults who wish to improve their reading, writing or math skills for the purposes of passing the HiSET (formally the GED) or for the purpose of advancing basic academic skills (i.e. advancing beginning reading skills). The ALS program also serves adult immigrants who wish to improve their English reading, listening, speaking, and writing skills, as well as providing help with preparation to pass the U.S. Naturalization Test.

Volunteers at Keene Community Education work in one-on-one or small group tutorials and can choose the population they would like to work with-adult immigrant students working on English language skills, adult students working towards the goal of passing the HiSET, or adult students working on improving basic academic skills. Please note: those who wish to work with adult students working towards the goal of passing the HiSET have the choice of volunteering at our education center or at the Cheshire County House of Corrections. To best ensure tutorial success, volunteer tutors can expect to work with a student 2-4 hours per week with tutorials mainly taking place at the Keene Community Education office, the Keene Public Library, or the Cheshire County House of Corrections.

Volunteers can expect to get a high-level of support from the program coordinator regarding curriculum resources and professional development opportunities, so no previous teaching or tutorial experience is required. Enrollment as a volunteer is ongoing throughout the academic year but new tutors are expected to initially meet with the program coordinator and attend a "New Tutor Orientation."

Give your time to people who are working towards recovery! - Serenity Center

As our community raises its concern about the opioid crisis and individuals ask the question, "how can I help on a local level?" RSVP is pleased to announce that we are taking steps to partner with The Serenity Center in Keene.

The Center is a 501c3 non-profit membership organization founded in June of 2013. They were one of the first new Recovery Community Organizations (RCO) in New Hampshire to recognize that there are many paths to successful recovery from addiction. They welcome people from all paths to recovery, their families and friends. The Center provides Peer to Peer Recovery Support Services to the Eastern Monadnock Region and a Recovery Club House that is a safe haven to help initiate and maintain long term recovery.

Currently, The Serenity Center is recruiting volunteers for two roles.

1. Recovery Coaches work one on one with people in recovery from addiction to help remove obstacles and find pathways to recovery. Recovery Coaches receive training and continued support through the Recovery Coach Academy program and SC's Orientation and Volunteer training programs. Topics covered include ethical considerations, HIV/AIDS, and suicide prevention.

2. Front Desk Support volunteers greet visitors, answer the phone, provide light administrative support to staff (filing, copying, collating), and provide light cleaning/organization. Front Desk Support volunteers receive one-on-one training from the volunteer coordinator and SC staff. The Center is open Monday – Friday from 9am – 5pm and volunteer shifts are 2-4 hours or are project based. Front Desk volunteers are asked to make a 3 month commitment.

Enjoy the laughter of children by volunteering with the KEEP, a Keene after school program

Keene Community Education's Project KEEP After School Program is seeking volunteers to engage with children in Kindergarten – 5th grade, meaning talking with them, playing board games with them, overseeing an arts & crafts activity, carrying out a special enrichment project, reading with or to them, creating books together, overseeing various gross motor, non-competitive games, engaging with the whole group or in a small group in a wide variety of activities meant for fun and enrichment after school. KEEP runs from 3:00 to 5:30 every school day at Fuller, Franklin, and Symonds Schools in Keene. Volunteers may choose to sign up for a full afternoon, part of an afternoon, and anywhere from 1 day a week to 5 days for May/mid-June of 2019. There is lots of flexibility! They would welcome new and returning volunteers for the 2019/20 school year as well. Please contact RSVP if you are interested and I will facilitate a connection.

Musicians needed for seniors and kids!

Cedarcrest - Cedarcrest Center for Children with Disabilities in Keene is seeking a volunteer who can play an instrument or their piano once a week in the late afternoon/early evening to their children. But they are more than willing to work with you on dates and times. Volunteers should be comfortable around children with varying medical needs/conditions/complexities. This is an excellent opportunity to brighten children's lives with the wonderful sound of music! If you would like to volunteer or need more information, please call Pat Dixe at RSVP 283-1686 and I will facilitate a connection to the Coordinator.

Keene Senior Center

The Keene Senior Center is in the process of recruiting volunteer community musicians and artists to perform at the Senior Center on Saturdays during the next few months. It's a way for musicians to give back to the community while at the same time having the chance to perform for others. The Senior Center is open from 10am – 2pm on Saturdays and is flexible about the amount of time a musician would want to perform. One option is to play or sing as members are having lunch. If you are interested in exploring this opportunity further, please contact Allison Riley, Program Coordinator at the Keene Senior Center, at hoffman4@ne.rr.com or 439-0704.

Linda's Closet Volunteer Clothing Consultant

Do you have a flare for clothing and fashion? Linda's Closet, a resource for free clothing and career advice in Keene, is seeking volunteer consultants 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

VOLUNTEER OPPORTUNITIES CONTINUED

Saturday 9:00 a.m. – noon and volunteers are asked to commit to a regular schedule. 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 Kathleen Birch at 603-357-1015 or kbirch@cswg.com. To learn more about them, visit www.lindascloset.org or on Facebook.

WITHIN WESTERN HILLSBOROUGH COUNTY

Monadnock Community Hospital Volunteers

Monadnock Community Hospital has an opportunity or a schedule to fit almost every interest or need. Volunteers can 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. You can also provide guidance to visitors at a number of greeting desks, or support to the staff in the mail room, HR or by putting your handyman skills to use. 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 or by calling 352-5698.

Volunteers are needed at a therapeutic riding program – Touchstone Farm

Touchstone Farm in Temple depends on the generosity of our volunteers for many programs. Volunteering there comes in many ways - you can work with their Therapeutic riding students, do some gardening, help with light maintenance, assist during special events, or help in the office doing administrative tasks. Volunteers are needed every day between the hours of 8:00 a.m. to 5:00 p.m. and time commitments and scheduling is flexible. At Touchstone Farm, focus on mutual respect, safety, and most importantly, fun, is paramount! For more information or to volunteer, please call Emily Garland at 654-6308.

Help someone get back on their financial feet - The River Center

Become a money coach with The River Center. Volunteers should be comfortable working with people who need a great deal of support and enjoy problem solving individual situations. Volunteers will need to be good listeners, comfortable discussing financial matters with clients, detail-oriented and focused on customer service. Volunteers will train using the "Your Money Your Goals" Curriculum.

Schedule: One Wednesday each month from 12:30-2:00 and other times as mutually agreed upon.

Length of Commitment: One year

Cornucopia Project needs help maintaining school gardens

Would you like to volunteer to help the Con-Val District School Gardens? Do you love gardening and exploring beautiful places? Our school gardens need to be watered once or twice a week. Volunteers will need to pull out hoses or use watering cans to water raised beds. Some light weeding is helpful too. Position ends on August 26. Choose your own schedule. Just stop by when you can. Schools are in the following

NH towns; Peterborough, Dublin, Temple, Antrim, Bennington, Frankestown, Greenfield, Hancock

Garden Teachers with The Cornucopia Project (Once school starts)

The Cornucopia Project will be seeking volunteers for their Garden Team this fall! For 7 weeks they deliver garden-based educational classes to elementary school students throughout the Con-Val school district.

- Classes are 1 hour long and include a weekly theme for building students' knowledge.
- This position involves kneeling, lifting, and the general labor of garden work.
- Volunteers should have experience working with children and be willing to brave the elements.
- It is possible to only volunteer at one school, however if there is more interest than need, priority will be given to volunteers who can commit to the entire day.

If you're interested in this role or would like to learn more please reach out to Jazmin at jbelcoure@mfs.org for more information!



RECIPES TO SHARE

Lemon Squares

INGREDIENTS

- 1 $\frac{3}{4}$ cups of flour
- $\frac{1}{2}$ cup of confectioner sugar
- Two sticks of butter, melted
- 4 eggs beaten
- 2 cups sugar
- $\frac{1}{4}$ cup flour
- $\frac{1}{4}$ cup fresh lemon juice



DIRECTIONS:

- Heat oven to 350 degrees
- Mix first 3 ingredients, spread in 13 x 9 pan
- Bake for 20 minutes
- Mix remaining ingredients, stir well before pouring over hot crust.
- Bake 20 to 25 minutes until set
- Let cool 10 minutes, cut into squares while still warm, sprinkle with confectioners' sugar
- Enjoy