

# MONADNOCK

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

# RSVP VOLUNTEER CENTER

## FROM THE DIRECTOR

Happy fall greetings while we are still Safer At Home!

It, certainly, is a season of change, adaptation and test of resiliency. Having worked at home, since the public has not been openly allowed into our offices, I found certain things that made it pleasant and bearable. First, my dog Brady (girl), who has sat on my feet or near them the entire time, music and the smell of good food cooking.

Since the beginning of the pandemic, I usually wake up with a song in my head. Maybe kind of a Mantra. It is a mix of what I grew up with and new stuff. When this all started I thought to myself, I must be losing my mind. But in fact, a new study in June from HARMON, an international company, shows one in every two Indian people strongly agrees that there is no life without music. You can read more about the Power of Music during a Pandemic on page 5.

I thought I would share just some of my playlist (not necessarily in order and they repeat.):

- Sound of Silence – Simon and Garfunkel
- Mad World – Gary Jules (I love this version with Curt Smith of Tears for Fears!)  
<https://www.youtube.com/watch?v=NEpfvTdR5-U>
- Under Pressure – Queen
- It’s the End of the World – R.E. M.
- Halleluiah – Pentatonix
- Sesame Street Theme
- Stayin’ Alive – The Bee Gees
- Change – Tracy Chapman
- Abba – I Have a Dream
- Memories – Maroon Five/One Voice Children’s Choir
- Living in a Bacterial World – The Holderness Family
- Somewhere Over the Rainbow – Israel "IZ" Kamakawiwo’ole

Music shines a light on current issues in a way that helps make sense of the world around us, offering hope and comfort while so much still remains uncertain. What songs are you singing? We welcome you to share them on our Facebook page. In the words of George Elliot, “Life seems to go on without any effort when I am filled with music.”

With warmest thoughts for your continued safety, health and everyday wellbeing.

*Kathy Baird*

## WELCOME NEW RSVP VOLUNTEERS!



*Bethany Willett*

**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.

## IN THIS ISSUE

We Are On The Move	2
Zoom Coffee	2
AmeriCorps New Look	3
America Reads	4
Linda’s Closet	4
The Power of Music	5
Flu Shot Locations & COVID Resources	6
Neighbors-In-Deed	7-8
Vlog	9
Gear Up	9
Volunteer Opportunities	10-14
Let Stay Connected	15
Recipes to Share	15

**STAFF**

**Kathy Baird**  
*Program Director*  
 kbaird@mfs.org

**Jazmin Belcoure**  
*Program Coordinator*  
 Eastern Monadnock region/  
 Neighbors-In-Deed  
 jbelcoure@mfs.org

**Pat Dixe**  
*Program Coordinator*  
 Cheshire County/  
 America Reads  
 pdixe@mfs.org

**RSVP OFFICES**

**Cheshire County:**  
 64 Main Street  
 Keene, NH 03431  
 Phone: (603) 357-6893  
 Fax: (603) 352-5698

**Eastern Monadnock Region:**  
 Available By Appointment  
 Phone: (603) 924-7350  
 Fax: (603) 352-5698



In September we moved downstairs into the former Monadnock Imaging space. We are excited to be right on Main Street and think it will be a benefit to us! Since we have not been using the Jaffrey office we decided discontinuing our rental would help us better utilize our resources. Jazmin is still available to make appointments and there is a number of spaces in the eastern region we can use free of charge. Give us a call!

There are still ways to serve safely distancing. We can't wait until we can have group gatherings again so we can welcome you into our new home.



**MONADNOCK RSVP VOLUNTEER  
 ZOOM COFFEE  
 WEDNESDAY OCTOBER 21<sup>ST</sup> AT 10:00**

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

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

# A NEW LOOK!

CNCS kicked off a branding initiative with in-depth research by a third-party last year; the results showed that we have a great story to tell but need to do a better job at how we tell it. It also showed that AmeriCorps is by far the best known brands. It would take years and considerable investment to build comparable recognition for a new name. When programs are promoted in different ways using different names, more resources are spent without creating a clear picture. This approach will concentrate our limited resources and focus on what national service programs have in common, so that more people will understand what service opportunities exist.



## AmeriCorps Seniors

Based on the findings, CNCS engaged a branding firm, Brandpie, to help develop the tools we need to better communicate national service opportunities. After considering feedback from stakeholders and staff, and weighing the recommendations from the branding firm, they will use two brands – **AmeriCorps** and **AmeriCorps Seniors** – to talk about our programs collectively and to move forward with AmeriCorps as the name for our agency. By moving in this direction, they will be able to focus resources on promoting fewer brands to support all of our programs and build on AmeriCorps' brand equity.

It is important to note that **Monadnock RSVP's programs, our name, and funding streams aren't changing.** They will use these two brands to promote all of our programs, including Foster Grandparents, Senior Companions, RSVP, AmeriCorps State and National, AmeriCorps VISTA, and AmeriCorps NCCC. Check it out at <https://www.nationalservice.gov/newsroom/press-release/2020/ameri-corps-unveils-new-logo-new-name-agency>.

### AmeriCorps Seniors 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 an AmeriCorps Seniors volunteer and I will get things done.

*Your brand is the single most important investment you can make in your business. - Steve Forbes*



***Thank you for your support!***

Monadnock RSVP recently received generous gifts from local organizations to help support our program operations to help children succeed in school, keep our vulnerable neighbors and friends living in their homes as long as possible, and assist community partner agencies in fulfilling their missions.

We were awarded a \$1,000 Community Reinvestment grant from the Rotary Club of Keene and MORE Than A Thrift Store designated \$500 to us. Their contribution reinforces the fact that working together to address critical social needs, we improve people's lives and strengthen our community through volunteerism.

# Fall is upon us and it's the most wonderful time of the year...



With that thought, we are usually preparing to get back “in” to the classroom and begin tutoring in our elementary schools and early learning centers across the region. This fall or maybe early spring, our hope is that we will be helping in a different way.

This past summer I had the pleasure of speaking to all of our America Reads friends. There were lively conversations surrounding this crazy pandemic, lots of questions about how the teachers and students would get back to the classroom safely and how much they missed the kids...

The biggest part of the conversation was, “What are we going to do to help the students and the teachers this fall?” Well, there is a plan! Last spring when this pandemic hit, the schools pivoted to remote learning and we pivoted with them and began virtual tutoring. You may recall in the last newsletter, we jumped in and helped as much as we could through different online platforms. We will continue to do this as the school year begins.

We also will be adding a new Pen Pal Program which entails volunteers being matched up with students in Kindergarten thru third grade for bi-monthly or monthly correspondence. The program’s mission is to help students practice and sharpen reading and writing skills and build positive relationships with their assigned volunteers.

We will be providing specific guidance about how the Pen Pal Program will work in the near future. School has literally just begun and teachers and students are acclimating to this new normal. We need to give them an opportunity to catch their breath...

Being in the classroom is the most ideal place to be to tutor. But we have to think outside the “classroom” with the ideas for-mentioned and will do our best to nurture and maintain our relationships with our students and teachers. It will be an interesting year together and we will make it happen!



Kind Regards,  
Pat

*Education is not the filling of a vessel but the lighting of a flame. - Socrates*

## WELCOME BACK TO LINDA'S CLOSET!

*Linda's Closet*

Clothing Resource for Women

As we resume our jobs or begin new ones, we'd like to ask that clients book appointments at least 24 hours ahead and no more than once a week so we can accommodate everyone. You will see on our website that we are limiting the number of clients per appointment time to two and appreciate your understanding with scheduling. If for any reason you cannot make your appointment, please cancel it and call the Closet to let the volunteers know that you cannot make it. [www.picktime.com/Lindascloset](http://www.picktime.com/Lindascloset)

THESE APPOINTMENTS ARE FOR "SHOPPING" ONLY. DONATIONS NEED TO BE ARRANGED BY PHONE (357-1015) AND ARE ONLY ACCEPTED ON MONDAYS. LEAVE A MESSAGE AND SOMEONE WILL CALL YOU BACK. PLEASE KNOW THAT THIS IS FOR THE HEALTH AND SAFETY OF OUR VOLUNTEERS AND CLIENTS AND WE HAVE ESTABLISHED SAFETY PROTOCOLS.

The largest need at the moment is to reach women who are in need of clothing and get them to make appointments and come in to shop. If you have any questions or concerns, please reach out to us prior to your appointment @ 357-1015 or [lindas.closet@yahoo.com](mailto:lindas.closet@yahoo.com)

# THE POWER OF MUSIC DURING A PANDEMIC

lives. 87% of respondents believed they are more productive while listening to their favorite tunes. Specifically, respondents were impacted by music in four key areas:

On the occasion of World Music Day, which is celebrated on June 21st, each year HARMAN has partnered with OnePoll\* to understand just how important music is in our lives, especially during the prevailing times.

A survey of 2,000 participants across India, found that one in every two adult Indian strongly believes that there is no life, without music. 92% Indians said they have depended on music to get through a difficult phase in their



## MUSIC IMPROVES THEIR MOOD DURING THE PANDEMIC

- Overwhelmingly, 90% of all respondents said that music has helped them cope with self-isolation, during the ongoing COVID-19 pandemic.
- So much so, that Indians are listening to music for an extra 45 minutes, on an average, per day in the current times.
- 71.7% Indians have created specific 'self-isolation' playlists that include tracks that helps them meditate or have a soothing, calming effect on their mind.
- 84.73% of Indian women and 80% of men say that music is a big stress buster.
- 64% of all surveyed Indians believed that music helps them sleep better, while 71% say it's the best motivator during a workout.
- And when the chips are down, 79.70% of Indians turn to music to uplift their mood versus 47% of them talking to a friend.

## MUSIC HELPS INCREASE PRODUCTIVITY

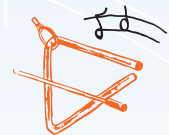


- Does music help us to be more productive? Is there a connection between the music we listen to and the amount of output we can deliver? It sure does! In India, on an average 87% of respondents believed that they can work better while listening to their favorite music.
- The results are similar in other regions of the world. 75% of French and 65% of German respondents believed to have a positive impact on their productivity, when listening to their favorite music while working.
- Music builds connections
- HARMAN's study showed that 'like minds listen alike'. 75% of Indians believe that they have connected with someone because they happen to share the same taste in music.
- Friends are the number one influencers when it comes to choosing the genre of your music at 72%, followed by parents at 42.9% and siblings at 40%.



## MUSIC HELPS MAKE MEMORIES

- Survey respondents said that music has been an important part in celebrating their lives' milestones.
- Many indicated that music has helped them celebrate important life events like graduation (41.95%), marriage (30.15%) or moving to a new city (32.15%).
- The relationship of a large part of Indians with music started at an early age with 44.65% taking music lessons in school and 41.7% have learned to play an instrument or sing, and continue to do so.



"Music has been central to our culture- from rich heritage folk music to eclectic musical soundtracks in movies. But we are inspired by its profound and positive impact during challenging times on our emotional and physical health." said Pradeep Chaudhry, Country Manager, HARMAN India. "At HARMAN, with our rich legacy and years of experience with the latest audio innovations through our brands JBL, Harman Kardon, AKG, Infinity and others, we are dedicated to helping people get the most out of their listening moments and are grateful for the sublime benefits music delivers."

*\*This random double-opt in survey was conducted by OnePoll – a market research company and corporate member of both the American Association for Public Opinion Research (AAPOR) and the European Society for Opinion and Marketing Research (ESOMAR) – and adheres to the MRS code of conduct.*



*It's that time of year; no not the leaves changing or the crispness in the air, not apple picking or pumpkin spice lattes, it is flu shot season! If you're interested in getting a flu shot this year here are some of your many options.*

Cheshire Medical will be holding drive thru flu clinics this year. You must be an established patient, and you MUST call ahead of time to register for the clinic by calling 603-354-5400 or by visiting myDH.org

Keene Location:

[Cheshire Medical Center](#)

580 Court Street, Keene • 603-354-5400

Saturday drive-thru dates: 11:00 am to 4:00 pm

- Saturday, October 10
- Saturday, October 17
- Saturday, October 24

Walpole Location:

[Walpole Family Medicine](#)

11 Westminster Street, Walpole • (603) 756-3960

Dates:

- Friday, October 23, from noon to 4:00 pm
- Friday, October 30, from 8:00 am to noon

Winchester Location:

[Winchester Family Medicine](#)

20 Warwick Road, Winchester • (603) 239-6351

Date:

- Friday, October 30, from 9:00 am to noon

[Monadnock Community Hospital](#)

Flu clinics are every Friday, call your provider to make an appointment for it.

Other Resources:

[Target/CVS](#) is offering a \$5 coupon with your flu shot.

You can drop in or schedule ahead to avoid waiting in line.

<https://www.cvs.com/immunizations/flu> cost is free with most insurance plans. Without insurance the cost \$39.99

Keene – 603-357-2840

Keene Target – 603-354-2165

Peterborough – 603-924-6397

[Rite Aid](#)

Keene - 603-352-6969

Winchester – 603-239-6000

Jaffrey – 603-532-695

[Walgreens](#)

Keene - 603-357-1002

[Walmart Pharmacy](#)

Hinsdale – 603-336-5548

Rindge – 603-899-6965

[Convenient MD Urgent Care](#)

Keene – 603-352-3406

# COVID Resources

**Swanzey:** Gomarlos Supermarket offers delivery (\$5 delivery fee applies) as well as curbside pickup. It has no website or list to pick from. You create your shopping list and they pick the items for you. Gomarlos does post a weekly flier on its Facebook page and in the Shopper. Open 8am – 8pm daily You can order by phone, email or on Facebook  
Phone: 352-3409 Email: [gomarlossupermarket@gmail.com](mailto:gomarlossupermarket@gmail.com) Facebook Page: <https://www.facebook.com/Gomarlos-Supermarket-730074300480376/>

**Westmoreland** has a resource to assist neighbors to make sure they are secure within their home. They assist in grocery shopping, picking up prescriptions, checking the welfare of those sheltering and placing, and coordinating. If you or someone you know is in need, please contact:  
Tom Finnegan, Emergency Manager Director - 399-7272 (evenings)  
Bill Chase, Emergency Management Deputy - 399-4957 (days)  
Jo Ann LaBarre, Town Administrator - 399-4471 (days)

**Harrisville:** If a Harrisville resident needs assistance, they can contact the Harrisville Volunteer Coordinator, Cathy Sorenson, at either 603-827-3048 or [casorenson@comcast.net](mailto:casorenson@comcast.net)

- The Harrisville General Store has food and groceries for pickup and delivery. (603) 827-3138

**Dublin:** IF YOU ARE IN NEED OF SUPPORT during this time to help you get food, do simple errands, or whatever the need may be, please contact: Traceymay Kalvaitis, Chaplain of the Dublin Community Church. They have a list of volunteers ready to help with errands, grocery shopping, delivery, pharmacy, etc. (603) 715-0990, [DublinChurch@myfairpoint.net](mailto:DublinChurch@myfairpoint.net)

- Dublin General Store is willing to provide food and delivery as well. Customers can call in the morning and their order will get delivered sometime during the day. (603)563-8401
- Del Rossi's Restaurant is taking orders during the weekends for pick-up. Again, this will change with demand, so please contact them first. (603)563-7195

**Temple:** Please sign up for electronic COVID-19 related alerts on the Town website: Go to [templenh.org](http://templenh.org) or see [https://www.templenh.org/sites/g/files/vyh-lif5071/f/news/templecovid19\\_resources\\_with\\_addendum.pdf](https://www.templenh.org/sites/g/files/vyh-lif5071/f/news/templecovid19_resources_with_addendum.pdf)  
Last updated May 2020.

**Monadnock At Home** is offering limited, temporary free memberships for daily phone call checks and grocery delivery. Towns include: Dublin, Fitzwilliam, Hancock, Harrisville, Jaffrey, Marlborough, New Ipswich, Peterborough, Rindge and Sharon. [help@monadnockathome.org](mailto:help@monadnockathome.org), (603)371-0809

**Cheshire Medical Center** is a COVID-19 community testing site, as of Monday, August 10, 2020.

- They will be conducting drive-through testing appointments. A provider referral is not required. Tests will not be administered without scheduling an appointment in advance.
- CMC's testing schedule is Monday-Friday from 4:00 pm-7:00 pm
- All testing will take place at the West Entrance of their main campus, 580 Court Street in Keene.
- Cheshire will bill the individual's insurance. If the patient doesn't have insurance, Cheshire will assist the patient with applying for the NH COVID-19 Testing Benefit. Nobody will be turned away.
- Appointments can be made by calling Cheshire Medical Center's COVID-19 community testing information line at (603) 354-6700 or emailing [chepublichealth@cheshire-med.com](mailto:chepublichealth@cheshire-med.com).

# NEIGHBORS-IN-DEED

## NID UPDATE

What does Neighbors-In-Deed look like six months after this pandemic hit the United States? Many of our volunteers have been staying in touch with their care recipients via phone conversations and outdoor visits. Some have been running errands and grocery shopping on behalf of their matches. However, we are still not providing transportation. Our Handyman volunteers are still available to help with repairs around the home. However, we are currently limiting indoor work to those projects that are necessary for safety.

What does the program look like moving forward? Only time will tell. We are starting to get requests from possible care recipients and their families. So, if you're interested in participating in NID in the capacity outlined above, or even with just making friendly phone calls, please reach out to Jazmin to have a conversation about what you may be able to do. [jbelcoure@mfs.org](mailto:jbelcoure@mfs.org)

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

**\*\*Volunteers are not currently making in person visits\*\***

*If you are interested in participating in the program as a friendly caller until we can resume traditional placements please contact Jazmin.*

***Below are the profiles of some of the people currently hoping to receive a volunteer:***

### HINSDALE

This woman has been very lonely since her friend from across the hall moved. She has some health issues and travels to Keene three days a week for dialysis. She would love to find a female volunteer who could come on Thursdays to sit and visit or go for walks in nice weather and she would very much like to find somebody to go out for the occasional lunch or shopping trip to Walmart. Because of her location and the fact that she smokes she has been on our wait list for a while.

### GREENFIELD

This 63 year old woman is living with her daughter in Greenfield. She is a sweet woman with a charming sense of humor she likes to work on crafts and is very much in need of some company. She is deaf and communicates primarily through signing, lip reading and hand gestures so a person who can sign, or is comfortable with nonverbal communication would be needed, preferably a woman, who loves animals as her daughter has a small farm. She relocated here from the coast after being diagnosed with cancer and due to complications from the treatment and a preexisting condition cannot get out of the house without assistance. Activities could be confined to the home, but as her health improves and communication with a volunteer strengthens getting out into the community would be wonderful.

### KEENE

This 73 year old woman was born in Brooklynn and has lived all over the country, including FL, MA, PA, and White river Junction in Vermont, but she has been here for the past fifteen years. She learned of our program from another NID care recipient and is hoping to find a volunteer who can help

with grocery shopping and picking up prescriptions. But also someone who will want to go out for fun activities like the movies or local museums or lunch. She is very easy to talk with and does not have preference of a man or woman. She has a Yorkshire Terrier and enjoys reading science fiction and horror.

This woman has a great sense of humor and is always very appreciative of help. She uses an electric scooter to get around town and would need a person who could help with a wheel chair if you were to go out. However, staying in the home and socializing is certainly an option. Her apartment is small and neat, and she has lovely Raggedy Ann collection. Getting out of the house has become progressively harder for her, especially this past winter. She is proud of her ability to take care of herself and self-advocate, but she would very much appreciate a volunteer to spend time with. She enjoys cooking, especially Italian, making jewelry, going to the Dollar Store, the YMCA (hopes to get in the pool), craft fairs, and would like to try new things. She does have a speech impediment and while at times it is difficult to understand her over the phone, in person it is much easier.

This woman is very proud of herself for losing some weight and would welcome a volunteer who would want to help encourage some healthy habits. She has lived in her apartment in Keene for over 35 years and when she has the opportunity to get out and run errands she enjoys hitting up her favorite thrift stores as well. A volunteer who likes hitting up lots of stores would be perfect. She has some general health issues and suffers from depression. She used to love camping, fishing, and boating. She often finds it easier to get along with men, but is open to a female volunteer. Because of some mobility issues she needs a vehicle that is low to the ground.

# NEIGHBORS-IN-DEED CONTINUED

This 87 year old woman is living on her own in Keene and looking for some company. 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. 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. She is very social and likes to walk around town and chat with people.

This 76 year old woman is living alone in Keene and hoping to find a volunteer to spend some time with. She uses a walker and needs to bring her oxygen tank with her and leaving her apartment without out help causes her some anxiety. She would love to start getting out for walks now that the weather is nicer and could use some help getting to the grocery store. She has one cat and is hoping for an older woman.

This 58 year old woman has recently moved to Keene. She is in need of help with grocery shopping and getting to the bank. Her interests include flower arranging and cooking, and we she would love to be able to get out into the community more. She is legally blind as well as being confined to a wheel chair, but she is able to transfer herself. She does not have a preference on a male or female volunteer.

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.

This lady is in her mid 70's moved to the area from New Jersey where she had been living with her sister until she passed away a couple of years ago. She lives in her own home in west Keene and her greatest need right now is transportation and company. She uses the bus twice a month for groceries, but would like to be able to go into town for more "fun" excursions such as shoe shopping or for smaller grocery trips. She uses a cane or walker when walking. She would prefer a female volunteer and she enjoys drawing, reading, sewing and she loves to talk! Her faith in Jesus is important to her. But she does not ascribe to any one religion and believes the most important thing is that we are kind to one another.

This 77 year old woman is originally a transplant from Illinois, however has been living in New Hampshire long enough to no longer be considered a 'flatlander'. She was an avid hiker and at one point would lead guided hikes with her alpaca's up Mt. Washington. She enjoyed going to the Senior Center, the Colonial Theatre, and out for easy walks when the weather is nice. She is living with dementia and because of it is no longer driving. Her family is hoping that a volunteer can help them keep her active and engaged with some company and fun outings. She is currently living in an apartment in Keene.

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.

## RINDGE

This woman is her mid 70s. 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 4 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 is hoping for some assistance with running errands such as going for groceries, or to the farm stand, or pharmacy.

## SPOFFORD

This woman is 74 and living with her daughter and son-in-law. She is in the very early stages of Alzheimer's and hoping to find a volunteer who would like to help her stay active and engaged. She is a vibrant woman who is used to being actively involved in the community. Originally from Connecticut, she retired to Maine where she loved to go for long walks and was on the board of her local library. She would very much like to find a volunteer who would enjoy walking or going for drives, visiting the Chesterfield or Keene Library's or helping her with some grocery shopping. She is a lively conversationalist and has no preference on being matched with a man or a woman. There are two cats and one golden retriever/lab mix in the house.

## SWANZEY

This woman is hoping for a female companion to share a cup of coffee with and develop a friendship. She lives in Swanzeay with her husband. However, 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. Due to chronic health issues making it difficult for her to leave the house the days have become long and lonely. She takes pride in keeping a clean and inviting home and loves to sit in the sun and enjoy their property. She would also enjoy being able to get out occasionally for a fun outing. She does have two cats in the house and while it is not necessary, she would like to find a volunteer who shares a strong faith in Jesus.

This woman in her 90s has just moved into a ground floor apartment in the same building as her daughter. She has 11 grandchildren and 6 great-grandchildren, enjoys NASCAR and has a shy kitty who you would probably never see. She had been discharged 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.





# VLOG? THAT'S A NEW ONE!

A vlog is a video that documents a person's life. It is a portmanteau of the word 'video' and 'blog'. As the name suggests, a vlog is a video blog that records a person's thoughts, opinions, and interests typically for publication on the internet.

The difference between a blog and a vlog is that a blog is a written piece of communication whereas a vlog is created in a video format. Both can be created for an audience by an individual who is trying to create a personal connection with an audience. And often they both share insights into a person's thoughts, ideas or experiences.

The primary difference between the two is their formats. Since the term blog is an abbreviation of the word weblog, you could more easily define the blog as a web blog, and a vlog as a video blog to more clearly understand the difference.

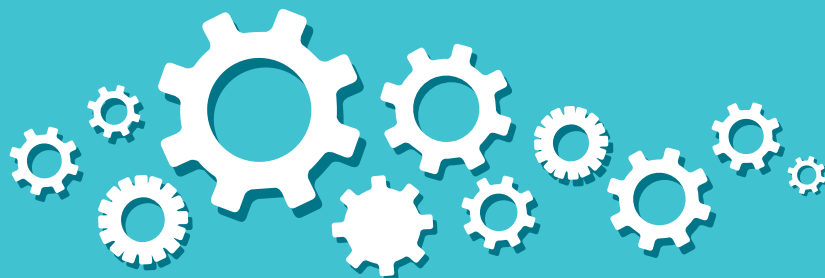
Humor has been a huge part of being able to traverse through this pandemic. *The Holderness family* in the song list on the front page creates original music, parodies, and Vlogs for YouTube to poke fun of themselves and celebrate the absurdity in circumstances most families face in their day to day life. <https://bit.ly/3iPj6WG>



## GEAR UP



We want to thank you for the time you have dedicated through RSVP and hope you might enjoy a RSVP Senior Corps vest which will be historical gear in just a short time! We have limited (S, M, L, XL) sizes so it is first come first served. The cut of the vest is a men's/unisex cut, so it's boxy and runs a little larger. Please take this into consideration when selecting your size. We will be sending out an official invitation with a date/time to pick up (safely distanced). So, be sure to read your emails in Constant Contact and respond if you want one. We hope you will enjoy wearing it! We also have an ample supply of handmade cloth masks, surgical masks, and cloth masks purchased from the state if you or your care recipients are in need.



# VOLUNTEER OPPORTUNITIES

## How to volunteer during the COVID-19 Pandemic

*Whether you have decided it is best to stay at home or are continuing to volunteer with extra safety precautions, The Monadnock RSVP Volunteer Centers supports your decisions.*

*Many of our partner agencies have suspended activities until further notice. However, there are still ways you can serve the community. We encourage you to look around your neighborhood and reach out to those in high risk demographics to see if you can help. Below we have posted additional opportunities either from your home or with operating agencies.*

### Drivers needed during COVID-19 (In Community)

Volunteer drivers are needed throughout the entire region to assist people who do not have access to transportation. Drivers are currently transporting people for critical needs such as dialysis, as well as helping to pick up groceries and other necessities for at risk demographics. Please reach out to us at 357-6893 or by emailing Pat or Jazmin at [pdixe@mfs.org](mailto:pdixe@mfs.org)/[jbelcoure@mfs.org](mailto:jbelcoure@mfs.org) to learn about new safety procedures and determine if this is a volunteer role you feel comfortable with.

### Help kids as they navigate the new reality of school - Keene Housing Community (In Home)

Keene Housing Kids Collaborative announces Schoolwork Help From a Distance.

Volunteers will help students with schoolwork via Zoom video meeting. Sessions are 30 minutes and will be scheduled between 9am-5pm at a time that is convenient for both the student and the tutor.

If you are interested in volunteering as a Zoom schoolwork tutor, contact Pat at [PDixe@mfs.org](mailto:PDixe@mfs.org) or give us a call at 357-6893.

### Distribute Food Pantry Boxes – Monadnock Family Services (In Community)

Monadnock Family Services is in need of help to distribute food pantry boxes to clients and struggling families in our community.

When: Wednesdays from 9:45 AM to completion of the delivery

Where: Pickup at The Community Kitchen, 37 Mechanic Street, Keene

Delivery areas: Keene, Swanzey, Winchester, Spofford, Marlborough and Hinsdale.

**MASKS ARE REQUIRED AND NO CONTACT IS EXPECTED WITH CLIENT AND OR FAMILY!**

If you are interested in volunteering and for further details please contact Pat Dixe at [PDixe@mfs.org](mailto:PDixe@mfs.org) or by calling us at 357-6893.

### Blood Drives (In Community)

The American Red Cross is continuing with their Blood Drive efforts and in need of more volunteers. Please see the information below with details surrounding the protocols they've instituted. There are many drives being scheduled throughout the Monadnock region. If you are interested in learning how to volunteer please email Jazmin at [jbelcoure@mfs.org](mailto:jbelcoure@mfs.org)

New Precautions and Procedures:

- The Red Cross is looking for a volunteers to work as a Blood Donor Screener
- Blood donors must now be screened for symptoms, including taking their temperature.
- Temperatures are being taken with forehead swipe thermometers.
- Thermometers are being disinfected between each donor.
- All staff and volunteers are being provided with masks and gloves.
- Screeners are changing gloves after each donor.
- At registration, donors need to use hand sanitizer before touching any of the registration materials.
- Registration volunteers are using disinfectant to wipe down registration materials between each donor.

### The Community Kitchen Gleaners (In Community)

The Community Kitchen Gleaners has hands-on opportunities to reduce food waste in Cheshire County!

Join them in harvesting or picking up fresh produce at locals farms. To make this a success they need help!

If you wish to volunteer, please send me an email at [pdixe@mfs.org](mailto:pdixe@mfs.org) to be put you into contact with Sarah Harpster, Program Coordinator for more details and how to sign up!

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

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

Use this time at home to become part of a community of

# VOLUNTEER OPPORTUNITIES CONTINUED

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 at [diane@casanh.org](mailto:diane@casanh.org) Or by calling 603-626-4600, ext. 2106

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

Advocates for those surviving domestic abuse are critical right now, and can be done remotely. A 100% remote training is available and will train volunteers on how to empower survivors to move beyond violence to create a better, healthier future for themselves and their children. Advocates help to end and prevent violence in our community one survivor or family at a time. MCVP is currently seeking volunteers who are compassionate people

with good communication skills and the ability to go through the 40 hours of training.

Advocates serve as the first point of contact for survivors they listen, support, provide information and referrals, and discuss options with the caller.

Advocates:

- Work 24 hours shifts from their own homes. Shifts run from 4pm to 8 am Monday through Friday and 8am to 8 am Saturday and Sunday.
- Once COVID-19 passes advocates may also respond to local hospitals and police stations to support survivors, as well as screen in survivors seeking emergency shelter.
- Per diem advocates make a stipend per shift that they work. \$30 for weeknight, \$40 for a weekend, and \$50 for a holiday.

If you are interested in learning more about volunteering with MCVP please reach out to Katrina Nugent at 603-352-3844 or by emailing [edcoordinator@mcvprevention.org](mailto:edcoordinator@mcvprevention.org) Or you can visit [www.mcvprevention.org](http://www.mcvprevention.org) to learn more about the organization.

## **Linda's Closet Volunteer Clothing Consultant**

Procedures and schedule may be different due to COVID-19 however they are still taking new volunteers.

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 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](mailto:kbirch@cswg.com). To learn more about them, visit [www.lindascloset.org](http://www.lindascloset.org) or on Facebook.

## **Greater Monadnock Medical Reserve Corp (In Community)**

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

To learn more about the GMMRC as well as how to volunteer you can visit their website at: [www.gmmrc.org](http://www.gmmrc.org) or contact Olivia Watson at [owatson@cheshire-med.com](mailto:owatson@cheshire-med.com)

# VOLUNTEER OPPORTUNITIES CONTINUED

## Write letters to seniors in isolation (In Home)

Genesis requesting letters for the residents since they are no longer allowing visitors. This is the current situation in most nursing homes and rehab facilities and a lovely idea to spread some cheer. Below is the address for Genesis in Keene, but we strongly encourage you to reach out to other facilities in your area to see if they are accepting letters as well.

If you have some scraps of ribbon and wrapping paper laying around and would like to try your hand at card making.

Hers is a link for some basic tips,

<https://www.thesprucecrafts.com/card-making-tips-and-tricks-4114150> but there are many many more tutorials can be found online.

Genesis Healthcare

Keene Center

677 Court Street

Keene, New Hampshire 03431

## Monadnock Habitat for Humanity – Seeking Volunteer Board Members

The Board of Directors for Monadnock Habitat for Humanity has adopted the recommendation of the Habitat for Humanity International (HFHI) and is currently limiting the number of volunteers on the build site.

It is imperative that we continue with our outreach for volunteers to serve in a variety of capacities other than building related work as well as our fundraising efforts so that we can successfully complete this home build. We also hope to build up the necessary infrastructure for our forecasted 2021 build. While building assistance is essential, there is much that goes on in the background that needs volunteer assistance. Please take some time to consider how you would like to contribute your time or other resources to help us in our mission.

If you are interested in becoming involved, please call our office at 357-6893 or email Jazmin at [jbelcoure@mfs.org](mailto:jbelcoure@mfs.org)

## Train to be a Hospice Volunteer (Training In Home)

Hospice Volunteers Change Lives...

Bayada is looking for volunteers to share their time and talents. Volunteers are not currently being placed, however if you are interested in becoming a volunteer, training is available remotely.

Direct Patient Support Volunteers

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

Volunteers do all sorts of things, like:

- Helping with day-to-day needs, indoors and out, like mowing the lawn, walking the dog, washing dishes, and more
- Sitting with patients to read, watch a movie or TV show
- Taking a patient out for a short walk!
- Keeping a patient company while caregivers take a break.
- Sharing specialized skills including reiki, massage, pastoral care, cosmetology.
- Sharing time with a therapy animal
- Just being together

Arts, Crafts, and Music Volunteers

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

Care for Veterans

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

Administrative Support Volunteers

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

For more information or if you would like to volunteer with Bayada Hospice please contact Monadnock RSVP at [RSVP@mfs.org](mailto:RSVP@mfs.org) or by calling 603-357-6893

## Touchstone Farm - Volunteers needed for therapeutic riding program.

No riding experience needed!

Due to Covid-19 some procedures have changed and volunteers will be trained one on one rather than in a group setting.

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! To find out more about volunteering, please contact Pam Falkins at 603-654-6308 x104 or Email [volunteer@touchstone-farm.org](mailto:volunteer@touchstone-farm.org)

# VOLUNTEER OPPORTUNITIES CONTINUED

## Help your local library - **\*This role may be altered or suspended due to Covid-19\***

### 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](mailto:jperrin@townofjaffrey.com)

## Cedarcrest volunteer music opportunity - **\*This role may be altered or suspended due to Covid-19\***

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.

## Bring cheer to our local seniors! - **\*This role may be altered or suspended due to Covid-19\***

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.
- MACC 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 social well-being of participants.
- MACC is a partner agency of Monadnock RSVP if you are interested in volunteering with MACC, please contact Jazmin Belcoure at [jbeltcoure@mfs.org](mailto:jbeltcoure@mfs.org) or 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](mailto: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.

# VOLUNTEER OPPORTUNITIES CONTINUED

- 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.

## 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."

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

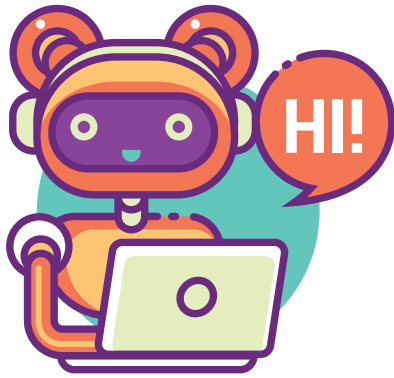
**\*This role may be altered or suspended due to Covid-19\***

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.



## Let's stay connected!

Since we continue to work remotely, we kindly ask that you email or call us directly and we will respond as soon as possible. Please see page 2 for our contact information. You can also find information in our Constant Contact emails and Facebook page.

---

*Cooking is one of those great gifts you can give to those you love. - Ina Garten*

---



## RECIPES TO SHARE

### Cheesy Cheddar Quick Bread

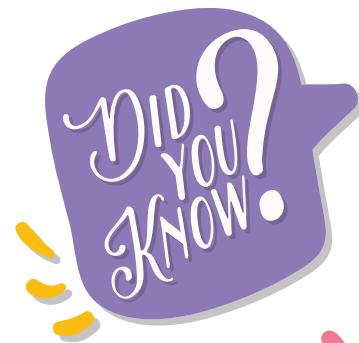
COOLER WEATHER IS RIGHT AROUND THE CORNER. ENJOY THIS BREAD WITH YOUR FAVORITE BOWL OF SOUP!

#### INGREDIENTS

- 2 cups all-purpose flour
- 4 teaspoon baking powder
- 1 tablespoon sugar
- 1 1/2 teaspoon garlic powder
- 1/2 teaspoon salt
- 1 1/2 cups shredded cheddar (I prefer extra sharp)
- 1 cup milk
- 1 large egg beaten
- 2 tablespoon butter melted

#### DIRECTIONS:

1. Preheat oven to 350° Grease/spray a loaf pan.
2. In a large mixing bowl, whisk together flour, baking powder, sugar, garlic powder and salt. Stir in shredded cheese. Set aside.
3. In a separate bowl, whisk together milk, egg & butter.
4. Add liquid ingredients to bowl of dry ingredients. Stir until just combined. Do not overmix.
5. Spoon/pour into loaf pan.
6. Bake for 45-50 minutes. Top should be a golden brown.
7. Cool on wire rack. Remove loaf from pan, slice & serve.



### Mary Ann Evans

(22 NOVEMBER 1819 – 22 DECEMBER 1880)

was an English novelist and poet, more well-known by her pen name George Eliot, who also for a time used Marian and Mary Anne as variant spellings of her name. 🌿



- Help neighbors with transportation
- Drive when you want
- Mileage reimbursement

Make a difference with each mile you drive  
Become a CVTC Volunteer Driver

SERVING THE MONADNOCK REGION SINCE 2008

877-428-2882 ext. 5

## GIVE A RIDE