

MONADNOCK

RSVP VOLUNTEER CENTER

FROM THE DIRECTOR

Warm winter greetings RSVP Friends!

You may recall in our last newsletter an article about the power of music. I know it is the wrong time of year to be sharing camp songs, but this is one of the songs that keeps repeating and brings back fond memories. Having worked remotely and not really “seeing” people in person, someone said to me one day that I wasn’t smiling as much (I also have noticed other people in “meetings” aren’t either). So, I try hard to smile even while ZOOMing and venturing out behind the mask.

*Smile, smile let me see your smile
That great Takodah smile
It will warm the cockles of your heart
And make your life worthwhile
When your sad and feeling lonely
Greet your neighbor with a smile
So, smile, smile let me see your smile
That great Takodah smile
When anything goes wrong keep smiling*

*When anything goes wrong just grin
Throwback your shoulders, stick out your chin
As long as you are smiling, you are bound to win
When anything goes wrong keep smiling
Never let your troubles let you down, down, down
Everything will be alright
And the whole world will be bright
If you smile, smile, smile*

Social contact is important for everyone (including introverts). According to Bea de Gelder, professor of cognitive neuroscience at Maastricht University in the Netherlands, as social creatures, humans weren’t designed to obscure our facial expressions with cloth coverings. “Social contact,” she says, “is as essential to survival as food and drink.” Research shows that social contact improves physical and mental health, increases immunity and reduces stress. You can read more about why you should smile behind your mask on page 13. Thank you for wearing it!

As we move into the New Year with hope, I wish you the warmth of memories to sustain you, good health and lots of smiles.

Kathy Baird

“It was only a sunny smile, and little it cost in the giving, but like morning light, it scattered the night and made the day worth living.” – F. Scott Fitzgerald

WELCOME NEW RSVP VOLUNTEERS!



Julie Armbrust Larry Sportello
Cynthia Johnson Janice Wilson

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

Carol Austin Spirit of NH Award	2
Horatio Colony House Museum	2
Kids COVID Book	3
America Reads	4
Neighbors-In-Deed	5-6
Moving Update	6
COVID and Kindness	7-8
Volunteer Opportunities	9-12
Smiling Behind Your Mask	13
Recipes to Share	14
Childrens Literacy Foundation Book Club	14
We Want to Hear From You	14

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Congratulations!

Carol Austin was selected to receive the Outstanding Volunteer Service Award at Volunteer NH's 2020 Spirit of NH Awards! This is the top award for the national service category and she received special recognition during the live-streamed ceremony on Wednesday, December 9.

Carol has been a volunteer with Monadnock RSVP Volunteer Center since 2003. During this time she has volunteered with both our Neighbors-In-Deed independent living program and America Reads, a national literacy program. No matter what age, Carol builds relationships that are based upon shared expectations and trust, caring and understanding. She has a special ability to connect with people who have complex issues and to make them feel valued and preserve their dignity.



Carol is a champion and we are proud to have her as part of Monadnock RSVP and hope for many more years to come!

Volunteer NH has been hosting the Spirit of NH Awards as an annual celebration of volunteerism since 2003. This event recognizes those who go above and beyond the call to serve throughout the Granite State, shining a spotlight on the often unsung heroes. This is an annual recognition administered by Volunteer NH in collaboration with the Office of the Governor. You can view the award video here <https://volunteernh.org>.



*Welcome to Sofia Thornblad,
 New Executive Director of the Horatio Colony House Museum!*

Sofia was recently appointed executive director, succeeding Anita Carroll-Weldon who recently retired. Thornblad plans to keep much of the current museum public programming in place, while expanding the museum's online presence significantly. The COVID-19 pandemic has caused museums around the world to rethink their online presence, and Thornblad hopes to provide increased digital public programming in the New Year. We wish Sofia the best and look forward to continuing to work with her and the Horatio Colony House Museum.

All your favorite children's books, reimagined for the age of coronavirus

'On Friday, there was no food left, because (the Very Hungry Caterpillar) couldn't get an Amazon Fresh delivery slot'



Inspiration: "Goodnight Moon"

A mother of two mindlessly picked up a paintbrush in late March, and started painting the cover of one of the books she had read to her children earlier in the day – and said she incorporated some “cartoonified” coronavirus themes, to try to make the situation less scary.

“And then I just kept going — until I used up all of my daughter’s paint!” Stefanie Trilling said in an email Thursday.

Now it’s May, and Trilling’s work has turned quite a few heads. She’s been posting her paintings in a Facebook album called “Children’s Books for Pandemics,” which, at last check, had been shared more than 114,000 times on the booming social media platform.

Trilling started working on the paintings just a few weeks into self-isolation. She said she was “trying to create a distraction for (the kids) — and me — from the uncertainty we faced.”

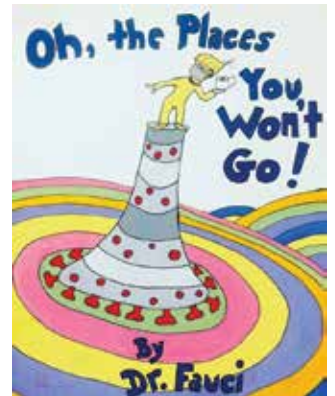
Trilling’s children are 5 and 2. The family lives in New York City.

Trilling has since switched from her daughter’s washable paint to proper paints, brushes and paper. But that’s about all that’s changed.

“To be perfectly honest, I’ve always had a creative streak, but I had never really painted before,” Trilling said, adding that she has been overwhelmed by the support she’s received.

“Initially, my friends and family were the only audience, but now I feel honored to bring joy to millions of people at such a confusing, often dark time,” she wrote. “I started posting these paintings online to entertain my friends and create a bright spot. ... I’ve gotten lots of requests to purchase prints, so I am working on that right now, and a way to ensure a percentage of every purchase benefits at-risk children who have been impacted by coronavirus-related school closures. My goal is to publish a book that compiles the parody covers and demonstrates through stories how social distancing brought people together.”

We can’t get enough of the captions in the Facebook album. Take “Oh, the Places You Won’t Go!,” for example:



Inspiration: "Oh, the Places You'll Go"

They've closed the Great Places! We isolate day after day! Your couches are waiting, so... get ready to STAY!

Or “The Very Hungry Coronavirus”:

“On Monday he ate one can of beans, but he was still hungry. On Tuesday he ate two frozen pizzas, but he was still hungry. On Wednesday he ate three cookies, but he was still hungry. On Thursday he ate four Pop-Tarts, but he was still hungry. On Friday, there was no food left, because he couldn’t get an Amazon Fresh delivery slot.”

It’s neat to flip through the Facebook album and read in the comments which covers are resonating the most with people, who will sometimes even drop their own reimagined book copy and parody lines.

<https://www.ksat.com/features/2020/05/01/all-your-favorite-childrens-books-reimagined-for-the-age-of-coronavirus/>



Inspiration: "The Very Hungry Caterpillar"

Winter Greetings from America Reads

As the holidays have passed and another year has begun, the America Reads Program carries on! The school year has had its twists and turns with the pandemic but we are still plugging along as the New Year begins. Our Pen Pal Program has slowly begun to move forward, videos of volunteers reading to students has continued, more zooming with our classrooms is on the horizon and a new venue began this fall for our volunteers, helping the children at the Keene Housing Kids Collaborative with their homework. Most schools will continue with the Hybrid Model of teaching, some will go back to "in-person", whatever way we will work to continue to nurture our relationship with all of them and to continue to be present the best way we can....

I recently visited SAU29 Keene School districts website and the Superintendent asked its' students what they learned in 2020... here are some of their responses...

~"Kindergarten is really fun. I am glad I get to go two days a week."

~"I am very introverted, I like to be alone and READ." To READ...Yahoo!

~"I DO NOT like masks!"


And he asked them what their hope was for 2021....

~"To be back in school, to see my friends and teachers."

~"Not to have to wear a MASK!"

~"To go back to "normal."

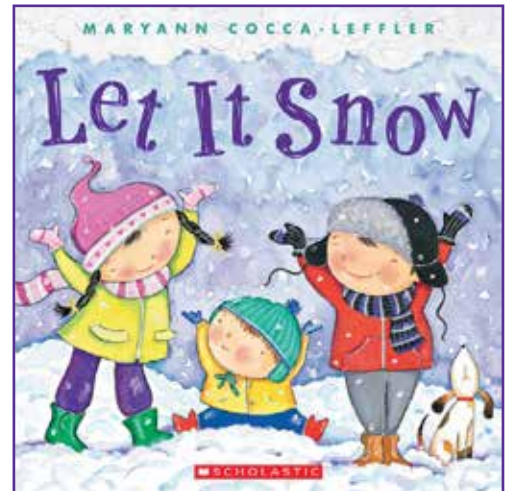
I have to agree with the mask response, yep, it stinks but it is what it is, and we need to wear them at least for a little while longer...as I pondered the other responses I thought, what have I learned in 2020 and what are my hopes for 2021?

What I learned this year was we have resilient volunteers, the pandemic has not deterred but only detoured them thru the pandemic, still stepping up, each in their own way to continue to help and my Hope for 2021 is new beginnings, seeing our volunteers, meeting new volunteer friends, to continue our mission to be a good community partner and help others the best we can. 

I wish you all Peace, Good Health and New Beginnings in 2021! And as Kathy has said...SMILE

Kind Regards,

Pat



"Reading gives us someplace to go when we have to stay where we are."
– Mason Cooley, American literary academic and aphorist.



The Merriam Webster Dictionary defines aphorism as:

- 1: a concise statement of a principle
- 2: a terse formulation of a truth or sentiment : ADAGE the high-minded *aphorism*, "Let us value the quality of life, not the quantity"
- 3: an ingeniously terse style of expression : aphoristic language. These are dazzling chapters, packed with perfectly chosen anecdotes and pithy with *aphorism*.— John Keegan

Synonyms for *aphorism*: adage, apothegm, byword, epigram, maxim, proverb, saw, saying, sententia, word

Aphorism was originally used in the world of medicine. Credit Hippocrates, the Greek physician regarded as the father of modern medicine, with influencing our use of the word. He used *aphorismos* (a Greek ancestor of aphorism meaning "definition" or "aphorism") in titling a book outlining his principles on the diagnosis and treatment of disease. That volume offered many examples that helped to define *aphorism*, beginning with the statement that starts the book's introduction: "Life is short, Art long, Occasion sudden and dangerous, Experience deceitful, and Judgment difficult." English speakers originally used the term mainly in the realm of the physical sciences, but eventually broadened its use to cover principles in other fields.

NEIGHBORS-IN-DEED

Groceries, medicine, and a friendly ear to bend. What would life look like if you didn't know how or when you would have access to any one of these things? The Neighbors-In-Deed program, through Monadnock RSVP Volunteer Center, aims to provide some assistance to lessen that struggle for seniors, adults with disabilities, and veterans and military family members. Despite the pandemic we are continuing to accept referrals for care recipients and happy to talk with interested volunteers.

As we head into the heart of winter during this pandemic we have had to make some adjustments in how the program is operating. Many of our volunteers have been staying in touch with their care recipients via phone conversations and /or outdoor visits but as the weather grows more inclement socializing is starting to shift back to phone calls. Some have been running errands and grocery shopping on behalf of their matches, as we have not yet resumed providing transportation. Our Handymen have been doing safety related jobs inside houses but the scope of work is limited to those projects that are a safety hazard. With just one to two hours a week, our volunteers are helping to provide a solution for how a person gets their groceries and other necessities, as well as helping to combat social isolation and loneliness.

If you are interested in participating in the program as a friendly caller until we can resume traditional placements please contact Jazmin and jbelcoure@mfs.org

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

KEENE

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.

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 going out for walks once 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 moved to Keene about a year ago. 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 in Keene with her miniature poodle, she is still active, however she is hoping once the pandemic is over 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 a few years ago 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 a cane and 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 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 (MarketBasket 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.

NEIGHBORS-IN-DEED CONTINUED

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 in her 90s lives in 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.

WINCHESTER

This gentleman is in his mid-60's and is now living on this own after being in a nursing home for a bit as he rehabbed from some health troubles. He alternates between a walker and a wheelchair, depending on the day. He would be happy to have a friendly caller but hopes that once the pandemic is over that person would like to work on building models, playing checkers or chess or working on puzzles, as well as someone who would like to go out for coffee. He is a smoker, although he's on the patch right now, and he doesn't smoke in the apartment.



A New Year, a new place, puts a SMILE on our face!

RSVP was very fortunate to receive a Volunteer NH sub-grant. Behind the slatted wall it kind of looks like art! The flooring and painting are done and we scored a 400 lb+ granite conference table which was a bit of an adventure getting in with the snowy sidewalks after the big storm in December. Thanks to the heavy lifters – Todd Abbott, Greg DeMinico, Mitch Britton and the nice gentleman who walked by and gave us a hand getting it off the truck. With the beginning of the New Year, how appropriate to have a big organizing project. Moving always makes for good stories!



COVID and Kindness!

We live in a community that is rich with giving to one another in ordinary and extraordinary times. Here are just some of the ways people have helped their friends and neighbors.

SOUTHWESTERN COMMUNITY SERVICES

Holiday with Heroes - On Tuesday, 12/22/20, Keene Police, with the assistance of **Southwestern Community Services, Keene Fire Department, DiLuzio Ambulance Service** and the **City of Keene Public Works Department** delivered Christmas gifts and holiday cheer to local families in need.

Keene Police Detective LaMears organized the event, which was altered due to the pandemic. In the past, KPD participated in an event every December called **Heroes and Helpers** That campaign was partially funded by **Target**. The pandemic put strain on Target and placed the Police Department in a position



where they did not want to compromise anyone's health by shopping together inside of a store. Instead, officers, detectives, firefighters, EMT's and Public Works employees went shopping without the families. Presents were wrapped by volunteers at Public Works, and then loaded up in vehicles

for a special delivery, which included lights and sirens for the kids.

Donating to this year's event were **Keene Police unions, Keene Fire unions, DiLuzio Ambulance, Keene Public Works, Walmart**, and a donor who wishes to remain anonymous. Southwestern Community Services chose the 3 families who participated.

MASK MAKERS

Our awesome **Joanne Buck** is at it again, volunteering her generous heart out making hundreds of masks for the Jaffrey community! Our thanks go to all the sewers who stepped up to keep us safe: **Alice Astle, Joanne Buck, Maureen Chandler, Joyce LeClerc,**



Margaret McMahon, Terri O'Rorke, Marge Shepardson and Maryellen Waldmann.

FEEDING TINY TUMMIES

Stuart and John's sugarhouse donated 1,914 gallons of milk to people in need. MOOchas Gracias!



PETERBOROUGH FOOD PANTRY

Volunteers rallied to provide their first "drive by" version of the annual "Christmas Meal with All the Fixin's Palooza" amid all that snow! They arrived early to set up outside the with turkeys, hams, dessert, and all the fixin's for family holiday meals distributed to almost 100 recipients, all while socially distancing! This year the donations included cozy gloves and socks. Thanks to the volunteers who put in extra time and effort to plan, organize, and distribute the goodies and the additional donations from Shaw's Supermarket, Heritage Girls, and their generous individual donors!

MONADNOCK FAMILY SERVICES

Our friends at the Home Depot recently surprised us with this amazing gift! Thank you from all of us here at MFS for sharing your thoughtful and generous spirit with us and for supporting mental health in our community.



HUNDRED NIGHT'S SHELTER



Julie (not her real name) was homeless almost 9 months – couch surfing and staying with friends are not the same as having your own home. When the day came that she had no place to go Julie was provided shelter by SCS in their family shelter space. While she was staying at the family shelter Julie, who was unemployed at the time,

often came to the **Open Doors Resource Center** during the day. As she says, the resource center was and is a welcoming place where she can do/did many things:

- ◆ She accessed the newest job postings and, after we got to know her, a reference letter
- ◆ She was helped with an online search for housing * she was given transportation and funding to get a nondriver ID (you need an ID to get a job)
- ◆ She was signed up for the Affordable Care Act program
- ◆ She received personal care products as needed
- ◆ She was assisted in filling in an application for an eye exam and glasses through the Lions Club, which she received
- ◆ She was provided some transportation to look at apartments
- ◆ She participated in some afternoon programs, such as journal writing

Julie found part-time work at a local restaurant and was then approved by SCS to receive help with a security deposit and rent money. Soon after she found an apartment to move into and a landlord willing to work with her. She was then the recipient of the donation of household items by Hundred Nights donors to get her on her feet. While everything is not all roses, Julie is much further ahead of her previous situation, and is working hard to stay there. She still thinks of the people at the Open Doors Resource Center as part of her family, and most recently has started volunteering at some of the fundraising events!

HOME HEALTHCARE, HOSPICE & COMMUNITY SERVICES

Members of the **Keene Lions Club** brought a great deal of Christmas cheer to the Meals on Wheels program at Home Healthcare, Hospice and Community Services with a wonderful donation toward a new “Hotshot” truck. The truck will be used to deliver Meals on Wheels throughout Cheshire County, holding the

meals at safe temperatures for delivery. The program is currently delivering over 500 meals a day to seniors. Left to right: Lion Bea Record, Maura McQueeney, CEO at HCS, Bill Beauregard, President of the Keene Lion’s, Mike Forrest, Lion, Gia Farina, Sareen Sarna, and Susan Ashworth with HCS.



CHESHIRE MEDICAL CENTER

Thank you, **Fenton Family Dealerships**, for your gift to Cheshire Medical Center’s COVID-19 Fund! Your donation supports the Medical Center’s ongoing response to the pandemic and will help us to care for and keep safe our patients and employees. We are incredibly proud to belong to a community committed to taking care of its own, and humbled by such generosity. (Pictured L—R: **Donovan Fenton; Katie Fenton; Bill Fenton**, Owner, Fenton Family Dealerships; **Katherine Richardson**, Director of Leadership Giving, Cheshire Health Foundation; and **Sandie Phipps**, Vice President, Philanthropy and Community Relations, Cheshire Health Foundation).



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/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 - The River Center (In Home)

This NEW River Center initiative is looking for tutors willing to work with students during the remote period to help offer tutoring support via Zoom. Tutors will define subjects they are willing to support and the grade level students they are willing to work with. Subjects offered: English, Math, Social Studies, History, Science, Early Literacy Support. In addition, there is an option for tutors who want to be read to by elementary readers. They are also looking for overseers willing to participate in the weekly zooms and help partner tutors and students in the zoom environment.

Training will be available for these positions. Volunteers should be comfortable with children and basic zoom technology. Education background or experience appreciated, but not required. If you are interested in volunteering please reach out to us at 357-6893 or by emailing Pat or Jazmin at pdixe@mfs.org/jbelcoure@mfs.org

Become a Tax Aide with The River Center (In Home/limited contact)

The River Center would love to work with you! They will be conducting Drive-Thru Valet VITA and Virtual VITA (including facilitated self-assistance) tax preparation methods this year due to Covid-19 precautions. Because of the training involved volunteers will need

to commit to 1-2 time slots/week of 3-8 hours, but there is room for flexibility. They are most in need of intake volunteers.

All volunteers will need to pass IRS Volunteer Standards of Conduct Certification be cordial and treat taxpayers with respect at all times, maintain taxpayer confidentiality, accept NO form of payment, monetary or otherwise, inform the site coordinator of any absence from a scheduled session and arrange for a substitute as soon as possible.

If you are interested in volunteering please reach out to us at 357-6893 or by emailing Pat or Jazmin at pdixe@mfs.org/jbelcoure@mfs.org

Work to fight the housing crisis – Monadnock Area Transitional Shelter (MATS) (In Home)

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

Tutor adult learners - Keene Community Education (In community or home)

Keene Community Education is looking for volunteers who want to start the New Year off right by helping adult

VOLUNTEER OPPORTUNITIES CONTINUED

learners in our area. Our two main programs, teaching English as a second language and teaching adults who need their high school equivalency certificate, are in need of tutors who can work one-on-one with students or who can work in a classroom setting. Flexible hours, 'job' satisfaction, and plenty of fun guaranteed! Contact Pat at PDixe@mfs.org or give us a call 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

- New Precautions and Procedures
 - 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.

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 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 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 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

VOLUNTEER OPPORTUNITIES CONTINUED

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 or you can visit 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. To learn more about them, visit 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 or contact Jane Parayil at 603-354-5454 ext. 3030

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. Here is a link for some basic tips, <https://www.thesprucecrafts.com/card-making-tips-and-tricks-4114150> but there are 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

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 a home build in 2021. 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

Train to be a Hospice Volunteer (Training In Home) - ***This role may be altered or suspended due to Covid-19***

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,

VOLUNTEER OPPORTUNITIES CONTINUED

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 or by calling 603-357-6893

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.



MONADNOCK RSVP VOLUNTEER ZOOM COFFEE WEDNESDAY JANUARY 20 AT 10:00

Zoom Coffees are continuing as our ³³new normal³³! 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 and we will email you the Zoom link prior to the meeting. We look forward to seeing you!

Yes, you should smile behind your mask!

FACIAL EXPRESSIONS ARE KEY TO SOCIAL CONTACT

According to Alex Sel, psychology lecturer at the University of Essex, the face is one of the most “important places in the body to look at for social information” – perhaps the most important place. Research also shows that when you smile, you tend to view others’ facial expressions more positively. Sel performed a study in which subjects were asked to adopt a smile or a neutral expression while rating the happiness level of people in pictures, as electrodes measured their brain activity. Her team found that, based on activity in the visual cortex, people were more likely to perceive neutral faces as positive when they themselves were smiling.



BUT DON'T FAKE IT TILL YOU MAKE IT

Although smiling conveys important social cues, it may not affect our emotional state as strongly as the psychology community was led to believe by a widely cited 1988 study. The two experiments were designed to test the facial feedback theory, which hypothesizes that the act of smiling, regardless of the feeling underneath it, influences our sense of well-being. Subjects were instructed to view cartoons while either holding a pen between their teeth in a way that approximated a smile or with a pen between their teeth in a position that inhibited smiling. They perceived the cartoons as funnier when their mouths were arranged more like a smile, which seemed to prove the legitimacy of the facial feedback theory. The findings, however, are now considered controversial within the psychology community because the results have not been widely replicated.

THE EYES TRULY ARE THE WINDOW TO THE SOUL

It turns out, humans are really good at reading eyes. According to research, we respond “instinctively” to eye contact. The results of an Evolution and Human Behavior study, in which analysis of people’s gaze during a shared meal followed certain patterns, suggest that our eyes evolved to facilitate nonverbal communication. Another study found that oxytocin, also known as “the love hormone,” increases the amount of time people gaze at the eye region of the face.

Still not convinced your “Before Times” smile speaks for itself behind a face covering? Try “smizing.” This term coined by Tyra Banks, refers to smiling with your eyes. The more intense your smile, the more likely your eyes are to crinkle at the corners. To do it, gently squint your eyes while relaxing the rest of your face.

BODY LANGUAGE MATTERS



A smile can speak volumes – but so can body language. This is especially relevant for people with autism, for whom masks create a significant barrier to reading other people’s expressions, and for people with hearing impairments who rely on lip-reading, Sel says.

A nod, a wave or a “hello” can also create connection, Bea de Gelder, the professor at Maastricht University says it’s harder to spontaneously engage in friendly gestures without a smile. She explains that the face, voice and body normally “hang together.” In other words, you’re naturally inclined to wave enthusiastically if you’re already smiling. If your expression is neutral, it takes more conscious effort to ramp up your body language.

So smile behind your mask as you wave hello. Not only is your obscured smile still discernible, but it will also help you find the energy for the nod, wave or hello that will seal the sentiment.

You can see the entire article here <http://wapo.st/2Md1fox>. Pam Moore (2020, October 12) Yes, you should smile behind your mask. Here’s why. *The Washington Post*.



RECIPES TO SHARE

Sweet and Sour Chicken

ENJOY THIS HOMEMADE TAKE OUT THAT IS QUICK AND EASY AFTER WEEKS OF COMFORT FOOD AND TREATS!

INGREDIENTS

1 cup chopped onion
 1/3 cup sugar
 1/3 cup ketchup
 3 tablespoons cornstarch
 3 tablespoons vinegar
 2 tablespoons soy sauce
 1 tablespoon fresh ginger minced
 1 lb. boneless chicken, cut into 1 inch pieces
 2 (8oz.) cans of chunk pineapple, drained
 1 large green pepper, cut into 3/4 inch pieces
 1 large red pepper, cut into 3/4 inch pieces

*Optional: Add a little red pepper flakes or hot sauce if you like it a little spicy and other vegetables.

3 cups hot cooked rice

DIRECTIONS:

Combine the sugar, ketchup, cornstarch, vinegar and cornstarch together until smooth. Put chicken in crockpot and add the remaining ingredients and pour sauce over. Cover and Cook on low for 6 hours or on high 4 hours. Adjust your sauce to your desired consistency with water or a slurry of more cornstarch. Serve with rice.

We want to hear from you!

Monadnock RSVP will be sending out year-end surveys to RSVP volunteers, stations, and NID volunteers and recipients (program specific) in the upcoming weeks. Your help is greatly appreciated so that we have a good understanding of your current situations and how we may be able to adjust to the changing needs in your lives and organizational operations. It is together with our partnerships and relationships that we are better, stronger and have the ability to face the challenges!

Childrens Literacy Foundation Book Club

Dan Brown of *The Da Vinci Code* Joins the Children's Literacy Foundation (CLiF) for Book Club for Grown-ups Feb. 12th



CLiF's next Book Club for Grown-ups will be on Friday, February 12, at 7 p.m. EST! Best-selling author Dan Brown will join us to discuss the latest

book in his Robert Langdon series, *Origin*, as well as talk about his new children's book, *Wild Symphony* (see the book's World Premiere Concert here: <https://wildsymphony.com/world-premiere-concert/>).

Dan Brown is the author of numerous #1 bestselling novels, including *The Da Vinci Code*, which has become one of the bestselling novels of all time as well as the subject of intellectual debate among readers and scholars. Brown's novels are published in 56 languages around the world with over 200 million copies in print.

The discussion will focus on Brown's latest novel, *Origin*, which explores two of the fundamental questions of humankind: Where do we come from? Where are we going?

Sign up here: https://docs.google.com/forms/d/e/1FAIpQLSdNO6SCam-ruougVo1YSS-_dKyuNJ8oyqajgGVbZ3Ym9CKJwhw/viewform to get the Zoom link (sent the week of the event). Even if you don't read the book, join the live conversation with the author for an enjoyable evening.
www.clifonline.org



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