

MONADNOCK

www.monadnockvolunteercenter.org

Email: rsvp@mfs.org

RSVP VOLUNTEER CENTER

FROM THE DIRECTOR

A Warm Hello RSVP Friends!

The holidays seem long behind us as each day we get closer to spring and gain minutes of daylight. I am sure, like me, you have growing anticipation to see color and new growth around us. When I think of spring showers, it reminds me of Jean Benson who was a wonderful Neighbors-In-Deed volunteer when I first began at RSVP. Instead of griping like some people when it seemed like it rained for endless days she would say, "It will make everything green".

It may come as no secret that researchers have found that your mind can have a powerful effect on your body. Positive thinking can impact your ability to cope with stress and your immunity. But it also has an impact on your overall well-being. The Mayo Clinic reports a number of health benefits associated with optimism, including a reduced risk of death from cardiovascular problems, less depression, and an increased lifespan.

I have found in my experience that volunteers are positive people. By serving others, volunteers often experience a positive feeling which has been referred to as "helpers high". So often our volunteers say, "I love what I'm doing", "I get more than they give", "It is the highlight of my week" or "It's what keeps me going".

I know that very feeling. In December Pat and I helped wrap presents for the Keene Housing Kids Collaborative Holiday Bazaar and it was one of the most heartwarming moments of my holiday season. It was incredibly touching to talk with the children about how they chose their gifts and hear about their families, and you could tell they put a lot of thought into their gifts. In fact, some of the kids were bouncing with excitement!

While not every day can be a sunshiny day, thinking of those days when you made someone else's can help rejuvenate the spirit and remind you of what you are grateful for. So, if life is getting you down a bit and it is difficult to find something to be thankful for, do a good deed for someone else and you will notice very quickly how great it makes you feel.

Warm regards,

Kathy Baird

"A single act of kindness throws our roots in all directions, and the roots spring up and make new trees. The greatest work that kindness does to others is it makes them kind themselves." - Amelia Earhart

WELCOME NEW RSVP VOLUNTEERS!



Nancy Arnold
Fred Black
Jonathan Davis
Robert Donnelly

Toni Gildone
Kathie Rogalski
Steve Hertford

Spread the word: RSVP is asking for your help! Please pass along our newsletter to a friend to help get the word out about our program and service opportunities.

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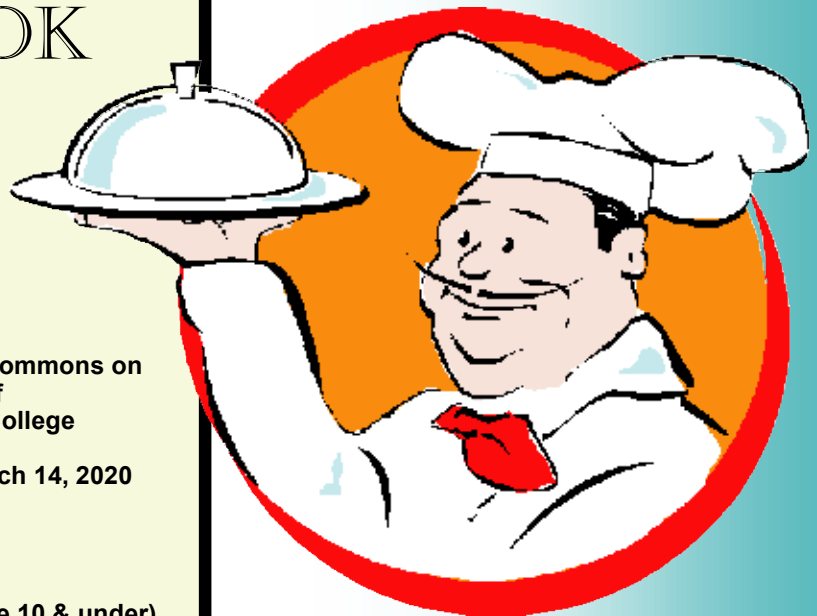
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Monadnock Family Services

**MEN
 WHO
 COOK**

**A delicious feast prepared by
 the best cooks in the
 Monadnock Region!**



**Zorn Dining Commons on
 the campus of
 Keene State College**

**Saturday, March 14, 2020
 6:00 PM**

Tickets:
 Adult \$25
 Child \$7 (age 10 & under)

**Seating is limited.
 Reservations: Mary Delisle
 283-1568 / mdelisle@mfs.org**

**Or
 Purchase your tickets at
 Prime Roast Coffee Company
 16 Main Street, Keene**

**Beneficiary: America Reads, a Monadnock
 RSVP Volunteer Center program**

- 1,164 children**
- 105 volunteers**
- 16 elementary schools**
- 16 towns**
- 11 early learning centers**



America Reads Volunteers take notice!

**SAVE THE DATE
 AMERICA READS BOOK FAIR**

**Monday April 20th and 21st
 details to follow**



A Remembrance of Evelyn Fortune

It is with great sadness that we share with you that Evelyn our dear friend, volunteer and America Reads training facilitator passed away.

Evelyn joined Monadnock RSVP Volunteer Center in 2008 and remained active with us until February 2020. Over the course of her 1,400 hours of volunteer service, Evelyn touched many lives by knitting items, providing literacy support to children, and preparing volunteers to work with struggling students in America Reads.

Those who knew Evelyn can attest to her enthusiasm to make reading fun, a message that she conveyed to new volunteers. She loved the Annual Book Fair and spent much time choosing books for her students based upon their interests. Pat Dixe reflects upon her experience working with Evelyn, "I hope she realizes her wonderful attitude about her young students communicated almost as much as her words. I want her to know that I came away from her presentation with positive, forward thinking feeling about the program."

Evelyn enjoyed her volunteer service immensely and was graced with certificates of appreciation, special luncheons, and many thanks. She loved the fact that the children were eager for her to come and were glad to work with her. It was a "great esteem builder". A teacher at Frankestown Elementary School said, "Evelyn was a wonderful and vibrant person. Her time and dedication to her students was immeasurable. Her passion for tutoring children was part of who she was. We will miss her dearly."



CHANGE IS NEVER EASY

As some of you may have read in the paper; The Monadnock United Way has been experiencing a decline in their community funding and in response they have decided to realign itself to a size that is sustainable, yet still impactful. MUW will be working in a Collective Impact model that focuses on partnerships and activities that support the overall well-being of children and families in the areas of emergency housing and access to food, early childhood success through supports including quality childcare, early learning and development of social-emotional skills, and family resources including access to services, parent education and wrap-around supports.

After decades of MUW funding for which we are grateful, our partnership will end after April 30, along with 22 other programs at 16 agencies. We are optimistic that with the help from Monadnock Family Services and the CNCS Northeast Regional office we will mitigate this loss. Despite this set-back, providing excellent customer service and quality programming to our volunteers, partner sites, children and vulnerable people in our community remains our priority.

For more information on the MUW funding, funded partners and frequently asked questions visit www.muw.org.



Social Security Fraud

WARNING SCAM ALERT!

The Social Security Office of the Inspector General is Warning the public about a new twist to the social security phone scams. The SSA Office of the Inspector General (OIG) has received reports of victims who received emails with attached letters and reports that appeared to be from Social Security or Social Security OIG. The letters may use official letterhead and government “jargon” to convince victims they are legitimate; they may also contain misspellings and grammar mistakes. The scammers may also send faked documents by email to convince victims to comply with their demands.

This is the latest variation on Social Security phone scams, which continue to be widespread throughout the United States. Using robocalls or live callers, fraudsters pretend to be government employees and claim there is identity theft or another problem with one’s Social Security number, account, or benefits. They may threaten arrest or other legal action, or may offer to increase benefits, protect assets, or resolve identity theft. They often demand payment via retail gift card, cash, wire transfer, internet currency such as Bitcoin, or pre-paid debit card.

As SSA continues to increase public awareness of phone scams, criminals will come up with new ways to convince people of their legitimacy.

Please note that SSA will never:

- threaten you with arrest or other legal action unless you immediately pay a fine or fee
- promise a benefit increase or other assistance in exchange for payment
- require payment by retail gift card, cash, wire transfer, internet currency, or prepaid debit card
- send official letters or reports containing personally identifiable information via email.

If there is ever a problem with your Social Security number or record, in most cases SSA will mail you a letter. If you do need to submit payments to SSA, the agency will send a letter with instructions and payment options. You should never pay a government fee or fine using retail gift cards, cash, internet currency, wire transfers, or pre-paid debit cards. The scammers ask for payment this way because it is very difficult to trace and recover.

If you receive a call or email that you believe to be suspicious, about a problem with your Social Security number or account, hang up or do not respond. The public is encouraged to report Social Security phone scams using SSA’s dedicated online form, at <https://oig.ssa.gov> and share this information with your friends and family.



Clothing Resource for Women

LINDA’S CLOSET ANNOUNCES BOARD CHANGES & WELCOMES NEW VOLUNTEERS

Linda’s Closet voted in two new co-chairs and a new board member at their annual meeting on January 9th, 2020.

Diane Bogdan, newly elected co-chair is a Keene resident and local business owner. She opened her Reiki business, Soothing Sessions, LLC in 2017. A registered nurse of almost forty years, she is currently working at American House Senior Living. Diane is a proud mother to two adult children, Margaret and David, and four grandchildren. Diane has been a volunteer with Linda’s Closet since May of 2016, beginning board service as a member in January 2017. Diane is also a former Kiwanian.

Pat Barber, newly elected co-chair and longtime Keene resident begins this year with five and half years of service on the board of Linda’s Closet, for which she served as treasurer in the first two and half. Pat has worked as a paralegal for Phenix Title Services in Keene for the past sixteen years. In addition to Linda’s Closet, she brings her helping hands for service to the St. Vincent DePaul Food Pantry as treasurer and at breakfast service for the homeless. Pat is also an elections volunteer for the primary and national elections in Keene. Pat is mother to two daughters, Heather and Caron and proud Gigi to Molly and Piper.

Lisa Beckwith is the newest board member. She is the Marketing and Development Specialist at Monadnock Region Humane Society in Swanzey, NH. She has been a volunteer with Linda’s Closet since April of 2019. Lisa brings years of previous non-profit board service and leadership skills to Linda’s Closet. Lisa resides in Winchester, NH with her husband David and her dog Ash.

Outgoing Co-Chair Kathleen Birch says “I am delighted the Closet will remain in the hands of board members who have had many years of experience leading our organization and I look forward to seeing the Closet continue to grow in the coming year.”

The dynamic women of Linda’s Closet also celebrate the addition of two new volunteers; Sue McGinnis and Lois Kitz, both of Keene, NH.

Linda’s Closet is a 501c3 that was founded in memory of Linda Oliver who passed in December of 1998. Linda wanted to help women “who are trying to set goals for themselves.” The free clothing resource is located at 43 Cypress Street in Keene, NH, and operates as an all-volunteer organization in service of women entering or re-entering the workforce and working women on a budget. Linda’s closet stocks prom dresses, medical scrubs and pajamas in addition to work and casual attire. For more information about Linda’s Closet, please visit www.lindascloset.org or by phone at 603-357-1015

NEIGHBORS-IN-DEED

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

HINSDALE

This 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 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. 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. 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 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 in the 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.

This 73 year old woman was born in Brooklyn 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 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 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 and moved to the area from New Jersey where she had been living with her sister until she passed 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 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

NEIGHBORS-IN-DEED CONTINUED

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 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 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 flat lander. She was an avid hiker and at one point would lead guided hikes with her alpaca's up Mt. Washington. She enjoys 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.

"Empathy has no script. There is no right way or wrong way to do it. It's simply listening, holding space, withholding judgement, emotionally connecting, and communicating that incredibly healing message of "you're not alone."

- Brene Brown, research professor at the University of Houston Graduate College of Social Work.

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 has just been released from a nursing home after rehabbing from a series of falls. She is now pretty much confined to a wheelchair, and hoping for visitor to provide some company.

WALPOLE

This 101 year old woman lives in Walpole, she has a daughter who lives nearby who was coming daily but has come into some health issues herself. The care recipient does have some home keeping services and meals-on-wheels but her family would like to find a volunteer who could check on her in the middle of the day. She does have significant short term memory loss and would need to meet a volunteer with one of her family members present until she becomes comfortable. She can still walk but is fairly unsteady, a wheelchair would be necessary for going out.



SAVE THE DATE ANNUAL NEIGHBORS-IN-DEED PICNIC!

Wednesday, June 10th
Keene State Camp on Wilson Pond

Join us with your care recipients to enjoy this lovely location, delicious food and good company. We hope you'll make it!



REMEMBER TO
like us on
facebook®



Dear RSVP Friends,

On behalf of Liz Chipman for the Keene Kids Collaborative, we send her words of thanks for helping the kids have a great Christmas!

Thank you for contributing wonderful items and for volunteering at the
Kids Holiday Bazaars 2019!

Over three festive nights, gift guides guided, wrappers wrapped, and a wonderful time was had by all!

Because of you

Every one of the

143 children

Who entered our Holiday Bazaars were greeted with smiles, warmth and a big dose of holiday spirit!

And, best of all, they left with

751 gifts

wrapped and ready for giving to their families

Holiday Door Contest



It was a HOHOHO and a HAAAAHA Christmas! The RSVP program brought it this years for the holiday door-decorating contest! Jazmin and Pat (Door # 2) got the most creative and favorite and Kathy (Door # 1) got funniest. Now to plan how to top that for next year!

VOLUNTEER OPPORTUNITIES

THROUGHOUT THE MONADNOCK REGION

Be a lifeline give a lift! Become a Volunteer Driver - CVTC

One of the greatest needs in the Monadnock Region is transportation. There is currently a woman in Greenville with cancer and no way to get to the doctor, and her situation is not unique. By signing up to drive with CVTC you can give a ride to a person in need when you have the time available, and you don't have to commit to a regular schedule.

Volunteer drivers are needed throughout the entire region to assist people who do not have access to transportation because of age, ability, economic situation or other limiting circumstances. However, there are twelve towns in the Monadnock region with zero drivers. Those towns are; Gilsum, Greenville, Marlborough, Marlow, Roxbury, Stoddard, Sullivan, Surry, Temple, Troy, Westmoreland, and Winchester. Trips may include local and long distance medical appointments and other basic needs. Volunteers can choose the ride requests that work with their schedules.

Monadnock Habitat for Humanity Keene Build Scheduled to begin in April

Habitat for Humanity has procured a piece of property at 0 Armory Street. They are hoping to break ground in the spring of 2020. This spring they will be recruiting for "day of" volunteers but in the lead up to the build they are in need of some volunteers for specific roles. If you are interested in becoming involved please call our office at 357-6893 or email Jazmin at jbelcoure@mfs.org

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

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

Blood Drives - American Red Cross

Drives are held on an episodic basis throughout the Monadnock region during weekday business hours and on Saturdays. Time commitment is typically a 2 1/2 hour shift.

The following positions are essential to make each drive run smoothly and efficiently:

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

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

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

Court Appointed Special Advocate (CASA) volunteers are needed!

Become part of a community of vibrant, committed volunteers who are getting tremendous satisfaction making a difference in a child's life. Our volunteers tell us that they love putting their skills to use in a meaningful way with challenging, stimulating, emotionally rewarding work. While we cannot provide any financial compensation, our volunteers enjoy intangible benefits such as stimulating work, ongoing support, new social connections and – above all – doing something that directly impacts a child's life.

CASAs, in advocating for the best interests of children in abuse and neglect cases within the court system, strive to provide better outcomes for children so they grow up in safe, permanent homes. The hope is they can help break the cycle of abuse.

Volunteers visit assigned children monthly, they complete court reports, and they interact with parents, extended family members, attorneys, social workers, foster care

VOLUNTEER OPPORTUNITIES CONTINUED

providers and judges all the while advocating for the best interests of the children.

Qualifications, skills and training required:

- Undergo screening and 40 hours of pre-service training
- Commit to the life of the case (averages 2 years)
- Time commitment of 15 hours per month
- Flexibility to attend court hearings
- Transportation
- Written and oral communication skills
- Comfortable with word processing, email, and internet research
- Ability to relate to a diverse population
- Confidentiality and objectivity

Cases are assigned out of Keene CASA Office - could report to Jaffrey/Peterborough or Keene Courts, children typically located in the area where the case originates.

For more information, please contact:

Diane Valladares

Director of Recruitment

diane@casanh.org

603-626-4600, ext. 2106

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

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

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

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

Jaffrey - Monadnock Adult Care Center (MACC)

• The Monadnock Adult Care Center offers supportive and structured care during the day to adults with physical, emotional, or social challenges. Our mission is to improve the quality of life of our members, their families, and caregivers while we support an individual's efforts to remain independent.

• Our program helps older adults remain in their homes as long as possible. It provides respite care for families. We offer activities that maintain or improve the physical, mental, and social well-being of our members.

• MACC is a partner agency of Monadnock RSVP if you are interested in volunteering with MACC please contact Jazmin Belcoure at jbelcoure@mfs.org 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

Keene - The Castle Center

• Why stay at home when the Castle Center at HCS' Keene office is just around the corner offering entertainment, socializing, cards, games, arts and crafts, as well as peace and quiet.

• The Castle Center is available on weekdays from 8 a.m. - 4:30 p.m. for those who just need a little help, as well as those with more specific needs.

• Mondays, Wednesdays, and Fridays are the days volunteers are most needed and the minimum commitment is for three months.

• For more information or to volunteer, please contact Catherine Braught, Nurse Manager at 355-8281.

Help tutor adult learners with Keene Community Education

Keene Community Education is an adult education center serving adult learners across the Monadnock Region 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.

VOLUNTEER OPPORTUNITIES CONTINUED

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."

Help your local library

Keene – The Keene Public Library is seeking volunteers to serve as a Greeter and Wayfinder. In this role you would be the first point of contact for library visitors - welcoming them, providing directions and referring them to the appropriate area for specific assistance, and answering general questions about the library. Training is provided. Volunteers should be able to sit for an extended period of time, stand and walk for short periods, and be able to lift/move up to 25 pounds occasionally.

Volunteers are needed Monday through Saturday during regular hours. Shifts are 9 a.m. – noon, noon – 3 p.m., 3 – 6 p.m. and 6 – 9 p.m. Volunteers are asked to commit to six months. If you are interested in volunteering, please contact Tammy Parrott at 603-757-1846.

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

Business Savvy? - Monadnock SCORE

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

WITHIN CHESHIRE COUNTY

Keene Community Kitchen

Hot Meal Prep

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

Wrap silverware for meals

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

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

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

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

VOLUNTEER OPPORTUNITIES CONTINUED

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

1. Recovery Coaches work one on one with people in recovery from addiction to help remove obstacles and find pathways to recovery. Recovery Coaches receive training and continued support through the Recovery Coach Academy program and SC's Orientation and Volunteer training programs. Topics covered include ethical considerations, HIV/AIDS, and suicide prevention.
2. Front Desk Support volunteers greet visitors, answer the phone, provide light administrative support to staff (filing, copying, collating), and provide light cleaning/organization. Front Desk Support volunteers receive one-on-one training from the volunteer coordinator and SC staff. The Center is open Monday – Friday from 9am – 5pm and volunteer shifts are 2-4 hours or are project based. Front Desk volunteers are asked to make a 3 month commitment.

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

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

Provide an hour of music for kids with special needs! Cedarcrest Center for Children with Disabilities –

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.

Linda's Closet Volunteer Clothing Consultant -

Do you have a flare for clothing and fashion? Linda's Closet, a resource for free clothing and career advice in Keene, is seeking volunteer consultants to assist clients with clothing choices. Available times are Wednesday 6:00-8:00 p.m., Thursday 11:00a.m.-2:00 p.m. and 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.

Help Seniors Stay on their feet! - A Matter of Balance

Chances are you know someone who has fallen or is afraid of falling. Matter of Balance is a proven program designed to help people manage their concerns about falls, become more independent and learn falls are not a necessary part of aging. The program has been offered in Keene since 2015, but there is now a waiting list of participants.

Volunteer Coaches are needed to continue this valuable Fall Prevention program. Linda Cook, on behalf of Dartmouth, is looking for adults willing to co-facilitate and encourage small groups of older adults to share and learn practical strategies to manage falls and become more independent and active. The only qualifications are good communication and interpersonal skills, enthusiasm, dependability, commitment and ability to lead low level exercises. Dartmouth is offering free training with ongoing support.

Call Linda Cook at 603-313-2931 to sign up or for more information!

WITHIN WESTERN HILLSBOROUGH COUNTY

Help Distribute food one afternoon/evening a month – Rindge Food Pantry

The Rindge Food Pantry is looking for people on Thursday afternoons between the hours of 2:00 and 6:00 who are willing to commit two hours or more a month. Volunteers will help to fill bags with needed food, which include cans and frozen meat. Training will be provided! The Pantry is also in search of drivers who would be willing to drive to Keene to pick up food donations and transport them back to the Pantry.

VOLUNTEER OPPORTUNITIES CONTINUED

Please reach out to Jazmin either by phone at 283-1681 or email jbelcoure@mfs.org for more details about volunteering with the Rindge Food Pantry.

Volunteers are needed at a therapeutic riding program – Touchstone Farm

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

Cornucopia Garden Teachers -

Program Period: The week of April 20th through the week of June 12th

Classes are 1 hour long and include a weekly theme for building students' knowledge.

You'll be helping students prepare the raised beds, plant seeds, transplant seedlings, build trellises, and learn to maintain their Spring garden.

This position involves kneeling, lifting, and the general labor of garden work.

Volunteers should have experience working with children and be willing to brave the Springtime elements.

It is possible to only volunteer at one school, however if there is more interest than need, priority will be given to volunteers who can commit to the entire day.

If interested please contact Jazmin at jbelcoure@mfs.org or by calling 357-6893 and she can give you more details on the school schedules and slots available.

Monadnock Community Hospital Greatly in Need of Volunteers -

Monadnock Community Hospital has an opportunity or a schedule to fit almost every interest or need. Volunteers can serve in the gift shop not only by helping customers to shop but also providing comfort and reassurance to patients and/or their families as they fill their down time. You can also provide guidance to visitors at a number of greeting desks, or support to the staff in the mail room, HR or by putting your handyman skills to use. Schedules can be regular or vary as needed. For more information about volunteering with the Monadnock Community Hospital contact Jazmin Belcoure at jbelcoure@mfs.org or by calling 352-5698.



RECIPES TO SHARE

Strawberry Spinach Salad

INGREDIENTS

- 2 Bunches of Spinach, washed and torn into bite sized pieces
- 4 cups of sliced Strawberries
- Salad Dressing:
 - ½ cup of vegetable oil
 - ¼ cup of vinegar
 - ½ cup of white sugar
 - ¼ tsp. of Paprika
 - 2 Tbs of Sesame seeds
 - 1 Tbs of Poppy seeds

DIRECTIONS:

In large bowl, toss together spinach and strawberries. In medium bowl, whisk together oil, vinegar, sugar, sesame seeds, and poppy seeds. Pour dressing over spinach and strawberries, toss to coat. Enjoy!

"I have lived a thousand lives and I have loved a thousand loves. I've walked on distant worlds and seen the end of time. Because I read."

SAVE THE DATE!



Shelter From The Storm will be holding their Sixth Annual TASTE OF MONADNOCK & BEYOND FOOD & WINE FESTIVAL at the WOODBOUND INN, Rindge, NH on Sunday, May 31st from 5 to 8:30 pm.

Once again Rudy Rosalez has generously donated the use of his buildings and grounds for this event. ALL proceeds go to fulfill their mission to provide transitional housing and support programs for the homeless.

There will be live Rock & Roll music by SheepDip, over 50 vendors including well-known wineries, restaurants, local growers, brewers, cooking demos, local artwork, raffles, and much more. This year we will again be raffling off "A Year of Wine" with a few more surprises! Have a "Tasting Dinner" with us. Enjoy the different specialties each restaurant has to offer, find a new restaurant or wine you might enjoy or a piece of art from the Monadnock region and Beyond.

For information contact 603-532-8222. Tickets on sale at the Jaffrey Chamber, Woodbound, Sunflowers, Shelter Office or online at www.shelterfromthestormnh.org. Tickets will also be available at the door. Charge cards are accepted. Tickets \$40 in advance - \$50 at the door. Group rates of 10 tickets are \$350.



Monadnock RSVP

code: Ag065

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JOIN US
FOR OUR
COFFEE HOUR!



WEDNESDAY, MARCH 18TH AT 10:00 AM

Sip a cup of coffee and catch up with your fellow volunteers or bring a friend and introduce them!

Monadnock RSVP Volunteer Center
64 Main Street, Suite 212 • Keene, NH 03431

Parking is available in the Wells Street parking garage located on Railroad Street (behind our office building) or in the long-term lots off of Gilbo Avenue where you can find 10 hour meter parking.

If you are planning on attending please contact Jazmin at jbelcoure@msf.org or call the main office at 357-6893