

MONADNOCK

www.monadnockvolunteercenter.org

Email: rsvp@mfs.org

RSVP VOLUNTEER CENTER

FROM THE DIRECTOR

Dear RSVP Friends,

Senior Corps Week is May 15 – 19 and it is a time in which we celebrate the 245,000 RSVP, Foster Grandparent, and Senior Companion volunteers who make an important impact on our nation. During this special week we recognize not just the durability and effectiveness of Senior Corps’ legacy – but also the unique ability that Americans 55 and over possess to use their wisdom, professional skills, and experience to cultivate and nurture the kind of change that makes a lasting generational impact.

Across the country Senior Corps volunteers tackle tough social, economic, cultural, and humanitarian needs through volunteer service. Whether Senior Corps volunteers are improving the life of a child, helping those in need of a friend and advocate, providing basic human needs, or responding to a disaster, Senior Corps Week was created to make sure those volunteers know just how important their work is. Many organizations simply could not deliver services as effectively, efficiently or even exist at all without them.

Monadnock RSVP has over 275 registered volunteers from all walks of life who share a common dedication to serve in meaningful ways to make a difference in the lives of some of our most vulnerable residents. RSVP volunteers are serving at over 40 different nonprofit and public agencies and in our America Reads and Neighbors-In-Deed programs throughout the Monadnock Region. During 2016 RSVP volunteers gave 13,547 hours of service which, according to the Independent Sector’s value of volunteer time in New Hampshire in 2016, is valued at \$337,320.

Nationally, Senior Corps volunteers have served 74.6 million hours at 28,100 locations. The frail elderly received 840,000 hours of independent living services, 267,000 hours of literacy support and mentoring were provided to children, and 78,000+ individuals received job training. Without a doubt, this is a cost-effective solution to meet our community’s most pressing problems!

During Senior Corps week and every day we are thankful for all the individuals, groups, community partners, businesses, and SENIOR CORPS VOLUNTEERS that make our community here in the Monadnock region and nationwide stronger, healthier, safer, and more resilient.

Warm regards,

Kathy Baird

“When we give cheerfully and accept gracefully, everyone is blessed.”

- Maya Angelou

WELCOME NEW RSVP VOLUNTEERS!



- | | |
|---------------------------|-----------------|
| Kelly Dodge | Aperr Naadzenga |
| Nancy Hansen | Grace Naadzenga |
| Bob Lindemann | Kathy Searles |
| Billie Marks | Sandy Taylor |
| Ginger (Virginia) Mattson | |

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

America Reads Fair & Training	2
Grant Awards	3
ARC Free Alarm Program	4
Advanced Care Planning	5
Omnibus Spending Bill	5
Volunteer Opportunities	6-7
Neighbors-In-Deed	7-8
Recipes to Share	9
Volunteer Coffee Hour	9
First Day Project	10

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America Reads Book Fair



Monadnock RSVP was thrilled to receive a \$2000 grant from the Bean Family Foundation! We augmented that grant with CNCS funds, which combined were used to purchase books for children throughout our region who benefit from the America Reads program. We enjoyed seeing volunteers attend our annual America Reads book fair and make selections for their students. More than 700 new books are in the hands of students and teachers around the region.

We all agreed that this event is a bright spot in the year. There is nothing quite like putting a new book in the hands of a child!



AMERICA READS TRAINING SCHEDULED FOR SEPTEMBER, 2017

The America Reads program will train a new group of volunteers this September to add to our team of 85+ volunteers who promote literacy and provide literacy support to children in the Monadnock region. We are actively recruiting volunteers for two new locations - the Monadnock Community Early Learning Center (Peterborough) and Ashuelot Head Start (Winchester/Hinsdale area). In addition, we continue to expand our volunteer placements in schools where we are currently serving. The commitment is for one hour, once a week, throughout the school year.

If you are interested in becoming a volunteer you are required to attend a training class. Prior to the training, volunteers need to complete an interview, as well as criminal background and reference checks. Please contact Allison Riley at 283-1686 or ariley@mfs.org for more information and to schedule an interview.



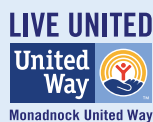
America Reads training dates (RSVP required)

Wednesday, September 13th, noon - 4:30 p.m. (Peterborough)
 Tuesday, September 19th, 9 a.m. - 2 p.m. (Keene)

RSVP OFFICES

In Keene:
 64 Main Street, Suite 212
 Keene, NH 03431
 Phone: (603)357-6893
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 22 North Street
 Jaffrey, NH 03452
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RSVP RECEIVES WORD ABOUT FEDERAL AND LOCAL FUNDING AND SETS COURSE FOR THE FUTURE

At the time of our last newsletter, RSVP had just submitted our grants and we were anxiously waiting for the results. I received the Corporation for National and Community Service's renewal feedback letter while I was on my annual vacation to Cozumel, which was the perfect place to celebrate!

Senior Corps has implemented an extensive renewal application review system in order to provide appropriate feedback to applicants. The application review is a consistent process for all year 1 RSVP applications; reviewers utilize a standard review rubric aligned with the application instructions. We received an excellent rating which reflects that the application is compelling, convincing, and shows the highest potential for program success.

Here are several specific examples of strengths and/or weaknesses of our application:

- The applicant clearly and convincingly connects a community need and the service activities to a National Performance Measure output and OUTCOME pair appropriate to the number of total volunteers.
- The total number of unduplicated volunteers exceeds the minimum number of unduplicated volunteers engaged in required activities.
- The applicant goes beyond what was requested, and commits to National Performance Measure outcomes that address the community need. Highest probability that outputs and outcomes will be achieved based on resources, program design and the number of volunteers engaged.
- The applicant has partnered with volunteer stations that will assist in recruitment and development of volunteers.
- The applicant is actively managing retention activities including volunteer satisfaction measurement.

At the end of April we learned that Monadnock United Way allocated RSVP \$21,500 to support our program, which is a significant cut from our previous funding of \$32,000. Based upon the review team's general comments, they did not fully understand the breadth of our program. This, certainly, puts an added challenge on us since it goes toward the required federal match and covers salaries.

But we do have a plan! We have reached out to the CNCS state office and they are working with us to make sure we receive all our federal funding. We are also communicating with MUW and working with them to improve processes. Additionally, our sponsor's grant writer and development director will be seeking alternative funding opportunities that have not already been pursued by MFS. While it is challenging to find grants for operating expenses, we are optimistic that RSVP will be doing a lot of grant writing. If you find any best kept funding secrets or small foundation grants, please let us know.

Reward Volunteer Program Could Benefit You AND Monadnock RSVP

Monadnock RSVP needs to find other sources of revenue to make up for our recent budget cut. The Reward Volunteers program is an easy way that you can help us at no cost to you. By logging in your time, Monadnock RSVP Volunteer Center could win a cash award.

Reward Volunteers is a web-based program that tracks and rewards the efforts of volunteers and the organizations they serve. With Reward Volunteers, volunteers log and track their hours, and may post their activity to Facebook. The more hours accrued and the more sharing that occurs, the more chances volunteers have to win prizes such as cash, vacations, gift cards, gift baskets and more for themselves, and the more chances their beneficiary organizations have to win money and prizes as well.

When you log your time, you may end up helping us! Each month a cash prize is awarded to a non-profit that has volunteers logging time on their behalf. We are so thankful for the work of our RSVP volunteers and volunteers everywhere. Make your time count double with a cash prize for Monadnock RSVP Volunteer Center.

You can register by using Facebook or with an email address. To complete your registration, you will need to create a login user name and password and provide some personal and location information. Visit their website at www.rewardvolunteers.coop.

While not mandatory, they highly encourage volunteers to create an account and log in via Facebook for the following reasons:

- It will allow you to share your activity directly with any followers you have, giving you more chances to earn reach points, which increases your odds of earning prizes.
- Posting your activity on Facebook will help to create awareness for the organizations you support and also improve their chances of winning cash from sponsors.

When logging in your time, please make sure to type in our full name, Monadnock RSVP Volunteer Center and choose our official site with the Senior Corps logo.

The program was developed by the farm families who own Cabot Creamery Co-operative. Cabot farmers are often the first to volunteer in their local communities and they look to honor the important efforts of volunteers across the country.

ARC Free Fire Alarm Program

American Red Cross Home Fire Preparedness Campaign

Did you know that if a fire starts in your home, you may have just two minutes to escape?

- 7 times a day, someone dies in a home fire
- Every 40 minutes, a fire injury is reported
- Home fires cause, on average, 2,500 deaths and roughly \$7 billion in property damages every year.

The most effective way to protect yourself and your home from fire is to identify and remove fire hazards. Sixty percent of house death fires occur in homes with no working smoke alarms. During a home fire, working smoke alarms and a fire escape plan that has been practiced regularly can save lives.

The American Red Cross Home Fire Preparedness Campaign offers free smoke alarms with installation and education to New Hampshire residents. They are high quality, 10 year fire detectors that do not require maintenance or battery changes. here are no eligibility requirements or limits on the number of detectors you can receive depending upon the size of your home. You can submit a request online at <http://www.redcross.org/local/new-hampshire-vermont/home-fire-safety/smoke-alarm> or call 800-464-6692.

RSVP kindly asks you share this information with your Neighbors-In-Deed recipients and others you may know who could benefit from this important program.

ON AVERAGE
7 PEOPLE
DIE EVERY DAY FROM A
HOME FIRE. 

#FIRESAFETY

#REDCROSS



Help Save a Life!

The American Red Cross is seeking Home Fire Campaign Volunteers to join in their effort to reduce the number of deaths and injuries from home fires by 25% across the country. Volunteers may help with any number of activities from installing smoke alarms, planning for rallies, distributing materials in neighborhoods, educating homeowners, documenting home visits and much more. This fall there will be a big push with the campaign event, Sound the Alarm, Save a Life, which will culminate in 1,000,000 smoke alarm installations. The Time Commitment is variable, depending on time of year and specific Home Fire Campaign activities planned. Training is provided. If you are interested in learning more about this opportunity, please let us know and we will connect you with the Coordinator.

ADVANCE CARE PLANNING: It's About the Conversation!
Jennifer McCalley, MSW, ACHP-SW Program Coordinator, Honoring Care Decisions

What if a sudden illness or injury left you unable to speak for yourself? Who would you want to speak for you? What would you want them to know about your values and wishes? Advance care planning is a process that helps any adult at any state of health think about your values and goals; consider health care choices you may have to make in the future; talk about your choices with your doctor and your loved ones; and make or update a written plan for the future (advance directive). Join us in thought-provoking conversation to help make your wishes known. Learn vocabulary, reflect on your values, choose a healthcare agent, explore goals for treatment, and take the first steps toward completing an advance directive. You will have the opportunity to complete or update your advance directive if you are ready or sign up for a 1:1 meeting with a trained facilitator for a more in depth conversation.

CHOOSE A DATE:

Wednesday, May 24 12:00-1:30 p.m. Auditorium B

Thursday, June 29 10:00-11:30 a.m. North Conference Room 2



CONGRESS PASSES OMNIBUS SPENDING BILL TO FUND GOVERNMENT FOR REMAINDER OF FY 17

The agreement level-funds AmeriCorps and Senior Corps at FY16 levels

Congress passed an omnibus spending bill that will keep the government funded through September 30, 2017. The FY17 spending agreement, which was passed with strong bipartisan support in both the House and Senate, includes a \$1.03 billion appropriation for the Corporation for National and Community Service. This is \$65 million below the FY16 appropriation for the agency.

The omnibus maintains funding for core national service programs, including \$386 million for AmeriCorps grants and \$202 million for Senior Corps, amounts that are level with FY16 funding. In addition, the agreement provides expanded resources for state service commissions to build the capacity of national service programs at the local level.

Most of the funding reductions in the agency's budget come from the Innovation and Demonstration account. This includes the elimination of the Social Innovation Fund, an initiative that was authorized by the Serve America Act of 2009.

Congress will, now, turn their attention to the FY 2018 budget. President Trump has proposed that Congress should eliminate CNCS entirely in FY18 in order to fund administration priorities.

You can help save national service by sharing your stories and the impact of your volunteer service with elected officials. Please follow these guidelines provided by the National Senior Corps Association when contacting them by phone, in writing, or in person.

Education of Congressional leaders can happen at any time, even while you are "on the clock" being paid with federal dollars or while serving in your volunteer assignment. Education entails explaining your program to officials, giving statistics about your program, sharing the impact of your program, and sharing stories from volunteers. All of these are legitimate aspects of educating Congressional leaders about FGP, SCP and RSVP.

Lobbying, on the other hand, is the act of attempting to influence decisions made by officials in the government, most often legislators or members of regulatory agencies. This type of activity (attempting to influence decisions) cannot be done while being paid with federal dollars or while volunteering through FGP, SCP, or RSVP. As a citizen, you have the first amendment right to urge Congress for specific bills or budgets you believe in on your own time.

UPCOMING VOLUNTEER OPPORTUNITIES

America Reads - recruiting volunteers for 2017-18

If you can commit at least one hour a week, you can help a child who is falling behind in reading. RSVP's America Reads program will place you at a school where you will be matched with a child in pre-K through 3rd grade who needs reading help. You will receive literacy development training, materials and guidance to make your volunteer experience both rewarding and effective. RSVP is actively recruiting volunteers for two new locations – the Monadnock Community Early Learning Center, Peterborough and the Ashuelot Head Start, Hinsdale. We also continue to expand our volunteer placements in schools and early learning programs across the Monadnock region where we are currently serving.

Give Someone a Lift! Become a Volunteer Driver

Do you have some time now and then to give a ride to someone in your town? Volunteer drivers are needed throughout the entire region to assist people who do not have access to transportation because of age, ability, economic situation or other limiting circumstances. Trips may include local and long distance medical appointments and other basic needs. Volunteers can choose the ride requests that work with their schedules.

Mentors for Big Brothers, Big Sisters

Mentors for young people are needed in the Monadnock region. Mentors make a real and lasting impact! Would you like to become a BIG BROTHER or BIG SISTER and help a child achieve success in their lives? Big Brothers and Big Sisters provide one-to-one mentoring either in a Community Based or Site-Based (typically a school) setting between a Big (18+ years) and a Little (6-17 years). Volunteers are matched on their location preferences. Volunteers come from a variety of backgrounds and experiences and BBBSNH asks for a minimum commitment of one year. Volunteers must have 3 positive references and clear a multi-layered background check process before being matched. You can make a BIG difference in the life of a child!

Greater Monadnock Medical Reserve Corps Volunteer Instructors Needed

Instructors - Climate and Health Adaptation Plan (CHAP) Volunteer instructors will instruct older adults about the importance of protecting their health before, during, and after an extreme precipitation event (such as flooding). The classes will run during the month of June for one hour intervals. Medical and teaching experience is preferred, but not mandatory.

Community-based Reading Tutors

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

Community Center in Hinsdale. Reading Nooks will be established at other locations in the future. Qualifications, skills or training required: Desire to work with young children and their families. Volunteers must attend training through America Reads or KSC Reads. Background checks will be performed. For more info contact Carrie Hoffman at (603) 209-6809 or readingnook@muw.org

Become a Homework Station Volunteer

Keene Housing Kids Collaborative is looking for volunteers to help low income children catch up on school work, succeed in their homework, and improve academically. Site-based opportunities are available at the Stone Arch Village Senior Building or the Forest View Community Building. Homework help will be provided from 3 – 5 p.m. Monday – Thursday. Volunteers self-schedule, and whether you are able to volunteer once a week, once a month, the same day every time, or at odd intervals, you can schedule whatever works for you. We are looking for independent, motivated individuals who are interested in helping children and youth succeed academically. Volunteer interview, screening and orientation are required. For more information contact Liz Chipman at (603)283-5464 or lchipman@keenekidscollaborative.org

Silverware Wrappers for Meals Volunteer

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

Blood Drive Volunteers

Drives are held on an episodic basis throughout the Monadnock region. 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.

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

The Castle Center is an adult day care center located at 312 Marlboro Street in Keene. Adult day care can give caregivers respite by providing a center where elderly parents can be taken for a couple of hours or the entire day. The Center is currently seeking volunteers to engage with participants for an hour or two each week in a variety of ways including: listening to music, reading stories, baking, making crafts, etc. Mondays, Wednesdays, and Fridays are the days volunteers are most needed and the minimum commitment is for three months.

Regional Volunteer Screeners

The American Red Cross is looking for people with good communication skills who would be interested in joining their team to help schedule and conduct volunteer screenings over the phone with prospective volunteers, identify appropriate positions for applicants and make referrals as required.

UPCOMING VOLUNTEER OPPORTUNITIES

CONTINUED

Volunteers will also assist with updates in Volunteer Connection, their online volunteer management system. Online training is required as well as monthly meetings to discuss processes and procedures with the virtual team. Come join their virtual team in Volunteer Intake and Screening and provide an excellent experience for all new volunteers joining the American Red Cross.

Make Strides Against Breast Cancer!

Volunteers are being recruited to help with this year's "Making Strides Against Breast Cancer Walk." An event that raises over \$40,000 for breast cancer research and services.

Planning Committee Member - Volunteers attend monthly meetings to plan the walk. Meetings take place on the first Wednesday of each month from 6-7pm at the Bagel Mill in Peterborough. Volunteers will be asked to give about 2-4 hours of their time from now until the event. Volunteers receive a committee t-shirt.

Event Day Volunteer - Volunteers are needed October 22nd from 8am - noon to staff a booth, help with an activity, or assist with set-up and/or breakdown of the event which is held in Depot Square. Volunteers receive a t-shirt. For more information or to sign up, please contact Chelsea Paradore at

603-471-4148 or chelsea.paradore@cancer.org - See more at: <http://www.monadnockvolunteercenter.org/VolunteerOpportunities>

Office Administration Volunteers Needed

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.



REMEMBER TO
like us on
facebook®

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. With a rapidly expanding aging population, volunteers are needed now more than ever to help fill in the gaps not provided by formal services or where services are limited or non-existent. Just one to two hours of your time can make a world a difference to one of your neighbors!

HARRISVILLE

This 89 year old woman was happily matched for a year with a RSVP volunteer who recently moved out of the area. She is seeking someone with shared interests who can help her with regular Coumadin checks and shopping. She is an accomplished artist, which has been her "way of life." She also taught art. Other interests include reading, writing, gardening, and she enjoys kids. She was a friendly visitor herself when she lived in Massachusetts. She prefers a female.

HINSDALE

This female senior has diabetes and mobility issues because of her back and cannot walk a lot. Her home is not tidy, but she considers it reasonably clean. Transportation is her biggest need. She does not need supported assistance with shopping and errands, just needs to get there. She does not smoke and has no preference of gender. She likes anything crafty - used to knit, crochet, and make cards. She worked in several factories, both doing factory work and in administrative/accounting roles. She has a cat.

This man in his 60's has asthma, COPD, uses O2, and can't walk very far. He is a simple man and doesn't have a lot of interests and probably wouldn't be the leader in a conversation. His greatest need is companionship and mostly to get out. He prefers a women since he is not comfortable chatting with men. He likes flea markets, puzzles, and watches TV during the day.

KEENE

A younger senior in the downtown area would welcome a female volunteer who could shop with her once a week at Hannaford's and visit with her. She suffers from mental health issues, has COPD, and has been recovering from cancer this past year. She goes to church daily and still can drive, but has a limited social network. She is a smoker, but only on her outside porch. There are no pets in the home.

A woman in her early 50's is looking for some help with errands and grocery shopping. She lives with Chronic Fatigue Syndrome and arm injuries, which tire her easily. She doesn't receive a lot of support other than Medicaid transportation for fairly frequent medical appointments. She enjoys yoga, used to play the clarinet (no longer has the stamina), opera/classical music, and used to make earrings. She is originally from New York. She prefers a female volunteer.

This 80+ woman moved to Keene this year from a rural town in the Monadnock region and she is very lonely. She is very hard of hearing and uses an adaptive device on her phone, is legally blind, and has some mobility issues that require her to use a walker. She would like a female visitor to share coffee, movies, Scrabble/UNO/games, and her love of her kittens. She may also need help with shopping and errands. After a hospital stay last June she successfully quit smoking.

NEIGHBORS-IN-DEED CONTINUED

KEENE CONT.

A younger senior who lives alone in her apartment where she has lived over 35 years would welcome help with shopping and errands. She has many stops: Price Chopper, Walmart, library, Aldi's, Dollar Store, Keene Senior Center, the Salvation Army thrift store and more. She has some general health issues and suffers from depression. She used to love camping, fishing, and boating. She gets along best with male volunteers and would require a vehicle that is low to the ground.

At age 59, this woman is finding it more and more challenging to use public transportation because it is difficult to walk and she has arthritis. She also suffers from anxiety and depression. She would like someone to help her with grocery shopping. But more importantly, someone with whom she can have coffee with and build a friendship over time. She is a crafty person. A female volunteer is her preference.

A 69 year old man would like a volunteer for companionship. He has a lot of supports during the day: homemaking 7 days/week, does in-Shape 3X week, and has a case manager weekly to help with paperwork. He enjoys his 3 parakeets, likes going to lunch at the Pub and having coffee at McDonald's, and loves bluegrass. A volunteer who could bring other interests would be welcome. He didn't have a preference of gender but would like the volunteer to be someone who believes in Jesus.

This 50 year old woman describes herself as having a disability and that from an early age she was labeled "special Ed". She has great difficulty processing information. She can't read and interpret forms and letters, needs to have things repeated to her at times, and has some difficulty remembering things. She spends her days volunteering at the Thrift Store, the Kitchen and at the United Church of Christ. She says that she can get very lonely at times and would like a weekly volunteer who to help her sort through her mail and provide some companionship. At times she may need to run an errand or go for a medical appointment. She prefers a female.

This gentleman in his 60's moved to Cityside housing last January. He was recently told that he can no longer drive. He has chronic heart failure, seizures, high BP, and has mobility issues that require him to use a cane and a walker. His need is for transportation for shopping (Market Basket and Walmart for cat treats) and errands. For 25 years he worked as a machinist at a printing company. He owned classic cars, enjoys oldies music, and plays solitaire on the computer. No preference of volunteer gender.

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

A newly matched Neighbors-In-Deed care recipient referred her 77 year old neighbor to RSVP. This is the second year that she has not had a car. She uses the Friendly Bus and City Express. But it is very time consuming. She can only walk short distances. She has rheumatoid arthritis, Fibromyalgia, and suffers from allergies all year. She is interested in someone to visit and who also may like to play cards/cribbage or Scrabble. But at times she

could use some help with shopping or errands since she doesn't want to burden her neighbor who still works full-time. She worked as a "Kelly Girl" as a temp and then was a small business consultant. She has a son and a daughter who are not close by. She is a lovely woman to talk to and she has a great sense of humor. She has no preference of gender.

PETERBOROUGH

He served our country in the Air Force in Vietnam and now he needs some help. He is a 71 year old man who has no family, lives in a rural area where transportation options are limited, and he is very low income. He would welcome a male volunteer who could help him do errands and offer some friendship since he has few friends. His general health is pretty good, but he does use a walker. He used to drive a cab and bartend. A volunteer for this man should be tolerant of cigarette odors since he is a fairly heavy smoker.

RINDGE

A younger senior who is alone and widowed, has recently been diagnosed with lung cancer and cannot drive. She is seeking help with shopping at Market Basket, errands, and picking up her mail. She is very sociable and easy to talk with. She loves going out to eat, enjoys the library, movies, and traveling (particularly the beach). Her favorite destination is Cathedral of the Pines. She showed pedigree cats and still has five. No preference of a male or female volunteer.

This 65+ Navy veteran is a proud, loud, Catholic Italian. He loves company and keeping busy. He has beginning stages of Alzheimer's and goes to an adult day program. A friendly visitor would give him additional socialization and allow his caregiver some respite. A male volunteer is most suitable for this match. He likes to work on his Mustang, feed the birds, Nascar, and model trains. There are two cats in the home.

TROY

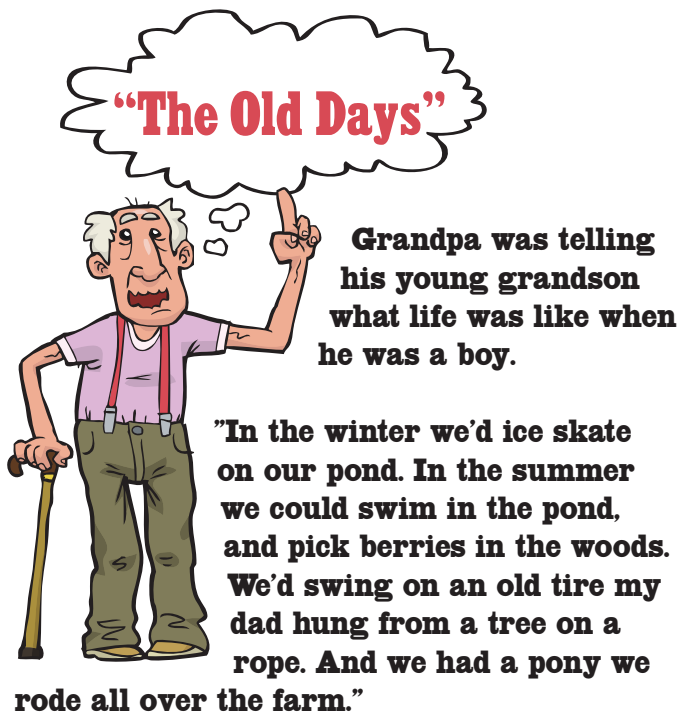
A woman in her 40's who lives with a companion who cannot drive, would appreciate some help with grocery shopping and errands. She has diabetes, asthma, bipolar disorder, and uses a walker. Her trailer is in fairly decent condition, but not particularly clean. Her interests include walking the dogs when she is able (four friendly ones), crocheting, Nascar, and the Highland games. She is a smoker and has no preference of a male or female volunteer.

FITZWILLIAM

This 60 year old legally blind woman is seeking a volunteer to pick up her grocery list and shop for her at Market Basket every three weeks. She is very specific with her brands and her list. She has no preference of gender.

This gentleman is 65 years old and his disability is caused by a rare neurodegenerative disease. He is wheelchair-bound and no longer driving. His wife works full-time. He is alone all day and gets depressed and frustrated that he can't do the things he used to enjoy. He would like a male volunteer to come and visit, perhaps, play cards or cribbage, or just get out of the house. He enjoys adult coloring books, loves old cars, flea markets, and casinos. He used to own a painting business and refinished old furniture as hobby. They have 4 big dogs that are friendly.

*"If you want to save the world,
just start by saving one kid."*
- General Colin Powell USA (Ret.)



The little boy was amazed, and sat silently for a minute. Finally he said, “Granddad, I wish I’d gotten to know you a lot sooner!”



RECIPES TO SHARE

Greek Dip Recipe

INGREDIENTS

1 container of Plain Hummus

1 container of Scallion Flavored Reduced-Fat Cream Cheese
(leave it out to soften a bit before using)

Chopped Veggies - cucumbers, red or orange pepper,
tomato, scallion, sliced olives, etc.

Feta Cheese

DIRECTIONS: Spread hummus on bottom of serving dish. Spread cream cheese over the hummus. Top with chopped veggies and feta. Serve with pita chips.

“When you let your own light shine, you unconsciously give others the permission to do the same.”
- Nelson Mandela

Volunteer coffee hour scheduled for May

Based on the success of our first two coffees, we look forward to hosting another volunteer coffee hour later this month! The goal of the coffee hour is to enjoy one another's company and to share stories, but while you are here we may tap into your creativity and expertise if we are tackling a particular issue where we could benefit from volunteer feedback.

Please join Kathy and Allison for coffee and conversation -

Wednesday, May 31st
10-11 a.m.
RSVP Office
64 Main St., Keene

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 - one lot has a parking kiosk (be sure to pay before leaving the lot!). If you plan to attend, please reply to Allison at ariley@mfs.org or 357-6893.





Linda's Closet
Clothing resource for women

Saturday, June 3rd
TD Bank Parking Lot

194 West Street, Keene, NH

Come and help support Linda's Closet -
A free clothing resource for women

Items for sale include furniture, appliances, lamps and rugs

Saturday from 8:00-1:00 pm

Find us on *Facebook* or email us: lindas.closet@yahoo.com

www.lindascloset.org

Free Admission - Free Lunch

Spin the Wheel of Life Retirement Fair



KEENE ICE ARENA
Michael Blastos Room
Friday, May 26 2017
9:00 to 1:00 pm




Please give to the

First Day Project

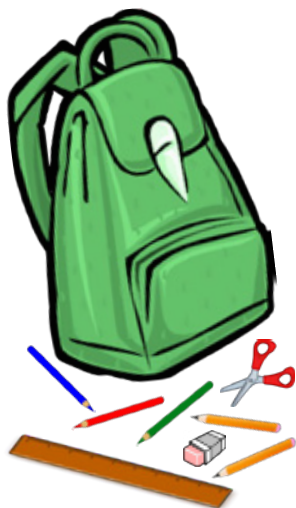
April 1st - June 1st, 2017

A backpack & school supply drive to benefit Wheelock & Fuller Elementary Schools

Requested Donations:

- BACKPACKS**
- MARKERS** (packs of 8-12)
- COLORED PENCILS** (packs of 8-12)
- ELMER'S GLUE**
- SMALL PAIRS OF SCISSORS**
- CONSTRUCTION PAPER**
- PENCILS**
- ERASERS**
- RULERS**
- SOLID COLOR POCKET FOLDERS**
- SINGLE-SUBJECT NOTEBOOKS**
- TRAVEL-SIZE TISSUE PACKS**

Thanks to C&S Wholesale Grocers for donating enough crayons for all students!



EVERY CHILD SHOULD HAVE A GREAT FIRST DAY OF SCHOOL!
Monadnock RSVP Volunteer Center will be accepting donations through June 1, 2017 here in our office as part of MFS's agency-wide effort.

Backpacks will be stuffed with donated items and distributed to all students at Wheelock & Fuller Elementary Schools on the 1st day of school!



This event is co-sponsored by Monadnock United Way and the Keene Police Department.

For more information, contact Nikki Sauber at 603-352-4209

