

MONADNOCK

www.monadnockvolunteercenter.org

Email: rsvp@mfs.org

RSVP

VOLUNTEER CENTER

FROM THE DIRECTOR

Happy Fall Greetings RSVP Friends!

The leaves have fallen, the weather is becoming crisp as the holidays loom closer and closer. One of my favorite things about this time of year is the gathering of family and friends and counting our blessings. You will see in this issue that we have a lot to be grateful for and we hope you will join us in celebratory spirit (and in person at our events)!

Early in October Monadnock Family Services held its annual meeting. The theme of this year’s report was about conveying deep gratitude to our community for all their support, so timely for this month’s newsletter. Some of things for which we are thankful are: The dedicated staff that does critically important work with people with mental illness; a new on-site primary care clinic; an in-house pharmacy and medication assisted treatment program; and our charitable funders and donors who contributed monetary and in-kind support.

It was a milestone month for me having been at RSVP for 17 years and I have much to be thankful for. I have seen the impact that volunteers make in our community and have great satisfaction knowing we help to contribute to positive change. I have developed some wonderful relationships with our volunteers and remember many who have passed on. I have been afforded professional development opportunities that helped me to grow in my role. I have worked alongside colleagues who also share a passion about service and helping others, which results in great things for our programs when our work aligns with what we love to do. For all these reasons my job is enjoyable, meaningful and rewarding.

May all YOUR good times and treasures of the present become cherished memories of tomorrow. I wish you the happiest of holiday seasons and most of all, a tremendous thank you for everything you do with charity in your heart.

Warm regards,

Kathy Baird

“It is not how much you do, but how much love you put in the doing.” -Mother Teresa

WELCOME NEW RSVP VOLUNTEERS!



- | | | |
|-----------------|-------------------|-----------------|
| Shirley Avonti | Melanie Harrison | Marianne Parisi |
| Joanne Buck | Patrick Heneghan | Kathy Quigley |
| Julie Dotson | Karen Hennigan | Chris Raymond |
| Anna Dower | Lou Donna Johnson | Linda Smith |
| Kim Dwyer | Alana Korda | Jean Stevens |
| Jerry Faria | Susan Kretchman | Kate Tolman |
| Allissa Flynn | Ellen Lambert | Tom Whelden |
| Rosemary Gianni | Patrica Lawn | Jane Willis |

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

Annual Holiday Gathering	2
America Reads In-Service	2
Spirit of NH Awards	3
Follow AR on Facebook	3
Elm City Rotary Club Award	3
Kinwanis Club Thank You	4
Volunteer Opportunities	5-9
Coffee Hour	9
Free Thanksgiving Dinners	9
Neighbors-In-Deed	11-12
Senior Corp Handy Hand	12
Recipes to Share	12
Keene Housing Holiday Bazaar	13

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22 North Street

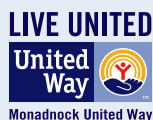
Jaffrey, NH 03452

Phone: (603) 924-7350

Fax: (603) 532-2429



Corporation for
**NATIONAL &
COMMUNITY
SERVICE**



Happy Holidays!

Join us for our Annual Holiday Gathering

Please join the
Monadnock RSVP Volunteer Center
for a festive gathering of volunteers
and community partners at the beautiful
Horatio Colony House Museum

Wednesday, December 11th 2019

1:00 - 3:00 pm

199 Main Street, Keene

Refreshments and tours will be provided

Parking available at Saint Bernard's Church

The museum entrance is at the
front door on Main Street

We hope you will be able to attend! If you are able
to make it please reply to pdixe@mfs.org
or call the main office at 357-6893.



The America Reads Program will conduct an In-Service for America Reads Volunteers on November 20th from 2 to 4 p.m. at Monadnock Family Services at 64 Main St. in Keene, 3rd floor conference room. This In-Service will inform and enlighten volunteers regarding Social/Emotional behaviors of young children. In today's environment we are exposed to children and families that are experiencing these types of challenges. Learning about these behaviors and how to respond to them when working with children is vital. Annelies Spykman, MSW Coordinator of Community Supports, Child and Family Clinician, Monadnock Family Services will be our facilitator for this very important subject.



Join America Reads Group on Facebook!

These are a couple of the types of stories, tidbits & suggestions that will be posted...

For our new volunteers and our seasoned volunteers

Tips for Choosing the Best Books for Kids.

1. Match Books to Interests. This is probably the single home run tip for finding those just right books. When we read as adults, we like to read...
2. Check the Illustrations.
3. Does it Wake the Senses?
4. Variety, variety, variety.
5. Explore More From the Authors that You Love.

A recommended story for all age groups...

What Do You Do With A Chance? Author; Kobi Yamada

In this story, a child is visited by his first chance and unsure what to do with it, he lets it go. Later on, when a new chance arrives he reaches for it, but this time he misses and falls. Embarrassed and afraid, he begins ignoring each new chance that comes by, even though he still wants to take them. Then one day he realizes that he doesn't need to be brave all the time, just at the right time, to find out what amazing things can happen when he takes a chance. This book inspires kids of all ages and parents alike to find the courage to go for the opportunities that come their way. Because you never know when a chance, once taken, might be the one to change everything.



“SERVICE OVER SELF FITS THE BILL!”

RSVP was recently awarded an \$831 grant to help support our Annual America Reads book fair in April.

We are so grateful for their support. It already looks like a warehouse in our office!



WE GOT THE SPIRIT!

We are thrilled that America Reads and the volunteer tutors are being recognized! Monadnock RSVP received Volunteer NH's 2019 Spirit of New Hampshire Volunteer Champion Award in the Nonprofit category for America Reads on November 13 at the Capital Center for the Arts in Concord.

The Spirit of New Hampshire Award is an annual recognition administered by Volunteer NH in collaboration with the Office of the Governor. The Volunteer Champion Award recognizes organizations that provide structure and support for volunteer efforts.

Now in its 21st year, America Reads has grown to 16 schools and 11 Pre-K programs.

This year 91 volunteers are working with teachers and staff to develop educational activities tailored to individual students to help them be ready to start school in terms of language and literacy development and to achieve their grade level of reading by the end of 3rd grade.

It is only through the collective effort between the America Reads Program Coordinator, Pat Dixe, schools, teachers, community partners and VOLUNTEERS that this program is so successful and we are honored that we were selected for the Spirit of New Hampshire award!

MAJOR THANKS TO THE KIWANIS CLUB OF KEENE!

This fall the Kiwanis Club of Keene completed their first major grant award program and chose three recipients out of 17 requests submitted to share a total of \$12,000 in funding, and RSVP was one of them! The intent of the major grant awards are to improve the lives of local children, by helping to address an unmet need through a project that provides long-term benefits. We are thankful that Kiwanis recognizes the impact RSVP makes and for their continued partnership.



We are proud to be amongst these committed individuals who make such a difference in the lives of our community's children. Monadnock RSVP Volunteer Center received \$4,000 in support of our Annual America Reads Book Fair which provides age appropriate books that reinforce reading and writing concepts and promote a love of reading to children served in America Reads; Karen Lamoureux, Executive Director of Sophia's Hearth Early Childhood Education, was awarded \$3,000 to provide a series of Saturday parent education sessions along with onsite childcare; and Rob Therrien, Cheshire YMCA Board President and Peter Bradshaw, Camp Takodah Board Member, for a collaboration between the YMCA Camp Takodah, Keene Family YMCA and Keene Housing Kids Collaborative, received \$5,000 to provide meaningful fellowship and camping experiences to twenty at-risk children.



C&S Wholesale Grocers

The best things happen unexpectedly!

C&S Wholesale Grocers helped nourish the RSVP program with a surprise \$5,000 gift! A HUGE THANKS go to them for their generosity and for valuing volunteers who are committed to making a difference.

VOLUNTEER OPPORTUNITIES

THROUGHOUT THE MONADNOCK REGION

Monadnock Habitat for Humanity - Building Committee

Habitat for Humanity has procured a piece of property at O 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. Below are the details, please call the office at 357-6893 or email Jazmin at jbelcoure@mfs.org if you are interested.

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

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

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

Partner Family Nurturer - This person would help families

navigate the process of building the home. They would help families make decisions about the build, (ie paint colors, drawer pulls, cabinets) as well as be a point of contact for questions. If you are interested in any of these roles, please let us know and we will connect you with a Habitat member.

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.

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 thirteen towns in the Monadnock region with zero drivers. Those towns are; Gilsum, Greenville, Hinsdale, 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.

VOLUNTEER OPPORTUNITIES CONTINUED

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

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

Court Appointed Special Advocate (CASA) volunteers are needed!

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

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

Volunteers visit assigned children monthly, they complete court reports, and they interact with parents, extended family members, attorneys, social workers, foster care providers and judges all the while advocating for the best interests of the children.

Qualifications, skills and training required:

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

Cases are assigned out of Keene CASA Office - could report to Jaffrey/Peterborough or Keene Courts, children typically

located in the area where the case originates.

For more information, please contact:

Diane Valladares

Director of Recruitment

diane@casanh.org

603-626-4600, ext. 2106

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

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

VOLUNTEER OPPORTUNITIES CONTINUED

office is just around the corner offering entertainment, socializing, cards, games, arts and crafts, as well as peace and quiet.

- The Castle Center is available on weekdays from 8 a.m. - 4:30 p.m. for those who just need a little help, as well as those with more specific needs.
- Mondays, Wednesdays, and Fridays are the days volunteers are most needed and the minimum commitment is for three months.
- For more information or to volunteer, please contact Catherine Braught, Nurse Manager at 355-8281.

Disaster Training Opportunities - American Red Cross

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

Help your local library Keene

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

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

Jaffrey

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

Business Savvy? - Monadnock SCORE

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

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.

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

Volunteers at Keene Community Education work in one-on-one or small group tutorials and can choose the population they would like to work with-adult immigrant students working on English language skills, adult students working towards the goal of passing the HiSET, or adult students working on improving basic academic skills. Please note: those who wish to work with adult students working towards the goal of passing the HiSET have the choice of volunteering at our education center or at the Cheshire County House of Corrections. To best ensure tutorial

VOLUNTEER OPPORTUNITIES CONTINUED

success, volunteer tutors can expect to work with a student 2-4 hours per week with tutorials mainly taking place at the Keene Community Education office, the Keene Public Library, or the Cheshire County House of Corrections.

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

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

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

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

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

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

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

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

Musicians needed for seniors and kids! - Cedarcrest

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

Keene Senior Center

The Keene Senior Center is in the process of recruiting volunteer community musicians and artists to perform at the Senior Center on Saturdays during the next few months. It's a way for musicians to give back to the community while at the same time having the chance to perform for others. The Senior Center is open from 10am – 2pm on Saturdays and is flexible about the amount of time a musician would want to perform. One option is to play or sing as members are having lunch. If you are interested in exploring this opportunity further, please contact the Keene Senior Center at 352-5037.

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.,

VOLUNTEER OPPORTUNITIES CONTINUED

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.

WITHIN WESTERN HILLSBOROUGH COUNTY

Monadnock Community Hospital Volunteers

Monadnock Community Hospital has an opportunity or a schedule to fit almost every interest or need. Volunteers can serve in the gift shop not only by helping customers to shop but also providing comfort and reassurance to patients and/or their families as they fill their down time. You can also provide guidance to visitors at a number of greeting desks, or support to the staff in the mail room, HR or by putting your handyman skills to use. Schedules can be regular or vary as needed. For more information about volunteering with the Monadnock Community Hospital contact Jazmin Belcoure at jbelcoure@mfs.org or by calling 283-1681.

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.

Become a Tax Aide The River Center

Come out and help out your community with the River Center's Tax-Aide Program.

They are looking for interested individuals to volunteer this tax season to provide free tax filing help for those who need it most.

Tax-Aide volunteers receive training and continued support, including complete tax preparation training and IRS certification prior to working with taxpayers.

Want to help, but not interested in filing taxes? They are also

in need of greeters who will welcome taxpayers and distribute the necessary forms, maintain the appointment logs, ensure that taxpayers are helped in an appropriate order.

Cornucopia Project Farm Site

For the past 3 years, The Farm to Fork Program has offered a combined workforce development, agricultural curriculum, and leadership training program for students who develop and manage a small year-round farm and cultivate organic produce for sale to local institutions. High School students have built the site from the ground up. This year we are inviting volunteer support from community members to help grow our operations and maintain this agricultural and educational facility. Come join our team and let's grow together!

Site Maintenance Crew

Do you love the smell of freshly cut grass? Have an eye for both the beauty and functionality of a landscape? This crew, Led by Mike Lombard of Ideal Compost, will work together to identify the site maintenance needs of the operation and schedule work through the season to keep the grounds as an attractive and functional space for the farm. Ideal candidates should have experience using small landscaping machinery and ability to commit to monthly work through the growing season.

Special Projects Crew

Are you worried about the future of bees? Have you always wanted to see how a hoop house is built? We have a number of special projects this season that will require many hands to make light work.

These projects will include:

1. Installing plastic on our second hoop house
2. Creating a pollinator habitat for the site
3. Planting a permanent tree/shrub habitat to both serve the needs of pollinators and wildlife and add commercial value to the farm

The Cornucopia Project does not require any previous experience or commitment, just a ready and willing attitude to learn and work alongside our high school leaders on scheduled days through the season.

For more information or to sign up for either of these roles please contact Hannah Bissex at hannah.cornucopia.project@gmail.com or by calling 603-784-5069.



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

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

877-428-2882 ext. 5 **GIVE A RIDE**

SERVING THE MONADNOCK
 REGION SINCE 2008



*“For each new morning with its light.
 For rest and shelter of the night.
 For health and food, for love and friends.
 For everything thy goodness sends.” -Ralph Waldo Emerson*

JOIN US
 FOR OUR
 COFFEE HOUR!



WEDNESDAY JANUARY 15TH 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@mfs.org or call the main office at 357-6893


FREE THANKSGIVING DINNERS

Thursday, November 28th

The Ralph Rines Memorial Dinner will be held on Thursday, November 28th at the Community Church of West Swanzey, 5 Holbrook Ave. Doors open at 10 a.m. and dinner is served at noon. Transportation is available, and meals can be delivered to homebound people in Swanzey, center of Winchester, and the Cranberry Hill Apartments in Troy. Volunteers are welcome to help with food preparation on Wednesday any time after 5:00, as well as Thanksgiving Day. Drivers are, especially needed. For information or to volunteer, contact Joanne Barnes at 357-2831.

The Fraternal Order of Eagles #1413 will hold their annual Thanksgiving Dinner from noon-3pm at 115 Church Street in Keene. Home deliveries available in the Keene area. Volunteers are welcome to help peel vegetables on 10/27 any time after 12:30 p.m. Volunteers can also pick up turkeys to cook and return. Drivers are needed for deliveries. (603) 352-9253.

Keene Assembly of God will hold their Thanksgiving Dinner 11:30 a.m. – 4:30 p.m.
 at 121 Park Ave. 357-3677.

Sunday, November 24th

The Winchester Community Thanksgiving Dinner is offered free to Winchester residents and friends at 6 p.m. at the Grace Christian Fellowship, 81 Ashuelot St., Winchester. Pastor J. Matthew Worrall, 355-7014 or pastor@gcfnh.org.



NEIGHBORS-IN-DEED

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

HINSDALE

This 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.

CHESTERFIELD

This woman is in her 70s and just recently moved in with her daughter and son-in-law. Originally from Connecticut and then Maine she is in the early stages of Alzheimer's and has decided it is best to stop driving and no longer live alone. She is used to being very active, she loves to walk and snowshoe as well as go to the library both in Chesterfield and in Keene. While she has plenty of support with the necessities she is anxious to find a social outlet and to fill up some of her time.

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. 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 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 77 year old woman is originally a transplant from Illinois. However, she 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 alpacas 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.

NEIGHBORS-IN-DEED CONTINUED

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.

SWANZEY

This woman is hoping for a female companion to share a cup of coffee with and develop a friendship. She lives in Swanzey 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.



RECIPES TO SHARE

Leftover Mashed Potato Puffs

Serves: About 8 Puffs

Mashed potatoes baked into puffs in a muffin pan with sour cream, cheese and bacon! A great and delicious way to use up leftovers!

INGREDIENTS

- 2 eggs
- 1/3 cup sour cream, plus more for serving
- 1 heaping cup shredded sharp cheddar cheese
- 2 tablespoons grated Parmesan
- 2 tablespoons chopped chives
- salt and black pepper, to taste
- 3 cups mashed potatoes
- Bacon (optional)

DIRECTIONS:

1. Preheat oven to 400 degrees F. Butter 8 - 9 of the wells of a cupcake pan - preferably nonstick.
2. In a medium mixing bowl whisk the eggs then whisk in the sour cream. Mix in both cheeses and the chives.
3. Taste the potatoes and season them with salt and pepper if needed. Add them to the bowl and mix well.
4. Spoon them into the pan filling the cups just to the top or a little below.
5. Bake 25 - 35 minutes until they pull away from the sides of the cup and are golden brown all over.
6. Remove from oven and let them cool 5 minutes in pan. Turn them out onto a platter. Serve with sour cream.



**Need a handy hand or have time to lend one?
Call Monadnock RSVP Volunteer Center
603-357-6893**

Monadnock RSVP Volunteer Center's Neighbors-In-Deed program has light handyman volunteers to help seniors, people with disabilities, veterans and military family members with small, episodic home repairs. We can help with things like repairing a rickety step, installing a grab bar, replacing a lock, changing a light bulb, weatherizing windows, replacing batteries in fire detectors, moving AC units and more!

Recipients are responsible for the cost of materials, but labor is free of charge. Unfortunately, we are unable to help with lawns, leaves, snow, mulch and moving, or anything that requires licensure.

If you need some assistance and would like more information about the program, or if you would like to learn about how you can become a volunteer give us a call!



Keene Housing Kids Collaborative Holiday Bazaar

What a great way to downsize and make Christmas special for Keene Housing Authority's families!

The holidays are often a difficult time for families with limited resources. Keene Housing Kids Collaborative is hosting three Holiday Bazaars in December for kids living in low income households. The bazaars give kids a chance to select holiday gifts for their parents and siblings at no cost. Each child can select one present for each family member, which is gift wrapped by volunteers. In this way, kids who come from homes with limited resources can experience the joy of giving, the wonderful anticipation of watching someone open a gift they have chosen, and the selflessness of choosing a gift for someone other than themselves.

What you can do:

VOLUNTEER!

They need volunteers each night to help kids pick out gifts and wrap gifts.

Three nights:

December 3, 10, and 17th
(volunteer hours 3:45-6:30pm)

Gift Helper
Gift Wrapper

DONATE!

Kids Holiday Bazaar needs gently used household and gift items

NEEDED ITEMS:

Tchotchkes, bric-a-brac, knickknacks, etc.
Household items – functional as well as decorative
Kids toys/games (no puzzles, please)
Books – adult and children
Things for moms
Jewelry
Things for dads
(we are always short on these!)
Accessories – scarves, pins, tie tacks, purses, wallets
Gift boxes and bags (any size)

NEW ITEMS NEEDED:

Holiday wrapping paper
Scotch tape
Gift boxes and bags (any size)
Ribbon/gift bows

NO CLOTHING OR ELECTRONICS, PLEASE

Items accepted until December 1st.

They will pick up your donated items!
Please call or email to schedule pickup!
Donations may also be dropped off at the Keene Housing site (8:30am-4:00pm M-F):

5 Harmony Lane • Keene, NH 03431
603-283-5464
info@keenekidscollaborative.org

"I will honor Christmas in my heart, and try to keep it all the year." -Charles Dickens