

# MONADNOCK

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

# RSVP VOLUNTEER CENTER

## FROM THE DIRECTOR

Happy Winter Greetings RSVP Friends!

It is hard to believe that we are starting to approach spring and nice weather and already I can hear the ducks in the river and birds starting to chirp earlier and the light has changed. While winter has been kind to us so far and we are likely to see a bit more, we are already thinking of the return of new growth and color.

The month of February we celebrate Black History Month. Like music, I have my favorite movies that I watch over and over which make me both laugh and cry. One is ‘The Help’ and it was a good rendition of the book. The title itself explains. Another is ‘Hidden Figures’. Larry, one of our volunteers who was in his 90’s loved to tell stories. He told me about this film and I was dubious and thought it may be a documentary. But I was intrigued when he shared he worked with these women who served as the brains behind one of the greatest operations in history: the launch of astronaut John Glenn into orbit, a stunning achievement that restored the nation’s confidence and turned around the Space Race. He also told me how the term “bug” in a computer came to be. There really was!

My newest favorite is ‘Green Book’. Dr. Don Shirley is a world-class African-American pianist, who is about to embark on a concert tour in the Deep South in 1962. In need of a driver and protection, Shirley recruits Tony Lip, a tough-talking bouncer from an Italian-American neighborhood in the Bronx. Despite their differences, the two men soon develop an unexpected bond while confronting racism and danger in an era of segregation.

You can see in this newsletter a local community showing of ‘Till’ which is based on the true story of Mamie Till-Bradley, an educator and activist who pursued justice after the murder of her 14-year-old son Emmett in 1955.

Perhaps, just one of the take-aways is all these people had something valuable to contribute no matter what their backgrounds were, and because of self-reflection and determination they made great achievements. While all of this can be disturbing, thought-provoking and uncomfortable to talk about, it touches all of us in different ways from our experiences with people of many diversities. We are committed to help build a community where people feel they belong and strive for just treatment, opportunity and advancement for all through volunteer service, education and bringing people together for the common good and change. We invite you to join us in our mission to share your unique backgrounds, stories and build a bright future for ourselves and many generations ahead!

Most sincerely,

*“The function of education is to teach one to think intensively and to think critically. Intelligence plus character THAT IS THE GOAL OF TRUE EDUCATION.”*  
 - Martin Luther King, Jr.

*Kathy Baird*

## WELCOME NEW RSVP VOLUNTEERS!



*Marian Rogers*

*Jean Fowler*

*Kathleen Sportello*

**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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**Monadnock Family Services**

**20TH  
 ANNIVERSARY  
 MEN  
 WHO  
 COOK**

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



**Saturday, March 11, 2023  
 6:00 PM**  
 Zorn Dining Commons  
 on the campus of KSC

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

Online tickets: [givebutter.com/menwhocook](https://givebutter.com/menwhocook) or QR code below.

Or contact Kathy Waters  
 209-5947/ [kwaters@mfs.org](mailto:kwaters@mfs.org)

You can purchase tickets at  
 Prime Roast Coffee Company  
 16 Main Street in Keene.



**Benefiting RSVP's America Reads, program.  
 RSVP, an Americorps Seniors program, is  
 sponsored by Monadnock Family Services.**



**FEBRUARY 15 & 16**

**THE COLONIAL THEATRE SHOWROOM**  
 20 COMMERCIAL ST. KEENE, NH 03431



7:00PM SCREENING | FREE TO THE PUBLIC | @2022 MGM

Supported by:



Presented by:



Human Rights Committee



## Winter greetings from the America Reads program

As 2023 begins, we are hopeful and excited about what the new year has in store for the America Reads program. Our program is rebuilding its capacity of volunteers and schools and so far, it's been going great! We are serving 600 students with 42 volunteers at 14 elementary schools and one Head Start program. We are finally back helping the littles!!

The school year began with training nine new volunteers and placing them as fast as possible. We also welcomed new teachers and administrators to America Reads. Part of our mission for the new year is to continue to invite new schools to participate and grow our volunteer base. It has been a time of reflection and consideration for our volunteers that have continued with the program or not. Those that have continued to serve as an America Reads volunteer, we are thankful for their continued support and those who have stepped away we are also thankful for their time and commitment they gave to the program but more importantly we are grateful for all our volunteers for their service to the young children in our community.

We are fortunate this year to be the beneficiary of the Men Who Cook event, sponsored by Monadnock Family Services. Please see the enclosed flyer for the details of the event. We hope you will be able to join us! Another event on the horizon will be our bookfair for our AR volunteers. The date is TBD as of this writing, so I welcome suggestions of book titles and or authors that I can peruse when purchasing books in the coming months.

Happy Winter!  
Kind Regards,  
Pat



*"It's easy to say the pandemic could have been worse and call it a day.  
But we cannot let our guard down now."*

I wanted to share this essay by Brian Castrucci an epidemiologist, public health practitioner and president and CEO of the de Beaumont Foundation. He shares an interesting view of where we were and where we are now and what the future may look like in this pandemic? Some may agree or not agree with Mr. Castrucci, but definitely food for thought...

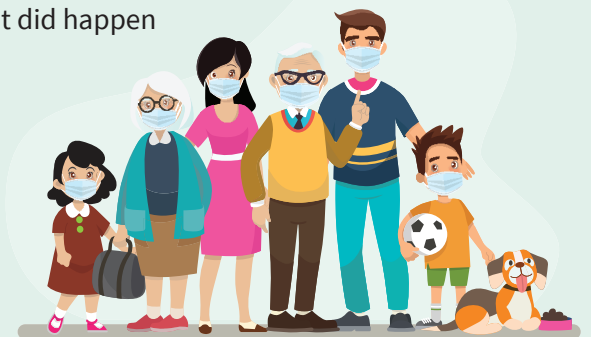
2022 was bad — but it could have been worse. This essay is part of an end-of-the-year series looking at the silver linings.

We entered 2022 in a state of high anxiety about what Covid-19 would do next. While the vaccines were offering lifesaving relief, it wasn't clear if they would hold against new variants and whether we wouldn't all soon be returning to mass closures.

Even though none of the worst-case scenarios occurred this past year, what did happen was a continuing global disaster and tragedy.

But the novel coronavirus failed to fulfill the worst of our nightmares — no doomsday variant emerged to make our vaccines useless, hospitals and morgues were not completely overwhelmed, the world's economies did not collapse under the strain of a spiraling pandemic.

Click the link below to read the whole story.  
<https://nbcnews.to/3JvkONS>





The Kids Collaborative hosted two Holiday Bazaars in December that provided an opportunity for their kids to shop for gifts for their family members. Thanks to our generous community they received many donations of new and gently used items. The kids were able to shop for grandparents, moms and dads, guardians and siblings. With one event taking place at Southwestern Community Services in Swanzey and one at Keene Housing in Keene, our wonderful volunteers helped over 150 kids shop for and wrap over 500 gifts!



*“The unselfish effort to bring cheer to others will be the beginning of a happier life for ourselves.”*  
 - Helen Keller

# Save the date!

*upcoming mobile food pantry*



**Tuesday, Feb. 14th from 12:00-2:00**  
 (while supplies last)

**St. Margaret Mary Catholic Church**  
**33 Arch Street, Keene, NH**

**The NH Food Bank will bring truckloads of food to distribute to families and individuals.**

*This event is open to all. No proof of residency or income needed. This is a drive thru event. All items will be distributed to you in your vehicle.*

Sponsored by:  **Bank of New Hampshire**  **FEEDING AMERICA**

# NEIGHBORS-IN-DEED

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

*With restrictions continuing to shift, it is important to note that we have not lifted all protocols. RSVP is following the guidelines of our parent organization, Monadnock Family Services, and most importantly we don't want anyone going outside of their own personal comfort levels. If you're interested in learning more about the program, or who is currently waiting for a volunteer. Please call 603-357-6893 or email [rsvp@mfs.org](mailto:rsvp@mfs.org)*

## KEENE

This 65-year-old woman who is pleasant and would welcome some companionship and help with errands is 1x/wk help to post office, Hannaford's, Walmart. She does use transportation which can be difficult for her. She needs to have knee surgery but doesn't know when. She has struggled with depression and anxiety but she has pursued working out at the Y. She has less of a preference of a female or male volunteer.

This 64-year-old woman has been waiting for a volunteer for a quite a while. She is funny, self-reliant, and values holding onto her independence as much as possible and can get out more easily with the good weather with her electric scooter. She does have a speech impediment, which can be difficult at times over the phone, but is much easier to understand in

person and she does use email. A female visitor is preferred. She enjoys beading, crafting and cooking and would like to try new activities as well.

At 80-years-old this woman would enjoy a visitor to have coffee in the morning or tea in the afternoon since she doesn't know people in her building. She was a nurse and retired about 4 years ago and has stopped driving. She has a helpful daughter, but she may have an occasional appointment or would go for a walk if someone can go with her. She prefers a female and she is a smoker, so it would have to be someone tolerant of that since during a visit she might like one. She used to enjoy knitting, but doesn't do it now due to eyesight, reads fiction and mysteries and gets books from the library and watches news at noon and TV in the evening.

## Winter Activities for Older Adults and Retirees

"It's important to get outside as much as possible, whether it's temperate or even if it's colder, as long as it's safe to do so," said Dr. Angela Catic, associate professor in the Roy M. and Phyllis Gough Huffington Center on Aging at Baylor. "If it's cold, bundling up and getting outside is good for your spirit and good for you physically."

While older adults should be cautious of snowy or icy conditions, Catic suggests they continue engaging in the outdoor activities they typically enjoy, such as walking, biking or being out in nature. Unless they were skiers or active in winter sports before, older adults should not pick up skiing or snowboarding later in life due to the risk of injury. Individuals who normally garden outdoors can focus on growing indoor plants in the winter. Plan for the upcoming growing season by looking at gardening catalogues and deciding what to plant when spring arrives.

Winter also is a great time to explore indoor activities inside or outside the home:

### At home:

- Reading
- Puzzles
- Playing games
- Knitting
- Crafting

### Outside the home:

- Attending concerts
- Visiting museums
- Taking road trips

Recent retirees might find it difficult to pick up hobbies after being in a career-oriented routine for many years. Catic recommends reflecting on activities they enjoyed in the past, before they were focused on work, such as reading. Adult education programs offer classes for a variety of hobbies, including woodworking, sewing, crafting or birdwatching. The public library contains a multitude of resources and nonfiction books that can teach different skills, like gourmet cooking or quilting. Friends can provide information about their own hobbies, and volunteer work is a rewarding way to fill time while giving back to the community. Although searching for hobbies takes time and exploration, retirees will eventually find something they enjoy.

"We want to keep ourselves active, both physically and mentally, and hobbies often do that. They bring joy and fun to our lives, and that is so important in terms of preserving cognitive function and mental health," Catic said. "We encourage people to be engaged and do things they enjoy that connect them to their community."

Source: Baylor College of Medicine



# Route 10 Shopping Shuttle from Winchester

## Ride the Friendly Bus to Market Basket!

The Shopping Shuttle is running weekly beginning September 1. The bus will pick up along Route 10 from Winchester every Thursday for shopping at Market Basket. Reserve your seat by Wednesday at noon prior to the trip. Pick up times will depend on the number of riders. Donations are gratefully accepted.

**Call 603-352-8494 for reservations.**



## Shopping Shuttle FAQs



**Where will the bus stop?** The bus will stop at the following locations when there are riders who have reservations: all senior housing, at SCS and Keene housing locations, the Winchester Town Hall parking lot, Pine Grove Park, Haley Heights and private residences along the corridor as long as the bus can safely pull off the road. **Reservations are a must! The bus will not stop automatically at these locations unless there are reservations.**

**How long will I have to shop?** You will have about one hour to shop. However, we will not leave anyone behind!

**How many bags can I take?** You can take as many bags as you can carry. We recommend that you bring your own reusable bags. You may also bring a cart for your groceries.

**Is the bus accessible?** The bus has a lift for those who have a mobility device or who have trouble getting on the bus.

**How much will it cost?** We suggest a donation of \$2.00 for the round trip. However, this is an anonymous donation.

**Is the trip open to everyone?** The trip is open to people of all ages along the corridor. Everyone must have a reservation.

**Can we go anywhere else in Keene?** For everyone's convenience the stop will only be at Market Basket.

*The Shopping Shuttle is supported by the NH Department of Health & Human Services Transportation Equity Project.*



**Get your taxes done for FREE**

For qualified households with incomes less than \$60,000

- Drop-off or In-Person Appointments!
- IRS-Certified Volunteers
- Maximize your EARNED INCOME TAX CREDIT, your CHILD TAX CREDIT, and others you are eligible for
- 100% FREE and CONFIDENTIAL

*Don't waste your money on costly tax preparation if you don't have to!*

Call (603) 924-6800 for more info  
Monday-Thursday 9 am - 2 pm  
[www.rivercenternh.org](http://www.rivercenternh.org)

Scheduling starts January 16  
Appointments start January 25

Form 1040 U.S. Individual Income Tax Return  
Department of the Treasury—Internal Revenue Service  
For the year Jan. 1–Dec. 31.  
Your first name and initials  
Last name, spouse

THE River Center  
Supporting Our Community for Generations

Oh the wonderful way you'll feel, you hear?  
If you just go out and volunteer...

A bird... a worm... a guzzle-bivvit,  
Could all use some help if you'll just give it;

You might say "No! Not!! No Way!"  
"I've nothing to give - not today anyway!"

But you'll see if you look deep inside of you,  
You've lots to give!  
It's true! You do!

## VOLUNTEER OPPORTUNITIES

### Volunteering as the Pandemic Surges

*Many of our partner agencies have started to reopen their volunteer roles with modified procedures and requirements. There are many avenues available for you to serve the community, in whatever capacity and at whatever level you feel comfortable interacting with the public. We continue to encourage you to look around your neighborhood and reach out to those in high risk demographics to see if you can help. Below we have posted available agency volunteer service activities.*

#### Volunteer Drivers - CVTC

The most frequent phone call we get at the volunteer center is somebody looking for a ride, either to a doctor's appointment or to run needed errands. In many cases the agency we send them to is the Community Volunteer Transportation Company (CVTC). However, with ride requests back up to pre-pandemic numbers and volunteer numbers still low, many of these ride requests go unmet. You can help fill one of the biggest needs in our area, and do so on a schedule that works for you. There is no time commitment, just accept the rides that work for you. If you are interested in learning more please reach out to us at 603-357-6893 or by emailing [rsvp@mfs.org](mailto:rsvp@mfs.org).

#### Linda's Closet - a resource for free clothing and career advice

Linda's closet is now open by appointment. If you would like to support Linda's closet you can donate by appointment or

consider volunteering as a clothing consultant: Clothing Consultant Do you have a flare for clothing and fashion? They are seeking volunteers to assist clients with clothing choices. Available times are Thursday 11:00a.m.-1:00 p.m. and Saturday 10:00 a.m. – noon. Volunteers are asked to commit to a date once a month if possible. 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 Diane Bogdan or Kathleen Birch at 603-357-1015 or [lindas.closet@yahoo.com](mailto:lindas.closet@yahoo.com). To learn more about them, visit [www.lindascloset.org](http://www.lindascloset.org), Facebook and/or Instagram.

#### Meals on Wheels

Meals on Wheels is a staple service for older adults throughout the Monadnock Region. Not only do they deliver affordable/ free nutritious meals to homebound

# VOLUNTEER OPPORTUNITIES CONTINUED

older adults and those with disabilities or chronic illness, but the daily check-in from drivers allows for a consistent wellness check which provides peace of mind for both the recipient and their family. Delivery drivers are needed throughout Hillsborough County. The pickup location for meals varies depending on the route. Drivers can volunteer anywhere from one morning a week to five. If you are interested in learning more about what meal delivery would entail and the requirements for becoming a driver, please reach out by calling the office at 603-357-6893 or by email at [rsvp@mfs.org](mailto:rsvp@mfs.org).

## MATS

MATS is currently seeking volunteers to join their board, We are seeking individuals who want to help children and adults experiencing homelessness. No experience required, but experience or interest in fundraising is a plus. If you are interested in becoming involved please call our office at 357-6893 or email [rsvp@mfs.org](mailto:rsvp@mfs.org).

## Project Lift

Help adult learners reach their goals by becoming a volunteer for Project LIFT. Project Lift offers free, confidential, one-to-one and small group instruction to adults who wish to improve their basic skills, learn English, or prepare for the High School Equivalency Test (HSET).

They have several volunteer opportunities: Tutors, Technological Assistants, English Language Learner (ELL) Conversation Group Facilitator and Career and Education Support Center Assistant. Project LIFT is based in the Fuller Public Library and serves Hillsborough and surrounding towns including: Antrim, Bennington and Hancock.

For more information regarding Project LIFT please call the office at 603-357-6893 or email [rsvp@mfs.org](mailto:rsvp@mfs.org)

## Keene Community Education

### Winter/Spring Classes for January-June 2023

Keene Community Education offers open enrollment adult education classes with admission and registration at any time during the school year. Classes are FREE for New Hampshire adults with an 8.9 grade level equivalency or lower. Pre-registration and pre-testing are required before attending a class. Post-testing and follow-up surveys are also required after completing a class.

### Adult Basic Education and HiSET Preparation English as a second language

## Technology and Careers Education

Please call our Center or visit our website for more information. Phone: 603-357-0088  
Website: [www.keenecommunityed.org](http://www.keenecommunityed.org)

## Monadnock Community Hospital (In Community)

Monadnock Community Hospital has welcomed most volunteers - except those directly interacting with patients - back to their pre-COVID roles. As things continue to progress, more opportunities will become available and we encourage you to keep the hospital in mind as you think about how you would like to serve the community.

Opportunities will be available that fit almost any schedule, interest or need. • Gift Shop Volunteers - 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. • Visitor Greeters - help visitors find their way by manning greeting desks. • Volunteer support opportunities are available in the mail room, HR, materials management, and more. Schedules can be regular or vary as needed. For more information about volunteering with the Monadnock Community Hospital contact call 603-357-6893 or email [rsvp@mfs.org](mailto:rsvp@mfs.org).

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

CASA volunteers are ordinary women and men who step forward to advocate in New Hampshire's court system for children who have experienced abuse and neglect. CASA of NH's vision is world where every abused or neglected child is given the opportunity to thrive in a safe, permanent and nurturing home.

Volunteers spend time getting to know the child(ren) they are working with and gather information from the important adults in each child's life so they may make qualified, unbiased recommendations to a judge about what they believe to be in the best interests of the child(ren). Volunteers visit their assigned child(ren) monthly, complete court reports, and interact with parents, extended family members, attorneys, social workers, foster care providers and judges. CASA volunteer advocates say they love putting their skills to use in a meaningful way with challenging, stimulating, emotionally rewarding work that directly impacts a child's life.

### Requirements:

- Undergo screening and 40 hours of pre-service



# VOLUNTEER OPPORTUNITIES CONTINUED

training (training is remote via Google Classroom and Zoom)

- Commit to the life of the case (averages 2 years, and requires about 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 our Keene CASA Office. Volunteers could report to Jaffrey/Peterborough or Keene Courts. Children are typically located in the area where the case originates. For more information, please contact Amanda Desmarais, CASA Communications Manager at [adesmarais@casanh.org](mailto:adesmarais@casanh.org) or by calling (603) 626-4600 extension 2125.

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

Become an advocate with the Monadnock Center for Violence Prevention (MCVP): Crisis & Prevention Center. Advocates for those surviving domestic abuse are critical right now. MCVP will train volunteers on how to empower survivors to move beyond violence to create a better, healthier future for themselves and their children. Advocates help to end and prevent violence in our community one survivor or family at a time.

MCVP is currently seeking volunteers who are compassionate people with good communication skills and the ability to go through the 40 hours of training. Advocates serve as the first point of contact for survivors. They listen, support, provide information and referrals, and discuss options with the caller.

### **Advocates:**

- Work 24 hours shifts from their own homes. Shifts run from 4 pm to 8am Monday through Friday and 8am to 8am Saturday and Sunday.
- Advocates may also respond to local hospitals and police stations to support survivors, as well as screen in survivors seeking emergency shelter.
- Per Diem advocates make a stipend per shift that they work. \$35 for weeknight, \$45 for a weekend, and \$55 for a holiday.

MCVP will be they will be doing training in the spring of 2023. If you are interested in learning more about volunteering please reach out to Kathy Mota at 603-352-3875 or by emailing [directservices@mcvprevention.org](mailto:directservices@mcvprevention.org) or you can visit [www.mcvprevention.org](http://www.mcvprevention.org) to learn more about the organization.

## **Bayada Hospice**

### **Hospice Volunteers Change Lives!**

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

BAYADA Hospice needs visitors to offer companionship and practical help to patients and families facing the end of life.

You can make a difference in the lives of our hospice patients and their families. Deeply fulfilling for volunteers, this work makes a real difference in the lives of your neighbors. Ways of helping are limitless! We offer training to anyone volunteering an hour or two a week.

For more information, please contact Volunteer Coordinator, Jenny Reilly at [jreilly1@bayada.com](mailto:jreilly1@bayada.com) or 802-490-2099.

## **Greater Monadnock Medical Reserve Corp (MRC)**

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

### **Volunteer opportunities:**

- Please visit [www.gmmrc.org](http://www.gmmrc.org) [[gmmrc.org](http://gmmrc.org)] to learn more about the Greater Monadnock Medical Reserve Corps. The website includes an application to become a member if interested in supporting regional public health preparedness and response efforts.
- For more information about COVID-19 vaccines please visit: [www.cheshiremed.org/vaccine](http://www.cheshiremed.org/vaccine) [[cheshiremed.org](http://cheshiremed.org)]. This website is updated regularly with information on vaccines.

For Homebound vaccines: COVID-19 Vaccination in NH | On-Site Medical Services ([on-sitemedservices.com](http://on-sitemedservices.com)). To learn more about GMMRC please reach out to Kerry Kelley as the contact at [kkelley@cheshire-med.com](mailto:kkelley@cheshire-med.com) or visit their website at [gmmrc.org](http://gmmrc.org).

# VOLUNTEER OPPORTUNITIES CONTINUED

## Monadnock Habitat for Humanity

Monadnock Habitat for Humanity needs your help! We're currently busy working on two important local projects and are seeking additional community members to help with the planning and implementation.

- One effort is applying for a zoning change, developing sub-division plans, and raising capital funding for infrastructure requirements to allow for multiple single family home builds. This will set us up better to meet our goal of building a new home each year for several years into the future!
- Another is continuing our development initiative to establish a recycle marketplace for building materials and tools towards opening a ReStore retail center for the Monadnock area. We'll have an exciting announcement in time for this summer's yard sale season - but there's still much to do!

As always, we have an ongoing mission to provide small (weekend) repairs to low-income, elderly, and veteran homeowners. These projects are important to help people stay in their homes. MHFH performs repairs for only the cost of the materials (in some cases even these can be donated) as we provide all-volunteer labor-saving homeowners hundreds or even thousands of dollars. Interested homeowners can apply for approval for projects that are specifically related to Accessibility, Safety or Weatherization. Unfortunately, we cannot offer roofing, electrical, or plumbing services, emergency services or remodeling.

If you have some time on your hands and would like to be a part of something exciting, sign up on the VolunteerUp link on our website:

<https://www.monadnockhabitat.org/volunteer-opportunities/>. To learn more email, us at [monadnockhabitat@gmail.com](mailto:monadnockhabitat@gmail.com) or leave a message on our office answering machine: 603-357-8474.

Let's make 2023 a Very Happy New Year for our friends and neighbors!

## Cornucopia Project

Cornucopia Project welcomes volunteers in our school garden, culinary and farm programs. School gardens are in all the elementary schools of Antrim, Bennington, Dublin, Frankestown, Greenfield, Hancock, Peterborough, Temple, and Keene. Garden volunteers assist our Educators with teaching classes for 7 weeks each spring and fall and with

watering, weeding, and debugging the garden through the summer, harvesting when requested for food pantries. Culinary programs include take-home healthy snack kits and community events. Volunteers help with assembling and running several events throughout the year. At the Educational Farm in Peterborough, volunteers work alongside our Farm Committee and student farmers on projects that support hands-on learning and local food production such as planting, mulching, forking, weeding, and harvesting in the fields and high tunnels, where volunteer help makes a huge difference. Volunteer contributions are flexible and add to the vibrance and resilience of our local food system. Visit [www.CornucopiaProject.org](http://www.CornucopiaProject.org) or call to schedule a visit.

## The River Center

The River Center is looking for volunteer greeters and preparers for our Volunteer Income Tax Assistance program (VITA) which provides free tax preparation for the underserved and helps clients save thousands of dollars in tax preparation fees. Last year, we helped almost 250 taxpayers' access over \$410,000 in refunds and credits. This is money that could be used to pay bills, make car repairs, save for the future, and boost the local economy.

Greeters must take and pass a standards of conduct test. Duties include being a welcoming presence for clients, signing clients in, checking a client's paperwork, and giving them forms to fill out.

Volunteer preparers do not require experience and do not need math whizzes! Through group, virtual, and self-study training volunteers will gain the skills and knowledge necessary to become an IRS-certified preparer assisting clients in maximizing their refunds.

If you enjoy challenging yourself to learn something new, figuring out tax issues, being a part of a team, and getting gratification from seeing the direct impact of your volunteer work on the lives of people in your community, consider becoming a volunteer greeter or tax preparer with us! For more information about VITA and these roles, please give us a call at 603-357-6893 and learn more by visiting their website at [www.rivercenternh.org](http://www.rivercenternh.org).

## UNH Cooperative Extension

The UNH Extension has a new volunteer program called "Master Wellness Volunteers." You may have heard of "Master Gardeners." This new program is similar in that people are invited to attend a series of classes. In return,

# VOLUNTEER OPPORTUNITIES CONTINUED

they are asked to put their new knowledge and skills to use in their communities. There is a core set of lessons that addresses social determinants of health. Then participants can choose one of three “pathways” for the second half of the program, though one of those three is not available in our region (vaccine education). The food access pathway is geared to train people to offer food demonstrations at places like food pantries and farmers markets. Participants may also be trained to offer the Arthritis Foundation’s Walk with Ease program.

**TRAININGS:**

**February 21- March 28, 2023**

Six general training sessions held on Zoom, Tuesday evenings, 6-7:15 p.m. with additional independent learning

**April - May, 2023**

Specialized training and volunteer service in one of three areas:

- Nutrition education with food pantries - Vaccine education
- Walk with Ease

If you have questions about Master Wellness Volunteers, contact the program manager, Zeanny Egea, Program Manager at 603-600-8237 Ext. 208 or email [zeanny.egea@unh.edu](mailto:zeanny.egea@unh.edu) or Christine Parshall, Extension Teacher, Nutrition Connections at 603-352-4550 or email [chrisine.parshall@unh.edu](mailto:chrisine.parshall@unh.edu).

**DCYF**

The DCYF Community Connect program is seeking to recruit and train adult volunteers to serve as Mentors for youth ages 14+ who are in foster care or residential placement through DCYF’s Manchester and Nashua (Southern) District offices. The mission is to try to match teens in the foster care system with an adult volunteer with whom they can develop a trusting relationship through engaging in mutually enjoyable activities together. Mentors help youth believe they can create a future they want. They model positive relationship skills and help their mentees strengthen communication skills. A mentor is an experienced, caring and trusted adult advisor who is willing to listen to our youth and guide them through every day challenges. In so doing, mentors can help reduce the risk factors that could lead to negative outcomes such as high school drop-out or substance abuse, thus strengthening our communities.

We ask that mentors commit to spending at least an hour per week for at least a year with their mentee. Although referred youth must have been living in the Nashua or Manchester catchment areas when they were placed in out-of-home care, their placements can be far and wide, sometimes making it difficult to find available volunteers who reside within a drivable distance. They are anticipating a referral for a 13-year-old girl currently living in a foster home in Keene. For more information please contact Michael Lucow, Connection Specialist at 603-573-1285 or email [Michael.B.Lucow@dhhs.nh.gov](mailto:Michael.B.Lucow@dhhs.nh.gov)

## VOLUNTEER RECRUITMENT FAIR

“Volunteers Getting it Done!”



## SAVE THE DATE

**Tuesday May 16 at  
Keene Ice, Blasto’s Room  
Watch for details soon...**



SERVING THE MONADNOCK REGION SINCE 2008  
**877-428-2882 ext. 5**

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

Make a difference with each mile you drive

Become a CVTC Volunteer Driver

## GIVE A RIDE

# RECIPES TO SHARE

## DORIE GREENSPAN FRENCH APPLE CAKE



### INGREDIENTS

- ¾ cup Flour
- ¾ tsp baking powder
- Pinch of salt
- 4 large apples peeled, cored, and diced into 2-inch pieces.
- 2 Eggs
- ¾ cup sugar
- 3 Tbs of brandy or dark rum or water if you chose not to use alcohol.
- ½ tsp of vanilla
- 8 tablespoons of melted butter and cooled to room temperature plus extra for greasing the pan.
- Confectioners' sugar to garnish.



### DIRECTIONS

- Preheat oven to 350 degrees.
- Grease 8-inch round cake pan with softened butter, dust with flour.
- In small bowl combine flour, baking powder and salt.
- In large bowl add eggs, whisk by hand until eggs are light and frothy.
- Add sugar and whisk until combined.
- Add brandy, vanilla and whisk until everything is incorporated and sugar is mostly dissolved.
- Add half the flour mixture, whisk until just incorporated.
- Add half the melted butter and mix.
- Repeat with remaining butter and flour.
- Add apple chunks, fold gently with spatula or spoon.
- Bake for 55-65 minutes until the toothpick inserted in center comes out clean.
- Let cool in pan on baking rack.
- Once cooled, slide knife around the edges of cake and invert to remove completely from pan. Invert again so cake is top side up and dust with confectioners' sugar before serving.
- Enjoy!



## MONADNOCK RSVP VOLUNTEER

# Coffee Hour

Our next coffee hour will be February 22  
10:00 - 11:00am