

MONADNOCK

www.monadnockvolunteercenter.org

Email: rsvp@mfs.org

RSVP

VOLUNTEER CENTER

FROM THE DIRECTOR

Happy Spring RSVP Friends!

I had the good fortune to be able to return to my favorite winter hiatus of Cozumel, Mexico. Right before I left, I met with a new volunteer who has been retired for a while and has done the fun things he wished, including catching up on his reading list. He said that while working, he had pretty much stopped reading for pleasure.

I, certainly, can relate given that there is a lot of reading, research, and reporting with my role and told him I was excited to read a book on vacation. (I picked a good fiction.) Reading was always a part of my life growing up, especially in the summer when I lived on Granite Lake in a camp that had no TV or telephone. My parents nurtured my reading ability and I had ample opportunity to get books through the library, Scholastic books, and had subscriptions to Highlights and Geographic magazines.

Reading for pleasure can have a major impact on children and adults and their futures. There are many benefits including: reading attainment and writing ability; text comprehension and grammar; breadth of vocabulary; positive reading attitudes; greater self-confidence as a reader; pleasure in reading in later life; general knowledge; a better understanding of other cultures; community participation; and a greater insight into human nature and decision-making.

One of the goals of the America Reads program is to provide struggling children with more one-on-one reading time with individual attention from an adult tutor. This gives children more chances to practice and master their reading skills. It also gives them more opportunity to fall in love with the limitless world of the printed page (and enjoy doing it!) Next month, RSVP will host a book fair and provide high-quality, age-appropriate books to children in the America Reads program, many of whom are from low-socioeconomic homes where they do not have books or choices related to their interests.

To do well in life, kids need family stability, good schools, supportive neighbors, and parental investment of time and money. Perhaps, this is one small step in closing the opportunity gap between children from homes with higher incomes and college-educated parents that spend half again as much daily time on developmental activities like reading — than kids of high-school-educated parents. It is extremely gratifying to be part of this collective effort to set our children on the path to safe, healthy, happy, and productive lives and make lasting change for generations to come.

Sincerely,

Kathy Baird

“You can’t live a perfect day without doing something for someone who will never be able to repay you.” - John Wooden

WELCOME NEW RSVP VOLUNTEERS!



Carol Crawford
Cathy Croteau
Patricia Farmer
Peg Kondos
Martha Ladam
Theresa Marabito
John Newman

Tina Rice
Julie Shonbeck
Sparky Von Plinsky
Eric Webb
Chuck Weed

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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COMMUNITY
SERVICE** ★★ ★



MONADNOCK RSVP WARMLY WELCOMES JOEL GREEN, NEW PROGRAM COORDINATOR, TO THE TEAM!

Joel will work within the Neighbors-In-Deed program to help match current and new RSVP volunteers with care recipients. He will spend his initial weeks getting to know volunteers and reaching out to non-profit agencies in the eastern region to assess volunteer needs to better inform the matches he will help facilitate.

By way of introduction, here are a few words from Joel about his background. . .

I arrive at RSVP from a career that spans almost forty years in the non-profit humanitarian sector. Most recently I was the Program Director for Merrimack County ServiceLink. I have spent most of my career in leadership positions - leading organizations that provide services for individuals with intellectual disabilities, people living in poverty, public housing, mental illness and those facing challenges related to aging. My educational background is in social work where I hold a BSSW in psychology with a M.Ed. in counseling psychology. I have been an associate professor and instructor at several colleges and have been teaching in the University System of New Hampshire at Granite State College for the past 16 years. I have also spent many years volunteering in my community of Peterborough, New Hampshire. I have been on the Boards of Directors for Creating Positive Change a drug and alcohol prevention program for youth, the Monadnock Summer Lyceum, The Peterborough Folk Music Society and I spent 3 years on the ConVal School Board.

Volunteers are welcome to stop by the office at 64 Main St. in Keene this month to introduce themselves to Joel. In the coming weeks, Joel will also hold office hours in Jaffrey. More on that soon!

*"The more that you read, the more things you will know.
The more that you learn, the more places you'll go." - Dr. Suess*

AMERICA READS BOOK FAIR

Monadnock RSVP was selected to receive a \$4000 grant from the Dollar General Literacy Foundation's Youth Literacy Project! This grant money will be used to purchase books for children throughout our region who benefit from the America Reads program. All America Reads volunteers are invited to attend our annual book fair at the 64 Main Street office in Keene to choose books for the children they tutor. The books are new and will be grouped by ages.



Tuesday, April 19th noon - 3:00pm
Wednesday, April 20th 9:00am - noon

Allison Riley will gladly arrange alternate times to pick up books if the pre-arranged times don't fit a volunteer's schedule. Allison may be reached at ariley@mfs.org or 283-1686 for more information.

A RESOURCE FOR AMERICA READS VOLUNTEERS:

The Children's Literacy Foundation (CLiF) is a nonprofit organization whose mission is to inspire a love of reading and writing among children up to age 12 throughout New Hampshire and Vermont. Since 1998, CLiF has served more than 180,000 low-income, at-risk, and rural children in 400 communities across every region of the Twin States. To learn more and access resources go to: <http://clifonline.org/about/>

March 2, 1904 changed the world of reading and learning for children for generations to come. Happy Birthday Dr. Seuss!



The Stat in the Hat

MORE THAN 600,000,000

Number of Seuss books sold

4 Number of pen names, including Dr. Seuss. (His real name is Theodor Seuss Geisel)

1957

The year that *The Cat in the Hat* hit the shelves

44 The number of children's books Seuss wrote

3 Number of sizes the Grinch's heart grew that day

\$25

The amount paid to Dr. Seuss for his first published cartoon

1,000,000,000

Collective gross from the four movies based on Dr. Seuss books

America Reads

"Sally Shonk has been an amazing volunteer. She is always excited about anything that I ask her to do and has been an amazing help during center time. The students always want to read to her. She always brings the class cards and presents and is so sweet." -Robyn Sall, Grade 1 Teacher, Rindge Memorial School

NEIGHBORS HELPING NEIGHBORS. THAT'S WHAT COMMUNITY IS ABOUT!



On Tuesday, January 19th seven new RSVP Neighbors-In-Deed volunteers participated in a training so that they can help seniors, adults with disabilities, and those who served in the military remain living independently in their homes as long as possible. Volunteers learned about policies and procedures, practiced decision-making and communication with senior scenarios and boundaries, and learned about community resources. Built on a model of friendship and on-going non-medical assistance, these folks are eager to get matched to someone close to home who will enjoy their company and support. Thank you to our seasoned volunteers Carol Austin, and Carol and Bob Hill for sharing your experiences and tips in a very informative (and humorous) way!



AMERICA READS IS GROWING!

The America Reads program expanded to 2 new early learning programs this winter. Eight new volunteers are now reading with children at the Drewsville Head Start and the Keene Day Care Center. We'd like to thank our community partner, Jennifer DeCoste, from Keene Community Education for facilitating a comprehensive volunteer training focused on early literacy development. Volunteers walked away with new skills and a useful tool kit!

UPCOMING VOLUNTEER OPPORTUNITIES

RSVP is recruiting volunteers to serve on the Board of Directors for Monadnock Habitat for Humanity. Ideal candidates will have professional/managerial/leadership backgrounds, ability to reach out to the community as needed, have passion for helping others, and prior experience with Habitat builds and knowledge of the construction industry and practices. The monthly commitment averages about four hours and terms can last 1 - 3 years.

The Castle Center is seeking volunteers to engage with participants in a variety of ways: visiting, listening to music, reading stories, baking, crafts, etc. Ideally, scheduled times would be best, but they can be flexible with volunteers who may only have an hour a month to help. Monday, Wednesdays, and Fridays are the days volunteers are most needed. The minimum commitment is for three months. The location is at Home Healthcare, Hospice, and Community Services (HCS) at 312 Marlboro Street in Keene. For more information or to volunteer, please contact Catherine Braught, Nurse Manager at 355-8281.

Give Someone a Lift - Be a Volunteer Driver! Contoocook Valley Transportation Company (CVTC) is launching its Spring Volunteer Driver Recruitment Campaign. Information sessions will be held at the CVTC Offices at 375 Jaffrey Road (Route 202 south - Whitton Building) in Peterborough and at the American Red Cross (ARC) office at 83 Court Street in Keene. Attendees will learn how the program works and may begin the registration process.

- Information sessions in Keene are scheduled on Mondays starting at 10:00 & 11:00 a.m. and Thursdays starting at 4:30 to 5:30 p.m., beginning on March 21 through April 29.
- Information sessions in Peterborough are the four Wednesdays in April starting at 1:30 to 2:30 p.m.
- To register for a session, call 1-877-428-2882, ext. 3 or email info@cvtc-nh.org.
- For more information, please visit www.cvtc-nh.org.

Planned Parenthood of Northern New England is seeking dedicated volunteers to work one-on-one with individuals who need assistance enrolling in health coverage through the federal marketplace in their Keene office. Ample training on The Marketplace and New Hampshire Health Protection Program application process is provided. Qualifications: excellent interpersonal skills, comfortable with listening to people's complicated health problems, ability to work independently, and basic computer skills. Volunteers are required to make a minimum commitment of 2 hours a week for at least 6 months.

Neighbors-In-Deed matches volunteers one-to-one to elderly, adults with disabilities, and veterans in their communities to help them remain living independently as long as possible. Based on a model of companionship and assistance, volunteers visit, help with grocery shopping and errands, provide medical transportation, offer caregivers a short-term break, and complete light handyman repairs. Volunteers are asked to commit 1- 2 hours weekly. We currently have people waiting in: Hinsdale, Keene, Hancock, Bennington, Rindge and Winchester.

The Monadnock Food Co-op is coordinating the Monadnock Region Earth Day Festival this on Saturday, April 23rd, 2016 from 12pm - 4pm. The event will include vendor and non-profit tabling, live music, workshops, demos, children's activities and more.

Monadnock RSVP Volunteer Center would like to have a table at the event. Your duties would include greeting festival guests, answering questions, and distributing pamphlets related to becoming a RSVP volunteer. Please let us know at RSVP if you would like to participate in one or both of the shifts: 12 - 2 p.m. and 2 - 4 p.m.

Monadnock RSVP is pleased to report that we published a Facebook page for the office in early January! The page is an answer to a call from our volunteers who use social media to receive information and stay connected. We plan to use our FB page as an additional way to reach out to current volunteers, but also to spread the word about the good work our agency does in the larger community. You'll find us by searching Monadnock RSVP Volunteer Center. Please "Like" us and share a link to our page with your friends and neighbors!



DISASTER TRAINING OPPORTUNITIES

Including People with Disabilities in Emergency Planning and Preparedness

Wednesday, March 16 • 6:30 to 7:30 pm
Cheshire County House of Corrections
825 Marlborough Street (Route 101), Keene, NH
Presenters: UNH Institute on Disability

This training is designed for state and local emergency management personnel involved with the planning or provision of emergency management operations. It is designed to improve cultural competence to facilitate inclusive and accessible emergency preparedness plans and services. Participants will acquire skills, strategies and resources to include people with disabilities in emergency plans, activities and drills.

Creating Emergency Kits and Plans with People with Disabilities

Wednesday, March 30 • 6:00 to 7:30 pm
Monadnock Community Hospital, Conference Room 3
Peterborough, NH
Presenters: University of New Hampshire Institute on Disability

CALM: Counseling on Access to Lethal Means

Thursday, March 31 • 5:30 to 7:30 pm
KSC Lloyd P. Young Student Center, Room 309
229 Main Street, Keene, NH
Presenter: Jennifer Schirmer,
NH Disaster Behavioral Health Coordinator

Suicide is the second leading cause of death among young people ages 15 to 24 in NH and the tenth leading cause of death among those of all ages. Many attempters are as ambivalent about suicide as they are about life. Suicide prevention is a complex puzzle involving multiple strategies. One that has been effective is the reduction of access to lethal means, particularly firearms and medications. This interactive workshop addresses why and how to restrict such access and includes a videotaped counseling session, discussion, and roleplays. CALM is recognized on the Suicide Prevention Resource Center (SPRC) and American Foundation for Suicide Prevention Best Practices Registry, Section III. CEU's will be awarded. This program is cosponsored by the Keene State College Counseling Office.

Barn Fire Prevention and Preparedness

Saturday, April 16 • 9 am to 4 pm
Draft Gratitude, 148 Ashuelot Street, Winchester, NH

This innovative training is designed both for fire-fighters and first responders as well as barn owners, managers, and horse enthusiasts. This program, sponsored by DRAFT Gratitude, is offered at cost. For more information and to register, go to www.draftgratitude.com.

Mental Health First Aid for Veterans

Saturday, April 30 • 8 am to 4:30 pm
Cheshire Medical Center ~ North Conference Rooms 1 & 2
580 Court Street, Keene, NH
Presenters: Dean Bailey and Stephanie Hanner

Family members and persons working with military and their families often are not aware of how to engage veterans with mental illness and addictions. This interactive course focuses on the unique experiences and needs of the military, veteran, and family population. Individuals trained in this course can help to break down the stigma associated with mental illness, such as anxiety, depression, post-traumatic stress disorder (PTSD), schizophrenia, bipolar disorder, and substance abuse disorders; reach out to those who suffer in silence, reluctant to seek help; let veterans know what resources and support are available in their community; and make mental healthcare and treatment accessible to thousands in need. CEU's will be awarded. Lunch will be provided.

Note: This new program by the National Council on Behavioral Health, launched in 2014, will be presented by trainers from out-of-state. All costs for MRC members and applicants will be supported by the Greater Monadnock and Greater Sullivan County Medical Reserve Corps Units. A small fee will apply to non-MRC personnel.

Pre-registration is requested. Please provide Your Name, Email Address, and Phone Number to:
Melody Actouka, Training Coordinator
Greater Monadnock Medical Reserve Corps
Island-melody@hotmail.com or 603-903-3903

SENIOR PASSPORT PROGRAM - YOUR TRIP TO GOOD HEALTH!

Eating well, exercising, and staying knowledgeable of health-related information is important at any age.

Senior citizens 60 years and older can receive a free passport to better health information and, at the same time, have an opportunity to partake in the Cheshire Medical Center's passport meal program.



Membership in the Senior Passport Program entitles participants to free nutrition, exercise, and health education lectures and classes.

Members can also enjoy a "Passport Meal" in our dining room. "Passport Meals" include the following: An entrée with two sides from our Home Station and a beverage (Vitality water, 8 oz. milk or small hot beverage) for \$4.95.

Meals are available Monday through Friday, 4:30 to 6:30 p.m. Saturdays and Sundays, 11:30 a.m. to 1:30 p.m. at Cheshire Medical Center at 580 Court Street in Keene.

Keene Senior Center Volunteers Stitch from the Heart!

Photo left to right: Kathy Brown, Susan Hibble, Roberta Morin (RSVP volunteer leader), Lurline Russell, and Joyce Caster.



RECIPES TO SHARE

Chocolate Stout Cupcakes

BATTER

3/4 cup unsweetened cocoa, plus more for dusting finished cupcakes	
2 cups sugar	1 tablespoon vanilla extract
2 cups all-purpose flour	3 large eggs
1 teaspoon baking soda	3/4 cup sour cream
Pinch fine salt	1 stick butter, melted
1 bottle stout beer (recommended: Guinness)	

FROSTING

1 (8oz) package cream cheese, softened at room temperature
3/4 to 1 cup heavy cream
1 (1-pound) box confectioners' sugar

DIRECTIONS: Preheat oven to 350 degrees F.

In a large mixing bowl, whisk together the cocoa, sugar, flour, baking soda, and salt.

In another medium mixing bowl, combine the stout, melted butter, and vanilla. Beat in eggs, 1 at a time. Mix in sour cream until thoroughly combined and smooth. Gradually mix the dry ingredients into the wet mixture.

Lightly grease 24 muffin tins. Divide the batter equally between muffin tins, filling each 3/4 full. Bake for about 12 minutes and then rotate the pans. Bake another 12 to 13 minutes until risen, nicely domed, and set in the middle but still soft and tender. Cool before turning out.

TO MAKE THE ICING: In a medium bowl with a hand mixer, beat the cream cheese on medium speed until light and fluffy. Gradually beat in the heavy cream. On low speed, slowly mix in the confectioners' sugar until incorporated and smooth. Cover with plastic wrap and refrigerate until ready to use. Icing can be made several hours ahead and kept covered and chilled.

Top each cupcake with a heap of frosting and dust with cocoa.

RSVP volunteers Lead by Experience!

Carol Sorterup, Keene Senior Center Board Vice President.



"May you be blessed with walls from the wind. A roof for the rain. A warm cup of tea by the fire. Laughter to cheer you. Those you love near you. And all that your heart might desire." - Irish Proverb