

MONADNOCK

www.monadnockvolunteercenter.org

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RSVP VOLUNTEER CENTER

FROM THE DIRECTOR

Greetings RSVP Friends as we approach Spring!

Just as the seasons change, sometimes predictably and other times not, so does the political climate that guides the operations behind national service. On February 12, President Trump sent his Fiscal Year 2019 Budget request to Congress. The Budget proposes elimination of the Corporation for National and Community Service (CNCS) for 2019, as part of a broader framework that increases funding for defense, national security, and other core functions of government.

This is the first step in a process to determine the budgets of CNCS and all federal agencies for fiscal year 2019 which begins on October 1, 2018. Currently, CNCS continues Fiscal Year 2018 operations under a continuing resolution through March 23, 2018.

Just like this FY18 budget, President Trump's FY19 proposal only includes limited funding dedicated to the orderly shutdown of CNCS over the course of the next year. But eliminating CNCS funding would be a huge mistake. Volunteer service is a cost-effective solution to our country's most pressing problems, and studies show a nearly four-to-one return for society in terms of higher earnings, increased output, and other community-wide benefits.

National service programs including RSVP, Foster Grandparents (FGP), Senior Companions (SCP) and AmeriCorps are on the front lines of fighting the opioid epidemic, and are helping communities rebuild after Hurricanes Harvey, Irma, and Maria. They connect returning veterans to jobs, support seniors living independently, preserve public lands, foster economic opportunity, prepare today's students for tomorrow's jobs, and more. Without funding for these programs, communities would suffer.

Now, more than ever, it is critical to demonstrate the value of national service to elected officials. I encourage you to tell your stories and show the human side of service. Last year, we successfully mobilized to protect funding for CNCS and with your help, we can do it again.

The National Senior Corps Association (NSCA) provides guidelines for your interactions with Congress and other elected officials. There is a key distinction that needs to be made between "Education" and "Lobbying." Education of Congressional leaders can happen at any time, even while you are "on the clock" being paid with federal dollars or while serving in your volunteer assignment. Education entails explaining your program to officials, giving statistics about your program, sharing the impact of your program, and sharing stories from volunteers. All of these are legitimate aspects of educating Congressional leaders about RSVP, FGP, SCP and Americorps.

Lobbying, on the other hand, is the act of attempting to influence decisions made by officials in the government, most often legislators or members of regulatory agencies. This type of activity (attempting to influence decisions) cannot be done while being paid with federal dollars or while volunteering through RSVP, FGP, SCP, or Americorps, but is allowable on your own time. Please help spread the word by sharing this newsletter with friends and family and encouraging them to make their voices heard in support of national service.

What you do is meaningful and valuable. Thank you for continuing to focus on making a difference in our community

Warm regards,

Kathy Baird

"It is one of the beautiful compensations of life, that no man can sincerely help another without helping himself."

WELCOME NEW RSVP VOLUNTEERS!



- | | |
|-------------------------|------------------|
| Ramona Branch | Sandra McPherson |
| Shirley English-Whitman | Bob Meagher |
| Ann Heffernon | Abby Meyer |
| Alice Kehoe | Pam Morrison |
| Jean LaValley | Terri Smith |
| Veronica Lima | Ellen Wright |
| Susan Massin | |

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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MEN WHO COOK

event to support America Reads

The Monadnock RSVP Volunteer Center is thrilled to announce that the America Reads program will receive the proceeds from Monadnock Family Services' annual fundraising event, **Men Who Cook!**

For those of you who are unfamiliar with the program, the event invites men from our community to prepare their favorite recipe and share it as a buffet offering at a dinner in March. Community members purchase tickets to attend the dinner.



We invite you to save the date!

**Saturday, March 17, 2018
at 6pm
Held at the Zorn Dining
Commons on the campus
of Keene State College.**

**Tickets are \$25 for adults and
\$7 for children 10 & under**

May be purchased at these downtown locations: Prime Roast, The Apothecary, and MFS (64 Main St., 2nd floor) or for reservations contact Mary Delisle, 283-1568 or mdelisle@mfs.org. Seating is limited.

NEIGHBORS-IN-DEED VOLUNTEER PROFILE

A conversation with Larry



Larry jumping into action, staining a deck during National Day of Service 2016.

If you have anytime available and are looking for an engaging, fascinating, and humorous conversation I would suggest spending some of it chatting with one of our Neighbors-In-Deed volunteers, Larry Foley. I had hoped to be able to sit down with him at our Holiday Party. But he and Patrick from Habitat for Humanity spent the entire time engaged deep in conversation. I did get the pleasure of chatting with Larry's match Maurice, and a better suited pair I don't think exists.

Both Larry and Maurice served in the military during WWII. Maurice was an aircraft crewman for the Airforce and Larry was in the Navy. They both went on to work in manufacturing and became pioneers in their fields, Larry in Computer Sciences and Maurice in electronics. They also share a background in education. Larry taught at Franklin Pierce and Maurice was with the New Hampshire University system.

Maurice was with the New Hampshire University system.

When I called Larry about writing a profile for the newsletter, he asked me if I had any idea on where I wanted to start. My first question was, "How did you come to be a part of Monadnock RSVP Volunteer Center?" With that, we embarked on an hour-long conversation ranging from his friendship with Maurice, to his time bartending in Lake Placid, and how the freewheeling,

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materialistic culture of the west coast, while fun, ultimately motivated him and his wife to move their family to Rindge, New Hampshire. (That's a really good story, but unfortunately I don't have the space to re-tell it.) I think it's important to note that Larry is a New Hampsherite by choice. He told me that in his 64 years of marriage he and his family moved 24 times. When it was time to retire and settle down, he and his wife choose to come back to New Hampshire.

But, getting back to the original question, Larry told me that he found Monadnock RSVP when he saw an article in the Monadnock Ledger-Transcript regarding our National Day of Service. He said that, "he'd (sic) been blessed with physical and mental health and wanted to be able to give back."

After volunteering with National Day of Service Larry learned of the Neighbors-In-Deed program. He said he had been quite impressed with our interview process and that over the length of his career and experience with multiple industries, he never had such a thorough and conscience vetting, which gave him confidence in our organization. From that point on, Larry said he never regretted signing up with us and wishes that he could be more involved.

Once Larry was paired with Maurice, they became fast friends. In Larry's words, "We're a good match. I learn more from Maurice than he from me, but I provide more humor."



Why You Should Set up an Online Social Security Account

Even if retirement is still years away — whether you're 45 or 60 — now is the time to set up your Social Security account online. Why? Because it's not just a handy tool to manage your benefits. It can also help prevent your benefit payments from ending up in the hands of identity thieves.

Scammers who have your Social Security number and address, for example, can go online and set up a "My Social Security" account in your name — if you haven't already done so.

The big risk comes if you're age 62 or older. Thieves could start collecting your retirement benefits, and you might not find out about it until years later when you apply for Social Security. Only one account is permitted per Social Security number, so claiming your account early is key. "People need to plant their flag, because someone could just sign up for you," says Brian Krebs, a cybersecurity expert who runs the Krebs on Security website.

The account is the primary way to learn about your benefits, and more than 30 million people already have accounts. The Social Security Administration (SSA) used to send out paper benefits statements, but last year the agency decided to switch to online notification as a way to save money. You can also use the online service to get a benefit verification letter (which you may need if you're applying for, say, a loan), change your address or phone number, or manage the direct deposit of benefits.

To set up your account, the site first asks for standard identification details. Once the agency pinpoints your file, you will be asked a series of multiple-choice questions based on details in your credit report. For example, to further verify your identity, it might ask the name of the bank that holds your mortgage or the name of your credit card issuer.

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

KEENE

A 67 year old senior who lives alone in her apartment where she has lived over 35 years would welcome help with shopping and errands. She has many stops: Price Chopper, Walmart, library, Aldi's, Dollar Store, Keene Senior Center, the Salvation Army thrift store and more. She has some general health issues and suffers from depression. She used to love camping, fishing, and boating. She gets along best with male volunteers and would require a vehicle that is low to the ground.

A 70 year old man would like a volunteer for companionship. He has a lot of supports during the day: homemaking 7 days/week, does in-Shape 3X week, and has a case manager weekly to help with paperwork. He enjoys his 3 parakeets, likes going to lunch at the Pub and having coffee at McDonald's, and loves bluegrass. A volunteer who could bring other interests would be welcome. He didn't have a preference of gender but would like the volunteer to be someone who believes in Jesus.

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

for a medical appointment. She prefers a female.

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

This 69 year old woman is pleasant and sociable, but isolates and is uncomfortable in large groups. Physical problems minimal- broke ankle year ago and has trouble with stairs. Suffers from depression and panic with agoraphobia. Sleep patterns and activities non traditional, morning would be best time for a visitor. Goes to Castle center two days a week for socialization. Lacks hobbies, very religious goes to mass at church frequently, likes gardening things. Thoughtful of others and likes to feel useful, hard worker. Smokes but trying to quit. Attends Saint Bernard (Catholic) Church.

This 68 year old woman lives alone in affordable housing with her two zebra finches. She is funny and upbeat but says that her isolation is leading to her feeling depressed and socially awkward. Shopping is overwhelming and she has some mobility issues. She can use a cane to go short distances but will need to use a motorized scooter inside a store. She has diabetes and MS as well as back issues and would like help with picking up prescriptions and grocery shopping. She used to be a photographer and enjoyed animals and nature, when

NEIGHBORS-IN-DEED CONTINUED

mobility was not an issue she enjoyed attending horse and dog shows as well as our local festivals. She can still fish and is hoping that she can find a volunteer who would be interested in going with her as well as playing cards and board games.

WINCHESTER

It is difficult for this 62 year old woman to get out because she has a hernia which limits her mobility, has chronic pain, and suffers from anxiety and depression, in addition to simply not driving. She is on Medicaid and takes advantage of other community transportation resources for basic needs. But she would enjoy having a volunteer with whom she can do some fun things. She loves all animals, crafts/crochet, cooking and baking, and has strong Christian beliefs. She prefers a female volunteer.

TROY

A woman in her 40's who lives with a companion who cannot drive, would appreciate some help with grocery shopping and

errands. She has diabetes, asthma, bipolar disorder, and uses a walker. Her trailer is in fairly decent condition, but not particularly clean. Her interests include walking the dogs when she is able (four friendly ones), crocheting, Nascar, and the Highland games. She is a smoker and has no preference of a male or female volunteer.

FITZWILLIAM

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



Please Join Us

Save the date for our March coffee hour and join fellow volunteers and RSVP staff for coffee and conversation!

Wednesday, March 28th, 10-11 a.m.

RSVP Office - 64 Main St., Keene

Parking is available in the Wells Street parking garage located on Railroad Street (behind our office building) or in the long-term lots off of Gilbo Avenue where you can find 10 hour meter parking - one lot has a parking kiosk (be sure to pay before leaving the lot!).



AMERICA READS SPRING IN-SERVICE

Helen Ann Kelly, a recently retired teacher from Chesterfield School and one of our new America Reads volunteers, will facilitate our spring in-service program scheduled to take place Wednesday, April 4th, 10:30-11:30 a.m.

America Reads volunteers will gather to learn about a new literacy topic and to swap stories and troubleshoot. More information to come!

“Wherever there are beginners and experts, old and young, there is some kind of learning going on, some kind of teaching. We are all pupils and we are all teachers.”



Neil Moriarty works with a first grade student in Melissa Fitz Gerald's classroom at Mt. Caesar. Thank you for 10 years of service in America Reads!



Annual America Reads Book Fair

April 24th noon-3pm

April 25th 9am-noon

RSVP is grateful for the support we've received allowing us to purchase books through "First Book" for our annual spring book fair! The combination of a \$1,000 grant from the Dollar General Literacy Foundation, a \$900 award from the Keene Elm City Rotary, and a \$250 gift from C&S Wholesale Grocers will place new books in the hands of the 900+ students who participate in the America Reads program. We love that so many children in our region will receive a book to call their own!



UPCOMING VOLUNTEER OPPORTUNITIES

Give Someone a Lift! Become a Volunteer Driver

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

Mentors for young people are needed in the Monadnock region

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

Disaster Training Opportunities

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.

Hot Meal Preparation

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

Blood Drive Volunteers

Drives are held on an episodic basis throughout the Monadnock region. Time commitment is typically a 2 1/2 hour shift. The following positions are essential to make each drive run smoothly and efficiently:

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

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

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

Give your time to people who are working towards recovery

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. See the links below for training details – training begins in early February. Some scholarships are available, but are limited. Coaches are asked to make a 6 month commitment.
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.

Be the Voice for a Child!

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.

UPCOMING VOLUNTEER OPPORTUNITIES

CONTINUED

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 at diane@casanh.org or 603-626-4600, ext. 2106

Regional Volunteer Screeners

The American Red Cross is looking for people with good communication skills who would be interested in joining their team to help schedule and conduct volunteer screenings over the phone with prospective volunteers, identify appropriate positions for applicants and make referrals as required. Volunteers will also assist with updates in Volunteer Connection, their online volunteer management system. Online training is required as well as monthly meetings to discuss processes and procedures with the virtual team. Come join their virtual team in Volunteer Intake and Screening and provide an excellent experience for all new volunteers joining the American Red Cross.

Business counseling volunteer opportunity

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, but 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.

Touchstone Farm in Temple, NH is looking for volunteers

Volunteers are needed to 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.

Cedarcrest Center for Children with Disabilities

This very special opportunity is for folks who enjoy sewing and refabricating one thing into another! In this case, a simple modification to a child's small backpack is needed to accommodate

a feeding bag, tube and feeding pump. This provides mobility for children who receive continuous g-tube feeds. Your assistance with this very special project will greatly enhance their ability to explore their world and enhance their quality of life. They will supply all materials needed: backpack, two sizes of grommets, velcro, thread and whatever you see is needed for the project.

Front Desk Volunteer needed in Keene

The Keene Senior Center - serving vibrant older adults ages 50+ - has a new volunteer opportunity for someone who would enjoy using their customer service skills. They are looking for a volunteer to staff the front desk at the 70 Court St. facility on Tuesday and Thursday mornings from 8am - noon. Volunteer duties will include greeting members, using and adding members to the "MySeniorCenter" computer database, taking payments for membership and meals, and answering phones and directing calls.

Put your leadership and decision making skills to work on behalf of citizens in our region!

The Monadnock United Way (MUW) is currently recruiting volunteers who would like to become part of their newly designed Investment Teams. These teams will play a part in deciding how MUW campaign funds are distributed to non-profits in our community. Here's what you need to know:

Time commitment: Team members make a two year commitment (approximately 70-80 hours annually). 60-65 hours of this commitment falls between January and May.

Responsibilities include:

- Reviewing applications from area non-profits who seek MUW funding.
- Visiting non-profit applicant sites.
- Providing feedback to both the non-profit applicants and the MUW.
- Determining recommendations for funding.

Skill set of investment team members: People who have skills and interests or the desire to develop skills in the areas of: leadership, decision making, non-profits, finance, children, and basic needs (food, housing, heat and transportation).

What if I'd like more information? You can speak to a MUW staff member for more information about becoming an Investment Team member. Please contact Kate Cote at 352-4209 or kate@muw.org

Run a social group at the Monadnock Adult Care Center

The Adult Care Center in Jaffrey is looking for two group leaders for Tuesdays or Thursdays. One woman to run a woman's crafting or beginners knitting group and one man to facilitate group conversation amongst the male participants. Group leaders would help run the activity and provide guidance however, there will always be a staff member with the group to help as needed. If you're interested in volunteering for one of these roles, or would like further information please contact Jazmin at 283-1681.

The Tax-Aide program begins in February!

The AARP Tax-Aide program provide free tax preparation and e-filing in the Monadnock area. Assistance is provided for low and moderate income tax payers who must file a tax return. One does not have to be a member of AARP to take advantage of this free service.

Those who desire assistance should bring all W-2s, 1099s and all other information concerning their taxes, a Social Security card for each dependent and identifying documents for themselves, picture ID and Social Security card is required, also bring a copy of last year's return and any information regarding healthcare insurance for the 2017 tax year. This is a requirement of the Affordable Care Act.

The following locations hosting sites will be open beginning in early February:

Keene Family YMCA, 200 Summit Road, Mondays from 12:30 p.m. to 4 p.m. starting Feb. 5 to April 16, by appointment only. 903-0450

Keene Public Library, 60 Winter Street, open Tuesdays from 4 to 7 p.m. starting Feb. 6 until April 10. Appointments are required. Please call 352-0157

Jaffrey Public Library, 38 Main St., open Thursdays from 1:30-5 p.m. starting Feb. 1 to April 12. Walk-in site/no appointment required.

Chamberlain Library, 65 Main Street, Greenville, open Fridays from 9 a.m.-12:30 p.m. starting Feb. 2 to April 13. Appointments are required. Please call 878-1105.

New Ipswich Public Library, 6 Main Street, open Wednesday 2 - 6 p.m. Opens Feb. 7 to April 11. Appointments required. Please call 878-4644. Handicap accessible.

More sites can be located by following this link:
https://www.aarp.org/money/taxes/aarp_taxaide/

Try it free today!





FREE TAX PREP

Don't pay unnecessary fees!

We provide free tax preparation for individuals and families with low to moderate incomes.

Have one of our IRS-certified tax preparers help you find the credits and deductions for which you are eligible so that you can keep more of the money you earn.

Beginning January 15 call 924-6800 to schedule an appointment

The River Center
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RECIPES TO SHARE

Blueberry Baked Oatmeal

A quick, easy, delicious recipe, that's both healthy enough to be a snack and sweet enough to be dessert. This recipe is easy to modify based on what's available and what your personal preferences are.

INGREDIENTS

- 2 cups old-fashioned oats
- 2 teaspoons cinnamon
- 1 teaspoon baking powder
- ½ teaspoon salt
- ¼ teaspoon nutmeg
- 1 ¾ cups milk of choice (almond milk, coconut milk or cow's milk all work)
- ⅓ cup maple syrup or honey
- 2 large eggs
- 3 tablespoons melted butter
- 2 teaspoons vanilla extract
- 12 ounces or 1 pint fresh or frozen blueberries (or 2 ½ cups of your preferred berry/fruit, chopped into ½" pieces if necessary), divided
- 2 teaspoons raw sugar (optional)

DIRECTIONS:

1. Preheat the oven to 375 degrees. Grease a 9-inch square baking dish.
2. In a medium mixing bowl, combine the oats, cinnamon, baking powder, salt and nutmeg. Whisk to combine.
3. In a smaller mixing bowl, combine the milk, maple syrup or honey, egg, half of the butter, and vanilla. Whisk until blended
4. Reserve about ½ cup of the berries for topping the baked oatmeal, then arrange the remaining berries evenly over the bottom of the baking dish (no need to defrost frozen fruit first). Cover the fruit with the dry oat mixture, then drizzle the wet ingredients over the oats. Wiggle the baking dish to make sure the milk moves down through the oats, then gently pat down any dry oats resting on top. (At this point the mixture can be covered and left in the fridge overnight if you'd like to prepare it the night before.)
5. Scatter the remaining berries across the top. Sprinkle some raw sugar on top if you'd like some extra sweetness and crunch.
6. Bake for 42 to 45 minutes, until the top is nice and golden. Remove your baked oatmeal from the oven and let it cool for a few minutes. Drizzle the remaining melted butter on the top before serving.