

MONADNOCK

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

RSVP VOLUNTEER CENTER

FROM THE DIRECTOR

Seasons Greetings RSVP Friends!

This month I had the pleasure to attend the Community Volunteer Transportation Company’s annual meeting where I saw many community partners and volunteer friends from both sides of the Monadnock region.

Laura Gingras, Vice President of Philanthropy and Community Relations at Monadnock Community Hospital, shared an experience about being stranded in an airport without a credit card and only \$20 in cash on her way to Alaska when she was only 20 years old (it is a long story how that happened). A stranger who saw her desperation purchased her ticket and gave her money to continue to her destination, for which she was extremely grateful and happily re-paid. For Laura, this was a life-saver.

Almost every day at RSVP we receive calls from people who share that same helpless feeling when they don’t have a way to get to their medical appointments, the grocery store, dialysis, or even their jobs.

For those of us who drive or have support people that ensure our needs are met, it is hard to comprehend how paralyzing it is to live without transportation. But our region is challenging because we lack of affordable transportation options, have limited public transportation and wheelchair accessible transportation, and there is an increased demand for long distance medical transportation. Keene is the only community with a fixed route bus system, which means surrounding rural communities rely primarily on volunteer drivers programs.

As you think about how you will give this holiday season and throughout the year, please consider offering some of your time to drive someone who doesn’t have transportation because of age, ability, economic situation, or other limiting circumstances.

There are a couple ways in which you can do this through RSVP. First, volunteers are always needed to be matched one-to-one to vulnerable people in our Neighbors-In-Deed program for ongoing companionship and support. We ask for 1-2 hours a week. But once individuals are matched, they decide their activities and schedules together which allows for flexibility to fit your lifestyle.

Second, RSVP recruits volunteers for the Community Volunteer Transportation Company. Their program model allows volunteers to choose the trips that fit their schedules using a web-based software system called TripList that enables drivers to log in to see outstanding trips, compare the parameters of the trips to their blocks of free time, and then assign themselves to the trip with the click of a button.

Transportation is not simply about providing a ride. It saves lives. Give someone a lift and you will be an every-day hero!

Warm regards,

Kathy Baird

Let our lives be full of both thanks & giving.

WELCOME NEW RSVP VOLUNTEERS!



- | | |
|---------------|--------------------|
| Beverly Bacon | Caren Lewis |
| Chip Baker | Roberta McLaughlin |
| Pat Campbell | Edie Powell |
| Judy Carberg | Mary Shannon |
| Leeann Clark | Timothy Weeks |
| Joyce Czarny | David Yetman |
| Avis Kopcha | |

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** ★★ ★



WE HAVE A FULL HOUSE!

Please join us in welcoming Jazmin Belcoure to the RSVP team.

Jazmin came to Keene in 2002 when she transferred to Keene State College. In the recent years, she has been running the School Program at Mount Snow working with area schools, parents and chaperones to provide lessons to local students, in the hopes of instilling a lifelong passion for the outdoors.



She has also worked as a Office Manager for Fleur de Lis Camp, an all-girl residential camp in Fitzwilliam, as well as working with the Alumna and area vendors to coordinate their outreach program, Big and Little.

Jazmin tells us she is excited about her new role and looks forward to hearing from current volunteers about what the RSVP and Neighbor's program means to them and where they hope it will go in the future. She currently lives in Swanzey with her husband, their two daughters age three and seven months, two dogs, two chickens, two fish and one (very put upon) cat.



Please Join Us

Save the date for our November coffee hour and help us welcome our new program coordinator Jazmin Belcoure to the RSVP team!

**Wednesday, November 15th
10-11 a.m.**

RSVP Office - 64 Main St., Keene

If you plan to attend, please reply to Allison at ariley@mfs.org or call the main office at 357-6893.

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

The America Reads program is off to a fabulous start with 91 volunteers championing literacy in nine early learning programs and 16 elementary schools across the Monadnock region! We welcomed 23 new volunteers this year, three of whom have been placed at two new early learning sites – the Ashuelot Head Start and the

Monadnock Community Early Learning Center. In addition, Emerson School in Fitzwilliam and Marlborough School asked us to find volunteers for their pre-school classrooms, so we have experienced nice growth in our early learning focus area.

Word about the America Reads program is best spread by current RSVP volunteers who believe in the program. Please feel free to send prospective volunteers to RSVP anytime during the year. Though interviewing and training begins in early summer for the following school year, we are always happy to provide information about becoming an America Reads volunteer and add people to our waiting list. Allison Riley, America Reads Program Coordinator, may be reached at ariley@mfs.org or by phone at 283-1686.

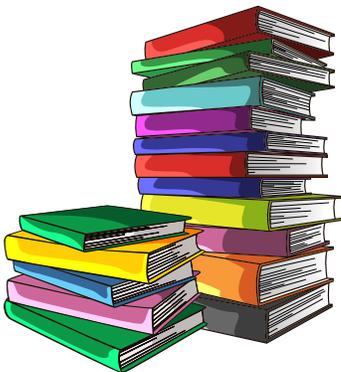


RSVP is Thankful to Our Supporters!

Monadnock RSVP Volunteer Center received a \$2,500 grant from the Bishop's Charitable Assistance Fund for operating support for the Neighbors-In-Deed program which provides person-centered, companionship and home-support services to low-income seniors, adults with disabilities, and veterans and military family members, free of charge, so they can maintain their independence in their homes.

The Bishop's Charitable Assistance Fund makes grants to tax-exempt organizations without regard to religious affiliation for projects that

help people in New Hampshire meet their basic needs. The Fund is operated by volunteer lay men and women who serve as Directors and who make recommendations to the Bishop of Manchester for grants to any organization in New Hampshire whose mission is consistent with the teachings of the Roman Catholic Church. The Fund raises money through solicitation of individuals, businesses and philanthropic organizations. An annual accounting of funds raised and disbursements is available at www.catholicnh.org/BCAF.



Books, books, books.

We love books! We, especially, enjoy the opportunity to put books in the hands of the children that are served by America Reads. RSVP recently received a \$1,000 grant from the Dollar General Literacy Foundation, \$900 award from the Keene Elm City Rotary, and a \$250 gift from C&S Wholesale Grocers. RSVP is well on our way to be able to support our annual spring book fair!



You're getting a new Medicare card!

Cards will be mailed between April 2018 – April 2019

You asked, and we listened. You're getting a new Medicare card! Between April 2018 and April 2019, we'll be removing Social Security numbers from Medicare cards and mailing each person a new card. This will help keep your information more secure and help protect your identity.

You'll get a new Medicare Number that's unique to you, and it will only be used for your Medicare coverage. The new card won't change your coverage or benefits. You'll get more information from Medicare when your new card is mailed.

Here's how you can get ready:

- Make sure your mailing address is up to date. If your address needs to be corrected, contact Social Security at ssa.gov/myaccount or 1-800-772-1213. TTY users can call 1-800-325-0778.
- Beware of anyone who contacts you about your new Medicare card. We'll never ask you to give us personal or private information to get your new Medicare Number and card.
- Understand that mailing everyone a new card will take some time. Your card might arrive at a different time than your friend's or neighbor's.



HORATIO COLONY HOUSE MUSEUM

Holiday Open House

Friday, December 1st - 7:00 to 8:30 PM
Saturday, December 2nd - 1:00 to 2:30 PM

The Horatio Colony House Museum is hosting the Annual Holiday Open House. The Library, Parlor, Music Room and Dining Room of this historic home will be festooned with traditional seasonal decorations for your delight.

Especially for children, there will be a display of images of animals from the museum's collection. Plus, The Holiday Animal Tree will be featured with animal -inspired ornaments made by 3rd grade students from Keene's Wheelock School.

This year you can also see an exhibit of poetry and art work by Keene Middle School 7th grade students that was inspired by visits to the Horatio Colony Nature Preserve.

Cider and cookies will be served.

For info call 603 352-0460 or visit our web site at www.horatiocolonymuseum.org



Dealing with Grief and Loss at the Holidays

A community offering by Home Healthcare, Hospice, & Community Services

November is National Hospice and Palliative Care Month. It is also the start of the holiday season.

Grieving during the holidays can feel more intense than other times throughout the year, because memories of good times and togetherness at the holiday season serve to remind us of our loss. Watching others who are feeling thankful and are celebrating when we feel overwhelmed, lonely, or sad can be very painful. Holidays force us to realize how much our lives have been changed by the loss of our loved one. Particularly in the first year, many bereaved are left with having to develop new holiday rituals and traditions.

This bereavement support group offers support and strategies for coping with the holidays after the loss of a loved one. For more information call 352.2253 (Keene) or 532.8353 (Peterborough) or visit www.HCSservices.org.

HCS Keene Office – 312 Marlboro Street
Wednesdays, November 15th through December 27th
4:30 – 6:00 p.m.

HCS Peterborough Office - 45 Main Street
Thursdays, November 9 – December 28
4:30 – 6:00 p.m.



The Community Volunteer Transportation Company has SPIRIT!



CVTC’s Volunteer Drivers received state-wide recognition for their selfless efforts. Volunteer NH’s Spirit of New Hampshire Awards honor outstanding contributions to volunteerism throughout the state. Volunteer Service Awards recognize individuals and groups who provide volunteer services that strengthen communities and improve the lives of the citizens of New Hampshire. These awards honor outstanding volunteers – or groups of volunteers – who reflect the strong ethic of service and volunteerism in our state. Several drivers attended the annual ceremony held at the Capitol Center

for the Arts in Concord on November 7th. “CVTC is so proud to accept this award on behalf of not only our Volunteer Drivers, but for all volunteers across NH who drive those without access to transportation. With each mile driven, our passengers are able to maintain or improve their health and that assures their continued independence,” says Ellen Avery, Executive Director. “We applaud Monadnock RSVP for their recruitment of many of our Volunteer Drivers.”

UPCOMING VOLUNTEER OPPORTUNITIES

Come out and help out your community with Tax-Aide

The AARP Foundation is once again looking for interested individuals to volunteer this tax season in their Tax-Aide program to provide free tax filing help for those who need it most, especially, adults 50 and older.

Tax-Aide volunteers receive training and continued support, including complete tax preparation training and IRS certification prior to working with taxpayers. Following approximately 20 hours of training which will take place this January, volunteers will be asked to give 4 hours of their time once or twice a week between February 1st and April 18th.

There are multiple roles for volunteers:

1. Intake Specialists work at the tax preparation locations. They welcome taxpayers and distribute the necessary forms. They maintain the appointment logs, ensure that taxpayers are helped in an appropriate order, and assign each taxpayer to a Tax Preparer.
2. Tax Preparers work with taxpayers to prepare their taxes using IRS provided software.

They are NOT just about looking for volunteers to prepare taxes. Are any of the following roles a good fit for you?

3. Recruit Volunteers and Market the Program - called Communication Coordinators at the district level.
4. Technical folks are needed to assist with site equipment, website development, network and/or WIFI setups - called Technical Coordinators at the District and Local level.
5. Client Facilitators are needed to assist with the coordination of taxpayers at local sites.

Stay tuned for materials and training dates!

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.

Become a Homework Station Volunteer

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

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.

UPCOMING VOLUNTEER OPPORTUNITIES

CONTINUED

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 needed for the project.

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.

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.

The Community Kitchen, Inc



Around Thanksgiving the Community Kitchen is going to ask people to stop donating non-perishable food items – a big change from their usual message! They understand that this seems a little odd, but they

are going to have greatly reduced food storage capabilities once their renovations start. Instead, they are asking people to donate a dollar rather than a can of vegetables or soup. This is a one-time thing. After the renovations are finished they will have a new and improved food warehouse and will be back to receiving as much food as they can!



HOLIDAY TREES IN PETERBOROUGH

IMAGINE wandering along a path lined with holiday trees of all sizes & themes.

December 9-10, 2017
at the Peterborough Community Center
Saturday 10AM–6PM & Sunday 11AM–3PM

HOW "HOLIDAY TREES IN PETERBOROUGH" WORKS

There is fun for all ages at Holiday Trees in Peterborough, where each unique tree displays the imaginative flair of its donor. In addition, there will be visits from Santa, a kids' craft area, hayrides, raffles, and baked goods.

All funds raised will benefit the Peterborough Community Center for future upgrades. In addition, you may help us raise more funds by donating your decorated tree or ornaments to our raffle which occurs at 2:45pm on Sunday.

Ribbons will be awarded to trees the public has voted as Most Colorful, Most Unique, Best Tree Topper, Best Under-Tree Display, Most Playful, Most Elaborate, Most Holiday Spirit, Favorite Handmade Ornaments, Favorite Theme, and People's Choice. **New this year: the Holiday Trees Committee will select three trees to receive special Judges' Awards in the following categories: Thematic Expression Award, Originality Award, and Judges' Choice. Recipients of these three distinctions will also receive a local restaurant gift certificate.**

DONATE A TREE

Anyone from any town may participate. Are you an individual or part of a group or business with an idea just waiting to be expressed? Do you love putting together a thing of beauty for others to behold? Then get the Application Form and Rules and Regulations from the Peterborough Recreation Department (www.peterboroughrec.com) to participate!

Whether you are promoting your organization, advertising your business, or are a family celebrating your kids' favorite things, let your imagination run wild as you dream up your tree theme.

There is no fee to register. You pick the size, theme and decorations, and then provide the tree in all its decorated splendor.

NOTE: TREES DISPLAYED INSIDE MUST BE ARTIFICIAL. Some natural trees will be allowed outside, but we hope to fill the Peterborough Community Center with trees of all sizes and themes.

DATES TO REMEMBER

COMMITMENT OF INTENTION
Friday, November 17, 2017

Please email us at lmartin@peterboroughnh.gov with your firm intention to participate, so that we may plan space.

APPLICATION FORM DEADLINE
Monday, November 27, 2017

TREE SETUP
Thursday, December 7, 1–7PM
Please come early to make sure you are done by closing time.

HOLIDAY TREES IN PETERBOROUGH
Saturday, December 9, 10AM–6PM

Sunday, December 10, 11AM–3PM

TREE CLEANUP
Sunday, December 10, 3–4PM (unless other arrangements have been made)

ADMISSION

Admission is free. Donations are greatly appreciated.

CELEBRATE the holidays as a community and fill the Peterborough Community Center with decorated trees!

Proceeds to benefit the Peterborough Community Center.

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 wonderful 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?

HARRISVILLE

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

HINSDALE

This female senior in her 70's has diabetes and mobility issues because of her back and cannot walk a lot. Her home is not tidy, but she considers it reasonably clean. Transportation is her biggest need. She does not need supported assistance with shopping and errands, just needs to get there. She does not smoke and has no preference of gender. She likes anything crafty - used to knit, crochet, and make cards. She worked in several factories, both doing factory work and in administrative/accounting roles. She has a cat.

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

KEENE

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

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.

At age 60, this woman is finding it more and more challenging to use public transportation because it is difficult to walk and she has osteo-arthritis and fibromyalgia. She also suffers from anxiety and depression. She would like

someone to help her with grocery shopping. But more importantly, someone with whom she can have coffee with and build a friendship over time. She is a crafty person. A female volunteer is her preference.

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

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

This 84 year old woman spends most of her day caring for her husband who has dementia. They no longer have conversations and she would like "someone to talk adult to". She has macular degeneration, but overall is pretty healthy. They have a private aide who comes in Monday through

NEIGHBORS-IN-DEED CONTINUED

Friday 8 - 10:30 a.m. to tend to his personal needs and the aide will take her shopping. But she would like to be able to go other places like JC Penney. Occasionally, she may need a ride to a medical appointment. She and her husband were commercial photographers when they lived in Wisconsin and she was in charge of sales. She can still read large print books, likes walks around their grounds at their apartment complex, and wandering around stores. She has a great sense of humor.

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.

PETERBOROUGH

This 76 year old woman moved from Florida 1 ½ years ago to live with her son and daughter-in-law. She has COPD and inoperable heart blockages. At one point hospice was an option, but she bounced back. She is getting depressed and is concerned about looking at the four walls all winter since she is alone all day. Her day is pretty routine - she plays on the computer, watches her shows in the morning, naps in the afternoon, and watches TV in the evening with the family. She does like Bingo! For 20 years she was in accounting until she "couldn't stand to look at numbers". Then she became a dog groomer. There are 2 friendly dogs in the home, including her springer Sir Bentley. She is able to get out and occasionally likes to go shopping and wander around. She likes to have fun, laugh and she is reciprocal in terms of contributing to the conversation and showing interest in someone else.

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

A year and half ago this 76 year old woman moved from Florida to live with her family. At this time, she stopped driving. She has COPD, inoperable heart blockages, and uses oxygen 24/7. Her day is pretty routine - she plays on the computer, watches her shows in the morning, naps in the afternoon, and watches TV in the evening with the family. She does like Bingo! For 20 years she was in accounting. Then, she became a dog groomer. There are

2 friendly dogs in the home, including her springer named Sir Bentley. She is able to get out and occasionally likes to go shopping and wander around. But she would welcome a volunteer's suggestions. She likes to have fun, laugh, and she has a great sense of humor.

RINDGE

This 73 year old woman doesn't drive and currently used CVTC for some trips. But she is in need of regular weekly assistance with grocery shopping and errands such as going to the pharmacy and farm stand. Her son lives an hour and a half away and sees her infrequently. 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 3 years ago. She quit smoking at that time and she now tries to get healthy foods when she shops. She gets around easily and only uses a cane as a "security blanket" when she is traversing unfamiliar territory. Her interests include knitting/crocheting, computer games, plant care, and the Bond Center exercise program. She has no preference for gender in terms of a volunteer. She prefers a non-smoker, but wouldn't rule out a smoker if that was her only option.

TROY

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

FITZWILLIAM

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

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



There are four kinds of people in this world – Those who have been caregivers, Those who are currently caregivers, Those who will be caregivers, And those who will need caregivers. - Rosalynn Carter

Holiday Bazaar for Kids needs your help!

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 "shop" for 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: Donate gently used household and gift items:

- Tchotchkes, bric-a-brac, knick-knacks, etc.
- Household items - functional as well as decorative
- Kids toys/games (no puzzles, please)
- Books - adult and children
- Craft kits, craft supplies
- Things for moms and dads
- Jewelry
- Accessories - scarves, pins, tie tacks, purses, wallets
- New wrapping paper, gift boxes, bags (any size), ribbon/gift bows, Scotch tape

NO CLOTHING, PLEASE

Donations will be accepted until December 1st. We will pick up your donated items! Please call or email to schedule pickup! Donations may also be dropped off at the Kids Collaborative office from 8:30am-4:00pm M-F.

Office Location:
5 Harmony Lane • Keene, NH 03431
(603) 283-5464
info@keenekidscollaborative.org



RECIPES TO SHARE

Microwaved Baked Apples

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

- 4 firm apples
- 2 Tbs. brown sugar
- 1 Tbs raisins, craisins or dried cherries (optional)
- 1 Tbs. chopped walnuts (optional)
- 1 tsp. ground nutmeg
- 1 tsp. ground cinnamon
- 2 tsp. butter
- Whipped Cream (optional)

DIRECTIONS:

1. Core apples leaving the bottom intact.
2. In a bowl, mix sugar, raisins, walnuts, nutmeg and cinnamon.
3. Pack mixture into the center of the apples and place into a casserole dish.
4. Place a teaspoon of butter on top of each mixture.
5. Cover and microwave 3.5 - 4 minutes or until tender.
6. Let apples sit for a couple of minutes, top with whipped cream and serve warm.

Holiday Gathering

We hope you will save the date and join fellow RSVP volunteers and our community partners for a celebration of the holiday season!

Our holiday gathering will be held in the seasonally decorated Horatio Colony Museum at 199 Main Street, Keene, NH on Tuesday, December 5th from 1-3 p.m.

CC & D's Kitchen Market will provide delicious light refreshments.
Parking is available next door at St. Bernard's Church.

If you plan to attend, please reply to Allison at ariley@mfs.org or call the main office at 357-6893.