

MONADNOCK

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

RSVP VOLUNTEER CENTER

FROM THE DIRECTOR

A Warm Summer Hello RSVP friends!

In the middle of the night recently, my friend Ellen called to say she and her husband Steve were on their way to Worcester to receive a long-awaited kidney for him after three years of dialysis. As you can imagine after months of feeling sick and the slow, sometimes discouraging process of waiting for a match, the prospect of renewed health and quality of life was becoming a hopeful reality.

Here in the U.S. over 120,000 people are waiting for an organ transplant and every 10 minutes one more person is added to the national waiting list for a kidney, liver, heart, or other organ. Unfortunately, many may never get the call saying that a suitable donor organ — and a second chance at life — has been found. It's estimated that every day in the U.S. 21 patients die because of the lack of donor organs.

The concept of volunteering an organ and discussing end of life decisions is, often, one of those difficult topics we avoid talking about until it touches our own lives. This causes me to pause and reflect upon the importance of advance care planning which is a process that helps any adult at any state of health and age think about your values and goals; consider health care choices you may have to make in the future; talk about your choices with your doctor and your loved ones; and make or update a written plan for the future (advance directive).

Here in Keene, Cheshire Medical Center Dartmouth Hitchcock is offering a community health education program: Advance Care Planning: It's About the Conversation! It is being offered on Wednesday, August 23 3:00-4:30 p.m. and Thursday, September 26 12:00-1:30 p.m. in the North Conference Room 2 at 580-590 Court Street. You can register by calling (603) 354-5460 or online at www.cheshire-med.com.

I have had the experience of knowing two people that have successfully received kidney transplants, one from a live family member and the other from an anonymous donor. Not only does it make a big difference to that one person. It touches families whose lives have gone through physical and emotional ups and downs with changing roles and responsibilities during illness and treatment. But it also can help families who have lost their loved one cope in a positive way from knowing they improved the lives of others.

Giving selflessly is what volunteers do, whether it is through time, talent, monetary contributions, or to this extent, offering someone the gift of life. It has been several weeks now since Steve received his transplant. I can happily say that he was able to ride his bike, something he had not done in quite some time, to his brother's home several blocks away and said, "I can't remember when I felt so great." To all those future and past donors, many thanks for inspiring hope and changing the lives of our friends, families, and neighbors!

Warm regards,

Kathy Baird

"Occasionally in life there are those moments of unutterable fulfillment which cannot be completely explained by those symbols called words. Their meanings can only be articulated by the inaudible language of the heart." - Martin Luther King, Jr.

WELCOME NEW RSVP VOLUNTEERS!



- | | |
|-------------------|------------------------|
| Gerianne Bailey | Helen Ann Kelly |
| Lee Borden | Larry Moeller |
| Linda Cates | Terri O'Rorke |
| Kenny Chamberlain | Mary Quinton |
| Carol Faulkner | Maureen Robinson |
| Kathy Fleming | Don Sporborg |
| Linda Griesbach | Janet Vita |
| Helen Jesse | Jo Vita |
| Lisa Kasprzak | Praveena Yellala Matta |

Spread the word: RSVP is asking for your help! Please pass along our newsletter to a friend to help get the word out about our program and service opportunities.

IN THIS ISSUE

AR: In Their Words Survey	2
RSVP Help Wanted	3
Medicare & You	3
Welcoming New Directors	4
Years of Service Highlights	5
Laughter: Best Medicine	5
Volunteer Opportunities	6-7
Happy First Day	7
Neighbors-in-Deed	8-9
NHCF Challenge Grant	9
Save the Date	10
Recipes to Share	10
CPR Challenge Results	10

STAFF

Kathy Baird
Program Director
kbaird@mfs.org

Allison Riley
Program Coordinator
Keene/America Reads
ariley@mfs.org

Betty Christiansen
RSVP Volunteer

Laura Redmond
RSVP Volunteer

Beverly Westheimer
RSVP Volunteer

David Lesser
RSVP Volunteer

RSVP OFFICES

In Keene:
64 Main Street, Suite 212
Keene, NH 03431
Phone: (603)357-6893
Fax: (603)352-5698

In Jaffrey:
22 North Street
Jaffrey, NH 03452
Phone: (603) 924-7350
Fax: (603) 532-2429



Corporation for
**NATIONAL &
COMMUNITY
SERVICE**

LIVE UNITED
United Way
Monadnock United Way

**MONADNOCK
FAMILY
SERVICES**

IN THEIR WORDS...

Thank you to all who volunteered in the America Reads program this year! We had 85 volunteers and 85 teachers participate, and over 800 children benefit from the program. The new sites we opened in fall 2016 at Troy Elementary, James Faulkner, and St. Joe's were quite successful and all will welcome America Reads volunteers again this year.

At the close of each school year, we ask volunteers and teachers to assess the program. These surveys collect critical information that we report back to the Corporation for National and Community Service and we use to ensure future funding. We thought we'd share a few survey results including a handful of notable comments from participating volunteers and teachers. The comments demonstrate the impact the program makes on our youngest community members as well as the volunteers who give their time.

Volunteer's overall level of satisfaction with the America Reads program?

Of the 54 volunteers who responded, all 54 noted that they were either extremely satisfied or satisfied with the program.

Volunteer quotes:

"Every week when I arrived in the classroom, a lot of hands were raised to go with me. One little boy kept track of the number of times he got to spend time with me."

"One day when I was choosing a book to read to the class, it was taking a while. One boy asked what I was looking for, and smiling, immediately replied. "I know. You are looking for a book that will teach us something." At least he has learned books can deliver many things."

"I won't miss school on Wednesdays now, so I'll see you next Wednesday!"

"I bring a "special story" home with me every day. One of my favorite moments was when I was caught off guard as a little child whispered to me, "would you like to be a super hero?""

Number of students that the volunteer worked with who showed an increased interest in reading?

34 teachers responded saying that 97% of children who participated in the program showed an increased interest in reading.

Teacher quotes:

"Our volunteer really worked well with all the kids and made them feel special and wanted, which some of them need more than their peers. All of the students responded to his teaching and welcomed him with open arms. It is essential for all children to feel valued and important and our volunteer did that whole heartedly."

"I have several boys whose fathers are incarcerated or who are absent/negligent. They were the students who needed special attention from the volunteer. After reading with her they would emerge from the office much calmer and very satisfied. She was very attentive and caring. She asked great questions when reading to the children."

"One student who does not have support at home has received specific attention from our volunteer with reading and unfinished Literacy work. Also, the sweet, kind, & caring volunteer has even purchased books several times from our Scholastic Book Order!"

"My students look forward to their visit with our volunteer every week. They all want to be the one to sit next to her at the carpet! She is always so patient and it is evident that she truly cares about children and enjoys working with them."





HELP US FIND THE PERFECT FIT!

Do you know someone who has a dynamic and engaging personality who would thrive working with the RSVP team? We recently re-designed the Neighbors-In-Deed Program Coordinator position to be 21 hours a week, Keene-based, and requires up to two days a month commute to the eastern region as needed. Our ideal candidate would be enthusiastic about growing and nurturing the Neighbors-In-Deed independent living program which matches experienced adult volunteers with vulnerable community members who wish to remain in their homes, and placing volunteers in partner

agencies that align with their skills and interests. Excellent customer service ethic, ability to multi-task, high-level speaking and writing skills, and a strong sense of initiative are critical for success in this position. There is a lot of diversity in our daily work, including extensive telephone and computer use. But we are never bored and we have a lot of fun! This position requires a minimum of an Associate's degree and three years' experience in program/volunteer management, community outreach or customer service. It would be an added bonus if they bring experience in the nonprofit world or with older adults. Thanks for any leads!



Medicare & You

From the CENTERS for MEDICARE & MEDICAID SERVICES

**Q: Are you being admitted to the hospital for observation?
A new Medicare notice explains what costs are covered.**

A: Did you know that even if you stay in the hospital overnight, you might still be considered an "outpatient"? **Your hospital status** (whether the hospital considers you an "inpatient" or "outpatient") affects how much **you pay** for hospital services (like X-rays, drugs, and lab tests) and may also affect whether Medicare will cover your care if you are later admitted to a skilled nursing facility for rehabilitation.

You're an **inpatient** starting the day you're formally admitted to the hospital with a doctor's order. The day **before** you're discharged is your last inpatient day.

You're an **outpatient** if you're getting emergency department services, observation services, outpatient surgery, lab tests, or X-rays, and the doctor has not written an order to admit you to the hospital as an inpatient. In these cases, you're an outpatient even if you spend the night in the hospital. **NOTE:** Observation services are hospital outpatient services given to help the doctor decide if you need to be admitted as an inpatient or can be discharged. Observation services may be given in the Emergency Department or another area of the hospital.

If you're in the hospital for more than a few hours, always ask your doctor or the hospital staff if you're an inpatient or an outpatient.

If you are receiving observation services in the hospital, Medicare now requires the hospital to provide you with a notice which explains the reasons for these services, and whether or not Medicare will cover the costs of observation services and the cost of care in a skilled nursing facility, if this is recommended. This notice is called the **Medicare Outpatient Observation Notice (MOON)**. The notice must be given to you no later than 36 hours after observation services begin or, if sooner, upon your discharge.

A verbal explanation must also be provided to you along with this notice, and you or the person acting on your behalf will be asked for a signature to acknowledge your receipt of the notice. If you or the person acting on your behalf do not want to sign the notice, the hospital staff member must sign the notice to certify that notification was presented.

For more information on this new Medicare policy, which became effective March 8, 2017, or if you have a question on a Medicare Outpatient Observation Notice you've received, contact NH Servicelink at 603-357-1922 or 1-866-634-9412.

Keene Senior Center has new Executive Director!

Join us in welcoming Cameron Tease as the new Executive Director of the Keene Senior Center! Though Cameron is a new face at the Senior Center, he has long been a familiar face in our community.



Cameron began as the new Executive Director of Keene Senior Center in June, following a three year tenure as the Director of Resource Development at Monadnock United Way.

Prior to that Cameron held various positions in the insurance and manufacturing industries, including at Peerless Insurance (now Liberty Mutual) and at Markem-Image Corporation. In addition, he is member of the Keene Rotary Club and has served on numerous nonprofit boards.

Located at 70 Court St. in Keene, the mission of the Senior Center is to act as a community focal point for persons aged fifty (50) + so they may come together as individuals or in groups, for recreation, events and activities which enhance dignity, support independence, and encourage involvement in and with the community.

RSVP staff recently met with Cameron to explore ways in which we can increase coordination and collaboration between our programs to increase opportunities for seniors to make a difference for others, increase intergenerational connections, and to enhance the health and well-being of senior volunteers.

Cameron says, "I am inspired by the hard work and dedication of our over 150 volunteers who help keep the Senior Center running and provide community service through programs such as RSVP. The prospect of these additional opportunities looks promising".

For more information about the Senior Center check out <https://www.thekeeneseniorcenter.org/> or to investigate volunteer opportunities, please contact the RSVP Volunteer Center at 357-6893

The Greater Monadnock Medical Reserve Corps, one of RSVP's partner stations, welcomed a new director this spring, Chris Goshea! Chris wants RSVP volunteers to know that the GMMRC is always looking for clinical and non-clinical volunteers to join their team and assist during community emergencies.



So a little about me: I am new to the Cheshire Medical Center/Dartmouth-Hitchcock organization as the Emergency Preparedness Coordinator. I have over 13 years experience in the Fire and EMS Fields including specialized training in ICS/HICS, technical rescue, diving, and HAZMAT. I am a current volunteer Firefighter/Paramedic and EMS Clinical Coordinator with the Montague Center Fire Department in Massachusetts. I attended Greenfield Community College for my EMT- Basic, Intermediate, and Paramedic education. I am an instructor of Firefighter I/Firefighter II and CPR, and am an EMT Examiner. Prior to joining the CMC/DHK family I worked about 1.5 years as an Emergency Preparedness Coordinator in a healthcare setting and also have experience in hospital security.

In my "spare time" I enjoy relaxing in my kayak or relaxing on a motorcycle ride.

Through my career I've been involved in disaster response for several natural and manmade events. Although each event presents its own challenges I have enjoyed each experience and the education it provides.

I remain committed to continuing my education and constantly seek training opportunities. I'm hoping to provide my broad knowledge base to assist you in any way that I can. I look forward to meeting with, and working with you in the future.

Thank you,

Christopher M. Goshea

Emergency Preparedness Coordinator- Greater Monadnock Public Health Network

Director- Greater Monadnock Medical Reserve Corps

Center for Population Health Strategy & Practice at Cheshire Medical Center/Dartmouth Hitchcock

cgoshea@Cheshire-Med.com

Office: 603-354-5454 x2113



Thank you for your years of service!

20 Years

**Roberta Morin
Frances Potter**

15 Years

**Lyle Jensen
Ruth Lowe**

10 Years

**Mary Hayes Alison Rossiter
Allen Humes Carol Sorterup**

5 Years

**Betty Christiansen Bob Lindberg
Susan Hansen Carol Waseleski**

Laughter: The Best Medicine for Chronic Conditions

“There’s a silver lining to being a cancer survivor. People said to me, “Are you freaked out that you’re turning 50?” Hell, no. I’m thrilled to be turning 50.” Fran Drescher, Comedian/Actor

While laughing has been shown to help prevent the onset of many physical and mental illnesses, humor is also emerging as one of the most powerful medicines for chronic and degenerative conditions like dementia, Alzheimer’s, Parkinson’s and cancer.

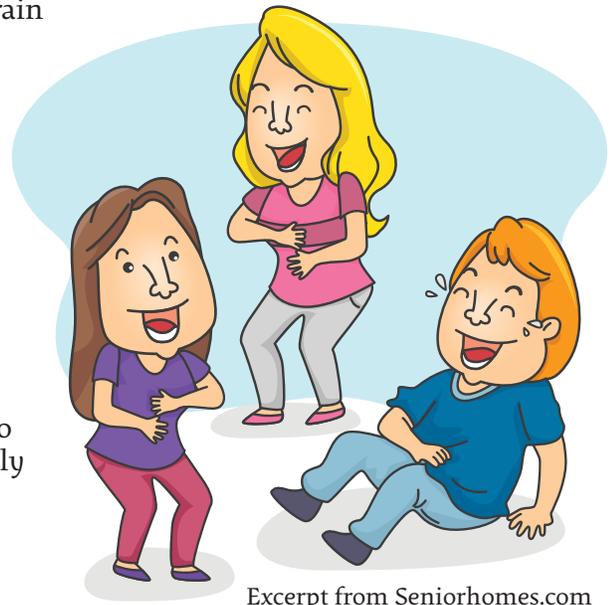
What Happens When You Laugh

Laughing triggers a number of positive physiological responses:

- Relaxation of the entire body, relieving muscle tension and stress
- Levels of cortisol, the stress hormone, drop and minimize pain and inflammation throughout the body
- The release of endorphins, natural feel-good substances that make you feel happy and content and have been proven to reduce the perception of physical pain
- Reduction in blood pressure combined with a moderate increase in the heart rate and improved blood circulation and oxygen intake
- The stimulation of the immune system thanks to the release of T-cells and salivary immunoglobulin A which is triggered by laughter
- Researchers at the College of William and Mary have found that “a wave of electricity sweeps through” the entire cerebral cortex (the whole brain) just before we laugh - this supports the theory that humor can actually help improve cognitive functioning by activating all parts of the brain simultaneously

A recent study by Dr. Jean-Paul Bell of Australia’s Arts Health Institute tracked the effects of live comedy on elderly nursing home patients with dementia/Alzheimer’s. Over a 12-week period Dr. Bell and a troupe of clowns and comedians visited 36 long-term care homes in Sydney, Australia, where they told jokes, played games and performed funny skits for the patients. For the duration of the program, staff in the nursing homes reported that participants were more positive and happier, while aggressive behaviors by the patients decreased for about 26 weeks after the program ended.

To gain to most physical and mental health benefits from humor, try to laugh every single day. Look for ways to schedule humor into your daily routine: subscribe to a “Joke of the Day” email, read the comics in the daily newspaper or watch a funny television show. Once you make laughing a daily habit, you will begin to enjoy the numerous health benefits of humor.



Excerpt from Seniorhomes.com

UPCOMING VOLUNTEER OPPORTUNITIES

America Reads - recruiting volunteers for 2017-18

If you can commit at least one hour a week, you can help a child who is falling behind in reading. RSVP's America Reads program will place you at a school or early learning program where you will be matched with a child in pre-K through 3rd grade who needs reading help. You will receive literacy development training, materials and guidance to make your volunteer experience both rewarding and effective. Interviews take place prior to a mandatory fall training in September.

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

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!

Community-based Reading Tutors are needed in Keene and Hinsdale

The Reading Nook Project (supported by Impact Monadnock and Monadnock United Way) is looking for tutors to engage in reading and activities with children ages birth to five and their families at Reading Nook spaces in the Monadnock region. Established Reading Nooks are currently at Forest View Apartments in Keene and the Millstream Community Center in Hinsdale. Reading Nooks will be established at other locations in the future. Qualifications, skills or training required: Desire to work with young children and their families. Volunteers must attend training through America Reads or KSC Reads. Background checks will be performed. For more info contact Carrie Hoffman at (603) 209-6809 or readingnook@muw.org

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

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.

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.

Make Strides Against Breast Cancer!

Volunteers are being recruited to help with this year's "Making Strides Against Breast Cancer Walk." An event that raises over \$40,000 for breast cancer research and services. For more information or to sign up, please contact Chelsea Paradore at 603-471-4148 or chelsea.paradore@cancer.org

UPCOMING VOLUNTEER OPPORTUNITIES

CONTINUED

Make Strides Against Breast Cancer! cont.

- Planning Committee Member

Volunteers attend monthly meetings to plan the walk. Meetings take place on the first Wednesday of each month from 6-7pm at the Bagel Mill in Peterborough. Volunteers will be asked to give about 2-4 hours of their time from now until the event. Volunteers receive a committee t-shirt.

- Event Day Volunteer - October 22nd, 8am - noon

Volunteers are needed to staff a booth, help with an activity, or assist with set-up and/or breakdown of the event which is held in Depot Square. Volunteers receive a t-shirt.

Greater Monadnock Medical Reserve Corps - DeMar Marathon volunteers

The marathon will take place Sunday, September 24, 2017. Volunteers (both clinical and non-clinical) are needed to assist Greater Monadnock Medical Reserve Corps staff at water and aid stations. On site guidance will be provided.

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.



REMEMBER TO
like us on
facebook®

Happy First Day of School!



On May 31 RSVP staff dropped off this impressive haul to KPD! These backpacks were stuffed full so we could get it all in the car. We were thrilled that our partner program, the Monadnock Adult Care Center, joined us with this effort. According to Chris Selmer, Director, they cashed in their coins from their change drive and raised \$70.50. Following a shopping spree at the Dollar Tree she said, "This was a fun project and my clients loved it!" We are so excited that those children at Fuller and Wheelock Schools, who would otherwise go without, will be receiving these brand new items to start off their school year.

A HUGE thanks goes to all the RSVP volunteers, MFS staff, and MACC participants who contributed to the First Day Project.

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. With a rapidly expanding aging population, volunteers are needed now more than ever to help fill in the gaps not provided by formal services or where services are limited or non-existent. Just one to two hours of your time can make a world a difference to one of your neighbors!

HARRISVILLE

This 89 year old woman was happily matched for a year with a RSVP volunteer who recently 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 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

A younger senior in the downtown area would welcome a female volunteer who could shop with her once a week at Hannaford's and visit with her. She suffers from mental health issues, has COPD, and has been recovering from cancer this past year. She goes to church daily and still can drive, but has a limited social network. She is a smoker, but only on her outside porch. There are no pets in the home.

A woman in her early 50's is looking for some help with errands and grocery shopping. She lives with Chronic Fatigue Syndrome and arm injuries, which tire her easily. She doesn't receive a lot of support other than Medicaid transportation for fairly frequent medical appointments. She enjoys yoga, used to play the clarinet (no longer has the stamina), opera/classical music, and used to make earrings. She is originally from New York. She prefers a female volunteer.

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 younger 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 59, this woman is finding it more and more challenging to use public transportation because it is difficult to walk and she has arthritis. 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 69 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 moved to Cityside housing last January. He was recently told 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.

A newly matched Neighbors-In-Deed care recipient referred her 77 year old neighbor to RSVP. This is the second year that she has not had a car. She uses the Friendly Bus and City Express. But it is very time consuming. She can only walk short distances. She has rheumatoid arthritis, Fibromyalgia, and suffers from allergies all year. She is interested in someone to visit and who also may like to play cards/cribbage or Scrabble. But at times she could use some help with shopping or errands since she doesn't want to burden her neighbor who still works full-time. She worked as a "Kelly Girl" as a temp and then was a small business consultant. She has a son and a daughter who are not close by. She is a lovely woman to talk to and she has a great sense of humor. She has no preference of gender.

NEIGHBORS-IN-DEED CONTINUED

PETERBOROUGH

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.

RINDGE

This 65+ Navy veteran is a proud, loud, Catholic Italian. He loves company and keeping busy. He has beginning stages of Alzheimer's and goes to an adult day program. A friendly visitor would give him additional socialization and allow his caregiver some respite. A male volunteer is most suitable for this match. He likes to work on his Mustang, feed the birds, Nascar, and model trains. There are two cats in the home.

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. She walks on her street and doesn't use the cane in stores. Some of 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 to pick up her grocery list and shop for her at Market Basket every three weeks. 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.

CVTC TAKES ON CHALLENGE GRANT



NEW HAMPSHIRE
CHARITABLE FOUNDATION

The New Hampshire Charitable Foundation has offered a \$20,000 Challenge Grant to Community Volunteer Transportation Company (CVTC). With the expansion of CVTC's non-emergency medical transportation services from 13 to 33 towns in the Monadnock Region, it is critical to attract new sources of support for the demonstrated impact on the health, wellness and independence for the passengers and Volunteer Drivers.

Over the next six months, CVTC is reaching out to encourage dollar-for-dollar matched giving from new resources and/or increased giving from current donors. "This is a great opportunity to double the giving power of your donation. We are in the business of generating hope with each mile we drive and that is priceless," says Ellen Avery, Executive Director.

2017 projections indicate that Volunteer Drivers will log in over 125,000 miles, serving close to 400 individuals and donate over 6,000 hours of their time. Volunteer Drivers drive their own vehicles, select trips based on their availability, and may opt in or out of receiving mileage reimbursement at \$0.41 per mile. Currently, there are 80 Volunteer Drivers.

A 501(c)3 not-for-profit organization based in Peterborough, NH. CVTC strives to meet unmet transportation needs in the Monadnock region by providing "no fee" transportation for people who do not have access because of age, ability, economic situation or other limiting circumstances. Trip purposes include non-emergency medical and social service appointments, as well as trips to the grocery store and pharmacy. For more information, call 1-877-428-2882 or visit the website at www.cvtc-nh.org. The mailing address is 375 Jaffrey Road, Suite 3, Peterborough, NH 03458. CVTC is a Monadnock United Way Partner Agency.

Save the Date

Saturday, September 16th



Linda's Closet
Clothing Resource for Women



15th Annual 5K

around beautiful Granite Lake

Register online at:
www.lindascloset.org

*"We cannot always build the future for our youth,
but we can build our youth for the future."*



RECIPES TO SHARE

Ice Cream Sandwich Layered Dessert

INGREDIENTS

1 box (12) vanilla ice cream sandwiches, unwrapped

1 container of whipped topping

1 jar hot fudge sauce, warmed

Toppings (Heath Bar bits, nuts, sprinkles, etc.)

DIRECTIONS: Arrange a layer of ice cream sandwiches in the bottom of a 9x13-inch dish; top with a layer of whipped topping; top with a layer of hot fudge (easier to spread if warm). Sprinkle with topping of your choice. Cover dish with aluminum foil and freeze until set, at least 30 minutes. Cut and serve.

GREATER MONADNOCK PUBLIC HEALTH NETWORK WORLD CPR CHALLENGE RESULTS

The final numbers are in for the 2017 World CPR Challenge that was taken on by various Cheshire County agencies and businesses between May 21-27 2017. A total of 405 people stepped up and learned lifesaving CPR!

A SPECIAL THANK YOU TO THE CPR EDUCATORS:

Cheshire Medical Center

DiLuzio Ambulance Service

Greater Monadnock Medical Reserve Corps

Greater Monadnock Public Health Network

Walpole Fire/EMS

& Monadnock RSVP for volunteer recruitment

