

MONADNOCK

www.monadnockvolunteercenter.org

Email: rsvp@mfs.org

RSVP

VOLUNTEER CENTER

FROM THE DIRECTOR

Happy Summer RSVP Friends!

This week wraps up another successful year with America Reads, which has now grown to 15 schools, three Head Start programs, and Keene Day Care. We are currently in the process of measuring the impact of the program, and we are hearing many wonderful stories about how RSVP volunteers make a difference in the children's lives.

For many children, abnormal events or disasters can leave them feeling frightened, confused, and insecure. Whether a child has personally experienced trauma, has merely seen the event on television, or has heard it discussed by adults, it is important for parents and teachers to be informed and ready to respond to the varied emotions that children experience.

On April 13th, Rindge Memorial School was evacuated to the nearby meeting house after school officials found a bomb threat, written in crayon, in one of the bathrooms.

Nick Noyes had just arrived to spend his weekly hour as a RSVP America Reads Volunteer with his six 3rd-grade students to practice reading and writing. He saw that the students were outside and waiting to walk up to the town's meeting house. Not knowing exactly what was happening, Nick drove to the meeting house to see if the teacher, Becky DeGrandpre, wanted some additional hands and eyes to help. But as he approached the group, he was detained by authorities because of precautionary security measures.

The following day Nick learned from the teacher that a little boy he worked with was so happy to see him that he was able to control his behavior and put his fears aside.

Another day in Fitzwilliam, Emerson School lost power unexpectedly while Barbara Brooks was reading to her 17 first-grade students, leaving them with an unsettling feeling. After talking with her supervising teacher, she went home and got a new book that she had just purchased called *Black Out*. They both thought it would be a good way to show how books really relate to what is going on in our "world" and expand their knowledge of their surroundings and beyond.

That afternoon, the teacher read it to the class. They discussed what they do at home when the power goes out and what the families in the book did, which brought them all closer together. They, then, went on to discuss the difference between city life and rural life.

Many teachers have shared that the familiar, friendly face of an America Reads tutor motivates and builds self-confidence in students who are struggling with their reading. The tutoring session is not just about improving academic performance in reading; rather it also is about the relationship and connection that is made between the adult and the child. As we can see, it makes a difference in how children learn about and respond to the unexpected!

Sincerely,

Kathy Baird

"At the end of the day it's not about what you have done or even what you've accomplished...its about who you've lifted up, who you've made better. It's about what you've given back." - Denzel Washington

WELCOME NEW RSVP VOLUNTEERS!



Nancy Belluscio
Suzanne Coble
Marion Eckhard
Janet Furcht
Judy Hildebrandt
Vesta Hornbeck

Brian Mattson
Lisa Pesenti
Debbie Rogers
Nora Swierczynski
Laurie Teraspulsky

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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SURVEY SAYS.....

Monadnock RSVP wants to tell our story and the impact that RSVP volunteers make in the community! We asked for your feedback in our annual surveys that were sent around the holidays and completed in subsequent months for our final report to the Corporation for National and Community Service in March. Here's what you said:

RSVP Volunteers:

- They feel they make a positive impact – 90%
- They are highly satisfied with how we match their interests to an opportunity – 93%
- They are pleased with RSVP's communication – 93%
- They have a significant personal sense of accomplishment – 95%
- Overall, they are satisfied with the RSVP program – 97%

Stations:

- RSVP enhances the quality of life for people served through my agency – 60%
- RSVP helps us meet our organizational objectives – 70%
- Overall, agencies are satisfied with the RSVP program – 95%
- Agencies feel that RSVP staff is knowledgeable about their agency – 100%
- Service requests are filled in a timely and professional manner- 100%

America Reads:

- Teachers indicated that they would talk with a principal or teacher at a potential new school about the value of the AR program – 84%
- America Reads volunteers observed an increased interest in reading by the student (somewhat or significant) – 91%
- America Reads volunteers were satisfied or extremely satisfied with the training they received from RSVP – 94%
- As reported by teacher, the extent to which the AR volunteer contributed to each student's improvement in literacy – 94%
- Based upon test scores, teachers reported on how many students tutored had improved academic performance in literacy – 97%

Neighbors-In-Deed:

- Neighbors-In-Deed volunteers are willing to continue their current or new placements for the next 6 months – 86%.
- Neighbors-In-Deed care recipients said they are able to do more of the things I need to do – 89%
- Neighbors-In-Deed care recipients feel more confident and secure knowing they can call RSVP for help – 90%
- Because of the services provided by Neighbors-In-Deed volunteers, care recipients were able to remain living in their homes – 92%
- RSVP volunteers provided 730 one-way rides to help Neighbors-In-Deed care recipients access food, medical care, social activities, and other basic human needs from 4/1/15 – 3/31/16.

Keene Senior Center
 A Community for Vibrant Older Adults

GO DOWN YOUR OWN RETIREMENT LANE



Saturday, June 25
Keene Recreation Center
9:00 to 1:00 (lunch @ 12)

Free lunch for first 100.
 Pre-register call 352-5037



FREE TO THE PUBLIC

Door Prizes
 Quilt, Food Basket
 Red Sox Tickets Raffle

Learn What You Need for a Successful Journey Down Your Retirement Lane

- Be a Volunteer
- Be Fit
- Learn New Things
- Go Places
- Stay in Your Home
- Care for Your Family
- Eat Healthfully
- Have Fun





SEPTEMBER 11TH
NATIONAL DAY OF SERVICE
AND REMEMBRANCE

HONOR OUR VETERANS. SERVE THOSE WHO SERVED.

Monadnock RSVP Volunteer Center will carry out a National Day of Service and Remembrance on Thursday, September 8, 2016 to provide support to veterans and immediate military family members (including widows/widowers) throughout the Monadnock Region.

We are seeking veterans and adults age 55 and over to serve in teams to help less-able veterans and their families with home repairs, weatherization, safety, and seasonal projects.

RSVP is also soliciting project requests from veterans or military families. Volunteer labor is free of charge, but required materials are the responsibility of the home owner.

The National Day of Service and Remembrance is now the nation's largest day of charitable engagement. It was developed to provide a permanent and constructive way for individuals to annually remember and pay tribute to those lost and injured.

For more information to volunteer, or to request help with a project if you served in the military or you are an immediate military family member, please call Monadnock RSVP at 357-6893 or 924-7350 for the Greater Peterborough area. Project requests must be received by August 19 for consideration.

THE RIVER CENTER HAS MOVED!

We are excited to announce that we have moved!

All Saints Church has purchased our property at 46 Concord St. Effective July 1st our new location is 9 Vose Farm Rd, Suite #115, Peterborough (the



old Brookstone building, by Eastern Mountain Sports). Our neighbors will include; Monadnock Family Services, MAPS Counseling and Monadnock Work Source. We are happy to continue to share space with Southern NH Services Fuel Assistance. You will still have access to staff from Monadnock Center for Violence Prevention on Mondays and Monadnock Area Transitional Shelter on Tuesdays in our new location. This move offers new opportunities for collaborations and excellent space to base our family support and community resource services.

Keep an eye out for our upcoming Open House and feel free to stop in anytime. You can reach us at 924-6800 or www.rivercenter.us

*"Service to others is the rent you pay
for your room here on earth."
- Muhammed Ali*

AMERICA READS TRAINING SEPTEMBER, 2016



It may seem early to be thinking about fall, but mark these dates on your calendar!

The America Reads program is making plans to train a new group of volunteers this September for the upcoming school year. If you are interested in becoming a volunteer you will be asked to attend one of the two

training classes. Prior to the training classes, volunteers need to complete an interview, as well as criminal background and reference checks. Please contact Allison Riley at 283-1686 or ariley@mfs.org for more information and to schedule an interview.

TRAININGS WILL TAKE PLACE:

Peterborough:

Wednesday, September 21 from noon - 4:30 p.m.

Keene:

Tuesday, September 27 from 9 a.m. – 2 p.m.

NEIGHBORS-IN-DEED TRAINING FALL 2016

Help an elderly person or adult with disabilities remain in their home as long as possible by offering your time as a Neighbors-In-Deed volunteer. New volunteers are asked to attend a training to help you carry out your assignment with confidence and success. Prior to the training class, volunteers will complete an interview and application process. All volunteers also under criminal background and reference checks.

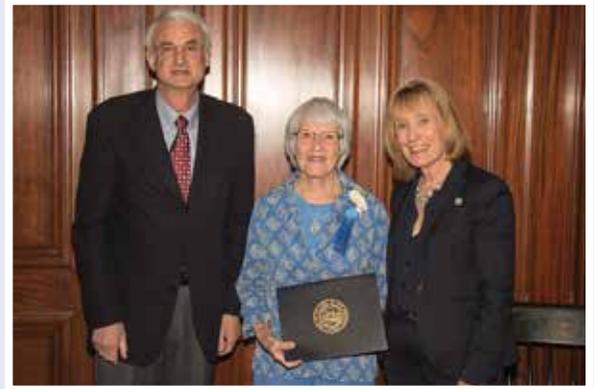
The training date is: Tuesday, October 11 9:00 a.m. – 1:00 p.m. in Keene

You will:

- Receive the Volunteer Handbook (Please bring with you if you've received it.)
- Learn about your role and responsibilities/policies
- Engage in practical exercises
- Interact and provide feedback with seasoned and new volunteers
- Learn about community resources

CONGRATULATIONS *Jeanne Parsons!*

Jeanne Parsons of Keene was honored at a ceremony at the State House in Concord on May 2, 2016. Governor Hassan presented her with the Joseph D. Vaughan award for her outstanding volunteer service in Cheshire County.



Jeanne's service includes national deployments with the American Red Cross national Disaster Response Operations team, as well as assisting at the local Red Cross office. Fellow Red Cross volunteers describe Jeanne as having a positive effect on many, people, young and old, in difficult circumstances.

Jeanne has volunteered at Cheshire Medical Center for over 20 years, has been an active member of the Greater Monadnock Medical Reserve Corps, and has been a volunteer with RSVP (Retired Senior Volunteer Program), where she has contributed over 1,888 lifetime hours. When asked why she volunteers, Jeanne responds, "I have found it very rewarding to know I am able to help others."

The Greater Monadnock Medical Reserve Corps nominated Jeanne Parsons for this award because of her tireless dedication to the organization and to those under her care. Jeanne has assisted in emergency shelter operations and has completed 26 trainings in the last 15 months, which include surviving the active shooter, disability awareness, and suicide prevention among others. Most of Jeanne's fellow volunteers were quite surprised last year to learn that she had recently celebrated her 90th birthday.

The Joseph D. Vaughan Award was initiated in 1962 to memorialize the Honorable Joseph D. Vaughan, a New Hampshire legislator. Representative Vaughan was an early advocate for older residents of the State and was instrumental in creating a State Agency dedicated to the well-being of older people

The Joseph D. Vaughan Award is presented to individuals or couples, over the age of 60, who have shown outstanding leadership or demonstrated meritorious achievement as a volunteer, on behalf of older citizens in New Hampshire. Each year EngAGING NYH and The State Committee on Aging recognize the work of volunteers at an award ceremony with the Commissioner of Health and Human Services.

If you are interested in learning more about the Greater Monadnock Medical Reserve Corps please contact Tricia Wadleigh at gmmrc1@gmail.com or 603-354-5454 x3030.



TV MAY NOT BE SO BAD

Joel Green, Program Coordinator

While we may indulge ourselves on occasion, it turns out that watching some TV may not be all that bad for you. If you choose to watch TV, dramas maybe the shows of choice. Complex TV dramas are quite mentally taxing, and stimulate virtually all parts of our brains. Crime dramas in fact get extra points because they stimulate the part of the brain that controls our emotions.

There are many activities that we can engage in as we grow older to keep us healthy and energized, such as daily exercise, reading a good book, eating healthy and getting adequate sleep, as well as a dose of healthy volunteering. This may be just another small activity that can contribute to our day to day health. So find a good drama and enjoy your time engaged in what may be a small healthy diversion.

We love surprises like this!

It was a wonderful surprise for us in March to be selected to receive Monadnock Ledger Transcript's \$223.06 donation from their past Veteran's Day advertising effort. This contribution will be used to help support our 9/11 National Day of Service and Remembrance event, when we send teams of volunteers to the homes of veterans and military families to complete home repair, seasonal, safety, and weatherization projects on September 8, 2016. Thank you Monadnock Ledger for your continued partnership and support of our work!

and this!

Monadnock RSVP has received a generous gift of 40 tickets from the Peterborough Players Professional Theater, which was made possible through a grant from the William Eppes Foundation with the express purpose of making theatre more accessible to Senior Citizens.

RSVP will use this contribution to provide seniors in their independent living program, Neighbors-In-Deed, an enrichment opportunity.

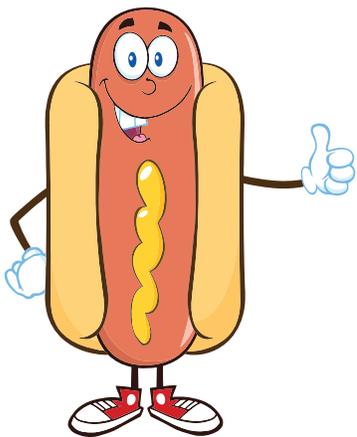
"We are thrilled and extremely grateful to be able to offer these tickets to our Neighbors-In-Deed matches,"

says Katharine Baird, Program Director of Monadnock RSVP. "Many of the seniors we serve are very low-income, do not drive, and could not otherwise, attend these performances."

RSVP's Neighbors-In-Deed program provides individualized friendship and non-medical assistance to low-income seniors, adults with disabilities, and veterans and military family members who may be lonely, isolated, or living with a chronic health condition so they can remain living in their homes as long as possible with dignity and quality of life. Volunteers are matched one-to-one to provide ongoing companionship and assistance with daily activities such as: visiting, transportation and supported assistance with grocery shopping and errands, medical appointments, respite care, light handyman repairs, and other basic human needs.

Founded in 1933, The Peterborough Players enriches the human experience by producing quality live professional theatre, developing and training theatre artists, and offering New Hampshire a wide variety of performing arts events. They produce seven Main Stage shows each season that run late June through September, and two Second Company children's shows that run July and August.

GOOD PEOPLE AND GOOD TIMES AT THE **ANNUAL NEIGHBORS-IN-DEED BARBECUE**



The Neighbors In-Deed volunteers, care recipients, and invited guests from the MFS Older Adult team gathered on Wednesday, June 15th at the Keene State College camp on Wilson Pond for the annual Neighbors-In-Deed barbecue. The weather couldn't have been any better – bright, clear, blue skies and full of warm sun on a wonderful, early summer day. The food was excellent, the air was full of lively conversations and voices having a good time, and there was a sense of community that is shared within the Neighbors -In-Deed program.

Old friends reunited with some folks they haven't seen for a while. It was particularly gratifying to see the positive and supportive relationships that volunteers have with the people with whom they are matched. In many cases the relationships have spanned a good number of years. Two attendees, Jan Blake and MargaretJane Ellis, have been playing Spite and Malice since 1994 when the program began!

We would like to thank everyone who helped make this event a success including: Wayne Crowell who helped set up, serve food, and clean up after it was over; Nancy Belluscio for taking pictures all day and pitching in as needed; and the volunteers who contributed a

great variety of delicious dishes. A special thanks go to all the Neighbors- In - Deed volunteers who make a tremendous impact by generously giving their time and energy to help our neighbors and friends stay living independently in their homes as long as possible. You, certainly, do make life easier and happier.

We look forward to another gathering next year and hope that many of you will return. You might feel like you missed something special, but you can change that by giving us a call at Monadnock RSVP Volunteer Center and letting us know you would like to become a Neighbors-In-Deed volunteer at 603-357-6893.

UPCOMING VOLUNTEER OPPORTUNITIES

Become an America Reads Volunteer - promote literacy and provide literacy support to young children!

For the 18th consecutive year, Monadnock RSVP Volunteer Center is preparing to send America Reads volunteers into area schools and Head Start programs to work with students in Pre-K through 3rd grade who struggle with their reading.

We are actively looking for volunteers who would like to be placed at our newest school locations in Stoddard and Troy, but will be filling spots at other locations as well. Volunteers spend an hour each week under the supervision of a classroom teacher and provide support to students who need extra help to be able to read at grade level. A love of reading and a desire to make a difference in the lives of children is really all that is required!

If you would like to volunteer in this program, please call the RSVP office at 357-6893 for more information and to schedule an interview. Interviews are scheduled in June, July and August for the upcoming school year and volunteers are trained in late September prior to being placed in their school assignment.

Give someone a Lift - Be 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 may commit to a full day once a month or they can choose the ride requests that work with their schedules. See more at www.cvtc-nh.org.

Summer Volunteer Opportunities: On-call Food Box Delivery

The Keene Community Kitchen is in need of summer volunteers who are willing to be "on-call" for their food box home delivery program. Food boxes are packed and delivered locally on Thursdays. Volunteers must be able to lift 30 lbs and have their own vehicle.

Interested? Please contact Allison Riley at the Monadnock RSVP Volunteer Center at 283-1686 or ariley@mfs.org

Neighbors-In-Deed Volunteer Opportunity

Neighbors-In-Deed matches volunteers one-to-one to elderly, adults with disabilities, and veterans in their communities to help them remain living independently as long as possible. Based on a model of companionship and

assistance, volunteers visit, help with grocery shopping and errands, provide medical transportation, offer caregivers a short-term break, and complete light handyman repairs. Volunteers are asked to commit 1-2 hours weekly. Care recipients and volunteers decide their activities and schedules together, so there is flexibility to fit your lifestyle. We currently have people waiting in: Hinsdale, Keene, Jaffrey, Rindge, and Sullivan. Won't you consider becoming an important person in someone's life that is looking to share interests and develop a friendship?

Big Brothers/Big Sisters

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.

If you would like to explore this opportunity, please call the Monadnock RSVP Volunteer Center:

In the Keene area, call Allison Riley, Program Coordinator, at 283-1686

In the Peterborough area, call Joel Green, Program Coordinator, at 924-7350

You can make a BIG difference in the life of a child!

Keene Community Education is looking for summer tutors!

Summer Tutoring Opportunities are available in Keene and Jaffrey. Tutoring will run from mid-late June through August. If volunteers need to travel for a few weeks, coverage can be worked out. Needs are as follows:

Tutors to support HiSET preparation (formerly called the GED):

- 3 volunteers are needed in Keene once per week - two would work on a variety of subjects, the third on writing the HiSET essay.

- 1 volunteer is needed in Jaffrey on a variety of subjects once or twice per week.

ESOL Tutors:

- A volunteer to work once per week with a small group of

UPCOMING VOLUNTEER OPPORTUNITIES

CONTINUED

immigrant students on the driver's ed manual.

- A volunteer to work with a husband and wife once or twice per week after 3:30PM.
- A volunteer to work once or twice per week with two advanced level students during evening hours.

Honor Our Veterans - Serve Those Who Served!

Monadnock RSVP Volunteer Center will carry out a National Day of Service and Remembrance on Thursday, September 8, 2016 to provide support to veterans and immediate military family members (including widows/widowers) throughout the Monadnock Region.

We are seeking veterans and adults age 55 and over to serve in teams to help less-able veterans and their families with home repairs, weatherization, safety, and seasonal projects. Volunteers with special skills, as well as willing laborers, are welcome.

*"You are never too old, too wacky, too wild,
to pick up a book and read to a child." - Dr. Suess*



AR BOOK FAIR

We were delighted that Monadnock RSVP was selected to receive a \$4000 grant from the Dollar General Literacy Foundation's Youth Literacy Project! This grant money was used to purchase 1,300 books for children throughout our region who benefit from the America Reads program.

Over the course of two days in April, America Reads volunteers from 15 schools and 4 early learning programs were invited to peruse a wide selection of books and hand select appropriate books for the children and classrooms they were matched with this year. RSVP has enjoyed receiving hand written notes of thanks from many of the children who received a book. Thank you Dollar General for helping us to give the gift of reading!

Representative Payee

A representative payee acts on behalf of the beneficiary and is responsible for everything related to benefits that a capable beneficiary would do for him/her self. The Social Security Administration encourages payees to go beyond just managing finances and to be actively involved in the beneficiary's life. No special skills are needed other than the ability to balance a checkbook, keep accurate records, and have patience and compassion for people with disabilities. Training and support is provided. Commitment is for one year and scheduling is flexible.



**REMEMBER TO
like us on
facebook®**



RECIPES TO SHARE

Jell-O Pretzel Salad

*Sweet, Creamy, and Salty
An easy and refreshing dessert on a hot day!*

2 c. coarsely crushed pretzels

½ c. sugar

¾ c. melted butter

¾ c. sugar

6 oz. cream cheese, softened

9 oz Cool Whip

1 (6 oz.) package of strawberry Jello

10 oz. frozen strawberries

1 small can crushed pineapple

DIRECTIONS: Mix first three ingredients in bowl. Press into a 9 x 13 pan. Bake at 350 degrees until golden or 15 minutes. Cool. Cream ¾ cup of sugar and cream cheese until light in bowl. Fold in whipped topping. Spread over pretzel and chill.

Prepare Jell-O according to directions. Stir in strawberries and drained pineapple. Pour over cream layer. Chill thoroughly and cut into squares.