

# RSVP

## Lead With Experience

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Welcome to our new  
RSVP Volunteers!

Sharon Bailey-MATS  
Russ Durling-MATS  
Susan Farrell-MFS  
Development Office  
Anthony Gooding  
SCORE  
Jenny Greenwood  
John Hansen  
Scott Harden  
David Lesser- N-I-D  
Charlie Minkler- Vets  
Helpings Vets  
Al Sparks N-I-D  
Pattie Sparks N-I-D  
Anita Wyman-America  
Reads-Franklin School

Welcome to the  
RSVP Volunteer  
Program!

April 2013

### From the Director's Desk

Greetings,

This is a time of year when most of us are looking forward to the less hassle associated with cold weather, more hours of daylight to get things done and the return of color and growth in our region. Aside from the aforementioned reasons, I have been looking forward to it with anticipation of changes for RSVP and I have a lot to share with you.

Monadnock RSVP is finally going to have a permanent home and we are thrilled! Our new space will be at 64 Main Street on the second floor in newly renovated accommodations. Coinciding with this, we have re-designed our website and marketing materials and have a great new look. Check us out soon on [www.monadnockvolunteercenter.org](http://www.monadnockvolunteercenter.org). We would love to hear what you think. It should be up and running by the end of April.

We had a great response to our annual RSVP Volunteer Survey and you will see the results in this newsletter. It was very interesting and confirmed that we have a changing demographic of active, older adult volunteers. While this information helps us to comply with funding requirements and ensure future funding, it also helps us to strengthen our program and meet your needs as volunteers and the needs in the community as we align ourselves with new CNCS requirements.

During National Volunteer Week, we will be holding an open house on Thursday, April 25 from 1:00 – 4:00 p.m. to see our space and staff, meet other volunteers, enjoy some refreshments and get an RSVP gift. If you cannot make it that day, please feel free to stop by any time. We love to hear about the great work you do.

Thank you for giving your time and experience to make our community a great place to live, work and play. Have a wonderful spring!

Warmest regards,  
Kathy

### RSVP Open House

The Monadnock RSVP Volunteer Center has a new home and you are invited to come and visit!

Thursday, April 25

1:00-4:00 p.m.

64 Main Street, Suite 212

Keene, NH

*Refreshments    RSVP Tote Bags    Time to meet other volunteers*

*Come visit with Kathy, Suzette, Laura and our newest staff member*

*Peter Moore*



Practice makes  
Perfect!

## School Safety Discussed at In-Service

America Reads Volunteers attended an In-Service on March 27 that featured SAU 29 Associate Superintendent Bill Gurney. Mr. Gurney discussed the revised school safety provisions put in place after the Newtown Tragedy. Mr. Gurney stressed that schools were probably the safest places to be, but as responsible administrators and adults we need to put practices in place that keep our children, faculty and volunteers safe and aware of what actions they need if they are called upon to assist in such an event. The provisions will become a part of the revised America Reads Training program and the information will also be sent to all current volunteers.

Volunteers also discussed the joys and concerns they were experiencing in their work at the schools. Many volunteers are delighted that their students are showing tremendous progress in their reading level and are making large gains every week. An on-going concern at almost all the school is the lack of a specific place to do the volunteer work with the students. They often wind up in the hallway or a makeshift room. Everyone is aware that the school are doing the best job they can to address this need. The end of the year survey was also discussed and will be sent via email or hard copy to all volunteers in mid-May.

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## Pen Pals visit the Woodward

On March 26th the 4th Grade Class of Ms. Thompson's from Trinity Christian School met with their Pen Pals at the Woodward Residential Home on Court Street in Keene. They Had a great time visiting, dying Easter Eggs in anticipation of the big Easter Egg Roll contest on Sunday, March 31st that is always held at the Woodward. The Pen Pals have been meeting for two years and have become good friends. The letters they exchange are full of family news, jokes, hobbies and news from the school. The residents and students plan to continue the friendship next year.



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## Volunteer Survey Results

Thank you to all the volunteers who completed the Volunteer Survey. We had 90 responses which is a truly phenomenal response rate of 36%. The surveys will enable us to better plan how we move forward with providing more opportunities to volunteers, how we recognize volunteers and what volunteers enjoy doing.

We asked what benefits you would like to have and were quite surprised with the responses. 47% wanted more newsletters, 31% likes educational and in-service opportunities, 27% would like mileage reimbursement, 18% would like discounts at local businesses and 10% liked the traditional recognition luncheons.

Volunteers tend to be very active people—73% volunteer at a place other than there RSVP assignment.

A significant number of you are veterans or have a family member who is a veteran—27%

The two areas that most volunteers want to be involved in are Education (58%) and Disaster Response (29%). The disaster response surprised and we will be working with the Red Cross or build a corp of RSVP volunteers trained and prepared to assist in local and regional disasters.

## Volunteer Opportunities for Everyone!

There are many volunteer opportunities for people of all ages in the Monadnock area. Please give us a call if you are interested in volunteering once a week, once a month or even once a year! We'd love to talk to you: In Keene 357-6893 and in Peterborough 924-7350.

Opportunities are available in:

Education – Read to children once a week in a school setting; volunteer at a summer reading program, tutor children in math.

Healthy Futures – Visit a homebound senior citizen, assist in delivering food boxes, help prepare and serve a meal at a community kitchen.

Disaster Services – Get training to help your community in a natural or health emergency. Work as part of a team to ensure that everyone is ready to deal with an emergency.

Veterans and Military Families – Help provide transportation to veterans and their families to medical appointments. Visit a senior who is home bound and a veteran.

Conservation and Land Stewardship: Monitor the Ashuelot River water system; assist with trail maintenance in our parks and recreation areas. Help with public garden clean-ups.

## Volunteers Needed at Upcoming Blood Drives!

Saturday, May 4 South Meadow School in Peterborough 10:00-3:00

Tuesday, May 14th Best Western Hotel in Keene 2:30-7:30

Monday, August 5 “The Big Chill” 11:30-7:00

Best Western in Keene, and at St. Bernard's Church in Keene

All these blood drives require the volunteer help of our many dedicated volunteers. If you can work a shift doing registration, escort or canteen, please give us a call. If you have friends or neighbors who want to volunteer but work during the day, we can put them on a late shift. Call us at 357-6893 or 924-7350

## Thanks to Laura Redmond and Welcome to Peter Moore

Many of you have had the pleasure of working with Laura Redmond the past several months as the Peterborough Coordinator and as the Neighbors-in-Deed program contact. Laura has been a tremendous asset to our program and has been a real joy to work with. She has stayed on as a per diem employee until we could transition to a new Coordinator.

Peter Moore will join the RSVP Volunteer Center staff as the Peterborough Coordinator and Neighbors-in-Deed Coordinator on April 24th. Peter brings a wealth of experience in the profit and non profit sector and you will all enjoy his wit, wisdom and charming personality!

# RSVP

## Lead With Experience

Staff

### Kathy Baird

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### Suzette Borden

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### Peter Moore

Program Coordinator-  
Peterborough

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### Laura Redmond

Per Diem lredmond@mfs.org

### RSVP Offices

#### In Keene:

64 Main Street, Suite 212  
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#### In Peterborough:

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Fax: (603)924-4245

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## RSVP-Leading with Experience-Including experience in the Kitchen!



### Mitzi's Spinach Rice Salad

- 1 Cup Uncle Ben's rice (I used jasmine)
- ½ Cup Italian dressing
- 2 Cups fresh spinach cut into strips
- ½ Cup sliced green onions
- 1/3 Cup crumbled crisp bacon or bacon bits
- ½ tsp. sugar
- 1 Tbsp. soy sauce

Cook rice according to package and transfer to bowl. Cool slightly. Combine dressing, soy sauce, and sugar and stir into warm rice. Cover and chill. Fold in remaining ingredients before serving. *Submitted by Kathy Baird*

## Where are senior citizens in their homes most likely to have accidents?

Kitchen?

Bathroom?

Staircase?

According to a list of safety tips released by Comfort Keepers, the staircase is the most dangerous place. Stay safe on the stairs with light sensitive night lights in unlit stairwells, hallways, and by placing light switches at doorways.

### KITCHENS

- Use heating elements that shut off such as electric burners on the stove.
- Keep fire extinguishers handy.
- Only use sturdy step stools with handles and use poles for reaching.
- Keep vents clean of grease.

### BATHROOMS

- Modify baths with tub cutaways.
- Install grab bars.
- Install higher toilets to assist in standing and sitting.
- Apply non-slip strips to bathtubs.
- Use shower seats with back and portable shower heads.
- Paint with contrasting colors.

**We want all our volunteers, of all ages, to stay safe!**