

MONADNOCK

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FROM THE DIRECTOR

A Warm Holiday Hello!

Today it is snowing as I begin to compile my thoughts for this newsletter. I am not sure I like starting the wintry season so early. But it is pretty and the holiday feel is in the air.

I recently read a short story about Thanksgiving drawing near and a first grade teacher assigned her students a fun activity – to draw a picture of something for which they were thankful. Most of the children in her classroom were from economically disadvantaged families. But they still celebrated the holiday, which was represented in their artwork.

There was one little boy, however, who drew a very different picture - an empty hand. He was the teacher's true child of misery, frail and unhappy. Often, during recess he would stand by her side and watch the other children play.

The other students wondered what the hand could be – a hand of a farmer who raised turkeys, a police officer because they protect people, or the hand of God. When the students resumed working on other assignments, she asked the boy what it was. He responded, “It’s yours”.

Not unlike her other interactions with other students, she would take his hand to walk with him here or there. She would say, “Let me show you how to hold your pencil” or “Let’s do this together.” She hadn’t known how much these everyday gestures meant to him.

During our last volunteer coffee, our conversation was very much akin to this story. America Reads volunteers shared that their sites encouraged hugs, because so many of the children didn’t get that attention at home. Another volunteer shared that one little boy always wanted to sit on her lap and be read to. We all agreed that the human touch is so powerful, and that we don’t always know how much it means to the children we serve.

We all have an inbuilt need to be touched. When it is done respectfully and in safe and appropriate ways, touch is a vital part of the human experience that contributes to our emotional and physical health. Studies have demonstrated that human touch has incredible qualities to calm the nervous system, steady the mind, decrease the heart rate, and lower the respiratory rate. It is even thought to improve our immune function as well as induce the release of important neurotransmitters such as serotonin (associated with the pleasure centers of the brain) and dopamine (helps to regulate mood, irritability, impulse, obsession and memory).

Children who do not receive interpersonal touches miss out on an opportunity to develop a bond of trust and cooperation, which can lead to emotional issues such as attachment problems, high instances of depression, problems with cognitive skills and tendencies to be more aggressive and violent.

We, often, do not know the details of the children’s lives who are in America Reads. But we do know from the volunteers, that they come from families that have complex situations and a multitude of challenges that could be a barrier to their social, emotional and physical development. Whether from hugs or high-fives, RSVP volunteers who provide literacy support each week to their students in America Reads, TOUCH their lives in a profound way that helps them to grow, thrive and reach their highest potential.

Warmest regards,

Kathy Baird

Kathy Baird

WELCOME NEW RSVP VOLUNTEERS!

IN THIS ISSUE

Grants	2
Magic Touch of Dr. Dog	3-4
Kids Collaborative Holiday Bazaar	4
America Reads	5
NH Volunteering Stats	5
Neighbors-In-Deed	6-7
Remarkable Power of Touch	8-9
Volunteer Opportunities	10-14
Recipes to Share	14

*“Blessed is the season
which engages the whole
world in a conspiracy of
love.” - Hamilton Wright
Mabie.*

Kathy Abbott
Ted Chabott
Joseph Hayes
Cheryl Twarog
Mark Werner
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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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Corporation for
**NATIONAL &
 COMMUNITY
 SERVICE**

LIVE UNITED
 United Way
 Monadnock United Way

**MONADNOCK
 FAMILY
 SERVICES**

THANK YOU! THANK YOU! THANK YOU!

This fall Monadnock RSVP had the good fortune to receive some grant awards and some surprise funding!

RSVP and the Monadnock Adult Care Center (MACC) received a \$5,000 grant from the Bishop's Charitable Assistance Fund. While RSVP's Neighbors-In-Deed program matches volunteers one-to-one to provide visits; transportation to medical appointments, grocery shopping, and errands; respite for caregivers; and home repairs and the Monadnock Adult Care Center provides physical, social and cognitive services to adults who require supervised care, they share a common goal of keeping vulnerable people in their homes as long as possible with quality of life for themselves, their families and caregivers.

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.

We also received two generous gifts for which we were not expecting. RSVP received \$2,000 from one of our volunteer's family foundation and a \$5,000 donation from C&S Wholesale Grocers. Contributions such as these allow us to continue to expand our signature programs amidst an uncertain funding climate, as well as contribute to our required match to receive our federal grant.

Lastly, the Elm City Rotary awarded us \$800 to help support our annual America Reads Book Fair, one of our favorite days of the year! This is a big shot in the arm to obtain over 900 books and we are grateful for their continued partnership.



Please Join Us

Save the date for our January coffee hour and join fellow volunteers and RSVP staff for coffee and conversation!
 Bring a friend if you'd like.

Wednesday, January 23rd, 10-11 a.m.
RSVP Office - 64 Main St., Keene

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

THE MAGIC TOUCH OF DR. DOG

By Phil Wyzik, MFS CEO

There is no doubt in my mind that Cheshire Medical Center is a place of much healing. Dedicated staff apply their deep training and compassion to help people regain their health and happiness. We volunteers join that service in a small way, even those of us who are 18 lbs, have four furry legs, don't know the language, and show our \$7 dollar license not framed on our office wall but worn around our neck that the city will give to almost any canine. Somebody says I'm a therapy dog, but I'm not sure what that means. I just try to be myself.

A few months ago, my friend and I were directed into a room on the third floor by the nurse at her station saying that this particular patient loved dogs. Since the nurse didn't have any carrots for me, was happy to venture on, as my friend lead the way to 309.

It's often hard to see what's going on in a room when you are only 10 inches tall, but from what I could tell, there was a nurse trying to feed a frail looking lady in her bed. There was a man sitting close by, and my friend started to talk to him. "We have a dog," the man said, and so I got closer to smell if he was telling the truth. He patted me gently and his blue jeans carried the scent of Labrador. He had kindness in his eyes, mixed with trouble and concern.

The nurse seemed to be guiding a spoon to the lady's lips with something to eat. I heard the nurse gently say, "This is applesauce. Don't forget that you have to try and swallow." It smelled interesting but it can't possibly compare to carrots, or Mighty Dog perhaps.

While the nurse did more feeding and encouraging, I over-heard my friend talk to the man in the chair. He told him that we've been coming to the hospital for about three years and what having a certified therapy dog was like. "I'm sure she misses our dog" the man said, "she'll be happy to see Buddy."

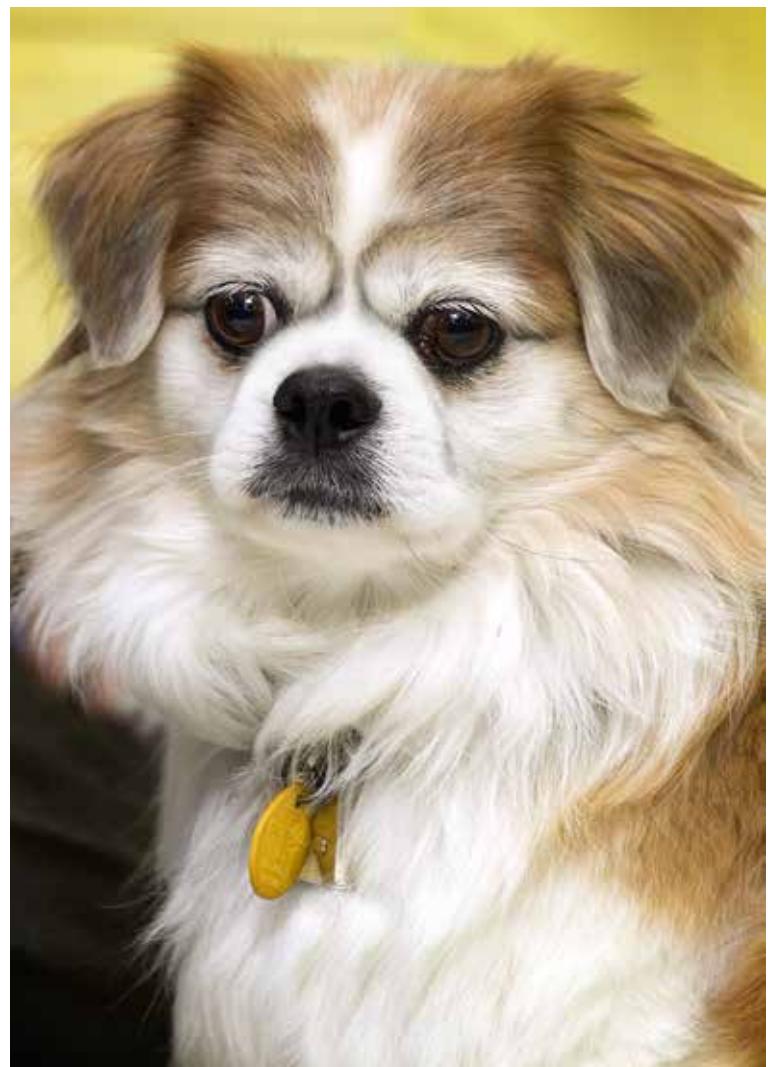
When the nurse was finished, my friend walked closer to the bed, picked me up and said to the lady, "this is Buddy; would it be OK if I put him on your bed?" She didn't answer in words that I could understand and, I could tell, my friend didn't really understand the sounds either. Still, her smile was broad and welcoming, so he put me on her bed and I snuggled up next to her hip.

I do this all the time, especially when my friend brings me to someone lying in their bed with their tubes and bandages

and their worried expressions. To a one, they all want to give me some pats or some rubs; the sadness in their face changes to a smile, so I think to myself, "this is good." Sometimes the stroking is so nice to me and the look in their eyes so warm, I almost fall asleep.

But in this bed, I knew something was wrong. The lady's arm didn't move fast to scratch my neck or pat my head. Her words were more like sounds, but anybody could tell she was smiling and happy. It seemed like it was a huge effort to get her arm to do what she wanted it to do, which was to feel my soft fur and give me the message that she loved dogs. When she finally touched me, her fingers didn't move right, but I soaked up her affections none-the-less.

While this was happening, the man in the chair got up. I glanced over and saw him wiping his eyes. We dogs smell



THE MAGIC TOUCH OF DR. DOG

continued

By Phil Wyzik, MFS CEO

the world around us and what I got was the message of salty water coming from the man's face. I think that he didn't want the lady to see him cry. He left the room, so I turned back to the lady and her short but effort-full pats. They felt nice, so I turned over to show her my belly.

The lady kept making happy sounds. My friend told her about how I was a stray dog in Texas, saved by a rescue society, given medical attention and advertised on the something called the internet. I'm not sure what any of that means, but all I know that it was a happy day for me when I met him, and my life was forever changed. For some reason, he always tells people that I was about to be 'put down' but, as far as I'm concerned, I think I was 'moved up' to New Hampshire and was 'raised up' as well.

Before long, the man came back and it was time for us to go. We said our 'good byes' and, from what I could tell, the lady smiled back as we left.

The very next week, we were directed to a different room,

but there we found the same lady. That time too, I was placed on her bed and I laid down by her side. She showed my friend her iPad, but he didn't seem to understand why she did so, her voice still a mix of sounds with an occasional slur of words.

Her finger moved along the screen in the same slow way she patted me last time. Eventually, she motioned to my friend to see what she had finally found. "Oh," he said, "is that your dog at home?" She nodded and made more happy sounds, moving her fingers along to show more photos of her pride-and-joy.

I think we helped that lady, and other people we visit as well, but I'm not always certain. I will tell you however, that it feels great to me to be there every week. When I walk in the door, I say to myself proudly, "This is what I do." It feels wonderful to be useful!

If only they had more carrots, this place would be perfect. Has anybody seen the suggestion box?

WHAT A HAUL WE RECEIVED!

Keene Housing Kids Collaborative hosted three holiday bazaars this month for kids living in low income households. The bazaars gave kids a chance to "shop" for holiday gifts for their parents and siblings at no cost. Each child could select one present for each family member, which was gift wrapped by volunteers. In this way, kids who come from homes with limited resources could 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.



According to Liz Chipman, Director of the Keene Kids Collaborative, they always ask folks how they learned of their Holiday Bazaar for the children who live at Keene Housing Authorities properties. Over 60% of donated items were contributed by RSVP volunteers! Thank you to everyone who responded to this call and for helping to make the holidays special!

NH VOLUNTEERING IN AMERICA

NH TRENDS & HIGHLIGHTS IN 2017

- 35.7% of residents volunteer, ranking them 18th among states
- 391,510 volunteers
- 36.6 million hours of service, which is a value of \$918,720.00 according to the Independent Sectors of 2017 value of volunteer for NH



THE TOP ORGANIZATIONS PEOPLE VOLUNTEER FOR



Sport, hobby,
cultural or arts



Religious



Educational



Other

TOP VOLUNTEER SERVICE ACTIVITIES



Fundraise or
sell items.



Collect,
prepare, distribute
or serve food.



Engage in
general labor or
transportation.



Collect, make or
distribute clothing.



Mentor youth

AVERAGE RESIDENT STATISTICS



of residents regularly talk
or spend time with friends
and family



of residents participate in local
groups or organizations.



of residents donate \$25
or more to charity.



of residents donate more than
\$25 to charity.



of residents do favors
for neighbors.



AMERICA READS CELEBRATES 20 YEARS!



This year we welcome 29 new volunteers to the America Reads program. This new group of literacy champions bring an impressive amount of new experience and energy to the program. We are excited to have them teaming up with our veteran volunteers to provide mentorship, friendship, guidance, and positive change to our youngest generation. The total number of active America Reads volunteers now stands at a remarkable 92 strong.

We also welcome two new early learning programs into America Reads this year- ACES 93 Back to Basics Preschool at Mt. Caesar School in Swanzey and Dublin Community Preschool. America Reads volunteers are now encouraging a love of reading and community service at 16 schools and 11 early learning programs throughout the Monadnock region.

May the next 20 years of this program be as fruitful as the first!

If you would like to share a story about your America Reads experience please contact program coordinator Nicole Henry at any time via nhenry@mfs.org or at (603) 283-1686, T-F 9am-4pm.

NEIGHBORS-IN-DEED

Neighbors-In-Deed matches volunteers one-to-one to seniors, adults with disabilities, and veterans and military families for ongoing friendship and support to help them remain living independently in their homes. So many of our volunteers tell us that they get more out of volunteering than what they give, and we've seen some friendships develop. If you can spare one to two hours a week you can make an enormous difference in someone's life, and still have flexibility in your schedule to do the things you enjoy. Won't you consider giving the gift of your kindness and time to a neighbor in need?

KEENE

This 77 year old woman lives in Keene with her husband who works full time. She was an avid outdoors person who loved to hike, and snowshoe. However due to a string of severe health issues she is now legally blind and having a hard time getting out of the house. She loves animals and has one small dog and two cats in the house. She retired from being a Librarian Assistant from the Keene Public Library after 15 years, and also enjoyed selling at area flea markets. This woman is hoping to find somebody to provide her with some company and help her to get out of the house, when out she walks with a cane and is now restricted to walking on sidewalks or other smooth surfaces. She and her husband are the caregivers for one of their sons, who does smoke, but only outside of the house. She would prefer a female volunteer.

This 82 year old woman lives alone in Keene. She can get around with a cane but is starting to have trouble walking much of a distance, she would need to use a scooter or wheel chair in stores. She is also starting to have some memory issues, but believes that having more stimulation and the ability to get out of the house may help her in that department. She is primarily looking for a volunteer of either gender to help her get groceries, play cribbage and do social things. She was the founder of both a local therapy horseback riding program and a draft horse rescue. She likes classical music, and reading mysteries, and has lots of interesting stories that she likes to tell. She will tell you that she struggles with depression and is having trouble finding motivation to leave the house. She has very little contact with her family and no other support in the area.

This woman is 68 years old and lives alone in her apartment where she has lived for over 35 years. She 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, but she has recently lost a lot of weight and has successfully quit smoking for over a year. She is hoping for a volunteer who might be interested in going with her to

YMCA or helping her to continue her healthier habits. She suffers from depression, but getting out of the house and excising is helping. She used to love camping, fishing, and boating. She would require a vehicle that is low to the ground.

DUBLIN

At the age of 82 this woman just retired last year as the head of an area school! She currently has macular degeneration and recently had a hip replacement. She would like somebody to help her go through her mail, go to the store and just provide some company. She is a lively conversationalist and currently uses a cane or a walker. Her apartment is connected to her son's house, however he is very busy and she tries not to rely on him for everything. She believes strongly in the power of the love of God, and would consider it especially lucky to find someone to occasionally accompany her to services.

PETERBOROUGH

This 65 year old woman lives in Peterborough. As a side effect to a few strokes she now has tunnel vision that comes and goes in severity and she is considered to be legally blind. She has a son in the area who works long hours and another in New Jersey. She is a retired nurse's assistant who has lived in the area for most of her life. She has a love for crafting jewelry making, and she is hoping to start using her lap loom again. She is also an animal lover and has plans to adopt a cat soon. This woman is looking for companionship and help getting back out into the community. She gets around with a walker, but in a store would hope for a motorized scooter. Her sons have set her up with an account at a local grocer where they will put together her order and she is hoping that a volunteer would be able to pick it up for her on their way to visit.

RINDGE

This woman is in her 70's and is in need of regular weekly assistance - groceries, farm stand, pharmacy. She is a very positive person with a

NEIGHBORS-IN-DEED

CONTINUED

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 grocery 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. She has no preference for gender in terms of a volunteer for gender in terms of a volunteer.

WALPOLE

This 101 year old woman lives in Walpole, she has a daughter who lives nearby who was coming daily but has come into some health issues herself. The care recipient does have some home keeping services and meals-on-wheels but her family would like to find somebody who could check on her in the middle of the day. She does have significant short term memory loss and would need to meet a volunteer with one of her family members present until she becomes comfortable. She can still walk but is fairly unsteady, a wheelchair would be necessary for going out.

SWANZEY

This 57 year old woman lives in Swanzey with her husband. He leaves the house for work by 5:00 am and isn't home until just before dinner and then goes to bed by 8:00. She says the days are long and lonely and is hoping for a female companion to share a cup of coffee with and develop a friendship. She has emphysema, diabetes and congestive heart failure and uses a walker to get around. She told me that she takes pride in her house and loves to sit in the sun and enjoy their property. She would enjoy being able to get out occasionally for a fun outing. She does have 2 cats in the house and would like somebody who is comfortable with her talking about her faith in Jesus.

This gentleman in his 60's lives at Cityside housing. He has chronic heart failure, seizures, high BP, and has mobility issues that require him to use a cane and a walker, and he can no longer drive. 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.

New Hampshire State Plan on Aging Survey

The NH Department of Health & Human Services, Bureau of Elderly and Adult Services, and the NH State Plan on Aging Planning Committee are developing the State's Plan on Aging. As part of the process, we ask for your input through the State Plan on Aging Survey. This survey is part of a statewide outreach effort to improve our understanding of the needs of people who are aging in NH. By completing the below survey, you will help guide the development of NH's State Plan on Aging!

<https://www.surveymonkey.com/r/NHSPOASurvey>



The Remarkable Power of Touch

An excerpt from a post by Karen Young on heysigmund.com

Touch is such a powerful means of communication. It is the first language we learn and it is the first sense to develop. Done appropriately, it has a profound capacity to nurture our relationships and our overall well-being. Here are some things that it's capable of.

MORE NURTURING TOUCH, LESS VIOLENCE

Research shows that when there is greater physical affection during childhood, the rates of adult physical violence are lower. On the other hand, when touch is limited, physical and verbal aggression is higher. The results have been found in both adolescents and children.

COMMUNICATION WITHOUT WORDS

Professor Matt Hertenstein at DePauw University has researched the use of touch as a language and has found that we can communicate emotion through touch, not just with those we are familiar with, but also with strangers. Hertenstein put two strangers in front of each other and separated them with a physical barrier. One person had to put their arm through a hole in the barrier. The other person had to communicate an emotion to the stranger on the other side using only a one-second touch to the stranger's forearm. With so many emotions on the list, the chances of guessing the right emotion just by chance were about 8%. The results left no doubt about our ability to communicate emotion through touch. Compassion was correctly interpreted almost 60% of the time, Gratitude, anger, love and fear were correctly interpreted more than 50% of the time.

REDUCES STRESS

There's no doubt that a cuddle from the right person at the right time can take the steam out of stress. Any touch, even an incidental one that lasts for less than a second, can soothe the physiological response to stress by lowering blood pressure and cortisol (the stress hormone). Lower stress means happier hearts.

BRINGS PEOPLE CLOSER TOGETHER

Oxytocin is affectionately known as 'the cuddle chemical'. Affection that is wanted causes the release of oxytocin. It helps to nurture feelings of trust and connectedness and it also reduces cortisol (the stress hormone). Twenty seconds of affectionate touching (hugging, back rubs, gentle stroking) is enough to trigger the release of oxytocin. It is also released during sex.

COMMUNICATES COMPASSION

Sometimes there are no words, but there is touch. Touch activates the body's vagus nerve which is intimately connected with our compassionate response. The vagus nerve is the pair of nerves that extends from the brain to the belly and passes the heart along the way.

IT JUST MAKES PEOPLE...NICER

Those who are touched in ways that feel appropriate and safe are more likely to co-operate and share resources. As always, the touch doesn't have to be monumental. A quick touch on the back can do beautiful things.

NURTURES GROWTH AND DEVELOPMENT

For babies to thrive, they need to be touched. Premature babies who received three 15-minute sessions of touch therapy each day for 5-10 consecutive days gained 47% more weight than those who received standard medical care and all the nutrition, warmth and physical security. As well as this, infants whose mothers touched them more had more advanced visual motor skills and more advanced gross motor development.

BUT IT'S NOT JUST FOR THE BABIES

Massage therapy reduces the pain in pregnant women, helps to ease the symptoms of prenatal depression and improves the couple relationship.

HELPS PEOPLE WITH ALZHEIMER'S

Touching (touch therapy, massage therapy) for patients with Alzheimer's reduces stress and depressive symptoms and helps them to make emotional connections with others.

The Remarkable Power of Touch

An excerpt from a post by Karen Young on heysigmund.com

CONTINUED

TOUCH THAT LASTS LESS THAN A SECOND CAN INFLUENCE BEHAVIOR

Research found that students who were gently touched on the back by a teacher in a friendly incidental way were twice as likely to volunteer and participate in a class discussion. In the study, undergraduate university students were first asked to work on a math problem individually. All students were given positive encouragement by the teacher as they worked on the problem. As the teacher delivered the praise to each student, a number of students were briefly touched for one second on the forearm as they worked. Following this, students were asked to demonstrate the solution on a board in front of the class. Students who were briefly touched on the forearm by the teacher during the exercise were more likely to volunteer than those who were not.

“Touching tends to have become taboo in the American school system and valid fears about abusive forms of touching rightfully limit contact within the classroom. But these findings suggest that as we define and redefine the limits for this contact, we should not neglect the sense of comfort and confidence that might come through the right kinds of touch between strangers.”

– Nicolas Guéguen, Professor of Psychology

AND IN THE LIBRARY

When students checked out a book from a library, students who had the library card returned to them in such a way that they had physical contact with the librarian for about half a second, reported liking the library more and were more likely to go back. The touch was so minimal that not all were aware of the touch when it happened. The effect was the same whether students were consciously aware of the touch or not.

Moving from the library to the sales room, buyers who were slightly touched by a salesperson rated that salesperson more positively than buyers who weren't touched. The key is 'slightly' touched as in very non-aggressive, very non-sleazy and very incidental.

“I think a hero is any person really intent on making this a better place for all people.”
– Maya Angelo

HAPPIER, CLOSER, INTIMATE RELATIONSHIPS

Physical affection between couples is gold in relationships. Aside from boosting that loving feeling, physical affection eases the subjective experience of stress and improves relationship satisfaction. When couples in one study were asked to take part in a stressful event (public speaking), those couples who hugged for 20 seconds after spending 10 minutes holding hands and watching a romantic video (awwww) had significantly lower blood pressure and heart rate than the couples who only rested quietly for 10 minutes and 20 seconds.

BUILDS CHAMPION TEAMS

Research has found that teams that touched more performed better. In research that looked specifically at NBA players, it was found that when players touch their teammates more, such as with a high five, fist bumps, chest bumps, a hug after scoring a goal, they performed better. The reason for this is unknown – we just know it works. It is likely to be related to increased co-operation, increased confidence, and a closer connection between players.

MAKES YOUR SORRY SOUND ‘SORRIER’

Touch during an apology adds warmth and sincerity. It triggers a part of the brain called the insula which plays a part in processing emotions. The warmth, closeness, eye contact and other messages that are communicated through touch can help soothe leftover negative emotion and upset that has warranted the apology in the first place.



UPCOMING VOLUNTEER OPPORTUNITIES

Monadnock Habitat for Humanity

Construction Manager (CM): – The CM will be directly responsible for the hands on construction of a new home to be built on Prospect Street in Troy, NH next year. The responsibilities of the CM will include but is not limited to the following: Help in finalizing the design of the project; assist in preparing and monitoring the budget; assist in scoping the work of necessary subcontractors and scheduling them; help with soliciting and selecting subcontractors; schedule the build; order materials and equipment and see that they are on-site when needed; collect receipts and invoices; identify and recruit experienced crew leaders; work with the volunteer coordinator; assign daily tasks to regular skilled volunteers; provide guidance to less skilled volunteers; coordinate inspections; and monitor quality and safety.

The schedule is flexible, but somewhat dependent upon the partner family. However, the preference would be to have construction occur 2 weekdays and most Saturdays. Ultimately, the schedule will be dependent on the CM's availability and that of our volunteers.

Ideal candidates will have professional, managerial, leadership backgrounds, ability to reach out to the community as needed, knowledge of the construction industry and practices, and possibly experience with Habitat builds.

Recognizing that the CM will need to put forth substantial time and effort, and will incur travel expenses to and from the job, the MHFH chapter has allocated \$5,000 to cover the CM's expenses, with partial payments to be made as the job progresses.

Building Committee Member: The members help to plan and execute the project. The project could be construction of a new house, rehabilitation of an older home, or a home repair project. The position involves, but is not limited to, the following tasks: Look at potential new home build sites and older homes that might be suitable for rehabilitation; meet with homeowners in need of help with small home improvement projects; help decide upon architectural style, location and orientation on the site; consult on the budget and design of the project; help in preparing a materials list; make contact with prospective subcontractors and assist with selecting

them through a competitive bid process; maintain inventory of Habitat owned tools and equipment and make recommendations when purchases are necessary; contact local suppliers for tools/material pricing and request donations, discounts and in-kind gifts of building materials from national companies who have an affiliation with Habitat for Humanity; obtain building permits; participate in the build itself; get tools and equipment to the project site and returned when completed.

Ideal candidates will have professional, managerial, leadership backgrounds, ability to reach out to the community as needed, knowledge of the construction industry and practices, and possibly experience with Habitat builds.

The time required of Building Committee members will vary, dependent upon the complexity, stage in the construction process, and your level of expertise and commitment. You should expect meetings relative to new home construction or rehabilitation projects to be monthly, possibly becoming 2 meetings a month as the build approaches. Your level of commitment will dictate the amount of time required. The goal is to complete at least one home improvement project every three months, with each project taking not more than 2 weekends from start to finish of construction, subject to difficulty and volunteer staffing.

Volunteer Committee Leadership, Volunteer Chair:

Guide and direct the activities of the committee members; represent the committee at board meetings; submit a monthly report of committee activities; interface with the Building Committee to establish and update work schedule and the number of volunteers needed; maintain schedule of build site volunteer lead person of the day; assist during builds and MHFH fundraising events as needed.

VOLUNTEER TO BRING CHEER TO OUR LOCAL SENIORS

Do you have some time and interests you'd like to share? Would you like to brighten the day of a senior in your area? Many of the agencies in the Monadnock region who provide care to our senior citizens are looking for help running or assisting activities.

UPCOMING VOLUNTEER OPPORTUNITIES

CONTINUED

Activities include things such as baking, arts and crafts, music, knitting, art, socializing, or possibly a unique hobby you would like to share.

Volunteers can expect to both give and receive enthusiasm and happiness and often become like extended family to the participants. If you are interested in learning more about a volunteering with seniors in our area please consider reaching out to one of the following agencies.

Jaffrey

Monadnock Adult Care Center (MACC)

The Monadnock Adult Care Center offers supportive and structured care during the day to adults with physical, emotional, or social challenges. Our mission is to improve the quality of life of our members, their families, and caregivers while we support an individual's efforts to remain independent.

Our program helps older adults remain in their homes as long as possible. It provides respite care for families. We offer activities that maintain or improve the physical, mental, and social well-being of our members.

MACC is a partner agency of Monadnock RSVP if you are interested in volunteering with MACC please contact Jazmin Belcoure at jbelcoure@mfs.org or by calling 924-7350

Peterborough

Pheasant Wood Nursing Home

Pheasant Wood Center offers short-term rehabilitation, as well as long-term care and Alzheimer's and dementia care. Pheasant Wood Center's team of professionals is committed to maintaining or improving the quality of an individual's life through the care we provide.

If you are interested in volunteering at Pheasant Wood Nursing home please contact Judy Rousseau at Judy.A.Rousseau@gmail.com

Keene

The Castle Center

Why stay at home when the Castle Center at HCS' Keene office is just around the corner offering entertainment, socializing, cards, games, arts and crafts, as well as peace and quiet.

The Castle Center is available on weekdays from 8 a.m. - 4:30 p.m. for those who just need a little help, as well as those with more specific needs.

Mondays, Wednesdays, and Fridays are the days volunteers are most needed and the minimum commitment is for three months.

For more information or to volunteer, please contact Catherine Braught, Nurse Manager at 355-8281.

Volunteer Drivers

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 with their schedules.

Serenity Center - Give your time to people working towards recovery

As our community raises its concern about the opioid crisis and individuals ask the question, "how can I help on a local level?" RSVP is pleased to announce that we are taking steps to partner with The Serenity Center in Keene.

The Center is a 501c3 non-profit membership organization founded in June of 2013. They were one of the first new Recovery Community Organizations (RCO) in New Hampshire to recognize that there are many paths to successful recovery from addiction. They welcome people from all paths to recovery, their families and friends. The Center provides Peer to Peer Recovery Support Services to the Eastern Monadnock Region and a Recovery Club House that is a safe haven to help initiate and maintain long term recovery. Currently, The Serenity Center is recruiting volunteers for two roles.

Recovery Coaches work one on one with people in recovery from addiction to help remove obstacles and find pathways to recovery. Recovery Coaches receive training and continued support through the Recovery Coach Academy program and SC's Orientation and Volunteer training programs. Topics covered include ethical considerations, HIV/AIDS, and suicide prevention.

UPCOMING VOLUNTEER OPPORTUNITIES

CONTINUED

Front Desk Support volunteers greet visitors, answer the phone, provide light administrative support to staff (filing, copying, collating), and provide light cleaning/organization. Front Desk Support volunteers receive one-on-one training from the volunteer coordinator and SC staff. The Center is open Monday – Friday from 9am – 5pm and volunteer shifts are 2-4 hours or are project based. Front Desk volunteers are asked to make a 3 month commitment.

The River Center

Become a money coach with The River Center. Volunteers should be comfortable working with people who need a great deal of support and enjoy problem solving individual situations. Volunteers will need to be good listeners, comfortable discussing financial matters with clients, detail-oriented and focused on customer service. Volunteers will train using the "Your Money Your Goals" Curriculum.

Schedule:

One Wednesday each month from 12:30-2:00 and other times as mutually agreed upon.

Length of Commitment: One year

Big Brother, Big Sisters of New Hampshire Become a Mentor, Change a Life!

The single most important factor in determining whether or not children reach their potential is the existence of a caring adult in their lives. Mentors are needed in the Monadnock region! Big Brothers, Big Sisters of NH promotes long term, impactful, one-to-one mentoring matches between a Big (an adult 18 years+) with a Little (a child 6-17 years old). The average commitment for the community-based program is 2 hours/2 times a month and for site based opportunities one hour/one day a week. If you are looking to be a positive role model and make a difference in the life of a child, please give us a call.

American Red Cross and the Greater Monadnock Public Health Network - 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.

Monadnock Community Hospital Volunteers An Opportunity for Almost Any Schedule or Interest

Monadnock Community Hospital has an opportunity or a schedule to fit almost every interest or need. Volunteers can serve in the gift shop not only by helping customers to shop but also providing comfort and reassurance to patients and/or their families as they fill their down time. You can also provide guidance to visitors at a number of greeting desks, or support to the staff in the mail room, HR or by putting your handyman skills to use. Schedules can be regular or vary as needed. For more information about volunteering with the Monadnock Community Hospital contact Jazmin Belcoure at jbelcoure@mfs.org or by calling 352-5698.

Keene Senior Center Front Desk Volunteer

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

The Keene Community Kitchen

Silverware-

The Keene Community Kitchen is looking for volunteers to help wrap silverware in preparation for meals on Monday and/or Friday mornings. The process takes only about an hour and volunteers are asked to come in to do the work any time before 11 a.m.

Hot Meal Preparation-

Help ensure that community members have a hot, nutritious meal by helping with food preparation at the Keene Community Kitchen. Weekday hours from 10:30a.m. to 1:00p.m.

American Red Cross Blood Drives Volunteers

Drives are held on an episodic basis throughout the

UPCOMING VOLUNTEER OPPORTUNITIES

CONTINUED

Monadnock region during weekday business hours and on Saturdays. 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.

Monadnock SCORE

Looking for business savvy volunteers

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, 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.

Court Appointed Special Advocate (CASA)

Volunteers Needed!

Be the voice of a child in need

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

diane@casanh.org

603-626-4600, ext. 2106

Touchstone Farm

Volunteers are needed at a therapeutic riding program

Touchstone Farm in Temple depends on the generosity of our volunteers for many programs. Volunteering there comes in many ways - you can 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.

"Any definition of a successful life includes service to others."

- President George H.W. Bush

UPCOMING VOLUNTEER OPPORTUNITIES

CONTINUED

Help Your Local Library

Keene - The Keene Public Library is seeking volunteers to serve as a Greeter and Wayfinder. In this role you would be the first point of contact for library visitors - welcoming them, providing directions and referring them to the appropriate area for specific assistance, and answering general questions about the library. Training is provided. Volunteers should be able to sit for an extended period of time, stand and walk for short periods, and be able to lift/move up to 25 pounds occasionally.

Volunteers are needed Monday through Saturday during regular hours. Shifts are 9 a.m. – noon, noon – 3 p.m., 3 – 6 p.m. and 6 – 9 p.m. Volunteers are asked to commit to six months. If you are interested in volunteering, please contact Tammy Parrott at 603-757-1846.

Jaffrey - The Jaffrey Library needs “watchers” for the second floor. Due to limited staff the second floor and Historical section can only be opened during periods of time when volunteers can be present on the floor. Come spend a two hour shift working on a personal project or reading a book while being available to offer help and guidance to anyone who ventures upstairs. If you’re interested in volunteering please contact the Director, Julie Perrin at jperrin@townofjaffrey.com

Linda's Closet Volunteer Clothing Consultant

Do you have a flare for clothing and fashion? Linda's Closet, a resource for free clothing and career advice in Keene, is seeking volunteer consultants to assist clients with clothing choices. Available times are Wednesday 6:00-8:00 p.m., Thursday 11:00a.m.-2:00 p.m. and Saturday 9:00 a.m. – noon and volunteers are asked to commit to a regular schedule. You will get to help other women of Cheshire County look and feel good about themselves - and while you're there you may find something pretty for yourself! If you are interested in this opportunity, please contact Kathleen Birch at 603-357-1015 or kbirch@cswg.com. To learn more about them, visit www.lindascloset.org or on Facebook.



Wishing you and yours a warm and cheerful holiday season and a blessed New Year!



RECIPES TO SHARE

Caramel Corn

INGREDIENTS

- 1 cup (2 sticks) of butter
- 2 cups sugar (any combination) all brown, all white, or $\frac{1}{2}$ brown $\frac{1}{2}$ white
- $\frac{1}{2}$ cup light corn syrup
- 1 teaspoon salt
- 6 quarts popped corn (24 cups)
- 1 cup peanuts (optional)
- 1 teaspoon vanilla extract
- 1 teaspoon baking soda

HOW TO PREPARE

1. Mix all ingredients (except popcorn) and boil for 5 minutes.
2. Remove from heat. Stir in vanilla and baking soda pour over popped corn that is in a large roaster pan. Mix gently.
3. Bake in 250 degree oven, stirring every 15 minutes. Bake 1 hour.



Tax Time is coming

Volunteer to help

OPPORTUNITIES AVAILABLE

WITH:

THE AARP

THE RIVER CENTER

MULTIPLE ROLES INCLUDING:

ADMINISTRATIVE

TAX ASSISTANCE

RECEPTION/GREETERS

**contact us
if you're
interested
in learning
more**

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