

MONADNOCK

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RSVP VOLUNTEER CENTER

FROM THE DIRECTOR

Dear RSVP Friends,

One of the things that I enjoy the most about working at RSVP is that every day is different and a blend of many activities. During January, I was quite busy writing the Corporation for National and Community Service and Monadnock United Way grants (both of which were due on the same day). The federal grant begins on April 1 and our goal is to have 250 unduplicated volunteers serving at 40 or more stations and in Neighbors-In-Deed, and at least 79 volunteers in America Reads by March 31, 2020. Forthcoming, is our MUW site visit where we present our case for funding. So, send us your positive thoughts!

Just after completing these grants I moved into the opposite role of participating in the decision making process to allocate NH Department of Transportation funds to agencies providing transportation to seniors and people with disabilities through the Monadnock Regional Coordinating Council for Transportation, which is composed of local transportation providers, purchasers, and users in 33 towns. The MRCC is guided by a vision to actively engage the Monadnock Region in building an innovative, coordinated, and resilient transportation network that improves the availability and affordability of regional transportation options. This is just one of the coalitions that RSVP participates in to keep our program visible, share our expertise, stay informed about community programs and initiatives, and provide staff learning opportunities.

RSVP had a significant number of calls for independent living services through Neighbors-In-Deed last month. These requests require us to shift from whatever we are doing to listen to their needs and explain how our program operates on a model of companionship and support. In many cases, we provide information about other services and resources. When a call results in an intake, we spend anywhere from a half hour to an hour talking with people to understand their personal situations and personalities so that we can make mutually satisfying matches. Even when our program is not the right fit, most people appreciate having someone listen and validate their feelings.

Volunteer recruitment and placement is ongoing and we use many methods including: presentations; advertising through RSVP's website and Facebook page; quarterly newsletters and submissions in other community publications; Letters to the Editor; radio and TV interviews; and contacting inactive volunteers and targeting specific volunteer skill sets. We are, especially, pleased when folks walk in off of Main Street.

There are numerous other daily tasks and long-term planning for events, trainings, and such. But of all things, working with our volunteers, community partners, and seeing the results of all the pieces coming together for common causes, is by far the most rewarding part of our work!

Warm regards,

Kathy Baird

*"The best way to find yourself is to lose yourself in the service of others."
 - Mahatma Gandhi*

WELCOME NEW RSVP VOLUNTEERS!



Susan Aho
 Denise Frankoff
 Pat Mellen
 Margaret McMahon

Ken Overing
 Andrew Shurman
 Catherine Vaughan
 Barbara Opacki

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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*"We rise by lifting others."
- Robert Ingersoll*

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When Patrick Knittle, president of our local Monadnock Habitat for Humanity, approached RSVP last winter to form a partnership we were excited to meet with him. Habitat's vision, "a world where everyone has a decent place to live" dovetails with one of the Corporation for National and Community Service's six focus areas, economic opportunity, and was a high impact area that we knew RSVP volunteers would enthusiastically embrace.

Patrick had two goals. First, he wanted to grow their board. Specifically, he was seeking board members who had the right combination of professional experience and non-profit board experience and who had backgrounds in a variety of fields including PR, fundraising and construction. Second, he wanted to be organized quickly so that they could stay on course to complete a new home build in Troy in fall of 2016.



RSVP worked on board member recruitment and was able to match four volunteers to Patrick's service description. Volunteers Janet Furcht, Peter Hartz, Bob Lindberg, and David Romano answered the call and have been serving on the board since that time. In terms of the Troy build, you may know from local news coverage that the Knightly family was chosen as a Habitat Partner Family and after a dedication ceremony in December moved in to their new home.

RSVP Volunteer and Habitat Board member, Bob Lindberg, reflects on his experience.

"When I undertook the opportunity to work with Monadnock Habitat for Humanity as a member of the board of Directors, it seemed to me to be an opportunity to utilize the disparate parts of my life to do some good things. I had spent the last 30 years as a Priest in the Episcopal Church, but before that I had been a General Contractor. This position seemed to be an opportunity to combine both of those skills into one new adventure. And what an adventure it was."



"At one of my first meetings the topic of our next build was the main focus of discussion. There was a call for someone to be the Chairman of the Building Committee, and as no one else jumped up to volunteer for the job, I raised my hand. 5 months and about 200+ hours of volunteer time later, the house was completed. It gave me the

opportunity to work with some extremely dedicated volunteers, and some wonderfully generous people in our community. I was mightily impressed with the willingness of many contractors in our community who either greatly reduced their prices for us or donated their labor entirely."

"All in all, it was a great opportunity to combine my gifts, serve some who were in need and follow the teachings of my faith to help those in need. I highly recommend that you offer your talents to RSVP so that you too can have a great experience of volunteering." Thank you Bob, and all the RSVP volunteers who currently serve as Habitat Board members and are helping Habitat achieve their vision in the greater Monadnock region!

RSVP OFFICES

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WE ASKED, YOU ANSWERED!

This fall, we asked RSVP volunteers, care recipients, and partner stations to complete an online survey. We do this annually for two reasons. First, we need to hear what we are doing well and what we aren't doing well from all who touch our organization. Regular feedback is critical if we want to have satisfied volunteers and be the best community partner we can be. And second, we are required to report on performance measures to the Corporation for National and Community Service, Monadnock United Way, and other funders to demonstrate the impact of volunteer service. We need to show them that they are getting a good bang for their buck!



Here are a few statistics and comments that stood out on the annual survey:

• 91% of our volunteers feel like they make a positive impact and derive a significant personal sense of accomplishment through their volunteering. One volunteer commented: "Since my recipient does not have much contact with others and does not drive, I know that I make a difference in her life as a human contact and for transporting her."

• 92% of our stations feel that RSVP helps to match volunteers to the needs of their organization, 61% feel that we help them meet their organizational objectives, and more than half report that RSVP maximizes their staff time by recruiting and screening qualified candidates. One of our winter goals is to pull station leaders together to discuss what more RSVP can be doing to help meet their goals.

• 96% of our volunteers are satisfied with how RSVP matches their personal interests to a volunteer opportunity and 71% see having the flexibility to choose where and how much they volunteer to be an important benefit. One volunteer commented: "I appreciate the flexibility I have regarding volunteer assignments and feel that volunteering is a rewarding and productive use of my time."

• What can we do better? 62% of you feel the community at large is not very aware of what RSVP does, but 34 of you said you are willing to help us be more visible and grow through letters to the editor, accompanying us to presentations, and staffing information tables. Thank you!

• Of the 93 volunteers who responded to our fall survey, it is clear that more of you are using social media to keep in touch with friends, relatives, and community organizations. We responded to this shift by creating a Facebook page for RSVP. **Please find us on FB at Monadnock RSVP Volunteer Center and like our page.**

*"To the world you may be one person;
but to one person you may be the world."*

- Dr. Seuss



REMEMBER TO
like us on
facebook®

UPCOMING VOLUNTEER OPPORTUNITIES

Volunteers needed to wrap silverware for meals

The Keene Community Kitchen is looking for volunteers to help wrap silverware in preparation for meals on Monday, Tuesday, 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.

America Reads - recruiting new Fall volunteers

If you can commit at least one hour a week, you can help a child who's falling behind in reading. RSVP's America Reads program will place you at a school 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.

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 with their schedules.

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 offered 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

Mentors for young people are needed in the Monadnock region

Mentors make a real and lasting impact! Would you like to become a BIG BROTHER or BIG SISTER and help a child achieve success in their lives? Big Brothers and Big Sisters provide one-to-one mentoring either in a Community Based or Site-Based (typically a school) setting between a Big (18+ years) and a Little (6-17 years). Volunteers are matched on their location preferences. Volunteers come from a variety of backgrounds and experiences and BBBSNH asks for a minimum commitment of one year. Volunteers must have 3 positive references and clear a multi-layered background check process before being matched. You can make a BIG difference in the life of a child!

Blood Drive Volunteers

Drives are held on an episodic basis throughout the 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.

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. Mondays, Wednesdays, and Fridays 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.

NEIGHBORS-IN-DEED

By becoming a Neighbors-In-Deed Volunteer, you can help a senior or adult with disabilities in your community remain living independently in their home as long as possible and maintain a quality of life. You can make a difference!

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. A recent surgery prevents her from lifting. 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.

This 77 year old woman would like a female companion to meet out with in the community to do things (not in her home). Since this is new for her, she would like to start with "occasional" outings. She has lived many places over her lifetime - overseas in Greece and Israel, Minnesota, Arizona, Royalston, MA and for the last 10 years in Keene. Overall, her health is pretty good, but she has a bad hip. She has two cats and doesn't smoke. She has a lot of interests: read, knit, eating out, used book stores, CALL classes.

A senior widower who has no children, siblings, and few close friends thinks she should be doing more. She still drives locally. She has balance issues and uses a cane and a rollator. But she can't lift her walker into the car. She would like someone to accompany her with social activities because she feels uncomfortable not knowing people - go to Senior Center programs, Historical Society, pick out cards, go to JC Penney to see what they have. She used to work at a local bank. She reads, watches a little TV at night, used to like gardening, and concerts such as Keene pops. She would prefer a female and every other week.

This 80+ woman moved to Keene this year from a rural town in the Monadnock region. She is very hard of hearing and uses an adaptive device on her phone, 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/games, and her love of her kittens. She may also need help with shopping and errands. After a hospital stay last June she has attempted to 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, and more. She has some general health issues and suffers from depression. 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 prefers a male volunteer 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.

RINDGE

A younger senior who is alone and widowed, has recently been diagnosed with lung cancer and cannot drive. She is seeking help with shopping at Market Basket, errands, and picking up her mail. She is very sociable and easy to talk with. She loves going out to eat, enjoys the library, movies, and traveling (particularly the beach). Her favorite destination is Cathedral of the Pines. She showed pedigree cats and still has five. No preference of a male or female volunteer.

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.

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.

*"One of the greatest gifts
you can give is your time."
#volunteer*

Can Alzheimer's and Memory Loss Be Prevented? *Live Healthy!*

Everyone wants to know if AD and memory loss can be prevented. Dr. Maureen K. O'Connor has prepared this table based on her new book with Dr. Budson, *Seven Steps to Managing Your Memory: What's Normal, What's Not, and What to Do About It*. (See the back cover for more information, and check out the BU ADC prevention studies on page 4!)

This is what researchers know about prevention. (NOTE: Always consult your doctor before changing your diet or exercise routine.)

Mind-Brain Connection	Power of Exercise	Healthy Living = Healthy Brain	Staying Mentally Active	Staying Socially Connected
WHAT RESEARCH HAS SHOWN!				
Negative emotions like depression, anxiety, and stress can interfere with our memory. In fact, when severe, mood disorders can actually mimic dementia in many ways! Similarly, the way we think about ourselves and the world around us—our mental mindset—can also significantly impact our ability to remember and think clearly.	Many diseases or illnesses can be either prevented or improved by exercising regularly...these include: <i>heart disease • high blood pressure • diabetes • stroke • heart attacks • osteoporosis</i> Exercise may directly benefit brain cells by increasing blood and oxygen flow in the brain. Because of its known cardiovascular benefits, a medically approved exercise program is a valuable part of any overall wellness plan.	Eat healthy! What is good for the heart is good for the brain! A Mediterranean diet has been proven to prevent memory loss and keep our minds sharp.	In addition to physical activity, mental activity is important for maintaining cognitive health as you age. Mentally stimulating activities strengthen the existing connections between neurons and even form new connections. The more neuronal connections there are in your brain, the more "cognitive reserve" you have.	Research suggests that the simple act of talking to other people is good for your brain.

WHAT CAN YOU DO?				
<ul style="list-style-type: none"> Minimize stress Engage in pleasant activities 	<p>How much exercise is enough? The CDC recommends that older adults get:</p> <ul style="list-style-type: none"> 150 minutes of moderate-intensity aerobic activity or 75 minutes of vigorous-intensity aerobic activity per week Muscle-strengthening activities that work all major muscle groups 2 or more days per week <p>Here are some definitions you should know:</p> <ul style="list-style-type: none"> Moderate-intensity exercise: your level of exertion is a 5 or 6 (on a scale where 0=sitting and 10=working as hard as you can); example is brisk walking. Vigorous-intensity exercise: your level of exertion is a 7 or 8 (using the same scale as above); example is jogging or running. Aerobic activity: any activity that gets you breathing harder and your heart beating faster. It could be anything from pushing the lawnmower to dancing to riding your bike. 	<p>Research suggests that eating large amounts of bad fats increases the risk of developing Alzheimer's disease. Eating large amounts of good fats decreases the risk! An example of a good fat is unsaturated fat. These good fats can be found in foods such as fish (especially wild salmon), nuts, avocado, and olive oil. Eat vegetables...the brighter the better, because they have more vitamins!</p>	<p>Although crosswords, puzzles, and playing cards are all excellent examples of mentally stimulating activities, the list of activities that could provide similar benefits is endless! Some additional examples include: <i>Reading • Listening to music • Attending cultural events • Surfing the Internet • Learning a new language • Playing a musical instrument • Dancing • Gardening • Taking a class or learning something new</i></p>	<p>To sum it up, if your social circle is small or you don't have much interaction with people, GET OUT THERE! Find a club, organization, or volunteer activity that will allow you to interact with others on a regular basis!</p>



What do New England Patriots have in common with RSVP?

VOLUNTEERISM

*Building awareness of the need for volunteering
Identifying and educating others about volunteer opportunities
Inspiring others to serve*

They lead by example!



BE AWARE!

PROTECT YOURSELF FROM SCAMS.

EVERSOURCE scams.

Many scam artists are threatening customers in person, over the phone and online with disconnection of their electric or natural gas service if they don't make an immediate payment. Another tactic is to offer a bill credit or discounted rate if a customer provides their account number or other information.

Protect yourself by being vigilant, staying informed and guarding your personal information. If something seems suspicious, call us immediately toll-free at 800-662-7764. Also be sure to report this to your local law enforcement.

IMPORTANT FACTS YOU NEED TO KNOW

- Eversource representatives never ask for instant payment in person or over the phone.
- Eversource representatives do not require the use of prepaid debit cards (such as Green Dot MoneyPak, Vanilla or Reloadit).
- Eversource representatives never request customers meet at a payment center, such as a department or grocery store, to make a payment.
- Eversource does not solicit door-to-door or on the phone on behalf of third-party energy suppliers.
- Eversource representatives always carry company-issued photo identification and will always provide it when asked.
- Contractors working for Eversource always carry documentation explaining the nature and location of their work.
- Customers who are scheduled for disconnection due to nonpayment receive written notice via the U.S. mail which includes the actions they can take to maintain service.
- Eversource almost never makes unsolicited house visits. Exceptions might include accessing, maintaining, or ensuring the reliable and safe operation of our equipment.
- If you're not sure the person is an Eversource employee, call us. We'll be glad to verify if work is scheduled at or near your home or business and the identity of the employee.

WHAT YOU CAN DO TO PROTECT YOURSELF

- Always verify whether these callers are legitimate by asking for some basic information about your account. Our representatives will always be able to provide the name on the account, the account address, and the exact past due balance.
- Never immediately pay, regardless of what the caller knows about your account or offers as an incentive. If they are requesting an immediate payment using a third-party service, at another location or via a prepaid debit card, hang up immediately and contact us directly to verify your account status.
- Never wire money to someone you don't know – regardless of the situation. Once you wire money, you cannot get it back.
- Do not accept offers from anyone, including those claiming to be Eversource employees, to pay your bill or provide any other service for a fee.
- Do not click on links or call numbers that appear in unexpected emails or texts – especially those asking for your account information. If you click on a link, your computer could become infected with malware, including viruses that can steal your information and compromise your computer.

Monadnock RSVP receives a \$2,500 grant from the Roy A. Hunt Foundation to support our program operations and enhance our impact programming.

In the early 1900s, Roy A. Hunt worked his way up from mill clerk to president of Alcoa, the company his father helped found. After establishing The Hunt Foundation in 1951, he established the Roy A. Hunt Foundation in 1966 as an endowed resource so that future generations could be involved in charitable giving as a family. (The foundations merged in 1994).

Three generations of Hunt family members now serve as trustees, continuing the Foundation's mission of supporting organizations that strive to improve the quality of life. The Foundation annually grants \$3 million in the United States, primarily through proposals invited by the trustees and through the Foundation's special initiatives.

Smaller foundation grants, such as the Roy A. Hunt Foundation, supplement the RSVP budget so that we can maintain our high level of service with fewer resources. If you know of one, please let us know. We might not know about it!

BEWARE OF FAKE IRS TAX BILL NOTICES

The Internal Revenue Service and its Security Summit partners are warning taxpayers and tax professionals of fake IRS tax bills related to the Affordable Care Act.

The IRS has received numerous reports of scammers sending a fraudulent version of a notice - labeled CP2000 - for tax year 2015. This scam may arrive by email, as an attachment, or by mail. It has many signs of being a fake:

- The letter says the issue is related to the Affordable Care Act and requests information regarding 2014 coverage; The payment voucher lists the letter number as 105C;
- Requests checks made out to I.R.S. and sent to the "Austin Processing Center" at a post office box.

The IRS does not initiate unsolicited email contact or contact by social media. An authentic CP2000 notice provides extensive instructions to taxpayers and requests that checks be made out to the "United States Treasury." For more information go to IRS.gov



RECIPES TO SHARE

5-Ingredient Easy White Chicken Chili

INGREDIENTS

6 cups chicken broth
4 cups cooked shredded chicken
2 (15-oz) cans Great Northern beans, drained
2 cups salsa verde
2 tsp. ground cumin

OPTIONAL TOPPINGS

diced avocado, chopped fresh cilantro, shredded cheese,
chopped green onions, sour cream, crumbled tortilla chips

DIRECTIONS: Add chicken broth, shredded chicken, beans, salsa and cumin to a medium saucepan, and stir to combine. Heat over medium-high heat until boiling, then cover and reduce heat to medium-low and simmer for at least 5 minutes. Serve warm with desired toppings.

We listened!

The results of our annual survey indicated that volunteers rank making new friends and informal get-togethers as one of the benefits of being part of RSVP. We thought we'd answer this interest by hosting a quarterly coffee hour. The goal of these coffees will be to enjoy one another's company and to share stories, but while you are here we may tap into your creativity and expertise if we are tackling a particular issue where we could benefit from volunteer feedback. For this first coffee we'd like to ask you about increasing RSVP brand awareness in the larger community. We look forward to hearing your thoughts!

Please join Kathy and Allison for coffee and conversation on Wednesday, March 15th, 10-11 a.m. at the RSVP office at 64 Main Street in 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!).

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

