

# MONADNOCK

[www.monadnockvolunteercenter.org](http://www.monadnockvolunteercenter.org)

Email: [rsvp@vfs.org](mailto:rsvp@vfs.org)

# RSVP

VOLUNTEER CENTER

## FROM THE DIRECTOR

Happy Summer RSVP Friends!

Finally, it arrived and I hope you are all enjoying the warm weather activities, travels, and company of family and friends. Before you know it, it will be September...

Since our last newsletter there have been a lot of happenings that you will see in this issue.

RSVP recently had a CNCS compliance monitoring visit to review our fiscal and program requirements. The CNCS state specialists were impressed with the level of our organization, best practices, and programming. A highlight was the site visit to Jonathan Daniels so they could learn our America Reads program by meeting with the reading specialist and several RSVP volunteers. The stories they shared and their passion left a memorable impression on our CNCS guest who left with a different perspective about how one hour can make a difference in reading proficiency, confidence, behavior, and relationships with peers. Those stories are critical to tell and they do trickle up to our funders.

We also have experienced some staff turnover. In August, we will welcome Allison Riley to the Keene/America Reads position, who will work with Suzette to learn the ins and outs of how we collaborate with the schools. We are currently reviewing the Peterborough/Neighbors-In-Deed position and will be starting that job search soon. Laura Redmond also returned as a RSVP volunteer to help us in the office with various projects. During this time, I have enjoyed getting to interact more directly with the volunteers and care recipients that make this daily work so worthwhile.

Despite challenges, we are excited for the fall and the growth of our program in year number two of the CNCS grant. We will be seeking new volunteers for America Reads and expanding to several new schools and increasing our presence in Head Start programs. We are also holding our third annual National Day of Service in collaboration with the Monadnock United Way's Day of Caring and Southwestern Community Services Stand Down and Veteran's Summit. It is sure to be a great community-wide event that shows how uniting in service can touch people's lives. Tell your friends!

Every day seems to be a new adventure – always different with new people who want to help, people with needs, and ideas how to make change. It is truly rewarding to work with such caring, committed individuals and I thank you for sharing your time, talents, and experience with RSVP and our community.

Warm regards,

*Kathy Baird*

## WELCOME NEW RSVP VOLUNTEERS!



Darcy Doyle  
Tara Germond  
Susan Kaufmann  
Beth Anne West

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

## IN THIS ISSUE

Book Fair Huge Success	2
Honor Our Veterans	3
Veteran's Summit & Stand Down	3
MUW Day of Caring	3
Did you Know?	4
Recipes to Share	4
Annual Summer BBQ	4
Volunteer Opportunities	5
MUW Allowcation	5

# BOOK FAIR HUGE SUCCESS!



The America Reads 2nd Annual Book Fair was a huge success. The event was held on April 21-22 in the Conference Room at the RSVP office in Keene. Volunteers arrived early to help unpack the many boxes of books and arrange them by age and grade groupings. All America Reads Volunteers were invited to select a book for each child they worked with this school year. Over the course of

two days, 28 volunteers selected 520 books to give to their students. We also distributed 250 books and literacy games to the 12 schools participating in the program this year. We hope to make this an annual event in the spring. The feedback from the volunteers has been tremendous. Here are a few quotes from our dedicated volunteers:



*"Books give a soul to the universe, wings to the mind, flight to the imagination, and life to everything." - Plato*

"The kids loved getting their very own books at the end of the year. Since I worked with the whole class, I was told I could take one for each child (very generous!), and the teacher suggested that it would be best if they were all the same. It was a bit of a challenge finding 15 copies of the same book at the right grade level, but I don't know how it would ever be possible to have things be any more perfect, and it worked out fine. It was so great to see the kids actually clapping their hands with excitement at the prospect of getting those books! Thank you so much!"

"Great selection of books! I think it is wonderful that all of the volunteers can give their students similar/equal gifts to acknowledge their time together."

"Great event!! The students and teacher loved having each student receive a book!"



RSVP volunteers had so much fun picking out books for their students!

## STAFF

**Kathy Baird**  
Program Director  
kbaird@mfs.org

**Suzette Borden**  
Program Coordinator -  
America Reads  
sborden@mfs.org

**Betty Christiansen**  
RSVP Volunteer

**Laura Redmond**  
RSVP Volunteer

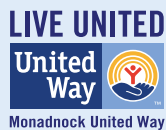
## RSVP OFFICES

### In Keene:

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

### In Peterborough:

9 Vose Farm Road, Suite 120  
Peterborough, NH 03458  
Phone: (603)924-7350  
Fax: (603) 924-4245



# United in Service



## HONOR OUR VETERANS. SERVE THOSE WHO SERVED.

Monadnock RSVP Volunteer Center will carry out a National Day of Service and Remembrance on Friday, September 11, 2015 to provide support to veterans and immediate military family members 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.

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 on 9/11, and to help recall and rekindle the spirit of unity, compassion, and service that existed in America following the 9/11 attacks.

United in service with the Monadnock United Way with their Days of Caring, Southwestern Community Services Veteran's Summit & Stand Down, businesses, and many community volunteers, we aspire to make this a significant event in the Monadnock Region and improve the quality of life of project recipients in some small, but significant way!

For more information to volunteer, or to request help with a project if you are a veteran or immediate military family member, please call us 357-6893 or 924-7350 for the Greater Peterborough area. Project requests must be received by August 21 for consideration.

*"Our debt to the heroic men and valiant women in the service of our country can never be repaid, they have earned our undying gratitude. America will never forget their sacrifices."*

*- President Harry S. Truman*

## VETERAN'S SUMMIT & STAND DOWN

September 11, 2015

10:00 a.m. – 3:00 p.m.

Gorden-Bissell American Legion Post  
797 Court Street, Keene, New Hampshire

Please join us for a day of recognition, fellowship, and support of our Veterans. We will have a variety of services and representatives on site.  
(Proof of service required for some stations/proof of homelessness for surplus)

- Health Screenings & Assessments
- Flu Shots/Immunizations
- Assistance obtaining records needed to attain benefits
- Employment Counseling
- Information about SCS-SSVF Benefits
- Surplus items available
- Local Social Services providers on hand to provide information
- Representatives of the VAMC will be present
- And More....

FOR MORE INFORMATION PLEASE CONTACT:

Laurie Tyler 719-4290, Sharon McKane 719-4225,  
John Rider 719-2424, Matt Primrose 719-4244

## MONADNOCK UNITED WAY'S DAY OF CARING

On Friday, September 11, Monadnock United Way will host its annual Day of Caring – to help economically disadvantaged families (may qualify for SNAP, fuel assistance programs), adults with disabilities, families with parents and/or children with disabilities or special needs, and elderly individuals, or families caring for elders.

Teams of volunteers from across the region will gather to complete much-needed tasks such as painting, landscaping, gardening, and general repairs to make their homes more beautiful, safe, and wholesome. The chosen projects are ones that the recipients may not have the time, resources, or energy to complete on their own. Project requests will be accepted until August 14 by contacting Nikki Sauber at 352-4209 or by email at [Nikki@muw.org](mailto:Nikki@muw.org). The Monadnock United Way's Day of Caring, RSVP's National Day of Service, and the Veteran's Summit are about neighbors helping neighbors, building community, and having fun in the process!

## DID YOU KNOW?

*People who volunteer are 42% more likely than people who don't to say they are "Very Happy"*

Reasons acts of kindness make people happier:

- Being generous leads us to perceive others more compassionately; we typically find good qualities in people to whom we are kind
- Being kind promotes a sense of connection and community with others, which is one of the strongest factors in increasing happiness
- Being generous helps us appreciate and feel grateful for our own good fortune
- Being generous boosts our self-image; it helps us feel useful and gives us a way to use our strengths and talents in a meaningful way
- Being kind can start a chain reaction of positivity; being kind to others may lead them to be grateful and generous to others, who in turn are grateful and kind to others



## RECIPES TO SHARE

### Cucumber Salad

#### INGREDIENTS

3 large cucumbers, peeled, seeded and thinly sliced

1 - 1 ½ sweet onions, thinly sliced

¼ cup sugar

2 teaspoons coarse salt

2 teaspoons dry ground mustard

2 teaspoons celery seeds

½ cup corn or canola oil

½ cup cider vinegar

#### DIRECTIONS

This is an old-fashioned recipe that never goes out of style! Combine all the ingredients except the cucumbers in a large bowl or a gallon Ziploc bag. Add the cucumbers and onions. Marinate together for at least several hours to overnight.

## PICTURE PERFECT!

We've added photo gallery to our website!

[www.monandockvolunteercenter.org](http://www.monandockvolunteercenter.org)

We are often adding new events and opportunities, so check back often and share with your friends.



## NEIGHBORS-IN-DEED ANNUAL SUMMER BBQ



We always hope that the weather will cooperate with our plans, and it did! On a perfect summer day, almost 40 people from Neighbors-In-Deed and the MFS Older Adults program enjoy a delicious meal and good company. One client said, "This is the best one yet!" Thank you to all the volunteers who made this event a great success and to Sandy at Five Star market for helping us out with catering on short notice. It was delish!



## MONADNOCK UNITED WAY ALLOCATES \$32,000 TO RSVP FOR 2016!

Monadnock United Way plays a critical role in keeping RSVP active in our community by providing a significant portion of our required 30 percent match for our federal grant.

The United Way Allocations team “sees great value for both the volunteers engaged in the program and how the community benefits overall from the help of volunteers.” As we approach the start of a new United Way campaign, please consider a contribution so that they can support 50 agencies and programs each year - providing community-wide services that range from infants to the elderly. Together we can make a difference where it matters most – right here at home.

---

*“The purpose of life is not to be happy. It is to be useful, to be honorable, to be compassionate, to have it make some difference that you have lived and lived well.” - Ralph Waldo Emerson*

---

### UPCOMING VOLUNTEER OPPORTUNITIES

#### Neighbors-In-Deed

This summer RSVP has received an overwhelming number of requests from seniors for companionship and assistance with shopping, errands, transportation to medical appointments, and social activities. Many of these folks are low-income and have few social supports. If you can share a couple hours a week, you could help improve the quality of life of someone who is struggling with these everyday tasks that come easily to most of us.

#### Disaster Training

RSVP is seeking volunteers to register as disaster team volunteers with our two local partners. Volunteers will be offered a variety of trainings depending upon your interests and skills. This is a great opportunity to learn new things, meet new people, have flexibility, and make our community more prepared to deal with disaster.

#### Hot Meal Preparation

Volunteers are needed at local soup kitchen in August. Join a fun bunch of volunteers to peel, cut, and chop food for the evening meal. Various weekdays are available 10:30 – 1:00 and some Sundays helping to serve and clean-up 10:30 – 1:00.

#### Representative Payee

A payee acts on behalf of the beneficiary and is responsible for everything related to benefits that a capable beneficiary would do for him/herself. 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. There is a current need with a Keene client.

#### Medicare Minutes Volunteer

Visit with identified community groups on a regular basis (usually monthly) for about 15 minutes to read a one-page Medicare update on an approved topic and to provide the audience with the related take-home materials. The monthly updates are also an opportunity to connect the audience with their local ServiceLink Resource Center for additional information and assistance with Medicare issues. Volunteer schedules are flexible. The Coordinator of volunteers works with each volunteer to determine the amount of time the volunteer can work each month and to schedule assignments accordingly.