

# MONADNOCK

www.monadnockvolunteercenter.org  
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# RSVP VOLUNTEER CENTER

## FROM THE DIRECTOR

Dear RSVP Friends,

I recently took a vacation to beautiful Cozumel, Mexico. It was a 5:45 a.m. flight and my husband and I were not sitting together. To our surprise, the airline staff offered to see what was available and moved us up to row 8, right behind first class. We were thrilled knowing we would be getting off expeditiously and on to a week of warm relaxation (and at no extra charge!)

A half hour before we landed the flight attendants handed out the customs and declaration forms. The attractive, mature Hispanic woman sitting next to me asked, "Do we need to fill it out now?" I responded that it was probably a good idea or she would end up waiting in line forever which could delay her from making her next connection. After several minutes she asked, "Can you help me with this?"

It became quickly clear that Ms. Malka could not read in English or Spanish, and that she had limited English proficiency. I had to rephrase sentences several times. For instance, she didn't understand the words born, nationality, or destination. She was reluctant to write and wanted me to do it for her. But with encouragement she was able fill out the form herself. When we moved on to the second form and I said what was in the boxes, she would copy it.

I wondered, what was her home like growing up? How far did she go in school? What did she do for work? How difficult it must be to get through life by relying upon the kindness of strangers, especially, in a world where there are sometimes not so well-intended people.

I had just finished writing the Monadnock United Way grant and spoke extensively about the impact of America Reads volunteers and the significance of reading to educational attainment, economic opportunity, and prevention of downstream issues such as teen pregnancy, substance abuse, and even child abuse. But Helping Ms. Malka with that simple form brought me back down to the individual level and reminded me of how embedded reading is in almost every aspect of our life – to following traffic signs, to reading instructions, to filling out a job application.

I closed my eyes waiting for the plane to land and thought about my good fortune to work every day with such caring, committed people who set children on the path to be safe, healthy, and productive adults. Perhaps, in addition to the increased confidence and improvement in skills, one day these children will remember the kindness of a stranger and return the favor to someone.

*Kathy Baird*

## WELCOME NEW RSVP VOLUNTEERS!



- |                   |                    |
|-------------------|--------------------|
| Betsy Allen       | Peter Hartz        |
| Sheila Bay-Harvey | Dawn Mack-Woodward |
| Jane Bowman       | David McDonald     |
| Charlotte Breton  | Becky Sakellariou  |
| Mike Chelstowski  | Galen Trinkle      |
| Gerald Eichner    | Deborah Wyndham    |
| Nancy Hall        |                    |

**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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## RSVP

Lead With Experience



## SURVEY SAYS.....

Thank you to all the volunteers, stations, and Neighbors-In-Deed care recipients who responded to RSVP's annual surveys in January! We always find your answers very interesting and it shows us that the field of volunteer management needs to continue to change in response to community needs and expectations of volunteers and agencies. It also helps us to demonstrate our impact to current and potential funders. Here is what you said:

**RSVP volunteer surveys had a 24% return rate**

- 38% percent of respondents are veterans or immediate military family members.
- Volunteers like flexibility to choose where and how much they volunteer – 66% ranked this as an important benefit. This tells us we need to continue to develop meaningful opportunities that are episodic or time-limited to fit an active, mature adult's lifestyle.
- Thirty-two volunteers are willing to help us be more visible and grow! Venues include: Letters to the Editor, newsletter submissions, presentations, staffing tables at fairs or Farmer's markets, educating elected officials, or providing information to Human Resources at businesses.
- 73% felt volunteering has improved their social ties.
- 93% feel a significant personal sense of accomplishment and make a positive impact. Research supports that this outcome from volunteering has a positive effect on physical and mental health. Share the secret!

**Stations surveys had a 60% return rate**

- 73% of agencies said RSVP volunteers enhance the quality of life for people served through their agency or programs.
- The top three capacity building activities that agencies could use help with are: recruiting and marketing, fundraising, and volunteer recognition.
- RSVP stations are so appreciative and happy with RSVP volunteers. They say it best!

*"Phyllis Eddy is a wonderful volunteer. She reads, runs small activities, provides language modeling. She will go to the library and bring in stories that support our themes. She pitches in wherever she sees a need. She volunteers way beyond her original one hour a week. We love having her!"*

- Karen Mattock, Swanzy Head Start

*"Three volunteers who I consider to be the core have been exceptional to work with...Janet Courchene has volunteered for the museum for about 13 years. She works really well with the public, making them feel very welcome. Janet can impart an interesting, fact-full tour and still make people laugh and enjoy themselves. Susan Farrell quickly learned the tour and is also very welcoming, plus she is always willing to work on projects while waiting to give tours. Carol Waseleski has been true and constant, bringing expertise and efficiency to the book cataloguing job. And it seems no matter what group of people volunteer for the programs, there is always a spirit of friendliness and helpfulness that is remarkable."*

- Anita Carroll-Weldon,  
Horatio Colony House Museum

**Monadnock RSVP is pleased to hold our annual Neighbors-In-Deed barbecue for volunteers and their care recipients in collaboration with Monadnock Family Services Older Adult program. This is a great opportunity to meet and chat with other matches in the program and for us to say thank you for all you do to keep seniors independent in their homes. Last year we had almost 50 people who enjoyed a wonderful array of dishes and great company. This event is held rain or shine. (But let's hope for a warm, sunny day.)**

**See you then!  
Paul Teixeira**



**NEIGHBORS-IN-DEED  
ANNUAL  
SUMMER BBQ**

Thursday June 18, 2015  
11:45 a.m. – 2:00 p.m.

Keene State College Camp  
on Wilson Pond in Swanzy

*Please join us!*

## NEIGHBORS-IN-DEED

- 31% of our care recipients are veterans. We expect that service to veterans will continue to grow in the coming years.
- 100% of the survey respondents reported feeling less stress and loneliness due to being matched with a volunteer. This clearly demonstrates that a program such as NID provides the resources to people who may be isolated and allows them to experience a higher quality of life in their own homes.

*"She is always smiling and pleasant! I look forward to her visits. She is interested in me and cares for my well-being. I couldn't ask for anyone nicer."*  
- Neighbors-In-Deed Care Recipient

- 93% of the Neighbors-In-Deed volunteers stated that they would continue their current or new placements for the next 6 months. This demonstrates a long term commitment to not only to the program, but to the care recipients as well.

*"Visiting my care recipient for over a year was a special privilege. She was so aware of the world and community, even as she was declining."*  
- RSVP volunteer



## RECIPES TO SHARE

### Maple Syrup Pie

#### INGREDIENTS

1 (9") frozen pie crust, thawed (I like the Pillsbury fold-outs the best)

1¼ c. golden brown sugar, packed

½ c. whipping cream

1/3 c. pure maple syrup

2 large eggs

1 Tbsp. unsalted butter, melted

1 c. pecans (optional)

#### DIRECTIONS

Bake crust at 450 degrees 7 minutes until set but not brown. Cool. Reduce oven to 350 degrees. Using electric mixer, beat remaining ingredients in large bowl until smooth. Add pecans if desired. Pour into crust. Bake until filling is set but still moves slightly in the center when shaken. Approximately 55 minutes. Cool.



## SMILE FOR THE CAMERA!

It is not every day that a professional cameraman walks through our door!

If you've watched television these last 30 years, chances are you've already seen some of Galen Trinkle's work. Whether you watch ABC News, CNN, "60 Minutes" on CBS, A&E or E Channel at one time or another, he shot what you saw.

Following a move to the East coast he worked for Channel 7 in Boston before moving to New Hampshire and restarting his freelance work. Feeling the need for a change he diversified and in 2009 created the Digital Film & TV Production Department for Cheshire Career Center at Keene High School.

In 2014 Galen retired from teaching at Cheshire Career Center, but was fortunate enough to see several of his students graduate from High School and start their careers in film and television. Most of these students he taught from their Freshmen years, seeing them in their Junior and Senior years win State and National video contests, even be invited to the White House. He is very proud of his students and the Digital Film and Television Department at Cheshire Career Center that he started and continues today.

Some of you have already met Galen at schools and other agency partners as he begins to compile a comprehensive library of photographs for RSVP marketing purposes. We think you will agree his images are fantastic. Together with your stories that make us smile and, sometimes, cry, we can paint a vivid picture how volunteerism changes lives in our community!



America Reads Participant

# WHY IS READING IMPORTANT?

This seems like a pretty obvious answer! The startling fact is that one in four Americans grow up functionally illiterate. There is a big difference between being illiterate and functionally illiterate. Purely illiterate persons cannot read and write in any capacity, for all practical purposes. In contrast, functionally illiterate persons can read and write with a limited vocabulary, but cannot read or write well enough to deal with the everyday requirements of their everyday life in their society. A functionally illiterate person may understand words but might be incapable of reading and comprehending job advertisements, past due notices, newspaper articles, banking paperwork, complex signs and posters and so on. Why is this important to society?

Here are some startling statistics:

- **60% of adults in prison read at or below the fourth grade level.**
- **85% of US juveniles appearing before the court are functionally illiterate.**
- **44% of U.S. adult who were “below basic” in literacy tests in 2009 were living at poverty level as compared to 17% of the entire U.S. population.**
- **16-19 year old girls at the poverty level and below with below average reading skills are 6 times more likely to have out of wedlock children than their more literate counterparts.**



The reason for the 4th grade reading level reference is that after fourth grade, in almost all U.S. schools, the only reading taught is remedial. Almost every native English speaking person around the world can read at least a thousand simple words they learn in the first four grades; if that is all they can read, however, they are functionally illiterate. Like the items in Pandora's Box, once the time consuming activity of learning to read is replaced by other activities (as a child or young adult) they cannot be taken back. As students get older, they do not want to spend the time learning to read, especially if it has been difficult for them.

The America Reads Program's basic goal is to help students, as early as possible, to stay on the path to be functionally literate. We do not only help them with reading, but we enable students to comprehend how to be able to put these words to use in making basic lifestyle choices as they become young adults.



The next time you read with your child as an America Reads volunteer, as a parent, as a grandparent or as a neighbor, ask questions to see if they can connect the print on the page with real life choices. Take a menu without pictures in for them to look at? Could they order something from it? Bring in three cans of soup and see if they can read the label. Have them look up a phone number in a directory or online. Can they read TV listings? If they are old enough, could they read the directions on a bottle of OTC medicine?



***Thank you America Reads Volunteers for ALL you do to help the children in our communities.***

# UPCOMING VOLUNTEER OPPORTUNITIES

## Give the Gift of Life!

The American Red Cross is seeking volunteers to help with registration and the canteen at the following Blood Drives:

KEENE - Saturday, March 28th  
Best Western Hotel • 10:00AM - 3:00PM

JAFFREY - Monday, April 13th  
American Legion Post #11 • 1:00PM - 6:00PM

KEENE - Tuesday, April 14th  
Best Western Hotel • 2:30 - 7:30PM

KEENE - Saturday, April 25th  
Best Western Hotel • 10:00AM - 3:00PM

*\*Please note that volunteers could do a half shift or entire shift*

## Rindge Food Pantry

2 - 6 PM on Thursday  
Volunteer 1 day per month to receive  
and pack food orders for clients

## Provide Comfort to a Child

A Keene-based residential facility for children with disabilities is looking for a volunteer who would enjoy holding and rocking a young child. Scheduling is flexible - any day/time, since the child is not school age yet. If interested, please call Christine Hadley at 358-3384.

## Event Assistants

Keene Public Library How-to Festival  
Saturday, April 25 9 a.m. - 5 p.m.

5 to 10 volunteers are needed for the following:

\*Program hosts to welcome festival attendees, introduce presenters, and provide basic directions. Volunteers will also hand out evaluations and count the numbers of participants. Commitment: three hour shift. \*Individuals to teach a short (approx. 15 - 20 minutes) how-to class where people learn how to do something new. Shifts are one hour in which you may share a skill several times.

Fun, crafty, or hobby classes and ideas are welcome!

For more information please contact:  
Gail Zachariah at 603-352-0157

## Office Assistant

Duties include answer phone, refer questions to appropriate departments, greet visitors, administrative & clerical support for various departments within office. Time commitment is 4-10hrs per week, flexible. Qualifications are willingness to gain knowledge of the American Red Cross and the services it provides. Organized, able to work with a team, reliable, good phone, oral, written and computer skills. If interested, please contact Nina Dretzin at 352-3210 Ext. 140

## Help a Neighbor

As of March 23, 2015 we have 15 unmatched Neighbors-In-Deed applicants. A number of them are interested in having a visitor, transportation for shopping/errands, and just getting out. For example, we have a veteran applicant from Keene who would like to get out and attend a Swamp Bats game (if the snow ever melts). This winter was brutal and isolated many of our neighbors from their community and friends. They are reaching out to us and others to help them re-connect and meet their basic needs. We have 15 people waiting in Keene, Jaffrey, Swanzey, Bennington, Hancock, Antrim, Gilsum, and Marlborough. If you have any interest in helping please contact Paul Teixeira at 924.7350 or pteixeira@mfs.org and I can provide the details for each. I know they will be most grateful to have a new friend who can make things in their lives a little easier and happier!

*"The best way to find yourself is to  
lose yourself in the service of others"*

*- Mahatma Gandhi*

## Recruiting for New Members Neighbors-In-Deed Advisory Council

RSVP is currently seeking new members for its Neighbors-In-Deed Advisory Council. Some of the current volunteers are moving on after a considerable amount of time and we thank them for their impassioned service. It is a relatively small group of 3-6 members who help promote the program, provide advice on issues or policies, and plan and help with training, in-services, and occasional social events. We meet on a quarterly basis for an hour or so. For more information, please contact Paul Teixeira @ 924.7350 or pteixeira@mfs.org.