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RSVP Volunteers!

Joan Bosley
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Betsy Demers
Kathy Hart
Cynthia Johnson
Joyce Leclerc
Brian McDonagh
MaryBeth Reville
Pat Rich
Jane Shapiro
Michelle Sheldon
Chris Weeks
Michelle Wood
Margaret Wynn
Bernie Wynn

Welcome to the
RSVP Volunteer
Program!

October 2013

From the Director's Desk– Kathy Baird

Greetings RSVP Friends,

As we move closer to the holidays and long months of winter, I have been thinking about my friend, Barbara, whom I visited for several years. Though she had some memory problems, she told fascinating stories about being in the pony chorus in community shows, taking the train to Vermont to ski, traveling on ships to Europe for the summer, timing sports car races on Mt. Washington (who knew?) and discussing recipes. I particularly enjoyed hearing about all the first things she had seen over her lifetime.

As a child Barbara knitted wash cloths for the soldiers in the war and her family donated food to the poor. She was involved in the Junior League at Smith College and volunteered her time to many activities throughout her life including visiting and driving elderly people as an older adult. One day she commented that she had never envisioned herself being the one being visited and how much it meant to her. How true that at one point in our lives we are the givers, and other times, receivers of help! I am quite certain Barbara never thought she would live to be 96 years old and, likely, her lifetime of volunteering contributed to her good health and longevity. While I still have many years to give, I anticipate that when the time comes I will embrace old age and be a gracious receiver of friendship (and have some great stories to share.)

This winter please consider offering an hour or two of your time to visit or help an elderly person who is struggling to stay in their home. It may be one of your most rewarding and memorable volunteer experiences, just as it was for me!

National Day of Service
"Veterans Helping Veterans"
September 11, 2013



Wood Crew takes a break at 95 degree temperatures!
Thank you to all the volunteers (25 of you) who participated in our National Service Day on September 11, 2013. Veterans helped Veterans (10 projects) do various chores – stacking wood, cleaning gardens, washing windows, staining houses and decks and beginning a ramp project. Thanks to all for your service – both now and in the past!

Neighbors In Deed Profile: Carol and Bob Hill

SMALL ACTS Small Acts, Big Impact

BIG
IMPACT

By Ariel Frankel

The following is one of three stories featuring a Monadnock United Way agency written by Ariel Frankel as part of her internship with Monadnock United Way. Her other stories will appear in future issues of The U Review.

Ariel recently received a Bachelor of Arts in English, from Keene State College. Her fondness for the different seasons has Ariel convinced that New England will always be her home.



Monadnock RSVP Volunteer Center volunteers, **Bob and Carol Hill**, a family-oriented couple in their 70s, have been volunteering with Monadnock RSVP Volunteer Center for several years. They are dedicated to their family and to helping their neighbors, and are thrilled to give back to the community they call home. For them, the smiles and laughter they share with the people they help is payment enough.

They enjoy spending at least one day a week with **Hazel**, a 92-year-old woman, trading jokes and stories. Although Hazel's daughter, Cheryl, has hired a nutritionist, a housekeeper, and a personal companion to keep Hazel living a good quality and healthy life, Hazel was experiencing depression and loneliness. That's where Kathy Baird, director of Monadnock RSVP Volunteer Center, came in. She introduced Hazel and the Hills to each other. Now, all of Hazel's needs are being met: healthy meals, a clean and functioning house, and of course, the human contact and conversation that helps keep Hazel's brain active.

Since their first meeting over two years ago, Hazel has really opened up to Carol and Bob. In fact, she gave the Hill's two-year-old grandson, Miles, a toy dog, and she plays a big part in their family now. When they babysit Miles on Mondays, Hazel has the opportunity to interact with someone much younger, and that only increases the fun she has with the Hills.

When Bob and Carol show up at Hazel's door, she throws it wide open and greets them with a smile. Bob responds with an even bigger grin and a joke. Carol asks about Hazel's day, and whether or not she needs anything, every time. For Valentine's Day, they brought her a box of chocolates that Hazel has to hide under her couch because her nutritionist, Sandy, would not be pleased if she saw that Hazel was deviating from her strictly healthy menu.

Nearly every conversation with Carol and Bob revolves around their family, which means Hazel and Miles are spoken and bragged about equally. It's heartwarming to hear Carol boast about spending every Monday with little Miles while fussing over Hazel's chocolate drink. And it's amusing to hear Bob issue a golfing challenge to Hazel, and ask her for a handicap in the same breath.

The Hills are a great example of how people can make a difference just by helping one person. They show people that things can get better when neighbors take care of and care for each other. All they have to do is spend time talking to neighbors. The rewards of volunteering, as shown by the Hills, by simply hanging out with an elderly community member for an hour a week has, not only a positive impact on Hazel's life, but also on Bob and Carol's.

Volunteer Opportunities for Everyone!

There are many volunteer opportunities for people of all ages in the Monadnock area.

Photographer – Have an eye with the camera? RSVP is seeking a volunteer to take photos of our volunteers in action at agencies. Photos will be used in marketing and outreach materials that enable us to tell our story to the public.

Social Media – RSVP is seeking a highly motivated, social media savvy volunteer to help us develop a social media strategy and blog to increase our visibility and brand awareness. Ideal qualifications: strong knowledge of social media tools and trends, familiarity with RSVP, willingness to educate staff and on-going interest in maintaining content.

Drivers - Give someone a lift! Volunteer are needed to transport people to medical appointments, shopping, errands, or prescription pick-up using your own vehicle in Greater Peterborough, NH area. Scheduling is once a month 8:30-4:00 on Tuesday, Wednesday or Thursday.

Blood Drives - You can give the gift of life! Drives are held on an episodic basis throughout the Monadnock region during weekday business hours and on Saturdays. Time commitments range from 3-6 hours. The following positions are essential to make each drive run smoothly and efficiently:
 Registration- Welcome donors and enter registrations into computer
 Donor Escort- Escort donors to the canteen and assist with the transport of blood.
 Canteen- Keep an eye on donors for adverse reactions and keep refreshment area replenished.

Medicare and You

We will try to answer some questions you might have about Medicare in this column each newsletter. Submit your questions if you have any!

Q: Does the Affordable health care law offer any new benefits for Medicare beneficiaries?

A: Beneficiaries receive more [preventative care services](#) – including a yearly "wellness" visit, mammograms, colorectal screening, and more savings on prescription drug coverage. By 2020, the law will close the [Medicare gap in prescription drug coverage](#), known as the "[doughnut hole](#)." Seniors will still be responsible for 25 percent of their prescription drug costs.

Did you know?—Over 40 percent of people over age 65 take five to nine medications every day.



*The Monadnock RSVP Volunteer Center
Invites you to a*

Holiday Open House

*Thursday, December 12, 2013
1:00-3:00 p.m.*

64 Main Street, Suite 212, Keene NH

RSVP

Lead With Experience

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

Suzette's Best And Quickest Dessert (also good for breakfast)
Looking for a easy delicious quick sweet to make? This is for you!

Ingredients

1 Stick of butter (room temperature)
1 Cup of sugar
1 Cup of flour
2 eggs
1 tsp of vanilla extract
Berries or Fruit in season



Cream butter and sugar until fluffy. Add eggs and blend. Stir in flour and vanilla.
Put in well greased (!!) 8-9 inch pan. Top with any combination of berries or fruit. Bake at 350° for 45 minutes to 1 hour.

Neighbors-In-Deed Social at Wilson Pond - September 19, 2013

We had a magnificent, 70 degree weather day for our Neighbors-In-Deed Recognition lunch this year, and all went without a hitch (except that the host, Peter Moore got lost in-route!)

All our Neighbors-In-Deed volunteers were invited, along with their matched recipients. The MFS Adult Program was also encouraged to bring some clients, which they did. In all we had approximately 35 participants in attendance.

Several of our NID Volunteers brought their recipients, which made the event even more special. The following "couples" came:

Susan Segal and Sophie Goodnow
Hasu Dalwadi and Beverly Minot
Helen Blais and Theresa Haag
Alej Verdi and Sally Patterson

Wayne Crowell and Anne Panetta
Karl Putnam and Raymond Lashua
Carol Yadeta and MargaretJane Ellis
David Lesser and Chrissy Fairbanks

Many thanks to Suzette Borden who prepared the chicken; to Peter Moore, Kathy Baird and Carol Austin who helped with set-up and clean-up and thanks to the volunteers who provided the delicious food for the pot luck lunch!

We'd like to thank the MFS Adult Program for their contribution which provided the beautiful Wilson Pond facility.

Susan Segal and Sophie Goodnow

