

MONADNOCK RSVP VOLUNTEER CENTER

FROM THE DIRECTOR

A Springtime Hello RSVP Friends!

Now that May is here I am welcoming the promise of warm weather as I look out my window at the river and see renewed growth, along with a hope for a different future that we have anticipated for many months.

January marked the beginning of a new administration and opportunity to address the urgent challenges facing our country. In the words of President Biden, “Service – looking out for one another – is part of who we are as a nation. Service is a fitting way to start to heal, unite, and rebuild this country we love.” This statement brings forth a call to action through AmeriCorps Seniors to focus on priority community needs that include removing structural racial inequities, advancing racial equality, and increasing opportunity in order to achieve sustainable change in our community.

So, of course there is music! I never would have discovered this song except that I am a fan of the North Mississippi All Star Band that I have seen at the Beachcomber in Wellfleet and the Sinclair in Cambridge, MA, and they played at the Colonial in Keene. If you enjoy rhythm and blues and a mix of genres, you are going to love D-up (Here’s to diversity) by FreeWorld and a number of talented artists. See page 6 to view the article which explains the vision and challenges with music delivery during the pandemic and the link to the video.

At RSVP we have been as present as possible with agencies, including ourselves, and changed operations and protocols. With the movement with vaccinations we are hopeful to engage you with our partners and RSVP programs, even while it may be a new kind of model of service delivery that may be required to meet the needs of our friends, neighbors and strangers whose needs may be complex and new to them. My heartfelt thanks go to all of you who have continued to help those most in need while in the midst of this journey.

I hope you continue to stay healthy and well, along with all the people you value and love in your life. All of us at RSVP can’t wait to see you even if it still is going to be a little distanced and behind the mask.

Most sincerely,

Kathy Baird

*“It is in your hands to create a better world for all who live in it.”
– Nelson Mandela*

WELCOME NEW RSVP VOLUNTEERS!



Laura Kucharczyk
Matthew MacKeigan
Marcy Southgate

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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STAFF

Kathy Baird
Program Director
kbaird@mfs.org

Jazmin Belcoure
Program Coordinator
Eastern Monadnock region/
Neighbors-In-Deed
jbelcoure@mfs.org

Pat Dixe
Program Coordinator
Cheshire County/
America Reads
pdixe@mfs.org

RSVP OFFICES

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

Eastern Monadnock Region:
Available By Appointment
Phone: (603) 924-7350
Fax: (603) 352-5698



Men Who Cook...

...IS
GOING
VIRTUAL!

Reserve your *Men Who Cook*
Cookbook and Virtual Event
tickets today!



Virtual Event:
Saturday, May 15, 2021
6:00 PM
Don't miss our special
guests, great raffle items
and other fun surprises!

Cost:
\$25 per ticket includes the
virtual event, a *Men Who
Cook* Cookbook and 2 raffle
tickets.

Raffle:
Winners will be drawn at the
Virtual Event on May 15th.
This year's raffle theme is all
about food and we have
some fabulous offerings!

Tickets:
To purchase the cookbook and
virtual event tickets, go to:
mfsmenwhocook.eventbrite.com.
Or contact kwaters@mfs.org,
603-209-5947.

Beneficiary: *America Reads*, a Monadnock
RSVP Volunteer Center program where

No Child is Left Behind!

Volunteers support children through:

- ZOOM tutoring
- Homework help
- Virtual storytelling
- Our new Pen Pal program and
- Book distribution to support learning loss

WE MAY NOT BE ABLE TO GATHER IN PERSON THIS YEAR, BUT...
Men Who Cook is back! Follow this link to purchase tickets mfsmenwhocook.eventbrite.com.
Special thanks to over 70 "chefs" who contributed recipes for MFS's first-ever Men Who Cook
Cookbook and our local businesses have shown their support by becoming Sponsors:

Mascoma Bank

C&S Wholesale Grocers
Savings Bank of Walpole
The Timken Company

The Insurance Source
The Melanson Company
Edward Jones - Alan Stroschin

Gar-Wal Lawn Service
Ransmeier & Spellma

Ken Jue Consulting
The Main Street America Group
Servpro of Cheshire County

Toadstool Bookstore
True North Networks

Filtrine Manufacturing
NBT Bank

Athens Pizza & Family Restaurant
Hogancamp, PC
Daniel V. Scully Architects
and a Friend of MFS

Grab a favorite beverage and a snack and join us!

"COOKING IS ONE OF THOSE GREAT GIFTS YOU CAN GIVE TO
THOSE YOU LOVE." - INA GARTEN

CONGRATULATIONS

Sharon Smith!



Monadnock RSVP Volunteer Centers is proud to share that our America Reads Program volunteer, **Sharon Smith** has been honored and recognized by the Keene/Peterborough Chamber of Commerce with the Pinnacle Award. As described “the pinnacle of one’s career whether it be paid or volunteer, is the most successful point, the culmination of one’s career”.

Sharon began her volunteer career with Monadnock RSVP in 2014 volunteering with the America Reads Program, a national literacy program. She is assigned to Peterborough Elementary school and the Jaffrey Grade school tutoring second grade students in reading skills. In between tutoring Sharon has stepped up to help with blood drives and National Day of Service projects. These are just a few of the volunteer commitments Sharon has been involved with in our organization. She has dedicated her time with several other organizations such as End 68 Hours of Hunger, Big Brother and Sisters and 100+Women Who Care Monadnock. Sharon’s dedication to her community has been outstanding. We are proud to have her as part of Monadnock RSVP and hope to for many more years to come!



As the World Turns... so does America Reads!

So dust off your walking shoes put your slippers away and get ready, we will be back to the classroom in September 2021 tutoring our young students! The schools have returned to full time learning IN school as you have heard. For some schools it is status quo and others have had to adjust to a five day curriculum...And again we PRAISE our teachers for adjusting to another twist in this roller coaster world we are living in.

In the hopes that we can meet once again in small groups I will be offering “refresher” trainings for America Reads volunteers. We have been on hiatus for more than a year and would like to update all our volunteers with new safety protocols that will be required when we return to the classroom and review strategies and best practices on how we are tutoring our students. More details to come as we get closer to the new school year.

We will also have a “new volunteer” training in early fall. Volunteers are waiting in the wings for us to begin anew...thank you for your patience. The rewards will be great when you meet with your student/s and see them improve their reading skills with your help!

Our Pen Pal Program has been going strong in our Rindge and Peterborough Schools as well as our video reading. Given the success of the Pen Pal program we are having in those schools we will be offering the program to all schools this fall.

Finally, there is a new book out that I think sums up our feelings for our America Reads volunteers. It is called “Cheers to our Volunteers” by Jiji Talmas. This book shows how impactful a volunteer can be in a classroom, while highlighting the fun that can be had by both students and volunteers. Volunteers hold a special place in the hearts of children and teachers AND the America Reads Program. This book is a tribute to every volunteer that gives their time and love to children. Thank you!

Kind Regards, Pat



“It’s called ‘reading’. It’s how people install new software into their brains”.

A reminder of how computers have influenced our students reading skills! Using Books? Imagine!

We welcome new MFS staff!



Ana Gonzales - Director of Human Resources

"I am thrilled to be a part of the MFS Team as the Director of Human Resources", Ana shared on her first day. Ana also provided us with the following history of her journey, which we thought would help you to get to know her...

"I would characterize my career journey as long and winding and filled with many fun and unexpected adventures along the way. To understand my journey, let me provide a few fun facts.

My parents emigrated to this country before I was born so I'm a first generation everything - Ana Beta if you will. Because my parents didn't speak English, it was up to my siblings and me to help them navigate the English speaking community. Being the youngest of 8 and ever observant, I couldn't ignore the societal challenges my parents experienced. These early childhood experiences had a huge influence on my sense of fairness, desire for justice, and passion for being of service and have woven the tapestry of my career adventure.

My first 'real' job was at the United Nations in New York City. Going to work at the UN soon after high school certainly opened my eyes to global issues of service, fairness, and justice. It was a great experience on many levels but alas I had to admit that it wasn't a great fit primarily because city life was not for me.

I've had experience in the public, non-profit, and the private sector. Over the past 20 years my focus has been primarily on raising a family, pursuing my education, and deciding what I wanted to do when I grow up - which I don't think I'll ever really figure out.

Originally from Long Island, I came to New Hampshire to attend Keene State College many years ago and never left, having found my little piece of heaven here in the Monadnock Region (though I still consider myself a New Yorker so I guess I have dual citizenship).

I am a very proud alumna of Keene State having earned three degrees: AS in Chemical Dependency, BA in Psychology, M.Ed. in School Counseling.

Keeping in mind that my career journey has been filled with many fun and unexpected adventures, you may be asking yourself how I ended up in Human Resources, especially holding an M.Ed. in School Counseling. Short answer - the Great Recession. But things have a way of working out the way they should. My Human Resources experience started 20 years ago when my husband and I had our own business for approximately 10 years and I handled all the Admin and HR aspects. Then I moved to an HR role with a national, educational non-profit working with staff in 7 offices across the country. Prior to coming to MFS, I had the pleasure of working at Bensonwood/Unity Homes in Walpole for six years.

I call Swanzey home where I live with my husband, daughter, 2 cats, and a dog. As a family, we enjoy following the Marvel Universe, traveling, exploring our great state of NH, laughing, cooking (and critiquing our creations), being part of our Parish communities, cooking for those in need, and being in the presence of our furry house mates. My personal hobbies include trying to tame our furry house mates, trying not to kill my winter herb garden, and reading.

I'm so excited to be a part of the MFS team and look forward to all my future holds. As you maybe sensed from my journey, I feel like in some ways MFS is where I'm supposed to be at this moment in time."

Our New Roommates!



Kathy Waters has stepped into her new role at the Monadnock Family Services team as the Director of Development. Kathy graduated from California State University with a BA in Therapeutic Recreation and has spent her career working in human services. Most recently, Kathy was the Director of Fundraising at Crotched Mountain Foundation where she managed all aspects of the Annual Fund and development operations. Kathy is excited about her new position and shared, "I'm honored to invite people to support such an essential organization in our community."

Sophie Carney-Brenner is joining Monadnock Family Services in a new development position for MFS. Previously, Sophie worked in development for a human services organization in Central Massachusetts. Sophie obtained her BA in Art History and Studio Art from Simmons University, and is currently pursuing her Masters and Public Administration from Clark University. Sophie shared, "I am excited to be a part of the MFS family, and contribute to the integral work MFS does every day."

New AmeriCorps Seniors Leadership!

With the new Biden administration, we welcome AmeriCorps appointees who will help to drive forward our critical work and bring Americans together in service. They are experienced professionals who bring diverse perspectives and expertise to support members, volunteers, and organizations. We would like to introduce you to these mission-driven leaders on page 13-14.



MONADNOCK RSVP VOLUNTEER ZOOM COFFEE THURSDAY MAY 20 AT 10:00

Zoom Coffees are continuing as our "new normal"! Join us for 40 minutes of conversation with a mug of our favorite beverage for a chance to check in and catch up.

If you're interested in joining us, email Jazmin at jbelcoure@mfs.org and we will email you the Zoom link prior to the meeting. We look forward to seeing you!



D-Up - We are all in this together!

Love how these talented artists came together to share the message of communication, respect and harmony!

<https://youtu.be/fiSK7F4xCpQ>

To read the article follow this link

<https://www.memphisflyer.com/d-up-freeworld-spear-heads-all-star-video-project-celebrating-diversity>

"We all should know that diversity makes for a rich tapestry, and we must understand that all the threads of the tapestry are equal in value no matter what their color."

- Maya Angelou

NEIGHBORS-IN-DEED

Things are starting to open up again, in both the community and with Neighbors-In-Deed. While many have stayed in contact with their recipients over the phone or with visits outdoors, I'm sure everyone is eager to resume more normal contact. With restrictions easing it is important to note that we have not lifted all protocols. RSVP is following the guidelines of our parent organization, Monadnock Family Services, and most importantly we don't want anyone going outside of their own personal comfort levels.

- **If you are two weeks past your final vaccine shot it is ok to visit with a care recipient indoors, as long as neither person is medically compromised.**
 - o **Both parties should remain masked, and be able to maintain a six foot distance.**
 - o **Indoor/in person visits should be kept to 45 minutes.**
 - o **Transportation is allowed as long as both parties are wearing masks, the care recipient is in the back seat, windows are down and surfaces are sanitized.**
- **Both the volunteer and care recipient are responsible for monitoring their health status for any symptoms identified with COVID-19 (temperature over 100 degrees, cough, shortness of breath, significant fatigue, chills, diarrhea/vomiting, diminished or loss of smell, body aches) If any of these symptoms are present, in person visits need to be discontinued for a period of 10 days after the symptoms have resolved or they have received a negative test.**

In addition to loosening guidelines around our existing matches we have begun to expand the allowable jobs for our light handyman component of NID. In-home work can now be performed as long as the above criteria can be met.

We hope that as more people are becoming vaccinated we will be able to start making more new matches, since many on our waitlist, as well as new people each week are hoping to gain a person to talk and visit with. One to two hours a week of kindness and support can change a person's life. If you're interested in learning more about the program or any of the people waiting in the profiles listed, please reach out to Jazmin at jbelcoure@mfs.org or by calling the office at 603-357-6893.

GREENFIELD

This 64 year old woman is living with her daughter in Greenfield. She relocated here from the coast after being diagnosed with cancer and due to complications from the treatment and a preexisting condition cannot get out of the house without assistance. She is a sweet woman with a charming sense of humor she likes to work on crafts and is very much in need of some

company. She is deaf and communicates primarily through signing, lip reading and hand gestures so in this time of mask wearing a person who can sign or is comfortable with nonverbal communication would be needed, preferably a woman, who loves animals as her daughter has a small farm. Activities could be confined to the home, but as her health improves, COVID numbers go down and communication with a volunteer strengthens getting out into the community would be wonderful.

NEIGHBORS-IN-DEED CONTINUED

KEENE

This woman is very proud of herself for losing some weight and would welcome a volunteer who would want to help encourage some healthy habits. She has lived in her apartment in Keene for over 35 years and when she has the opportunity to get out and run errands she enjoys hitting up her favorite thrift stores as well. A volunteer who likes hitting up lots of stores would be perfect. She has some general health issues and suffers from depression. She used to love camping, fishing, and boating. She often finds it easier to get along with men, but is open to a female volunteer. Because of some mobility issues she needs a vehicle that is low to the ground.

This woman is in her mid-70's and living alone in Keene and hoping to find a volunteer to spend some time with. She uses a walker and needs to bring her oxygen tank with her and leaving her apartment without out help causes her some anxiety. She would love to start getting out for walks now that the weather is nicer and could use some help getting to the grocery store. She has one cat and is hoping for an older woman.

This woman has a great sense of humor and is always very appreciative of help. She is proud of her ability to take care of herself and self-advocate, but she would very much appreciate a volunteer to spend time with. She enjoys cooking, especially Italian, making jewelry, and in non-COVID times, going to the Dollar Store, craft fairs, and trying new things. For the time being someone to sit and chat with outside would be a blessing. She uses an electric scooter to get around town. Her apartment is small and neat, and she has lovely Raggedy Ann collection. Getting out of the house is becoming progressively harder for her. She does have a speech impediment and while at times it is difficult to understand her over the phone, in person it is much easier.

This 59 year old woman has recently moved to Keene. She is in need of help with grocery shopping and getting to the bank. Her interests include flower arranging and cooking, and once restrictions lift, she would love to be able to get out into the community more. She is legally blind as well as being confined to a wheel chair, but she is able to transfer herself. She does not have a preference on a male or female volunteer.

This 89 woman lives in Keene with her miniature poodle, she is still active. However, she is hoping to find somebody interested in visiting with her, as she is starting to feel less and less comfortable driving. She enjoys playing bridge and working on puzzles.

This 74 year old woman was born in Brooklyn and has lived all over the country, including FL, MA, PA, and White river Junction in Vermont, but she has been here for the past sixteen years. She learned of our program from another NID care recipient and is hoping once restrictions lift to

find a volunteer who can help with grocery shopping and picking up prescriptions, but also someone who will want to go out for fun activities like the movies or local museums or lunch. She is very easy to talk with and does not have preference of a man or woman. She has a Yorkshire terrier and enjoys reading science fiction and horror.

RINDGE

This woman is in her mid-70s. She is a very positive person with a 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 many years ago. 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. Once people are comfortable with driving she is hoping for some assistance with running errands such as going for groceries, or to the farm stand, or pharmacy.

SPOFFORD

This woman is in her mid-70's and lives with her daughter and son-in-law. She is in the early stages of Alzheimer's and hoping to find a volunteer who would like to help her stay active and engaged. She is a vibrant woman who is used to being actively involved in the community. Originally from Connecticut, she retired to Maine where she loved to go for long walks and was on the board of her local library. She would very much like to find a volunteer who would enjoy walking, and once restrictions lift, going for drives, visiting the Chesterfield or Keene Library's or helping her with some grocery shopping. She is a lively conversationalist and has no preference on being matched with a man or a woman. There are two cats and one golden retriever/lab mix in the house.

SWANZEY

This woman in her 90s and is living in a ground floor apartment in the same building as her daughter. She has 11 grandchildren and 6 great-grandchildren, enjoys NASCAR and has a shy kitty who you would probably never see. She had been discharged from a nursing home after rehabbing from a series of falls. She is now pretty much confined to a wheelchair, and hoping for visitor to provide some company.

WINCHESTER

This gentleman is in his mid-60's and is now living on this own after being in a nursing home for a bit as he rehabbed from some health troubles. He alternates between a walker and a wheelchair, depending on the day. He would be happy to have a friendly caller but hopes that once the pandemic is over that person would like to work on building models, playing checkers or chess or working on puzzles, as well as someone who would like to go out for coffee. He is a smoker, although he's on the patch right now and doesn't smoke in the apartment.

WHAT IS COVID-19 BRAIN FOG — AND HOW CAN YOU CLEAR IT?

As a cognitive behavioral neurologist, I've been hearing from many individuals who are complaining of "brain fog" after infection with COVID-19. So I thought it was worth discussing exactly what COVID-19 brain fog is, and some things to do that might help clear it.

What is brain fog?

Let's start by trying to understand brain fog. Brain fog is not a medical or scientific term; it is used by individuals to describe how they feel when their thinking is sluggish, fuzzy, and not sharp.

We all experience this feeling from time to time. Perhaps you couldn't think clearly when you were sick with the flu or another illness. Maybe you were jet-lagged and your thinking was sluggish because it felt like it was 2 AM. Or perhaps you took an antihistamine or another medication that made your thinking fuzzy for a few hours. In each case you probably just waited to get back to normal, whether that meant recovering from your illness, adjusting to the new time zone, or waiting for the side effects of the medication to wear off.

But what if your thinking didn't return to normal?

What is COVID-19 brain fog?

Recently I received an email from a man who described how he is still struggling with "cognitive challenges" since recovering from the virus in the spring of 2020. His doctor ran him through a checkup and a battery of tests. Everything was normal, yet his cognitive challenges remain. Like this man, many people who have recovered from the acute, life-threatening effects of COVID-19, but still don't feel that their thinking and memory are back to normal.

How COVID-19 affects the brain



There are many ways that COVID-19 can damage the brain. As I described in a previous blog post, some can be devastating, such as encephalitis, strokes, and lack of oxygen to the brain. But other effects may be more subtle, such as the persistent impairment in sustained attention noted by Chinese researchers.

In addition to direct effects on the brain, COVID-19 can also have long-term effects on other organ systems. So-called long haulers can have other lingering symptoms including fatigue, body aches, inability to exercise, headache, and difficulty sleeping. Some of these problems may be due to permanent damage to their lungs, heart, kidneys, or other organs. Damage to these organs — or even just the symptoms by themselves — can impair thinking and memory and cause brain fog. For example, how can you think clearly if you're feeling

What should you do if you may be experiencing COVID-19 brain fog?

The first and most important thing to do is to see your doctor and share with them all of the lingering symptoms you are experiencing. These should include your brain fog and other neurologic symptoms (such as weakness, numbness, tingling, loss of smell or taste), and also problems such as shortness of breath, palpitations, and abnormal urine or stool.





What might help clear the brain fog?

To help clear the brain fog, I recommend pursuing all of the activities that we know help everyone's thinking and memory.

- Perform aerobic exercise. You may need to start slow, perhaps just two to three minutes a few times a day. While there is no established “dose” of exercise to improve brain health, it's generally recommended you work toward 30 minutes a day, five days a week.
- Eat Mediterranean-style meals. A healthy diet including olive oil, fruits and vegetables, nuts and beans, and whole grains has been proven to improve thinking, memory, and brain health.
- Avoid alcohol and drugs. Give your brain the best chance to heal by avoiding substances which can adversely affect it.
- Sleep well. Sleep is a time when the brain and body can clear out toxins and work toward healing. Make sure you give your body the sleep it needs.
- Participate in social activities. We are social animals. Not only do social activities benefit our moods, but they help our thinking and memory as well.
- Pursue other beneficial activities, including engaging in novel, cognitively stimulating activities; listening to music; practicing mindfulness; and keeping a positive mental attitude.

Harvard Health blog post on March 8, 2021 by Andrew E. Budson, MD, Contributor



SCAM ALERT

As the COVID-19 vaccine roll-out continues, the Financial Crimes Enforcement Network has issued a new warning about vaccine scams:

- Beware of scams offering early access to vaccines for a fee.
- Keep an eye out for phishing scams where scammers email or text you with phony vaccine information.
- Steer clear of scammers trying to sell fake versions of vaccines.

HERE ARE THE FACTS:

- You can't pay to get early access to the vaccine.
- Medicare covers the cost of the COVID-19 vaccine. COVID-19 vaccines are also free to others throughout the country, although providers may charge an administration fee.
- Don't share your personal or financial information if someone calls, send you a text or sends you an email promising to get you the vaccine for a fee.

For the latest vaccine updates, check with the CDC. If you want to learn more about how to manage your finances during the pandemic, visit consumerfinance.gov/coronavirus.

For more tips on how to avoid common scams, check out these [fraud prevention resources](#).

VOLUNTEER OPPORTUNITIES

Volunteering as pandemic restrictions begin to lift

Many of our partner agencies have started to reopen their volunteer roles with modified procedures and requirements. There are many avenues available for you to serve the community, in whatever capacity and at whatever level you feel comfortable interacting with the public. We still encourage you to look around your neighborhood and reach out to those in high risk demographics to see if you can help. Below we have posted available agency volunteer service activities.

Drivers needed during COVID-19 (In Community)

Volunteer drivers are needed throughout the entire region to assist people who do not have access to transportation. Drivers are currently transporting people for critical needs such as dialysis, as well as helping to pick up groceries and other necessities for at-risk people. Please reach out to us at 357-6893 or by emailing Pat or Jazmin at pdixe@mfs.org/jbelcoure@mfs.org to learn about new safety procedures and determine if this is a volunteer role you feel comfortable with.

Linda's Closet - a resource for free clothing and career advice

Clothing Consultant

Do you have a flare for clothing and fashion? They are seeking volunteers 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 date once a month if possible. 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 Diane Bogdan at 603-357-1015 or lindas.closet@yahoo.com To learn more about them, visit www.lindascloset.org, Facebook and/or Instagram.

Meals on Wheels

Meals on Wheels is a staple service for seniors throughout the Monadnock Region. Not only do they deliver affordable/free nutritious meals to homebound seniors and those with disabilities or chronic illness, but the daily check-in from drivers allows for a consistent wellness check which provides peace of mind for both the recipient and their family. Delivery drivers are needed in; Rindge, Jaffrey, Antrim, Hancock, Peterborough, Greenville, and Frankestown. The pickup location for meals varies depending on the route. Drivers can volunteer anywhere from one day a week to five. Mileage reimbursement

may be available for some (but not all) routes. If you are interested in learning more about what meal delivery would entail and the requirements for becoming a driver, please reach out to Jazmin at jbelcoure@mfs.org or by calling the office at 603-357-6893.

Work to fight the housing crisis – Monadnock Area Transitional Shelter (MATS) (In Home)

Monadnock Area Transitional Shelter (MATS) is a transitional shelter for individuals and families who are homeless. In the past year 100% of the guests who completed the program have moved on to permanent housing. MATS is currently seeking volunteers to join their board as well as those who could help with various administrative tasks. Those interested in the joining the board should have experience with fundraising or grant writing and be ready to help research grant opportunities, make telephone calls, write emails, help organize fundraising events. Admin. volunteers help to write thank you notes to donors, assist with mailings, assist with organizing fundraising events, (post COVID), and make telephone calls. If you are interested in becoming involved please call our office at 357-6893 or email Jazmin at jbelcoure@mfs.org.

Volunteer with Adult Learning Programs

Project Lift

Help adult learners reach their goals by becoming a volunteer for Project LIFT. Project Lift offers free, confidential, one-to-one and small group instruction to adults in Hillsborough and surrounding towns who wish to improve their basic skills, learn English, or prepare for the High School Equivalency Test (HiSET). They have several volunteer opportunities; Tutors, Tech Assistants, ELL Conversation Group Facilitator, and Learning Lounge Assistant. Project LIFT is based in the Fuller Public Library and serves Hillsborough and surrounding towns including, Antrim, Bennington, Hancock and Peterborough. For more information regarding Project LIFT please reach out to

VOLUNTEER OPPORTUNITIES

Jazmin at jbelcoure@mfs.org or call the office at 603-357-6893.

Keene Community Education

Keene Community Education is looking for volunteers who want to help adult learners in our area. Their two main programs, teaching English as a second language and teaching adults who need their high school equivalency certificate, are in need of tutors who can work one-on-one with students or who can work in a classroom setting. Flexible hours, 'job' satisfaction, and plenty of fun guaranteed! Contact Pat at PDixe@mfs.org or give us a call at 357-6893.

The Rindge Food Pantry (In Community)

The Rindge Food Pantry is looking for people on Thursday afternoons between the hours of 2:00 and 6:00 who are willing to commit two hours or more a month. Volunteers will help to fill bags with needed food, which include cans and frozen meat and deliver them to cars in the parking lot. Training will be provided! Please reach out to Jazmin either by phone at 283-1681 or email jbelcoure@mfs.org for more details about volunteering with the Rindge Food Pantry.

Monadnock Community Hospital (In Community)

As the vaccine rollout continues, Monadnock Community Hospital has begun to phase volunteers back into their roles, starting with the Gift Shop volunteers. As things continue to progress, more opportunities will become available and we encourage you to keep the hospital in mind as you think about how you would like to serve the community. Opportunities will be available that fit almost any schedule, interest or need.

- Gift Shop Volunteers - 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.
- Visitor Greeters – help visitors find their way by manning a greeting desk.
- Support Staff Volunteers - in the mail room, HR, and for handy folks; facilities

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 603-357-6893.

Blood Drives (In Community)

The American Red Cross is continuing with their Blood Drive efforts and in need of more volunteers. Please see the information below with details surrounding the protocols they've instituted. There are many drives being scheduled throughout the Monadnock region. If you are interested in learning how to volunteer please email Jazmin at jbelcoure@mfs.org

- New Precautions and Procedures
 - Blood donors must now be screened for symptoms, including taking their temperature.
 - Temperatures are being taken with forehead swipe thermometers.
 - Thermometers are being disinfected between each donor.
 - All staff and volunteers are being provided with masks and gloves.
 - Screeners are changing gloves after each donor.
 - At registration, donors need to use hand sanitizer before touching any of the registration materials.
 - Registration volunteers are using disinfectant to wipe down registration materials between each donor.

Become an advocate with the Monadnock Center for Violence Prevention: Crisis & Prevention Center (MCVP) (In Home)

Advocates for those surviving domestic abuse are critical right now, and can be done remotely. A 100% remote training will train volunteers on how to empower survivors to move beyond violence to create a better, healthier future for themselves and their children.

Advocates help to end and prevent violence in our community one survivor or family at a time. MCVP is currently seeking volunteers who are compassionate people with good communication skills and the ability to go through the 40 hours of training. Advocates serve as the first point of contact for survivors they listen, support, provide information and referrals, and discuss options with the caller.

Advocates:

- Work 24 hours shifts from their own homes. Shifts run from 4pm to 8 am Monday through Friday and 8am to 8 am Saturday and Sunday.
- Once COVID-19 passes advocates may also respond to local hospitals and police stations to support survivors, as well as screen in survivors seeking emergency shelter.

VOLUNTEER OPPORTUNITIES CONTINUED

- Per diem advocates make a stipend per shift that they work. \$30 for weeknight, \$40 for a weekend, and \$50 for a holiday.

If you are interested in learning more about volunteering with MCVP please reach out to Katrina Nugent at 603-352-3844 or by emailing edcoordinator@mcvprevention.org or you can visit www.mcvprevention.org to learn more about the organization.

Greater Monadnock Medical Reserve Corp (In Community)

The Medical Reserve Corps (MRC) is a community-based, civilian, volunteer program that helps build the public health infrastructure of communities nationwide. Each MRC unit is organized and trained to address a wide range of challenges from public health education to disaster response.” To learn more about the GMMRC as well as how to volunteer you can visit their website at: www.gmmrc.org or contact Maera Cramer at mrcramer@cheshire-med.com

Monadnock Habitat for Humanity – Seeking Volunteer Board Members

It is imperative that we continue with our outreach for volunteers to serve in a variety of capacities other than building related work as well as our fundraising efforts so that we can successfully complete a home build in 2021. While building assistance is essential, there is much that goes on in the background that needs volunteer assistance. Please take some time to consider how you would like to contribute your time or other resources to help us in our mission.

If you are interested in becoming involved please call our office at 357-6893 or email pdixe@mfs.org.

Train to be a Hospice Volunteer (Training In Home) - *This role may be altered or suspended due to Covid-19*

Hospice Volunteers Change Lives...

Bayada is looking for volunteers to share their time and talents. Volunteers are not currently being placed, however if you are interested in becoming a volunteer, training is available remotely.

Direct Patient Support Volunteers

Support patients and their families by offering a warm presence, meeting needs and making connections.

Volunteers do all sorts of things, like:

- Helping with day-to-day needs, indoors and out, like mowing the lawn, walking the dog, washing dishes, and more
- Sitting with patients to read, watch a movie or TV show
- Taking a patient out for a short walk!
- Keeping a patient company while caregivers take a break.
- Sharing specialized skills including reiki, massage, pastoral care, cosmetology.
- Sharing time with a therapy animal
- Just being together

Arts, Crafts, and Music Volunteers

Music reaches patients in very special ways. Some patients enjoy help finishing up projects or exploring creative expression. You can develop a plan to share your talents.

Care for Veterans

BAYADA proudly offers specialized support to our nation's veterans. They are eager to connect their patients with volunteers who have also served!

Administrative Support Volunteers

Help with mailings and other office tasks that are a key part of the care they provide.

For more information or if you would like to volunteer with Bayada Hospice please contact Monadnock RSVP at RSVP@mfs.org, pdixe@mfs.org or by calling 603-357-6893

Help your local library - *This role may be altered or suspended due to Covid-19*

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.



AmeriCorps

WELCOME INCOMING LEADERS TO AMERICORPS

With the new Biden administration, we welcome AmeriCorps appointees who will help to drive forward our critical work and bring Americans together in service. They are experienced professionals who bring diverse perspectives and expertise to support members, volunteers, and organizations. We would like to introduce you to these mission-driven leaders.



Jenny Mauk, Chief of Staff

Jenny is a known national service leader. She served our agency with distinction from 2012-2016 as the Special Advisor to the CEO and as our White House Liaison.

Most recently, Jenny served as Chief of Staff at Women for Women International. Throughout her tenure, she provided consistent leadership during times of great transition. She was responsible for the global strategic planning process and delivery as well as internal communications. Jenny partnered with the global leadership and the Global Board of Directors to ensure a seamless, high-quality, and consistent program that inspired and encouraged Directors in their commitment to the mission.



Karen Dahl, Senior Advisor for COVID-19

Karen is a proven leader with extensive experience in communications, policy, operations, and partnerships. She joins AmeriCorps from Guild Education, a hyper growth start-up where she led the development and implementation of internal communications, including operations, messaging, and change management. Previously, Karen spent several years in leadership positions in operations, internal and external communication, and government relations for Cities of Service and Jumpstart. She was part of the communications teams for President Clinton and Vice President Gore and was a researcher and associate producer for NBC News. A proud AmeriCorps alumna, Karen volunteers in New York City public schools, including coordinat-

ing a school-wide community service program. She holds a master's degree in education from Harvard University and a bachelor's degree in English and French from the University of Connecticut.



Mary Tobin, Senior Advisor for Wounded Warrior, Veteran & Military Family Initiatives

A proud military veteran, Mary brings more than 17 years of leader development, project management, community engagement, and public speaking experience and a passion for addressing social justice issues that affect underserved communities. Most recently, she served as Executive Director, East Region of The Mission Continues. She has been featured in major publications for her thought leadership on diversity and inclusion and has lectured widely on topics including poverty, diversity, and leadership. She is a combat veteran, having served 10 years in the United States Army as a communications officer, including two combat tours in Iraq. Her previous roles include Senior Project Manager for the U.S. Department of

Housing and Urban Development, President's Management Council fellow in the Department of Treasury, and Chief Operations Officer of the Kids Hope Alliance. Mary is a graduate of the United States Military Academy at West Point and the New York Institute of Technolog



Yasmeen Shaheen-McConnell, Senior Advisor for Strategic Partnerships

Yasmeen's professional experience centers around making national service part of growing up in America. Most recently, she served as Managing Director of Strategic Partnerships at Service Year Alliance, where she led initiatives including the Serve America Together campaign, stakeholder engagement, and convenings for leaders inside and outside the national service network. Yasmeen helped start the Franklin Project at the Aspen Institute, where she designed and ran a fellowship program for rising leaders across the country. She was a business development consultant with News Deeply, a new media and technology startup, and managed programs and the Arab American Census Information Center at the Arab American Institute and Foundation. Yasmeen is a proud AmeriCorps alumna, and served in 2008 with the Arab American Resource Corps in a community support and cultural resource position before becoming a supervisor for future members. She earned a bachelor's degree from George Washington University and a master's degree from Harvard Divinity School.



Fernando Laguarda, General Counsel

Fernando joins AmeriCorps with a wealth of experience in antitrust and competition policy, federal oversight and accountability, and public law. Most recently, he served as the Faculty Director of the Program on Law and Government at American University Washington College of Law. He previously served as the Vice President, External Affairs and a Policy Counselor at Time Warner Cable; General Counsel and Board Chair of the National Network to End Domestic Violence; and as a member of numerous nonprofit boards including the League of United Latin American Citizens (LULAC). He has received numerous national and local awards for his work advocating against domestic violence. Fernando received his J.D. cum laude from Georgetown University Law Center, and his A.B. cum laude in Government from Harvard College.



Atalaya Sergi, Director, AmeriCorps Seniors

Atalaya believes in the power of diverse voices to solve any problem, no matter the scope or complexity. She brings 20 years of experience in service, community engagement, and education to this role. She has worked in public school districts and the nonprofit sector, bringing private and public organizations together to ensure citizens of all ages and those in underserved communities thrive. Atalaya most recently served as the Vice President of Strategic Partnerships & Programming at Jumpstart for Young Children, Inc. There she managed AmeriCorps State and National and AmeriCorps Seniors programs from the grantee level, launching her former organization's only Foster Grandparent program. Atalaya has been a member of several advisory committees, councils, and coalitions, including as a founder of Los Angeles Generation to Generation, which focused on engaging older adults to support young children across Los Angeles County. She was also selected as an Encore Fellow, using her time to write about the positive impact seniors can have in educational settings. Atalaya earned a master's degree in Social Work from Virginia Commonwealth University and a bachelor's degree in Sociology from the University of Virginia.



Meg Ansara, Director, AmeriCorps VISTA

Meg brings with her to AmeriCorps VISTA a passion to ensure everyone has the opportunity to succeed in life. She grew up in a family of organizers and teachers and has served as an advisor to several foundations, advocacy and direct service organizations committed to improving education. She previously served in a variety of roles at Stand for Children and was the CEO and a Founding Partner of 270 Strategies. At 270, she founded and led the company's education practice, advising public school districts, charter management organizations, foundations, direct service and advocacy organizations. Meg also brings extensive experience in leading public engagement and advocacy strategies. She has worked on senate and gubernatorial campaigns, served as the Co-Founder and Senior Advisor for Organizing Corps 2020, a National Regional Director for the 2012 Obama for America campaign, and more. She was even a forest firefighter, named to one of Oregon's elite "hotshot" teams. Meg earned a B.A. in History and African Studies from Oberlin College.

Our new leaders from the Biden administration understand the crucial role national service can and must play to help unite our nation and address our pressing challenges. Today, as America faces unprecedented challenges, we need national service more than ever. AmeriCorps is poised to support the administration's priorities to address COVID-19, economic recovery, climate change, racial equity, education and workforce development, and community resilience.

MAY IS NATIONAL BARBEQUE MONTH

National Barbecue Month in May encourages us to break out our special recipes and get some mouthwatering deliciousness started.

Pork is the original barbecue meat, but beef, chicken, lamb, and other proteins find their way into barbecue. Some of the best side dishes associated with this time-honored cuisine are coleslaw, macaroni & cheese, and baked beans.



You can either put on an apron or a bib because whether you're making barbecue or eating it, it can get messy. Then dig in! Try different flavors and recipes all month long.

The Barbecue Council founded National Barbecue Month in 1963 to encourage outdoor cooking. Since then, grilling and barbecuing have increased in popularity. For those of us who might not have the time, the crockpot was an ingenious solution!



RECIPES TO SHARE

OUR OWN PAT DIXE'S HUSBAND CONTRIBUTED HIS FAMED RIB RECIPE TO THE MEN WHO COOK COOKBOOK. IT'S AN EASY RECIPE AND FINGER LICKIN' GOOD!

Slow Cooker Barbeque Ribs Dave Dixe

4 lbs baby back ribs
 Rib Rub (combine and store in airtight container)
 ¼ c. brown sugar
 ¼ c. sweet paprika
 2 tsp. ground black pepper
 2 tsp. chili powder
 2 tsp. onion powder
 1 tsp. garlic powder
 1 tsp. mustard powder
 ½ tsp. powdered cayenne
 Optional: for more bite, add hot paprika
 Barbeque Sauce
 2 c. ketchup
 ½ c. molasses
 ½ c. brown sugar, packed

½ c. seedless blackberry preserves
 1/3 c. apple cider vinegar
 1 T. Spice Rub
 1 T. liquid smoke
 Spice Rub for barbeque sauce
 (wisk together & store as above)
 1½ T. paprika
 1½ T. packed brown sugar
 2 tsp. chili powder
 2 tsp. garlic powder
 1 tsp. ground chipolte pepper
 1 tsp. black pepper
 1 tsp. onion powder
 ½ tsp. dried thyme
 ¼ tsp. cayenne pepper (optional for more heat)

Cut ribs into 6 sections then rinse and pat dry. Rub a generous amount of the Rib Rub over the ribs and place in the refrigerator for a couple hours or even overnight before placed in the slow cooker. Add all Barbeque Sauce ingredients into a medium saucepan and simmer for 15 minutes, stirring occasionally. Remove ½ c. barbeque sauce and refrigerate to use after ribs are cooked. Spray slow cooker with nonstick cooking spray then add a thin layer of remaining barbeque sauce, followed by ribs. Layer sauce then ribs until complete, tossing to coat as needed to ensure ribs are evenly coated in barbeque sauce. Cover and cook on HIGH for 4-5 hours or on LOW for 7-9 hours OR cook until ribs are nearly fall apart tender. Rotate ribs once during cooking so they cook evenly. When ribs are tender, remove from the slow cooker and brush with some reserved Barbeque Sauce if desired or use sauce for dipping. Enjoy!