

MONADNOCK

www.monadnockvolunteercenter.org

Email: rsvp@mfs.org

RSVP

VOLUNTEER CENTER

FROM THE DIRECTOR

Hello RSVP Friends!

I hope you all had a wonderful summer. It, certainly, did fly by! As the season begins to transition into fall and people resume their normal routines, we are seeing an uptick in the number of people calling to volunteer. America Reads has had an overwhelming response and we will be training 28 new volunteers this month! If you have friends who would like to be part of this program next year, they should reach out to Nicole Henry as soon as possible since the wait list is growing and inquiries of interest come in all year.

This spring we attempted to pull together a training for volunteers who would be willing to visit HR departments at businesses to ask them if they would be willing to promote our program to prospective retirees. Unfortunately, the timing did not work well to form a group. We hope to revisit this in the next few months. So, if you did not complete the annual RSVP volunteer survey and would like to be involved with this opportunity or would like more information, please let us know.

On the funding note, we are pleased to report that Monadnock United Way has allocated \$21,500 to Monadnock RSVP as a result of an additional review of our proposal. You can view a list of their 2019 Investments under About Us on their website www.muw.org. In addition, the Elm City Rotary recently awarded us an \$800 grant to support the annual America Reads book fair in April. We are very grateful for these organization's continued partnership and support of our work! This month we are applying to the Bishop's Charitable Assistance Fund for general operating support, so think positive thoughts for us!

You may recall from the last newsletter that Monadnock RSVP was going to participate in New Hampshire's Day of Giving, an online fundraising platform, from 6 p.m. on June 6 to 6 p.m. on June 7. Given this was our first time, we were pleased to raise \$785. Thank you to everyone who supported this effort!

RSVP has been getting some great press in the community. The America Reads program was highlighted in The Keene Sentinel's Parent Express magazine in August and the Neighbors-In-Deed program is going to be featured in Monadnock Family Services fall Summit publication. It was great to be able to incorporate comments from our annual surveys and a story from a Neighbor's volunteer. Keep them coming! We love to have these in our back pocket for when these opportunities arise (sometimes on very short notice).

As you can see, we have a lot of news to share with you in this issue and we hope you enjoy reading it. Feel free to share with others in your social networks and encourage them to join our wonderful network of RSVP volunteers!

Warmest regards,

Kathy Baird

Kathy Baird

"There are many avenues of service, and there is nothing nobler than serving a cause greater than your own interest."

-Senator John McCain

WELCOME NEW RSVP VOLUNTEERS!

IN THIS ISSUE

MUW Loaned Emolpyee Program	2
Cedarcrest Volunteer Highlight	2
Neighbors-In-Deed	3-5
Coffee Hour	5
Cheshire Walkers	6
Life is a Cabaret	6
File of Life	6 & 7
Monadnock United Way	7
CVTC Volunteer Drivers	7
Volunteer Opportunities	8-10
Recipes to Share	10

Ramona Anderson	Beth Healey	Nancy Lindberg	Jean Prior
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Nancy Blake	Marie Juhlin	Krista McCarthy	Celeste Snitko
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Lisa Cheney	Jan Lafleur	Nancy Michalov	Patricia Parent
Kate Day	Phyllis Lavigne	Macia Murdock	Bonnie Wallace
Shelley Earley	Lark Leonard	Larry Philips	
Brittany Fulti	Janine Lesser		

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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**MONADNOCK UNITED WAY
 LOANED EMPLOYEE PROGRAM**

The 2018-19 MUW Loaned Employee Class just completed their training and are ready to hit the ground running! Every year, many of the Monadnock region’s employers generously select one of their employees to participate in the Monadnock United Way (MUW) Loaned Employee Program. These individuals are at the heart of local workplace campaigns and provide an invaluable service to our community. Being a Loaned Employee (LE) is rewarding and inspiring. Their work helps MUW fight for children, education and financial stability in every community throughout our region. MUW couldn’t do what we do without the LE class and we are so grateful for the volunteers who step forward in our community and for the companies who provide these wonderful individuals. It is truly awe-inspiring to see the work that this group accomplishes, the connections they make, and the sense of accomplishment they feel.

A big shout out to Christina Ellis from Markem-Imaje, Nancy Glasheen, Katelyn Kumorek and Tracey Tryba from C&S Wholesale Grocers, Corinne Marcou from the City of Keene, Cindy Chandler from Home



Healthcare Hospice and Community Services, Lindsey Swett from Savings Bank of Walpole and Michael Haynes from The Timken Company. Thanks for being a #muwgamechanger!

“Kindness is more than deeds. It is an attitude, an expression, a look, a touch. It is anything that lifts another person.”
 - Plato

MUSIC TO OUR EARS

The children at Cedarcrest Center love listening and dancing to music. That is why the organization is so grateful to RSVP volunteer Joanne MacLean of Chesterfield, NH. She shares her wonderful talent playing the piano for the children and staff every week and has done so since 2009! It is clearly a highlight of the children and staff’s week. Joanne has a large repertoire, with experience as a church organist/pianist and plays traditional children’s music and many Disney theme songs. Cedarcrest Center for Children with Disabilities, located on Maple Ave would love to have other musicians volunteer in the late afternoons, early evenings or weekends. If interested, please call Melissa Atkins for more information at 358-3384.



NEIGHBORS-IN-DEED

Neighbors-In-Deed matches volunteers one-to-one to seniors, adults with disabilities, and veterans and military families for ongoing friendship and support to help them remain living independently in their homes. So many of our volunteers tell us that they get more out of volunteering than what they give, and we've seen some friendships develop. If you can spare one to two hours a week you can make an enormous difference in someone's life, and still have flexibility in your schedule to do the things you enjoy. Won't you consider giving the gift of your kindness and time to a neighbor in need?

KEENE

A 67 year old 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, the Salvation Army thrift store and more. She has some general health issues and suffers from depression. She used to love camping, fishing, and boating. She gets along best with male volunteers and would require a vehicle that is low to the ground.

This 68 year old woman lives alone with her two zebra finches. She is funny and upbeat but says that her isolation is leading to her feeling depressed and socially awkward. Shopping is overwhelming and she has some mobility issues. She can use a cane to go short distances but will need to use a motorized scooter inside a store. She has diabetes and MS as well as back issues and would like help with picking up prescriptions and grocery shopping. She used to be a photographer and enjoyed animals and nature, when mobility was not an issue she enjoyed attending horse and dog shows as well as our local festivals. She can still fish and is hoping that she can find a volunteer who would be interested in going with her as well as playing cards and board games.

A 70 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 didn't have a preference of gender but would like the volunteer to be someone 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 to help



WEDNESDAY OCTOBER 24TH
9:30 - 1:30

- Discussing goals and expectations for both volunteers and care recipients.
- Seasoned Neighbors-In-Deed volunteer guest speaker(s).
- Senior resources available in our region.
- Strategies for setting boundaries and maintaining clear communication.
- Q & A wrap up session.

Open to all volunteers interested or currently volunteering with the Neighbors-In-Deed Program. Please reach out to Jazmin at jbelcoure@mfs.org if you are interested in attending.

NEIGHBORS-IN-DEED CONTINUED

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.

This almost 60 woman is very difficult to understand her on the phone because of a severe speech impediment. But it is much easier in person. Her apartment is small and she has a lot of things, including a Raggedy Ann collection, but it is clean. She uses a rollator if she goes out with someone in a car. But she uses an electric wheelchair to get around town, in addition to the Friendly Bus and Diluzio for medical appointments. She is looking for a volunteer for socialization and to do activities with. She is pretty much open to anything. She enjoys cooking, especially Italian, making jewelry, going to the Dollar Store, camping, fishing, the YMCA (hopes to get in the pool), craft fairs, and would like to try new things. She has a great sense of humor and is very appreciative.

This 77 year old woman lives in Keene with her husband who works full time. She was an avid outdoors person who loved to hike, and snowshoe. However due to a string of severe health issues she is now legally blind and having a hard time getting out of the house. She loves animals and has one small dog and two cats in the house. She retired from being a Librarian Assistant from the Keene Public Library after 15 years, and also enjoyed selling at area flea markets. This woman is hoping to find somebody to provide her with some company and help her to get out of the house, when out she walks with a cane and is now restricted to walking on sidewalks or other smooth surfaces. She and her husband are the caregivers for one of their sons, who does smoke, but only outside of the house. She would prefer a female volunteer.

This gentleman in his 60's lives at Cityside housing. He was told last year that he can no longer drive. He has chronic heart failure, seizures, high BP, and has mobility issues that require him to use a cane and a walker. His need is for transportation for shopping (Market Basket and Walmart for cat treats) and errands. For 25 years he worked as a machinist at a printing company. He owned

classic cars, enjoys oldies music, and plays solitaire on the computer. No preference of volunteer gender.

WINCHESTER

It is difficult for this 62 year old woman to get out because she has a hernia which limits her mobility, has chronic pain, and suffers from anxiety and depression, in addition to simply not driving. She is on Medicaid and takes advantage of other community transportation resources for basic needs. But she would enjoy having a volunteer with whom she can do some fun things. She loves all animals, crafts/crochet, cooking and baking, and has strong Christian beliefs. She prefers a female volunteer.

FITZWILLIAM

This gentleman is 65 years old and his disability is caused by a rare neurodegenerative disease. He is wheelchair-bound and no longer driving. His wife works full-time. He is alone all day and gets depressed and frustrated that he can't do the things he used to enjoy. He would like a male volunteer to come and visit, perhaps, play cards or cribbage, or just get out of the house. He enjoys adult coloring books, loves old cars, flea markets, and casinos. He used to own a painting business and refinished old furniture as hobby. They have 4 big dogs that are friendly.

SWANZEY

This 57 year old woman lives in Swanzey with her husband. He leaves the house for work by 5:00 am and isn't home until just before dinner and then goes to bed by 8:00. She says the days are long and lonely and is hoping for a female companion to share a cup of coffee with and develop a friendship. She has emphysema, diabetes and congestive heart failure and uses a walker to get around. She told me that she takes pride in her house and loves to sit in the sun and enjoy their property. She would enjoy being able to get out occasionally for a fun outing. She does have 2 cats in the house and would like somebody who is comfortable with her talking about her faith in Jesus.

NEIGHBORS-IN-DEED CONTINUED

RINDGE

This woman is in her 70's and is in need of regular weekly assistance - groceries, farm stand, pharmacy. 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 about 3 years ago. She quit smoking at that time and she now tries to get healthy foods when she grocery shops. 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. She has no preference for gender in terms of a volunteer.

WALPOLE

This 101 year old woman lives in Walpole, she has a daughter who lives nearby who was coming daily but has come into some health issues herself. The care recipient does have some home keeping services and meals-on-wheels but her family would like to find somebody who could check on her in the middle of the day. She does have significant short term memory loss and

would need to meet a volunteer with one of her family members present until she becomes comfortable. She can still walk but is fairly unsteady, a wheelchair would be necessary for going out.

PETERBOROUGH

This 65 year old woman lives in Peterborough. As a side effect to a few strokes she now has tunnel vision that comes and goes in severity and she is considered to be legally blind. She has a son in the area who works long hours and another in New Jersey. She is a retired nurse's assistant who has lived in the area for most of her life. She has a love for crafting jewelry making, and she is hoping to start using her lap loom again. She is also an animal lover and has plans to adopt a cat soon. This woman is looking for companionship and help getting back out into the community. She gets around with a walker, but in a store would hope for a motorized scooter. Her sons have set her up with an account at a local grocer where they will put together her order and she is hoping that a volunteer would be able to pick it up for her on their way to visit.



PROSPECTIVE VOLUNTEER COFFEE HOUR

* ENJOY SOME COFFEE *
* MEET THE STAFF *
* TALK WITH VOLUNTEERS *

FRIDAY OCTOBER 12TH
10:00-11:00 AM

WE'RE RECRUITING, AND WE NEED YOUR HELP!

On October 12th from 10-11 a.m. we will be hosting a coffee hour to introduce new or prospective volunteers to our program, staff and veteran volunteers. We are hoping to have a good turnout of our volunteers to help us talk about the RSVP Volunteer Center and what it means to you. Bring a friend, snag a neighbor and come sip some coffee! Our plan is to hold this event in the Jaffrey/Peterborough area, look for a follow up email with the exact location soon!



Cheshire Medical Center
Dartmouth-Hitchcock

THE CHESHIRE WALKERS PROGRAM

The Cheshire Walkers Program is a series of easy-going walks and hikes organized by Cheshire Medical Center in partnership with the City of Keene Parks and Recreation Department and extends throughout the Monadnock region. Members walk every Wednesday in the Fall and the Spring in order to increase physical activity, foster social connection, and learn about the region's rich history. Each outing is rated according to difficulty and distance. Some locations have multiple trails with varying levels of difficulty depending on fitness levels. When choosing a walk, be mindful of your own fitness level. All are welcome! No need to sign up, just come and enjoy. Visit <https://health-wellness.cheshiremed.org/cheshire-walkers-program/> to view the Fall 2018 schedule.

If you would like to subscribe to receive emails, please go to: [health-wellness.cheshiremed.org/ cheshire-walkers-program](https://health-wellness.cheshiremed.org/cheshire-walkers-program)

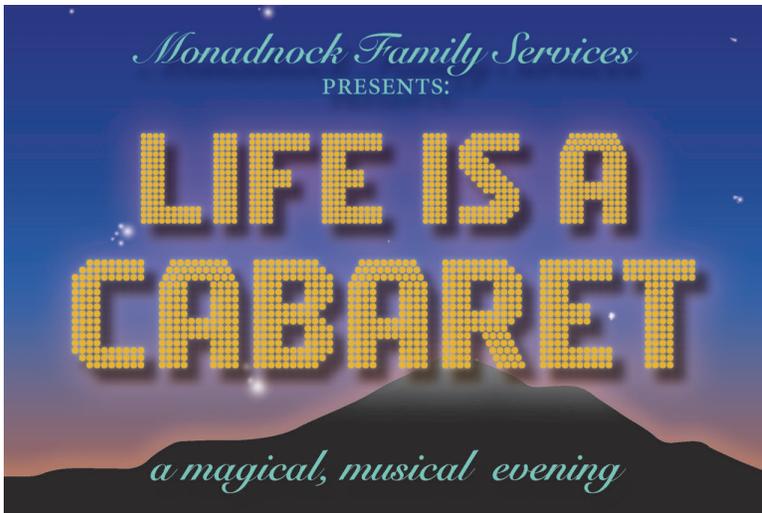
For additional questions or to be added to the mailing list, call the Cheshire Walkers Coordinator, at (603) 354-5454 ext. 2791



Have critical medical information available in an emergency

During an emergency, when seconds count, you may not be able to provide critical medical information to responders. The File of Life is a simple but potentially life-saving tool that keeps your information easily accessible to responders and medical staff.

For more information on our FREE file of life kits, refer to page 7



Please join us for a fun-filled musical evening!

FEATURING:

Mainstreet Broadway & Friends
great auction items, cash bar
hors d'oeuvres & sweet treats

SATURDAY, NOVEMBER 10TH, 2018

DOORS OPEN: 7:30 P.M.

THE SHATTUCK GOLF CLUB, JAFFREY, NH

To benefit the **MONADNOCK ADULT CARE CENTER** at
MONADNOCK FAMILY SERVICES

TICKETS: \$50 PER PERSON

Reserve Yours Today!

Mary Delisle: 603.283.1568 | MDELISLE@MFS.ORG

Chris Selmer: 603.532.2427 | CSELMER@MFS.ORG



FILE OF LIFE

The FREE File of Life kits provide a standard format for all your information in two available styles; the Wallet Kit and the Refrigerator Kit.

The Wallet Kit includes a detailed medical history card to be filled in by the carrier and a 3¾" x 2½" red sleeve labeled File of Life for storing the card in a wallet.

The Refrigerator Kit includes a detailed medical history card to be filled in by the user, a 5" x 4¼" magnetic red sleeve labeled File of Life for storing the card on the refrigerator, and a red File of Life sticker to display on the door entering your home – alerting first responders to look for your File of Life.

FREE kits are available while supplies last at the Cheshire Medical Center Information Desk upon request. The Information Desk is open Monday through Thursday, 8am – 5pm and Friday, 8am – 2pm.

TIPS FOR USING THE FILE OF LIFE:

- Use a pencil to fill in the card for easy updates. Medical information changes often and it is important for cards to be current.
- Keep in an obvious location so that responders can find it easily. Keep Wallet Kit close to your I.D. in your wallet or purse. Keep Refrigerator Kit clear of other paperwork. Make sure it isn't buried under papers on the counter top or on the fridge.
- Place sticker on door so responders know to look for your File of Life (Refrigerator Kits only).
- During an emergency, tell responders and your medical staff you have a File of Life so they know to look for it.

The kits are provided by the Greater Monadnock Medical Reserve Corps in partnership with the Healthy Monadnock initiative.



Monadnock United Way

SAVE THE DATE!

Monadnock United Way
Upcoming Day of Caring

MUW is gearing up for the annual Day of Caring on Friday, September 28. Teams of local volunteers will be matched with area agencies to perform half day service projects. These projects can include activities such as weeding, painting, organizing attics, or splitting and stacking firewood, or designing bulletin boards. For information regarding volunteering or requesting a volunteer team, please contact Kate at kate@muw.org or 352-4209 ext. 32.



JOIN US

The Community Volunteer Transportation Company, or CVTC, is looking for more people to become part of our volunteer driver team.

Our drivers are all volunteers and use their own vehicles. They receive an optional reimbursement of \$.41 per mile on the trips they

provide. CVTC provides transportation for non-emergency medical appointments, social services, grocery shopping, banking, and/or visits to the pharmacy.

Trips needing a driver are listed on our website and each driver can use his/her computer to determine which trips would fit in with their plans. For those drivers who do not use a computer, our staff will help select trips that match time availability and complete a monthly mileage log.

In the words of our Volunteer Driver, Ginger, "I've been driving for CVTC for seven months. I have thoroughly enjoyed the trips I've taken and met some wonderful people. I've heard interesting stories and tales of funny family antics. Many of our riders are dealing with tough life circumstances, and rising health issues. They've all been truly grateful for the rides and happy for a new face and a smile. CVTC provides a service vital for its riders and rewarding to its drivers!"

For more information call 1-877-428-2882, ext. 5. CVTC provides no-fee transportation for individuals without access to transportation because of age, ability, income, and/or life circumstance. We are a Monadnock United Way Partner Agency.

UPCOMING VOLUNTEER OPPORTUNITIES

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.

Give your time to people who are working towards recovery

As our community raises its concern about the opioid crisis and individuals ask the question, "how can I help on a local level?" RSVP is pleased to announce that we are taking steps to partner with The Serenity Center in Keene.

The Center is a 501c3 non-profit membership organization founded in June of 2013. They were one of the first new Recovery Community Organizations (RCO) in New Hampshire to recognize that there are many paths to successful recovery from addiction. They welcome people from all paths to recovery, their families and friends. The Center provides Peer to Peer Recovery Support Services to the Eastern Monadnock Region and a Recovery Club House that is a safe haven to help initiate and maintain long term recovery.

Currently, The Serenity Center is recruiting volunteers for two roles.

1. Recovery Coaches work one on one with people in recovery from addiction to help remove obstacles and find pathways to recovery. Recovery Coaches receive training and continued support through the Recovery Coach Academy program and SC's Orientation and Volunteer training programs. Topics covered include ethical considerations, HIV/AIDS, and suicide prevention. Some scholarships are available, but are limited. Coaches are asked to make a 6 month commitment.

2. Front Desk Support volunteers greet visitors, answer the phone, provide light administrative support to staff (filing, copying, collating), and provide light cleaning/organization. Front Desk Support volunteers receive one-on-one training from the volunteer coordinator and SC staff. The Center is open Monday – Friday from 9am – 5pm and volunteer shifts are 2-4 hours or are project based. Front Desk volunteers are asked to make a 3 month commitment.

Help someone get back on their financial feet!

Become a money coach with The River Center. Volunteers should be comfortable working with people who need a great deal of support and enjoy problem solving individual situations. Volunteers will need to be good listeners, comfortable discussing financial matters with clients, detail-oriented and focused on customer service. Volunteers will train using the "Your Money Your Goals" Curriculum

Schedule: One Wednesday each month from 12:30-2:00 and other times as mutually agreed upon.

Length of Commitment: One year

Big Brothers. Big Sisters of NH Be a mentor, change a life!

The single most important factor in determining whether or not children reach their potential is the existence of a caring adult in their lives. Mentors are needed in the Monadnock region! Big Brothers, Big Sisters of NH promotes long term, impactful, one-to-one mentoring matches between a Big (an adult 18 years+) with a Little (a child 6-17 years old). The average commitment for the community-based program is 2 hours/2 times a month and for site based opportunities one hour/one day a week. If you are looking to be a positive role model and make a difference in the life of a child, please give us a call.

Disaster Training Opportunities

The American Red Cross and the Greater Monadnock Public Health Network offer a variety of training opportunities to provide area residents with knowledge of specific health issues and challenges as well as disaster training - to ensure more area residents are ready to help in the event of a local disaster. Great opportunity to learn new skills, use your experience, and have flexibility.

An opportunity for almost any schedule or interest

Monadnock Community Hospital has an opportunity or a schedule to fit almost every interest or need. Volunteers can 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. You can also provide guidance to visitors at a number of greeting desks, or support to the staff in the mail room, HR or by putting your handyman skills to use. Schedules can be regular or vary as needed. For



REMEMBER TO
like us on
facebook.

UPCOMING VOLUNTEER OPPORTUNITIES

CONTINUED

more information about volunteering with the Monadnock Community Hospital contact Jazmin Belcoure at jbelcoure@mfs.org or by calling 283-1681.

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.

Front Desk Volunteer Needed in Keene

The Keene Senior Center - serving vibrant older adults ages 50+ - has a new volunteer opportunity for someone who would enjoy using their customer service skills.

They are looking for a volunteer to staff the front desk at the 70 Court St. facility on Tuesday and Thursday mornings from 8am - noon. Volunteer duties will include greeting members, using and adding members to the "MySeniorCenter" computer database, taking payments for membership and meals, and answering phones and directing calls.

Be the Voice for a Child!

Court Appointed Special Advocate (CASA) Volunteers are needed. Become part of a community of vibrant, committed volunteers who are getting tremendous satisfaction making a difference in a child's life. Our volunteers tell us that they love putting their skills to use in a meaningful way with challenging, stimulating, emotionally rewarding work. While we cannot provide any financial compensation, our volunteers enjoy intangible benefits such as stimulating work, ongoing support, new social connections and – above all – doing something that directly impacts a child's life.

CASAs, in advocating for the best interests of children in abuse and neglect cases within the court system, strive to provide better outcomes for children so they grow up in safe, permanent homes. The hope is they can help break the cycle of abuse.

Volunteers visit assigned children monthly, they complete court reports, and they interact with parents, extended family

members, attorneys, social workers, foster care providers and judges all the while advocating for the best interests of the children.

Qualifications, skills and training required:

- Undergo screening and 40 hours of pre-service training
- Commit to the life of the case (averages 2 years)
- Time commitment of 15 hours per month
- Flexibility to attend court hearings
- Transportation
- Written and oral communication skills
- Comfortable with word processing, email, and internet research
- Ability to relate to a diverse population
- Confidentiality and objectivity

Cases are assigned out of Keene CASA Office - could report to Jaffrey/Peterborough or Keene Courts, children typically located in the area where the case originates.

For more information, please contact: Diane Valladares, Director of Recruitment at diane@casanh.org or 603-626-4600, ext. 2106

Cases are assigned out of Keene CASA Office - could report to Jaffrey/Peterborough or Keene Courts, children typically located in the area where the case originates.

Training begins on September 14, 2018 in Keene.

Linda's Closet is looking for volunteers

Do you have a flare for clothing and fashion? Linda's Closet, a resource for free clothing and career advice in Keene, is seeking volunteer consultants 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 regular schedule. 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 Kathleen Birch at 603.357.1015 or kbirch@cswg.com. To learn more about them, visit www.lindascloset.org.

Keene Community Kitchen

Silverware: The Keene Community Kitchen is looking for volunteers to help wrap silverware in preparation for meals on Monday and/or Friday mornings. The process takes only about

UPCOMING VOLUNTEER OPPORTUNITIES

CONTINUED

an hour and volunteers are asked to come in to do the work any time before 11 a.m.

Hot Meal Preparation: Help ensure that community members have a hot, nutritious meal by helping with food preparation at the Keene Community Kitchen. Weekday hours from 10:30 a.m. - 1:00 p.m.

Looking for business savvy volunteers

Monadnock SCORE is committed to provide quality business counseling, without charge, to local residents and businesses. They are seeking individuals with business experience in any and all phases of business operations, especially those who have retail or legal experience. Depending upon your interest, you may mentor small business owners, help develop business plans, address financial matters or operational problems, and assist with start-ups or marketing. Times are mutually agreed upon by the mentor and client. For more information or to volunteer, please contact Edward Merrell at 352-8738 or main10@myfairpoint.net.

Looking for people who craft or sew

This very special opportunity is for folks who enjoy sewing and refabricating one thing into another! In this case, a simple modification to a child's small backpack is needed to accommodate a feeding bag, tube and feeding pump. This provides mobility for children who receive continuous g-tube feeds. Your assistance with this very special project will greatly enhance their ability to explore their world and enhance their quality of life. They will supply all materials needed: backpack, two sizes of grommets, velcro, thread and whatever you see needed for the project.

Touchstone Farm in Temple, NH is looking for volunteers

Touchstone Farm in Temple depends on the generosity of our volunteers for many programs. Volunteering there comes in many ways - you can work with their Therapeutic riding students, do some gardening, help with light maintenance, assist during special events, or help in the office doing administrative tasks. Volunteers are needed every day between the hours of 8:00 a.m. to 5:00 p.m. and time commitments and scheduling is flexible. At Touchstone Farm, focus on mutual respect, safety, and most importantly, fun, is paramount! For more information or to volunteer, please call Emily Garland at 654-6308



RECIPES TO SHARE



Sufferin' Succotash!

This simple summer side dish is just one more way to enjoy the bounty of the season!

Fun Fact: The word succotash is a Native American word simply meaning, "boiled corn kernels."

INGREDIENTS

- 2 tablespoons butter
- 1 minced shallot (or white onion)
- 2 cups fresh lima beans (or frozen)
- 6 ears of corn (or 3 cups frozen)
- 2 cups fresh tomatoes (or 1-14/5 oz. can diced tomatoes, un-drained)
- Salt and black pepper, to taste
- Pepper flake, cayenne pepper, or hot sauce, to taste (optional)
- ½ cup heavy cream
- 2 tablespoons mixed fresh or dried mild herbs (thyme, oregano, chives, etc)

HOW TO PREPARE

1. Using a sharp chef knife cut the kernels off the cobs by holding each ear vertically inside a large bowl. Scrape the cobs with the back of your knife to get the remainder of the pulp and milk. Cut, deseed, and dice the tomatoes if using fresh.
2. Heat a sauté pan over medium heat. Add the butter
3. Add the shallot and cook until softened and translucent (1-2 minutes).
4. Add the lima beans, corn, optional pepper flake, tomatoes, salt and pepper.
5. Cook over medium heat until hot and simmering (5 min).
6. Stir in the heavy cream and cook to reduce (1 min.)
7. Stir in the fresh herbs. Taste and adjust seasonings.
8. Serve warm or at room temperature.

*Adapted from: <https://www.reluctantgourmet.com/simple-succotash-recipe/>