

MONADNOCK

www.monadnockvolunteercenter.org
 Email: rsvp@mfs.org

RSVP VOLUNTEER CENTER

FROM THE DIRECTOR

Summer Greetings RSVP Friends,

I can't remember a summer being quite so busy at RSVP! Volunteer activity and referrals for Neighbors-In-Deed have been constant, and I believe it is a direct result of our past year's efforts to increase our visibility (and that we are fully staffed). Both Mary and Cathy have enthusiastically plunged into their new roles, and you will see in this newsletter we have a lot of opportunities and events coming up this fall. We recently welcomed Rindge Food Pantry as a RSVP site, so if you are interested in helping those to increase their food security of themselves and their families, please let us know.

In June the Monadnock United Way awarded Monadnock RSVP Volunteer Center a \$32,000 grant for 2015. They have long provided the matching funds we need to qualify for federal support from the Corporation for National and Community Service, which supplies the majority of our funding and sustains us. Thank you for valuing our services and RSVP volunteers!

The Monadnock United Way is beginning their annual campaign to raise \$2,106,234 to fund fifty programs administered by 27 partner agencies, including Monadnock RSVP, across the Monadnock Region. I believe strongly in our commitment to the community and working collectively to meet the most pressing needs. I hope you will also get involved in our mission to make a difference by giving to United Way. With one gift to United Way, you will touch the lives of so many and ensure programs are available to meet every day needs and improve quality of life – today and in our future.

Thank you for all you give to our community!

Warm regards,

Kathy Baird

*We make a living by what we get,
 but we make a living by what we give.*
 - Winston Churchill

WELCOME NEW RSVP VOLUNTEERS!



- | | |
|-----------------------|-------------------|
| Joyce Campbell-Counts | Linda Joyce |
| Geoffrey Chenoweth | Sharon Meany |
| Thomas Dowling | Nancy Seguin |
| Lloyd Draper | Suzanne Sheffield |
| Susan James | Sharon Smith |

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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“You Can Help Teach Children to Read”

As area children begin returning to their classrooms throughout the Monadnock Region in a few weeks, most will eagerly begin working with new textbooks, checking out books from the library and delving into new learning adventures. However, for some children, the very idea of reading is a terrifying experience. Struggling with the words on a page, attempting to write what they did over the summer vacation and trying to decipher phonics are obstacles they face every day.

For the 15th consecutive year, the Monadnock RSVP Volunteer Center and our dedicated America Reads volunteers will stand ready to work hand-in-hand with classroom teachers at area schools to help these young students who struggle with their reading. Volunteers spend anywhere from 1 - 3 hours each week under the supervision of a classroom teacher providing one-on-one interaction and bringing about amazing results.

We currently work with children in grades K-3 in Keene, Chesterfield, Jaffrey, Marlborough, Peterborough, Swanzey, Westmoreland and Winchester, as well as HeadStart in Swanzey and Jaffrey. This year we are excited to be adding the elementary schools in Frankestown, Greenfield and Hancock to our roster! In order to provide this amazing service to the students in all of these schools, we need more volunteers from throughout the Monadnock Region to join our program.

You can make a difference in the future of a child. Training is provided for new volunteers but a love of reading and a desire to make a difference in the lives of children in your community is really all that is required! If you would like to volunteer in this program, please call me at 357-6893 for more information and to schedule an interview.

Mary Delisle

America Reads Volunteer Training
 October 1, 2014
 9:00 AM – 12:30 PM
 Monadnock RSVP Volunteer Center at MFS
 64 Main Street, Keene
 2nd Floor Conference Room
 Call 357-6893
 or email mdelisle@mfs.org to register!

STAFF

Kathy Baird
 Program Director
kbaird@mfs.org

Mary Delisle
 Program Coordinator -
 Keene
mdelisle@mfs.org

Cathy Garland
 Program Coordinator -
 Peterborough
cgarland@mfs.org

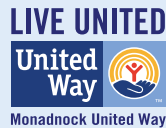
Betty Christiansen
Susan James
 RSVP Volunteers

RSVP OFFICES

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

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

RSVP
 Lead With Experience



**Help Support
 Monadnock RSVP
 Volunteer Center**
 as a TD Bank Customer
 or by becoming one.



TD BANK AFFINITY MEMBERSHIP PROGRAM

Based on the Affinity Codes assigned to accounts, TD Bank will make a financial contribution to Monadnock RSVP every year based on the average balance in all members' accounts. No contribution is made from your bank accounts. You are simply showing your "affinity" to Monadnock RSVP. There are two ways to get involved:

CURRENT TD BANK CUSTOMERS

Call TD Bank at (603)352-2040 or visit any branch and ask to have your account(s) linked to Monadnock RSVP.

OPEN A BANK ACCOUNT AT TD BANK

If you are not a TD Bank customer, but would like to support RSVP, you can receive a reward for opening a new TD Bank checking account. You will receive \$25 when you open a new, non-interest bearing checking account with TD Bank.

Participating in the TD Bank Affinity Membership Program is an easy and simple way to support Monadnock RSVP Volunteer Center at no cost to you!

By participating, your bank account(s) will be allocated Monadnock RSVP's Affinity code "AG065", linking your account to RSVP.

HELP US SOAR!

Monadnock RSVP is seeking six members who are enthusiastic about volunteerism for our RSVP SOAR Team. This is a hands-on committee that develops and implements creative Service, Outreach Assessment, Recruitment activities to build our capacity and enhance our performance. Some tasks may include: networking at Business After Hours; visiting the agencies we serve; promoting our program to businesses and encouraging them to share materials with new retirees; and completing an evaluation of our program to fulfill a CNCS requirement with our grant renewals. The group will meet on a quarterly basis with a two year commitment, with activities only requiring a couple hours a month. Members are encouraged to attend RSVP events as they are able. We hope to have a diverse group of people from both Cheshire and Western Hillsborough Counties.

STAY, LEAVE, CONNECT: A Personal Plan for All Emergencies

What would you do if the fire chief knocked on your door at 2 am and said you had 10 minutes to safely evacuate your house? What would you take? Where would you go? Come and learn about how to be prepared for that knock on the door and what you need to know to stay connected with your family and friends.

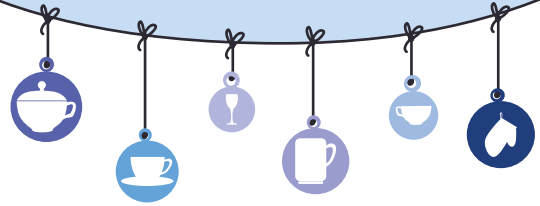
Tuesday, September 23rd
5:30 – 7pm
Cheshire Medical Center
Central Conference Room #6
580 Court Street
Keene, NH 03431

OR

Thursday, September 25th
5:30 – 7pm
Monadnock Community Hospital
Conference Room #5
452 Old Street Road
Peterborough, NH 03458

Please let Mary or Cathy know if you plan to attend so we can include you in our Disaster Training work plan in our new CNCS grant.

RECIPES TO SHARE



Roasted Shrimp & Orzo Salad

Barefoot Contessa - Ina Garten

(This is the salad from Suzette's retirement party)

INGREDIENTS

- Kosher salt
- Good olive oil
- 3/4 pound orzo pasta (rice-shaped pasta)
- 1/2 cup freshly squeezed lemon juice (3 lemons)
- Freshly ground black pepper
- 2 pounds (16 to 18 count) shrimp, peeled and deveined
- 1 cup minced scallions, white & green parts
- 1 cup chopped fresh dill
- 1 cup chopped fresh flat-leaf parsley
- 1 hothouse cucumber, unpeeled, seeded & medium-diced
- 1/2 cup small-diced red onion
- 3/4 pound good feta cheese, large diced

DIRECTIONS

Preheat the oven to 400 degrees F.

Fill a large pot with water, add 1 tablespoon of salt and a splash of oil, and bring the water to a boil. Add the orzo and simmer for 9 to 11 minutes, stirring occasionally, until it's cooked al dente. Drain and pour into a large bowl. Whisk together the lemon juice, 1/2 cup olive oil, 2 teaspoons salt and 1 teaspoon of pepper. Pour over the hot pasta and stir well.

Meanwhile, place the shrimp on a sheet pan, drizzle with olive oil, and sprinkle with salt and pepper. Toss to combine and spread out in a single layer. Roast for 5 to 6 minutes, until the shrimp are cooked through. Don't overcook!

Add the shrimp to the orzo and then add the scallions, dill, parsley, cucumber, onion, 2 teaspoons salt, and 1 teaspoon pepper. Toss well. Add the feta and stir carefully. Set aside at room temperature for 1 hour to allow the flavors to blend, or refrigerate overnight. If refrigerated, taste again for seasonings and bring back to room temperature before serving.

*Great without the shrimp, too!



**SEPTEMBER 11TH
NATIONAL DAY OF SERVICE
AND REMEMBRANCE**

HONOR OUR VETERANS. SERVE THOSE WHO SERVED.

Monadnock RSVP Volunteer Center will carry out a National Day of Service and Remembrance on September 11, 2014 to provide support to veterans and immediate military family members throughout the Monadnock Region.

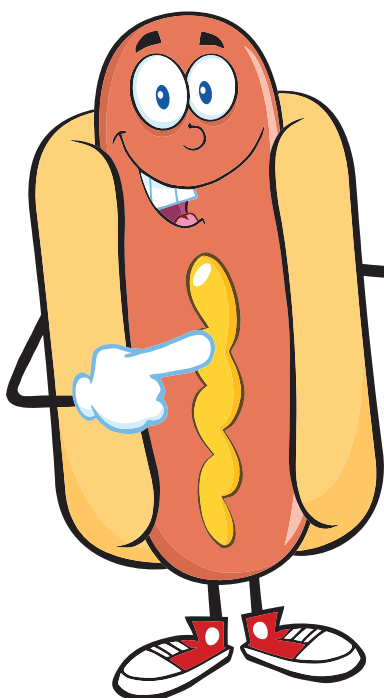
We are seeking veterans and adults age 55 and over to serve in teams to help less-able veterans and their families with home repairs, weatherization, and seasonal projects. Volunteers with special skills, as well as willing laborers, are welcome.

The National Day of Service and Remembrance is now the nation's largest day of charitable engagement. It was developed to provide a permanent and constructive way for individuals to annually remember and pay tribute to those lost and injured on 9/11, and to help recall and rekindle the spirit of unity, compassion, and service that existed in America following the 9/11 attacks. Together, with the Monadnock United Way with their Days of Caring, businesses, and many community volunteers, we aspire to make this a significant event in the Monadnock Region.

For more information to volunteer, or to request help with a project if you are a veteran or immediate military family member, please call us 357-6893 or 924-7350 for the Greater Peterborough area.

RSVP's Bi-Annual Appeal has raised \$725.00.

Thank you for your for your support!



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

Thursday September 18, 2014
11:45 a.m. – 2:00 p.m.

Keene State College Camp
on Wilson Pond in Swanzey

Please join us!

Monadnock RSVP is pleased to hold our annual Neighbors-In-Deed barbecue for volunteers and their care recipients. This is a great opportunity to meet and chat with other matches in the program and for us to say thank you for all you do to keep seniors independent in their homes. Every year we have a wonderful turnout (despite cool, rainy weather or 96 degrees) with lots of laughs and sharing, and great food. As the new Program Coordinator for Neighbors-in-Deed, I am excited to meet all of you!

Cathy Garland