

MONADNOCK

www.monadnockvolunteercenter.org

Email: rsvp@mfs.org

RSVP

VOLUNTEER CENTER

FROM THE DIRECTOR

Warm greetings RSVP Friends,

A couple weeks ago I was in the grocery store and I looked over at the adjacent line and could see an elderly lady struggling to get her cat litter out of her shopping cart. The woman in front of her with an air force hat noticed and asked her if she would like some help, to which the woman replied that would be very nice.

The above example is a simple act of kindness to help a stranger. Every day RSVP volunteers work with people who are struggling often, directly, but sometimes behind the scenes anonymously. Here are just some of the comments from our recent survey about what volunteers thought were their greatest accomplishments:

- “Working with children to the point that they are very excited to read, after struggling. A couple have asked if I could come a different day when there is no school, as they don’t want to miss reading.
- “Helping someone with tasks that they can no longer do on their own.”
- “I have connected with the family who recently immigrated to the United States from Haiti. I hope I’ve been able to help them learn English and acclimate to the culture.”
- “Simply being able to help people who might otherwise be isolated either through my visits or by spending time with them when I drive them to their medical or other appointments.”
- “Getting my rep-payee client out of debt.”
- “Learning the registration process at the blood drives. Providing emotional support for a woman who is prone to depression and isolation.”
- “Helping prisoners to have a voice.”

There were many other similar comments about getting children excited about reading, connections, and relationships, and learning something new through volunteer service.

Too often we underestimate how much a little encouragement, a smile, a kind word, a helping hand, or a listening ear can change someone’s life. While the work we do sometimes entails sadness and difficult, complex situations, volunteers help make the quality of life better for the lives of strangers, neighbors, and friends. Each day it is a gift and privilege to work with such caring, committed people who want to make a difference and positive lasting change in our community.

Most sincerely,

Kathy Baird

“The greatest use of a life is to spend it on something that will outlast it.”

- William James

WELCOME NEW RSVP VOLUNTEERS!



- | | |
|----------------|------------------|
| Alison Bentley | Arlene Seksinsky |
| Lauris Bissell | Terri Smith |
| Sue Erbe | Camille Coulborn |
| Lori Ruede | |

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.

IN THIS ISSUE

NH Day of Giving	2
Neighbors-In-Deed is Growing	2
Neighbors-In-Deed	3 & 4
Coffee Hour	4
RSVP’s Annual Survey Results	5
America Reads Winchester Invitation	5
Upcoming Volunteer Opportunities	6 & 7
Men Who Cook Outcome	8
America Reads Book Fair a Success	8
Risk of Social Isolation for Older Adults	9
America Reads Volunteers Needed	10
Recipes to Share	10
Words from a CVTC Driver	11

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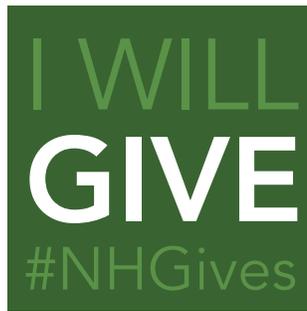
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NEW HAMPSHIRE'S DAY OF GIVING

Monadnock RSVP Volunteer Center has a wonderful opportunity, a chance to be a part of New Hampshire's Day of Giving - an opportunity to unite our community around causes in which we truly believe and help local nonprofits raise funds needed to fulfill their missions.

We need your help! Please join RSVP's campaign and help us reach our goal of \$2000 and 100 donors! Tell your friends and family members about the important work we do and ask them to join us in helping to make a difference.

Get ready to give June 6 - June 7! Starting at 6PM on June 6, visit <https://www.nhgives.org/organizations/monadnock-rsvp-volunteer-center> and make a donation. You will have 24 hours to make your donation, and all giving will end at 6PM on June 7.

Questions? If you have any questions, would like more information, or would like to get involved in promoting this fundraising opportunity let us know by email at rsvp@mfs.org or by calling 357-6893.

"The solution to each problem that confronts us begins with an individual who steps forward and who says, "I can help." - President George H.W. Bush

NEIGHBORS-IN-DEED IS GROWING!

In the last six months we have placed eleven new care recipients with volunteers, but we're not done yet! In order to grow further we need to grow our ranks of volunteers. To that end, I'm taking the show on the road! I am currently looking for venues where I can talk about the Neighbors-In-Deed Program in the hopes of recruiting some more volunteers. On March 9th I spent some time at the Dublin Community Center with one of our volunteers Larry Foley and his care recipient Maurice Bowes, we were able to talk about the specifics of the program, the Monadnock RSVP Volunteer Center, and how volunteering with the program has touched both Larry and Maurice's lives. I am hoping to have a number of these talks throughout the summer. If you are a member of, or know of any, social or volunteer organizations that you think would be a good fit for this type of discussion please reach out to me. I'm hoping to be able to report ten more matches by Labor Day, but will need your help to do it!

As always, thank you for all you do!

Jazmin Belcoure
jbelcoure@mfs.org
603-283-1681

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.

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 who to help 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 69 year old woman is pleasant and sociable, but isolates and is uncomfortable in large groups. She's had a number of health issues crop up over the last couple of years and is in need of a companion to go out. Sleep patterns and activities nontraditional, morning would be best time for a visitor. She takes a great deal of comfort in her faith and used to go church regularly, she is sad that she has not been able to attend service in quite some time. Thoughtful of others and likes to feel useful, hard worker. Smokes, but only on the side porch and not in the house, she is trying to quit. Attends Saint Bernard

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.

NEIGHBORS-IN-DEED CONTINUED

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 on their property and enjoy the surroundings. 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.

RINDGE

This woman is 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.



Please Join Us

Save the date for our June coffee hour and join fellow volunteers and RSVP staff for coffee and conversation! Bring a friend if you'd like.

Monday, June 18th, 10-11 a.m.
RSVP Office - 64 Main St., Keene

Parking is available in the Wells Street parking garage located on Railroad Street (behind our office building) or in the long-term lots off of Gilbo Avenue where you can find 10 hour meter parking - one lot has a parking kiosk (be sure to pay before leaving the lot!).

THE RESULTS ARE IN!

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

Here is what you said:

RSVP VOLUNTEER SURVEYS HAD A 31% RETURN RATE.

- Volunteers like flexibility to choose where and how much they volunteer – 89% ranked this as an important benefit. This tells us we need to continue to provide meaningful opportunities that are episodic or time-limited to fit an active, older adult's lifestyle.
- By far, Education is the most appealing opportunity to our volunteers. Sixty-seven percent see themselves serving in this focus area.
- RSVP likes to keep you informed. Ninety-two percent of our volunteers are extremely satisfied with our communication.

“RSVP is a wonderful community program, and I am happy to belong and have it as a resource.” RSVP Volunteer

STATIONS SURVEYS HAD A 60% RETURN RATE!

- The top four capacity building activities that agencies could use help with are: community needs assessments; recruiting and marketing; interviewing, screening, and selecting volunteers; and volunteer recognition.
- Sixty-one percent of agencies said that RSVP helps them achieve their organizational objectives.
- Eighty-three percent of respondents thought the community is somewhat aware of RSVP. Please share your stories and help us spread the word!

“Our volunteers are extremely welcomed by students and their teachers. They bring lots of TLC to our students during small group reading and activities. All of our students look forward to their volunteers, we are very grateful to have such a warm and caring group.” America Reads School liaison.

NEIGHBORS-IN-DEED:

- Over half of the care recipients reported they felt less lonely and that they were less of a burden on family and friends.
- Sixty-seven percent of care recipients strongly agreed that they can remain living in their home because they have the assistance of a Neighbors-In-Deed volunteer.
- The top two biggest needs perceived in our community by the Neighbors-In-Deed volunteers is transportation and social isolation (as many of us well know, these two go hand-in-hand).

“I thoroughly enjoy spending time with someone that needs and wants the socialization. I love listening to stories about their past experiences. I obtain a lot of satisfaction bringing a smile to someone that doesn't always have something to smile about.” Neighbors-In-Deed Volunteer



WINCHESTER INVITES YOU!

Winchester School America Reads volunteers are invited to stop by the school library on Tuesday, June 5th at 8 a.m. for a short recognition program. America Reads partner teachers would like the opportunity to express a heartfelt ‘thank you’ for the support volunteers have provided to Winchester students this year. Light snacks will be served.

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 for them.

Mentors for young people are needed in the Monadnock region

Mentors make a real and lasting impact! Would you like to become a BIG BROTHER or BIG SISTER and help a child achieve success in their lives? Big Brothers and Big Sisters provide one-to-one mentoring either in a Community Based or Site-Based (typically a school) setting between a Big (18+ years) and a Little (6-17 years). Volunteers are matched on their location preferences. Volunteers come from a variety of backgrounds and experiences and BBBSNH asks for a minimum commitment of one year. Volunteers must have 3 positive references and clear a multi-layered background check process before being matched. You can make a BIG difference in the life of a child!

Monadnock Community Hospital has an opportunity/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 more information about volunteering with the Monadnock Community Hospital contact Jazmin Belcoure at jbelcoure@mfs.org or by calling 352-5698.

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.

Hot Meal Preparation

Help ensure that community members have a hot, nutritious meal by helping with food preparation at the Keene Community Kitchen. Weekday volunteers are needed from 10:30 a.m. – 1 p.m

Blood Drive Volunteers

Drives are held on an episodic basis throughout the Monadnock region. 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.

Enrich a person's life by volunteering at the Castle Center Adult Day program at HCS

The Castle Center is an adult day care center located at 312 Marlboro Street in Keene. Adult day care can give caregivers respite by providing a center where elderly parents can be taken for a couple of hours or the entire day. The Center is currently seeking volunteers to engage with participants for an hour or two each week in a variety of ways including: listening to music, reading stories, baking, making crafts, etc. M/W/F are the days volunteers are most needed and the minimum commitment is for three months.

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. See the links below for training details – training begins in early February. 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.

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 –

UPCOMING VOLUNTEER OPPORTUNITIES

CONTINUED

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

Regional Volunteer Screeners

The American Red Cross is looking for people with good communication skills who would be interested in joining their team to help schedule and conduct volunteer screenings over the phone with prospective volunteers, identify appropriate positions for applicants and make referrals as required. Volunteers will also assist with updates in Volunteer Connection, their online volunteer management system. Online training is required as well as monthly meetings to discuss processes and procedures with the virtual team. Come join their virtual team in Volunteer Intake and Screening and provide an excellent experience for all new volunteers joining the American Red Cross.

Business counseling volunteer opportunity

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, but 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.

Touchstone Farm in Temple, NH is looking for volunteers

Volunteers are needed to 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.

CETUSA is looking for host families throughout the Monadnock Region.

Hosting an international student is a great way to grow in a shrinking world! Students from over 40 countries are coming to the US this fall. These are high school aged students who would attend your local high school, have their own spending money, can ride the school bus and have their own health insurance. To host, families must be able to provide bed and bath, 3 meals a day and a welcoming environment. See your own community and country with new eyes--and forge lifelong friendships across the ocean. For more information or to volunteer contact Jen Zakrewski at 978-226-8739 or by emailing cetusajen@gmail.com



Linda's Closet

Clothing Resource for Women

Saturday, June 2nd
TD Bank Parking Lot

194 West Street, Keene, NH

**Come and help support Linda's Closet -
A free clothing resource for women**

**Items for sale include furniture,
appliances, lamps and rugs**

Saturday from 8:00-1:00 pm

**Find us on Facebook or email us:
lindascloset@yahoo.com**

www.lindascloset.org

Men Who Cook was a tremendous success!



The America Reads program is extremely grateful to have received \$14,000+ from Monadnock Family Services' annual fundraising event, Men Who Cook! Community

members came together on St. Patrick's Day at Keene State College's Zorn Dining Commons to enjoy a wide range of buffet offerings and to visit with friends and neighbors. Over 100+ men from the community volunteered their time to cook and serve their favorite dish at the event. The funds from Men Who Cook will help RSVP continue to run the America Reads program for the 900+ students it serves in 16 schools and nine early learning programs across the Monadnock region.



"Education is not the filling of a pail, but the lighting of a fire." – W.B. Yeats

RSVP's Annual America Reads Book Fair!



RSVP's Keene office was buzzing for two days in April as America Reads volunteers came by to select books for the children who receive literacy support through the program. Books were purchased with a combination of funds from a host of very generous community organizations - a \$1,000 grant from the Dollar General Literacy Foundation, a \$900 award from the Keene Elm City Rotary, a \$250 gift from C&S Wholesale Grocers, and a \$500 gift award

from Keene Kiwanis. We appreciate that these organizations understand that their donated dollars can really make a difference in the life of a child. At last count, volunteers picked up 967 new books that are now in the hands of children across our region!



The Risks of Social Isolation for Older Adults

Howard Gleckman, Forbes Contributor

(Opinions expressed by Forbes contributors are their own.)

Socially-isolated older adults are likely to be sicker and die sooner, and have higher health care expenses, than seniors who retain their social connections. A new study by researchers from the AARP Public Policy Institute, Stanford University, and Harvard finds that Medicare spends an estimated \$6.7 on seniors who have little social contact with others.

About 14% of study participants were identified as socially isolated, which meant they had little contact with adult children, other relatives, or friends. They were more likely to be male, white, live in cities, and have lower incomes and wealth than those with better social links. They were also more likely to have depression, difficulties managing daily activities, and have at least five chronic conditions. Interestingly, people who were married were just as likely to be isolated as singles. The study looked only at those 65 and older who were living in the community.

The study found that Medicare spent about \$1,600-a-year more on older adults who are socially isolated than those who are not. They were one-third more likely to require care in a skilled nursing facility, perhaps because they could not be safely discharged home after a hospitalization. And while they were no more likely to be hospitalized, their stays were more costly — also perhaps because they could not be discharged as quickly as others because they had no family supports.

More likely to die

And they were more one-third more likely to die within six years, even after taking into account health, demographic and functional status.

The study does not conclude that social isolation makes people sicker. It may be that they are more isolated because they are sicker. But either way, it suggests that if we could do a better job identifying isolation and take steps to provide supports for these older adults, we could both improve their well-being and save Medicare a significant amount of money.

While the study does not say so, it may also raise important issues for those who remain in their own homes rather than move to a senior community. Most older adults prefer to age in place, according to surveys. But living alone can itself be isolating, especially for those with mobility or cognitive limitations, or who cannot access transportation.

Other solutions

There are solutions. Senior villages can provide important social connections through volunteer visits and other resources. Faith communities can be a source of social support as well. However, they may have to work harder to maintain those links as seniors in their communities become more frail.

Another option is moving to a community of older adults. Many resist the idea, for financial or other reasons. But well-run senior communities do create opportunities for residents to develop new friendships. There is no promise that such a move will reduce isolation, of course. Some older adults may remain alone in their apartments even if opportunities for social interaction are available. But it may help.

This study and others that show significant levels of social isolation among older adults also carry an important lesson for the adult children of aging parents. Get to you know your parents' friends and neighbors. If they notice things are changing, encourage them to tell you. If, for example, your mom is getting out less or has stopped going to her weekly bridge game, you may want to find out what is going on and try to address it.

As this study shows, social isolation may not only be linked to depression or functional limitations, it may be tied to more health issues and even death.



RSVP is gearing up for another exciting year in the America Reads program! Men and women, ages 55+, are invited to consider becoming an America Reads volunteer to help children struggling with reading. Volunteers will engage children in grades pre-K through 3rd grade in literacy activities and one-on-one reading time. The commitment is for one hour, once a week, during the school year.

We anticipate needing to fill volunteer positions at the following America Reads sites for the 2018-19 school year: Frankestown, Marlborough, Troy, Drewsville Head Start, and Swanzy Head Start. Volunteers complete an interview and application process and undergo criminal background and reference checks. In addition, mandatory training will be offered on the following dates this fall. Volunteers only need to attend one training session.

**In Peterborough: Wednesday, September 19th
from Noon - 4:30 p.m.**

**In Keene: Tuesday, September 25th
from 9 a.m. - 2 p.m.**

To find out more, contact us at 603-357-6893 or send an email to rsvp@mfs.org



RECIPES TO SHARE

Easy Lemon Orzo Pasta Salad

- *Prep Time: 15 mins*
- *Cook Time: 15 mins*
- *Total Time: 30 minutes*
- *Yield: Serves 4-6*

INGREDIENTS

- 1 lemon
- 1/4 cup extra virgin olive oil
- salt and pepper to taste
- 1 cup uncooked orzo pasta
- 1 heaping cup fresh basil leaves, chopped
- 2 large tomatoes, diced

DIRECTIONS:

1. Zest your lemon. Place zest into a large mixing bowl.
2. Cut zested lemon in half and squeeze all of the lemon juice into the mixing bowl with the lemon zest, being careful not to let any lemon seeds fall into the bowl.
3. Add olive oil, salt, and pepper to lemon juice and whisk to combine. Set aside.
4. Cook orzo in very salty water until al dente.
5. Ladle out 1/2 cup of the orzo's pasta water and set aside.
6. Drain orzo and add drained pasta to the lemon-olive oil mixture. Add the reserved pasta water to orzo and stir to combine. The sauce will look pretty watery, but don't worry – the orzo will soak up the liquid as it cools.
7. Let orzo cool in the mixing bowl for 10-20 minutes.
8. When orzo has cooled down, add the basil and tomatoes and stir to combine. Taste and add seasoning as necessary.
9. Transfer orzo to an airtight container and chill in the fridge for at least 2 hours or until ready to serve. This is a great dish to make ahead of time for summer picnics and potlucks!

Add additional herbs, grilled chicken, mozzarella cheese, or extra veggies to mix this salad up a bit and make it your own. If you don't have a fresh lemon, you can substitute 1/4 cup of lemon juice.



WORDS FROM A CVTC DRIVER

CVTC's Volunteer Drivers provide "no fee" transportation for people who do not have access to transportation because of age or other limiting circumstances. Our trip purposes include non-emergency medical, social service appointments and trips to the grocery store and pharmacy.

Our CVTC Volunteer Driver, Terry, says:

"About two years ago our small town newsletter ran an ad looking for Volunteer Drivers. Since then, my husband and I have been active participants in the CVTC program. Being retired and having the freedom to "go & do" on our own schedules, we were initially hesitant to sign up, fearful of getting locked into a schedule of some kind.

We did our "due diligence," learning that the selection of days and times were at our discretion. The fear of commitment evaporated. There's an impressive computer system allowing volunteers to easily search and assign themselves for riders in need. After the trip has been concluded, it's simple to record time spent and mileage for reimbursement.

This program not only helps our riders in getting to appointments but it has enhanced our retirement existentially. We feel needed, appreciated and there's a reason for being here. In some instances we've encountered riders who have little social interaction outside of their trips to hospitals and doctors. Our trips in these cases have reflected rejuvenation for both rider and driver. Our riders have been diverse, fascinating and most appreciative of CVTC's services. We cheerfully look forward to continuing assisting those we've met to date and anticipate meeting new riders as our schedules allow.

Try putting yourself into the positions our riders are experiencing: losing their independence and ability to drive; dependency on others. You'll find as a driver that you'll get more out of the ride than your rider will."

Thank you CVTC Drivers, for donating your time and taking your neighbors where they need to go. For those drivers who do not use a computer CVTC's staff is happy to assist in choosing trips as well as mileage reimbursement. Talk with us if you have questions or would like to take part!



CVTC is a Monadnock Way Partner Agency
Community Volunteer Transportation Company 877-428-2882, ext. 5