

MONADNOCK

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

RSVP VOLUNTEER CENTER

FROM THE DIRECTOR

Happy Spring RSVP Friends!

It appears that we blinked our eyes and the winter and rain has turned to summer. Probably many of you, like myself, are eager to get outside, work in your yards and gardens, just get some sun and do some fun and meaningful things that we have long been awaiting.

I had the opportunity to represent the steering committee for the Volunteer Fair in May with Dan Mitchell and the CEO of Monadnock Family Services, Phil Wyzik, followed to talk about trauma and the capital campaign for Antioch. Dan asked him a question in regards to observing people being more mean during the pandemic, which he clarified, is not mental illness.

Reflecting upon meanness and conversely kindness, perhaps, behaviors of being mean arise from life circumstances and people respond differently to things that are stressful or are traumatic in their lives. The good and bad thing about those instances of meanness is we have the opportunity to learn about who we are and how we choose to react and can be more compassionate and understanding.

I have been more aware of kindness. Not long ago a young woman at the grocery store was using her EBT, she did not have enough on it, and you could see she was embarrassed and struggling with what to eliminate from her purchases. The person behind her made up the difference and you could see she was almost in tears with relief. I have also noticed people have been more cognizant of people who have disabilities and offering to reach the top shelf for an item a person wanted.

When I look through the lens of volunteerism, I think about my conversations with the Neighbor's care recipients and people on our wait list, and the appreciation they have for just having a returned call and someone to listen to them, even if it is beyond our scope and if we can offer other potential solutions. I had a recent brand new match with a man with a 94-year-old woman who has no one left in her life. Her volunteer showed up on her birthday with flowers and she was beyond herself for the thoughtfulness. Another volunteer who has been matched with her care recipient for 6 ½ years says, "We have a great friendship". They play games every Friday, she also drops in several times a week just to check on her and often runs an errand, and they talk on the phone. In the spring, she plants flowers outside her kitchen window and she routinely cares for them.

Through the course of the pandemic we have continuously received calls from people who are lonely, isolated and could use a little help with everyday things that they used to easily do themselves and miss doing or are necessary to maintain wellness and quality of life and happiness. The needs for Neighbors-In-Deed changes quickly and we always need more volunteers. It does not take a lot of time and the magic of simple acts of kindness changes both the volunteer and care recipient's lives. Most volunteers say, "I get back more than I give."

With warmest kindness,

Kathy Baird

"Unexpected kindness is the most powerful, least costly, and most underrated agent of human change." – Bob Kerry

WELCOME NEW RSVP VOLUNTEERS!



*Cheryl Beausoleil
 Therese Burroughs
 William Clark
 Fran Turisco*

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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★ Volunteer Recruitment Fair ★

VOLUNTEER SUCCESS!

The Volunteer Service Fair on May 17 at Keene Ice exceeded our expectations! It was well attended and so many agencies commented that it was a great event, they had a lot of volunteer interest, and if it will be held again next year. We appreciate the participation of all the agencies and the important work they do in our Monadnock region community!



- Friends of the Keene Public Library
- Monadnock RSVP Volunteer Center
- The Community Kitchen
- Hundred Nights Shelter
- Keene Senior Center
- Fast Friends Greyhound Adoption
- Monadnock Habitat for Humanity
- Monadnock Humane Society
- Monadnock United Way
- YMCA
- Jonathan Daniels Center for Social Responsibility
- Monadnock Region Afterschool Collective
- CVTC
- UNH 4H Program, Cheshire County
- Feeding Tiny Tummies
- CASA WWW.casanh.org
- Open Democracy & Open Democracy Action
- Keene Public Library
- Cathedral of the Pines
- Linda's Closet
- Swamp Bats
- Historical Society of Cheshire County
- Keene Community Education
- Stonewall Farm

A special shout-out of thanks to the committee that recognized the challenges of the pandemic for many people and organizations, and the increased need for services for volunteers and made this event possible:

Jan Manwaring - Friends of the Keene Public Library
 Kathy Baird and Pat Dixe - Monadnock RSVP
 Peggy Higgins - The Community Kitchen
 Susan MacNeil - Hundred Nights
 Mary Jensen - Keene Senior Center
 Interact Club





Hello from America Reads...

Poetry for young students should be fun, tell little stories or highlight moments of life. The best poems evoke strong visual images or emotions. It is often a good way to spark a young student's interest in reading. I added a few selections of poetry books this year to our book fair and they were snapped up!



Volunteers that had been able to return to the classroom were able to come and select new books for the student/s they have been working with. There were lots of great titles and quality books for the volunteers to choose from. The students and teachers are always so appreciative for the new books, many of our students often say "This book is for me? I can have the book?" then the "wow" and big smiles come with a "Thank you!" This year truly has been a journey and we have been lucky to be in the classrooms again to help students that are struggling with their reading/writing skills.



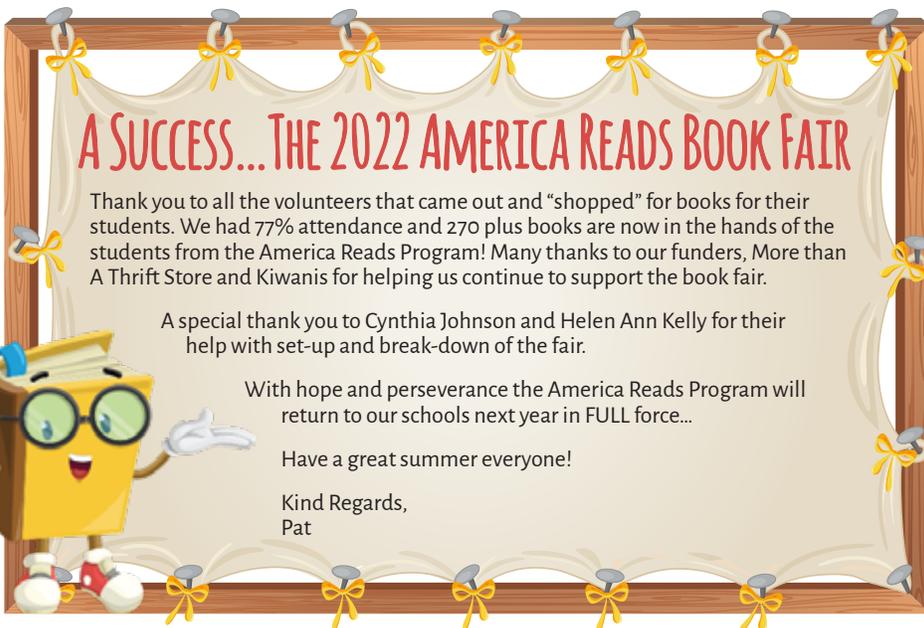
By Ramin Ara

On a visit to Fuller Elementary school this year, I was pleased to see kids were chatting in the hallways, working together on projects, and having a normal school day experience, the momentum must continue. Teachers and volunteers have been diligent about keeping safe as the COVID virus is unfortunately still alive and prevalent in our community. This year we had 11 schools participate in our program and next year we would like all 16 to return and maybe one or two more added to the list! We have missed having our volunteers in our Pre-K and Early Learning programs and are hopeful that they will be back for 2022-2023 school year.

It is amazing how quickly time goes by as we head into summer vacation. The America Reads program has shown it's has passed this "pandemic test" with fortitude, courage and stamina. And we will carry on, calmly as they say but with perseverance.

Kind Regards,
Pat

"Poetry is when an emotion has found its thought, and the thought has found words." – Robert Frost



Psychologists Say "These 10 Books" Make All The Difference

Children's Book Association by Sara Darnell | February 22, 2022

Psychologists everywhere have noticed an uptick in children experiencing anxiety, anger, confusion, and other issues that have come as a result of the past couple years. We should note that these are completely normal things for children to experience, but what is the best way to work through these feelings? Many psychologists have turned to children's books to teach young readers how to deal with their emotions. Here's a list of the books that these psychologists are recommending to children:

To view the article <https://bit.ly/3vZijvM>



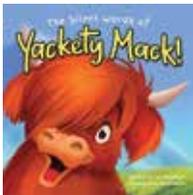
10. WHEN YOU HAVE LOVE BY KIRA SIENES CORONA

Psychologists say that the most important thing we can do for our children is let them know they are loved, especially when the world around them seems to be falling apart. This beautifully written book will help your child understand the unconditional amount of love you have for them. This is a great book for getting back to what really matters.



9. COCK-A-DOODLE DON'T YOU DARE BY IAN MCARTHUR

This book is recommended by psychologists to help children build their confidence and self-esteem. The story inside teaches us that being different is actually a good thing and that we should accept and appreciate our differences. It's truly a great story of understanding and kindness.



8. THE SILENT WORDS OF YACKETY MACK BY IAN MCARTHUR

This fun, rhyming book is great for children who are beginning to make friendships and understand what it means to care for someone else. Psychologists often recommend it as a resource when helping socialize children. It focuses on values such as compassion, empathy, and kindness.



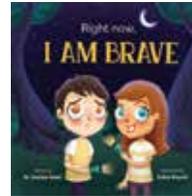
6. RIGHT NOW, I AM KIND BY DR. DANIELA OWEN

In the third book of her Right Now series, Dr. Daniela Owen, Ph.D. helps children learn what it means to be kind and aware of other people. This book is a guide for children to help them understand why being aware is important, and what actions they can practice to show compassion.



7. LITTLE LUCY AND HER LITTLE WHITE LIES BY LEIGHA HUGGINS

This amazing book is perfect for encouraging honesty in children. It follows the story of Little Lucy as she makes up white lies to cover up an embarrassing secret of hers. The story teaches kids that it's better to tell the truth from the beginning because you can avoid a lot of trouble in the end. All children could learn something from this story.



5. RIGHT NOW, I AM BRAVE BY DR. DANIELA OWEN

In the second book of her Right Now series, Dr. Daniela Owen, Ph.D., explains the choice that we all have when we face situations that may make us anxious or fearful. This book is perfect for the uncertain times we face today and can be very effective in teaching children how to deal with their fears.



4. RIGHT NOW, I AM FINE BY DR. DANIELA OWEN

The first book of Dr. Daniela Owen's Right Now series. This best-selling book gives children research-supported breathing techniques they can use whenever they feel overwhelmed by stress or anxiety. The simple messages teach children to understand what anxiety is and help kids calm down in the moment.



3. EVERYONE FEELS SAD SOMETIMES BY DR. DANIELA OWEN

Sadness can make children act out, keep to themselves, and put negative thoughts in their head. In the third book of Dr. Daniela Owen's "Everyone Feels" series, children will learn how to soothe feelings of sadness and become more emotionally aware. This book gives children concrete examples of how to feel better when they are sad.



2. EVERYONE FEELS ANXIOUS SOMETIMES BY DR. DANIELA OWEN

This book is a mindfully written self-help guide to aid children in dealing with stress and anxiety, by uncovering their emotions and following a simple calming routine. It educates children on what it means to be anxious and the story gives them real steps to take whenever they feel stressed or anxious.



1. EVERYONE FEELS ANGRY SOMETIMES BY DR. DANIELA OWEN

This book is a powerful resource with a much-needed tool kit of techniques for teaching kids how to manage their anger, communicate it properly, and calm down. Dr. Daniela Owen, Ph.D. is a clinical child psychologist in the San Francisco Bay Area. She specializes in using evidence-based treatments to help with managing anxiety, worry, anger, and low mood.



Chris Sprague
Development Committee Member

The Birth of a New Program

The topic of food insecurity has come into focus as families across the Monadnock region have reported difficulty securing food. COVID and international unrest only compound this challenge with food and gas prices rising to further reduce access to food.

That’s where Monadnock Family Services (MFS) provides the “safety net” that identifies needs, rallies community and fills critical gaps. Food for Families Who Cook was no normal “food drive”. To be successful, MFS called on their supporters for donations and reached out to The Community Kitchen about accepting a portion of the donations to help expand the scope of delivering meals to those in need. After releasing news of the food drive, C&S Wholesale Grocers also stepped-in to provide an incredibly generous donation of staple items and diapers.

“Spring Giving”

In the weeks leading up to the food drive, MFS staff donated over \$700 in change, which was then sorted by Monadnock Adult Care Center clients who later helped to shop for needed items. For many, the program came to life on Saturday April 2nd when over 100 individuals and families came to MFS’ office on Main Street in Keene with their much needed contributions of food and supplies. Those parents and children showed incredible joy as they delivered their heartfelt grocery bags. Managed chaos ensued. As the piles grew, volunteers worked hard to keep up. They organized the food by category and delivered it to tables which were sagging by noon. Baby related donations alone filled a large portion of the break room. It was a wonderfully generous and productive day and huge thanks go to the many contributors of goods, time, and funds to purchase grocery and gas gift cards.

Top contributions included:

- Peanut butter and jelly
- Gluten free food
- Cereal hot and cold
- Tomato sauce and pasta
- Meal bars and snack packs
- Diapers and wipes



Father and daughter duo dropping off their donation

Delivering Food Just in Time

In the week after the food drive, staff shopped for contributions to the specific needs of families and individuals, even taking into account their specific dietary needs. Here are some vignettes that bring the program to life:

Tears of Gratitude- one single mother wept when she received wipes, formula and diapers of various sizes to meet the needs of her growing infant. These were simply beyond her reach.

Targeted Food- A diabetic client had unique dietary needs. He was able to receive curated foods that helped him to eat.

Brain Fuel- MFS staff took snacks to provide to clients at group sessions and activities.



Case Manager Christine Holland shopping for a client



VOLUNTEER OPPORTUNITIES

Volunteering as the Pandemic Surges

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 continue to 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.

Volunteer Drivers - CVTC

The most frequent phone call we get at the volunteer center is somebody looking for a ride, either to a doctor's appointment or to run needed errands. In many cases the agency we send them to is the Community Volunteer Transportation Company (CVTC). However, with ride requests back up to pre-pandemic numbers and volunteer numbers still low, many of these ride requests go unmet. You can help fill one of the biggest needs in our area, and do so on a schedule that works for you. There is no time commitment, just accept the rides that work for you. If you are interested in learning more please reach out to us at 603-357-6893 or by emailing rsvp@mfs.org.

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

Linda's closet is now open by appointment. If you would like to support Linda's closet you can donate by appointment or consider volunteering as a clothing consultant: 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. 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 or Kathleen Birch 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 older adults throughout the Monadnock Region. Not only do they deliver affordable/ free nutritious meals to homebound older adults 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

throughout Hillsborough County. The pickup location for meals varies depending on the route. Drivers can volunteer anywhere from one morning a week to five. If you are interested in learning more about what meal delivery would entail and the requirements for becoming a driver, please reach out by calling the office at 603-357-6893 or by email at rsvp@mfs.org.

Monadnock Area Transitional Shelter (MATS) - Help people achieve stable housing

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, particularly with experience in fundraising, which may include grant research, writing and organizing fundraising events. If you are interested in becoming involved please call our office at 357-6893 or email rsvp@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 (HSET). They have several volunteer opportunities: Tutors, Technological Assistants, English Language Learner (ELL) Conversation Group Facilitator and Career and Education Support Center 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 call the office at 603-357-6893 or email rsvp@mfs.org

Keene Community Education

Keene Community Education is looking for volunteers who

VOLUNTEER OPPORTUNITIES CONTINUED

want to help adult learners in our area. There are 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! Call 603-357-6893 or email rsvp@mfs.org

Monadnock Community Hospital (In Community)

As the vaccine roll out 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 call 603-357-6893 or email rsvp@mfs.org.

Court Appointed Special Advocate (CASA) volunteers are needed!

Child abuse and neglect is more of a concern than ever. You can train as a Court Appointed Advocate remotely via Google Classroom and Zoom. CASA volunteers say that they love putting their skills to use in a meaningful way with challenging, stimulating, emotionally rewarding work that directly impacts a child's life. CASAs advocate for the best interests of children in abuse and neglect cases within the court system and 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 interact with parents, extended family members, attorneys, social workers, foster care providers and judges.

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
 - o 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 by calling 603-626-4600, ext. 2106.

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

Advocates for those surviving domestic abuse are critical right now. MCVP 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 4 pm to 8am Monday through Friday and 8am to 8am 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.
- Per Diem advocates make a stipend per shift that they work. \$30 for weeknight, \$40 for a weekend, and \$50 for a holiday.

MCVP will be they will be doing training in the spring of 2022. If you are interested in learning more about volunteering 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.

VOLUNTEER OPPORTUNITIES CONTINUED

Greater Monadnock Medical Reserve Corp (MRC)

“The Medical Reserve Corps 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.”

Volunteer opportunities:

- Please visit www.gmmrc.org to learn more about the Greater Monadnock Medical Reserve Corps. The website includes an application to become a member if interested in supporting regional public health preparedness and response efforts such as our COVID-19 vaccine clinics.

COVID-19 vaccine information:

- For more information about COVID-19 vaccines please visit: www.cheshiremed.org/vaccine. This website is updated regularly with information on vaccines including regular updates from the Greater Monadnock Public Health Network on upcoming pop-up vaccine clinics in various communities around the Monadnock Region.

To learn more about GMMRC or if you have ideas on where to host vaccine clinics or groups who would be interested in hosting a clinic please reach out to Jane Parayil at JParayil@cheshire-med.com or visit their website at gmmrc.org.

Monadnock Habitat for Humanity – Help prepare for the 2022 build

Monadnock Habitat for Humanity has procured two building sites for 2022 and is in need of volunteers to help prepare for their next build! Having a complete board is imperative for the planning and implementation of the next project. While building assistance is essential, there is much that goes on in the background that requires year round volunteers. In addition to volunteers for the annual builds, Monadnock Habitat is in need of volunteers to run their ongoing small projects program. If you are interested in becoming involved or would like more details on what would be entailed, please call our office at 603-357-6893 or email rsvp@mfs.org.

Cornucopia Project

Volunteers on our Educational Farm work on projects that support our organization's delivery of hands-on learning and local food production. Our student-run community-supported agriculture (CSA), farm field trips, and camp visits are some of the programs we offer where volunteer support in the fields and high tunnels makes a huge difference. Jobs for farm volunteers include assisting the Farm Manager and Student Farmers with planting, digging, hauling, weeding, watering, debugging, harvesting, pruning, repairing, and other tasks. Volunteer contributions add to the vibrance and resilience of our local food system. Volunteer schedules and commitment is flexible. For questions or more information, visit www.CornucopiaProject.org or call to schedule a visit.

REMINDER COVID VACCINATION AND BOOSTER SHOTS

A friendly reminder to current and new volunteers to keep all of us safe and healthy!

Please help us to stay current with your covid vaccinations and booster shots as it is a requirement of our sponsor, Monadnock Family Services to serve at our community partner organizations and in any RSVP or MFS programs. Exemptions may be considered according to the agency's policy. Thank you for your help!



NEW TRANSPORTATION RESOURCES

— — Get a Lift! How Exciting to have these new and expanded transportation resources! — —

The **HCS Shopping Shuttle** now expanded April 1, the Transportation Program at Home Healthcare, Hospice and Community Services (HCS) is offering weekly shopping trips to Market Basket for **Keene residents of all ages**. The expanded service is made possible by funding through the Monadnock Regional Coordinating Council for Community Transportation (MRCC) and the CDC/DHHS to improve access to food. Trips will be available every Tuesday. The Shopping Shuttle will provide door to door service with a reservation by Monday before the trip.

The Shopping Shuttle is available in addition to service that is provided on the City Express, which operates Monday through Friday from 8:00am to 4:30pm. The City Express stops at all major grocery stores in Keene approximately every thirty minutes. No reservation is needed to ride the City Express.

The Shopping Shuttle is available for a suggested donation of \$2 a ride. Fares on the City Express are \$1 a trip; discount tickets are also available and children twelve and under ride free. All vehicles are accessible. For schedule information visit cityexpress.org, or for a reservation for the Shopping Shuttle, call 603-352-8494.

SmartRideNH wheelchair transport provides rides for basic human needs and more. Call (603)562-4500 or contact them through their website at www.smartride.com for details on ride parameters and payment options.

A recent rider wrote on FB, "I took SMART RIDE LLC today for my Dr's Appt. in Winchester from Walpole, NH. The driver Scott went above and beyond to help me get in and out of my apt building and Dr's office with my wheelchair. His positive attitude and patience was 5 STAR and really helped keep my anxiety at bay. I'm extremely impressed with the quality service I received today! I recommend them to anyone disabled that needs reliable transportation. You will receive 5 Star treatment. Thank you Scott Symonds and SMART Ride LLC for all your help today."



NEIGHBORS-IN-DEED

Groceries, medicine, and a friendly ear to bend. What would life look like if you didn't know how or when you would have access to any one of these things? The Neighbors-In-Deed program, through Monadnock RSVP Volunteer Center, aims to provide some assistance to lessen that struggle for seniors, adults with disabilities, and veterans and military family members. With just one to two hours a week, our volunteers help provide a solution for how a person will get to the store, pharmacy, and perhaps more importantly, combat social isolation and loneliness. Below are the profiles of some of the people currently hoping to receive a volunteer.

With restrictions continuing to shift, 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're interested in learning more about the program, or who is currently waiting for a volunteer. Please call 603-357-6893 or email rsvp@mfs.org

WINCHESTER

This 73-year-old gentleman complimented his volunteer who was wonderful but had to withdraw due to life circumstances. He says in his in housing you never see anyone. He had a heart attack which he didn't initially recognize in January and is just getting back where he can do things. He would enjoy someone who is older and is familiar with the local community and enjoys talking about history, go to lunch occasionally and has an interest in country music. He has tons of cassettes of old country and live videos he would love to share. He enjoyed dancing at the VFW in Brattleboro, Legion and Polish Fairgrounds in Greenfield. He probably could talk about anything!

KEENE

This 75-year-old-woman is lovely and personable. She was born in Brooklyn and has lived all over the country, including FL, MA, PA, and White River Junction. She has a daughter who lives in Whitefield, so some help with picking up groceries would be welcomed. She does use the City Express, goes to Shipping Shack occasionally as she exchanges small gifts with a friend who is in a higher care facility, would love to go to a movie once in while since it has been ages and likes reading/library and art galleries. She also expressed the desire to have a relationship with someone outside of people living in her building. She has a Yorkshire Terrier. She has no preference of a man or woman.

NEIGHBORS-IN-DEED CONTINUED

At 81-years-old this woman would love someone who would like to go for a walk on smooth trails or go get a hot dog. She uses both the HCS Friendly Bus and red busses and now uses a rollator. She is quite personable with a good sense of humor. Self-professed to not be demanding and describes herself as a country girl having grew up in Maine. A companion to just help her get out of the house, go to the odd doctor's appointment and bring her to the bank would be very much appreciated.

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

This 69-year-old woman who was an LNA is widowed is very personable and sharp. She has not driven since last March due to her eyesight. Her She has a new mini golden doodle puppy still in training. She lives in a trailer park and there are young people/families who wave and say hello, but she would enjoy having someone more her age and feels she asks her sister too much help with errands and appointments as she lives outside of Keene. She would love to berry pick again.

This 64-year-old woman has been waiting for a volunteer for a quite a while. She is funny, self-reliant, and values holding onto her independence as much as possible and can get out more easily with the good weather with her electric scooter. She does have a speech impediment, which can be difficult at times over the phone, but is much easier to understand in person and she does use email. A female visitor is preferred. She enjoys beading, crafting and cooking and would like to try new activities as well.

At 80-years-old this woman would enjoy a visitor to have coffee in the morning or tea in the afternoon since she doesn't know people in her building. She was a nurse and retired about 4 years ago and has stopped driving. She has a helpful daughter, but she may have an occasional appointment or would go for a walk if someone can go with her. She prefers a female and she is a smoker, so it would have to be someone tolerant of that since during a visit she might like one. She used to enjoy knitting, but doesn't do it now due to eyesight, reads fiction and mysteries and gets books from the library and watches news at noon and TV in the evening.

Aging in Place



Most older adults want to 'age in place' but many haven't taken steps to do so

The vast majority of people over 50 say it's important that they keep living in their current homes for as long as possible. But a new poll shows many of them haven't planned or prepared for "aging in place," and a sizable percentage might have a hard time paying for in-home help.

The new findings from the National Poll on Healthy Aging suggest many people in their 50s, 60s and 70s need to do more to modify their homes or plan for services they may need if they want to avoid or delay needing to move. The poll also shows differences in aging-in-place readiness among the 28% of older adults who told the poll that they live alone.

The poll is based at U-M's Institute for Healthcare Policy and Innovation and supported by AARP and Michigan Medicine, the University of Michigan's academic medical center.

In all, 88% of people between the ages of 50 and 80 said it was very or somewhat important to them that they live in their homes as long as possible. But only 15% said they've given a lot of consideration to how their home may need to be modified as they age, while 47% have given it little or no thought.

Forty-eight percent who live alone said they do not have someone in their lives who could help them with personal care such as bathing and dressing if needed, compared with 27% of those who live with others.

As for hiring help, 19% of older adults are very confident they could afford to pay someone to help with household chores, grocery shopping, personal care or managing their finances. On the other hand, nearly two-thirds of those who called their current physical or mental health status fair or poor said they were not confident or not very confident that they could afford to pay for such help.

The poll finds that 1 in 5 older adults had moved in the past five years. About half of those who moved said they had moved to a home that was easier to get around, while half also said their new home was smaller. Forty-nine percent said they have at least one 'smart home' device.

Poll director Preeti Malani, U-M Medical School, said that older adults should explore with their health care providers and local social service agencies the kinds of support available to them, and talk with loved ones about their goals.

"Family members can help encourage older adults to find out what's available, to invest in home improvements, and to aid them in installing safety devices and technologies that can help keep them aging in place. Think of it as a positive investment toward current safety and future independence -- that can help older adults get past the temptation to put it off for another day.

University of Michigan. (2022, April 13). Most older adults want to 'age in place' but many haven't taken steps to help them do so: From home safety and accessibility, to social support, community services and paid in-home help, National Poll on Healthy Aging shows varied preparation. ScienceDaily. Retrieved May 17, 2022 from www.sciencedaily.com/releases/2022/04/220413203139.htm Content has been edited for style and length.

MONADNOCK RSVP VOLUNTEER



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RECIPES TO SHARE

MINI HAWAIIAN CHICKEN SKEWERS



INGREDIENTS

1/2 cup teriyaki sauce (the thick variety)

1 tablespoon minced fresh ginger

1 tablespoon brown sugar

1/2 teaspoon crushed red pepper flakes

3 cloves garlic, minced

Juice of 1/2 lime

Kosher salt

4 green onions, sliced

1 1/2 pounds chicken breast, cut into bite-size chunks

2 red bell peppers, cut into chunks the size of the
chicken and pineapple

One 20-ounce can pineapple chunks, drained

Freshly ground black pepper

Olive oil, for the grill pan

DIRECTIONS

1. Soak wooden skewers in water for 1 hour.
2. Add the teriyaki sauce to a bowl and stir in the ginger, brown sugar, crushed red pepper, garlic, lime juice, a pinch of salt and half of the green onions; set aside.
3. Using wooden skewers that have been soaked in water for at least an hour, assemble your skewers. Start with a piece of chicken, then add a piece of bell pepper and a piece pineapple, then repeat until you 2 pieces of each on the skewer. Continue with the remaining ingredients for a total of 30 skewers. Season the skewers with salt and pepper and brush them with the marinade on one side.
4. Heat a grill pan over medium-high heat and brush with olive oil. Arrange the skewers on the grill sauce-side down (in batches if necessary) and grill for 3 minutes. While the skewers are cooking, brush the tops with the remaining marinade. After 3 minutes, flip and cook the other side for an additional 3 minutes. Remove to a serving platter and garnish with the remaining green onions.

