

MONADNOCK

www.monadnockvolunteercenter.org

Email: rsvp@mfs.org

RSVP

VOLUNTEER CENTER

FROM THE DIRECTOR

Greeting RSVP Friends from a distance!

RSVP is still getting it done!

During this change in everyday life, many of our RSVP Volunteers have either been continuing with their previous roles or looking for new ways to serve the community. Our Neighbors-In-Deed volunteers have increased their outreach to their care recipients to help them stay safe in their homes and meet their basic needs. While in-person visiting is not possible right now, checking in over the phone goes a long way in lessening the feeling of isolation. Many continue to do door-to-door shopping and RX pickup. At this time of year we would be gathering to celebrate our friendships at our annual picnic. We are hoping by the holidays we are able to host an event to bring us all together.

America Reads volunteers continued to be active with the schools throughout the year, virtually reading to the students through Zoom, Google Classroom and making videos of themselves reading stories using their cell phones. Volunteers are also making hand sewn masks for the hospitals and other agencies, as well as serving at blood drives and food pantries. We have also been helping agencies communicate their needs to the community.

What will we look like when this normal becomes more normal? We anticipate it will be a slow graduation into in-person meetings with staff and, also, with matching volunteers to agency partners who are adjusting to new protocols and procedures. We are thinking of creative ways in which volunteers can serve and how we can help drive our programs into a future that offers our volunteers new safeguards and will maximize the potential for older adults to remain healthy and continue to make their mark on our community. There has never been a greater need for us to do what we do. At a time when we may feel at a loss to have an impact for good, your work makes a difference!

Stay Safe, Stay Healthy, Stay Home and remember...
Together with diligence we can strengthen our
community and build a bright future!

Most sincerely,

Kathy Baird

"When I was a boy and I would see scary things in the news, my mother would say to me, 'Look for the helpers. You will always find people who are helping.' To this day, especially in times of "disaster", I remember my mother's words, and I am always comforted by realizing that there are still so many helpers – so many caring people in this world." – Fred Rogers (Mr. Rogers)

WELCOME NEW RSVP VOLUNTEERS!



*Help us spread the
word that we're still
placing new volunteers!*

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Corporation for
**NATIONAL &
COMMUNITY
SERVICE**



June 11, 2020

To our Community:

The ugly face of racism in America is once again on full display. While the world fights a pernicious virus that claims lives, we're reminded of a longstanding social virus that also threatens our wellbeing by mistakenly claiming that some people are less human than others. This problem is every bit as potent and destructive as COVID-19.



Part of the mission of Monadnock Family Services is to advocate for a just society for everyone. The foundation for our mission is a strong set of values that cements all our words and actions together.

One of these values is the inherent dignity of every human being. Just about 75 years ago, the US and 49 other nations signed the United Nations' "Universal Declaration of Human Rights" and expressed it eloquently: "All human beings are born free and equal in dignity and rights. They are endowed with reason and conscience and should act towards one another in a spirit of brotherhood." This dignity of all members of the human family is "the foundation of freedom, justice and peace in the world."

Like others worldwide, Monadnock Family Services abhors the injustice and violence evident in the tragic death of George Floyd and countless others of our Black brothers and sisters in our human family who have suffered the indignity of hatred and prejudice for centuries. All of us have to confront historic faulty beliefs and social structures in our culture that privilege some groups and disparage others.

Racism is the direct opposite of the dignity that everyone deserves. It must not stand but it will take more than a vaccine to stop it. In the same way, racism's frequent partner - violence - must be stopped too. Violence begets trauma and routinely causes mental illness.

The events touched off in Minneapolis and too many cities before it leave most of the nation with a broken heart. But, in the teaching of author and educator Parker Palmer, this can mean two different things.

On the one hand, our hearts can break apart, much like a teacup that slips from our hand and smashes to the floor in a shower of fragments too small to repair. The damage to our soul is irreparable and we are left with a hole too big to mend. For some, this breaking is an unhealable wound that sours them for years, causes them to retreat inside, and keeps them from growing.

On the other hand, the human heart can break open, much like the bud of a beautiful flower that unfolds its petals to reveal stunning colors and delicacy. In this way, the heart is open to something new, even in the midst of its pain. As a result, new possibilities are discovered and something better is added to the world. When the heart breaks open, despair and isolation are transformed into hope and community. We need that sort of medicine too.

Monadnock Family Services will work so that all hearts break open. In the face of racism, prejudice, stigma, violence, health inequities and other social ills, the mandate of our mission and the convictions that inform it compel us to help our tiny bit of the world to a better place. All of us are, in the words of Rev. Martin Luther King, inescapably "tied in a single garment of destiny." We invite you to be a part of this now more than ever.

Yours,
Phil Wyzik MA
CEO

A PICTURE IS WORTH A THOUSAND WORDS!

RSVP had the opportunity to share with the Monadnock Community the courage and commitment our organization's volunteers have made by continuing to volunteer during this



unprecedented time. Lisa Scoville, a professional photographer who lives in Keene, wanted to document this time by photographing the people in our community that are still out there helping, "I want to document these moments in history," she said. "These are the stories our children will pass down." Thank you so much to Lisa Scoville Photography for this project highlighting the hard work and dedication of our community members.



MONADNOCK RSVP VOLUNTEER ZOOM COFFEE WEDNESDAY JULY 1ST AT 10:00

We're continuing with our Zoom Coffees for the month of July! Join us for 40 minutes of conversation with a mug of our favorite beverage for a chance to check in and catch up. If you're interested in joining us, email Jazmin at jbelcoure@mfs.org and we will email you the Zoom link prior to the meeting. We look forward to seeing you!



Open an adventure

When we asked for support months ago for our Annual America Reads Book Fair, we had no idea that we would be experiencing this profound challenge with this pandemic and all the changes that have taken place. We are incredibly proud that our volunteers, schools, staff and community partners rose way above to make these books be in the hands of children, especially since they have been virtually learning and summer is upon us. We are very grateful for the support of the Kiwanis Club of Keene, Elm City Rotary for their contributions to purchase books and to Greenwald Realty who lent us space to hold this event and it allowed for safe distancing. Despite the trepidation of coming out into the world as it re-opens, you came out as champions! The schools have rallied to make sure we put the books in the children's hands and over 650 books were delivered putting lots of smiles on the kid's faces!

"Reading should not be presented to children as a chore, a duty. It should be offered as a gift." Charles Scribner, Jr.

BOOK A TRIP: READING CAN TAKE YOU ANYWHERE!

CLIF's **Year of the Book** program is designed to increase enthusiasm for reading and writing among low-income, at-risk, and rural kids, improve schools' literacy efforts, increase family engagement in reading and writing, and create a community-wide culture of literacy. Each year, CLIF awards the grant to five elementary schools in New Hampshire and five schools in Vermont. This year, **Benjamin Franklin Elementary School** in Keene, NH was one of the schools chosen for the Year of the Book.

In their application, they wrote, *"Students at the Benjamin Franklin Elementary School come from one of Keene's poorest neighborhoods and are at higher risk than most. In addition to universal challenges with promoting and improving literacy, many of Franklin's students face more trouble than most: 63% are on free or reduced-price lunch; 3.5% are homeless; many students experience or are exposed to trauma at home... All of these regularly reduce students' availability for learning and can limit the support they receive at home in developing proficiency and interest in literacy skills."*

The Year of the Book provides creative ways for schools to promote and improve literacy skills, from field trips and special literacy initiatives to family events and LOTS of new books! The program provides new books for classrooms, the school library, the local public library, and ten new, high-quality books for each student to choose! Benjamin Franklin Elementary chose the theme of "Book a Trip: Reading Can Take You Anywhere!" to promote learning about different cultures.

During this school year, Benjamin Franklin students have experienced storytelling with Duncan McDougall, an event promoting the local library with author Sy Montgomery, a family literacy event with author/illustrator Marty Kelley, author Natalie Kinsey-Warnock's Storykeepers genealogy workshop, and a visit from local author Sandra Neil Wallace.

Franklin Media Specialist Julie Odatto says, *"Right before school shut down, Franklin School was fortunate to host a visit with local Keene author Sandra Neil Wallace. The students were thrilled, not only by the book she shared, but by her life. They were impressed that she wanted to be an Olympic athlete, but changed her dream and became a reporter for ESPN. They were excited to wonder about who they would want to interview if they were a reporter. Several of the students expressed their surprise and disappointment that Ms. Wallace was bullied just because she was a woman. It was inspiring for Franklin students to make a connection with an author living and working in their own community. We were so fortunate to have Ms. Wallace come and visit."*

Due to COVID-19, the school's scheduled visits with authors John Steven Gurney and Steven Swinburne didn't happen this spring, but we look forward to continue to provide storytelling (though it may be virtual), books, and literacy support once school recommences.

Though it may look a little different next school year, we'll still be bringing the Year of the Book to ten schools in New Hampshire and Vermont in the 2020-2021 school year. **Check out our Year of the Book partners** for next year.



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.

****Volunteers are not currently making in person visits****

If you are interested in participating in the program as a friendly caller until we can resume traditional placements please contact Jazmin and jbelcoure@mfcs.org

Below are the profiles of some of the people currently hoping to receive a volunteer:

HINSDALE

This woman has been very lonely since her friend from across the hall moved. She has some health issues and travels to Keene three days a week for dialysis. She would love to find a female volunteer who could come on Thursdays to sit and visit or go for walks in nice weather and she would very much like to find somebody to go out for the occasional lunch or shopping trip to Walmart. Because of her location and the fact that she smokes she has been on our wait list for a while.

GREENFIELD

This 63 year old woman is living with her daughter in Greenfield. She is a sweet woman with a charming sense of humor she likes to work on crafts and is very much in need of some company. She is deaf and communicates primarily through signing, lip reading and hand gestures so a person who can sign, or is comfortable with nonverbal communication would be needed, preferably a woman, who loves animals as her daughter has a small farm. She relocated here from the coast after being diagnosed with cancer and due to complications from the treatment and a preexisting condition cannot get out of the house without assistance. Activities could be confined to the home, but as her health improves and communication with a volunteer strengthens getting out into the community would be wonderful.

KEENE

This 73 year old woman was born in Brooklyn and has lived all over the country, including FL, MA, PA, and White river Junction in Vermont, but she has been here for the past fifteen years. She learned of our program from another NID care recipient and is hoping to find a volunteer who can help with grocery shopping and picking up prescriptions. But also someone who will want to go out for fun activities like the movies or local museums or lunch. She is very easy to talk with and does not have preference of a man or woman. She has a Yorkshire Terrier and enjoys reading science fiction and horror.

This woman has a great sense of humor and is always very appreciative of help. She uses an electric scooter to get around town and would need a person who could help with a wheel chair if you were to go out. However,

staying in the home and socializing is certainly an option. Her apartment is small and neat, and she has lovely Raggedy Ann collection. Getting out of the house has become progressively harder for her, especially this past winter. She is proud of her ability to take care of herself and self-advocate, but she would very much appreciate a volunteer to spend time with. She enjoys cooking, especially Italian, making jewelry, going to the Dollar Store, the YMCA (hopes to get in the pool), craft fairs, and would like to try new things. She does have a speech impediment and while at times it is difficult to understand her over the phone, in person it is much easier.

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

This 87 year old woman is living on her own in Keene and looking for some company. She's hoping to find somebody who would like to go and grab a cup of tea and sit for a nice visit once a week. She is still very independent but starting to experience signs of dementia. While talking with her she'll need to stop and search for words. She is very social and likes to walk around town and chat with people.

This 76 year old woman is living alone in Keene and hoping to find a volunteer to spend some time with. She uses a walker and needs to bring her oxygen tank with her and leaving her apartment without out help causes her some anxiety. She would love to start getting out for walks now that the weather is nicer and could use some help getting to the grocery store. She has one cat and is hoping for an older woman.

This 58 year old woman has recently moved to Keene. She is in need of help with grocery shopping and getting to the bank. Her interests include

NEIGHBORS-IN-DEED CONTINUED

flower arranging and cooking, and we she would love to be able to get out into the community more. She is legally blind as well as being confined to a wheel chair, but she is able to transfer herself. She does not have a preference on a male or female volunteer.

This 88 woman lives Keene with her miniature poodle, she is still active, however she is hoping to find somebody interested in visiting with her, as she is starting to feel less and less comfortable driving. She enjoys playing bridge and working on puzzles.

This lady is in her mid 70's moved to the area from New Jersey where she had been living with her sister until she passed away a couple of years ago. She lives in her own home in west Keene and her greatest need right now is transportation and company. She uses the bus twice a month for groceries, but would like to be able to go into town for more "fun" excursions such as shoe shopping or for smaller grocery trips. She uses a cane or walker when walking. She would prefer a female volunteer and she enjoys drawing, reading, sewing and she loves to talk! Her faith in Jesus is important to her. But she does not ascribe to any one religion and believes the most important thing is that we are kind to one another.

This 77 year old woman is originally a transplant from Illinois, however has been living in New Hampshire long enough to no longer be considered a 'flat lander'. She was an avid hiker and at one point would lead guided hikes with her alpaca's up Mt. Washington. She enjoyed going to the Senior Center, the Colonial Theatre, and out for easy walks when the weather is nice. She is living with dementia and because of it is no longer driving. Her family is hoping that a volunteer can help them keep her active and engaged with some company and fun outings. She is currently living in an apartment in Keene.

This gentleman in his 60's lives at Cityside housing. He has chronic heart failure, seizures, high BP, and has mobility issues that require him to use a cane and a walker, and he can no longer drive. 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.

RINDGE

This woman is her mid 70s. She is a very positive person with a good attitude and is easy to talk to. She keeps herself busy and is trying to maintain her health ever since a surgery/hospital stint she had about 4 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 is hoping for some assistance with running errands such as going for groceries, or to the farm stand, or pharmacy.

SPOFFORD

This woman is 74 and living with her daughter and son-in-law. She is in the very early stages of Alzheimer's and hoping to find a volunteer who would like to help her stay active and engaged. She is a vibrant woman who is used to being actively involved in the community. Originally from Connecticut, she retired to Maine where she loved to go for long walks and was on the board of her local library. She would very much like to find a volunteer who would enjoy walking or going for drives, visiting the Chesterfield or Keene Library's or helping her with some grocery shopping. She is a lively conversationalist and has no preference on being matched with a man or a woman. There are two cats and one golden retriever/lab mix in the house.

"Be a rainbow in someone else's cloud." Maya Angelou

SWANZEY

This woman is hoping for a female companion to share a cup of coffee with and develop a friendship. She lives in Swanzeay with her husband. However, 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. Due to chronic health issues making it difficult for her to leave the house the days have become long and lonely. She takes pride in keeping a clean and inviting home and loves to sit in the sun and enjoy their property. She would also enjoy being able to get out occasionally for a fun outing. She does have two cats in the house and while it is not necessary, she would like to find a volunteer who shares a strong faith in Jesus.

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

WALPOLE

This 103 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 a volunteer 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.



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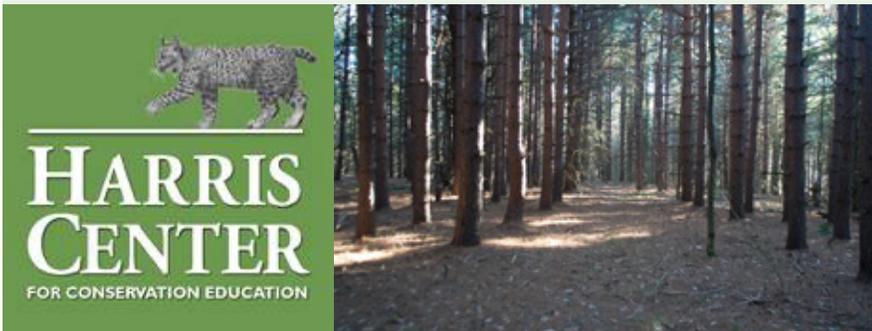
Update from the Consumer Finance Protection Bureau

While Social Security offices remain closed, Social Security scams continue. Any communication that claims SSA will suspend or decrease your benefits due to COVID-19 is a scam, whether you receive it by letter, text, email, or phone call. Please report Social Security scams to the SSA Inspector General online at oig.ssa.gov.

For any communications, regardless of the method, the best defense is to say no if:

- Anyone contacts you and asks for your Social Security number, bank account number, credit card information, **Medicare ID** number, or driver's license number
- Anyone contacts you asking for any other personally identifiable information by phone, in person, by text message, or email
- Someone you don't know contacts you and requests money through a Peer to Peer (P2P) payment app. like Venmo or Zelle or through pre-paid gift cards. **These methods transfer funds immediately with little recall or retrieval capabilities and can be hard to trace**, often making them the preferred choice of scammers
- Someone you don't know sends you a check, maybe for prize-winnings or for the sale of goods and asks you to send a portion of the money back
- Something doesn't feel right to you. Trust your gut and reserve the right to say no if it sounds too good to be true.

Report scams to ftc.gov/complaint. The **Eldercare Locator**, a public service of the U.S. Administration on Aging, can connect older adults and their families to services. You can also call 1-800-677-1116.



Blazing the Trail!

Every Friday morning at 9 a.m. you will find a green truck and a red car parked at the Harris Center. You can set your watch. They belong to Ric Haskins and Peter Harrison, who are trail stewards for the Harris Center's network of hiking trails in the Monadnock area. Once a week, Ric and Peter set off to clear fallen trees and brush from the trails so that you and I can have an enjoyable hiking experience. Their service work is of even greater value now as the Covid-19 pandemic has caused a spike in trail use. So the next time you are hiking a trail in the area, please give a tip of the hat in gratitude to Peter and Ric for their tireless volunteerism on all our behalf!

VOLUNTEER OPPORTUNITIES

How to volunteer during the COVID-19 Pandemic

Whether you have decided it is best to stay at home or are continuing to volunteer with extra safety precautions, The Monadnock RSVP Volunteer Centers supports your decisions. Many of our partner agencies have suspended activities until further notice. However, there are still ways you can serve the community. We 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 additional opportunities either from your home or with operating agencies.

Drivers needed during COVID-19 (In Community)

Volunteer drivers are needed throughout the entire region to assist people who do not have access to transportation. Drivers are currently transporting people for critical needs such as dialysis, as well as helping to pick up groceries and other necessities for at-risk demographics. Please reach out to Jazmin at jbelcoure@mfs.org or call 603-924-7350 to learn about new safety procedures and determine if this is a volunteer role you feel comfortable with.

Blood Drives (In Community)

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

New Precautions and Procedures:

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

Court Appointed Special Advocate (CASA) volunteers are needed! (In Home)

Child abuse and neglect is more of a concern than ever. You can train and volunteer as a Court Appointed Advocate remotely via FaceTime and Zoom.

Use this time at home to become part of a community of vibrant, committed volunteers who are getting tremendous satisfaction making a difference in a child's life. CASA staff tell us the volunteers tell us they love putting their skills to use in a meaningful way with challenging, stimulating, emotionally rewarding work. While they cannot provide any financial compensation, 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 by calling 603-626-4600, ext. 2106

VOLUNTEER OPPORTUNITIES CONTINUED

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

Advocates for those surviving domestic abuse are critical right now, and can be done remotely. A 100% remote training starts the week of April 6th and will train volunteers on how to empower survivors to move beyond violence to create a better, healthier future for themselves and their children.

Advocates help to end and prevent violence in our community one survivor or family at a time. MCVP is currently seeking volunteers who are compassionate people with good communication skills and the ability to go through the 40 hours of training.

Advocates serve as the first point of contact for survivors they listen, support, provide information and referrals, and discuss options with the caller.

Advocates:

- Work 24 hours shifts from their own homes. Shifts run from 4pm to 8 am Monday through Friday and 8am to 8 am Saturday and Sunday.
- Once COVID-19 passes advocates may also respond to local hospitals and police stations to support survivors, as well as screen in survivors seeking emergency shelter.
- Per diem advocates make a stipend per shift that they work. \$30 for weeknight, \$40 for a weekend, and \$50 for a holiday.

If you are interested in learning more about volunteering with MCVP please reach out to Katrina Nugent at 603-352-3844 or by emailing edcoordinator@mcpvprevention.org

Or you can visit www.mcpvprevention.org to learn more about the organization.

Greater Monadnock Medical Reserve Corp (In Community)

“The Medical Reserve Corps (MRC) is a community-based, civilian, volunteer program that helps build the public health infrastructure of communities nationwide. Each GMMRC unit is organized and trained to address a wide range of challenges from public health education to disaster response.”

To learn more about the GMMRC as well as how to volunteer you can visit their website at: www.gmmrc.org or contact Olivia Watson at owatson@cheshire-med.com

Write letters to seniors in isolation (In Home)

Genesis continues to request letters for the residents since

they are no longer allowing visitors. This is the current situation in most nursing homes and rehab facilities and a lovely idea to spread some cheer. Below is the address for Genesis in Keene, but we strongly encourage you to reach out to other facilities in your area to see if they are accepting letters as well. If you have some scraps of ribbon and wrapping paper laying around and would like to try your hand at card making. Here's is a link for some basic tips, <https://www.thesprucecrafts.com/card-making-tips-and-tricks-4114150> but there are many many more tutorials can be found online.

Genesis Healthcare
Keene Center
677 Court Street
Keene, New Hampshire 03431

Monadnock Habitat for Humanity – Seeking Volunteer Board Members

The Board of Directors for Monadnock Habitat for Humanity has adopted the recommendation of the Habitat for Humanity International (HFHI) and is currently limiting the number of volunteers on the build site.

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

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

Linda's Closet Volunteer Clothing Consultant

Procedures and schedule may be different due to COVID-19 however they are still taking new 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

VOLUNTEER OPPORTUNITIES CONTINUED

603-357-1015 or kbirch@cswg.com. To learn more about them, visit www.lindascloset.org or on Facebook.

Train to be a Hospice Volunteer (Training In Home)

Hospice Volunteers Change Lives...

Bayada is looking for volunteers to share their time and talents. Volunteers are not currently being placed.

However, if you are interested in becoming a volunteer, training is available remotely.

Direct Patient Support Volunteers

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

Volunteers do all sorts of things, like:

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

Arts, Crafts, and Music Volunteers

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

Care for Veterans

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

Administrative Support Volunteers

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

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

Summer Garden Volunteers for the Cornucopia Project

This summer The Cornucopia Project will be seeking school-garden care-takers for the duration of the summer with the option to participate in the fall school garden program. Check on the garden weekly, weed and water as needed. If you are interested please contact Lauren at lauren.cornucopia@gmail.com

Touchstone Farm - Volunteers needed for therapeutic riding program. No riding experience needed!

Due to Covid-19 some procedures have changed and volunteers will be trained one on one rather than in a group setting.

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! To find out more about volunteering, please contact Pam Falkins at 603-654-6308 x104 or Email volunteer@touchstone-farm.org

Help your local library - *Suspended, may resume at a later date*

Keene

The Keene Public Library is seeking volunteers to serve as a Greeter and Wayfinder. In this role you would be the first point of contact for library visitors - welcoming them, providing directions and referring them to the appropriate area for specific assistance, and answering general questions about the library. Training is provided. Volunteers should be able to sit for an extended period of time, stand and walk for short periods, and be able to lift/move up to 25 pounds occasionally.

Volunteers are needed Monday through Saturday during regular hours. Shifts are 9 a.m. – noon, noon – 3 p.m., 3 – 6 p.m. and 6 – 9 p.m. Volunteers are asked to commit to six months. If you are interested in volunteering, please contact Tammy Parrott at 603-757-1846.

Jaffrey

The Jaffrey Library needs “watchers” for the second floor. Due to limited staff the second floor and Historical section can only be opened during periods of time when volunteers can be present on the floor. Come spend a two hour shift working on a personal project or reading a book while being available to offer help and guidance to anyone who ventures upstairs. If you're interested in volunteering please contact the Director, Julie Perrin at jperrin@townofjaffrey.com

VOLUNTEER OPPORTUNITIES CONTINUED

Cedarcrest volunteer music opportunity -

Suspended, may resume at a later date

Cedarcrest Center for Children with Disabilities in Keene is seeking a volunteer who can play an instrument or their piano once a week in the late afternoon/early evening to their children. But they are more than willing to work with you on dates and times. Volunteers should be comfortable around children with varying medical needs/conditions/complexities. This is an excellent opportunity to brighten children's lives with the wonderful sound of music! If you would like to volunteer or need more information, please call Pat Dixe at RSVP 283-1686 and I will facilitate a connection to the Coordinator.

Bring cheer to our local seniors! - *Suspended, may resume at a later date*

Do you have some time and interests you'd like to share? Would you like to brighten the day of a senior in your area? Many of the agencies in the Monadnock region who provide care to our senior citizens are looking for help running or assisting activities.

Activities include things such as baking, arts and crafts, music, knitting, art, socializing, or possibly a unique hobby you would like to share.

Volunteers can expect to both give and receive enthusiasm and happiness and often become like extended family to the participants. If you are interested in learning more about a volunteering with seniors in our area please consider reaching out to one of the following agencies.

Jaffrey

Monadnock Adult Care Center (MACC)

- The Monadnock Adult Care Center offers supportive and structured care during the day to adults with physical, emotional, or social challenges. Our mission is to improve the quality of life of our members, their families, and caregivers while we support an individual's efforts to remain independent.
- MACC helps older adults remain in their homes as long as possible. It provides respite care for families. We offer activities that maintain or improve the physical, mental, and social well-being of participants.
- MACC is a partner agency of Monadnock RSVP if you are interested in volunteering with MACC, please contact Jazmin Belcoure at jbelcoure@mfs.org or by calling 924-7350

Peterborough

Pheasant Wood Nursing Home

- Pheasant Wood Center offers short-term rehabilitation, as well as long-term care and Alzheimer's and dementia care. Pheasant Wood Center's team of professionals is committed to maintaining or improving the quality of an individual's life through the care we provide.
- If you are interested in volunteering at Pheasant Wood Nursing home please contact Judy Rousseau at Judy.A.Rousseau@gmail.com

Keene

The Castle Center

- Why stay at home when the Castle Center at HCS' Keene office is just around the corner offering entertainment, socializing, cards, games, arts and crafts, as well as peace and quiet.
- The Castle Center is available on weekdays from 8 a.m. - 4:30 p.m. for those who just need a little help, as well as those with more specific needs.
- Mondays, Wednesdays, and Fridays are the days volunteers are most needed and the minimum commitment is for three months.
- For more information or to volunteer, please contact Catherine Braught, Nurse Manager at 355-8281.

This fall teach school children to garden - Cornucopia Project – (Dependent on how schools reopen)

The Cornucopia Project is currently seeking volunteers for their Garden Team! For 7 weeks they deliver garden-based educational classes to elementary school students throughout the Con-Val school district. Program Period is 8 weeks long, classes are one hour and include a weekly theme for building students' knowledge. This position involves kneeling, lifting, and the general labor of garden work.

Volunteers should have experience working with children and be willing to brave the elements. It is possible to only volunteer at one school, however if there is more interest than need, priority will be given to volunteers who can commit to the entire day.

If you're interested in this role or would like to learn more please reach out to Jazmin at jbelcoure@mfs.org for more information!

Tutor adult learners with Keene Community Education - *Suspended, may resume at a later date*

Keene Community Education is an adult education center serving adult learners across Cheshire County through the Adult Learner Services (ALS) program. The ALS program

VOLUNTEER OPPORTUNITIES CONTINUED

serves adults who wish to improve their reading, writing or math skills for the purposes of passing the HiSET (formally the GED) or for the purpose of advancing basic academic skills (i.e. advancing beginning reading skills). The ALS program also serves adult immigrants who wish to improve their English reading, listening, speaking, and writing skills, as well as providing help with preparation to pass the U.S. Naturalization Test.

Volunteers at Keene Community Education work in one-on-one or small group tutorials and can choose the population they would like to work with—adult immigrant students working on English language skills, adult students working towards the goal of passing the HiSET, or adult students working on improving basic academic skills. Please note: those who wish to work with adult students working towards the goal of passing the HiSET have the choice of volunteering at our education center or at the Cheshire County House of Corrections. To best ensure tutorial success, volunteer tutors can expect to work with a student 2-4 hours per week with tutorials mainly taking place at the Keene Community Education office, the Keene Public Library, or the Cheshire County House of Corrections.

Volunteers can expect to get a high-level of support from the program coordinator regarding curriculum resources and professional development opportunities, so no previous teaching or tutorial experience is required. Enrollment as a volunteer is ongoing throughout the academic year but new tutors are expected to initially meet with the program coordinator and attend a "New Tutor Orientation."

Serenity Center - Give your time to people who are working towards recovery!

Suspended, may resume at a later date

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.
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.

Linda's Closet

Clothing Resource for Women



FASHION FORTHCOMING!

Linda's Closet has been closed since mid-March due to the COVID19 virus. We are currently developing new guidelines and plan to reopen by appointment only at the beginning of July. The new guidelines will be published on our FB and Instagram pages, posted on our door and reviewed in our message on our phone. Appointments will be during our usual open hours: Wed 6-8 pm, Thurs 11 am - 2 pm and Sat 9-12 pm. The link will be on our FB and Instagram pages. As always we welcome new volunteers.



Though sadly a shortened school year, we persevered!

As I write about America Reads today, I am reflecting on the past year. It has been a year since I started this new journey as the Program Coordinator and it has been a journey! With In-services and visits to the schools to meet Reading Liaisons/Teachers and shadowing volunteers in their classrooms as they work with the children, to virtually working with our schools during this pandemic and topping it off with our annual book fair. I have met amazing, dedicated volunteers who share their passion to help children learn to read and give their time so generously. Eighty two volunteers tutored 1059 students this year in 16 different schools and 8 Early Learning and Head Start programs....Extraordinary!

Some of the things our volunteers shared with me....

"I admire what she does with her students and love working with the students in her classroom." J. Dotson, Rindge Elementary School

"I have been reading with the Swanzey Head Start class for three weeks, we are having a blast! I decided to focus the first few books on kindness. (Cara's Kindness, Mr. Albert The Fix-it Man and Be Kind. I think that everyone is catching on. If we can build the understanding of what it is to be kind and get the children to model the behavior now, imagine the difference in our community and hopefully beyond." L. Cheney, Swanzey Head Start *So profound in the times we are currently experiencing.*

As we get through this Pandemic, we will stay tuned to what the Governor and schools come up with as far as a plan for the new school year. We will be reaching out to you this summer to check in and share any news we have about the new school year and what our approach will be for the America Reads program this fall...

Kind Regards,
Pat

We - By Ellie, Michael & Lauren

A poem written by some students in grade 3/4
at James Faulkner Elementary School in Stoddard

We like to fish and bike

And some days take a hike

We look for tiny turtles

Jump over rocks and logs like hurdles

We hope to find worms

Without any germs

We like to look for tiny flowers
and play ball

We wish to be together come this Fall



RECIPES TO SHARE

Hawaiian Chicken Kebobs

INGREDIENTS

Marinade:

- 1/3 cup ketchup
- 1/3 cup packed dark brown sugar
- 1/3 cup low-sodium soy sauce
- 1/4 cup canned pineapple juice
- 4 Tbsp olive oil , divided, plus more for brushing grill
- 1 1/2 Tbsp rice vinegar
- 4 garlic cloves , minced (4 tsp)
- 1 Tbsp minced ginger
- 1/2 tsp sesame oil
- Salt and freshly ground black pepper

Kebabs:

- 1 3/4 lb boneless, skinless chicken breast , chopped into 1 1/4-inch cubes
- 3 cups (heaping) fresh cubed pineapple (about 3/4 of 3 lb pineapple) Can use canned.
- 1 1/2 large green peppers , diced into 1 1/4-inch pieces
- 1 large red onion , diced into 1 1/4-inch pieces

DIRECTIONS:

1. In a mixing bowl whisk together ketchup, brown sugar, soy sauce, pineapple juice, 2 Tbsp olive oil, rice vinegar, garlic, ginger and sesame oil. Stir in 3/4 tsp pepper and season with salt if desired.
2. Place chicken in a gallon size resealable bag. Reserve 1/2 cup of the marinade in refrigerator then pour remaining marinade over chicken. Seal bag and refrigerate 1 hour (meanwhile soak 10 wooden skewer sticks in water for 1 hour).
3. Preheat a grill over medium heat to 400°F (200°C). Meanwhile, drizzle remaining 2 Tbsp olive oil over red onion, bell pepper and pineapple and toss. Season red onion and bell pepper with salt and pepper, then thread red onion, bell pepper, pineapple and chicken onto skewers until all of the chicken has been used.
4. Brush grill grates with olive oil then place skewers on grill. Grill 5 minutes then brush along tops with 1/4 cup of remaining marinade. Rotate to opposite side and brush remaining 1/4 cup of marinade on opposite side.
5. Allow to grill about 4 minutes longer, or until chicken registers 165°F (75°C) in center on an instant read thermometer. Serve warm.

Recipe Notes

- If using wooden skewers, make sure to soak them in cold water for at least 1 hour before using so they don't burn while cooking.