Spring is for Celebrating Volunteers!

Spring has sprung! And what better way to celebrate than by celebrating our volunteers! Did you know April is National Volunteer Month? And National Volunteer Week is April 7-13. According to National Day Calendar, volunteerism is instilled at a young age in the United States. In many parts of the country, it is the cornerstone of summer vacation or woven into after school programs. In fact, many schools now have a community service requirement. Most organizations in small towns, rural counties and the largest cities would not function without volunteers. In some families, the baton of volunteerism is handed down generation to generation. This is very true of the many sites where RSVP volunteers serve in Merrimack, Rockingham, Belknap and Strafford counties. These non-profit, educational, and government facilities are able to provide valuable services to local communities because of volunteers like you. Services like providing food and nutrition to families in need, rides to medical appointments and friendly visits for homebound seniors, mentoring a child that needs a positive role model, or leading senior exercise classes. All of these contributions add up to make a positive impact. It’s definitely true, volunteers come in all shapes and sizes and pick a cause to make a difference in someone’s life. Many volunteers will tell you it is a rewarding experience. Even if you only have a couple of hours. Sharing just two hours of your time, talent and experience each week can change a life and improve your own health. So pat yourself on the back and we thank you for your service!

Older Americans Month 2019

Every May, the Administration for Community Living leads our nation’s observance of Older American’s Month. The 2019 theme, **Connect, Create, Contribute**, encourages older adults to:

*Connect with friends, family, and services that support participation.
*Create by engaging in activities that promote learning, health, and personal enrichment.
*Contribute time, talent, and life experience to benefit others.

Communities that encourage the contributions of older adults are stronger! By engaging and supporting all community members, we recognize that older adults play a key role in the vitality of our neighborhoods, networks, and lives.

Friends RSVP serving communities in Merrimack, Rockingham, Belknap & Strafford Counties
RSVP Upcoming Events

Rightsizing or Downsizing Workshops Offered
Are you retiring or moving? Join Senior Real Estate Specialist Bobbie Lynn Thomas for a special workshop to learn about your housing options, available resources and ways to stay connected to your community as you plan for the next stage of life. Workshops will be offered on:

- Wednesday, April 24th 7-8pm at Epsom Public Library
- Tuesday, May 7th 10:30-11:30am at Belmont Senior Center
- Tuesday, May 14th 12-1pm at Danbury Community Center

These are free events but kindly RSVP to jcurtis@friendsprogram.org or call 228-7608 to reserve a seat. Refreshments will be provided. We hope to see you there!

Easter Brunch to Benefit Friends Program
Easter Brunch Benefiting the Friends Program at Grappone Conference Center hosted by the Duprey Companies: Sunday, April 21st from 10:00AM - 2:00PM

We hope to see you at the family friendly Easter Brunch benefiting the Friends Program & Easter Egg Hunt by Courtyard Marriott Grappone Conference Center. A portion of the proceeds will be donated to the Friends Program. Menu items include an omelette station, honey baked ham, lamb carving station, roasted mushroom risotto, and a dessert bar. Tickets are $35 for adults and available through Eventbrite to reserve your spot. Children under 10 are free! Location: Courtyard Marriott Grappone Conference Center, 70 Constitution Ave, Concord.

Bone Builder Leaders Refresher Meeting
A Bone Builder Refresher class is scheduled for all Merrimack & Belknap county leaders on Thursday, May 2, 2019 from 1-3pm at Horseshoe Pond Place in Concord. This will be an opportunity for all certified leaders to gather and review exercise techniques as well as network, see our year in review and share class experiences. Please RSVP to Jen at 228-7608 or jcurtis@friendsprogram.org.

Additional refreshers for Rockingham County areas will be announced—stay tuned!

SAVE THE DATE!
RSVP Volunteer Recognition Luncheon
We want to celebrate you! You are cordially invited to the RSVP Volunteer Recognition Luncheon on

Wednesday, May 29th from 12:30-3:00pm at the McAuliffe-Shepard Discovery Center in Concord

There will be a buffet lunch and recognition followed by a special showing of “Tonight’s Sky” in the planetarium theater. Ample parking is available. This is a private event for RSVP volunteers. Please RSVP by May 10th at RSVP@friendsprogram.org or 228-0139.

Benefit BBQ in Concord
Heritage Harley Davidson Community BBQ hosted by and benefiting the Friends Program: Saturday, July 27th from 11:00AM - 3:00PM

This is the Friends Program’s 3rd year hosting Heritage Harley Davidson’s Community BBQ and we are hoping it’s a charm regarding weather conditions. We will be BBQing come rain or shine and all are welcome—whether you’re on 2, 3, 4 or more wheels – to enjoy the barbeque and friends. Proceeds will benefit the Friends Youth Mentoring Program. Location: Heritage Harley Davidson, 142 Manchester Street, Concord.

The Brigadoons

Sunday May 19, 2019 4pm
at The Concord City Auditorium
2 Prince St, Concord, NH

Tickets can be purchased at CCAH.com, calling 603.225.3111 or by visiting the CCA Box Office! 

Sponsored by
CAPITOL WEALTH MANAGEMENT LLC
You’re Invited to an
Out Of This World
Volunteer Celebration!

Friends RSVP
Volunteer Recognition Luncheon

Wednesday, May 29, 2019
12:30 - 3:00pm
McAuliffe-Shepard Discovery Center
2 Institute Drive
Concord, NH 03301

Enjoy a private showing of planetarium movie
“Tonight’s Sky”
Immediately following recognition remarks

Kindly rsvp by May 10, 2019
rsvp@friendsprogram.org or call 228-0139

Buffet Lunch provided by:

McAuliffe-Shepard Discovery Center
We bring the universe to you

Washington Street Catering
Dessert Sponsor
Fantastic Volunteer Opportunities!

Merrimack County

**Capacity Building/Nutrition**

The Friendly Kitchen seeks bright and energetic volunteers with strong organization and communication skills to receive food pantry donations. Must be able to evaluate food due dates and rotate food items. Training is available. Some lifting required.

**Food** & Nutrition

Meal Coordinator for the Pittsfield Youth Workshop after school program. The ideal volunteer will plan and prepare light, healthy meals for 20 students. Meals can be prep during day, staff can finish cooking after school. About 5 hrs/week, flexible times.

**Transportation / Neighboring Rides**

Do you enjoy driving? Then we have a volunteer opportunity sure to make you feel good. We're recruiting drivers for the Friends Caregiver Program, Dial A Ride, Hopkinton, Dial A Ride Henniker and Future in Sight.

**Companionship / Friendly Visits**

More the Merrier Club is a new opportunity for volunteers to meet with seniors, share a meal and engage in activities/games as a group. Contact Cindy at 228-7616.

**Mentoring**

Youth mentors are needed to provide one on one match for youth in need. Volunteers meet with their mentee for 2 hours on a weekly basis.

Mentoring - Youth mentors are needed to provide one on one match for youth in need. Volunteers meet with their mentee for 2 hours on a weekly basis.

Merrimack County Nursing Home seeks active volunteers interested in helping with companion visits, activities and gift shop operations. An additional orientation and training are needed before you are placed. Times are flexible.

**Transportation & Companionship**

Rockingham County Nursing Home volunteers needed to visit with residents and call Bingo.

Volunteer drivers needed at COAST in Portsmouth, Greater Salem Caregivers in Salem and TASC in Hampton. Volunteer drivers take homebound seniors to medical and shopping appointments.

**Mentoring**

Girl Scouts of NH is looking for volunteers to assist with Outreach troops at schools in Laconia. This is an after school program designed to bring Girl Scout learning opportunities to all students. Volunteers assist girls with activities for earning badges.

Volunteer drivers needed at COAST in Portsmouth, Greater Salem Caregivers in Salem and TASC in Hampton. Volunteer drivers take homebound seniors to medical and shopping appointments.

**General Assistance**

Servicelink Stratham needs volunteer on Fridays for light reception/admin duties. Times are 9-12 or 12-3.

**Mentoring**

Volunteer drivers needed at COAST in Portsmouth, Greater Salem Caregivers in Salem and TASC in Hampton. Volunteer drivers take homebound seniors to medical and shopping appointments.

**Food & Nutrition**

Food Pantry volunteers needed on Thursdays at Friends of Forgotten Children in Concord. Stock shelves, fill food orders, break down boxes. Assistance also needed for community lunch, clothing room, and intake.

**Gardening Mentors** are matched with classrooms at Concord Head Start and Penacook Community Center. Volunteers will assist pre-school classrooms with gardening activities and hands-on learning in the community gardens. Gardens are small, raised beds. Very rewarding and lots of fun!

**Gleaning** volunteers needed for growing season opportunities. Assist with harvest and delivery of fresh produce to local food pantries.

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**Concord Hospital** has immediate need for active volunteers for friendly patient visits and light administrative assistance. An additional application and training must be completed before you are placed.

**Concord VNA Hospice House** needs volunteers to serve in all capacities. Involves additional training up to 8 weeks depending on task. Placement assignments are varied.

**Food & Nutrition**

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**NH Food Bank** drivers needed for Pittsfield Youth Workshop and Friends of Forgotten Children. Ideal volunteer has a large capacity vehicle and can drive to Manchester and deliver food to agency.

**Rockingham County**

**Nutrition**

Gather in Portsmouth needs pantry volunteers for two hour shifts Mondays through Fridays. Volunteers also needed for children summer food program.

**Southern NH Services** volunteers are needed to assist with food pantry operations at Seabrook and Raymond locations.

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Do you know someone that would be a great RSVP? We are actively seeking new volunteers for community opportunities. Contact a coordinator at 228-0139 or rsvp@friendsprogram.org.
A Thankful Volunteer

When I retired from my job some time ago
I thought my life as a teacher was done, and so
I went to the Londonderry Senior Center (I took my mom)
And soon I found my volunteering home.

Others were looking for things to do
I had ideas (and lots of materials too!)
Slowly but surely my volunteering began
With painting, pastels and the craft classes I ran

I served on a committee or two
(Hard to say no, when you love what you do!)
When I retired, I thought my life was done
But volunteering with others has made life such fun!

I too, now remember the joy of crafts
The thrill of sharing techniques and laughs
Those few precious hours of planning and thought
Have given me more than the Senior Center got!

The other day if you looked around
Sat seven seniors barely making a sound
Each absorbed in artistic deed and thought
Who knew this is what I as a volunteer sought!

Sometimes the room is filled with good natured twitter
Laughter when someone squeezed too hard on the glitter
Smiles and stories, paint and glue!
"Everyone can do this – even you!"

And as our class time draws to a close
The smiles on their faces (I helped make those)
We made crafts, did art and made a new friend
Let's get back together next week, if we can!

Why do I volunteer with RSVP?
I do it for others, I do it for me.
By sharing my love of arts and crafts
I help others remember, have fun and laugh.

My husband too, has joined the volunteer game,
Some reasons are different but most are the same,
Volunteering with RSVP makes each of us feel good,
Do you volunteer? If not, you should!

Volunteering can give you new purpose, you see,
TOGETHER, FOR OTHERS, THROUGH RSVP!

By
Jan McLaughlin
Arts & Craft Volunteer
Londonderry Senior Center
More The Merrier Club

**A New Initiative**

In the Friends Program's ongoing mission to meet community needs, our RSVP Caregivers are looking for folks to join the 'More The Merrier Club'. This group will engage seniors in activities to promote socialization and connection at local senior centers. This is a flexible opportunity as your schedule allows. Please contact RSVP Program Coordinator Cindy at cyanski@friendsprogram.org or 603-228-7816.

Gardening Mentors Enrich Lives

Gardening Mentors are matched with a Preschool age classroom at either Concord Headstart or Penacook Community Center, spending between 2 -5 hours assisting teachers with the Early Sprouts curriculum. **No previous gardening or classroom experience needed!** Volunteers will help the children learn about planting, weeding, watering, plant growth cycle, and harvesting. Gardens are small raised beds. **We are looking for 5 volunteers—could it be you?** Contact Jen about this fun and enriching activity at 228-7608 or jcurtis@friendsprogram.org.

Rightsizing or Downsizing?

A Free Presentation for Seniors

With Bobbie Lynn Thomas, SRES and Friends Retired & Senior Volunteer Program

**Wednesday, April 24th**

7:00 - 8:00pm

Epsom Public Library

1606 Dover Road

**Tuesday, May 7th**

10:30 - 11:30am

Belmont Senior Center

14 Mill Street, Belmont

Retiring? Moving? Join us for a special workshop to learn about your housing options, available resources and ways to stay connected to community as you plan for the next stage of life.

RSVP is a volunteer program connecting people 55+ with local non-profit organizations to fill critical community needs. Bring a friend and join us for this free presentation.

For more information contact Jennifer Curtis at 228-7608 or email jcurtis@friendsprogram.org

Light refreshments will be served

Food Pantry, Gleaning & Soup Kitchen Volunteers Have A Community Impact

See how the numbers add up for the month of March at "Gather" in Portsmouth:

*82,860 pounds of food donated

*61,902 pounds distributed through Pantry Market

*11,969 pounds distributed to 437 children through Meals 4 Kids program

*15,194 pounds distributed to other food pantries and Gather's mobile pantry

*33 towns represented by member who shopped at Gather

*2,344 members served

Gather is an agency committed to ending local hunger in Portsmouth and one of many sites throughout Belknap, Merrimack and Rockingham counties that utilize RSVP volunteers. There are so many opportunities for folks to assist in local efforts to end hunger. Check our volunteer services listing or contact a coordinator and get started today!
Friends Program

Four Programs - One Mission

202 N. State St.
Concord NH 03301
603-228-1193
www.friendsprogram.org

RETURN SERVICE REQUESTED

Serving you at Friends RSVP - Call Us Today

Addie Tarbell, Program Coordinator, Rockingham & Strafford Counties
603-228-7614 or atarbell@friendsprogram.org
Cindy Yanski, Program Coordinator, Merrimack County, Caregivers
603-228-7615 or cyanski@friendsprogram.org

Jennifer Curtis, Program Coordinator, Merrimack & Belknap Counties
603-228-7608 or jcurtis@friendsprogram.org

Susan Smith, Director of Senior Programs
603-228-7603 or ssmith@friendsprogram.org

Have content to share? We’d like to hear from you! Contact a program coordinator to submit your pictures and stories. Thank you!

Find us on the Internet at www.friendsprogram.org

Do we have your email? We send news by email to our volunteers on a regular basis. If you are not receiving it, please update your email address today at rsvp@friendsprogram.org.