RSVP Volunteer of the Year: Ralph Appleby

Each year the Friends Program choose one volunteer from each of our four programs to represent their respective program as Volunteer of the Year. All our volunteers give so much of themselves it becomes a daunting task to pick just one to represent RSVP but once Ralph Appleby’s name came forward with thousands of service hours and almost 15 years of service in RSVP we knew immediately who it should be.

Ralph has been volunteering since 1967 when he was stationed in Viet Nam. He was given a pass for some rest and relaxation by his commander but instead he spent the afternoon with a local Sister and a group of disabled children. The Sister sent a letter of thanks to the Commander, who called him in about his acts of kindness, at first pretending to chastise him for not going out and having fun, but then commending him for helping others. When he was stationed in Germany, he also found time to volunteer, and he carried that spirit of volunteerism home, continuing service to his community for 50 more years and counting.

Ralph’s service spans not only a long period of time but involves a wide array of organizations. He is a retired Air Force Sergeant and a member of the Disabled American Veterans and the Air Force Sergeants Association, where he has worked tirelessly to help improve the lives of New Hampshire veterans. With his past military experience, he can connect with the veterans at the Manchester VA and the Tilton Veterans home on a deeper level. He has volunteered at the Manchester VA for 26 years and the Tilton home for 15 years. As he says “those people are the real heroes, and though they’ve been through so much, they rarely complain.” He shops for the veterans in Tilton every month and delivers much needed personal care items to the residents, along with spending time just talking with them. He finds local businesses to donate many of the items and loves to find bargains in stores to stretch the limited budget he is given.

Ralph has been a driver for the Friends Retired and Senior Volunteer Program for the past 14 years along with helping at many other area charitable organizations: The Dover Children’s Home; The Chase Home for Children; Betty’s Dream – a foundation for persons with physical disabilities; New Generation – a home for pregnant teens; Crossroads House a homeless shelter; The HUB Family Resource Center; My Friends Place in Dover; Rockingham County Nursing Home; and schools in Hampden, Maine (where his grandchildren go to school) have all been the recipients of Ralph’s tireless energy and generosity of time. Ralph’s life has been dedicated to his country through his service in the United States Air Force, and further dedicated through a lifetime of volunteering. His pride in his country is obvious, but his gentle nature and unfailing generosity is not as obvious – unless you know him or are one of the hundreds and hundreds who have received help in some way from him. As the Chief Master Sergeant said in a letter to Ralph, "You exemplify the United States Air Force core values of "Integrity - Service before Self - and- Excellence in all we do". Ralph has lived by this credo his entire life.

on Thursday, October 5th Friends Program Trustees, staff, volunteers and supporters came together at Granite Ledges to recognize the efforts our all our remarkable volunteers. We’re proud to present the 2017 Friends RSVP Volunteer of the Year Award to Ralph Appleby.
RSVP Upcoming Events

Volunteer Orientations
Calling all volunteers! Whether you’re an experienced RSVP volunteer or new to the program, everyone is invited to attend volunteer orientation class. This is an opportunity to ask questions, share your experiences and learn about the benefits of volunteering with the Retired & Senior Volunteer Program. All orientations will be held at The Friends Program, 202 N. State Street, Concord from 2-3 pm. Next session will be Thursday, January 18. Please RSVP by calling 603-228-0139 or email cyanski@friendsprogram.org. We look forward to seeing you soon!

Caregiver Recognition and Workshop
Friends RSVP Caregivers will have a recognition and workshop on Monday, November 13th at 2-3:30 pm at the Goodlife Activities Center in Concord. A representative from Home Instead Senior Care will be the guest speaker. Please RSVP to Cindy by November 8th at cyanski@friendsprogram.org.

DAR Volunteer Recognition and Open House at White Birch
It’s a Party! Bring a friend and join us at White Birch Center, 51 Hall Avenue, Henniker on November 17, 2017 at 10:30 AM as we celebrate and recognize our dedicated Dial-A-Ride and Bone Builder volunteers at White Birch Center for Active Living. We will learn how these volunteers and programs impact the community in Henniker. Come out to show your support!

And here at Friends RSVP we’re thankful for you. We hope you have very safe and happy Thanksgiving.
Addie, Cindy, Jen and Nancy

VOLUNTEER OPPORTUNITY
LOVE to cook and eat HEALTHY? Come volunteer with the Cooking Matters® NH Program as a Class Assistant!

1. Help Cooking Matters Team set-up
   - Put together take-home bags
   - Set-up nutrition activity
   - Set out ingredients and utensils for recipes

2. Help both Nutrition and Culinary Instructors in the classroom
   - Assist with nutrition activity
   - Assist with recipes
   - Gently correct proper use of knife
   - Keep up with dishes and keep classroom space clean

3. Help Cooking Matters Team clean-up
   - Finish dishes
   - Clean surfaces
   - Sweep
   - Put away utensils and materials

Please Contact: Friends RSVP
Name: Jennifer Army
Phone Number: 603-228-7608
Email: jarmy@friendsprogram.org

SMOKE AND CARBON MONOXIDE ALARMS SAVE LIVES!

Get Alarmed
NEW HAMPSHIRE

On average, 7 people die every day from a home fire.

Did you know that if a fire starts in your home, you may have just two minutes to escape?

Carbon Monoxide (CO) - the silent killer - a colorless, odorless tasteless gas.

Alarms are your best defense!

Sign Up for Free Smoke and CO Alarms, Installation, and Home Safety Check

To schedule an installation
Contact your local fire department or call
Tel: Free (888) 989-3771 or (603) 223-4243
Gleaning for Good

Fall gleaning efforts pay off big for local food pantries. RSVP volunteers Jim Dimick and Bernie Fournier helped pick close to 1,000 pounds of apples in 2 hours at a recent glean at Hackleboro Orchards in Canterbury. Wow! Additional RSVP volunteers have assisted with delivering peaches to local pantries and the NH Food Bank for distribution. Over 30,000 pounds of produce have been gleaned in all according to the Merrimack County Conservation District.

Thank you!

RSVP

Lead With Experience

Puerto Rico Recovery Effort

When Gov. Sununu called for action to help Puerto Rico recover from Hurricane Maria, RSVP responded! We want to send out to HUGE thank you to RSVP Volunteers Fran Philippe, Kathy Bush, Bill Hodges, Sally Auer, Tom Barker, Ginny Doherty, George Harrington and pictured above Wendy Olson, Cy Sherman, and Bernie Fournier, all of whom assisted with the two day effort that exceeded expectations and brought in 500 pallets of non-perishable food items and water.

RSVP Aids Newmarket Food Pantry Expansion

Pictured left to right Nancy Brown, Allie, Marica Wilson and Geri MacGregor-Smith. All but Allie are RSVP volunteers. The Newmarket Community Church Food Pantry recently expanded and moved into a different space as well as implemented a new system of distributing food. Along with the volunteers pictured above, RSVP volunteers Karen Cotton and Donna Weisman put in a 9 hour day moving the pantry. RSVP volunteer Jonathan Sack was instrumental in designing the new layout and system to replace an overcrowded and slower distribution system. All reports are that it's working extremely well. Thank you all!!

Friends RSVP serving communities in Merrimack, Rockingham, Belknap & Strafford Counties
WELCOME ANDOVER!

Welcome to our newest Bone Builder class at the Andover “Hub”. Classes meet weekly on Tuesday and Thursday at 9am. Leaders are Kim Chandler, Nancie Jacobson, Susan Chase, Pat Cutter and Anne Hewitt.

A Letter of Thanks

Addie,

We share our positive support of the Bone Builders / Strength Exercise Program at the Sunrise Senior Center in Newmarket, NH.

With as many as 28 enthusiastic participants, each has been greeted, encouraged, and affirmed by our primary leader Jan Gerimia.

A solid organizer of our twice weekly programs, Jan knows who we are by name and the realistic essentials of what each of looks for. In particular, she invites group and individual responsibility for appropriate strengthening our bodies ... intensity, duration of our exercises in group.

Jan has arranged for several experienced participants to assist her in making the Newmarket program successful. They include Barbara, Donna, Geri, Karen Mary Ann.

And we are the better in mind, body, and spirit for our regular participation since May.

Good wishes to you and the Bone Builders / Strength Exercise Program.

David and Joyce Williams
Durham, NH

HENNIKER AM

Members of the Henniker AM Bone Builders celebrate their NONAGENARIANS! Seated from left to right are: former leader Bernie Crane at 93 years young, Helen Mackenzie at 95 years young, and Joyce Gosse 92 years young. Congratulations ladies, you are an inspiration to all!

BELMONT SENIOR CENTER

Belmont Bone Builders are led by Barbara Angelone (seated left), Marylou Lavelle (seated middle) and Betty Clark (seated right).

Keep Strong
And
Bone Builder On!
Volunteering to Stay Healthy: A True Story

About a year ago, I called RSVP to have someone come to visit me. As I was not "housebound", I didn’t qualify. It was mentioned that maybe I would like to volunteer. At that time, I was in a very "dark" place and felt I had no purpose in life. It seemed everywhere I turned doors were slammed in my face. What could I offer anyone when I couldn’t even help myself? After several weeks of arguing with myself about volunteering, I decided that maybe I should try it out. Currently, my volunteering helps people from 7 years old to 83 years old. The little ones are refreshing and funny which starts my week off with a mental boost. My elderly people show me how far they have come on life’s journey and make you realize that you can take that same journey. But also it reinforces that “we are never alone”. Several weeks ago, I was sitting relaxing and I had a revelation which was, “this is the happiest I’ve been in a long time”. My demeanor has changed for the better. I have a purpose, I am valued, I am loved, I mean something to quite a few people. If I hadn’t started volunteering this wouldn’t have happened. So, my advice is “give it a try” as, not only are you helping others, you’re helping yourself too!

—Pat W., RSVP volunteer since 2016

Delicious, Nutritious and Good For Your Bones

BONE BUILDER SOUP

1 medium yellow onion
2-3 celery stalks
4 medium carrots
1 medium zucchini
2 cloves of garlic
2 Bay leaves
Salt & pepper
Butter and/or olive oil

2 16 oz cans of white beans
1 large can of diced tomatoes
1 carton of vegetable stock
1 cup of mini pasta
Handful of fresh baby kale

Chop first 4 ingredients and saute in butter and/or olive oil in large pot with Bay leaves. Add salt & pepper to taste. Peel garlic and add whole cloves to pot. Continue to saute until onions are soft and translucent and carrots just begin to soften. Add the beans, tomatoes and vegetable stock. Bring to boil and add pasta. Turn down heat and allow to simmer until pasta is al dente. Add baby kale and let it “wilt”. Enjoy with favorite bread or biscuit!

*To change it up try adding kidney beans or chopped, fresh green beans, or substitute potatoes for the pasta. Try a different leafy green like spinach or shredded cabbage. Have fun and eat healthy!

Mmmm, clip and save...<……

~Thank you to our RSVP Sponsors~

Friends RSVP serving communities in Merrimack, Rockingham, Belknap & Strafford Counties
Volunteer Opportunities

Merrimack County Assistance

General Assistance

Ushers are needed at Concord City Auditorium for all shows throughout the Fall season. Involves 3 hours at evening shows. Some daytime shows are available. Training is provided, new ushers are always welcome.

Ushers are needed at the Capitol Center for the Arts in Concord. Volunteers complete an online registration, attend information/sign up dinner, and receive additional training. No prior experience necessary. Most shows are evenings.

The NH Center for Nonprofits is looking for a volunteer with some computer skills to assist ½ day per week with preparing for events. Tasks would include editing and printing documents, collating/binding/stapling, etc. Knowledge of Microsoft office products is required and ability to do tasks such as setting up mail merges in Word and updating/manipulating Excel spreadsheets would be helpful.

The Children’s Place in Concord seeks volunteers for two hour shifts to read, clean, tie shoes, help get children ready to go outside and play. They might also prepare snack, play with play dough or cuddle a little one who might be missing his or her parents. This placement requires fingerprinting (we can assist you with process).

Capacity Building/Nutrition

Friends of Forgotten Children seeks bright and energetic volunteer with strong organization and communication skills to place and receive food pantry orders. Training is available. Time commitment is about 10 hours/week, Tue, Wed, Thu.

Transportation

Volunteer drivers needed for our Friends Caregiver Program, Future in Sight and Volunteer Transportation Center. Volunteer drivers help seniors with transportation to the doctor, a trip to the grocery store, a stop at the pharmacy. Ride a week or one ride a month – you can make a difference in someone’s life. Some programs offer mileage reimbursement. Call Cindy to find out more.

Companionship

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.

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

Meal Coordinators needed for the Slusser Center in Hopkinton and The Friendly Kitchen in Concord. Team of 5 volunteers to plan and prepare senior meal six times a week during the year. Same meal can be served each time.

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.

Capital Region Food Program needs volunteers to assist with packing and transporting Holiday Food Baskets. Many shifts are available starting Dec 15th at the National Guard Armory in Concord.

Merrimack County Conservation District seeks folks for help at local Farmer’s Markets including SNAP processing.

Children’s Literacy

Friends RSVP is looking for literacy volunteers to be placed in elementary school classrooms to assist with reading and activities. Time commitment is two-three hours/week.

Rockingham County Assistance

Nutrition

Gather (formerly Seacoast Family Food Pantry) in Portsmouth needs volunteers for two hour shifts Mondays through Fridays.

Crossroads House in Portsmouth volunteers are needed to prepare and cook meals, serve meals to the residents and assist with the organization of food donations.

Meals on Wheels at Vic Geary is looking for a volunteer to serve meals at the center on Tuesdays and Thursdays.

Transportation & Companionship

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

Volunteers needed by Friends Caregivers for several 1-2 companionship matches and rides to medical appointments in the Seacoast area.

Community Caregivers of Greater Derry looking for volunteer drivers as well as tech savvy folks to help seniors with range of technology questions including personal computers, tablets and social media.

General Assistance

Newmarket Community Church Thrift Shop needs volunteers. Times and tasks will vary.

Education & Childhood Literacy

Main Street School in Exeter is looking for Math Facts volunteers. Work with first and second grade students in a 1-to-1 setting. Volunteers are trained on simple games that help students build fluency with addition and subtraction. Time commitment is once/week for 45 minutes.

Statewide Assistance

Food Insecurity

Cooking Matters and NH Food Bank are looking for volunteers to assist with Cooking Matters series classes. Classes are held once/week for 6 weeks. Locations and times are varied depending on series. Volunteers assist with class set up, shopping, nutrition activities, and clean up. Classes are taught by Cooking Matters instructors. Additional training is provided. Time commitment is 3 hours/week plus training. Contact us to find a class near you.

Transportation & Companionship

Future In Sight (formerly NH Association for the Blind) needs volunteers to drive and provide companionship for sight impaired clients. A great need for volunteers in the Rochester/Somersworth area. Training is provided.

Capacity Building

InDepth NH is a statewide nonprofit online news organization needing dedicated volunteers with interests in writing, sales, marketing and grant writing experience. InDepth NH focuses on vigorous, independent in-depth news coverage and stories are shared with any news outlet in NH.

NH State Office of Long Term Care Ombudsman seeks volunteer for administrative tasks at the Concord office. Volunteers also sought to be advocates for residents of Long Term Care facilities statewide. Involves application and additional training.
Volunteer Enrichment - Conservation Center Visit

On a warm September morning, several RSVP members and friends enjoyed a guided tour of the Society for the Protection of NH Forests Conservation Center in Concord, led by Director of Education Dave Anderson. We learned about the extensive energy efficient technologies utilized in the construction of the facility over a 30 year period. We also learned about the Society's efforts to conserve and protect our natural resources. After the tour we reconvened at the Merrimack Outdoor Education and Conservation Area trailhead and walked to the Merrimack river through a cathedral of pines. Following the short walk, several folks met for an informal lunch at Arnie's Place on Loudon Road. It was a great way to start the day! For more information about the Society for the Protection of NH Forests visit www.forestsociety.org.

Top picture: from left to right are: Cliff S., Jeff C., Terry S., Coordinator Jen Army, Pauline S., Louise C., Ginny, Doris H., Coordinator Cindy Yanski, and George H. Kneeling in front is Dave Anderson, Director of Education. Not pictured: Iris A.

Calling all Caregiver Volunteers: Recognition and Workshop

You are cordially invited to our 2017 Friends RSVP Caregivers Recognition and Workshop

Guest Speaker: Representative from Home Instead Senior Care

Where: GoodLife Programs & Activities, Smokestack Center, 254 N. State Street, Unit 1, Concord, NH 03301

When: Monday, November 13, 2017 at 2 – 3:30 PM

Please RSVP to Cindy Yanski at 228-7615 or cyanski@friendsprogram.org by Wednesday, November 8, 2017

For all you do let us take some time to celebrate YOU!

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