Important Updates for Retired & Senior Volunteer Program

As many of you are aware, the budget proposal that the White House sent to Congress for the federal fiscal year starting October 1 does include a recommendation to eliminate the Corporation for National and Community Service (CNCS) which is the federal agency that provides the grants that make the Foster Grandparent and RSVP programs possible. All of us at the Friends Program are watching this closely. The budget proposal is just that — a proposal. Congress is responsible for passing the budget. They will make the decisions and pass a budget at some point between now and October. When they do, we will communicate with you what decisions are made and how it affects our program. For now, a 2017 omnibus funding bill is negotiated but not passed. The current budget (vote expected this week) will reduce CNCS slightly but our program will be funded for this fiscal year. 2018 budget negotiations have not started.

What does this mean?
If the 2018 Corporation for National and Community Service is eliminated, the individual programs it supports, including RSVP, may be moved under another agency or they may be eliminated altogether. We simply do not know what will happen yet. We do know that RSVP and other National Service programs have had strong bipartisan support when these budget discussions arose in the past.

What to Expect
You may hear from the Friends Program directly with additional information over the summer. Keep an eye on the mail and on your newsletters. Your Program Coordinator and the Program Director are not allowed to influence legislation. We can educate you about what is proposed and educate the public about who we are and what we do, but that is the limit of our activity.
Everyone is allowed to give their personal opinion to legislators on their own time about the 2018 funding priorities. You are not allowed to do that on your service time, nor are we allowed to do it on our paid time. You may do it on your own time if you wish.
We will update you as we hear more. Until then, keep doing the great work that you do. We are proving how important you are with the service that you give every day.

Contact me or your Program Coordinator at any time with questions or for an update.

Nancy Paul, npaul@friendsprogram.org, 603-228-7606.

Friends Program Welcomes New Executive Director

The Friends Program is excited to announce that it has hired veteran non-profit leader Jay Sinclair to be its new Executive Director starting on June 1, 2017.

Jay has decades of experience in the non-profit sector and, more particularly, as an executive director of both large and mid-sized organizations. He has dedicated most of his professional life to serving the disadvantaged, underprivileged, impoverished, homeless, unemployed and underemployed, ranging from youths to seniors and from individuals to families. With the Friends Program, Jay will continue the work he has done to partner with schools, service agencies, shelters and churches to help bring hope and change to community members in need. He comes to us with high praise from colleagues, board members, donors and volunteers who have witnessed his successful efforts to strengthen and reinvigorate under-resourced groups of society. Jay has recently moved to New Hampshire from New Jersey and leaves behind a lengthy, esteemed career at Star of Hope Ministries where his work and leadership will be missed.

We are thrilled to have Jay joining us in June and look forward to introducing him to supporters of the Friends Program across the Granite State as soon as possible.
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. Dates are: June 29, August 31 and October 26. Please RSVP by calling 603-228-0139 or email cyanski@friendsprogram.org. We look forward to seeing you soon!

Rail Trail Walk & Lunch
Join RSVP for a walk on the NH Rail Trail in Boscawen on Wednesday, May 17. Arrive at the Depot Street parking area in Boscawen by 9:45 am, we will begin walking at our own pace at 10 am and return within an hour. The trail is flat with easy access. Meet fellow volunteers and learn about the history of the Rail Trail. The event is free and everyone is invited to bring a friend. Folks may join us for Dutch treat lunch at Alan's of Boscawen immediately following. RSVP to Jen at jarmy@friendsprogram.org.

Future In Sight Tours & Walk
Have you ever wondered about the help that is provided by Future In Sight (formerly known as New Hampshire Association for the Blind) for people with severe vision loss? You can learn all about the important work we do and hear stories from people whose lives have been transformed as a result of our programs and services. Come see for yourself by taking a one hour Future In Sight tour of our mission. Tours are held on the first and third Wednesday of every month from 8:30-9:30 am at the McGreal Sight Center, 25 Walker Street, Concord, NH 03301. To reserve a space, please contact Marcia Clark at mclark@sightcenter.org or by calling 603-565-2425.

The annual Walk for Sight fundraiser event will be Saturday, June 3, 2017 9am - 2pm. Help support this largest fundraiser of the year! To volunteer or participate, contact Donna Fanny at dfanny@futureinsight.org or call 603-565-2409.

Patsy Cline Remembered at Audi
Stroll down memory lane with the Capital Jazz Orchestra Combo and featured vocalist Liz Saunders. Ms. Saunders has been performing in the New England area and beyond for more than 20 years. Originally from Cape Cod, MA, she made a full circle and moved back to her roots, residing once again by the shores near her home town. Her natural charisma guarantees an entertaining time with this tribute to the great Patsy Cline, as she performs such classics as "Sweet Dreams", "Walking After Midnight", "I Fall to Pieces," and of course, the memorable smash hit "Crazy".

Performance will be at the Concord City Auditorium on Sunday, May 21st at 4pm. Purchase tickets from Capitol Center for the Arts online at www.ccanh.com or call the box office at 603-225-1111. *Win a pair of tickets! See back page for details.

Senior Health & Fitness Day
Join us at the Good Life Center in Concord for a full day of FREE presentations, demonstrations, and healthy snacks on Wednesday, May 31st 9am-5pm. Friends RSVP Coordinator Cindy Yanski will present "Beyond Exercise: Volunteering to Stay Healthy" beginning at 11am. For more information about this event call 603-228-6630.

Spring Into Healthy Giving
On Saturday, June 3, 2017 10am-3pm the Concord Food Coop will host a mini street fair for all ages. Spring into Healthy Giving (SIHG) is a fun and charitable event consisting of a variety of fund raising activities in support of specific participating local nonprofit organizations. The fund raising activities include an exciting array of games, events, auctions, and food. At the center of the fun is Cow Patty Bingo, family friendly activities (petting zoo, face painting, kid's crafts), the Club Soda Band, a food court, nonprofit related merchandise, raffles and auction items. Please visit the Bake Sale table and make your purchase to support The Friends Program Emergency Housing Shelter.

"We all have something to give. If you know how to read, find someone who can't. If you've got a hammer, find a nail. If you're not hungry, not lonely, not in trouble, seek out someone who is. Join the community of conscience.
Do the hard work of freedom.
And that will define the state of our union."

— President George H.W. Bush

It's official! The Seacoast Family Food Pantry has changed it's name to "Gather". The new name was chosen to reflect the heart of what they do best — gather food, gather people, gather ideas and best practices all in the name of addressing hunger and it's root causes in the community. To learn more, please visit their website www.seacoastfamilyfoodpantry.org.
Members and friends of The Friends Retired & Senior Volunteer Program recently enjoyed a tour of the NH State House followed by lunch at The Barley House in Concord. Everyone had a wonderful time and learned so much from Visitor Center Director, Virginia Drew and Granite State Ambassador, Kirsten Powelson. The tour was highlighted by a visit to the Executive Council Chamber where Governor Sununu personally greeted each volunteer. It was certainly a memorable day! Our next enrichment event will be walking the NH Rail Trail in Boscawen on May 17th. See Upcoming Events page for details. We'd love to see you and bring a friend!
Volunteer Opportunities, Help Your Community

**Rockingham County**

*Ongoing*

**Nutrition & Companionship**
*Seacoast Family Food Pantry in Portsmouth is looking for volunteers for 2 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.*

*Rockingham County Nursing home - volunteers needed to visit with residents.*  

*NH Association for the Blind needs volunteers to drive and for companionship. A great need for volunteers in the Rochester/Somersworth area. Volunteers also needed in many other towns.*

*Volunteer drivers needed at Greater Salem Caregivers in Salem and TASC in Hampton.*

*Community Caregivers of Greater Derry looking for tech savvy volunteers to help seniors with range of technology questions including personal computers, tablets and social media.*

*Community Caregivers of Greater Derry has immediate need for volunteer driver to transport Danville man to/from Salem for dialysis Tues, Thurs, Saturday—mid morning & mid afternoon.*

*Adult Day Care volunteers needed in Salem helping those with memory issues.*

**General Assistance**

*Thrift Shop help needed in Durham and Newmarket. Times will vary.*

*One Sky Community Services in Portsmouth seeks office volunteers for multiple projects, including a records project, Human Resources general support, and database support.*

**Merrimack County On Call & One Time**

*Health & Wellness*
*The American Red Cross in Concord is seeking volunteer greeters at upcoming Blood Drives. Volunteers do not work directly with blood and no medical background is necessary. Red Cross personnel will provide a brief orientation. Time commitment varies from 2 – 5 hours per day.*

*General Assistance*

*Love to bake? Are you crafty? Help The Friends Program at the Spring Into Healthy Giving Event on Saturday, June 3rd at Concord Food Co-op from 10-3. Volunteers needed for children’s crafts & face painting activities. Bakers needed to donate items for Bake Sale table. All proceeds from bake sale benefit Friends Emergency Family Shelter.*

*Walk For Sight is the largest fundraiser for Future In Sight (formerly NH Assoc for the Blind). Volunteers needed on walking route for Saturday, June 3rd 9-2pm. Assist participants crossing street, answer questions.*

*Ushers are needed at Concord City Auditorium for all shows throughout the Spring. Involves 3 hours at evening shows. Building codes require a minimum number of ushers in order to host public performances.*

**Merrimack County Ongoing**

*Transportation & Companionship*
*We need volunteer drivers for our Friends Caregiver Program! Our volunteer drivers help seniors do the simple things…like a visit to the doctor, a trip to the pharmacy, a stop at the pharmacy. One ride a week or one ride a month – you can make a difference in someone's life. Find personal satisfaction giving rides to a senior in our community! Please consider being a volunteer driver today.*

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

*Food Pantry volunteers needed at Friends of Forgotten Children in Concord. Stock shelves, fill food orders, break down boxes.*

*Friends Emergency Housing Shelter is looking for a caring individual with every day basic food preparation and meal planning experience willing to share this knowledge and expertise with homeless families four times per year.*

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

*Gardening & Gleaning volunteers are needed to assist local farmers with collection & distribution of produce through the NH Gleans program and/or community gardens. All produce will benefit people in need—sign up today!*  

**General Assistance**

*Friends of Forgotten Children in Concord is looking for help on Wednesday 7 Thursday, 9-5. Assist with building maintenance, Clothing Room, Client Intake, Office Assistant, and handyman.*

*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.*

*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 seeks active volunteers for friendly patient visits and light administrative assistance.*

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

**Statewide Assistance**

*Food Insecurity*
*NH Food Bank Community Garden is looking for folks to assist during the spring, summer, and fall with gardening tasks like planting, weeding, harvesting, and preparing the fields. These tasks are performed outdoors and volunteers should be prepared for physical activity in whatever weather conditions are expected for the day.*

*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.*

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*Friends RSVP serving communities in Merrimack, Rockingham, Belknap & Strafford Counties*
Caregiver’s Spotlight

Friends RSVP Caregiver volunteers are dedicated to assisting our oldest generation live a happier and healthier life through caring companionship and transportation assistance. This worthwhile volunteer opportunity will bring joy to your heart, demonstrate a loving community spirit and help someone in need at the same time. Flexible hours—two hours a week or one hour a month - it is all up to you! To learn more, call us at 603-228-0139.

Caregiver Match Opportunities - Provide Independence

Merrimack County
Companion Opportunity #1: Is a young-at-heart female in her late 80s living in the Hooksett area and a real hot ticket. She’s active, friendly and a true sweetheart. Her biggest need is to get out shopping twice a month but she would also welcome friendly visits.

Companion Opportunity #2: Female in her mid-eighties. She lives in the Concord area, could use someone to visit and check in on her on occasion until the time comes where she'll need 24/7 care. She is a former piano teacher and in a choir so would truly enjoy a friendly volunteer with musical interests.

Companion Opportunity #3: In his early 70’s, a gentleman from Bow would enjoy another guy to “hang with” by going out for coffee or maybe even lunch. In addition to cooking he also enjoys oil painting, wood carving, and plays rock and the blues on his guitar.

Rockingham County
Companion Opportunity #1: is a frail senior in her 90’s from Portsmouth that needs someone to help out around the house with small chores. She has two cats.

Companion Opportunity #2: is a gentleman in his 80’s living in Portsmouth looking for someone to help with transportation so he can do occasional errands.

A special note of appreciation for our Caregiver volunteers

Dear Caregiver Volunteers,

The compassion you show to our Care Receivers is an inspiration for us all. I've noticed how you treat everyone with respect and kindness, no matter what the situation is. We know how stressful it can be for those people who find themselves in need of something as simple as a ride to those who no longer drive, and your words and actions go a long way toward helping them keep their dignity and independence. I just want you to know that your work hasn't gone unnoticed, not by me or by our Care Receivers.

Thank you for all that you do.

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 Army, Program Coordinator, Merrimack & Belknap Counties  
603-228-7608 or jarmy@friendsprogram.org

Nancy Paul, Director of Senior Programs  
603-228-7606 or npaul@friendsprogram.org

Friends RSVP serving communities in Merrimack, Rockingham, Belknap & Strafford Counties
Happy 1 Year Anniversary Bone Builders!

Boscawen
Bone Builders
Led by
Sheryl Branscombe, Laurel Buccino, Elaine Clow, and Lawreen Murphy

Members of the Boscawen and Danbury Bone Builder classes recently celebrated their one year anniversary. Each group marked the occasion with light refreshments and spirited conversations following class. Congratulations!

Danbury
Bone Builders
Led by
Ann Jule, Martha Plaisted and Anne Macaluso

Bone Builders Invited!

All RSVP volunteers, Bone Builder leaders and participants are invited to join "The Boneheads" team. Epsom Bone Builder Leader Tom Barker is forming a team to participate in Merrimack County Savings Bank's 15th Annual Rock-n-Race to benefit Concord Hospital Payson Center for Cancer Care on Thursday, May 18 at 6 pm. To become a Bonehead, contact Coordinator Jen Army at 603-228-7608 or jarmy@friendsprogram.org. www.rocknrace.org

New Classes in Rockingham

The new Kingston BB class will be starting May 16th. The first class will move from 10:15-11:15 to 10-11 and the second class will be from 11:15-12:15 - both are on Tuesdays and Fridays at the Kingston Community Library, 4 Library Lane, Kingston

The new Portsmouth class will start May 8th and will be held at the Portsmouth Senior Center, Community Campus, 100 Campus Dr, Portsmouth. Classes will be Mondays and Wednesdays from 10-11.
10 Ways to Sneak Fitness Into Your Day
-by Selene Yeager for AARP Bulletin, March 2017

You know that you should get at least 30 minutes of exercise a day. But somehow the time slips by, and you never seem to find that half-hour block. No worries. People who sprinkle activity regularly throughout their day—even in one-minute increments—may get the same blood pressure, cholesterol and waistline benefits as people who exercise in longer, more structured bouts, one study suggests. Top trainers Chris Freytag, founder of gethealthyyu.com, and Lindsay Hunt, founder of walkonthehealthyside.com, share their tips for being more active all day long.

1. While Waiting Around
Nobody likes standing in line. Here’s a full-body exercise routine to help pass the time. Squeeze your butt 10 times. Tighten your stomach muscles 10 times. Stretch your arms down behind you and squeeze your triceps 10 times. Rise up on your toes and squeeze your calves 10 times.

2. While Sitting Around
Improve your grip strength by keeping a tennis ball at your desk at work, and another by your favorite chair at home. At least twice a day, grab a ball and squeeze tightly. Hold for five seconds, then release slowly. Repeat 10 to 15 times with each hand.

3. At the Supermarket
Build strength by ditching the cart and using your reusable tote bags instead. Sling one over each shoulder and cruise the aisles grabbing what you need. The additional weight is like walking with a pack on, so it boosts your heart rate and your calorie burn.

4. When Working at a Desk
Sitting is the new smoking: hazardous to your health. If your day includes a lot of chair time, swap a stability ball for your usual perch for 20-30 minute periods throughout the day. (Be sure to stand up and walk around frequently, too.) A stability ball builds core strength and may reduce back pain.

5. While Brushing Your Teeth
Balance deteriorates with age, but there’s a trick to getting it back. When you brush your teeth, stand on one foot for 60 seconds and then switch. When that becomes easy, try balancing while lifting your leg to the side.

6. While Making Dinner
Keeping your shoulders strong and flexible can relieve joint pain and stiffness. So the next time you’re waiting for water to boil, do some arm circles. Keep your arms out to the sides and do 15 circles in a clockwise direction, then 15 circles counterclockwise.

7. While Your Beverages Brew
If you’ve ever had plantar fasciitis—stabbing heel pain that’s common with age—you know it’s important to keep your calves and Achilles tendons from getting tight. Loosen up each morning while waiting for tea to steep or coffee to brew: Stand at arms length from the wall and place one foot behind the other, keeping heels down and knees straight. Lean forward toward the wall bracing with your arms. Bend your forward leg to stretch the calf of your back leg. Hold for 30 seconds. Switch feet.

8. When Getting Out of a Chair
The ability to get in and out of a chair unassisted has implications for your health—and your longevity. Every time you stand up from or sit down in a chair, use just your legs—or use one hand at first for assistance. Do this 10 times a day and you done 10 gym squats, without going to a gym.

9. When At A Stoplight
The muscles supporting your uterus, bladder and bowel can weaken over time, leading to incontinence. Counter gravity’s effects by tightening your pelvic floor muscles (as if you have to pee and you’re “holding it”) when you’re at a red light. Hold for a 10-count, then release for 10. Repeat until the light turns green.

10. While Watching TV
This lower-body workout can be done when your favorite show is on: Lie on your side and do three sets of 15 leg lifts, then three sets of 15 leg circles—raising your leg and rotating it in a circular motion. Switch sides.
National Service Recognition Day was held in Portsmouth, NH. Pictured alongside Portsmouth Mayor Jack Blalock are: Nancy Paul, Director of Senior Programs at the Friends Program; Betty Gilman, RSVP Bone Builders leader for the Portsmouth Recreation Department who also serves at Portsmouth Regional Hospital; and Carla Dow, RSVP Bone Builders leader who recently began serving at Seacoast Family Food Pantry.

Above, RSVP volunteers in Merrimack County assisted with the cleanup of Concord's Cold Weather Emergency Shelter. They spent the morning mopping, cleaning, hauling soiled linens and mattresses. Thank you to all who volunteered this winter. Pictured from left are: Shirley Lamarre, LeRoy Anderson, Peter Bartlett, Gary Nielson, Barbara Pine and Coordinator Jen Army.

On the right, RSVP volunteers Marge Pratt, Mickey Russo, Kathy Bush and Fran Philippe with the first delivery of backpacks for hunger insecure children at Penacook Elementary School.
Since 2005, it has been the honor of Pease Greeters to provide all deploying troops with a free buffet meal and gifts to take overseas or bring home to their loved ones. Each reception costs between $500 and $800 using our cash donations from many generous sponsors for the troops. It is our honor to do this for all U.S. Troops as well as Department of Defense and civilian contractors deploying and returning through the Pease International Trade-port in Portsmouth, NH.

Our photographer has captured many of these moments going back to October 2007. Pictures are NEVER DELETED rather they are uploaded to DROPBOX.COM. If you wish to view pictures, please contact us for the secured link at thepeasegreeters@gmail.com (new email for pictures ONLY).

Additionally, our Care Package program has shipped over 75,000 pounds of items to our troops since Sept 2008. All items are donated as is the shipping costs, which run about $800, per month. We ship between 600 to 700 pounds per month and will include cards or drawings from anyone wanting to send well wishes to the troops. The Troops love them!

Other items given to the troops are phone calling cards (made possible through donations of unusable cell phones "Cell Phones For Soldiers"), Stars from retired flags (for more info please see "STAR VIDEO", https://youtu.be/E3m2WVKrgTk made by AARP in March 2010, and explains the STARS we give out. Over 500,000 have been given out and mailed to different organization all over the USA and of course to those we greet at Pease Int'l Tradeport), and a homemade knitted or crochet beanie.

Our two big projects are for Valentine’s Day, when we ship over 5,000 cards and at Christmas when we ship over 3,500 red, white, & blue gift stockings. For more information about these two projects contact Charles “Chuck” Cove at ccove1969@gmail.com or 603-828-6444.

The Pease Greeters has been a non-profit organization since 2005 and all of these projects are made possible through generous donations. For more information about Pease Greeters and the Care Package project, please contact JoAnne Schottler at 603-772-8620.

Have content to share? We’d like to hear from you! Contact a program coordinator to submit your pictures and stories. Thank you!
Pet therapy offers a joyful respite for patients at the Concord VNA Hospice House. Every Friday, RSVP volunteer Joyce Bennett escorts Bill Bushnell and his trained therapy dog Lola for these friendly visits. Lola is a gentle and loving mixed breed pitbull. She has a calming presence and lots of kisses for everyone she encounters. Bill became a Hospice House volunteer after the passing of his wife and enjoys providing others with comfort during their final stages of life. Joyce and Bill are both dedicated volunteers at Hospice House and find it a very rewarding experience. There are many different ways to be involved at Hospice House and training is provided. For more information about how to volunteer, contact a Friends RSVP Program Coordinator at 228-1193.

Senior Corps Week, May 15 - 19, 2017

It’s the countdown to Senior Corps Week 2017! Each year during Senior Corps Week, we recognize the extraordinary impact Senior Corps volunteers make across our nation every day. This year, Senior Corps Week takes place May 15-19, 2017. As an RSVP volunteer you are a part of Senior Corps under the Corporation for National & Community Service. Conceived during John F. Kennedy’s presidency, Senior Corps currently links more than 270,000 Americans over the age of 55 to service opportunities through three programs: Foster Grandparents, RSVP, and Senior Companion Program. Senior Corps works in countless ways to make communities stronger. Throughout the country, Foster Grandparents are mentoring and tutoring students, Senior Companions are helping frail elderly remain in their own homes, and RSVP programs are providing services such as disaster relief, caring for the environment, supporting veterans and military families, and providing tax preparation services to low-income and elderly individuals. Your contributions of skills, knowledge, and experience make a real difference to individuals, nonprofits, and faith-based and other community organizations throughout Rockingham, Merrimack, Belknap and Strafford counties. Together, The Friends Program RSVP contributed 70,000 service hours in 2016 providing independence for homebound seniors, recruiting and managing other volunteers, serving congregant meals, and leading free exercise classes. To find out more about Senior Corps visit www.nationalservice.gov/SeniorCorps.
Experience the Healthy Benefits of Volunteering

-shared from www.createthegood.org

Volunteering makes an immeasurable difference in the lives of others. But did you know how much you help yourself by giving back? From lowering stress to boosting self-confidence, volunteering offers many health benefits—especially for older adults.

Just search the web: There are over 19 million hits for articles on how doing good helps people lead better, healthier lives. Start reaping these mental and physical health benefits today:

1. Decrease your risk of depression. Volunteering with and for others increases social interaction and helps build a support system based on common commitment and interests—both of which have been shown to decrease depression.

2. Enjoy a sense of purpose and fulfillment—and increase your self-confidence while you’re at it!

3. Stay physically and mentally active. A study released by Johns Hopkins University in 2009 revealed that volunteers actually increased their brain functioning. Volunteer activities get you moving and thinking at the same time.

4. Reduce stress levels. By savoring your time spent in service to others, you’ll feel a sense of meaning and appreciation—both given and received—which can be calming.

5. Experience “The Happiness Effect.” You know that feel-good sense you get after a vigorous workout? It comes from a release of dopamine in the brain. Helping others has that exact same effect—so the more you volunteer, the happier you become!

6. Live longer. In 2002, doctors studied more than 6,300 retired persons over 65 and found that the volunteers among them had less than half the risk of dying compared with non-volunteers. Give back and enjoy a longer, more fulfilled life!

Get active now!

Ready to start experiencing these health benefits? There are many different volunteer opportunities with RSVP: become a mentor, take a homebound senior to medical appointments, provide friendly visits to people in need, help your community. It’s easy, contact a program coordinator today.

Friends RSVP serving communities in Merrimack, Rockingham, Belknap & Strafford Counties
RSVP Events - Join Us!

♦ May 17, 2017 - Rail Trail Walk in Boscawen at 10 - 11am followed by lunch at Alan's of Boscawen
♦ May 18, 2017 - Join RSVP team “Bone Heads” at the Rock-n-Race & Walk to benefit Concord Hospital Payson Cancer Center. Starts at 6pm.
♦ May 21, 2017 - Patsy Cline Remembered, 4pm, Concord City Auditorium
♦ May 31, 2017 - Celebrate National Senior Health & Fitness Day at the Good Life Center in Concord, 9am - 5pm. Coordinator Cindy Yanski will present “Beyond Exercise: Volunteering to Stay Healthy” at 11am.
♦ June 3, 2017 - Spring Into Healthy Giving, 10am - 3pm, Concord Food Co-op. Visit our Bake Sale Table! All proceeds support The Friends Program Emergency Housing Shelter.
♦ June 3, 2017 - Annual Walk For Sight, 9am - 3pm, Future In Sight 25 Walker St, Concord
♦ June 6, 2017 - Get Moving, Stay Moving: Healthy Aging Conference, Colby-Sawyer College in New London, 9am - 12pm. Coordinator Addie Tarbell will present Bone Builders program.

WIN A PAIR OF TICKETS to see “Patsy Cline Remembered” at the Concord City Auditorium on Sunday, May 21st at 4pm.

To enter call 603-228-0139 or email jarmy@friendsprogram.org and simply leave your name. Entries must be received by 3pm on Friday, May 12th. A name will be chosen randomly from all names submitted. Any RSVP volunteer may enter to win. One entry per volunteer. Tickets are complimentary, have no monetary value and may not be sold.

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.