The Vaughan Awards have been presented annually in New Hampshire since 1962, and were initiated in honor of Joseph D. Vaughan, a legislator who advocated on behalf of seniors. The awards are presented each year to one individual or one couple from each county who are age 60 or older and have demonstrated outstanding leadership and volunteer service.

The Friends Retired and Volunteer Program extends our congratulations to RSVP volunteer Cay Bowman for receiving the Vaughan Award for Merrimack County. Cay currently volunteers at Merrimack County ServiceLink as “a certified State Health Insurance Assistance Program counselor, specializing in Medicare Part D. Her depth of knowledge of this most complicated program enables consumers to make informed choices about their healthcare. Cay motivates and inspires her peers and makes a difference in the lives of every person she meets.” Servicelink was very honored to sponsor her nomination this year. Congratulations Cay!

Those who can, do. Those who can do more, volunteer.

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

Join Us For A Tour Of The Conservation Center

For our next enrichment opportunity we will visit the Society For The Protection Of New Hampshire Forests to take a guided tour of the Conservation Center building and walk the trail along the Merrimack River on conservation land. The tour is about 30 minutes and the walk is a 45 minute loop which we will walk at our own pace taking our time to “take in the lovely surroundings.” Rebecca, Receptionist for the Society tells me this spot is the prettiest place in Concord.

The tour and the walk is scheduled to take about 1 1/2 hours. After we’ve worked up an appetite, we’ll head over to Arnie’s Place for a Dutch treat lunch. These events are a great place to talk with fellow volunteers and learn a bit more about our great state. We hope you’ll join us!

**September 25th at 10 AM.** Plan to arrive at the Conservation Center 10 early. Please RSVP to Jen and Cindy at 228-0139.

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: **August 31 and October 26.** Please RSVP by calling 603-228-0139 or email cyanski@friendsprogram.org. We look forward to seeing you soon!

2017 Fall Season At The Audi

The season opens with the GALA — An Appreciation Celebration as The Audi says “Thank You, Concord” Sunday, September 17. The Arts Party and Arnie’s Ice Cream Social starts at 6 pm, the GALA Show curtain rises at 7 pm and we welcome the 113th year of community-based arts and entertainment at City Auditorium.

The season calendar and specific show information will be sent out at the first Pitch In session, Monday, August 21.

For further information now, please contact David Murdo, 344-4747 and nhdm40@comcast.net

Have You Heard Of The Kindness Rocks Project?

Find a rock...share a rock! We’re looking to bring the painted rock scavenger hunt craze to Concord, NH through The Kindness Rocks Project. We hope you'll feel inspired to paint a rock and leave it somewhere in the Concord community for your neighbors to find - spreading a little kindness around our community!

This project is starting as part of Intown Concord's Discover Downtown Series, which is sponsored by T.D. Bank, We hope the project takes on a life of its own beyond Rock On Fest (August 11 and 12) and continues to inspire others through random acts of kindness for a long time to come.

Let's spread a little kindness around Concord!

- Christa, The Place Studio & Gallery and Michelle, Intown Concord
Caregiver News: Ride Software Is Coming!

We are very excited to announce thanks to a grant from the Samuel P. Hunt Foundation our Caregiver's Program will be using RideScheduler software to help manage our rides list in the near future.

This software was designed with you, the volunteer driver, in mind and offers very cool tools to help you with your volunteer service.

Key features:
- Driver ease of use
- Client, driver and destination information is entered only once and it is there to choose from as each ride is added
- Add new rides easily with a few mouse clicks
- Automated phone and email reminders
- Drivers can assign themselves to rides without having to log in
- Drivers can access and manage their rides
- Usage and historical reports
- Manage driver's availability

If you do not use a computer or those that choose not to use this new software there will be no changes to your process as we will continue to communicate with you via the phone.

We are in the process of setting up the system. We anticipate this will take a couple of weeks. Once we're ready to go, we will send you your individual log in credentials via email and your training options.

In Memory

Dennis Pizzimenti

BOW – Dennis Pizzimenti, 70, of Bow, passed away peacefully at home Monday, July 17, 2017. An accomplished criminal defense attorney, he lived his life with no regrets, loved his family deeply, and made everyone’s favorite Lasagna. He was the self-proclaimed 6-times Eastern State Champion of water skiing, the life of every party, always on stand-by with a joke, and a member of the National Puzzlers' League who eagerly awaited the arrival of the monthly publication The Enigma. He enjoyed running the board at Jeopardy, spending time with his close circle of friends, being a decades-long regular at "Tio's," and daily trips to McDonald's for his morning coffee. He could be easily spotted around town in his SAAB with its unmistakable "WWIII" Veteran license plates.

He served in the U.S. Air Force and was stationed in Thailand and Vietnam. He graduated with a Bachelor's Degree in Economics from The University of Puget Sound in Tacoma, Wash., and received his law degree in the first graduating class from Franklin Pierce Law School in 1976. After working as a public defender, he opened his own law practice with partner David Immen in 1981 and worked there until his retirement in 2012. Post-retirement he enjoyed traveling with his wife, Benette, volunteering for the RSVP program in Concord, and spending Poppa time with his granddaughter, Fran.

He is survived by his high school sweetheart, his beloved and ever-patient wife, Benette; his beautiful and charming daughter, Julia and her husband, Jake; his two grandchildren, Frances, 2, and Silas, 6 days; and his brothers, Bruce and David.

A memorial service will be held on Saturday, July 22, at 2 p.m. at Bennett Funeral Home, 209 North Main St. in Concord with a Celebration of Life reception immediately following for family and friends. In keeping with Dennis' non-conformist attitude, please feel under no obligation to wear black.

In lieu of flowers donations can be made to Friends RSVP Caregivers Program 202 N. Main St. Concord, NH 03301.

"Remember, George: no man is a failure who has friends." - It's A Wonderful Life

Published in The Concord Monitor on July 19, 2017

For the last 5 years, Dennis was a dedicated volunteer driver for the Caregivers Program where he gave hundreds of hours assisting homebound seniors with transportation. He will be missed by us and all those that knew him.
Bone Builder Leaders' Annual Refresher

Each Spring Bone Builder leaders are invited to attend an annual "Refresher" class led by Certified Master Instructor and RSVP Coordinator, Addie Tarbell. It's an opportunity for leaders to network, ask questions, review and refine exercise techniques as well as share ideas. There are currently 29 active Bone Builder classes in Belknap, Merrimack, and Rockingham counties. Thank you all for your commitment to healthy bones and thank you Addie for your continued leadership and inspiration!

Cross Roads House and Gather Announce New Partnership

Cross Roads House is thrilled to announce a new partnership with Gather, formerly Seacoast Family Food Pantry, which will help both organizations maximize resources, reduce food waste, and help more people in the community.

Volunteers from Gather are now utilizing excess perishable food from both agencies to prepare meals that can be frozen for future use at the shelter or the food pantry, or individually packaged and delivered to housebound members of the community by Gather. Additionally, plans are in the works to add cooking and culinary skills classes for both Cross Roads House residents and Gather clients. All of these activities will be taking place in Cross Roads House's commercial kitchen space and overseen by Cross Roads House Kitchen Coordinator Michael Jacobs.

Re-purposing perishable food that previously was going to waste is a fantastic way for both our agencies to increase our efficiency and have a greater impact on the clients we serve."

In the first three weeks of the re-purposing program, volunteers have already prepared 160 meals for members of the community who are housebound.

Funding for this pilot program has been generously provided by the Thomas W. Haas Fund of the New Hampshire Charitable Foundation.

Cross Roads House Executive Director Martha Stone says, "We are so excited about this new collaboration with Gather."
Message From Our Executive Director

For as long as I can remember vacation has been part of my families' annual calendar. As a child with my parents, and then as a parent with my children, the Sinclair tribe has driven, flown, trained, bussed and cruised to many special destinations in the States and beyond to enjoy time away from work and the routine. We have slept in tents, under the stars, in rustic cabins, smelly trailers, Motel 6's and Five Star Hotels on lumpy cots, comfortable enormous beds, car backseats and hard floors. We have visited aunts and uncles, brothers and sisters, best friends, cousins and best of all, grandparents.

The family vacation has been significant to the Sinclair family because it has afforded us the opportunity to experience new things, test our limits, learn about the history of a place and its people, and expand our world view. Most of all, it has given us a safe and protected space, as a family, to create a memory. Memories, not so much of what we saw, or what we did, but memories of our time together, our laughter, our excitement, and of how we felt, or what we experienced as a family.

I am amazed and grateful for all of the special places far from home, that we were able to visit, the people we have met and the unusual things that we were able to do on a limited budget. This causes me to think about the vacation memories that we created visiting local places and doing things that were not so unusual. Vacation memories of playing board games late into the evening, taking a walk at a local park, catching fire flies in the yard, hanging with a neighbor, singing crazy songs at the top of our lungs, and of course, cooking hot dogs and hamburgers on the deck. Yes, travelling to a faraway place was spectacular but the back yard or the local park was no less spectacular, because being with the family is about as good as it gets.

For some of the children and families and seniors that participate in the Friends Program taking a vacation to a faraway place might not be possible for a variety of reasons. But the faithful volunteers and generous donors of the Friends Program do something that matches any vacation to a faraway place. They enter into the lives of those we serve making everyday events like going to the park, or providing transportation, or visiting a local museum, or just listening to music together, nothing short of spectacular. And let's not forget those that offer time to mentor children, help seniors struggling with food insecurity and ensure that families in crisis have shelter. These compassionate gestures are things that families do for one another as they spend time together. Being with family, and I include the Friends Program family, is about as good as it gets. - Jay Sinclair

Volunteer Enrichment - NH Rail Trail

RSVP volunteers Jim Dimick, Shirley Lamarre, Bill Hodges, Bob Tomich and Iris Altilio and a few friends along with program coordinators, Jennifer Army and Cindy Yanski (not pictured), enjoyed the great outdoors on a gorgeous day in New Hampshire.

We met at the Depot Street parking area in Boscawen by 9:45am and started out right around 10am. We walked for about an hour, spotted a bit of wildlife, learned about the rail trail and talked with fellow volunteers along the way. We finished it all off with lunch at Alan’s of Boscawen. Everyone left smiling.

Join us for our next Volunteer Enrichment, a tour of Concord’s conservation center on September 25 at 10AM.
Volunteer Opportunities

Rockingham County
Ongoing

**Nutrition & Companionship**
Gather (formerly Seacoast Family Food Pantry) in Portsmouth is looking for 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.

Rockingham County Nursing Home volunteers needed to visit with residents.

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.

**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.

Concord City Auditorium annual mailing will be Monday, August 21st at 9am in the Lobby. Folks are needed to collate and stuff 5,000 piece mailing. Refreshments provided.

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**
The Children’s Place in Concord seeks volunteers for 2 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.

Children’s Literacy
We’re looking for literacy volunteers to be placed in elementary school classrooms to assist with reading and activities. Time commitment is two-three hours weekly.

Statewide Assistance

**Food Insecurity**
NH Food Bank Community Garden is looking for folks to assist during the summer, and fall with gardening tasks like 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.

**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.

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.

**Meal & 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 during the year. Same meal can be served each time.

Merrimack County Ongoing

**Transportation & Companionship**
We need volunteer drivers for our Friends Caregiver Program! Our volunteer drivers help seniors with transportation to the doctor, a trip to the grocery store, 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!

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.

Friends of Forgotten Children seeking volunteers to assist with Christmas Toy sign ups. Dates are Aug 26 & 30 10am-2pm, Sept 25 5-8pm, Sept 30 & Oct 21 10am-2pm, Oct 25 5-8pm, and Nov 6 10am-2pm.

Family Promise needs help with transportation for a family for approximately 2 weeks.

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.

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.

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Recognizing Our “Power Volunteers”!

We love ALL our volunteers at RSVP of Merrimack, Belknap, Rockingham and Strafford Counties. Every hour you give of your valuable time to serve others helps build our community up making New Hampshire a warm and welcoming place to live.

This summer we wanted to acknowledge and thank those volunteers who served our community by giving 125 hours or more of time to their respective placements.

We understand volunteers have other obligations and time constraints that keep them from volunteering as much as they'd like. We are extremely proud to say these gifts went out to 121 of our volunteers—our Power Volunteers! ...maybe we'll have 200 next year?!

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 its root causes in the community. To learn more, please visit their website www.seacoastfamilyfoodpantry.org.

Congratulations to Bone Builder participant Bob Ray who recently celebrated his 91st birthday at the end of June. Bob spent most of his life in Maine then moved to Atkinson to be with his son. He enlisted in the Navy when he was 17 years old and served on a patrol craft in the South Pacific from 1944 - 1945. Bob loves stone walls and has built many of them in his lifetime. He also enjoys hiking and has climbed all the 4000 footers! At 91 he continues to stay very active. Along with participating in the Atkinson Bone Builders class, he has a stationary bike at home in front of the TV and rides at least an hour a day, if not 2. Way to go Bob! Pictured with Bob is RSVP Coordinator Addie Tarbell.

Stop By The Ray-Fre Senior Center
By Marty Devine, President

Ray-Fre Senior Center is a member-owned social club serving seniors in Raymond, Fremont and the surrounding area. We are open Monday through Friday, and new members are always welcome. Our current membership is 114 members. Ray-Fre looks forward to improving the lives of seniors by providing an environment that will bring out their best.

We have many activities for area seniors with scheduled cribbage, bingo, Meals On Wheels, billiards and exercise groups. The Center is home to the Knitting & Crocheting Group. The Center also hosts an exercise class. Our pool room is always busy. There are speakers on health topics and other matters concerning seniors, and issues of public concern, join us from time to time, and we host New Hampshire Humanities and other educational events. We also reach out to the community as a cooling center and offer rides to the polls. Our members are always willing to lend a hand to those who need help.

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!

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.