

The Volunteer Voice

Winter 2020

Warm winter greetings from the RSVP staff! We hope you are well and continue to stay safely at home. Looking for ways to survive the coming winter? Authorities offer the following advice to help beat those winter, pandemic blues:

- Bundle up and go outside for a walk. Fresh air and exercise are always good for the spirit.
- Keep a regular daily routine, this helps to alleviate the feeling of chaos and lack of control of your environment.
- Eat healthy meals. Make soups or casseroles that will cover several meals. This helps avoid the temptation to grab something unhealthy when you are hungry.
- Listen to music. A recent survey showed that music improves people's moods, it helps to increase productivity, and creates positive memories. So Sing, Play or Dance! Music is good for the soul!
- Stay in touch with friends and family, pick up the phone or visit on Zoom. Social interaction is important.
- Learn something new, it stimulates the brain. Look for online classes on topics of interest.

Let's Stay Connected



It's important that we stay connected with each other through the coming winter. We will be spending much more time indoors than usual and many of us will be spending a lot of time alone. We are interested in forming a few online groups that meet occasionally to enjoy each other's company and support each other. Would you be interested in an online volunteer opportunity, a book club, or a discussion group? We will be sending out a survey soon to gauge your interest.

Silver Needles Knitting Group

The Nashua Soup Kitchen and Shelter and other agencies in our area are concerned that there will be an extreme need for warm clothing this winter. They are requesting donations of hats, mittens, scarves and quilts for families in need. Several of our RSVP volunteers knitted through the summer and, as a result, recently donated over 200 knitted hats, mittens, and scarves to the Nashua Soup Kitchen. A few of the donated hats are pictured below.



In response to this need, we are excited to announce that we are reviving the RSVP Silver Needles knitting group! We will provide all materials needed for this project (knitting needles, crochet hooks, yarn, etc.) We would love to have you join us! If you would like to learn more, please email us at RSVP@snhs.org.



Save the Date for the RSVP Volunteer Appreciation Breakfast

Our next Volunteer Appreciation Breakfast is scheduled for Thursday, May 6, 2021 at the Doubletree Inn in Nashua, NH. Save the date, hopefully it will be safe to celebrate together!

Volunteer Appreciation Drive-By

Thank you to all the volunteers who stopped by to say hello at our Volunteer Appreciation Drive-By events last month. Approximately 70 volunteers stopped by to receive appreciation gifts and awards. It was great to see everyone!



President's Volunteer Service Awards

In 2019 SNHS RSVP became certified to award the President's Volunteer Service Award to its volunteers. This nationally-recognized award was earned by 66 amazing RSVP volunteers:

- 54 RSVP volunteers received the Bronze Award, serving 100-240 hours in 2019.
- 8 RSVP volunteers received the Silver Award, serving 250-499 hours in 2019.
- 4 volunteers received the Gold Award, serving 500 or more hours in 2019.



Bronze Award Recipients

Ruth Andrus
Irene Arsenault
Marie Augros
Edith Babcock
Jeanne Bergeron
Marie Bergeron
Rachel Bernier
Ruby Borkman
Christina Brown
Louise Burbank
Pauline Burke
Lorraine Charron
Sonya Clay
Marion Crowley
Delores Davis
Paula Delaney
Michaeline DellaFerra

Richard Diez
Mary Donahue
Robert Donahue
William Emerson
Linda Farrugio
Denise Fregault
Robert Fregault
Pat Goodman
Jack Hopfenspirger
Donna Howard
Edward Jakubowski
Irene Jenness
Simone Larochelle
Kathryn Layne
Priscilla Letendre
Maria Marlowe
Deanne Martin
Ann Mason

Carmen McInnis
Anne Moran
Virginia Pennell
Gloria Peno
Paul Plouffe
Alice Rattigan
Donald Robey
Jeanne Robey
Claire Roy
Sheila Sedmak
Andrew Seremeth, Jr.
Loretta Seremeth
Gisele Sevigny-Fontaine
Mary Stroup
Norma Valley
Judith VanKleef
Vivian Villemure
Jacqueline White
Nancy Winslow

Silver Award Recipients

Rita Clark
Aline Demers
Grace Johnson

Therese Johnson
Yvonne La-Garde
Sherry Spencer

Evelyn Verbeck
Charles Wentzell

Gold Award Recipients

Assunta DiFranco
Marcia Lorang

Nicholas Lorang
Nancy Smith

Years of Service Awards

We thank the following volunteers for their dedication through the years. These volunteers received Years of Service pins at our drive-by events. If your name is on this list and you have not received your pin, please contact us at RSVP@SHNS.org.

Five Years

Marie Augros
Sandra Buchanan
Louise Burbank

Nathan Chapman
Sonya Clay
Mimi Crowley
Si LaFrance

Pauline Lambert
Allan Maclellan
Judith MacLellan
Pamela Magrath

Ten Years

Robert Donahue
Robert Godo

Ginni Guinesso
Joanna McCarthy

Carmen McInnis
David Mooney

Fifteen Years

Marcia Lorang
Nicholas Lorang

Twenty Years

Priscilla Letendre

Thirty Years

Mary Donahue
Pauline Porder
Sheila Sedmak

A New Look!

We are still RSVP, but are now under the AmeriCorps Seniors' new brand. The National Service Corporation, who provides funding for RSVP, also provides funding to many other organizations. They realized that great work was being done by all these organizations, but because they were under so many brands, it was difficult to get a picture of the impact that was being made.

Therefore, they decided to incorporate the 27 organizations into two: **AmeriCorps** and **AmeriCorps Seniors**. This will make the brand more recognizable to others and it will be easier to promote the wide variety of programs. Our name (RSVP) and our funding have not changed. You will not see any changes in our programming except for the new logo.



TIDBITS FROM RSVP STAFF

Donna Konop, Healthy Futures Program Coordinator

We use our hands to do so many things: tie shoes, open jars, drive, and use our phone - to name a few. It's hard to do most tasks without our hands, unfortunately as we get older, our hands may become weaker and less flexible. Try these exercises will help to keep your hands in top form: [Hand Exercises](#)

Donna Konop



THREE BEAN SALAD RECIPE

Ingredients: • 16 oz. bag of frozen green beans (or use fresh) • 1 15 oz. can of Chick Peas (garbanzo beans), rinsed & drained • 1 15 oz. can of Kidney Beans, rinsed & drained • 2 celery ribs, finely chopped • 1 red bell pepper, finely chopped • ½ cup finely chopped shallots • 6 tbsp. extra virgin olive oil • ¼ cup cider vinegar • 4 tsp. honey mustard • 1 tbsp. honey • ½ tsp black pepper

1. Boil green beans. Do not overcook, drain and dry them off so they are not wet
2. Place green beans chick peas, kidney beans, celery, red pepper and shallots in a bowl. Stir to combine.
3. In a separate bowl whisk together oil, vinegar, mustard, honey and pepper.
4. Pour dressing over beans and toss well until evenly coated
5. Cover & refrigerate.

Linda Trust, Volunteer Services Program Manager:

Being stuck indoors all winter is a great time to learn something new. Check out these sites to keep your mind and body active:

[OATS.org](#) (Older Adult Technology Services)

This site offers several free classes each day on a variety of topics, for example, stretching, chair yoga, how to use Zoom, and group discussions. These classes are interactive and are held on Zoom.

[Udemy.com](#)

This website offers over 130,000 inexpensive classes, most classes are under \$15.00. You can find almost any topic imaginable on this site, for example, marketing, computer classes, personal development, and drawing!

[YouTube.com](#)

This website contains videos uploaded by individuals. You can find almost any topic of interest on this site.

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From Deborah Cox-Roush, Director of AmeriCorps

Elder Justice Corner-'tis the Season for Scammers

The holiday season ramps up the grinchers who target seniors because they know that seniors are more charitable and more vulnerable so it's the perfect time to take advantage of their generosity. While it's encouraged to help those less fortunate and/or legitimate charitable causes, we also want seniors to be cautious, especially when it comes to some of the more popular holiday scams like the ones listed below:

Charity Cheaters – You receive a call from someone who poses as a representative from a charity that may be a made up cause. Before giving, check to ensure that the charity is indeed, legitimate. You can find a list of reputable charities at www.charitywatch.org or by visiting the Better Business Bureau's Wise Giving Alliance at give.org.

- Fraudulent gift cards – Many seniors find that gift cards are a great gift for adult grandchildren or those on their own. Be care where you purchase your cards because fraudsters are known to tamper with gift cards displayed in grocery stores. A better bet is to purchase your gift card directly from the retailer at their register or on their website.
- Gift card scams - Victims are contacted by the scammer and then prompted to purchase gift cards and send the numbers to the scammer. The scammer promises to pay them back, but never does.
- Online shopping scams – We all love a good bargain but scammers use fantastic discount deals to lure you into downloading a fake app that may look like a familiar retailer. Before downloading, check to see if the retailer's name is spelled correctly and/or if there are any reviews posted about the retailer. If there are typos and no reviews, it's probably a fraud.
- Online Secret Shopper – You're invited by email to shop online and may even be offered payment. However, to get started you must provide your financial information. Avoid these offers as online secret shoppers are rarely recruited through email or social media.
- Problem with your purchase: You receive an email that you believe has come from a business you've shopped at that indicates there is an issue with your order. They ask you to click a link to provide your information again. A legitimate email about your order would provide you an order reference number and you would be asked to login to your account – not click a link.
- Grandparent Scam – This is one that never seems to go away and holidays are a perfect time for this scam as families are connecting or reconnecting. The scammer pretends to be a grandchild or other relative in trouble and are experiencing some form of medical, legal, or financial difficulty. They need for the grandparent to send money for bail, legal fees or hospital bills. Remember that money is rarely of immediate concern during a medical or legal emergency so you have time to conduct due diligence.

To avoid this scam, tell them you'll call them right back. Then call your grandchild or relative directly. If they are safe at home, you'll know it was a scam.

In general, beware of any request to wire money, especially if they've created a sense of urgency that is designed to pressure you into taking quick action without thinking. It's great to be generous during the holidays but scammers are clever so you'll need to also be careful. Do the following three things to conduct due diligence:

1. When online, investigate offers before clicking any links or providing sensitive information.
2. Confirm the identity of people who reach out for help and verify any organizations that contact you.
3. Just say no if you sense something isn't quite right.

Remember – Stay vigilant if you really want to enjoy the happiest of holidays.