

Carroll County Retired & Senior Volunteer Program

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**AmeriCorps
Seniors**

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Upcoming Events

7/20 - Flatbread Company

Dine to Donate

7/21 - Trail's End

Cones for a Cause

8/4 - Cheese Louise

Cheesin' for a Reason

9/22 - Lake Kezar Country

Club Golf Tournament

Quilt Raffle Ticket Sales

7/03 & 7/04 - Gibson Center

Craft Fair (Fourth of July)

9/04 & 9/05 - Gibson Center

Craft Fair (Labor Day)

10/9 & 10/10 - Gibson

Center Craft Fair

Don't Forget to follow us on our website or social media at CCRSVP for more information about upcoming fundraising events!

Like us on

facebook



From the Director

A thank you to our volunteers!

As states and districts gradually lift and reduce their shelter-at-home or similar orders, RSVP volunteers who have been sheltering-in-place are beginning to return to their community-based organizations with excitement. Organizations are working hard to figure out the best way to keep our volunteers up-to-date and make sure they feel safe as they return to their volunteer services.

In planning for volunteers returning organizations are evaluating what a sustainable future looks like for both their volunteers and their organization. Volunteers are being provided guidance on how to get involved again. Many organizations have adapted new protocols and strategies to adhere to social distancing regulations.

Although there are still many unknowns, one thing that is for certain is that volunteer service will never be the same as before the pandemic. Fresh thinking is needed now more than ever because volunteers have unique attributes that put them at the heart of restoring societies and economies when this stage of COVID-19 has passed. They are part of the communities they support, they develop a deep understanding of local needs and the challenges, and they are uniquely flexible. Volunteers make a positive impact on every organization they touch.

A special note to all our volunteers - We missed our Versatile, Optimistic, Lovable, Understanding, Nice, Talented, Energetic, Enthusiastic, Resilient volunteers who sheltered-in-place during the COVID-19 pandemic. Your absence was felt keenly.

Welcome back!

Sincerely,

Mary Carey Seavey

Director

**WELCOME BACK
VOLUNTEERS!**



RSVP Volunteer Bulletin Board



Ronald Gabaree
Transportation Award



Doris Sirois
Barbara Hunt Award



The Gibson Center for
Senior Services
Volunteer Station Award

In Memoriam

Amy Gardner
Frederick Kennett
David Manley
Raymond Stineford
Ann Elizabeth Wilcox

Volunteer Appreciation Luncheon

Volunteers Recognized for their Dedication to Community Volunteer Service

Each year, Carroll County RSVP recognizes its core of over 375 volunteers for all of the work that they accomplish in addressing community needs in Carroll County. The 2021 Volunteer Appreciation Luncheon was held on Thursday, June 6, 2021 at the Wentworth Inn in Jackson. Over 160 volunteers, advisory council members, and invited guests attended the event.

Each year at the luncheon we take the time to recognize stand out volunteers that have shown exemplary service to our neighbors in need. This year's honorees included: Ronald Gabaree - Transportation Award; Doris Sirois - Barbara Hunt Award; Mary Miller - Quality of Life Award; and Gibson Center for Senior Services - Volunteer Station Award.

Ronald Gabaree joined our Non-Emergency Medical Transportation Program in December of 2020 and has been extremely instrumental during his short-term as a volunteer driver in making sure clients do not miss medical related appointments because of transportation problems. Ron has driven over 3,000 miles to help community members gain access to crucial healthcare service, both locally and long-distance. This was no easy task for a single volunteer to accomplish during the COVID-19 pandemic, but Ron did every transport with professionalism and ease.

Ron is an amazing volunteer. He is reliable and committed, and often fills a request for medical transportation within a 24-hour notification period. Ron not only transports clients to their medical appointments, he patiently waits for them to complete their appointments, drives them to the pharmacy, if needed, and safely delivers each client back home. Ron is more than just a volunteer driver. He is a compassionate, flexible, selfless individual who not only provides personalized transportation service, but gives the gift of companionship and friendship to each client he transports, which is extremely important to the person who needs solicitation. Without dedicated volunteer drivers like Ron, many seniors, adults with disabilities, and veterans in Carroll County could not access essential medical services. They would live shorter lives, and in many instances, be prematurely institutionalized.

Doris Sirois wears many hats; she joined RSVP as a volunteer in September of 2008 and has over 8,300 lifetime hours of volunteer service. Both Doris and her husband, Paul, began their volunteer service with RSVP at the Freedom Food Pantry Station in 2007. In 2012, Doris was appointed the co-director of the Freedom Food Pantry. As the co-director Doris is responsible for the administrative tasks of running a pantry, sorting, packing, and distributing food. She is also accountable for ensuring that the pantry is adequately stocked with a variety of food, and makes runs to grocery stores, if needed, to ensure that the pantry is always filled with quality products that the community needs. In addition to Doris' volunteer commitments to the Freedom Food Pantry Station, she has been a volunteer at the Ladies Guild of the First Christian Church of Freedom for over 13 years, where she has donated over 2,600 hours of volunteer service. Doris truly exemplifies the spirit of volunteerism, an individual who is compassionate, kind, idealistic and more than anything, selfless.

The Gibson Center for Senior Services provides opportunities for RSVP volunteers to stay actively involved in their community with purpose and dignity through their Meals on Wheels Program, congregate meals, thrift shop, and fundraising activities.

RSVP Volunteer Bulletin Board (Cont.)

When the COVID-19 pandemic hit in March 2020, the Gibson Center for Senior Services was forced to cease its congregate meals program, health and fitness activities, recreational activities, and scale back its transportation program. It did, however, continue its Meals on Wheels Program - on the front line 5 days/week, focused on doing all they could to keep older adults at risk of isolation and the emotional stress that brings, safe and nourished. COVID vaccination appointments were the highest priority for the Gibson Center for Senior Services. On March 30, 2021 the Center saw the completion of its vaccination clinic - 117 Meals on Wheels recipients and drivers, RSVP drivers, and many Gibson activity participants received vaccinations. The Gibson Center also provided rides to the Mt. Washington Observatory / Memorial Hospital vaccination clinic as part of our ongoing effort to increase vaccine access in our community. RSVP thanks the Gibson Center for Senior Services for providing opportunities for RSVP volunteers to make a difference in their communities.

Mary Miller exemplifies the seven characteristics that every great volunteer has in common:

- They Have a Fearless Approach
- They Have Infinite Patience
- They Can Think Creatively
- They Are Eager to Take Initiative
- They Stay Humble About Their Work
- They Are Driven by Passion
- They Can Work in Teams



In 2020 during the COVID-19 pandemic, Mary stepped in for her mother, Barbara Hoyt, to head-up Dinner Bell North, offering free meals once a week to anyone who comes to their door in need. Mary is not only charged with preparing meals, she is also charged with picking up supplies every week, stocking shelves, and packaging meals for distributions. The quality of food prepared by Mary is equally matched by the amount of love and care she has for our community. Mary's willingness to become involved is inspiring and her positive attitude is compelling. RSVP is honored to have volunteers such as Mary Miller, who unselfishly gives of their time and talents in service to our community. We truly appreciate all her contributions.

Outreach to Volunteers



The RSVP Bone Builders Program relies upon weight training and balance exercises to protect against fractures caused by osteoporosis by increasing muscular strength, balance and bone density. Studies published in the New England Journal of Medicine and the Journal of the American Medical Association show that elderly women who participated in a weight training program twice weekly for a year, gained an average of 1% bone density. A control group lost 2% to 2.5% over the same time period. Participants reported increased strength, better balance, more energy and feelings of well-being.

RSVP presently has three (3) Bone Builders Exercise Classes in Carroll County. All classes are FREE! Utilizing volunteer trainers leading classes at donated sites East Conway, Conway, and Eaton, RSVP of Carroll County is delivering a proven exercise program to local communities. Participants can join an on-going class at any time or join with others to initiate a new class. RSVP will help provide Volunteer Trainers, locate a donated site, and may supply the required weights at no cost.

Please contact Angelica Kitsis at 603-356-9331 or via email at info.ccrsvp@gmail.com.

RSVP Medical Transportation Volunteer Driver Program

RSVP Medical Transportation Volunteer Driver Program provides local and long-distant rides to doctor's appointments for ambulatory seniors and adults with disabilities throughout Carroll County. Volunteer drivers use their own cars to transport the clients to their appointments and can wait for the duration of procedure before taking them home. Rides can be scheduled on weekdays from 9:00am-4pm with the RSVP Transportation Coordinator, and at least 48 hours' notice is requested, but rides cannot be guaranteed as they depend on the availability of the volunteer drivers. This program allows clients to stay secure, comfortable, independent and living in their homes for as long as possible.

Volunteer drivers are urgently needed for this program. If you would like to become a driver or need more information on the program, please contact Angelica Kitsis at 603-356-9331 or email at info.ccrsvp@gmail.com.

Carroll County RSVP
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A Special Thank You to Our Sponsors

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The Robert & Dorothy Goldberg Charitable Foundation

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The Kendal C. & Anna Ham Charitable Foundation

Silver

Agnes Lindsey Trust
The Pequawket Foundation

Bronze

Episcopal Christ Church Women's Club
Kiwanis Club of Mount Washington Valley
Moultonborough Women's Club

New Volunteers

Stephen Boyle - Glen
Lewis "Nick" DeSouza - N.Conway
Maureen Diamond - Tamworth
Ashana Hayford - Tamworth
Vicki McVitty - Freedom
Stephanie Seavey-Schellhorn - N. Conway

