

# Carroll County Retired & Senior Volunteer Program

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**AmeriCorps**  
**Seniors**

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## IN THIS ISSUE

Volunteer bulletin board	2
Volunteer Bulletin Board (Continued)	3
Tales of the Road	3
Brain Teasers	3
Sponsors, game answers & new volunteers	4

## From the Director

The COVID-19 pandemic has changed our world: Lives and livelihoods lost. Devastating destruction and unimaginable challenges faced.

Despite those obstacles, each day countless Carroll County RSVP volunteers answer the call to serve. They raise their hands. Stand up. Show up. Volunteer to help make the elderly, individuals with disabilities, and veterans in Carroll County safer and healthier. These dedicated citizens help our communities impacted by the COVID-19 pandemic combat hunger and isolation, respond to non-emergency medical transportation needs, and help seniors live independently.

To our volunteer drivers in our Non-Emergency Medical Transportation Program and our Meals on Wheels Driver Program we would like to say thank you for your continued service during the COVID-19 pandemic providing rides to medical related appointments for ambulatory seniors, adults with disabilities, and veterans; plus deliver nutritious meals, and friendly caring contact to elderly and disabled home bound individuals in Carroll County. Supporting these individuals improves their health while maintaining their independence, dignity, and well-being. This support is in keeping with RSVP's main goal to help elderly, individuals with disabilities, and veterans remain in their homes for as long as possible.

Sincerely,  
*Mary Carey Seavey*

### RSVP's Mr. Mount Washington Valley

RSVP's own Marshall Allan moves on from receiving the Volunteer NH - Spirit of NH Awards to being RSVP's Mr. RSVP representative in the 2021 Mr. Mount Washington Valley.



The pageant can be viewed locally on Valley Vision TV-3 on Sunday, March 21, 2021, at 3:00 pm. Updates about the winner and viewing of the pageant can also be found on the Valley Promotions Facebook page on the same day (<https://www.facebook.com/events/409668450479588>).

Support Marshall Allan & RSVP through our GoFundMe page, which is located on RSVP's Facebook page at <https://www.facebook.com/ccrsvp/>

RSVP joins AmeriCorps Week (March 7-13) to help celebrate the impact of our Non-Emergency Medical Transportation Program and Meals on Wheels Driver Program and offer our thanks to each and every one for volunteering to serve others. Together, we can help the country recover and come back stronger.

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**



Marshall Allan  
transporting RSVP  
Board Member  
June Waltz



“ No act of kindness,  
no matter how small,  
is every wasted.”



First Christian Church  
of Freedom Ladies Guild

In Memoriam

Cynthia Hansen  
Kathryn Hofmann  
Miriam Morrell  
Kathleen Simmons

## RSVP Volunteer Bulletin Board

### Equip, Train and Connect Seniors to the Internet Gibson Center for Senior Services

Conway Public Library has provided 55 hours of free tutoring in January and February. Sign Up for March by calling Jill Reynolds at the Gibson Center for Senior Services at 603-356-3231. **Free computers still available .**

### COVID-19 Vaccine Updates

Though the Gibson Center for Senior Services, RSVP was able to move up the vaccination date to Tuesday, March 2<sup>nd</sup> at the North Conway Community Center for several volunteers that were already registered through the Vaccine Administration Management System (VAMS) and their appointments were scheduled for the Mid-April/May timeframe. The Gibson Center for Senior Services is hopeful to be able to offer another clinic to additional individuals at a later date. To qualify an individual must already be registered with VAMS. For more update, please visit our website at [www.carrollcountynh.org](http://www.carrollcountynh.org) or call Angelica at 603-356-9331.

### Wellness Outreach Calls

RSVP volunteer coordinator Doris Dreyer is making calls to RSVP volunteers sheltering-in-place to check-in on them to make sure they have adequate food, water, shelter, safety and support – and to see how they are doing in general during the COVID-19 pandemic and to see if they would like any assistance. Please do not hesitate to contact Doris if you need any assistance at 603-356-9331 or via email at [doris.ccrsvp@gmail.com](mailto:doris.ccrsvp@gmail.com).

### Trivia Night

Over the past month our office has been passing around ideas about the best way to engage our volunteers, especially those that have been sheltering in place. We sent out a survey to see what virtual activities our volunteers (Past & Present) would be interested in attending regularly. From that survey, we had found that a vast majority would really enjoy a virtual trivia game. After many tests, and having the help of RSVP's Advisory Board to test the game, we are ready to play with all of you!

The game is simple. An email will be sent the week of the game with the date, time, and zoom information to join the game. You will use the link or meeting ID to attend the virtual room, and then you will just play along by watching on the screen. The game has a maximum of 15-18 participants at the moment, but that may change in the future. **Our virtual trivia will be held at 7 pm on the second and fourth Thursday of every month**, so don't be discouraged if you can't attend a game. The games will last about an hour to 1.5 hours, but we can assure you that it will be a lot of fun with chances to win various prizes!

## Upcoming Events

With due regard to the safe and healthy environment, Carroll County RSVP cancelled all events/fundraisers in 2020 because of concern regarding the COVID-19 pandemic. RSVP wants to see all of our events/fundraisers return, but first and foremost it is safety first. The COVID-19 situation has improved, but it still has a long way to go. It is our hope that we will be able to hold the following events/fundraisers in 2021 either in person or virtual: Annual Auction, Festival of Trees, Volunteer Appreciation Day, Dine to Donate Evenings, Craft Show Quilt Sales, & Mud Bowl. Please visit our website at [www.carrollcountynh.org](http://www.carrollcountynh.org) for updates.

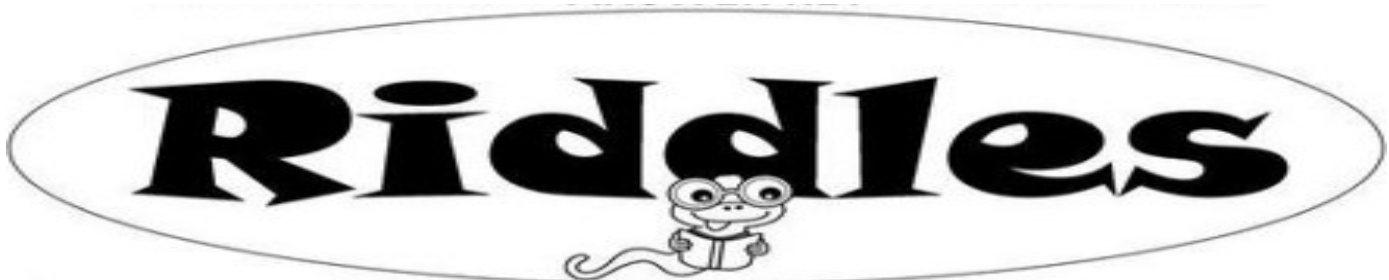
## Tales of the Road

### Why I Volunteer...

I am very pleased to be a part of RSVP. I had lost my job due to Covid-19 and wanted to volunteer for meals on wheels, but drivers weren't needed at that time. I was told by a friend to try calling RSVP. When I was interviewed I was very excited to hear about medical transportation. I love helping people and chatting with them. Ossipee needed folks in the area due to other transport services closing because of Covid-19. Driving folks to appointments gives them an opportunity to chat and get out of the house. The stories people share are wonderful and I feel I am making a difference in that they have a ride to their appointments and can relax and talk to a friendly face.

Karen Barron - Meals on Wheels & Non-Emergency Medical Volunteer

## Tricky Brain Teasers



I am full of holes; I can hold water. What am I?

1.

What gets wet when drying? 2.

What are two things people never eat before breakfast? 3.

What is it the more you take away the larger it becomes? 4.

1. <u>stand</u> I	2. <u>man</u> board	3. <u>cover</u> agent	4. <u>wear</u> long
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**Carroll County RSVP**  
**P.O. Box 1182**  
**North Conway, NH 03860**

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## A Special Thank You to Our Sponsors

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The Kendal C. & Anna Ham Charitable Foundation  
The Pequawket Foundation  
The Robert & Dorothy Goldberg Charitable Foundation

## New Volunteers

Susan Bygraves - Freedom  
Deanna Danahy - Moultonboro  
Arlene Drew - Moultonboro  
Marsha Foye - North Conway  
Trina Jones - Center Conway  
Maryann Lynch - Brookfield  
Mary Tedeschi - Glen  
Margaret Walsh - Moultonboro

## Brain Teaser Answers

### **Riddles:**

1. Sponge
2. Towel
3. Lunch & Dinner
4. Hole

### **Brain Busters:**

1. I Understand
2. Man Overboard
3. Undercover Agent
4. Long Underwear