

From: Valerie Guy <valg@unitedwymc.org>

Subject: May Happenings from United Way of Merrimack County

Reply: valg@unitedwymc.org

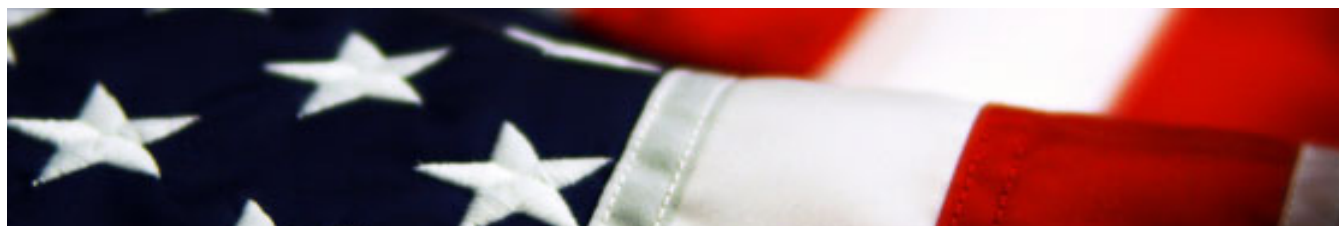
United Way of Merrimack
County

GIVE, ADVOCATE, VOLUNTEER.

LIVE UNITED



ENEWS FROM UNITED WAY OF MERRIMACK
COUNTY



A Message From Executive Director, Elizabeth Hager

United Way of Merrimack County has officially completed another year with our Annual Meeting held earlier this month. The highlight of the Annual Meeting for me is the recognition of the Leo Rubin Volunteer of the Year. The award is named after one of Concord's all time great citizens. Leo chaired the United Way Campaign in 1980 and I remember him insisting that the goal be set to genuinely reflect community needs. This year's Volunteer of the Year was another great person who gives over and over and over to the community: Ed Barnwell. Ed is Principal of Dame and Eastman Schools where he demonstrates great concern for his student's well-being as well as their education. He has chaired our Board and served on most all of our committees! Recognizing a person like Ed who does what he does without caring about himself, but about others, makes the hard United Way work worthwhile.

We are also right in the middle of our State Employee Charitable Campaign and the results thus far are amazing! The Department of Justice went from 63 to 93 givers. Treasury has just come in with these results: "Last year we had 14 pledges and \$4107.00 in donations; this year we had 16 pledges and \$5320.00 in donations." These results are a perfect reflection of how wonderful state employees are, even (or especially) in these most difficult of times.

Please enjoy this newsletter and try to GIVE, ADVOCATE or VOLUNTEER again this month!

Give.

In these tough economic times, the many great nonprofits in Merrimack County need your help more than ever...budgets and positions are being cut..but the work is becoming greater. Homelessness is on the increase...poverty levels are on the increase...parents and their children are without health insurance. We could go on and on...Please consider a donation. No matter how large or how small...it makes a difference!

Give.

Advocate.

Forward this eNewsletter

Did you know that 2-1-1 NH will celebrate its 1st Anniversary next month? Since the launch of this initiative in June 2008, over 19,000 calls have been taken to date.



Seventeen Capital Region Food Program Partner Agencies Benefit from "Stamp Out Hunger" Food Drive

CONCORD, NH - Five hundred and ten cases of non-perishable food was collected from local postal customers and donated to seventeen local social service agencies, food pantries, and church groups as part of the May 9th "Stamp Out Hunger" Food Drive. The food drive is managed through the collaborative efforts of the National Association of Letter Carriers, the United Way of Merrimack County and the Capital Region Food Program.

"The generosity of Merrimack County residents cannot be understated," states Valerie Guy, Director of Marketing and Communications at the United Way of Merrimack County. "We are grateful for the community's support."

"Our mission is to help reduce hunger in Merrimack County. The community's contributions to "Stamp Out Hunger" illustrate their commitment to assisting those in need," says Cheryl A. Elliott, Chair of the Capital Region Food Program's Board of Trustees.

Nearly 100 volunteers participated in the event by sorting and boxing donated food which was then provided to: Belknap/Merrimack County Community Action Program, Blueberry Express, Boscawen Congregational Church Food Pantry, Boscawen Human Services, CenterPoint Pantry, Chichester Food Pantry, Concord Human Services, First Congregational Church, The Friendly Kitchen, Friends of Forgotten Children, McKenna House, Pittsfield Food Pantry, St. John the Evangelist-St. Vincent DePaul Society, St. Paul's Church Food Pantry, St. Peter's-St. Vincent DePaul Society, and the Salvation Army. In addition, the West Congregational Church also received food.

The following local businesses generously supported the day's efforts: New Hampshire Distributors; Coca-Cola Bottling of the Lakes Region; Sal's Just Pizza; Papa Gino's; Dominos (N. Main St.); Dunkin Donuts (Loudon Rd.); Constantly Pizza; In a Pinch; Panera Bread; and Subway Sandwich Shop (Epsom).

Lake Sunapee Region VNA & Hospice Seeks Respite Volunteers!

You can LIVE UNITED by helping us spread the word. Imagine how many people we could reach if everyone forwards this to five people.

+ TELL YOUR FRIENDS

Volunteer.

United Way of Merrimack County works with so many terrific local nonprofits that have great volunteer opportunities for busy working adults, senior citizens, youth and those of you with some extra time on your hands looking to make a difference in your community.

If you are looking to volunteer and need more information, please contact us at valg@unitedwyc.org or call 224.2595.

"How I LIVE UNITED"

I "Live United" by serving on the United Way Board of Governor's as well as the Allocations Committee. At work, I initiated having a charity theme for staff birthday parties in lieu of personal gifts. For my birthday, I contributed over \$150 of food items that my staff gave to me to Friends Emergency Shelter. Other organizations that staff selected include St. Paul's Food Pantry, Salvation Army McKenna House Shelter, SPCA and Penacook Community Center. I also volunteer at the Friendly Kitchen with other Concord Hospital Staff members to prepare meals. I also donate used furniture, toys, household goods and clothes to local charities.

~Anne Diefendorf
Board Member

Mark Your Calendars!

Kearsarge Good Day Respite Program, which started in 1994 as a collaborative community effort hosted at the Kearsarge Community Presbyterian Church in New London, became a licensed program of Lake Sunapee Regional VNA & Hospice in December 2008. The transition of the program to the VNA, which was fully endorsed by the Good Day Respite Program Advisory Board, was a natural one because the goals of respite care so closely align with the VNA mission.



Respite care is currently offered every Thursday from 10am to 3pm and is facilitated by Cheryl Fogwill, a Licensed Nursing Assistant from the VNA specially trained for this role. The program provides a supportive and safe environment for participants, all of whom suffer from some form of dementia or memory loss. Social interaction, hands-on projects and special activities are offered and personalized to the needs of those who attend. Respite also provides caregivers of participating individuals with the "time off" that is so essential to their well being.

Volunteers are essential to the program and have the opportunity and privilege to learn about the lives of participants and engage them in meaningful conversation and activities. Current volunteers talk about the strong camaraderie among one another. They come from many backgrounds and bring different experiences, but they are all there because they want to help. Some volunteers participate because they have cared for a family member with the memory impairment and others because they simply have a desire to give back to the community. An added benefit is that volunteers go through a comprehensive orientation at the VNA, thereby increasing their overall awareness of the agency and all it does.

One of the goals is to expand the number of days that the **Kearsarge Good Day Respite Program** is open in order to meet the growing need for this service. That expansion, however, will depend on the recruitment of additional volunteers. We encourage anyone interested to contact Meg Ames at 526.4077 for more information about a very rewarding volunteer opportunity.

Photo Caption: (l-r) Herbert Spencer, Joyce Teele, RN, COO; Jan Sahler, RN; Scott Fabry RN, CEO at the official transfer of licensing of the respite program to Lake Sunapee Regional VNA & Hospice. Said Herbert Spencer, a long-time respite volunteer who also handled the program's finances: "There is a real sense of pride that this program can offer a more complete spectrum of care to the community by being under the VNA umbrella."



Day of Caring will take place on September 16, 2009. Organizations/Agencies: please start thinking about your projects. Volunteer coordinators: watch for emails about trainings on the registrations process and how to choose projects for your volunteers.



Sticking around town this Summer?
Day-cation with us!

Concord Hospital's Center for Health Promotion is offering great workshops for Family, Health & Fitness this summer! Call 230.7300 for details or visit www.concordhospital.org



Save the Date

Saturday, October 17

Early Learning NH's 2009 Early Childhood Professional Development Conference
Southern NH University, Manchester
Look for the Conference Brochure or in Early Learning NH's July newsletter or visit them online at www.earlylearningnh.org

If you contribute \$5 per week and your contribution is forwarded to The Children's Place and Parent Education Center it would help support a parent who was recently laid off to explore other job opportunities or take a class while their child is in the care of the Center.

Community Bridges Autism Awareness 911 Event a Huge Success

Concord, NH, May 12, 2009-Community Bridges, in collaboration with Easter Seals of Manchester, held an Autism Awareness 9-1-1 registration for families who have a member with an autism Spectrum Disorder (ASD) to register their family member with the Concord Police Department and Department of Safety 9-1-1 office. In addition, attendees had the opportunity to meet with police and fire first responders as well as explore the first responder vehicles.

Children and teenagers with ASD are encouraged to have repeated opportunities to meet and interact with law enforcement and other first responders. This is important so they can recognize a person in uniform and know they are safe and proper to approach when help is required. The person with ASD also needs to be repeatedly taught appropriate behavior when interacting with law enforcers, as it is estimated that an individual with ASD is up to seven times more likely to have an encounter with a law enforcer than the neuro-typical population.

The 9-1-1 registration at Community Bridges had police officers and fire fighters on hand to interact with the children. This event was sponsored by the Bagan Foundation.

For more information, please contact Adra Darling at Community Bridges, 225.4153 ext. 387 or email at adarling@communitybridgesnh.org or visit their website at www.communitybridgesnh.org.

If you contribute \$5 per week and your contribution is forwarded to CATCH Neighborhood Housing it will provide a local family with home buyer education and one-on-one housing counseling which includes assessing their credit & financial picture, creating a budget and savings plan, identifying what type of mortgage is best for them, the price of house they can afford, as well as connecting them to available first-time buyer homebuyer grants and/or resources available to them.

Looking for Outdoor Adventures?



Great Opportunity!

Great opportunity at the Merrimack County Nursing Home in Boscawen. The facility is looking to add several volunteers to help in the gift shop. The position involves volunteering a Saturday or two each each month from 9:00 am to 3:00 pm. Other days as possible.

This is an opportunity to interact with the residents and enjoy the new facility. Training will be provided and a lunch is included. For more information, please contact Del Kennard the Coordinator of Volunteers at 796.2165 ext. 242.

A Few Happenings at Franklin TRIP Center

"Sisters by Heart-Partners in Aging" - Thursday, June 4th at 10:30 am ~ Kay Amsden & Mary Lou Fuller will share with us how two women with diverse backgrounds have formed a lasting friendship. They have written a book, which was the inspiration for their program. Come & relax and enjoy a great presentation. Books will be available.

Fraud & Home Safety Presentation ~ Tuesday, June 9th at 10:30 am ~ Police Office Chris Hart of the Franklin Police Department will be here to speak about fraud & safety in our homes. He will talk about how to protect yourself in these difficult economic times. Many people will become a victim to fraud. Learn how to recognize a scam. There will be a question & answer period.

ServiceLink Resource Center ~ Tuesday, June 23rd at

Always an Adventure in Concord offers outdoor adventures for active adults. Following are the current activities being offered:

Outing Club: Two levels. Meets Wednesday at 8:50 am year-round in the parking lot behind Borders, 76 Fort Eddy Rd. \$4 activity fee plus car pool fee. Activities vary according to the season: x-c skiing, snowshoeing, hiking, walking, kayaking, biking, plus other activities.

Biking Club: Two levels. Group A, advanced level, starts May 5; Group B, beginning level, starts May 12. Meets Tuesdays at 9:15 am in the parking lot behind Borders. \$4 activity fee plus car pool fee.

Yoga Class: Classes are held on Monday & Thursday, 10:30 am, Location Change: classes will be held at 48 Airport Rd. Cost will be per month, \$4 x 8 or 9 classes per month.

Kayaking: Starts June 12. Meets Fridays through October at 9:15 am in the parking lot behind Borders. \$4 activity fee plus car pool & kayak transportation fees.

Extended adventures are also offered. Please register in advance by calling 715.2723.

June 5-7: Three days of fun at YMCA Camp Coniston located on Lake Coniston in Grantham. Activities include hiking, swimming, kayaking, crafts, etc. The cost is \$235 which includes all the meals.

June 23-26: Downeast Maine Adventure with home base at Bucksport, Maine, exploring the area for 3 days, including taking mail boat out to Isle Au Haut, Bar Harbor, Camden and Wiscasset. The cost is \$385/double, which includes 3 nights' lodging, 3 breakfasts and boat trip.

July 21-23: Note Change in Date: Trip to Errol, will include three days of kayaking on Lake Umbagog, Magalloway River, & Androscoggin River. The cost is \$310 which includes everything.

Aug 7-9: Living with Passion! Special Program, Mt. View Lodge, Rumney. Join Virginia Joslyn for special weekend of enthusiasm & expression of the passionate beings we are. Program will focus on enjoying the natural beauty of the area (including kayaking), being fully present in each moment and on letting down the sensors to full expression of who we are as sensing, joyful beings. The cost is \$235 which includes 2 nights' lodging & home cooked meals.

For more information on these programs, please call 715.2723 or 848.0345 or email barbhanchett@yahoo.com or visit their website at www.nhalwaysanadventure.com.

AmeriCorps: A Good Option for Graduates

10:30 am ~ Looking for advice on long term support for Medicare? Wayne Blanchard will be here to help you. Also, Anita Oeofke is back. Medicare Advantages will be her topic. Public is welcomed.

Our Children Need Your Help!

The Children's Place and Parent Education Center offers short-term childcare for children two months to six years of age, parenting education, and family fun events. Parent volunteers are vital to the success of this organization! Parents can volunteer on the childcare floor and be mentored by child development professionals, while child and parent receive socialization with other adults and children. Parents receive free care for their children while they are volunteering and earn coupons for future childcare. This component makes TCP unique and empowers parents in this challenging economic environment.

Please contact Rachel Stevens, VP Volunteers, at 224.9920 for more information.



The Children's Place & Parent Education Center will be having an ice cream social Saturday, June 6, 2009 - time to be announced. This is a great time to check us out; all are welcome!

NAMI of New Hampshire Presents Side-by-Side

I graduated from college, now what do I do? This is a question I asked myself in the months leading up to my final semester at the University of Arizona in December 2008. Many of my friends and fellow students were excited to get out in the real world to begin their (what they described as) soon-to-be wealthy lives, while others were holding onto their college days as the final time to experience freedom. It really is a huge step in one's life, graduating from college. During my last year of school, I went through phases of excitement and intimidation of what the future held, only to find that no matter how I felt my final days in college were quickly approaching. I had looked into continuing school, a plan that would have required a \$50,000 addition to my current \$25,000 in student loans. There was also the prospect of finding and diving into a job, difficult at a time when one is lucky to still be employed. However, there was another avenue available to me: providing a year of service to my country through AmeriCorps.

AmeriCorps is a government program that is focused on improving communities in the U.S. on a local level. There are three divisions, AmeriCorps State & National, AmeriCorps VISTA (Volunteers in Service to America) and AmeriCorps NCCC (National Civilian Community Corps). Opportunities are available in a variety of areas including recruitment, training and supervision of community volunteers, tutoring and mentoring youth, building affordable housing, teaching computer skills, cleaning parks and streams, running after school programs, and helping communities respond to disasters to name a few. Such activities help individuals realize the extraordinary power they have to improve the lives of others, which in turn enriches their own life. I urge you to check out positions that are available, not only in NH, but throughout the country. President Obama recently signed into law an expansion of numerous national service programs, including AmeriCorps, so there is never a lack of opportunity. The website, www.americorps.gov, includes a search engine for all available positions, as well as provides information for anyone who has an interest in improving their community.

I decided to pursue opportunities as an AmeriCorps VISTA Volunteer because of their mission to help fight poverty. I began my VISTA service in February 2009 within the NH Healthy Kids organization. NH Healthy Kids is a non-profit organization partnering with the NH Department of Health & Human Services to provide low-cost and free health coverage for uninsured children in NH. My role is to grow the volunteer program to reach out to families to provide information about the Healthy Kids programs. I have hit the ground running, learning new things each and every day.

I cannot fully describe the effect AmeriCorps has had on my life these last two months. I have spoken to people who have helped open my eyes to aspects of life I could not have imagined before, and encountered situations that have helped develop skills that will serve me for the rest of my life. I am still looking forward to finally seeing some return value to the approximately \$50,000 I spent in tuition in just over a four year period, but it doesn't have to be right now. Besides, undergoing this experience will have more of an impact on my life than money ever could.

~Evan Morgan

We know there are so many of you in Merrimack County that do really terrific things in the community! Please share your "How I LIVE UNITED" stories forward to valg@unitedwymc.org

Side-by-Side is an eight-week educational interactive program at the Pittsfield Area Senior Center for people who are or may someday be a caretaker. The class begins July 8th and will continue through August 27th, Thursday's from 11:00 am to 1:00 pm. Lunch is included in the time frame of the program. Topics to be covered: Needs of the Caregiver, Wellness and Healthy Living, Mental Illness-Myths and Facts, Mental Health Issues, Types of Treatment Availability, Medical Care, Coping with Challenging Behaviors, Diversity Issues, Domestic Violence and Abuse, Legal Issues, On Aging, Death and dying. Attend one or all eight programs.

The Pittsfield Area Senior Center is located at 74 Main Street (the street level floor of the Community Center with the entrance off of Broadway) in Pittsfield, New Hampshire. Please call to reserve your seat and lunch at 435.8482. A donation of \$2.00 is requested to cover the cost for lunch.

Laurie Farmer First Advanced Certified Hospice Social Worker in NH

Laurie A. Farmer, ACHP-SW, a social worker with Concord Regional Visiting Nurse Association, recently became the first Advanced Certified Hospice & Palliative Social Worker in the state of NH, according to Mary B. DeVeau, President/CEO of Concord Regional VNA.

Farmer was notified of her achievement by Stephanie JL Chambers, ACSW, Professional Development Division, Manager, NASW Credentialing Center in Washington, DC, who noted, "I would like to extend my congratulations upon becoming the first Advanced Certified Hospice & Palliative Social Worker (ACHP-SW) in the state of NH. This is truly a mark of distinction in your professional identity as well as for Concord Regional VNA."

Farmer, who lives in Webster, NH, received a B.A. in sociology from the University of NH and a Master's in social work from the University of Vermont. She has been with Concord Regional VNA since 2000. She served on the Board of the New Hampshire Hospice & Palliative Care Organization and is currently chair of the NH-NASW Home

Walk for the Animals Sunday, September 20, 2009



Concord-Merrimack County SPCA

Our 14th annual Walk for the Animals is bigger and better than ever this year with vendors, rescue organizations, low cost microchip clinic, demonstrations and live music! This event is scheduled for Sunday, September 20, 2009, 10 am to 3 pm at Northeast Delta Dental located at 1 Delta Drive in Concord. You will be able to browse among dozens of booths offering pet products like dog foods and treats, bedding, toys, clothing, pet sitting and pet care services.

Canine companion(s) are welcome (all safely on leashes) while all other furry friends we ask stay safely at home. Come and raise funds for a worthy cause-homeless animals! All you need to do is ask friends, family, co-workers, club members or anyone you know to sponsor you for this fundraising event (you can obtain a sponsor sheet online at www.concordspca.org). On the day of the event bring along your family and friends (do not forget your canine companion) and walk either a one or three mile route. Then join in the festivities scheduled to take place after your Walk, such as demonstrations, raffles, contests and much more!

Contests will be offered in the main arena so all can watch and be amused by Best Trick, Best Costume and Owner/Pet Look Alike. Be sure to bring along your children as there is face painting, a bouncy house, games & prizes and even a special SPCA coloring contest with prizes awarded to first place winners in two age categories!

It is sure to be a day of fun for all who attend. We hope to see you there! For more information visit www.concordspca.org or call 753.6751.

Health & Hospice Committee. DeVeau noted, "I know that Concord & Concord Regional VNA are truly blessed to have Laurie as part of our team. She provides incredible care and compassion to our end-of-life patients and their families."



Concord Regional VNA, incorporated in 1899, is a home health and hospice care provider. The agency's service area includes more than 30 communities in central NH, in which skilled nurses, therapists, social workers, home health aides, homemakers, volunteers and support staff provide both preventive and supportive health care services. Concord Regional VNA serves 7,00 patients annually and provides 150,000 homecare hours and 16,000 hospice days annually, including a 10-bed Hospice House in Concord.



Red Cross Honors Volunteers During National Volunteer Week

Volunteers from the Granite Chapter of the American Red Cross were honored at a ceremony as part of the celebrations for National Volunteer Week. The event was held at the Common Man Restaurant in Plymouth.

Many of the volunteers attending the event were from the Chapter's disaster action teams who respond 24/7 to disaster in their communities and surrounding towns. Others have helped with essential chapter management and maintenance.

"All our volunteers make it possible for the Red Cross to plan, prepare for and respond to disasters and life-threatening emergencies in our communities," said Maria White, NH Regional Executive Director of the American Red Cross. "They are the energy behind the good work of the Red Cross."

[Read Entire Article \(Click Here\)](#)



Email Sponsored By:



The "Constant Contact *Cares4Kids*" program supports educational and social non-profit organizations that help children. Learn more about the [Cares4Kids](#) program.

More than 250,000 small businesses and organizations trust Constant Contact to connect with their customers and members. [Signup for a free 60-day trial.](#)

[Forward email](#)

 **SafeUnsubscribe®**

This email was sent to valg@unitedwymc.org, by valg@unitedwymc.org
[Update Profile/Email Address](#) | Instant removal with [SafeUnsubscribe™](#) | [Privacy Policy](#).



United Way of Merrimack County | 46 S. Main Street | Concord | NH | 03301