

United Way of Merrimack  
County

GIVE, ADVOCATE, VOLUNTEER.



E-NEWS FROM UNITED WAY OF MERRIMACK  
COUNTY



## United Way Announces Qualified Partners- An Update from Liz Hager

Happy Halloween! This time of year is traditionally the busiest for United Way because we are in the midst of our Annual Campaign. But this year we are even busier with our Community Impact work. Our Board made the decision last week to "Qualify" and welcome the following Community Partners:

- American Red Cross
- Belknap-Merrimack Community Action Program
- Blueberry Express Day Care
- CATCH Housing
- Child and Family Services
- Community Action Program
- Community Bridges
- Concord Boys and Girls Club
- Concord Family YMCA
- Concord Merrimack SPCA
- Concord Regional VNA
- Franklin VNA
- Friendly Kitchen
- Friends Program
- Girl Scouts
- Girls Inc.
- Health First Family Care Center
- Kearsarge Children's Center
- Lake Sunapee VNA
- Lutheran Social Services

## 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 greater! Homelessness is on the increase...poverty levels are on the increase...parents and their children are without health insurance. Please consider a donation. No matter how large or how small...every penny makes a difference!

## Give.

## Advocate.

Forward this eNewsletter

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

Mayhew Program  
 Merrimack Valley Day Care  
 NH Legal Assistance  
 NH Pro Bono Referral System  
 Parent Information Center  
 Penacook Community Center  
 Phoenix House  
 Pittsfield Youth Workshop  
 Rape & Domestic Violence Crisis Center  
 Riverbend  
 Second Start  
 The Children's Place  
 Tiny Twisters Child Care Center  
 White Birch Community Center

Four of them are new partners: Lutheran Social Services, Parent Information Center, Phoenix House and Pittsfield Youth Workshop. We're now working with all of these agencies to help them craft funding requests for programs that make a real difference in our communities.

That means, of course, that we have to work harder and harder to meet our campaign goal of \$1,215,000 this year. But we're doing that too. Concord Hospital is in the midst of what they believe will be their best campaign ever, Lincoln Financial kicks off their campaign next week, Concord Group is wrapping their campaign up, Concord Schools did their usual wonderful job. I could go on and on and on but I'm out of space! More next month!



### Medicare ABCs: The Building Blocks of Health Care

Medicare ABCs: The Building Blocks of Health Care is a new DVD available to the people of Merrimack County right now!

Understanding Medicare is not child's play! Having basic information can help our senior citizens make some important choices, especially during the Part D open enrollment (Nov. 15-Dec. 31). The DVD includes four 30-minute segments:

1. **Original Medicare A & B**
2. **Supplementing Medicare:** Medigap, Medicare Advantage & Medicare Savings Plans
3. **Medicare Part D:** Prescription Drug Coverage & Financial Assistance
4. **Alphabet Soup:** Fraud and much more!

## Volunteer.

Did you know you can find wonderful volunteer opportunities through our website? There are currently over 90 volunteer opportunities in Merrimack County that are posted through our online system. Volunteers are registering on the site daily.

If you are looking to volunteer please visit [www.unitedwymc.org](http://www.unitedwymc.org) and click on volunteer or if you are an agency that would like help posting your opportunity please contact Val Guy at 224.2595 or [valg@unitedwymc.org](mailto:valg@unitedwymc.org).

### Check Out Volunteer Opportunities

## Tax-Aide Volunteers Needed

The AARP Tax-Aide program needs volunteers to staff its Tax-Aide sites that assist low and middle income taxpayers with the preparation and filing of their federal income tax returns. Computer literate volunteers of all ages are welcome.

Volunteers must complete at-home and in-classroom training in tax law and tax software to acquire IRS certification. Training classes begin in January, 2010.

Candidates must be able to volunteer at least eight hours per week during the 10-week tax season from February 1 through April 15.

Interested volunteers may contact Les Scammon at 225.0679 or email [lesscam@comcast.net](mailto:lesscam@comcast.net) for further information.



## Dolly Donation

Have you or your children outgrown your dolls? Are some in need of repair? Donate them to

The presenter on the DVD is Anita Oelfke who is Medicare Coordinator for Merrimack County ServiceLink, Medicare Trainer for the State of New Hampshire and an experienced Medicare counselor with countless people. She presents basic information in an easy-to-understand manner.

Medicare ABCs is a Presentation of Merrimack County ServiceLink Resource Center, part of the elder Services Department at Community Action Program, Belknap-Merrimack Counties. The DVD is produced in partnership with Concord Community Television.

Although the DVD is available to institutions for \$14.99, it is being offered at \$7.49 to individuals for home use. Please send your check for \$7.49 (made out to CAPBMC, Inc.) along with the shipping information to Chris Emerson, Center Manager, Merrimack County ServiceLink Resource Center, PO Box 1016, Concord, NH 03302-1016.

For more information, please contact Chris Emerson at 228.6625.



If you contribute \$5 per pay period and your contribution is forwarded to The Rape and Domestic Violence Crisis Center it will pay to heat the shelter for a month.

### **Smoke Alarms Protect Families**

***House fires are the most common local disaster***

Smoke alarms that are properly installed and maintained save lives every day across the country. The Granite Chapter of the American Red Cross urges New Hampshire families to use smoke alarms.

"In the last three years, the Red Cross has given disaster relief to an annual average of 346 New Hampshire families," said Maria White, the American Red Cross Regional Executive Director for New Hampshire. "Of the local disasters needing Red Cross assistance, over 90 percent are the result of home fires."

October is Fire Safety Month. The Red Cross encourages NH households to take simple actions to reduce the risk of tragedy from a home fire by installing and maintaining a smoke alarm on every level of their home, inside bedrooms and outside sleeping areas. Smoke alarms provide a few minutes of advance warning in the event of a home fire, and that extra time can save lives.

The American Red Cross recommends the following

Families in Transition (FIT). FIT has a caring group of volunteer "Doll Doctors" who will rework and redress them, restoring them back to their original splendor. They will then pair them up with one of the children in the program and for many this will be their only doll and become their new best friend.

For more information, please contact Pamela Punskey at 641.1143 ext. 331 or [ppunskey@fitnh.org](mailto:ppunskey@fitnh.org).



**Families  
in Transition**

*Providing a Home. Building Hope.*

### **The Cinderella Project of New Hampshire**

Upcoming NE Bridal Expo Dates:  
November 1-Church Landing,  
Meredith  
November 8-The Woodland,  
Falmouth, ME  
November 15-Crowne Plaza,  
Nashua

This is a collaboration between The Cinderella Project of NH (CPNH) and Dress For Success to continue their programs of dressing adult women and donating prom gowns to teens in need.

CPNH is a statewide nonprofit dedicated to promoting confidence in young women. CPNH distributes new and gently-worn formal dresses and accessories, free of charge to financially challenged women.

### **Coat Drive**

United Way of Merrimack County will be partnering with One Warm Coat and Old Navy over the next few weeks for an early coat drive.

Coats will be available after

maintenance for smoke alarms:

- Check smoke alarms monthly by pushing the test button
- Change the batteries in your alarm at least once a year. Immediately install a new battery if an alarm chirps, warning that the battery is low.
- Teach children what the smoke alarm sounds like and what to do when they hear it.
- Keep smoke alarms clean by vacuuming over and around it regularly. Dust and debris can interfere with its operation.
- Do not paint over your smoke alarm as it could impair its function.
- Never disable a smoke alarm. If your smoke alarm is sounding "nuisance alarms," try locating it further from kitchens or bathrooms.

In addition, the American Red Cross recommends that families create and practice a home fire escape plan. Be sure to include at least two escape routes for every room in the home. Families should choose a convenient place outside of the home for all to meet, and practice their escape plan at least twice a year with all family members.



If you contribute \$5 per pay period and your contribution is forwarded to the Friends Foster Grandparent Program it will pay for a preventative annual physical for a low-income senior who wouldn't receive one under Medicare.

### Healthy Homes

Carbon monoxide (CO) is an odorless, colorless and toxic gas. Because it is impossible to see, taste or smell the toxic fumes, CO can kill you before you are aware it is in your home. At lower levels of exposure, CO causes mild effects that are often mistaken for the flu. These symptoms include headaches, dizziness, disorientation, nausea and fatigue. CO can enter a house from unvented kerosene and gas space heaters; leaking chimneys and furnaces; back-drafting from furnaces, gas water heaters, wood stoves, and fireplaces; gas stoves; generators and other gasoline powered equipment. Never use a generator inside homes, garages, crawlspaces, sheds, or similar areas. Deadly levels of carbon monoxide can quickly build up in these areas and can linger for hours, even after the generator has been shut off.

November 11th. If you or anyone you know is in need of a winter coat, please contact Val Guy at 224.2595 or [valg@unitedwymc.org](mailto:valg@unitedwymc.org) for more information.

Please watch for more information about the November, December, January coat drive.

### Volunteer Opportunities with the Red Cross

The American Red Cross-Granite Chapter continues to focus on the United We Serve Campaign by developing the Volunteer Program into a sustainable and rewarding program that serves community members by offering gratifying volunteer opportunities. By becoming a Red Cross Volunteer, you can benefit from gaining personal and/or professional development, make a difference in your community by supporting the Red Cross Mission, and become part of a global family of Red Cross Volunteers.

- **Military Relations Volunteers**-Do you have experience with Military Culture & want to serve those currently in the Armed Forces & their families?
- **Community Relations Specialists**-Join a team of volunteers that represent and speak on behalf of the American Red Cross at community outreach events
- **Fundraising Event Coordinator**-Do you have experience in fundraising & want to share your expertise?
- **Health & Safety Sales & Marketing Consultant**-If you enjoy sales & have previous experience please help the Granite Chapter improve Sales & Marketing of the Health & Safety Dept.
- **Are you an RN?** Looking to give back? Join the team of LNA Instructors and teach

For more information contact the CCNTR Healthy Homes Committee at 934.0177 ext. 102.

**The Greater Concord Area Task Force  
Against Racism and Intolerance  
invites you to join Concord Mayor Jim Bouley  
for the**

**13th Annual Mayor's Prayer Breakfast  
Hunger in Concord: Myths & Realities**

Learn about the huge challenges of hunger- to the homeless, and to our next door neighbors.

TUESDAY, NOVEMBER 10, 2009 ·  
7:15- 9:00am  
Grappone Conference Center

Full American Breakfast · \$15 per person

**PLEASE BRING NON-PERISHABLE FOOD  
DONATIONS.**

**Reserve your ticket at the Concord Chamber of  
Commerce call Carolyn @ 224.2508**

[Click Here to Purchase On Line](#)

Please check out our campaign video at  
[http://www.youtube.com/watch?v=lszl8uVI\\_FI](http://www.youtube.com/watch?v=lszl8uVI_FI)

**RSVP Bone Builders**

The Friends RSVP has partnered with the City of Concord Parks and Recreation Department Senior Programs to bring the RSVP Bone Builders, osteoporosis exercise program to another site in Merrimack County.

Osteoporosis, is a disease in which bone density deteriorates, leading to complications that include pain, loss of balance, and fractures that can, and often do lead to death. One in two women and one in four men over age 50 will have an osteoporosis-related fracture in her/his remaining lifetime. It is the number two reason for women's admissions into nursing homes.

Research conducted by Dr. Miriam Nelson has shown that proper exercise stresses bones and when stimulated by this stress, bone density increases. The RSVP Bone Builders Program is based on this simple bodily response. The RSVP Bone Builders Program relies upon weight

students proper clinical protocols

- Raiser's Edge Administrator- Enjoy using Raiser's Edge? Contact us.
- Social Media Guru-Get the Granite Chapter on the web!

Join the Red Cross volunteer team!  
Call the Chapter's Volunteer Coordinator, Rachel Burack at 800.464.6692.

**NH Association for the  
Blind ~ Volunteers Needed**

*Community Drivers* - drive your own vehicle & accompany a client to appointments, shopping, errands & recreational activities.

*Program Support Drivers* - provide transportation to clients attending support, educational and training programs that help promote independent living

*Clerical Assistants* - provide administrative support to Association staff, projects include data entry, special projects, telephone & internet research.

*Special Events Volunteers* - provide assistance with events such as the Blind Awareness Walk-A-Thon, Concert & other Association sponsored events.

For more information contact Jean at 800.464.3075 or 224.4039 ext. 325 or visit [www.sightcenter.org](http://www.sightcenter.org)



**Cynthia Knowles of  
Nashua Recognized as  
Board Certified Chaplain**

training to protect against fractures caused by osteoporosis by increasing muscular strength and bone density.

By using volunteer trainers to lead classes at donated sites, RSVP is able to deliver a proven osteoporosis exercise program at minimal cost to local residents.

Congratulations to RSVP Program Coordinators Brenda Hathaway and Mary Krumenacker and their 3 volunteer leaders Pat Sellars, Linda Bliss and Lisa Cassell for a very successful opening day of RSVP Bone Builders' new site in Concord.

The group is meeting on Wednesday and Friday mornings at the West St. Ward House. Feel free to stop by to see the good that is happening. For more information contact the Friends RSVP at 224.3452 or [rsvp@friendsprogram.org](mailto:rsvp@friendsprogram.org).



### **Concord Family YMCA 21st Annual Snowflake Ball ~ "Dancing Under the Stars"**

Continue the tradition and help celebrate the Concord Family YMCA's largest and most celebrated fundraiser - the 21st Annual Snowflake Ball, to be held on Saturday, December 5, 2009 at the Concord YMCA. Last year 250 people attended and we raised over \$50,000 to benefit the Kids Campaign. All proceeds directly enable the Concord Family YMCA to provide financial assistance and scholarships to low income families, children and seniors so they can participate in YMCA programs and services including fitness, child care, after school programs and summer camps. No one is ever turned away due to the inability to pay.

The Snowflake Ball Committee will once again deliver a night to remember starting with the transformation of the gym into a grand ballroom where you will dance the night away under a starry sky. All will enjoy great food, dancing and time to socialize with friends, business colleagues and neighbors.

Every year the Snowflake Ball receives financial and in-kind support from individuals and corporate sponsors. We are pleased to have Merrimack County Savings Bank as

Cynthia Knowles, M.Div., BCC, of Nashua, Spiritual Care Counselor in the Concord Regional Visiting Nurse Association Hospice Program, was recently recognized as a Board Certified Chaplain by the Association of Professional Chaplains (APC) according to Mary B. DeVeau, President/CEO of Concord Regional VNA. Certification is a process that affirms that chaplains meet standards and qualification set by the APC, which is a multi-faith, non-profit organization. One of the goals of this process is to keep standards high for those providing spiritual care to patients and families. There are only ten Board Certified Chaplains in NH.

### **Coming Soon to Concord!**



### **Shaw's Community Rewards Program ~ Join Today**

Do you do your grocery shopping at Shaw's? If you answered yes, you can now help support United Way by shopping on Tuesday, Wednesday or Thursday and use your Shaw's Rewards Card and link your card to our ID # 49001018606. All you need to do is go to [www.shaws.com/communityrewards](http://www.shaws.com/communityrewards) and register

If you have any questions, please contact Scoop Welch at 224.2595 or [scoopw@unitedwyc.org](mailto:scoopw@unitedwyc.org)

our Host of the evening. If you are interested in becoming a sponsor, volunteering or would like to buy tickets, \$85. per person and must be purchased in advance by November 27, 2009, please contact Diane Raimo at the Concord Family YMCA at 228.9622 ext. 121 or [draimo@concordymca.org](mailto:draimo@concordymca.org). For more information you may contact the YMCA website at [www.concordymca.org](http://www.concordymca.org).



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