

United Way of Merrimack County

GIVE, ADVOCATE, VOLUNTEER.



ENEWS FROM UNITED WAY OF MERRIMACK COUNTY



18th Annual Day of Caring a Tremendous Success!!

The United Way of Merrimack County's employees and Day of Caring planning committee once again worked endlessly to make sure the 18th annual Day of Caring was a huge success. This year, more than 360 employees from local companies were assigned to complete community service projects at 37 area non-profit agencies. Volunteers came out to lend an extra set of hands to help with projects such as packing food boxes, reading to children at a local day care, visiting with the elderly, washing windows and even working on the rock climbing wall at the YMCA. One project coordinator from a local non-profit stated "this was the best Day of Caring yet!"

The following companies played an important part of the success of this day thanks to their generous donations. Thank you to Mike Janis of Hampshires Culinary who once again was so very generous in contributing his time and talents at our "Kick Off" Barbecue luncheon where over 160 of the volunteers came to Eagle Square to enjoy a terrific lunch! The volunteers at the luncheon were also treated to the sounds of our live entertainment, NOTEable Decades. We also received generous donations from the following local businesses: Nobis Engineering, Concord Hospital, Alan's of Boscowen, Edible Arrangements, In A Pinch, Margaritas Mexican Restaurant, Market Basket, The Meat House, Sam's Club, Stonyfield Farm and UNO Chicago Grill.

Thank you to all of the local companies who showed their dedication and support of community by allowing their employees to have paid time off to volunteer at the local non-profit agencies. The day wouldn't have happened without that dedication and support so a huge thank you to them too. Employers have already received positive feedback from employees who were able to volunteer. "I thought this was a really great experience not only for

Give.

Are you a Loyal Contributor?

Have you been regulary giving to United Way for more than 10 years? If so, we want to hear from you!

Please email scoopw@unitedwymc.org or call 224.2595 and let us know the year you began.

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

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@unitedwymc.org or call

helping others that need help but also because I got to interact with other folks from my company that I had never met before as well as folks from other companies. I felt as though I accomplished something that was very important and appreciated" stated Raymond Fortier from Lincoln Financial Group.

Also, a big thank you to the volunteers on the Day of Caring Planning Committee who helped make this day rewarding for so many: Kris Bellerose (The NHHEAF Network Organizations), Jay Hauser (The NHHEAF Network Organizations), Nancy Beudet (Nobis Engineering), Cheryl Stinson (Christa McAuliffe Planetarium), Mindy Maxwell (Concord Hospital), Jan Moyer (Concord Hospital) and James Riel (Lincoln Financial). Thank you all!

Steve Martin
Capitol Center for the Arts
Chair, 2009 Day of Caring Planning Committee



Volunteers Painting at Second Start



Volunteers Enjoying the Luncheon at Eagle Square



Three Shows Highlight Local Nonprofits and Volunteers on Concord TV

In a tough economy, nonprofits are beginning to see the value of using their local community Public Access TV

224.2595.

Mentor One Child...Enrich Two Lives

With the summer now behind us our Junior and Senior Friends have shared all the various ways they passed their time together. Trips to the beach or pool, hiking, fishing, watching baseball games, picnics at the park or on a porch, sharing a book, sharing a story about summer camp, eating dripping ice cream cones, watching a movie on a rainy day, picking berries and making fruit salad, and cruising through town with the top down. It is obvious that the youth in the program truly enjoyed their time with their mentor this summer and looking forward to another season packed full of fun. We invite new community members to consider joining the fun and enriching a child's life.

Please join us for our next training on Thursday, October 15, 2009 at 5:30 pm, call 228.1193 to register.

Heather Faria Joins Concord-Merrimack County SPCA

The Concord-Merrimack County SPCA has completed their search for a new Executive Director. Heather Faria of Warner NH was introduced on Sunday, September 21st at the Annual Walk for the Animals. Ms. Faria comes from a management and marketing background in both non-profit and corporate sectors. Heather accepted the position because of her strong desire to give back to the community, her love of animals and the tremendous opportunity to be a part of building the new facility that will be located on Silk Farm Road in Concord. Please feel free to stop by Washington Street in Penacook or email her at hfaria@concordspca.org

stations to help get their message out, and Concord TV has many ways to help area nonprofits do just that.

For over seven years, local organizations have been able to be featured on *The Nonprofit Connection*, a half-hour talk show format, hosted by Concord TV staff or community hosts and since 2000, partner agencies of United Way of Merrimack County have been featured on *Your Community At Your Service*. Beginning in September, another similar program, *Volunteers in Action*, had its debut, shining the light on those individuals that give of their time in helping nonprofits fulfill their mission. These programs can be seen on Concord's local cable channel 22.

Your Community At Your Service

Since April of 2000, Liz Hager, Executive Director of United Way, has been working with the TV Production Class at Concord High to produce "Your Community At Your Service" featuring the nonprofit human service partner agencies of United Way. Students in the class often visit the agency or clients of the agency before the show to provide up-to-the-minute pictures of direct service to people in the community. Other times "clients," such as kittens from the SPCA, join her on the show. Liz enjoys working with teacher Jon Kelly and his interested and interesting students to bring this show to Concord TV.

The Nonprofit Connection

As a new host of The Nonprofit Connection, Ellen Koenig brings her many years of experience with area nonprofits to the show, presently working with the New Hampshire Charitable Foundation since 2000 in the role of Senior Program Officer. Her work at the Charitable Foundation also includes the Corporate Fund, Lead Staff for the Charitable Foundation's Lakes Region, and work with the NH Center for Nonprofits. Prior to joining the NH Charitable Foundation, Ellen was Co-Executive Director at Granite State Independent Living in Concord for over 12 years.

Recently, Ellen interviewed Executive Director Mary Ellen Jackson of the NH Center for Nonprofits, talking about the mission of the organization and how they serve the nonprofit sector in the state. Joining them on the set was Boyd Smith, Executive Director of the Newfound Lake Region Association, a member of the NH Center for Nonprofits.

Volunteers in Action

The idea for this show was inspired by its host Deborah Sprague after she appeared on The Nonprofit Connection representing AARP NH. Deborah is currently the Program/Volunteer Manager for AARP NH. Her diverse background includes volunteer recruitment/management, advocacy issues, marketing/communications and she has led state-wide community outreach initiatives. The first show featured the Circle Program, with guests Mary Kimmel, Circle Program Mentor and Circle Girl Chanya Smart.

Events at Horseshoe Pond Place Senior Resource Center

The following community events will be held at Horseshoe Pond Place during October. For more information, please call Polly Mills Fife, Director of Senior Services at 228.6956.

"Advance Directives"

Presented by AARP - Thursday, October 15 (Dining Room) from 1:00 pm to 3:00 pm.

AARP is a nonprofit, nonpartisan membership organization for people age 50 and over. For more information, contact Tim Gormley at 228.4704. Please join us beforehand for a nutritious lunch in the HSPP Dining Room at 12 noon. Call Polly to save a place (meeting is FREE; \$2 donation for lunch, optional)

Concord Reads 2009

Presented by Concord Public Library - Thursday, October 22 (Dining Room), from 12:00 noon to 1:00 pm.

Pay It Forward community book discussion. If you have not already signed up to participate in the Concord Reads Program, please call Polly at 228.6956 to save a place! Plan to join us for a sack lunch (meeting is FREE; \$2 donation for lunch, optional, or bring your own)

VNA Flu Information Session

Presented by Concord Regional VNA - Thursday, October 1 (Dining Room) at 12:30 pm
Questions about H1N1! "Swine Flu"? Please come to our FREE information session.

VNA Flu Clinic

Thursday, October 8 (Community Room), from 12:00 pm to 2:00 pm - Public flu clinic

Healthy Homes

Breathing Hazards & Asthma Risk from Mold & Mildew

These products are but three ways that Concord TV supports the marketing efforts of nonprofits. Whether it's creating slides for the channel's community bulletin board, learning how to use equipment to produce their own shows, or airing PSA's on the channel, nonprofits can count on Concord TV as a free resource in helping them tell their story.

For information on how nonprofits or their volunteers can be featured on future shows, contact Doris at 226.8872. To find out when the shows will be aired on channel 22, or to learn more about Concord TV, "Your Community Channels", visit www.yourconcordtv.org.



If you contribute \$5 per pay period and your contribution is forwarded to Concord Family YMCA it will provide an at-risk teen with a YMCA membership.

News From Pittsfield Area Senior Center

The Community Partner and Business Showcase held at the Pittsfield area Senior Center Open House on September 17th was a great success, in part due to a United Way event that happened on September 16th, which was the United Way Day of Caring. Paul Cote volunteered and McLane (food distributors in Contoocook) donated Paul's time to clean the Function Hall of the Pittsfield Community Center and performed yard work so that the Senior Center was well prepared to receive guests for their Open House. We are sincerely grateful and thankful to Paul, McLane and the United Way for their contribution to our successful event.

It was fun and informative for our seniors to learn the

Molds and mildew can grow in damp, dark places and have been known to cause lung problems; posing particular danger for people who have allergies or asthma. One way you can prevent the growth of these substances in your home is by controlling humidity and reducing water damage and leaks. Use an exhaust fan in the kitchen and bathroom. If exhaust fans are not installed in your kitchen and/or bathroom, the installation of these is recommended. Fix plumbing leaks before mold grows. If you suspect the presence of plumbing leaks, have a licensed qualified plumber make further evaluations and repairs to the situation to prevent dangerous conditions where mold can grow. Bark from trees contains millions of mold spores, so do not store firewood inside your home. Instead, store it outside at least a few feet from your homes foundation and cover it with plywood or a tarp. For more information contact the CCNTR Healthy Homes Committee at 934.0177 ext. 102.

Talented Retirees Helping Struggling Students

Children in Merrimack County who struggle in school are getting help from talented retirees. Recently, the Foster Grandparent Program received feedback from teachers and principals about how much Foster Grandparents were helping their students. Here is one of the teacher's responses:

"It is always difficult for students who join a class late in the year since procedures have already been set and bonds between students have been formed. For one child this transition was even harder. Our new student came from a broken home and had considerable emotional and mental health issues. He arrived at school each morning with no breakfast and often not bathed. He craved attention so much that he frequently became violent towards

variety of businesses throughout our communities. Once again our fabulous and generous volunteers served a delightful meal to approximately 40 guests. The Hampstead Stage Company from Barnstead graciously donated their time with songs and skits during the noon hour. We also extend a huge thank you to the businesses that spent 2 hours here talking with people about their services while giving demonstrations and presentations. Thank you to Quantum Life Healing, Concord Regional VNA, Infinite Health, TheInnatelInYou, Wells Fargo Reverse Mortgage, The Paige Agency, Image Plus Promos, ServiceLink, Senior Community Service Employment Program, and our own Craft Volunteer Leaders, Carol and Erin. The Senior Center displayed many of the items made by the seniors this past year. Oil paintings, crocheted blankets, jewelry, etched glass, glass beads and stained glass.

Many of the vendors will be scheduled for in-depth presentations throughout the coming year so watch the paper and PASC newsletter for details. For more information or to find out about upcoming events call 435.8482.

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 and forward to valg@unitedwymc.org

Partnering to Support Military Kids & Their Families

Throughout New Hampshire, military units representing all branches of the service are positioning for large-scale deployments in 2010. With more than 4,000 children from military families living in our state, there is a pressing need for support and services to address the unique challenges these families face.

Purpose: To educate participants about how they can best meet the needs of children and families of deployed service members throughout all stages of the deployment cycle.

Participants will:

- Learn about the stages of deployment and how the stages differ among the various branches of service.
- Determine the services and support needed by families during the deployment cycle.
- Build relationships with individuals, community groups, and the military to work together to meet the needs of military families during each stage of deployment.

both students and adults.

My Foster Grandparent acted as a loving caregiver to this young boy, which he lacked and so desperately needed, and helped to implement a behavior plan for him. Her patience was certainly tested, but her big heart and strong sense of what a child deserves helped the student overcome many of his challenges. And she catered to his emotional needs, forming a bond and enabling him to feel safe, to feel loved, and to finally have a true opportunity to learn - which he did!

My Foster Grandparent is someone I look up to, also. She shows me the kind of teacher that I can grow to be - someone who sees the good in everyone she meets, someone who shows each child that she cares, someone who is a role model that we all look up to."

Foster Grandparents serve throughout the county. To contact the program, please call Margo at 603.228.1193 ext. 102.

Is Your Brain on Overload?

Is your brain on overload? Do you get too much information and sift it fast, trying to see what actually matters to you? I suspect many of us would answer Yes! The other day I heard a woman in her fifties say that she won't listen to the news because "it's just too much," and "it messes up my head."

I can understand the impulse to block and sift information, but doing that just might create problems. For example, I manage the Merrimack County ServiceLink Resource Center in Concord, we get lots of call, I mean LOTS! Over 12,200 last year. People over 65 and caregivers call us with their questions, and we share valuable information.

Sometimes, though, we sense that people aren't hearing our information. Why? Are people dim-witted? Not at all! People are

- Partner with others in their profession and their community to develop networks of support for military children and families.

Registration Fee: \$20.00 (*Fee waivers available upon request) - this nominal fee defrays the cost of lunch and refreshments.

Registration deadline is Friday, October 8, 2009. Space is limited. For more information or to register call the OMK office at 862.2297 or visit www.nhomk.com.

Sponsoring Organizations: Operations: Military Kids; UNH Cooperative Extension; Joint Family Support Assistance Program; NH Army National Guard; NH Air National Guard; US Army Reserve; US Marine Corps Reserve; US Navy Reserve; NH Council of Churches; and Disaster Behavioral Health Response Team.

The Granite Chapter of the American Red Cross Expresses Gratitude to Volunteers

Day of Caring volunteers are crucial to non-profits in the community, and the Granite Chapter of the American Red Cross is no exception. On September 16 volunteers from three local businesses and a school came to the Granite Chapter in Concord to help with maintenance and upkeep of the chapter building. The volunteers painted the hallways, washed windows, and helped create a tri-fold display about Red Cross services. With each task, the 14 volunteers helped the Chapter focus on its mission to serve and educate the public in planning, preparing for and responding to disasters and other life-threatening emergencies.

Businesses represented were Lincoln Financial Group, Orr & Reno Professional Association, and Sulloway and Hollis, PLLC. In addition, seven students and faculty came from Parker Academy. The Granite Chapter is grateful to all these volunteers for their service.



overloaded. Intelligent and competent people get glutted with data and detail and have trouble keeping track. That's normal in today's world.

For example, the Open Enrollment period for Medicare Part D is coming up in mid-November - you know, the prescription piece, medications and all that. Once again, the rules and programs are changing. Every year people get caught because this really important stuff slips their mind until the last minute- or even after the deadlines!

Well, here is a suggestion. If you are over 60, call us at 228.6625. We will take the time to listen and understand your situation, and we will help you listen and understand important details about Medicare. It's what we do.

Chris Emerson
Merrimack County ServiceLink
Resource Center



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