

The Volunteer Voice

Winter 2025

August 2024 Soup Kitchen Mailing

This year, we celebrated Christmas in August. Volunteers were asked to bring in a non-perishable food item to donate to the Nashua Soup Kitchen. Volunteers were given tickets, and we raffled off several baskets. We collected approximately 252 food items which totaled approximately \$750.00 - \$800.00. We stuffed over 9,000 mailers.

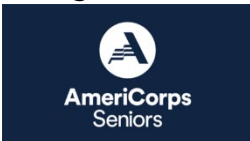
Great Job to our Volunteers!



RSVP is sponsored locally:



RSVP is funded through:



Alone we can do so little. Together we can do so much.

- Helen Keller



Looking back on 2024

PROGRAM STAFF:

As we look back on 2024, it is clear that this year has been full of exciting milestones and accomplishments for the Retired and Senior Volunteer Program (RSVP).

Deborah Riney
Volunteer Services
Manager (RSVP)
driney@caphr.org

This year we welcomed the addition of the following new volunteers who have made an impact on our programs and community:

Donna Konop
Healthy Futures
Coordinator (RSVP)
dkonop@caphr.org

Linda Basnett

Monica Beard

Gerard Boyer

Jill Cane

Sharon Casey

Kathleen Cayer

Susan Duarte

Chuck Gosson

Carrin Hare

Elaine Holden

Jennifer Vogel

Pat Martone

Barbara Judkins

Jacqueline Kane

Matthew Lehman

Lisa Migneault

Mary Linda Moore

Cindy Norcott

Kathy Peterson

Cooky Silva

Diane St. Onge

Pamela Valente

David Werner

Christine Georges
Assistant Program
Coordinator (RSVP)
cgeorges@caphr.org

A Big Thank You:

We would like to thank the following RSVP volunteers who have invited their friends to join RSVP as new volunteers:

Jane Boyer, Coleen Brady, and Pat Goodman.

What's New:

The Pen Pal Program has added another classroom from the Ledge Street School. We have also solidified a new relation with NH Afghan Support Network. We would like to welcome the following new or resumed Bone Builders locations:

- *Connect 55+ - Bedford, NH*
- *Hudson Senior Center - Hudson, NH*
- *Cashin Senior Active Center - Manchester, NH*
- *Milford Mills - Milford, NH*
- *Pratt Homes - Nashua, NH*
- *Peterborough Congregation Church - Peterborough, NH*

OFFICES:

RSVP Nashua

145 Ledge St.
Nashua, NH
03060
(603) 598-9421

Congratulations to the following active volunteers who have achieved a milestone in volunteering with RSVP:

RSVP Manchester

1915 Front St.
Manchester, NH
03102
(603) 634-1169

5 Year

Donna Brady	June Burrows
Mike Crema	Paula Delaney
Sue DiFranco	Lucille Gravel
Dorothy Hill	Therese Johnson
Marilyn Kantargis	Elenor LaBranche
Ralene Liljeberg	Anne Moran
Nancy Partridge	Alice Rattigan
Andrew Roorda	Sandra Sweeney
Janet Silk	

15 Years

Coleen Brady Ginni Guinesso

20 Years

Virginia Pennell

Is Volunteering good for your health?

- 76% of people who volunteered say that volunteering has made them feel healthier.
- 94% of people who volunteer say that volunteering improves their mood.
- 96% say that volunteering enriches their sense of purpose in life.
- 95% say they are helping to make their community a better place.
- 80% of people who volunteer say that they feel they have control over their health.
- 78% say that volunteering lowers their stress levels.

Recipe:

Donna Konop

asian-style chicken wraps



Prep time: 15 minutes Cook time: 20 minutes delicious on their own, or try serving with a side of Sunshine Rice

For sauce:

1 small Jalapeno chili pepper, rinsed and split lengthwise– remove seeds and white membrane, and mince (about 1 Tbsp); for less spice, use green bell pepper

1 Tbsp garlic, minced (about 2-3 cloves)

3 Tbsp brown sugar or honey

½ C water

½ Tbsp fish sauce

2 Tbsp lime juice (or about 4 limes)

For chicken:

1 Tbsp peanut oil or vegetable oil

1 Tbsp ginger, minced

1 Tbsp garlic, minced (about 2-3 cloves)

12 oz boneless, skinless chicken breast, cut into thin strips

1 Tbsp lite soy sauce

1 Tbsp sesame oil (optional) 1 Tbsp sesame seeds (optional)

For wrap: 1 (small) head red leaf lettuce, rinsed, dried, and separated into single leaves large enough to create wrap

8 fresh basil leaves, whole, rinsed and dried

2 C bok choy or Asian cabbage, rinsed and shredded

1) To prepare the sauce, add all ingredients to a saucepan, and bring to a boil over high heat. Remove from heat, and let sit in hot saucepan for 3-5 minutes. Chill in refrigerator for about 15 minutes or until cold.

2) Prepare the chicken by heating oil in a large wok or sauté pan. Add ginger and garlic, and stir fry briefly until cooked but not brown, about 30 seconds to 1 minute.

As we look forward to 2025, we remain committed to our mission of providing a variety of volunteer opportunities and services.

We can't wait to see what this next year brings, and we will continue to serve our community with your help.

Volunteer Opportunities

CAPHR – Clerical Assistance

Upreach Therapeutic Equestrienne Center in Goffstown
– Clerical

Soup Kitchen Mailings

Fix-It Volunteers

Standing on the Thresholds...of making a BIG difference

RSVP Thresholds and Decisions Making Course currently runs a program at the Hillsborough County Department of Corrections. Volunteers become trained counselors who teach participants a 12 week, five-step decision making process. The program is currently seeking volunteers to teach one-on-one sessions.

Graduates of the class had the following statements to share: “I found out a lot about my past decisions and patterns I never knew were true” - “It makes you realize that it’s OK to have been the way you were. Change is an option.” If you are interested in learning more, please contact Debbie Riney at (603)598-9421 or email at driney@caphr.org

