

# The Volunteer Voice

Summer 2025

## June 11<sup>th</sup> Pen Pal celebration

Due to overwhelming volunteer interest, we were able to add another 3<sup>rd</sup> grade class to our program. We increased our students/participants from 16 to 37. The teachers reported an "improvement" in students reading, spelling, communication, mechanical writing, content and language comprehension skills in all 37. 34 students demonstrated "great improvement" in the above noted skills. Great job to our Pen Pal volunteers!



**RSVP is sponsored  
locally by:**



**RSVP is a program  
of:**



The RSVP staff also said good bye to Kathie Latham, the 3<sup>rd</sup> grade teacher who pioneered the Pen Pal Program with us 27 years ago. While we are happy she is retiring, she will be greatly missed. It has been a privilege to have worked with Kathie. We look forward to possibly working with her replacement as well as Mrs. St. Pierre.



Donna Konop, Christine Georges, and Kathie Latham

# 2025 Volunteer Appreciation Breakfast

Thursday, June 19<sup>th</sup>, 2025, we came together at Rivier University – Dion Center for the first time since the COVID-19 pandemic to celebrate and honor each of you. We were joined by our CEO, Donnalee Lozeau and Katie Dunfey, Innovation and Strategies Director. We presented volunteers with years of service awards and raffled a basket, which was won by Mary Stroup. It was a great time for all and an opportunity for us to thank you again for your dedication to the community and for helping others. Your commitment and hard work make a significant difference, and we are incredibly grateful for your service.

RSVP has been part of CAPHR since 1977. RSVP of Hillsborough County currently has 157 volunteers. In the past reporting, fiscal year (April 2024 – March 2025), RSVP volunteers have served 12,468.30 hours in locations and programs such as our Bone Builders classes, Healthy Habits Seniors workshops, Thresholds & Decision-Making Program, the Fix It Corps, the Pen Pals Program, St John Neumann Food Pantry, The Nashua Soup Kitchen, and Pelham-Hobbs Community Center.

## PROGRAM

### STAFF:

#### Deborah Riney

Volunteer Services  
Manager (RSVP)  
[driney@caphr.org](mailto:driney@caphr.org)

#### Donna Konop

Healthy Futures  
Coordinator (RSVP)  
[dkonop@caphr.org](mailto:dkonop@caphr.org)

#### Christine Georges

Assistant Program  
Coordinator (RSVP)  
[cgeorges@caphr.org](mailto:cgeorges@caphr.org)

## Welcome!

All of us at RSVP would like to welcome our 2025 New Volunteers: 😊

Terry Braga	Karl Bujold	Nicole Cantin
Joan Cardillo	Julie Crossland	Carol DiFranco
Donna Dube	Mary Elliot	Heather Gollnick
Frances Mulroy	Sharon Noel	Susan McKenna
Ann Richardson	Shirley Stone	Connie Surette
	Yucci (Nancy) Tan	

**Thank you so much for joining us!!**

## Volunteer Spot light!!

Today, we shine the spotlight on Mary Sullivan and congratulate her on her years of service with RSVP. Thank you, Mary for your decades of caring and volunteering.

Mary was born in New York and grew up on a farm with 7 brothers and 1 sister. After the family traveled to Newark and Philadelphia, they moved back to the farm.

Mary settled in Nashua around 2000 after raising her 8 children, 4 boys and 4 girls. She is extremely proud of the fact that she raised her children to be independent. Although she busied herself with crossword puzzles and knitting, which she stills does to this day, Mary was always on the lookout for volunteer opportunities.

Mary has been with RSVP for 27 years and to date has devoted 17,497 hours of her time in service of the community. She started volunteering at the Ledge Street School as a classroom assistant, providing extra help to students in need and leading reading groups. She was voted Big Sister of the Year in 2010. Mary said, "volunteering took me outside of myself" and enabled her to meet and socialize with other volunteers. She has participated in the Pen Pal Program, Nashua Soup Kitchen mailings, the Sunshine Postcard Program, and as a Special Events volunteer. She has knitted and donated countless hats and mittens to the students of Ledge Street School. Mary will tell you, volunteering has been the "best 25 years of my life" and we are honored to know her.



**A couple of fun facts about Mary:**

Favorite meal - salmon, broccoli, butternut squash/sweet potato

Favorite job - telephone operator

Favorite age - mid 30's were very active

When asked to describe herself, she said as the eldest of 8 children, she was a mother's helper and she considered herself to be a good student and employee. We have no doubt!!



Mary providing extra help and reading with a Ledge St School student (in the beginning of Mary's volunteering) approximately September, 2000.



Mary with her pen pal at the 2025 celebration.



Mary and RSVP's Chris Georges-August, 2025 - hats and mittens donated by Mary 2024

## **Fix It Flash:**

**Before Fix It  
Corps  
2025**



The Fix It Corps Program helps seniors and disabled homeowners with minor repairs and maintenance to keep them safe and secure in their homes. Labor is free and the homeowner is responsible for supplying all materials needed to complete the service.

Since 2020, our impressive Fix It volunteers have completed approximately 257 repairs.

**After Fix It Corps  
2025**



Aside is an example of a minor repair done by volunteer Mark White.

(before and after picture)

As a Fix It Corps volunteer you accept only the jobs you want, work where you want and when you want.

**If interested in volunteering for  
Fix It Corps call Christine @  
(603)598-9421**

## Healthy Habits Adult workshops

### September:

Tuesday 9<sup>th</sup> – **Hollis Town Hall** –  
10am - Salt

Thursday 11<sup>th</sup> – **Pelham Terrace**  
– 11am - Fruits & Veggies

Thursday 18<sup>th</sup> – **Pratt Homes** –  
11:30am – Fat

Wednesday 24<sup>th</sup> – **Pratt Homes**  
– 11:30 – Dairy

Monday 20<sup>th</sup> – **Milford Mills** –  
2pm - Fiber

### October:

Thursday 9<sup>th</sup> – **Town of  
Londonderry** - 11am -  
Successful Aging

If you are interested in  
attending any of the above  
classes and for the completed  
October Healthy Habits  
schedule please contact  
Donna Konop at  
(603)598-9421

## Bone Builders Sites

### BEDFORD

**Connect 55+** – Tues.&Thurs. @  
10am

### GOFFSTOWN

**Goffstown Parks & Rec** – Mon.  
& Wed. @ 9:30am

### HUDSON

**Hudson Senior Center** – Mon.  
@ 8:15am & Thurs. @ 2:30pm

### MANCHESTER

**WB Cashin Senior Center** –  
Mon. @ 9am  
**Derryfield Village** –  
Mon.&Thurs. @10am

### MILFORD

**Millford Mills** – Tues. & Thurs. @  
10:30am

### NASHUA

**AHEPA 35 Manor** – Mon. & Fri.  
@1pm

**Coliseum Senior Residence** –  
Tues.& Thurs. @ 10am  
**Davidson Landing II** – Tues. &  
Thurs. @ 10am

**Gatewood Manor** – Mon. &  
Wed. @ 10am

**Nashua Senior Center** – Mon. &  
Thurs. @ 2:30pm

**Pratt Homes** – Tues. & Thurs. @  
1pm

**Streeter Shores** – Tues. & Fri. @  
10am

**Wagner Court** – Mon. & Wed.  
@ 2pm

### PELHAM


**Pelham-Hobbs Community  
Center** – Mon., Tues., Wed., &  
Thurs. @ 9am & Mon. & Wed.  
@ 11:15am

### PETERBOROUGH

**Peterborough Congregational  
Church** – Mon. & Fri. @ 7:45am

Please visit CAPHR.org, under  
RSVP for a full schedule of  
classes or contact Donna @  
603-598-9421

## RSVP

**Signature**   
**Programs:**

## OFFICES:

### RSVP Nashua

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

### RSVP

#### Manchester

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

## Recipe: Spinach Salad with Turkey



### Salad:

- 8 oz. leaf spinach, washed and stems removed
- 1 small red onion, peeled and finely sliced
- 1 tomato, diced
- 1 cup sliced fresh mushrooms
- 12 oz. cooked turkey breast meat, cut in bite-sized pieces

### Dressing:

- 4 Tbsp. orange juice
- 2 Tbsp. red wine vinegar
- 2 tsp. olive oil
- 1 or 2 small garlic cloves, peeled and minced
- 1/4 cup grated Parmesan cheese

Place all dressing ingredients in small bowl. Whisk together and set aside. In a large bowl, combine all salad ingredients. Drizzle with dressing and toss gently. Serves 4. **Preparation Time:** 15 minutes

