



April 2013

\$138,982 Saved on Prescription Medicine Through December 31, 2012 with Monadnock United Way and FamilyWize

Free prescription card distributed by United Way could help even more people if they knew how easy it is to get and use one.

Monadnock United Way and the FamilyWize Community Service Partnership have teamed up to make prescriptions more affordable for those without insurance or even those who have insurance that doesn't cover their medicine. FamilyWize cards have provided needed relief with great success, saving 1,408 people in our community more than \$138,982 on the cost of their medicine. However, there are still many more people whose health is endangered because their prescriptions are too expensive and they are not getting the medicines they need.

Surveys in the last two years by the Commonwealth Fund, a private foundation that supports independent research on health care issues, notes particular difficulties for people who lost insurance when they became uninsured:

- 57% who had health benefits through their jobs and then lost their jobs became uninsured
- 52% of uninsured adults with a chronic condition skipped doses or did not fill a prescription for their condition because of the cost



Even people with insurance through their employer may find that cost keeps them from taking medicine as prescribed, particularly those with High Deductible Plans. According to an Employee Benefits Research Institute study:

- 31% of people who had a deductible of at least \$1,000 skipped a dose or didn't fill a prescription because of cost.

"In 2013, we'd like to see every person in our community who is unemployed, uninsured, has

to buy medicine not covered by their health plan or government program, or is unable to get the medicine they need for any reason, get a FamilyWize card from our United Way," said Kathy Harrington, President of the Monadnock United Way. *"We also encourage them to see what other services we can refer them to — like food banks and pantries, utility and housing assistance, and more. We know these are still hard times for many people and we're here to help."*

Monadnock United Way is one of 1,000 local United Ways that have joined the FamilyWize Community Service Partnership over the last 7 years. FamilyWize was recently named a Preferred Partner by United Way Worldwide to provide

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FamilyWize

opportunities for increased awareness and collaborations nationwide.

“Our partnership with United Way Worldwide and almost 1,000 local United Ways nationwide gives us a national platform to help people in every community across the country,” said Dan Barnes, FamilyWize CEO and Co-founder. Barnes added that FamilyWize has the capacity to help many more people and will be working hard to do so but the impact nationwide already is impressive:

- 5.2 million people helped
- 5,000 additional people helped each day
- \$470 million saved on the cost of medications

“Locally or nationwide, what’s most important is that most of the time we save people about \$20 per prescription when they use this card,” added Harrington. *“That’s money in their pocket when they need it most to pay bills and other necessities.”*



Average savings are almost 40% and can be as high as 75%. FamilyWize

cards can be used at most pharmacies including all chain pharmacies and groceries nationwide.

Contact Monadnock United Way for information on how to get a card, visit www.familywize.org to download a card or text “family” to 700700 to get a text version of the card.

About FamilyWize

The FamilyWize Community Service Partnership was established in 2005 to help people get the medicine they need. Today, more than 50,000 community agencies, coordinated by nearly 1,000 participating United Ways and America’s Promise Alliance Partners in all 50 states coordinate local distribution of the free FamilyWize prescription drug discount cards, which lower the cost of medicine by up to 75%. As of December 2012, the free FamilyWize cards have helped more than five million people save over \$450 million. For more information, visit FamilyWize.org/about-us.

MARK YOUR CALENDAR:

Making Money Work for You

UNH Cooperative Extension is offering this weekly, six-session money management series.

Place: Keene Public Library, 60 Winter St., Keene, NH

Dates: Thursdays, April 18 and 25, 2013
Thursdays, May 2, 9, 16, 23, 2013

Time: 6:00 PM-8:00 PM

For more information or to register, call Gail Zachariah at 603-757-1845, or email gzachariah@ci.keene.nh.us.

Monadnock Center for Violence Prevention

Walk-a-Mile in Her Shoes 2013

A one-mile walk for men, women and children to show their support for survivors of sexual assault.

Place: Starts at Keene State College, Keene, NH

Date: Saturday, April 20, 2013

Time: 10:00 AM

Event registration begins at 9:00 AM

For more information call 603-352-3844, or email director@mcvprevention.org.

New Hope Family Singers and Dancers Annual Dance and Movement Therapy Performance

A morning of song and dance brought to you by New Hope New Horizons.

Place: Heberton Hall, Keene, NH

Date: Friday, April 26, 2013

Time: 9:30 AM

Keene Chamber Annual Spring Social & Raffle

Mark your calendars.

Place: Keene Country Club, Keene, NH

Date: Friday, April 26, 2013

Time: 6:30 PM-8:00 PM
Drawing at 7:45 PM

Cost: \$125 each (admits two)

For more information call 603-352-1303, or email jkowalski@keenechamber.com.

Cheshire Housing Trust 2013 Homebuyers Seminars

Seminars for first-time homebuyers.

Place: Stone Arch Village Senior Housing Community Room, 835 Court St., Keene, NH

Dates: Tuesday/Thursday, May 7 & 9, 2013
Tuesday/Thursday, June 18 & 20, 2013
Saturday, September 21, 2013
November 9, 2013

Time(s): 5:30 AM-9:30 PM (for Tuesday & Thursday nights in May and June)
9:30 AM-4:30 PM (for Saturdays in September and November)

Free and open to the public.

For more information or to register, call 603-357-7603, ext. 103, or email homeownership@cheshirehousingtrust.org.



THE DAN MITCHELL MORNING SHOW on WKBK-AM 1290

Featuring Monadnock United Way agencies on the third Wednesday each month at 8:10 am.

April 17: Southwestern Community Services Fuel Assistance Program

May 15: NH Pro Bono

June 19: Mayhew

7th Annual Walk-a-Mile in Her Shoes, April 20, 2013

Help Monadnock Center for Violence Prevention reach their goal of at least 500 walkers!

Join Monadnock Center for Violence Prevention (MCVP) on Saturday, April 20th at Keene State College for The International Men's March to End Rape, Sexual Assault & Gender Violence! Registration is from 9:00 AM-10:00 AM, and the walk begins at 10:00 AM.

Last year almost 500 students and community members that came out to walk. Let's surpass that record this year! Get your friends, family, teammates & coworkers together to form a team and walk together to show your support for ending gender based violence here in the Monadnock Region. Walk a Mile in Her Shoes is a time to highlight healthy masculinity, where men stand together to say NO MORE to domestic and sexual violence.

Registration for the event is FREE and easy; just visit www.firstgiving.com/mcvp to get started! Click on the event information for WAM 2013 and you're on your way! After registering you can also set up your fundraising page to raise money for MCVP's free & confidential support services and prevention education programs. The first 450 walkers to arrive that morning get a free t-shirt! Did we mention there are prizes for the top fundraising team and individual? So what are you waiting for? Sign up today!



Save the Date!

On Friday, April 26th, 2013, **The New Hope Family Singers and Dancers** (also known as New Hope New Horizons) will present their annual dance and movement therapy performance at 9:30 AM at Heberton Hall.

Please them for a joyous morning of song and dance, as New Hope New Horizons consumers, staff, students and interns from Antioch University New England and members of the community showcase their talents. Wear your dancing shoes, as there are plenty of opportunities for audience participation!

For more information, please contact Laurie Meissner at (603) 719-4266.

Sponsorship Opportunities Available at The Community Kitchen's 21st Annual Charity Golf Tournament

Anyone involved with a nonprofit will be familiar with fundraising! It's a fact of nonprofit life. At The Community Kitchen, with no State or Federal funding, it is a constant — the Kitchen needs to raise money and food the year round. The Community Kitchen is blessed with members of the community who help with events, and for 20 years Bill Fenton has hosted their largest annual fundraiser — the ever-popular **Annual Charity Golf Tournament**. This year will be the 21st, and the plans are well in hand to make this "coming of age" tournament as much fun as the ones that have gone before. Rain or shine the carts will be started, balls cleaned and clubs polished.



Fenton and his grade school buddies at last year's tournament.

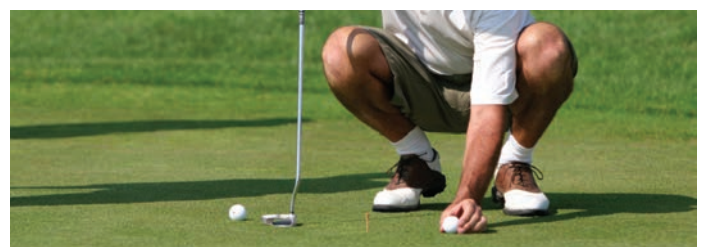
The tournament is Monday, June 3, 2013 at the **Keene Country Club**, and features 18 demanding holes with water and forest hazards, tight fairways, sand traps and doglegs that prove an

interesting challenge for players of every level. This fun-filled day of golf starts with a Shoot Out for \$1,000,000. Golfers play for Hole-In-One awards of two new cars and a Harley, and also take their chances at winning a variety of excellent golf equipment through a charity raffle. The day ends with a great dinner and the chance to win more prizes or bid for some excellent items in the silent auction.

All proceeds will directly benefit The Community Kitchen where, in 2012, over 8,800 people in need in our community were served through the Pantry Program and where people can get a free and open to all dinner during the week and a lunch on Sunday — with a lot of the food salvaged but a growing percentage of it purchased.

Businesses and individuals can sponsor this event with sponsorship opportunities ranging from being a Prize Sponsor at \$100 to a Cart Sponsor at \$1,500 and other levels in between! The sponsorship form can be downloaded from the Kitchen's website at www.thecommunitykitchen.org.

For more information about sponsorship please contact Penny Bell at Toyota/Volvo of Keene at 603-354-5061 or email: pbell@fentonautosales.com.





Tips for...

Successful Grant Writing

Foundations receive many more proposals than they can ever fund. The challenge is to make yours stand out with good writing and a compelling case. Solid research is critical too, to make sure the foundation to which you are applying and the project for which you're seeking funding are a good match.

Here are some tips to help with successful grant writing.

- 1 Read through the grant guidelines and highlight key points, especially the DEADLINE. Make sure you follow the guidelines to the letter.
- 2 Write out your key points before you start. Keep these in front of you the entire time and refer back to them often to be sure you're staying on track.
- 3 Assume the person who is reading your application knows nothing about your organization or program to be funded. Don't use insider jargon.
- 4 Make sure your proposal communicates both the human side of the problem you are trying to solve, as well as the data. Use a story of someone helped by your work when appropriate.
- 5 Ask someone who knows nothing about your project to read through your application to see if your points come across clearly.
- 6 Check the numbers on your budget page to make sure they add up.
- 7 Format the proposal so it is easily read using sub headings and lots of white space – often the foundation staff will be scanning the document to find information since they may be reviewing dozens of proposals at the same time.
- 8 Number the pages of the proposal and include the name of your organization on every page.
- 9 Proofread your proposal. Good grammar and spelling demonstrate the professionalism of your organization. Typos and other mistakes communicate sloppiness.
- 10 Brief your board on the proposal request – the funder may call them.
- 11 Check to be sure that you've included all the requested attachments. Deliver the grant on time – even early if possible.

About NonprofitNext

NonprofitNext is a project of the **New Hampshire Center for Nonprofits**, in collaboration with **CCA Global Partners** and the **New Hampshire Charitable Foundation**.

NonprofitNext is a web-based resource center with hundreds of customized resources for New Hampshire nonprofits. Scores of instantly useable tools and resources can be downloaded and customized, like job descriptions, tool kits, employee handbooks, one page fact sheets — and many more for instant use. Also, users of NonprofitNext will enjoy significant cost savings with over two dozen vendors providing discounted goods and services to users of the site.

The opportunity to bring greater efficiencies and cost saving to all the nonprofits in the state really resonated with a wide variety of funders which prompted 18 different funders to join together to support this project. Mary Ellen Jackson, Executive Director of the Center for Nonprofits describes it this way. *“As soon we began to pitch the idea of developing this on-line resource, the funding community got really excited about what it could do for nonprofits large and small across the state. It is exciting to see so many funders coalesce around a single project. NonprofitNext has the capability to help each of our nonprofits save time and money in some significant ways.”*

NonprofitNext is a part of the benefits package enjoyed by all members of the New Hampshire Center for Nonprofits, which has over 600 members representing thousands of the state's nonprofit leaders.

For more information, visit: <http://www.nonprofitnext.org>.

WISH LIST

BIG BROTHERS/BIG SISTERS OF WESTERN NEW HAMPSHIRE

Paper shredder — 352-9536, ext. 106

THE COMMUNITY KITCHEN

Delivery drivers to deliver take-home food boxes on Thursday mornings. Depending on the route, it would take 1-2 hours. Volunteers would need their own vehicle and be able to lift about 40 pounds. — 352-3200

CONTOOCOOK VALLEY TRANSPORTATION COMPANY (CVTC)

Volunteer drivers for the Eastern Monadnock region — 877-428-2882, ext. 5

HORSE POWER THERAPEUTIC RIDING AT TOUCHSTONE FARM

Looking for volunteers for Horse Power Therapeutic Riding Touchstone Farm riding program — Terri, 654-8562

KEENE DAY CARE CENTER

Washable markers, balls (any kind) — 352-2129

KEENE SENIOR CENTER

Gardening hand tools for vegetable garden, paper towels, paper napkins, disposable coffee cups, IT volunteer to help with computer problems — 352-5037

MONADNOCK AREA PEER SUPPORT AGENCY (MPS)

Digital camera, someone to tune our piano, a cloth to cover the piano keys, twin-sized bed linens, towels, wash cloths, bathmat, twin-sized comforter, Nintendo Wii, jelly stretch elastic for jewelry-making — 352-5093

MONADNOCK CENTER FOR VIOLENCE PREVENTION

Personal hygiene kits: toothbrushes, deodorant, travel-size shampoo, conditioner, body wash/soap, lotion, razors and shaving cream — 352-3782

MONADNOCK FAMILY SERVICES

Baby soaps & lotions, baby food, bottles and toddler cups, teething rings, toilet paper & tissues, blankets, cleaning products, hand sanitizer/antibacterial wipes, utensils, sheets, cereal bowls, sponges, family-oriented DVDs, aluminum foil, plastic wrap, baggies etc., nonperishable food — Ann Foerster, 355-3040

PHOENIX HOUSE KEENE CENTER

Bicycle(s) in good working condition, area rugs, towels, percussion instruments — Mary, 358-4041

THE RIVER CENTER

Garden tools for children and adults, seeds and seedlings for our gardens — 924-6800

THE SAMARITANS, INC.

Individually packaged snacks and/or beverages, crossword and Sudoku puzzle books — 357-5510

SOUTHWESTERN COMMUNITY SERVICES

Plastic, sealable totes with lids (large and medium), metal dressers, metal living room furniture, metal or tile tables for kitchen & living room, metal kitchen chairs, energy efficient light bulbs, personal care items, 35-gallon trash bags, twin sheets, new pillows, bath towels — Cathy Thornton, 352-7512, ext. 4295

WINCHESTER LEARNING CENTER

Metal Tonka trucks and wagons, large and small — 239-7347



News from The River Center: A Family and Community Resource Center

New Board Members

The River Center is pleased to welcome three new board members from Jaffrey and Rindge. They are **Craig Fraley**, Rindge Recreation Director; **Patricia Martin**, Rindge resident and active volunteer; and **Frank Sterling** long time Jaffrey resident and active community member.

Free Tax Service

The River Center is in their sixth year of offering free tax preparations at 46 Concord Street in Peterborough. As of mid-March, 320 returns had been completed by their volunteer IRS certified tax preparers resulting in \$650,170 in refunds of which \$237,170 is Earned Income Credits. Last year this program completed 740 tax returns bringing back 1.12 million dollars in refunds. This program is run by 25 volunteers and serves low or moderate income individuals from the Eastern Monadnock Region and beyond.

Community Wood Bank

New this year for The River Center is their Community Wood Bank. This is another volunteer effort which has involved 50 volunteers, 29 wood donors, and 26 cords of cut, split and stacked wood for community use. This wood is intended to be a supplement for those who need it. To qualify to receive this wood individuals are directed to apply for Fuel Assistance through Southwestern Community Services or Southern NH Services.



Comedy Fundraiser

On April 13 at 7:30 PM, local comedian, musician and story teller Ken Sheldon will present his solo show, Fred Marple, at Conval High School in Peterborough. Tickets are \$10 and all proceeds will go to benefit The River Center. Ken has been featured on NH Chronicle and Yankee Magazine and is the creator and star of Frost Heaves.

Community Spelling Bee Fundraiser

The eighth annual Community Spelling Bee is May 3 at 7:00 PM at the Peterborough Players. Teams of three will compete for



the glory of being the best spellers in the community. Costumes, fun, and mental rigor are all part of the evening for participants of all ages. They are looking for teams and sponsors for this great community event. Contact The River Center and join the fun!

For more information, please call The River Center at 603-924-6800 or email info@rivercenter.us.

CVTC Names Ellen Avery Executive Director

Ken Geraghty, Chair of the Board of Directors announces the appointment of **Ellen Avery** as Executive Director for the Contoocook Valley Transportation Company (CVTC). She will lead the organization in advancing its two flagship services, the Volunteer Driver Program and Monadnock Rideshare. She will represent CVTC at regional and state-wide transportation meetings including the Monadnock Regional Coordinating Council for Community Transportation, Monadnock Region Transportation Management Association and Commute Green NH.



CVTC creates, coordinates and delivers transportation solutions for the Monadnock region. Founded in 2008 and based in Peterborough, CVTC serves thirteen towns — Antrim, Bennington, Dublin, Frankestown, Greenfield, Greenville, Hancock, Jaffrey, New Ipswich, Peterborough, Rindge, Sharon, and Temple. The Volunteer Driver Program provides rides for citizens of the thirteen towns that have no other transportation options to medical appointments, social service agencies and grocery shopping. Rides are provided by volunteer drivers, at no charge. Monadnock Rideshare features an on line Rideboard and toll-free telephone number where residents of the entire region can register to provide a ride or look for a ride to work, shopping, sporting or cultural events or long-distance trips, with the ultimate goal of making carpooling a transportation resource for this rural area.

CVTC is a not-for-profit organization that is supported with funding from Monadnock United Way, Federal Transportation Administration through the NH Department of Transportation, municipalities, foundations, businesses and individual donations. For more information call toll-free 1-877-428-2882 and visit the website at www.cvtc-nh.org.

New Hampshire 
2-1-1™
 Get Connected. Get Answers.
 United Ways of New Hampshire • Lead State Partner

2-1-1 is an easy-to-remember telephone number that connects callers, at no cost, to information about critical health and human services available in their community.

To add your agency to the 2-1-1 resource database, go to www.211nh.org/Contact.aspx?GL and complete the online request form.

SCS Fuel Assistance Program

There are only a few weeks left to apply for the Fuel Assistance Program for the current heating season! Please call Southwestern Community Services at 352-7512 and ask to speak with someone in the Fuel Assistance Program if you are interested in applying!

~ SCS Energy Services Team

National Volunteer Week

April 21-27, 2013

National Volunteer Week is a time to celebrate people doing extraordinary things through service. Established in 1974, National Volunteer Week focuses national attention on the impact and power of volunteerism and service as an integral aspect of our civic leadership. The week draws the support and endorsement of the President and Congress, governors, mayors and municipal leaders, as well as corporate and community groups across the country.

Be a Volunteer. Thank a Volunteer.



UNH Cooperative Extension to Offer Making Money Work for You

A Financial Fitness Money Management Series

UNH Cooperative Extension will be offering a weekly, six-session money management series, **Making Money Work for You**. This financial education program will be taught by Gail Kennedy, UNH Cooperative Extension Field Specialist in Youth, Family and Community Economic Development. The classes will be at the Keene Public Library in Keene, weekly on Thursdays, April 18 through May 23, from 6:00 PM-8:00 PM.



The Making Money Work For You series is designed for people who need to manage debt and begin saving, repair their credit history, or make it from paycheck to paycheck. The series covers goal setting, credit, insurance, stretching resources, spending choices, and making a spending and savings plan.

For more information or to register, contact Gail Zachariah at the Keene Library at gzachariah@ci.keene.nh.us or 603-757-1845.

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Email your info to gary@muw.org



RETURN SERVICE REQUESTED

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Keene, NH 03431-3399
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