



COMMUNITY CONNECTION

A PUBLICATION OF MONADNOCK UNITED WAY

December 28, 2021

Here's what you'll find inside:

- Partner updates and news
- Upcoming Events
- Partner wish lists and community resources



Partner Updates

Jaffrey Meals on Wheels Volunteers Recognized with Spirit of NH Award

Jaffrey [Meals on Wheels](#) volunteers were recently honored with a [Spirit of New Hampshire Award](#) for their commitment to delivering meals to homebound seniors during the pandemic. The award, which is given annually by Volunteer New Hampshire, honors individuals and groups for their exemplary volunteerism. The Jaffrey volunteers were honored in the group award category. In making the nomination, Susan Ashworth, Director of the Meals on Wheels program for [Home Healthcare, Hospice and Community Services](#) said, "The Jaffrey volunteers are a bright light showing their unwavering commitment to their community during COVID. When many programs were closing down due to the pandemic, the Jaffrey group stepped up, realizing that it was more important than ever to serve the older and disabled residents of Jaffrey."



Over the past year, more than twenty volunteers, coordinated by Barb Jatkola, delivered over 7,500 meals to 50 homebound residents of the town. The participants looked forward to the daily check-in and friendly conversation at a safe distance.

Jaffrey Meals on Wheels volunteers have been delivering since 1979 entirely with volunteers. The meals are provided by Home Healthcare, Hospice and Community Services. For more information about

Meals on Wheels, or to volunteer, contact [Home Healthcare, Hospice and Community Services](#) at 603-352-2253.



Home Healthcare, Hospice and Community Services Introduces Memory Care at Home

[Home Healthcare, Hospice and Community Services](#) (HCS) has expanded the services for family caregivers by offering [Memory Care at Home](#). HCS Memory Care at Home is a new program, providing three-hour blocks of respite time for caregivers living with a family member with dementia. Care is provided by a licensed nurse assistant (LNA) who offers personal care and meaningful activities to engage the person with dementia while the caregiver takes a break to do errands, have lunch with friends, or just have some restful time.

In addition to Memory Care at Home, the [Castle Center for Life Enrichment](#) day program is open and is welcoming participants who are fully vaccinated. The Castle Center is now open Monday through Friday from 7:30am to 5:00pm, offering activities, meals and snacks. The Castle Center staff of nurses and LNA's have all received specialized training in dementia care and provide activities that will be engaging, stimulating, and enjoyable for participants.

The Castle Center is located at 312 Marlboro Street in Keene and welcomes participants from throughout the area. For more information on the Castle Center or Memory Care at home, call HCS at 603-352-2253 or visit [HCSservices.org](https://www.hcsservices.org).



Southwestern Community Services Completes Major Renovation to One of its Emergency Shelters



[Southwestern Community Services](#) (SCS) has completed significant renovations to one its Keene emergency shelter properties. In December 2020, SCS received funding through the New Hampshire Housing Finance Authority to install an air filtration system to increase the air quality in the shelter.

More extensive renovations would continue in late April 2021 with assistance from both the Community Development Finance Authority and Southwestern Community Services Energy Conservation Department. The renovated building has now been fully repainted and has a new kitchen, appliances, blinds, and flooring as well as bathrooms updates. An outside ramp was built to enhance accessibility. Other upgrades and improvements include new bunk beds, mattresses, and bed linens. As the aesthetics of the shelter improved, the physical structure and system of the building received some much-needed attention. The heating system, roof, windows, and insulation have all been replaced. The significant changes that have been made will add a level of cost savings which will be seen for years to come.

Craig Henderson of SCS says, "The goal of making our shelters safer, healthier, and creating an environment that is more conducive to our guests fulfilling their maximum potential has been reached. The success of this project has depended on multiple agencies and community partners working collaboratively. This type of project would have been difficult before COVID-19 and so its completion during a pandemic can only be considered an epic achievement."

SCS would like to thank everyone who was involved in this project for their dedication and persistence in seeing it through to the end. Words cannot do justice to the work that has been completed during the last twelve months of this project. A special thanks to all of the companies listed below and other community partners that made this project possible.

Special Thanks To: Amer Electric, Bob Lurvey Construction, Dead River Company, GPI Construction, Guyer and Son Roofing, Hamblet Electric, K.E. Bergeron Mechanical Systems, LLC, Keith Plumbing and Heating, Lawton Floor Design, Liberty Utilities, Newell and Crathern Weatherization, Peak Power Electric, Stebbins Spectacular Painting Company LLC, Tom Call Excavation



December News from the Monadnock Alliance for Families

[Rise for baby and family](#) provided holiday gifts and food baskets to a record number of families this year, providing gifts for 106 children and food baskets and gift cards for 56 families. This is more than double the number of children needing gifts in past years and exceeded the number of available donors.

Thanks to United Way's COVID emergency relief funding, which the [Monadnock Alliance for Families](#) agencies applied for earlier this year, Rise had the funds available to purchase 25 of those 106 mentioned above. It was a festive scene at Rise the Friday before the holidays, with the meeting room filled with gifts ready to be delivered to families around the region!

[The River Center](#) has created several opportunities for parents/caregivers and their children to enjoy the outdoors together on a weekly basis. Recently one of our parent educators heard from two different therapists who are working with clients who come to these outdoor groups. Both therapists shared that these outdoor groups have contributed significantly to their clients' overall mental health.

Through our social connections with others, we are reminded that we are not alone in our struggles. Through these outdoor groups, parents and caregivers have an opportunity to problem solve with others. It's a time and a place where they feel heard and are encouraged. It may seem simple to go for a walk and talk. Or to make snow angels and gather pinecones. But sometimes, that is enough to change the tone of the day; and bring hope to someone who needs it.

Kate Carnaroli of Hillsborough and her family first came to [The Grapevine Family & Community Resource Center](#) in 2018, after hearing about the [Better Beginnings](#) parent-child program from a friend. She was looking for a place to go where her boys, Parker (now 5), and Kaleb (now 3), could socialize and meet other children. Kate shares that the boys have grown very comfortable at the Grapevine, "They love it and always ask if it's Tuesday," she laughs, "I say the group is for them but really, it's for me!"

She says she didn't realize how beneficial being part of a parent group would be. "I love having the time to talk, vent, and learn from other parents and to know that everything I say is confidential and isn't going to be shared outside of the group. Having this program helps us reset and creates a better flow to our day."

Now that Parker is 5, he has graduated to the Grapevine's [Learning Vine](#) preschool. Kate loves that it is an outdoor based program. "I think he learns better that way, actually. In addition, both of the boys are still in a playgroup together, and I see them working together and how good it is for them."



Keene Housing Kids Collaborative Bids Farewell to Their Executive Director

It is with both sadness and gratitude that the [Keene Housing Kids Collaborative](#) (KHKC) announces that Liz Chipman will be resigning as the Executive Director of the Keene Housing Kids Collaborative.

Liz joined the KHKC as its first Executive Director in 2015. Since then, she has guided the organization from a start-up to a well-established organization serving children in our community. Liz leaves the KHKC in a very strong position for continued growth and impact, and she is sincerely thanked for her contribution and leadership in her time at the KHKC.

Liz's last day will be Friday, December 31st. Until then, the Board will continue to oversee the process of permanently filling the Executive Director position with a smooth transition for clients, partners, and supporters.

If you have any questions about the transition of the organization, do not hesitate to reach out to [Riki Greenwald](#).



Hundred Nights Annual Holiday Auction

This year, the [Hundred Nights Annual Holiday Auction](#) is being held on their [Facebook page](#)! Check out the available items at Hundred Nights on Facebook. The auction is open until all items are gone!



Volunteering Gives Peace of Mind

“Living in Canada, I can finally relax knowing your drivers are there to take my mother to her essential appointments. Thank you from a grateful daughter.”

Become a Volunteer Driver and help families near and far.

 **Community Volunteer Transportation Company**
603-821-0569 www.cvtc-nh.org 
Follow us on Facebook



Winter-Spring 2022 Programs

Families

BABY AND ME (AGES 0 - 24 MOS./3RD TRIMESTER)

Come to play, socialize, share stories and learn from one another in this fun and social support group with other children and their parents / caregivers and parents-to-be in their 3rd trimester.

Mon., 9 - 10:30 am

MINI EXPLORERS (AGES 24 MOS - 5 YEARS)

Children with their parents/caregivers take part in outdoor play opportunities to build skills needed to thrive.

Wed., 10 - 11:30 am

WINTER FAMILY FUN (FAMILIES)

Families bond and connect with others during outdoor play activities such as sledding, snow painting, outdoor play, and snowman building fun!

3rd Weds. of the month, 12:30 - 2 pm / starts 1/19

WEEKLY WALK (FAMILIES)

Kelli and Nicole lead families on a stroller-friendly walk along a trail, ending each morning with a story.

Thurs., 10 - 11:30 am

Parents/Adults

YOUR PREGNANCY

In this biweekly group, we discuss pregnancy and all that comes with it so that you'll feel comfortable and confident on delivery day. For 1st time to repeat parents.

Tues., 6 - 7:30 pm

MORNING MOVEMENT YOGA AND MEDITATION

Hannah Kokaski leads all bodies and abilities in a series of gentle yoga poses that promote strength and flexibility throughout the body. Starting date TBD.

Contact smcnamara@rivercenter.us for more info.

SEE THE ABLE NOT THE LABEL

Parents of children with special needs connect and help each other find and access supports, advice, advocacy, and maybe even some laughs. On Zoom.

1st and 3rd Weds., 6:30 - 8 pm

FREE TAX PREPARATION

Our Volunteer Income Tax Assistance Program for household incomes <\$7,000 runs 2/5/22 to 4/16/22. By appointment only.

Other Programs

EARLY HOME VISITING - One-on-one visits for pregnant women and families.

COMMUNITY RESOURCE SUPPORT - Connecting you to essential local and/or state-wide resources

COMMUNITY WOOD BANK - Supplemental and emergency wood for needs beyond fuel assistance

KINSHIP NAVIGATION - Connecting grandparents/caregivers with supports as they raise their non-biological children.

MONEY COACHING - Meet with a money coach 1-on-1 to help you understand your finances so you can meet your money goals.



For more information
call (603) 924-6800
or visit www.rivercenternh.org

These are not school-sponsored programs.

The River Center | 9 Vose Farm Rd., Ste. 115, Peterborough, NH 03458 | (603) 924-6800 | www.rivercenternh.org



Wish Lists and Resources

Stebbins Spectacular Painting Offer

Got a room that needs some touching up? [Stebbins Spectacular Painting](#) is offering an in-kind donation of painting supplies and a crew to do the work! MUW is taking names until January 31 when all names will be put into a drawing. Email Katie at katie@muw.org to put your hat in the ring!

Target Gift Card Offer

Target in Keene has funds left to donate to area nonprofits for 2021! They will be distributed on a first come, first served basis in the form of gift cards. To apply, present on letterhead the following information to Zach Eades. Letters should be hand delivered directly to Target on Ashbrook Road in Keene.

- Name of Organization
- Amount Requested
- Organization Address
- Contact Person
- Phone Number

- Email Address
- Explanation of how gift card will be used
- Tax ID #

Questions may be directed to [Zach Eades](#).

