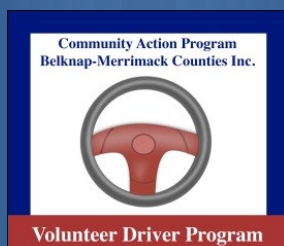


6th Edition
September 2014

Community Action Program Belnap-Merrimack Counties, Inc. Volunteer Driver Newsletter

Special Interest Articles:

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- Meetings and trainings
- Featured driver
- New volunteers



*Volunteers are
seldom paid
not because
they are
worthless
but because
they are
priceless!!!*

From the VDP Coordinator

Volunteering is a great way to give back to your community, gain new experiences and make a difference in the lives of people, which brings me to a very moving story. We were transporting a gentleman for his medical needs who had an accident that left him with no mobility in his legs and limited mobility with his arms. The son was taking time off from high school to assist with his transportation needs and was very close to failing school for all the time he took off. I am happy to say he is now using a walker and with a prognosis for nearly full recovery. This is just one of many stories of how the VDP volunteers have impacted people's lives.



Helpful Hints

School is open: As you know, driving around school buses requires experience, understanding, and a healthy dose of patience. While evidence suggests that school buses are one of the safest modes of transportation for children, accidents can and do happen.

If you see a school bus in your lane or coming towards you, pay close attention to what it's doing. Give the bus extra space and be prepared to stop suddenly as it loads or unloads its precious cargo (children).

Because they're walking on or near the road, kids are in some danger when they get on or off buses. It's up to the drivers around them to keep a close watch and make sure the coast is clear before continuing on.

With that in mind, here are some cardinal rules to follow:

- ♦ School buses are required to stop at railroad crossings, so be ready to hit the brakes if you're behind one
- ♦ School buses travel at slower speeds
- ♦ Pay attention to any stop signs or signals from the bus.

CAPBMCI Beyond the Volunteer Driver Program

New Hampshire Senior Companion Program volunteers are active older adults who visit socially isolated and frail seniors or adults with disabilities within their communities statewide. They enable those they visit to live independently by helping with errands, providing transportation to medical

appointments, encouraging exercise, assisting with simple tasks, giving supportive friendship, and providing respite for caregivers.

The benefits of having a Senior Companion volunteer are numerous.

Aside from a chance to get out and stay active in your community, you can also gain an opportunity to

develop a trusting relationship with someone who truly cares. You or your loved one will feel less lonely and isolated from their community and be able to affirm maintaining dignity and personal independence.

No fees are charged for the basic Senior Companion service, other than a suggested donation for rides to run errands. Senior Companions visit in Belknap, Grafton, Hillsborough, Merrimack, Rockingham, Strafford, and Sullivan Counties. For more information call (800)856-5525 or (603)225-3295 and ask for the Senior Companion Program.



Meetings and Trainings

The Volunteer Driver Program held it's Bi-Annual Training sessions in March 2014. These took place at the Horseshoe Pond Place Senior Center. These sessions are held to benefit all and the volunteers are encourage to make every effort to attend these sessions. They are most beneficial in helping to be the best advocate for our customers. These sessions are also a good opportunity to connect with fellow volunteer drivers.



Our guest speaker/trainer was Bill Wood from the NH Bureau of Emergency Medical Services. He covered how to keep safe by just using "common sense" when dealing with Bloodborne Pathogens that include human blood and other bodily fluids that can cause illness and disease. He demonstrated how to use everyday products in dealing with some of these dangers in order to stay safe.

A light breakfast/lunch was provided through donations from area establishments such as Dunkin Donuts, Hannaford and Market Basket Supermarkets.

Our next meeting will be held in October of 2014

1st ride provided Nov. 30, 2011



*"We will gladly
take you where
you need to go!"*

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RIGHT CLICK HERE TO

Look for us on

facebook

Feedback and input for future
newsletters are welcomed

Featured Volunteer/Employee

Our featured volunteer driver is Joy Power who resides in Gil-manton. Joy began volunteering for the program November of 2012. Joy owns and operates her wheelchair accessible for the program which come in very handy for folks in wheelchairs.

Joy brought community service into her life as a youth by volunteering with her mother in local nursing homes helping residents. She has kept community service as a part of her life through and after her service in the United States Navy. Joy has served as an adaptive ski instructor, volunteered for the Gilford/Laconia Lion's Club, and collected toys for families through Toys-for-Tots. Joy is a volunteer musician and plays in three area bands. Joy touches the lives of children from age five to nineteen as a 4-H leader for two different clubs and has also served as Secretary of the 4-H Fair Board. Joy is also a gifted musician she said *"I enjoy playing in my bands, which currently I am in three."*

This past August Joy was awarded the "Good Citizen Award" from Citizens Bank and Volunteer NH. The Good Citizen Award honors individuals who demonstrate an exceptional commitment to volunteerism.

Joy also is a caregiver for her mother, sister and good friend and does this with a smile on her face.

Some of Joy's interest outside of helping people she enjoys sports like skiing, basketball and football. Joy says *"I enjoy doing needlepoint, especially Counted-Cross Stitch and entering them in local fairs."*

Thank you Joy for all you do!!!



Welcome New Drivers

The VDP would like to welcome the following new volunteers

<u>Allenstown:</u>	Russell Gifford
<u>Belmont:</u>	Frances Anderson
<u>Concord :</u>	Brenda Clark
	Dolores Prescott
<u>Hillsborough:</u>	Marian Baker
	Richard Harbour
<u>Laconia:</u>	David Bodge

