

NCH Volunteer Huddle

The Hands that Make a Difference are the Hands of a Volunteer

August 2025

Happy Birthday!

August 1

Lori B. - NCHHHA

August 6

Isabel N. - AVH

August 11

Angela B. - AVH

Lorraine B. - AVH

August 14

Diane P. - AVH

August 15

Giovanna C - NCHHHA

August 16

Sue G - AVH

August 18

Linda M. - AVH

August 21

Jay T. - NCHHHA

August 22

Claire L. - AVH

August 23

Aymie L.- AVH

August 24

Casey D. - WMC

August 27

Colleen C. - WMC

August 28

Dorothy O. - NCHHHA

Seth F. - WMC

August 31

Mona L. - AVH

Milestones

4 Years

Diane P. - AVH

17 Years

Sandra J. - AVH

August 2025						
S	M	T	W	Th	F	S
					1	2
3	4	5	6	7	8	9
10	11	12	13	14	15	16
17	18	19	20	21	22	23
24	25	26	27	28	29	30
31						

Listen Now!



bit.ly/NCH_Spotify_Podcast

Watch Now!



bit.ly/NCH_YT_Podcast

ROAD LESS TRAVELLED

EXPLORING THE HEART OF HEALTHCARE



RURAL ROOTS

PRESENTED BY NCH

WHERE EVERY JOURNEY MAKES A DIFFERENCE

HOSTED BY GAVIN COOK

NCH RECRUITMENT MANAGER

& REN ANDERSON

NCH DIRECTOR OF PHILANTHROPY & COMMUNITY RELATIONS

PRODUCED BY TYLER RUGGLES

NCH SYSTEM ADMINISTRATOR

Discover the heart of rural healthcare through real stories from the people who live it. Rural Roots is a weekly podcast featuring candid conversations with caregivers, community leaders, patients, and staff across North Country Healthcare.

From gravel roads and kitchen table visits to surgical suites and leadership insights, we explore what it means to care for our communities, one story at a time.

Hosted by Ren Anderson and Gavin Cook, each episode highlights the passion, purpose, and people behind the work happening every day across our region. Tune in. Get inspired. And take the road less travelled with us.

Available on Spotify, YouTube, and your favorite podcast platforms.

A PODCAST BY NORTH COUNTRY HEALTHCARE

Airs every Wednesday! Catch you on The Road Less Travelled!!

Fun Fact: You Can Eat the Stickers on Fruit

Should you peel them off? Yes. But fruit stickers are edible. According to the FDA, fruit stickers are made out of edible paper and even the glue is food grade. So the next time you take a big bite out of an apple and remember that you didn't remove the sticker, don't worry. However, it is still important to wash your fruit thoroughly before consumption.

Events:

August 1:

Littleton First Friday - Music, Art, Food Trucks along the River and downtown on the first Friday of each month in the summer.

August 12:

American Red Cross Blood Drive - AVH

August 22 & 23:

34th Annual North Country Moose Festival in downtown Colebrook, NH.

August 25:

New Volunteer Orientation at WMC - Know of anybody interested in volunteering? This session will introduce them to NCH's mission, policies, and volunteer opportunities. Note: this event is open to all interested in volunteering at North Country Healthcare , and is not site specific.

August 27:

American Red Cross Blood Drive - UCVH

August 28 - September 1:

North Country Healthcare will be at the Lancaster fair!

Meet The NCH Volunteers:

Each month we will be highlighting one or more volunteers from NCH.



Meet **Vicky Bailey**. Vicky started volunteering at Weeks Medical Center in June of 2008. You will find Vicky working in the Sunshine Gift Shop on Fridays.

Why do you Volunteer?: Vicky originally started volunteering to stay busy after retirement, but stated that she feels like Weeks is a second family to her now and really looks forward to coming in every week.

Hobbies/Skill/Interest: reading, making baskets, and playing mahjong.

Fun Fact: Works in the Bookstore at Santa's Village

Prior Work: Vicky worked in the North Stratford and Groveton School System for almost 38 years as an elementary teacher and reading speacalist.

Family: Vicky has been married for over 50 years and has 2 children as well as a 2 year old grandson.



8TH ANNUAL

Butterfly Release

A Signature Community Event by the North Country Home Health & Hospice Agency



- Saturday, September 13 at 1:00PM**
Remich Park Pavilion
165 Pleasant Street
Littleton, NH 03561
- Saturday, September 20 at 11:00AM**
Gorham Common Gazebo
69 Main Street
Gorham, NH 03581
- Saturday September 20 at 3:00PM**
North Stratford Pavilion
US Route 3
North Stratford, NH 03590
- Sunday September 21 at 11:00AM**
Staple Rock Park
North Woodstock, NH 03262

To reserve your butterfly for the ceremony, please visit
<https://bit.ly/NCHHHAButterfly-25>



OR scan the QR code to the left!

Prefer Mail? Complete & Mail the below form
536 Cottage Street
Littleton, NH 03561
All butterfly orders must be placed by September 1, 2025



PLEASE CIRCLE THE EVENT YOU PLAN TO ATTEND: Littleton Gorham North Stratford North Woodstock

NAME: _____ PHONE#: (____) _____

EMAIL ADDRESS: _____

BILLING ADDRESS: _____

CITY: _____ STATE/ZIP: _____

In Loving Memory Of
(Please, only one name per butterfly purchased):

HOW MANY BUTTERFLIES WOULD YOU LIKE TO RELEASE:

First Butterfly \$20.00 x QTY : 1 =\$ 20.00

Additional Butterflies ea. \$15.00 x QTY: ____ =\$ ____.

I'd like to support NCHHHA's community care through an additional donation of: \$ ____.

MAILING25

TOTAL \$ ____.

PAYMENT OPTIONS:

☐ CHECK (enclosed)

☐ VENMO ID

Your Handle: @ _____



☐ PAYPAL ID

Your Handle: @ _____



☐ CREDIT/DEBIT (complete information below)

CARD#: _____ EXP DATE: _____ CVC: _____

NAME ON CARD: _____ SIGNATURE: _____

☐ Please check box if you will not attend and would like a volunteer to release butterflies on your behalf

Mail or Drop Off At: 536 Cottage Street | Littleton, NH 03561 | 603.444.5317 | <https://bit.ly/NCHHHAButterfly-25>