

NCH Volunteer Huddle

The Hands that Make a Difference are the Hands of a Volunteer August 2026



August 6
Isabel N. - AVH

August 8
Pam H. - NCHHHA

August 11
Lorraine B. - AVH
Angela B. - AVH

August 14
Diane P. - AVH

August 15
Giovanna C. - NCHHHA

August 16
Sue G. - AVH

August 21
Jay T. - NCHHHA

August 22
Claire L. - AVH

August 23
Lauren A. - AVH

August 27
Colleen C. - WMC

August 28
Seth F. - WMC
Dotty O. - NCHHHA

NCH Volunteers Participate in 2026 Special Olympics

We are proud to recognize our volunteers, Daniel Pigeon and Angela Donato, who recently competed in the 2026 Special Olympics New Hampshire Summer Games.



Daniel and Angela volunteer in Food Services at AVH and represented the Androscoggin River Athletics Group at the Games. More than 600 athletes from across New Hampshire gathered at the University of New Hampshire on June 12–13 for the state's largest Special Olympics competition of the year.

Their team, the Androscoggin River Athletics Group, was honored with the Spirit Award during the Opening Ceremony.

Both athletes had outstanding performances in bocce:

Daniel Pigeon

- 🥇 Gold Medal
- 🥈 Silver Medal
- 🌟 4th Place

Angela Donato

- 🥉 3 Bronze Medals in the Singles, Doubles, and Team competitions

Congratulations to Daniel and Angela on their remarkable accomplishments! We applaud their dedication, perseverance, and sportsmanship. Their achievements are a wonderful reflection of their hard work and an inspiration to all of us at NCH.

Events: NCH will be present at the following Community events.

August 1, 2026 – Jericho ATV Festival | Berlin, NH
Get ready for a weekend of outdoor adventure at the Jericho ATV Festival in Berlin! This popular event brings ATV enthusiasts together for guided rides, family-friendly activities, vendors, food, and a celebration of the North Country's outdoor recreation opportunities.

August 2, 2026 – Littleton Farmers Market | Littleton, NH
Enjoy a Sunday visit to the Littleton Farmers Market, located along the Ammonoosuc River, where local vendors offer fresh produce, baked goods, meats, flowers, handcrafted items, and more.

August 28–29, 2026 – North Country Moose Festival | Colebrook, NH
Celebrate all things moose at the annual North Country Moose Festival in Colebrook! This family-friendly event features moose-themed activities, live entertainment, food, craft vendors, contests, classic cars, and activities for all ages.

August 2026						
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9	10	11	12	13	14	15
16	17	18	19	20	21	22
23	24	25	26	27	28	29
30	31					

Meet The NCH Volunteers:

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



Pauline Tibbetts began volunteering with AVH Home Health & Hospice in 1998. In 2015, the agency merged with Northwoods Home Health & Hospice and the Berlin Visiting Nurse Association to form the expanded North Country Home Health & Hospice Agency, which later became the home health and hospice affiliate of North Country Healthcare.

Pauline can also occasionally be found volunteering on special projects at AVH. Over the years, she has served on the Patient and Family Advisory Council (PFAC) and the Readmission Committee, contributing her time and perspective to initiatives that support patient care and improve the overall

healthcare experience

Why do you Volunteer?: As a nurse, Pauline spent her career caring for others and came to realize that individuals at the end of life, and the families who love them, often need additional support. Through hospice volunteering, she is able to provide comfort, answer questions, bring a meal, or simply be a compassionate presence during a difficult time.

Pauline also draws from her own experiences of being at the bedside of her mother-in-law, father, and mother as they approached the end of life. She credits her hospice training with helping her support not only her loved ones but also other family members during those moments. Today, she finds it deeply meaningful to offer that same care, comfort, and guidance to patients and families facing similar journeys.

Hobbies/Skill/Interest: Outside of volunteering, Pauline enjoys taking walks along the Riverwalk, caring for her houseplants, and exploring the scenic backroads of New Hampshire on motorcycle rides with her husband. She also speaks French, adding another unique skill to her many talents.

Fun Fact: Pauline has a fun way of getting to know people. She often tells them she's "allowed 20 questions" to learn more about them. The lighthearted approach usually brings a smile and a laugh, helping people feel at ease while creating meaningful connections.

Prior Work: Pauline is a retired nurse who continues to share her compassion and expertise by providing occasional respite care through the Caregiver's Grant program.

Family: Pauline and her husband, Mozes, have been married for 49 years. They have a daughter and a son along with 3 lovely grandchildren which they love to spend time with.



Milestones

5 Years

Diane P. - AVH

18 Years

Sandra J. - AVH

Fun Fact:

Did you know the Frisbee got its name from a pie company? In the late 1800s, college students loved tossing empty pie tins from the Frisbie Pie Company to each other for fun. Decades later, the popular flying disc was developed, and the name was changed to "Frisbee." Today, Frisbees are enjoyed around the world for games, sports, and backyard fun, and some can even fly more than 300 feet!



www.volunteer.northcountryhealth.org



9th Annual

Butterfly Release

A COMMUNITY MEMORIAL
SERIES CELEBRATING LIFE

The Butterfly Release Series offers individuals the chance to honor and remember their loved ones in a symbolic way.

Each butterfly is available for purchase at \$20 for the first one, and \$15 for any additional.

Pre-ordering is recommended to ensure availability.

Featuring music, readings, and the uplifting sight of butterflies taking flight, rain or shine.

 **Saturday, September 12 at 1PM**
Remich Park Pavilion
165 Pleasant Street Littleton, NH 03561

 **Saturday September 19 at 11AM**
Gorham Common Gazebo
69 Main St. Gorham, NH 03581

 **Saturday September 19 at 3PM**
North Stratford Pavilion
US Route 3 North Stratford, NH 03590

 **Sunday September 20 at 11AM**
Staple Rock Park
North Woodstock, NH 03262

To reserve a butterfly, visit <https://bit.ly/Butterfly-2026> or scan the QR Code to order online

You can also order by mailing this form to **536 Cottage Street Littleton, NH 03561**

All butterfly orders must be placed by September 1, 2026.

If you cannot attend the event but still want to participate, you can purchase a butterfly, & our volunteers will be honored to release it for you.

PLEASE SELECT WHERE YOU'LL BE JOINING US:

- ☐ Littleton 9/12 @ 1pm ☐ Gorham 9/19 @ 11am ☐ N. Stratford 9/19 @ 3pm
☐ Woodstock 9/20 @ 11am ☐ I prefer to make a donation without an honoree
☐ Please check box if you will not attend and would like a volunteer to release butterflies on your behalf

NAME: _____ PHONE#: (____) _____

EMAIL ADDRESS: _____

BILLING ADDRESS: _____

CITY: _____ STATE/ZIP: _____

In Loving Memory Of
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 NCHHA's community
care through an additional donation of: \$ ____.**

TOTAL \$ ____.

PAYMENT OPTIONS:

- ☐ CHECK (enclosed)
☐ CREDIT/DEBIT (complete information below)

☐ VENMO ID

Your Handle: @_____

☐ PAYPAL ID

Your Handle: @_____

CARD#: _____ EXP DATE: _____ CVC: _____

NAME ON CARD: _____ SIGNATURE: _____