

NCH Volunteer Huddle

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

February 2026



1 Year

Denise G. - WMC

2 Year

Jennifer C.R. - NCHHHA

Angela D. - AVH

Patrick G. - NCHHHA

David G. - NCHHHA

Judy N. - NCHHHA

Tess W. - NCHHHA

7 Years

Michael S. - AVH

Pauline T. - NCHHHA

9 Years

Rhonda G. - WMC

11 Years

Colleen C. - WMC

12 Years

Karen M. - WMC

14 Years

Carol H. - WMC

15 Years

Rita G. - AVH

Volunteer Hours for 2025

As we begin planning for the 2026 Volunteer Appreciation Luncheon, we want to ensure that all volunteer hours for 2025 have been properly logged.

Volunteers who reached a milestone in 2025 will be receiving new recognition pins this year. If you still have hours to submit, please be sure to log them as soon as possible so we can accurately recognize your achievements.

Volunteer Benchmarks

Benchmarks allow the Volunteer Department to recognize and celebrate you and your achievements each year.

When we introduced the online portal last year, many of you received instant notifications showing that you had already earned several benchmarks. As we continue to learn and grow with the system, we have updated the benchmarks so they restart on January 1 each year.

As you begin accumulating volunteer hours for 2026, you will once again receive badges on your profile page, starting at 10 hours and continuing as you reach new milestones.

Slippery Conditions - Staying Safe

As winter weather continues, we want to remind everyone to use extra caution when walking outdoors and entering/exiting our facilities. Snow, slush, and black ice can develop quickly and create slippery conditions in parking lots, sidewalks, and building entrances.

Walk slowly, take shorter steps, and wear proper fitting boots with deep treads. And if you notice icy spots that need our attention, please report them to the facilities department.



February 2026

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

Events:

- Community Conversation With North Country Healthcare.
A conversation for community members to share their perspectives and experiences, and to help us better understand what people are experiencing across the region.
 - Tuesday, February 3 at the Lancaster Elementary School, Lancaster
 - Wednesday, February 4 at the Rocks Estate, Bethlehem
 - Thursday, February 5 at the Tillotson Center for the Arts, Colebrook

<https://northcountryhealth.org/nch-listens/>

Meet The NCH Volunteers:

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



Meet Nancy Smith. Nancy has been a volunteer at UCVH for a little over a year. She can be found at the greeters desk in the main lobby.

Why do you Volunteer?: Nancy started volunteering shortly after retirement as a way of keeping busy.

Hobbies/Skill/Interest: She loves to read and travel.

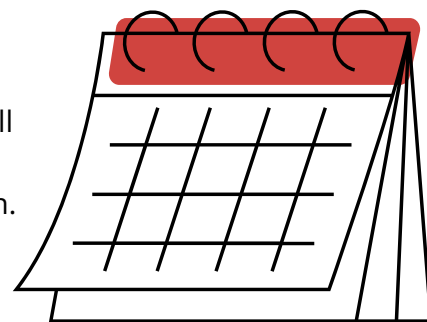
Fun Fact: Nancy is the president of the Connecticut River Artisan Group. She also does the sound and lights for the Carriage Lane Players.

Prior Work: Nancy retired from the U.S. Environmental Protection Agency.

Family: Nancy and her husband of 39 years are from Boston Area.

Mark Your Calendar: Education Session for Volunteers

The Volunteer Department will be hosting a Nutrition Education Session for all NCH volunteers on Wednesday, March 18, at Androscoggin Valley Hospital, featuring guest speakers and AVH Dietitians Tiffany Sweatt and Roberta Balon. An invitation will be sent out soon.



February 1

Jerry O. - UCVH

February 3

Angela D. - AVH

February 4

Art L. - WMC

February 9

Nancy H. - AVH

February 13

Linda G. - AVH

February 18

Louise F. - WMC

February 19

James P - AVH
Carolyn S. - NCHHHA

Complimentary Meal for Volunteers

NCH is pleased to offer all volunteers a complimentary meal during their volunteer service.

Volunteers who serve two (2) or more hours are eligible to receive one complimentary meal, which includes a beverage and dessert, on the day they volunteer.

For our traveling volunteers, we want to be sure you're aware of this benefit and take advantage of it if you are near any affiliated hospital. Simply present your photo ID badge to the cafeteria cashier, and your meal will be on us.

Thank you for the time and dedication you give to NCH—we truly appreciate you.

Fun Fact: Vitamin C Myth

The belief that vitamin C can prevent the common cold gained popularity in the 1970s, but subsequent research has largely challenged this claim. For the general population, regular vitamin C supplementation does not



significantly reduce the likelihood of catching a cold.

However, evidence suggests that consistent intake

may modestly shorten the duration of colds and slightly reduce the severity of symptoms.