

NCH Volunteer Huddle

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

September 2025



September 2

David G. - NCHHHA

September 6

Jennifer C-R. - NCHHHA

September 7

Nancy F. - NCHHHA

September 10

Nancy G. - AVH

September 12

Louise G-A. - NCHHHA

Judy T. - WMC

September 13

Olive L. - AVH

Masyn P. - WMC

Patricia R. - AVH

September 23

Paulette O. - UCVH

September 26

Sharon J. - WMC

Gail M-B. NCHHHA

September 27

Tricia P. - NCHHHA

September 29

Julie C. - AVH

How To Be More Present And Mindful In Conversation

As healthcare volunteers, you will have conversations with patients, employees and guests of our facilities. Some conversations can be as easy as directing a patient to an appointment to as hard as trying to be supportive to a family during the loss of a loved one. No conversation has greater meaning than the other. They all reflect how our patients, visitors and coworkers feel about our organization. The more present and mindful you are, the more rewarding the conversation will be for all involved.

Here are some tips to be more present and mindful during conversations.

- Bring your mind back when it wanders - the first step to being more mindful during a conversations is to notice when your mind is drifting.
- Avoid multitasking - multitasking prevents us from fully committing to a conversation.
- Ask questions - when you are asking questions, you are engaging with what the other person has to say.
- Read the other person’s body language - paying attention to body language can help you to understand how the other person is feeling and can help give you a better idea of how to respond.
- Keep eye contact - maintaining eye contact shows the other person that you are interested in whey they have to say.

2025 NCH Flu Vaccine Clinics

Per the NCH system policy, Employee Influenza Vaccination, Masking and Prevention of Nosocomial Spread, all volunteers will be offered the flu vaccine free of cost at any of the clinics listed below. Volunteers who recieve their vaccination elsewhere, must provide volunteer services proof of vaccination. If you choose not get the vaccine, you will be required to sign a declination by December 1st. All volunteers who do not get vaccinated will be required to wear a mask while volunteering, once flu season is declared.

AVH

10AM - 2PM, 9/9/25 - Mt. Jasper Conference Room
6AM - 10AM, 9/18/25 - Mt. Jasper Conference Room
4PM - 7:30PM, 9/22/25 - Mt. Jasper Conference Room
10AM - 2PM, 10/6/25 - Mt. Jasper Conference Room
3PM - 6PM, 10/17/25 - Front entrance drive through (for community members)
6AM - 10AM, 10/30/25 - Mt. Jasper Conference Room
10AM - 2PM, 11/12/25 - Mt. Jasper Conference Room
Noon - 4PM, 11/25/25 - Mt. Jasper Conference Room

NCHHHA

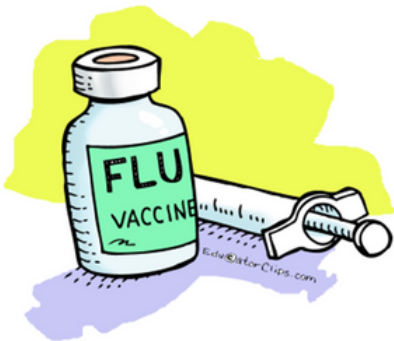
9AM - 5PM, 9/25/25 - NCHHHA Littleton Office

UCVH

7AM - 9:30AM, 8/29/25 - UCVH Nurses Station
1PM - 3PM, 9/4/25 - UCVH Nurses Station
1PM - 8PM, 9/8/25 - UCVH Nurses Station
1PM - 8PM, 9/26/25 - UCVH Nurses Station
11AM - 2PM, 10/2/25 - UCVH Nurses Station
3PM - 5PM, 10/16/25 - UCVH Garage (for community members)

WMC

1PM - 8PM, 9/5/25 - WMC Nurses Station
8AM - 10AM, 9/10/25 - Colebrook Physicians Office
3PM - 7PM, 9/15/25 - LPCC and Mobile Cart
TENTATIVE - 3PM - 6PM, 9/24/25 - Drive-up (for community members)
1PM - 8PM, 10/1/25 - LPCC and Mobile Cart
10a-1p, 10/27/25 - WMC Nurses Station
Noon - 3PM, 11/18/25 - WMC MOBILE CART



1 Year

Gabrielle L. - AVH

2 Years

Rick G. - AVH

3 Years

Linda M. - AVH

4 Years

Julie C. - AVH

7 Years

Isabel N. - AVH

10 Years

Seth F. - WMC

11 Years

Sandy Y. - WMC

13 Years

Kathy S. - WMC

17 Years

Louise F. - WMC

Ginny G. - WMC

Meet The NCH Volunteers:

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



Meet Jerry & Paulette Owen. Jerry and Paulette both volunteer at Upper Connecticut Valley Hospital in Colebrook. They do registration for the American Red Cross Blood Drives and assist with the monthly Food Prescription Program. Jerry started volunteering at UCVH in 2012, and Paulette started 4 years later in 2016.

Why do they Volunteer?: Jerry and Paulette volunteer to stay busy and active in the community and to support their local hospital.

Hobbies/Skill/Interest: Both Jerry and Paulette really enjoy going for walks. When Paulette is not walking, she also enjoys crafting, crocheting, and card stamping.

Fun Fact: Paulette grew up in Illinois and moved to New Hampshire after high school. She has 6 siblings spread out across North America. When not traveling to visit family Jerry and Paulette also like to visit national parks.

Prior Work: Jerry worked as the Presentation Manager at the Balsams Grand Resort for 40 years. When the Balsams closed, he went on to work administration at UCVH for 10 years before retiring. Paulette spent her working career in education. She spent a short time teaching first grade before she took time off to raise her children and then return to the school system to teach Title One for 13 years before retiring.

Family: Jerry and Paulette have 5 children, 9 grandchildren, and will be celebrating 50 years of marriage in November 2025.



Join us for the 2025 Hospice Volunteer Education Series

Presence and Purpose: A Communication Series for Hospice Volunteers— designed to inspire, connect, and strengthen the essential role of hospice volunteers. This year’s series includes two engaging virtual sessions in June and August, open to **an unlimited number of volunteers per registered agency**, making it easy to participate from anywhere. Your agency will have access to the recordings following the session. Then, in October, we’ll gather in Concord, NH, for a special **in-person celebration** of volunteerism. This day of experiential learning and connection will offer meaningful opportunities to reflect, share, and grow alongside fellow hospice volunteers.

Session 3 –In Person–October 22, 2025, from 8:30a.m. –2:30 p.m. at the NH Audubon, Concord, NH

The final in-person session will be a powerful culmination of the year’ learning and connection. Building on ideas explored in the virtual sessions meditation, and educational resources. Attendees will also gain insight into tools and support they can share with their teams, helping to strengthen hospice care across the state. This celebratory gathering is designed to deepen presence, renew purpose, and honor the vital contributions of every hospice volunteer.

All NCH volunteers are welcome to attend. We encourage carpooling.

Online registration: www.homecareshh.org/events

Fun Fact:

Trees prepare for winter during autumn by shedding their leaves. This natural process is not just for show; it helps trees conserve water and energy during the colder, harsher months.

September 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				

Events:

- **September 10:** American Red Cross Blood Drive - WMC
- **September 12:** AVH Ambassador’s Annual Golf Scramble - Androscoggin Valley Country Club, Gorham, NH
- **September 13:** NCHHHA 8th Annual Butterfly Release - 1:00PM, Remich Park, Littleton, NH
- **September 20:** NCHHHA 8th Annual Butterfly Release - 11:00AM, Gorham Common Gazebo, Gorham, NH
- **September 20:** NCHHHA 8th Annual Butterfly Release - 3:00PM, North Stratford Pavilion, North Stratford, NH
- **September 21:** NCHHHA 8th Annual Butterfly Release - 11:00AM, Staple Rock Park, North Woodstock, NH
- **September 25:** New Volunteer Orientation at AVH - 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.