

# NCH Volunteer Huddle

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

April 2026

## Milestones

### 2 Year

Betsy M. - NCHHHA  
Lise P. - AVH

### 3 Years

Judy T. - WMC

### 4 Years

Kelly J. - NCHHHA  
Margaret M. - NCHHHA  
John V. - AVH

### 7 Years

Jamison J. - AVH

### 8 Years

Nancy G. - AVH

### 14 Years

Jay T. - NCHHHA  
Brad W. - AVH  
Susan W. - AVH

### 15 Years

Jean C. - AVH

### 18 Years

Beverly R. - WMC

### 32 Years

Madeleine C. - WMC

## Masyn wins at Specials Olympics

Masyn, a WMC volunteer, participated in the Winter Special Olympic Games at Waterville Valley from March 2nd-4th. He competed in multiple snowshoe events and delivered an outstanding performance, bringing home three gold medals (40-meter run, 25-meter relay, and 15-meter run) along with a silver medal in the 25-meter run.

Masyn's involvement in the Special Olympics is one of his favorite activities, and he brings that same enthusiasm to his volunteer work. As a volunteer in the dietary department, he helps with tasks like filling the beverage cooler, stocking the chip stand, and assisting with other small duties. Masyn says he enjoys volunteering because he has so much fun working alongside the staff, making his contributions both meaningful and rewarding.

When the dietary team was asked what it means to have Masyn as a volunteer, they shared:

"He brings an energy into the kitchen that brightens everyone's day. Whether he's singing along to a song he recognizes on the radio or sharing his contagious laugh, he's always putting a smile on everyone's face. We are grateful for everything he brings to the table."

From winning multiple medals at the Special Olympics to making a difference every day in the workplace, Masyn is truly an inspiring member North Country Healthcare Volunteer Department.

Congratulations Masyn.



April 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	29	30		

## Events:

- April 22 - 23:** One Team One Mission April Event. Stop by anytime between 7:15am - 2:30pm to move through stations, connect with colleagues, and get access to information to help keep NCH moving in the right direction.
  - AVH - Mt. Success
  - WMC - LPCC Conference Room
  - UCVH - Board Room
- April 24:** Volunteer Appreciation Luncheon and Milestone Celebration at The Chapel at Bellevue, Jefferson NH, 11:30am - 2:00pm.

## Meet The NCH Volunteers:

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

Meet Sandra Yunghans. Sandy has been a dedicated volunteer with Weeks Medical Center for nearly 15½ years. She generously gives her time three times each month to provide blood pressure screenings at local community locations:

- Second Wednesday of every month
- The Gathering Place (Groveton)
- 11:00 AM – 1:00 PM
- Second Thursday of every month
- The Summit by Morrison (Whitefield)
- 12:00 PM – 3:00 PM
- Second Friday of every month
- Passumpsic Savings Bank (Lancaster)
- 11:00 AM – 2:00 PM



**Why do you Volunteer?:** Sandy said that being a part of the WMC community and family is in her blood. She first began at Weeks at just 14 years old, serving as a Candy Striper.

**Hobbies/Skill/Interest:** Sandy loves to do crafts, especially cross stitch and crocheting. Many in the community may also recognize her from the Lancaster Fair, where she serves on the Fair Board and runs the Arts & Crafts Building.

**Fun Fact:** Sandy was one of the first babies born at Weeks Medical Center. She was born less than a month after the hospital opened in December 1947.

**Prior Work:** A lifelong caregiver, Sandy built an impressive career in nursing. She worked as a nurse at Weeks Medical Center as well as in Home Health before joining the White Mountains Community College team, where she taught in the nursing program for 12 years. Even after retiring, Sandy continued to share her knowledge, teaching the Medication Assistant Program at Genesis for two more years.

**Family:** Sandy has one son, 4 step children, 16 grandchildren, 9 great grandchildren, and 4 great great grandchildren spread out all over the US.



### **April 6**

Gabriel L. - AVH

### **April 20**

John V. - AVH

### **April 22**

Rick B. - WMC

### **April 23**

Brian W. - NCHHHA

### **April 25**

Pauline T. - NCHHHA

### **April 27**

Betsy M. - NCHHHA

### **April 28**

Lucille M. - AVH

### **April 29**

Tammy D. - WMC

## Fun Fact:

In Spring, your immune system can mistake harmless things like pollen for dangerous germs, triggering allergies. This mix-up causes your body to overreact, leading to sneezing, itchy eyes, and runny noses during the season of blooms.

Best practices for managing pollen allergies include limiting outdoor exposure during high-pollen times (morning/evening), keeping windows closed, using HEPA filters, and showering immediately after being outside. The Mayo clinic recommends starting allergy medication about two weeks before pollen season begins.

Happy Easter!

