

NCH Volunteer Huddle

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

July 2026



July 1

Rebecca S. - NCHHHA

July 4

Nicole G. - NCH

July 15

Patricia K. - WMC

July 24

Madeleine C. - WMC

Daniel P. - AVH

July 26

Beverly R. - WMC

July 28

Michelle B. - NCH

July 29

Jean S. - AVH

July 30

Gretchen H. - NCHHHA

July 31

Deborah L. - AVH

Jamison J. - AVH

Heartsaver Education Session

On Wednesday, May 27th, several NCH volunteers participated in a Heartsaver Education Session at the Whitefield Physicians Office. For some, the session served as a refresher course, while for others it was a valuable opportunity to learn lifesaving skills for the first time.

Volunteers learned proper CPR techniques, as well as when and how to use an AED. The session included several short educational videos, an engaging group discussion where volunteers asked thoughtful questions, and hands-on practice using mannequins to build confidence and experience with the skills they learned.



Skin Cancer

Skin cancer is the most common type of cancer, but it is also one of the most preventable. Exposure to the sun's harmful ultraviolet rays can damage the skin over time, increasing the risk of developing skin cancer. Wearing sunscreen with an SPF of 30 or higher every day helps protect your skin by blocking harmful UV rays, reducing the risk of sunburn, premature aging, and skin cancer. For the best protection, apply sunscreen generously, reapply every two hours when outdoors, and wear protective clothing and sunglasses.



Fun Fact:

As we prepare to celebrate America's 250th Anniversary, consider this remarkable Independence Day tradition: Americans consume approximately 155 million hot dogs on the Fourth of July alone. Placed end to end, those hot dogs would stretch from Washington, D.C. to Los Angeles more than five times.



3 Years

Dotty O. - NCHHHA

7 Years

Masyn P. - WMC



Meet The NCH Volunteers:

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



Jean Croteau, a dedicated volunteer at Androscoggin Valley Hospital, has generously contributed more than 15 years of service to the Sunny Corner Gift Shop. In addition to her work at the gift shop, Jean volunteers at American Red Cross blood drives hosted at AVH and supports a variety of special events throughout the hospital. Her commitment and generosity have made a lasting impact on patients, visitors, and staff alike.

Why do you Volunteer?: Jean says she loves volunteering in the gift shop because it gives her the opportunity to meet new people and enjoy meaningful conversations with visitors, patients, and staff. Volunteering brings her a great sense of joy and personal fulfillment, and over the years she has come to regard Androscoggin Valley Hospital as an extension of her family.

Hobbies/Skill/Interest: Outside of her volunteer work, Jean enjoys a variety of hobbies that keep her active and engaged. She loves working on jigsaw puzzles and crossword puzzles, playing cribbage with family and friends, and spending time camping and enjoying the outdoors.

Fun Fact: Beneath her kind smile is a biker babe at heart. Jean still enjoys hitting the open road on her Spyder motorcycle, embracing the freedom and adventure that come with every ride.

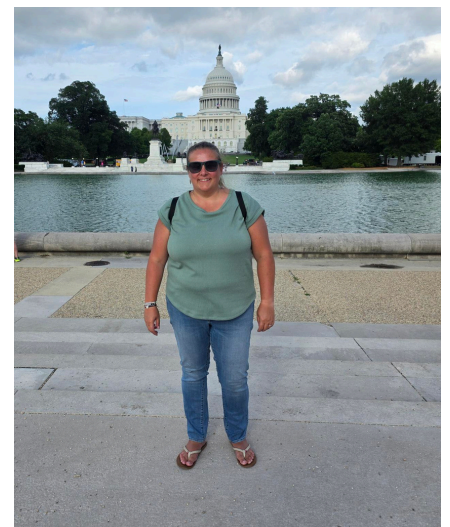
Prior Work: Even before becoming a volunteer, Jean was a valued member of the Androscoggin Valley Hospital team, working in the Dietary Department for 25 years.

Family: Jean and her husband, Ron, have been married for 59 years. They have two children and four grandchildren.

Points of Light Conference

Michelle recently attended the 2026 Points of Light Conference in Washington, D.C., where nonprofit leaders, civic innovators, and volunteer engagement professionals from all 50 U.S. states and countries around the world gathered to advance social impact and strengthen volunteer leadership.

She returned equipped with new tools, innovative strategies, and fresh perspectives that will help strengthen NCH's commitment to volunteers, deepen community engagement, and expand our impact. Michelle looks forward to applying what she learned to further support all of you, the dedicated volunteers that make our mission possible.



Happy 4th of July

Wishing all the volunteers a fun, safe, and memorable Independence Day!



Events:

- July 8: American Red Cross Blood Drive - AVH
- July 15: Home Care, Hospice & Palliative Care Alliance of NH Hospice Volunteer Education Series, Part 2. 10am - 12:30pm. Virtual Training.

July 2026						
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