

NCH Volunteer Huddle

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

May 2026



May 3

Karen L. - NCHHHA

May 9

Michael S. - AVH

May 11

Richard H. - AVH

May 17

Jean C. - AVH

May 18

Rick G. - AVH

May 20

Sandra J. - AVH

May 24

Pam C. - AVH

May 26

Cheryl C. - UCVH



Get Moving • Stay Motivated • Win Prizes!

Spring is here—let's step into a healthier, more active you! Join our Spring Into Action Step Challenge and compete with coworkers to see who can log the most steps.

Challenge Dates: May 11, 2026- June 30, 2026

Sign up by Monday, May 4 in order to participate!

Location: Anywhere you are!

Who Can Join: Everyone—All fitness levels welcome!

How It Works:

1. Track your daily steps using a phone, smartwatch, or pedometer
2. Submit your steps daily or weekly to your team leader
3. Climb the leaderboard and stay accountable
4. The number of teams will be determined by the number of people we have signed up! You will be notified of your team via email once all sign-ups are received.
5. Please specify when you sign up if you would like to be a team captain by answering "yes" on the Microsoft form. Team captains will be responsible for collecting steps from their team and turning them in every Tuesday to Erica Hoyt or Kelli Dexter.

Prizes & Rewards:

Top Stepper Prize
Runner-Up Prize
Random Participation Giveaways

Why Join?

Boost your energy and mood
Build healthy habits
Connect with others
Enjoy friendly competition

Sign Up Today! Please let your volunteer coordinator know if you are interested, along with the email address or phone number you would like to use to be contacted.



2 Year

Rebecca B. - NCHHHA

7 Years

Lois F. - WMC

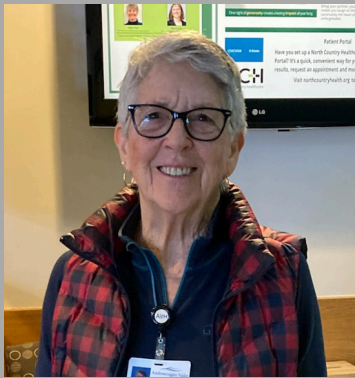
Fun Fact:

May Day Baskets are a forgotten tradition. On May 1st, people would leave a paper basket or cone containing spring flowers and sweets on each other's doorsteps, usually anonymously. This tradition was particularly popular in New England and the Midwest through the 19th and 20th centuries, especially with children or sweethearts.



Meet The NCH Volunteers:

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



Jean Scolere has been a dedicated volunteer with Androskoggin Valley Hospital for nearly 13½ years. In her current role as a transport volunteer, she plays an important part in keeping things running smoothly—whether she’s escorting patients or delivering essential items like specimens between departments.

Why do you Volunteer?: Jean says she volunteers because she truly enjoys being helpful and making a difference in people’s day. Her positive attitude and willingness to lend a hand have made her a valued member of the hospital community

Hobbies/Skill/Interest: Outside of volunteering, Jean stays active and creative. She enjoys hiking, fly fishing, biking, snowshoeing, and cross-country skiing. She also expresses her artistic side through watercolor painting.

Fun Fact: Jean and her husband share a love of travel. Together, they’ve explored destinations such as Mexico, Italy, Greece, and France, along with many places across the United States

Prior Work: Before retiring, Jean spent 24 years as a teacher at Gorham Elementary School. She describes this time as a deeply rewarding and meaningful chapter in her life, where she had the opportunity to positively impact young students every day.

Family: Jean and her husband reside in Gorham and have two adult children who live in the Southwest. They are also proud grandparents to three grandchildren who bring them a great deal of joy.

Flu Season is Over

Based on current surveillance data and regional trends, flu season has been declared over for this year. We appreciate the efforts of all NCH taskforce in supporting infection prevention practices throughout the season. Please continue to follow standard precautions and remain vigilant for respiratory symptoms as we transition out of peak flu activity.



May 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
31						

Events:

- May 11-May 15 - Healthcare Week. More information to follow on fun activities and events happening throughout the week.
- May 13 - American Red Cross Blood Drive - AVH. 10am - 3pm. Still a few slots available. Sign up at redcrossblood.org.
- May 19 - Super Shoe Uniform & Shoe Fair. 8am-3pm in the WMC Cafeteria Hallway.
- May 20 Super Shoe Uniform & Shoe Fair. 7am-4pm in the Mt. Success Conference Room at AVH.
- May 21 - Governor’s Conference on Volunteerism. 8:30am-3:45pm at NH Institute of Politics at St. Anselm College in Manchester NH. If you are interested in learning more about the Govenor’s Conference on Volunteerism, please reach out to your volunteer coordinator.
- May 27 - NCH Volunteer Heartsaver Education Session. Whitefield Physicians Office, 9am-12pm. Please RSVP to your Volunteer Coordinator or on the event page of your volunteer portal by May 15th.

Volunteer Appreciation Luncheon

We hosted our 2nd Annual Volunteer Appreciation Luncheon and Milestone Celebration on Friday, April 24th at The Chapel at Bellevue in Jefferson. Congratulations to all volunteers receiving milestones this year.

100 Hours

Angela Donato
Christopher Dowell
Rick Gagne
Rhonda Guyer
Kelly Jesseman
Deborah Lafflamme
Claire Landry
Gabriel Langlois
Judith Noyes
Dotty O'Neil
Daniel Pigeon

Lise Proulx

Nancy Smith
Rebecca St. Cyr
Pauline Tibbetts
Brad Wyman

500 Hours

Lauren Aymie
Lorraine Bedard
Pamela Carrier
Sue Griffin
Joanne Murphy
Diane Pelchat

1000 Hours

Denise Gagne
Ann Nolin
Masyn Phillips
Jean Scolere
Michael Shaink
Judy Teple
Lynda Thayer

1500 Hours

Colleen Cassady
Lois Flynn
Jackie Gagne

Joan Merrill
Patricia Riley

2000 Hours

Ken Proulx

2500 Hours

Sharon Johnson
Susan Wyman

3000 Hours

Sandra Jensen
Karen Maguire
Lucille Mainguy

4000 Hours

Ginny Gainer

4500 Hours

Jean Croteau
Rita Gagne

5000 Hours

Louise Force
Beverly Rutherford

