

# NCH Volunteer Huddle

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

June 2026



## June 1

Lynda T. - AVH

## June 5

Nancy S. - UCVH

## 2026 Governor's Conference on Volunteerism

On Thursday, May 21, Candy and Michelle attended the 2026 Governor's Conference on Volunteerism at the New Hampshire Institute of Politics at Saint Anselm College.

The conference provided a great opportunity to network with volunteer leaders from across New Hampshire. They also gained valuable tools and resources designed to strengthen leadership skills and enhance volunteer experiences within their organization. Sessions covered a variety of topics, including listening and teamwork, the realities of Artificial Intelligence (AI), and tips for creating a welcoming organization.

During lunch, Candy and Michelle participated in the New Hampshire CPR Challenge, an initiative created by the Executive Council to encourage more Granite Staters to become trained in life-saving Hands-Only CPR. Although both Candy and Michelle are already certified, they said the experience served as a great refresher.

The New Hampshire Food Bank also participated in this year's conference. Attendees who donated a box of cereal were entered into a raffle drawing. This year, Michelle won a Texas Roadhouse gift basket — marking the second consecutive year that an NCH member has won. Candy took home the prize last year.



## 1 Year

Richard H. - AVH

## 2 Year

Lauren A. - AVH  
Karen L. - NCHHHA

## 3 Years

Rebecca S. - NCHHHA  
Brian W. - NCHHHA

## 5 Years

Sue G. - AVH

## 10 Years

Bev D. - AVH

## 16 Years

Jackie G. - AVH

## 18 Years

Vicky B. - WMC

## Fun Fact:

Did you know air is actually one of the ingredients in ice cream? Ever notice how a melted and refrozen pint turns icy and dense instead of smooth and creamy? That's because ice cream is filled with microscopic air bubbles that give it that soft, fluffy texture. Once it melts, the structure breaks down and the air escapes. Scientifically speaking, that's why eating the whole pint at once is really the responsible choice.



## Events:

- June 12 - June 13: Fore the Future: NCH Spring Class Golf Tournament. See back for more information and volunteer opportunities available.
- June 17: Home Care, Hospice & Palliative Care Alliance of NH Hospice Volunteer Education Series, Part 1. 10am - 12:30pm. Virtual Training. More information to follow.

## June 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				

## Meet The NCH Volunteers:

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



Weeks Medical Center volunteer Colleen Cassady has dedicated more than 11 years of service as a Cafeteria Aid. In her role, she assists during busy meal periods by operating the cash register, restocking condiments, and ensuring the cafeteria remains clean and welcoming by wiping down tables and chairs after use. Her commitment and dependable support help create a positive experience for patients, visitors, and staff alike.

**Why do you Volunteer?:** Colleen is not one to sit still, and volunteering gives her another reason in her very busy life to stay active while giving back to her community.

**Hobbies/Skill/Interest:** Outside of volunteering, Colleen is very active in her church. She also enjoys gardening, photography, and reading in her free time.

**Fun Fact:** You would never know it by looking at her, but Colleen also has a playful side and loves pulling pranks on people. One of her favorite memories was filling a former boss's vehicle with cardboard from the retail store where she worked.

**Prior Work:** Besides working as a Nurses Aid at Weeks Medical Center for a few years in the 1970s, Colleen has spent most of her career in retail. She currently works at Northern Garden Greenhouse as well as Ocean State Job Lot.

**Family:** Colleen has three daughters — two living in New Hampshire and one in Florida — along with three grandchildren, two great-grandchildren, and two beloved cats, Archie and Eve.

## Fore the Future: NCH Spring Classic Volunteers Needed

This year's golf tournament will support the White Mountains Family Medicine Residency Program while also investing in the continued growth of the North Country Healthcare team. The tournament will take place June 12th & 13th at the picturesque Waumbek Golf Course in Jefferson, NH.

### Tournament Schedule

#### Friday

- 11:30 AM–1:00 PM: Registration & BBQ Lunch
- 1:00 PM: Shotgun Start
- 5:00 PM: Play Concludes
- 5:00–8:00 PM: Sunset Soirée featuring Awards, Raffle Winners, Drinks, Food & Live Music

#### Saturday

- 8:00–9:00 AM: Check-in & Warm-up
- 9:00 AM: Shotgun Start
- 1:00 PM: Play Concludes
- 1:30 PM: BBQ Lunch, Awards & Raffle Winners

We are looking for volunteers to assist with the check-in table, raffle ticket sales, themed hole activities, and much more.

If you are interested in volunteering or would like to learn more about available opportunities, please reach out to your volunteer coordinator.

