

NCH Volunteer Huddle

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

November 2025



Happy Birthday!

November 1
Patrick G - NCHHHA

November 4
Joanne M. - AVH

November 9
Judy N - NCHHHA

November 10
Bev D. - AVH

November 17
Ken P. - AVH

November 24
Rhonda G. - WMC

November 29
Denise B. - WMC

Memory Bears - Volunteers Needed

The North Country Home Health and Hospice Agency Memory Bear Program brings comfort to families with keepsakes made from loved one’s clothing. We are seeking volunteers with sewing skills to help meet our growing demand. Your talent can make a meaningful difference. If you are interested or know of anyone who would be interested in this meaningful service, please reach out to Michelle Brault via email at michelle.brault@northcountryhealthcare.org.

Hospice Volunteer Meet and Greet



November 19, 2025

NCH Whitefield Clinic Conference Room,
Lower Level

11am - 12:30pm

Invite is open to all hospice volunteers or anyone interested in learning more about becoming a NCH Hospice Volunteer.

Come and meet the NCHHHA Social Workers, Volunteer Coordinator, and each other. As well as learn how to find volunteer opportunities and how to log hours for your visits.

Lunch will be provided.

Please RSVP to michelle.brault@northcountryhealth.org or by saying “Yes” to the event found on your volunteer portal (volunteer.northcountryhealth.org) by Monday November 10, 2025



Milestones

1 Year
Deborah L. - AVH

8 Years
Denise B. - WMC
Rick B. - WMC
Tammy D. - WMC

12 Years
Ken P. - AVH
Jean S. - AVH



November 2025						
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9	10	11	12	13	14	15
16	17	18	19	20	21	22
23	24	25	26	27	28	29
30						

Events:

- **November 2:** Daylight saving time ends. Don’t forget to set your clocks back.
- **November 3:** AVH Ambassadors Bake Sale. 9am -12pm in the AVH Cafeteria. Come pick out a sweet treat for yourself or to share.
- **November 3:** AVH Ambassadors Board Meeting. 4pm in the Mt. Success Board Room.
- **November 3:** AVH Ambassadors Membership Meeting, 5pm in the Mt. Success Board Room. Anyone interested in joining or learning more about the AVH Ambassador Program, please reach out to Candy O’Neil at (603) 326-5676 or candy.o'neil@northcountryhealth.org
- **November 5: American Red Cross Blood Drive - WMC**
- **November 12:** Sunshine Shop Holiday Kick Off - WMC. Come and check out all the new holiday merchandise. Coupon for 25% off one item found on back of Huddle Newsletter.
- **November 17:** New Volunteer Orientation at WMC - 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.
- **November 19:** Hospice Volunteer Meet and Greet.

Meet The NCH Volunteers:

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



Meet Kelly Jesseman. Kelly is a hospice patient volunteer for North Country Home Health and Hospice. She has been volunteering for Hospice since April of 2022.

Why do you Volunteer?: Volunteering for Hospice is near and dear to Kelly's heart. She started volunteering with Hospice after the positive experience she had with both her parents being hospice patients.

Hobbies/Skill/Interest: Kelly enjoys watching sports and is pretty active herself. She walks, bikes, and hikes whenever she can.

Fun Fact: Kelly has always had a fear of flying. However, she never wanted her kids to fear it, so she learned to push through and face her fear. Her kids grew to love traveling and flying and now as adults, they all enjoy traveling together. They just took the most incredible trip to Europe together this past summer.

Prior Work: Kelly has made a career of volunteering. As a parent who always wanted to be involved with her children, she started volunteering at their schools. As the kids moved from one school to another, so didn't Kelly's volunteering.

Family: Kelly has been with her husband for 30 years, 23 years married. Together they have 2 adult children, a son and a daughter.

Body Language

Did you know that nonverbal messages, including body movements, facial expression, posture, and vocal tone and volume make up 70-93% of all communication.

To become a better communicator, it's important to become more sensitive not only to the body language and nonverbal cues of other, but also your own.

Pay attention to eye contact, facial expressions, gestures, posture, and tone of voice.

Thanksgiving Trivia:



What is the initial title of the the famous holiday song that was originally written for a Thanksgiving church service?

Email your answers to michelle.brault@northcountryhealth.org by Monday, November 17th for a chance to win a prize.

The Sunshine Shop Annual
Holiday Kick Off

Wednesday, November 12, 2025
Weeks Medical Center, Lancaster NH
7am - 4pm
Sunshine Gift Shop
and Dining Room Hallway

*Gifts for Everyone, Stocking
Stuffers, Gift Certificates and
New Holiday Merchandise.*

Sponsored by the Weeks Medical Center Auxiliary

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Happy Holidays from the NCH Volunteer Departments

NCH Volunteer Departments are celebrating the Holiday Season by offering **NCH Volunteers** a **25% discount** on any one item in our gift shops. This coupon can be used at either the **Sunny Corner Gift Shop** at Androscoggin Valley Hospital or the **Sunshine Gift Shop** at Weeks Medical Center. But you better hurry – this coupon expires December 31, 2025.

Only 1 coupon per person per holiday season.

Name _____

**Discount
Coupon**