

NCH Volunteer Huddle

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

March 2026



March 5

Ginny G. - WMC

March 7

Shirley C. - WMC

March 12

Kelly J. - NCHHHA

March 14

Susan P. - UCVH

March 15

Susan W. - AVH

March 18

Rita G. - AVH

March 19

CeCe R. - WMC

March 23

Karen M. - WMC

March 24

Dawn K. - AVH

Save the Date: 2026 Volunteer Appreciation Luncheon

Mark your calendar for Friday, April 24th and join us for our 2nd Annual NCH Volunteer Appreciation Luncheon at The Chapel.

We look forward to celebrating and honoring our wonderful volunteers. More details and formal invitations will be coming soon!

Rural Roots: A Road Less Travelled

North Country Healthcare’s podcast, “Rural Roots,” explores the people and teams that make NCH a cornerstone of care in our region. Each episode dives into the work, impact, and collaboration across NCH affiliates - WMC, AVH, UCVH, and NCHHHA. From IT to nursing, we celebrate the contributions of every team member and share insights on how we can work together to better serve our communities. Tune in for stories that strengthen our bond and enhance our care. Because when we understand each other, we work better together.

[Rural Roots Podcast](#)



Hand washing tips



Wet hands with running water.



Apply soap or liquid soap.



Rub your hands together for at least 20 seconds.



Wash all areas, including the back of your hands and between fingers.



Rinse hands, making sure you remove all soap.



Dry your hands thoroughly with a paper towel.

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March 2026

S	M	T	W	Th	F	S
1	2	3	4	5	6	7
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15	16		18	19	20	21
22	23	24	25	26	27	28
29	30	31				

Events:

- **March 8:** Daylight Savings Time begins. Don't forget to set your clock ahead one hour at 2 a.m.
- **March 18:** NCH Volunteer Nutrition Education Session. Space is limited so please RSVP by Friday, March 6th.

[NCH Volunteer Nutrition Education Session](#)

Meet The NCH Volunteers:

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



Meet Rebecca St. Cyr. Becky is a hospice patient volunteer for North Country Home Health and Hospice.

Why do you Volunteer?: In 2022, Becky retired as Financial Counselor from Weeks Medical Center. Missing the interaction she had with patients, she decided to take the NCHHA Hospice Volunteer class in July 2023 and started volunteering a month later. She visited her first patient weekly until the patient passed late in 2025. Becky visited several other patients during this time period as well. She said it has been rewarding going out to their homes to provide companionship, fix them lunch, do light housekeeping, go out for a walk on a nice day or just be there for them for a couple hours. I love making them smile and listening to their stories. I feel that I've made a difference for them!

Hobbies/Skill/Interest: Becky's hobby is taking care of family! She also enjoys getting out for a walk during warmer weather. She has several houseplants and enjoys taking care of her perennials in the summer. She loves going to my grandchildren's games - basketball, soccer, baseball and following the local High School games as well. Basketball is her favorite!! The Celtics and Patriots are her favorite NBA and NFL teams.

Fun Fact: Becky enjoys going on Caribbean cruises, having cookouts with the family, attending events at her local racetrack, and just relaxing on a sunny afternoon!!

Prior Work: Becky worked in administration/management at the paper mill in Groveton for 32 years before becoming the Financial Counselor/Self Pay Liaison at Weeks Medical Center from 2009 - 2022. Currently, I transcribe the meeting minutes for the Town Selectmen, Planning & Zoning Boards. I also volunteer at The Gathering Place in Groveton, helping set up and serve lunch and cleaning up. It's where everyone is welcome!!

Family: I have lived in Groveton all my life! My husband and I have 3 sons. Our family has grown over the years to include: 2 - beautiful daughters-in-law, 1 - beautiful granddaughter and 3 - wonderful grandsons. Plus, we have a mini dachshund named Woodie who thinks he's the boss!!



1 Year

Linda G. - AVH

2 Years

Lisa C. - NCHHA

Giovanna C. - NCHHA

Gretchen H. - NCHHA

Claire L. - AVH

11 Years

Elaine B. - AVH

14 Years

Lucille M. - AVH

19 Years

Patricia R. - AVH

Fun Fact:

The International Day of Happiness in 2026 is on Friday, March 20, marking a global celebration of well-being, kindness, and happiness as fundamental human goals. Coinciding with the March equinox, this day encourages individuals and communities to promote mental health, foster connections, and recognize the importance of joy in daily life.

"Never iron a four-leaf clover, because you don't want to press your luck."

~Irish proverb

