



### 2011 - The Year of Change!

We are so excited!!! We not only have a new building, we have a new name and look!

It's not open yet, but feel free to drive by 311 Rte. 108, Somersworth and take a look at the Goodwin Community Health Center, our new home! It's HUGE but remember, it's going to hold all three of our current locations and will serve an *additional* 3500 patients!

We begin moving in stages the first weekend in May. Your project supervisor will notify you when to begin reporting to the new building.

The Central Ave. offices will move first, relocating to the second floor of the new building. On successive weekends, the dental department, the Rochester teams and the



Dover teams will move in. By the end of May, we will all be together in the new building!

We're in the planning stages for some grand opening events and fun, so stay tuned for more information!



### It's National Volunteer Week, April 10-16, 2011

*And we're having a party... for YOU!!!!*

National Volunteer Week was established in 1974 to honor and recognize the many people who give their time and energy in service to others. The theme this year is ***Celebrating People in Action.***

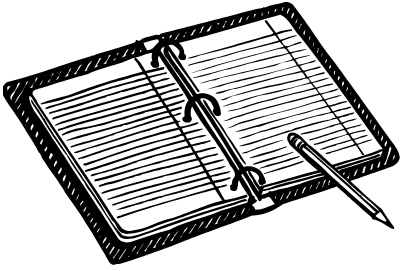
Volunteers are truly ***People in Action***, whether they sit behind a desk and

answer phones, or hammer away on a house. By participating in local needs they are taking action to make better, more productive communities. Volunteers lead by example to those who don't believe they can make a difference.

EVERY volunteer makes a difference!

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## New Procedures for Volunteers in the New Building!



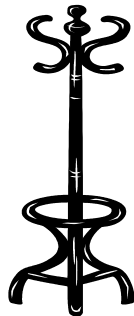
Goodwin Community Health is a place of change, and you just know, once we get into the new building,

we're going to be making even more changes. Some will be out of necessity, some out of the ease of all being in one building, while some will happen as we just try and figure out what is going to work best in our new environment. And you know that even these changes may be adjusted if they don't work as well as we planned. So please, be patient with us while we work out some of the details.

The first change you'll notice is that there will be a new method of checking in for volunteers. All volunteers will check in with the Volunteer Manager (VM) on the second floor before they begin their shift and at the end of their shift. There is both an elevator and stairs in the building to get to the second floor where the Volunteer Manager is stationed.

The details are still being worked out, but it looks like the procedure will be:

1. Arrive through the main door
2. Go to the Volunteer Check-In/Out space
3. Find your time sheet in the Volunteer Log In/Log Out Binder



4. Fill in the date, time, and dept. you are serving in that day
5. Put on your ID Badge—to be worn at all times while you are on duty
6. Go to your assignment
7. At the end of your shift go to the Volunteer Check-In /Out space
8. Find your Log In / Log Out sheet.
9. Fill in your departure time and make any adjustments in depts. You served that shift.
10. Initial the sheet
11. Return your ID Badge



Tracking your hours by the department you are serving is vital to the agency. The hours you log in are used in grant funding applications and reports. For example: The hours spent volunteering in the BCCP program are tallied separately for grant reporting purposes. Recording them separately enables us to easily get an accurate accounting of the hours.

Details are still being worked out about where coats etc. may be left and what workstations will be available for volunteer use. There will be plenty of room in the kitchen area for storing snacks and lunches in the fridges, and for using the microwaves.

Feel free to ask questions and make comments ... your input is important to making a great running program!

A graphic of a yellow rectangular sign with the word "EXIT" in bold red capital letters.

Learn where the fire exits  
and extinguishers are!



## Crafters Corner

### Knitting/Crocheting Groups offered by Doris Breton

- ◆ **Knitting / Crocheting for Charity**

Frisbie Memorial Conference Center

Tuesdays 5:30 pm to 7:30 pm

Frisbie Memorial Hospital, 1st Floor Conference Room

Thursdays 9:30-11 am

Goodwin Community Health Center

Dates and times to be set

- ◆ **Knitting on a Budget Workshop**

Dates to be set. Location: Goodwin Community Health Center

Doris Breton leads this four week workshop which includes how to use up leftover yarns, how to stay on budget with your knitting supplies and more.

- ◆ **Knitting / Crocheting as Stress Relief**

Dates and times to be set. Location: Goodwin Community Health Center

For more information call Doris Breton at 603-332-8257



### Loom knitting workshops



Dates to be set. Learn to use the plastic or wood knitting looms to make items for charity. Details under construction! Contact Carleen for information at 603-516-2542 or [cnicholson@agchc.org](mailto:cnicholson@agchc.org)

### Granite State Stitchers Community Sew for Goodwin Community Health

November 19, 2011, 12-4 pm

Cut, pin, and sew fleece hats, mittens, scarves, etc. for GCH patients.

No experience required but if you have a sewing machine and/or basic sewing tools, please bring them.

Contact Carleen for information at 603-516-2542 or [cnicholson@agchc.org](mailto:cnicholson@agchc.org)



## Crafters Resources On-Line

- [Ravelry.com](http://Ravelry.com)
- [Lion Brand Yarns](http://Lion Brand Yarns)
- [Knitting for World Peace](http://Knitting for World Peace)
- [Red Heart Yarns](http://Red Heart Yarns)
- [Caron Yarns](http://Caron Yarns)
- [Free Knitting Patterns](http://Free Knitting Patterns)
- [Crochet Pattern Central](http://Crochet Pattern Central)
- [Crochet Guild of America](http://Crochet Guild of America)
- [American Sewing Guild](http://American Sewing Guild)
- [NH Chapter ASG](http://NH Chapter ASG)
- [Joann Fabric](http://Joann Fabric)
- [Hancock Fabrics](http://Hancock Fabrics)
- [Ben Franklin Crafts NH](http://Ben Franklin Crafts NH)
- [Garrison Hill Quilt Shop](http://Garrison Hill Quilt Shop)
- [Hooks and Needles](http://Hooks and Needles)
- [Spinning Yarns](http://Spinning Yarns)
- [Learn to Crochet](http://Learn to Crochet)
- [Learn to Knit](http://Learn to Knit)





Some of the over 1,400 hand crafted items volunteers created to distribute to our patients this year! Items came in from as far west as Arizona, and as far south as Florida as well as from many local crafters and groups. The mitten outline is the pattern used to make fleece mittens of all sizes.



*Thank You*



As spring arrives, our thoughts tend to turn away from the hats, mittens, scarves and items that kept us warm all winter. Yet the incredible volunteers of the Warmth Program continue working through the spring, summer and fall, to stock up for next winter when we'll have an extra 3500 new patients to keep warm. Yarns and material are still available! Contact [Carleen](#) if you'd like to help. 603-516-2542

## Banff Film Festival Fundraiser Was a Great Success!



With the Help and support of our volunteers, this years Banff Film Festival fund raiser was a wild success! With record raffle sales and the Portsmouth Music Hall sold out, this was our most successful Banff show yet!

The event returned to Portsmouth this year to the delight of local attendees and also allowed us to return to the beautiful setting of the Music Hall. A special thanks to the ushers for seamlessly moving such a large crowd to and from their seats.

We had an overwhelming response to our raffle this year as well. Among the prizes awarded were a whitewater rafting trip, a mountain bike, a kayak, a hand carved walking stick and a pair of lift tickets to Saddleback mountain.

**Thank you again to the volunteers that made this all possible, Without your help and support there would be no way of having such a fun and successful evening!!**



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## Reminders for all Volunteers

1. Always wear your ID Badge
2. Fill out your Time Sheet
3. Limit personal calls during service hours
4. Respect Confidentiality
5. NO jeans except Friday or for special projects with prior authorization from your project supervisor
6. Volunteers are welcome and encouraged to participate in staff meetings, activities and celebrations
7. Speak up! If you have questions, concerns or ideas, talk to Carleen, don't be shy!
8. Have Fun!!!
9. Be consistent with your days/hours
10. Let us know when you won't make it in as far in advance as possible so we don't worry
11. Take your break! Have your lunch!
12. The GHC campus is NON SMOKING
13. You are encouraged to apply for posted paying jobs at GHC for which you are qualified
14. We appreciate your time, energy and caring!

## Volunteer Service Milestones

**Over 170 volunteers  
donated  
4513.75 hours  
of  
Volunteer Service  
Valued at \$94,111.69\*  
From April 2010  
to March 2011!**



\*Hourly average rate used in estimating volunteer per hour rate is taken from [http://www.independentsector.org/programs/research/volunteer\\_time.html](http://www.independentsector.org/programs/research/volunteer_time.html)

The following registered, currently active volunteers have reached the following milestones of service. Many others have volunteered for less than a year and for special projects only.

### Five Plus Years

*Gene Grossi*

### Four Years

*Nancy Munkittrick*

### One Year

*Susan Brown*

*Samuel Chase*

*Holly Herriot*

*Virginia Mayo*

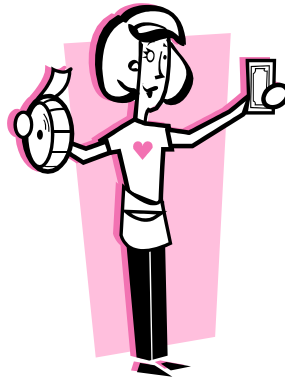
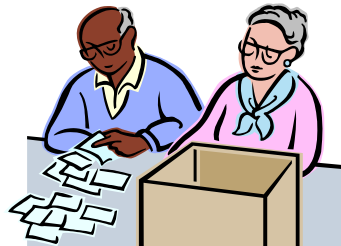
*Peter Zoellick*



**THANK YOU ALL!!!**

## Current Volunteer Opportunities

- Physicians
- Nurses
- Clinical Workers
- Knitters
- Crocheters
- Sewers
- Quilters
- Stash Organizer
- Clerical Volunteers
- Data Entry Specialists
- Photographers
- Graphic Artists
- Cleaning help
- Window Washers
- Photocopiers



- Packet Assembly
- Filing
- Research
- Appointment Reminder Calls
- Teddy Bear Clinics
- Waiting Room Greeters
- Gardeners
- Fathers Day 5K June 19th
- Volunteer Coordinator

Don't see anything you're interested in? Check with Carleen if you have an idea for a new way to help utilize your special talents. We're open to new ideas!

603-512-2542 or [cnicholson@agchc.org](mailto:cnicholson@agchc.org)

*National Volunteer Week  
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- If you spend an hour filing, that means one more hour a staff member can spend with a patient or working on systems to make a visit more productive, fluid, and efficient.
- If you knit one pair of mittens, you have kept someone from getting frost-bite, enabling them to be healthier and more productive.
- If you spend one day researching grants and find a new one we can apply for, you've increased the funding we're eligible for and that means increased services for the patients.
- If you volunteer as a nurse one day a week, you've ensured that our patients will get extra care that day or won't have to wait so long for an injection, or have provided that one day for the regular staff nurse to do her paperwork and reports.

Every action you take as a volunteer,  
makes a difference.

Thank you. We dearly appreciate it.

You will be receiving your invitation  
in the mail or by evite soon!

Cupcakes ~ Door Prizes ~ Ice Cream

April 13, 2011 1:30 to 3:30  
652 F Central Avenue, Dover, NH 03820

Please RSVP to Carleen by April  
10th.

603-516-2542 or

[cnicholson@agchc.org](mailto:cnicholson@agchc.org)



Goodwin Community Health

## Looking for a Paid Position?



## You Have 2 Options!

- Check the job posting board or the Goodwin online employment site often. Apply for those you qualify for.
- The Senior Employment Program through National ABLE pays a stipend to qualified participants in their programs. Call the National ABLE Program at 800-652-8808 for more information.

## 2011

### Holidays

*Memorial Day  
May 30*

*Independence Day  
July 4*

*Labor Day  
September 5*

*Thanksgiving  
November 24*

*Christmas  
December 26*

## Budget Helpers



- **The SERVE New England Program:** People of all ages and wages can save money on quality groceries by volunteering just 2 hours a month, anywhere!

For more information Email [Skip Smith](mailto:Skip_Smith@myfairpoint.net) at [smithtree@myfairpoint.net](mailto:smithtree@myfairpoint.net), call 335-6429 or go to [www.servenewengland.org](http://www.servenewengland.org).

- **Coupon Queen Classes:** Goodwin Community Center offers a series of Budget saving workshops by Carol Garlough, Operations and WIC director. She is known around the agency as the Coupon Shopping Queen and is happy to share her knowledge and experience with staff. Watch for postings of her workshops and make sure to sign up right away...the spaces fill up fast! Totally free to all staff and volunteers!
- **Coupon exchange bin** at GHC. We have a bucket in the kitchen area where we put extra coupons we don't plan on using so that others may use them. Feel free to add or take from there.
- **Employee discounts:** Whatever discounts staff are eligible for, volunteers are mostly eligible for (some companies limit their offers to paid staff only). Tire Warehouse, discounted Ski passes, Water Country discounts, are among the offerings. Watch for postings.

- [hip2save.com](http://hip2save.com). Lots of coupons and freebies, but caution! It's addictive!
- [www.nhtodo.com/](http://www.nhtodo.com/) Where to go and what to do in NH, with lots of free things included
- Do you **Nook**? Download free library books to your Nook. You have them for 14 days each. Sorry, the format does not work on the Kindle at this time, and you must have a valid library card in NH. Ask your local librarian about [Overdrive.com](http://Overdrive.com)
- Do you **Kindle**? You can now lend/borrow Kindle books with other Kindle owners for free! Expand your reading experience!
- Speaking of **eBook Readers**, did you know you can buy refurbished ones that are half the price of the new ones and work just as well!
- [39dollarglasses.com](http://39dollarglasses.com) or [Eyebuydirect.com](http://Eyebuydirect.com) Need new eyeglasses? Try these sites. Some of our staff use them to get discounted eyewear.



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## We've gone GREEN to save the green!

This is our first completely electronic volunteer newsletter. It will be distributed solely by Email in PDF format and will be available to download or read via our website at [www.AvisGoodwinCHC.org](http://www.AvisGoodwinCHC.org) in the volunteer section. If you'd like it emailed directly to you, please make sure we have your current email address on file!

You can open it on any computer with the free Adobe Reader program. We recommend you upgrade your computer to the newest free version at [www.adobe.com](http://www.adobe.com) so you can get all the latest and greatest volunteer news and opportunities from Goodwin Community Health!



**Two Great Ways to Show Your Support  
for our Second Annual Father's Day 5K Fundraiser!**

**Volunteer!**

Positions available:

**Pre-Event**

**Dates To Be Announced**

Pre-Event Registration Day  
T-shirt Folding ~ Packet Preparation  
Poster Posting

**June 19, 2011**

Set up ~ Breakdown  
Command / Volunteer Center  
Parking / Traffic Flow  
Registration / Pre-Registration Tables  
Water Stations ~ EMT  
Finish Line ~ Chip Collectors  
Prize Runners ~ Floaters

**Participate!**

Join us at Margarita's, Dover NH  
June 19, 2010  
Step off at 8:30 am

Run/Walk with hundreds of others in support  
of the healthcare programs at  
Goodwin Community Health  
in honor of Father's everywhere!  
Wear a tie to show your support!

Food ~ Fun  
Goodies ~ Prizes

Pre-Register at Margarita's,  
Philbricks Sports or  
Goodwin Community Health

\$20 advance registration fee  
\$25 the day of the event  
\$5 Children under Twelve

For information, to volunteer or to register  
contact Carleen at 603-516-2542 or [cnicholson@agchc.org](mailto:cnicholson@agchc.org)  
[www.AvisGoodwinCHC.org](http://www.AvisGoodwinCHC.org)