

Friends Program

Serving Our Community Since 1975

July 25 2024

Town of Exeter
Town Manager
10 Front Street
Exeter, NH 03833-3792

Dear Mr. Dean,

Please accept the enclosed request for funding for FY 2025 from the Town of Exeter in support of the Friends Retired and Senior Volunteer (RSVP) Program and services provided by our organization in Exeter and Rockingham County. We are pleased to answer any questions the Human Services Committee may have regarding our application.

Our senior volunteers make our communities better and stronger. RSVP supports critical community needs with talented senior volunteers. At the same time, seniors benefit through physical activity, mental engagement, and high levels of satisfaction for making important contributions to the communities where they live.

Thank you for your kind attention to this request for continued support to make the service of our Friends RSVP volunteers possible. Together, we are meeting the needs of Exeter and Rockingham County.

Best regards,

Lily Wellington
Director of Volunteer Programs

Enc. Human Services Application Cover Sheet
Narrative
Operating Budget
Balance Sheet
Annual Report on Service Data FY24

Town Manager's Office

JUL 29 2024

Received



TOWN OF EXETER, NEW HAMPSHIRE
HUMAN SERVICES
FY 2025

Organization's Name: The Friends Program, Inc RSVP **Year Founded:** 1975

Address: 130 Pembroke Rd Suite 200 Concord, NH 03301

Executive Director/ Board Chair: Nancy McKeon, Kathleen Ames **Tax ID Number:** 02-3026855

Applicant Contact: Lily Wellington **Email:** lwellington@friendsprogram.org

Address: 130 Pembroke Rd Suite 200 Concord, NH 03301 **Phone:** 603-228-7603

Organization's Mission Statement and Statement of Grant Purpose (e.g. This grant will be used...):

Our mission to "build positive connections and solutions for at-risk youth, families and seniors" is met through Youth Mentoring; Emergency Housing; RSVP- Retired and Senior Volunteer Program; and the Foster Grandparent Program. The purpose of this grant is in support of our Retired and Senior Volunteer Program (RSVP) serving throughout Merrimack and Rockingham County providing critical community support via senior volunteers. We recruit, screen, train, and place senior volunteers with local nonprofits and agencies to meet critical needs within the community. Senior volunteers gain health and cognitive benefits from volunteering, improving their health outcomes, and local organizations increase their capacity to deliver services.

Brief Detailed description of how the money will be specifically utilized for Exeter residents:

Funding from the Town of Exeter will support our senior volunteers in meeting the needs of Exeter residents. RSVP volunteers prepare food for the elderly and those with disabilities; lead twice-weekly free senior osteoporosis-prevention exercise classes that also improve balance and strength; build capacity at local nonprofits, visit persons in nursing homes like the Rockingham County Nursing Home; serve at sites like American Red Cross; NH Veterans Home. RSVP has the dual purpose of supporting critical community needs via volunteer power and engaging the growing senior population in meaningful opportunities for volunteer service, both shown to effectively improve health outcomes.

% of overall services that goes to Exeter residents: 4%

of Exeter residents served: 200

List all geographic area(s) served by organization: Rockingham County Merrimack County
Belknap County Strafford County

Total Municipal Contributions in 2024:

Funding Amount	Town/County
\$ 7,000.00	Rockingham County
\$ 225.00	Town of Candia
\$ 100.00	Town of Chester
\$ 125.00	Town of Danville
\$ 2,000.00	Town of Exeter

\$	1,800.00	Town of Hampton
\$	100.00	Town of Hampton Falls
\$	225.00	Town of Kingston
\$	1,061.00	Town of Londonderry
\$	750.00	Town of New Castle
\$	100.00	Town of Newington
\$	600.00	Town of Newmarket
\$	100.00	Town of Nottingham
\$	4,000.00	Town of Portsmouth
\$	125.00	Town of Sandown
\$	50.00	Town of South Hampton
\$	500.00	Town of Stratham

\$ 29,593

List each town that contributes and the amount received:

Organization's total projected budget for FY 2025: \$ 271,840

Amount Requested: \$ 2,000

Additional Information Required:

Please supply the following items for a complete application to be considered:


1. Provide a narrative, not to exceed two pages in size 12 font
 - a) Organization's overview
 - b) Program changes and/ or highlights from the past year

2. FY24 funded organizations must submit a brief summary of how those funds were used to support Exeter residents
 - a) If your organization is requesting an increase in funding for FY25, submit justification of increased need

3. Complete financial statements
 - a) Operating budget
 - b) Balance sheet

I certify to the best of my knowledge that the information in this proposal reflects accurate data concerning need and estimates of planned/delivered services. The proposal was considered and approved for submission by the agency Board of Directors on July 17, 2024.

By signing this application, the undersigned offers and agrees, if the proposal is accepted, to furnish items or services that is quoted. This agreement is subject to final negotiation and acceptance by the Select Board and the Budget Review Committee and subsequent contract award.

Director's (or Designee) Signature: 

Date: 7/22/24

Submit no later than July 31, 2024:

Town of Exeter
Town Manager
10 Front Street
Exeter, NH 03833



FRIENDS RSVP Narrative

The Friends Program is a non-profit human services agency operating since 1975 with four programs: a youth mentoring program, emergency housing for families, Foster Grandparent Program and RSVP - Retired and Senior Volunteer Program. Our mission is to "build positive connections and solutions for at risk youth, families and seniors."

New Hampshire is the second fastest aging state in the United States. It is vital that we put the skills and talents of older adults to work solving local problems. Area agencies need help connecting with that talent to fill their needs. Seniors who volunteer have decreased mortality and better health and cognitive outcomes than their non-volunteering peers. Our Friends RSVP volunteers improve their own health and well-being by volunteering in our program, reducing the support services that they require. Healthier, happier seniors and improved local services benefit New Hampshire.

Friends RSVP meets a myriad of community needs in NH, particularly for many of our most vulnerable people, resulting in better outcomes in health and independent living for seniors, the disabled, veterans and families; increased support of local nonprofits and public agencies so they can serve more people cost effectively; increased food security; and educational achievements for children, adults and refugees.

Over 300 RSVP volunteers serve each year. Of this number, more than 250 RSVP volunteers are placed in high impact assignments. Some of their activities include Transportation, Bone Builders senior exercise classes, Food Distribution, Companionship, Community Gardens and Youth Mentoring. Volunteer sites include nursing care facilities, schools, senior nutrition sites, healthcare facilities, human service and municipal agencies, cultural and historical venues, homeless shelters, food pantries, and more.

RSVP volunteers respond to community partners in need with faithful volunteer service. Staffing blood drives, transporting the homebound to medical appointments, and distributing food to our most at risk community members.

We work with over 64 community partners to increase social support for caregivers of homebound or older adults and individuals with disabilities; increase food security for individuals and households; and increase the number of seniors who experience increased strength, better balance, more energy, and enhanced feelings of wellbeing through Friends RSVP Bone Builders program.

Friends RSVP works in the Exeter area to recruit and place volunteers over the age of 55 in support of local nonprofits and public agencies. We also recognize and support these volunteers in their roles. **Seniors have a lifetime of experience and expertise to offer that can help achieve important goals for our communities. Our goal is to connect capable, talented**

The Friends Program

Statement of Revenues and Expenditures - Lily RSVP Current Year with Annual Budget
From 10/1/2023 Through 9/30/2024

	<u>Current Year Actual</u>	<u>Total Budget - Original</u>
Operating Revenue		
Grant Revenue		
Eastman Foundation	0.00	5,600.00
Americorps	104,197.28	149,811.00
Municipal - Towns and Cities	7,861.00	15,000.00
Foundations	16,000.00	15,000.00
Rockingham County	5,250.00	7,000.00
Lincoln Financial	0.00	5,000.00
Merrimack County	0.00	14,000.00
Total Grant Revenue	<u>133,308.28</u>	<u>211,411.00</u>
Contributions		
Fundraising and Events	16,626.93	0.00
Chasers	0.00	45,000.00
Designated Programs	65.00	2,000.00
Annual Appeal	0.00	200.00
Bone Builders	21,322.05	18,000.00
Total Contributions	<u>38,013.98</u>	<u>65,200.00</u>
Other Income		
Inkind Meals	229.00	425.00
Inkind Travel	0.00	650.00
Inkind Other	64,884.50	40,000.00
Revenue Allocations	19,590.33	0.00
Total Other Income	<u>84,703.83</u>	<u>41,075.00</u>
Total Operating Revenue	<u>256,026.09</u>	<u>317,686.00</u>
Total Revenue	<u>256,026.09</u>	<u>317,686.00</u>
Expenditures		
Personnel Expenses		
Sals Clerical	5,842.59	8,392.08
Sals Coordinator	77,998.69	128,546.00
Sals Supervisory	13,837.21	37,218.66
Disability Insurance	275.09	400.00
Vision	20.93	30.00
Dental	1,031.86	650.00
Employee/Crim/DMV Checks	157.50	30.00
Health Insurance	10,285.78	4,840.00
Life Insurance	163.43	225.00
Payroll Taxes/FICA	7,351.18	13,322.98
Unemployment Tax	0.00	200.00
Workers Comp Insurance	2,277.30	2,352.00
Total Personnel Expenses	<u>119,241.56</u>	<u>196,206.72</u>
Program Expenses		
Conference/Meetings	80.49	400.00
Staff Travel	5,458.76	5,500.00
Dues/Memberships	125.00	100.00
Vol Insurance	2,216.82	3,700.00
Staff Development	75.00	100.00
Recognition Expense	5,846.46	3,000.00
Volunteers CRIM/DMV Checks	315.50	600.00
Total Program Expenses	<u>14,118.03</u>	<u>13,400.00</u>
Professional Fees		
Other Outside Services -Payroll	58.43	250.00
Auditing and Professional Services	1,824.16	3,000.00
Public Relations/Marketing	0.00	400.00
Total Professional Fees	<u>1,882.59</u>	<u>3,650.00</u>



FRIENDS RSVP Annual Report on Service Data – Summary of Fund Utilization

In Exeter during the last full year reported, July 1, 2023 through June 30, 2024, Friends RSVP volunteers served at local Bone Builders free senior exercise classes and also provided 2,370 hours of service through projects at the statewide level which benefit Exeter residents. Organizations served include the American Red Cross, Future in Sight, NH State Library, and AARP Tax Preparation.

Rockingham County projects included veterans' transportation, companionship and medical transportation for the homebound, community gardens, food pantries, and more.

During the last year, July 1, 2023 through June 30, 2024, Friends RSVP:

- Assisted **64 organizations** that served the residents of Rockingham County.
- Mobilized **177 volunteers** for **Rockingham County, who delivered 20,000 hours** of assistance to local residents.
- Enabled organizations to increase their service capacity and quality, and save money for the residents of Rockingham County and Exeter.

The value of service can be estimated at \$650,800 for Exeter and Rockingham County, based on the 2022 Bureau of Labor Statistics mean hourly wage for New Hampshire of \$32.54 (Independent Sector average value of a volunteer hour is \$32.54 per hour for NH).

Our Friends RSVP volunteers also work on community projects in the area that support local needs and organizations with food and clothing collection, community gardening, tutoring and mentoring. Volunteers assist with blood drives across the county. In a new partnership this year RSVP volunteers worked with American Red Cross on Disaster Preparedness. Agencies benefit from office support, including database work and mailings. Our dedicated volunteers also visit veterans and nursing homes to provide companionship to those who are alone. They prepare meals for congregate meal sites and Meals on Wheels locations. Our volunteers work to fill every need they encounter and are vital to the communities they serve.

New Hampshire is one of the fastest aging states in the nation. We have an important talent resource in our seniors; area agencies need help connecting with that talent to fill their needs. Seniors who volunteer have decreased mortality and better health and cognitive outcomes than their non-volunteering peers. Our Friends RSVP volunteers improve their own health and well-being by volunteering in our program, reducing the support services that they require.

Your outstanding support of Friends RSVP is appreciated. Thank you from all of us at Friends RSVP.