

# KNP Konnections



## From Our Editor, Nancy Allenby

### NO ONE IS USELESS IN THIS WORLD who lightens the burdens of another. ~ Charles Dickens

As we dive into this new year, we thank you for choosing to spend your energy and support helping KNP 'lighten the burdens' of so many Neighbors in the Kearsarge region. We are thankful for your dedication and constancy. Wherever this winding road takes us, we are excited to move forward -- together!



## Konnect Kearsarge Isolation Forum

**OVER FORTY SERVICE PROVIDERS ATTENDED** an educational forum sponsored by KNP, the New London Hospital and DHMC to discuss the growing impact of isolation and loneliness in our region, and ways we can make strides together to address those concerns. The guest speaker was Sharon Feeney, the Health and Wellness Coaching Coordinator at the Dartmouth Centers for Health and Aging. Participants, including representatives from the schools,

the VNA, the COA, local transportation coordinators and KNP Advocates, were very encouraged and inspired by what they learned, and they're eager to continue to meet and collaborate twice a year.



## KNP By the Numbers...

**OVER 4000 HOURS OF SERVICE** were performed by KNP volunteers in 2022, including 1500 hours devoted to operating KNP programs and collaborating with other organizations. The impact of 211 active KNP volunteers providing services to our Neighbors is **UNDENIABLE!** Thank you, also, to our donors and community partners, who help make this work possible. Here are a just a few of the service category totals:

- 239 -- Connections to resources
- 206 -- Meals made/ groceries delivered
- 138 -- Rides given/ transportation issues addressed
- 138 -- Friendly visits/ phone calls
- 70 -- Firewood deliveries

## KNP Annual Report is Coming!

**OUR COMMUNICATIONS TEAM IS HARD AT WORK** compiling content for the 2022 annual report. We will send it out soon!



## Grant from Alliance for Green Heat

**KNP RECEIVED NEARLY \$10,000** for a new wood splitter and trailer after applying to the Alliance for Green Heat, which distributes federal funding for wood banks. This heavy duty splitter, pictured with KNP Wood Bank Coordinator Nancy Lindsey, Gene Lindsey and Steve Allenby, will help us process free wood offered by people who have had trees taken down, or felled in a storm. Our new, lightweight 5x10' aluminum utility trailer will allow us to more easily deliver cord wood to our

Neighbors in need of heat. Kudos to all who participated in the grant writing process -- what a gift!

## Sunapee Region Board of Realtors

**THANKS FOR GRACIOUSLY INVITING US** to speak at your meeting, and for reaching out to see how you can partner with KNP. We were grateful for the opportunity to address the 45 realtors and mortgage originators about topics such as home-sharing, and the the need for affordable housing.

## Check-In's Are Very Important

**PLEASE MAKE SURE YOU check in** each time you interact with a neighbor or community partner. Thank you for lining up a substitute if you are unable to fulfill a recurring commitment with one of our partners.

**Friends of KNP** can stay in the loop by subscribing to this KNP Konnections Monthly Newsletter [here](#).

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