



CAREGIVERS

News



Interfaith Caregivers Trenton, Inc./ Faith in Action, Inc.
"Neighbors Helping Neighbors Remain Independent"

Vol. 15 No. 3 • Fall 2008

FAITH
IN ACTION

ICT Welcomes New Board Chair

By Anne Kantor

Many people contribute to the success of the Interfaith Caregivers/Faith in Action group at Our Lady of Sorrows-St. Anthony Parish in getting our homebound neighbors to doctor appointments. One volunteer who always keeps things going when resources are scarce, is a wonderfully generous retired attorney, John Zimmerman. John cheerfully accepts every request (unless he's already busy tutoring at Martin House or helping with administrative work for Interfaith Caregivers). His good humor, his willingness to drive wherever people need to go, and his patience with having several group leaders calling on him to fill in all the gaps in service, make him a source of strength and support to the entire group.

John began volunteering with Interfaith Caregivers in 2002. Since that time, he has provided over 200 hours of transportation services to homebound seniors and people with disabilities, serving approximately 20

different people. In addition, he serves on the Board of Trustees of Interfaith Caregivers and has contributed many hours of administrative service to the organization. As of April 2008 John serves as our Board Chair.



John Zimmerman,
Board Chair

When asked why he gives so many hours to serving others, John responded that before retiring he worked 12 hour days and it left him little time for service, but when he retired, he knew he wanted to give something in gratitude for the many blessings of his life. On the day that the need for volunteers was mentioned in church, the Scripture passage, "Truly, I tell you, whatever you did for one of the least of these brothers and sisters of mine, you did for me (Matt. 25:40)," was read, and John decided to do whatever he could.

Thank you to Princeton Theological Seminary and Shari Oosting

This summer we had the pleasure of working with our first intern from the Princeton Theological Seminary, Shari Oosting. From the very beginning, Shari grasped the nature of our mission to homebound elderly and people with disabilities and set about using her creative genius to move us forward.

We now have a 4 minute DVD presentation with beautiful photographs that shows our volunteers serving the elderly in various ways---shopping, friendly visiting, driving to appointments, helping organize bills, minor household repairs, respite, etc. She also created a power point to go along with our training materials. (This is available at anytime for public presentations. Please feel free to call us to make arrangements if you would like us to visit with your group.)

Shari has also helped to initiate a new undertak-

ing here at ICT. We are beginning a college campus outreach through campus ministries. Rev. Dawn Adamy, a campus minister at TCNJ, Rider and Mercer County Community College will be working with us to recruit and train young adults who will help area seniors. All this in just one summer!

We are most grateful for the incredible work that Shari has done for Interfaith Caregivers and we wish her well for a future filled with love and happiness with her new family.



Shari Oosting was a very busy intern this summer. She came to us from PTS.



A Farewell Message from Deanna



Deanna Womack, former ICT Coordinator of Volunteers. Deanna is now an ordained minister in the Presbyterian Church.

As my husband, Mike, and I prepare to serve this year at a Christian high school in Zahle, Lebanon, we give thanks for all those who have supported us along the way. While our new home is across the globe, in a different culture, with a younger population, I will take everything that I have learned and experienced at Interfaith Caregivers with me on this new journey. My interactions with group leaders, volunteers, elderly care recipients, and congregation members have truly added to my seminary education. I have learned how valuable an interfaith, ecumenical partnership can be, and how beautiful it is when people of all backgrounds

are united in ministry. The dedicated, caring hearts of our volunteers remind me that there is hope in this world.

It has been a pleasure working with all of you. I am humbled to know so many compassionate individuals who are willing to give their time and energy to help people in need. Thank you for sharing your lives and your work with me. Please keep us in your prayers. We invite you follow our work in Lebanon through our website, <http://web.mac.com/mikewomack/Mission>, and to leave us comments from time to time. God bless you all and your continued ministry to the elderly and disabled.

Thanks to AARP!

A new law supported by AARP New Jersey allows New Jersey state residents to compare prescription drug prices.

The Prescription Drug Retail Price Registry lists the prices charged by area pharmacies for 150 of the most commonly prescribed drugs. Similar registries in New York and Maryland have shown that prescription prices can vary widely even among pharmacies in the same neighborhood.

To compare prices at drugstores near you, go to www.njconsumeraffairs.gov/njpdrr

The information is also available in English or Spanish via a toll-free hotline at 1-800-242-5846.

Annoyed by Unwanted Phone Calls??

To prevent unwanted telephone solicitations, you may add your phone number to the Registry or have it removed by calling toll-free from your home telephone number to 888-382-1222 or via the Internet at <http://www.donotcall.gov>

Are You or Your Loved One a VET?

Did you know that the Veteran's Administration has a benefit available to Veteran's called the "Aid and Attendant Pension"? Qualified Vets and survivors of Vets can get up to \$20,000 per year to help pay for the cost of home care or assisted living in a facility. For information, call 800-247-2323 or 973-676-1000, ext. 1407.



Thank you to Lorraine Kostinas, MA, CALA for her informative workshop presented for us on June 12 at Our Lady of Sorrows Church on Conflict Resolution.

Please Remember Us

Were you aware that you can make a contribution in honor of your children or grandchildren? Did you know that bequests are the most frequent type of planned giving made to a charity? Your estate receives a charitable deduction for the full amount donated, so your heirs pay no estate tax on the gift.

Consider in your estate planning making a contribution to Interfaith Caregivers of Trenton.



SAVE THE DATE:



Getting Organized
7:00–8:30 pm

Presenter: In collaboration with the Senior Living Institute of NJ

What are the essential papers you need in the event of a crisis or illness? How do you get started? Find out all you need to know about preparing for yourself or your loved one's needs.



Spiritual Aspects of Caregiving
7:00–8:30 pm

Presenter: Jane Politi, Spiritual Director

Learn about the various religious traditions and their approaches to caring for others. How can we draw upon the wisdom of spirituality to strengthen us during difficult moments?

Call 609-393-9922 for further information about location/directions/reservations.



An Afternoon Delight with Barbara Trent, 2pm – 5pm
Renowned vocalist Barbara Trenton and friends will perform.

*** Please complete the inserted form to order tickets or purchase a Journal Ad.**



GoodSearch and Multiply your donation

Every time you use www.goodsearch.com you will be making a donation to Interfaith Caregivers Trenton/Faith in Action, as your designated charity.

A good opportunity to make a donation as you surf the Internet. **And if you shop online** please visit www.ictrenton.org and click on the marketplace icon.

We're Moving! (the office)

The next time you visit us, we'll be at:
229 Lawrence Road
Lawrence, NJ 08648

Volunteers Are An Important Part of ICT

Volunteers at Interfaith Caregivers get as much back as they give to the clients they serve. Volunteers may give a ride to a doctor's appointment or make a friendly visit. Whether it be to give a ride to someone who has a doctor's appointment to sitting with someone and providing them company for the day. There are so many ways you can get involved with Interfaith Caregivers. To learn more about how to get involved contact Jane Latini, Coordinator of Volunteers or Mary Ann Isaac, Executive Director at 609-393-9922.

Feedback from some of our Volunteers have been:

- I thank God and this organization to have the opportunity to serve others. It is a blessing to do this help. I am glad and happy for the spiritual growth it gives.
- I have enjoyed the volunteer work. I find I learn a lot of history through the stories that the seniors I help tell me.
- It's a blessing for me. I get more than I give.
- Very rewarding and has enabled me to meet wonderful people in and out of my parish.
- God has blessed me with good health, a good job and spare time. I suppose I felt the need to share my time.
- When my mother was sick, volunteers helped me. I wanted to repay the favor.
- I retired and I had time to give back.

Group Leader Meetings:

Sharing Best Practices for Volunteerism

Sept. 18, 2008

7:00 pm – 8:30 pm

Succession Planning

Nov. 18, 2008

7:00 pm – 8:30 pm

Volunteer Training Sessions

For information about upcoming training sessions please call our office or visit www.ictrenton.org



Los Voluntarios de Cuidados Unidos

Otro verano más nos pasa por la vida. Que rápido vuelo el tiempo. Espero que a todos les haya tocado un poco de vacaciones o descanso este verano. Ya llega el otoño y todavía nos queda mucho por hacer antes del fin del año. Estamos trabajando fuerte para que todos nuestros vecinos conozcan el ministerio de Voluntarios de Cuidados Unidos por la Fe (Interfaith Caregivers / Trenton) pero siempre se necesita el apoyo de ustedes. Siendo latinos sabemos bien que las noticias caminan más rápida de voz en voz que en cualquier noticiero. Así es que lleven nuestro mensaje a todos sus conocidos. Sea a su familia y amigos, a su parroquia, o a sus compañeros de trabajo. Todos conocemos a alguien que desee dar de su tiempo para ayudar a los demás y a alguien que necesite esa ayuda.

Nuestros voluntarios son personas de gran corazón. Gente que

dan de su tiempo sin pedir nada a cambio. Se les pide por favor, a los que piden nuestro apoyo y servicios, que nos permitan por lo menos un mes para hacer la visita inicial y dos semanas para servicios futuros. Es lo justo para nosotros poder asignales el voluntario apropiado según sus necesidades. Recuerden que aparte de atender a su propia familia, casi todos nuestros voluntarios trabajan y trabajan horas largas. Sin duda hay voluntarios que tienen horas disponible durante el día pero la complicación para nuestra comunidad es que muchos de los voluntarios no tienen transporte o licencia aquí en los Estados Unidos. Por eso se les pide paciencia, no solamente a los quien espera la ayuda sino también a los voluntarios que quieren hacer esas visitas.

El mes de julio estuvimos la oportunidad de reunirnos con los voluntarios Latinos. El tema

de esta reunión "Renovar Nuestro Compromiso" les proporcionó la oportunidad a para comprometerse nuevamente con mayor esfuerzo a este ministerio y compartir con otros voluntarios. Adicionalmente, platicamos sobre el problema del transporte, el entrenamiento adicional que los voluntarios les gustarían obtener y sobre algunos talleres que se puedan hacer posibles a través de ICT (nuestras siglas). Fue un placer pasar la tarde con los voluntarios y espero que le haya sido posible obtener algún detalle significativo en esta reunión. Invito a todos nuestros voluntarios Latinos a la próxima reunión de voluntarios que será en octubre de 2008, el lugar se anunciará pronto! Que Dios los bendiga a todos!

Felicita Martinez
Coordinadora de Voluntarios

Please remember Felicita and her son, Sergio, in your prayers. He was scheduled to serve in the Peace Corps but is now unable to do so, due to an illness.

Multiply your donations

Did you know that the following offer deductions and that some offer matching donations?



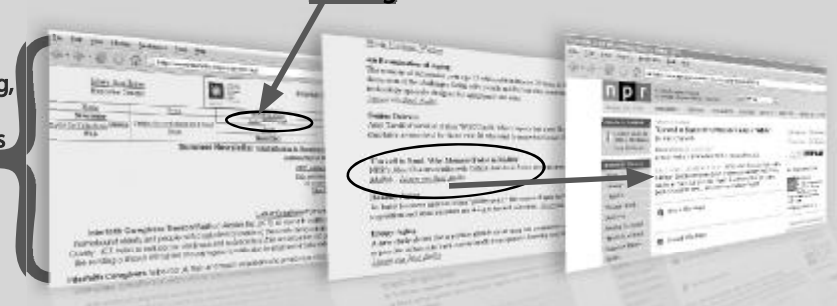
Bristol-Myers Squibb

Check it out on our web site!

For example,
How Are the Elderly Changing?

The discussion link clicks to www.npr.org, 'Carved in Sand: Why Memory Fades in Midlife,' where NPR's Alex Chadwick talks with Cathryn Jakobson Ramin about progressive memory loss among adults in their 50s and 60s. Ramin is author of the book *Carved in Sand: Why Memory Fades in Midlife*.

You can find these great discussions and more by going to our web site and clicking on the LINKS section.





Helping Hands to the Rescue

Submitted by Carol Butera

Interfaith Caregivers was very helpful to my family at a time when we were in need. When my mother was recuperating from surgery, with additional health concerns, she became very depressed. She had been independent and relatively active before hospitalization. Her main support group was our family. I was employed at the time, as were my brothers and our spouses. One of our goals was to have Mom become more and more active during the day in an effort to provide fun and stimulation. She had been a member of the Simpson Senior Center at one time. After obtaining a schedule of their activities, we felt Mom might enjoy the weekly lunches and Bingo games. She agreed to attend once a week, but we had to find transportation for her. The Center had a long waiting list and we could not find any other acceptable options.

I called St. Gregory the Great Rectory to find a volunteer who might be willing to help. My mother was from another parish, and they suggested I call "Interfaith Caregivers". It was a wonderful suggestion because In-

terfaith Caregivers provided a gracious volunteer who was willing to help her. First, a team visited Mom to assess her needs and then a volunteer was assigned. She not only transported Mom once a week to the Senior Center, but she also went in with her and waited until she was seated with others at a table.

Although her help was only needed for a short period of time due to Mom's deteriorating health, her kindness will always be remembered.

Prayer –

God of countless blessings –

Thank you for the hearts overflowing and lives filled with meaning and fulfillment. Keep us ever mindful of the responsibilities that accompany your blessings – make us guardians of this world, care takers of those around us, and witnesses of your grace.

AMEN

AARP & Borders Bookstores

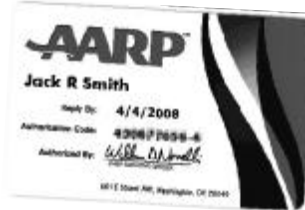
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every day!



Welcome to our New Volunteers!

Rev. Dawn Adamy	Rider University	Robert Koday	St. Anthony of Padua
Ruth Appelstein	HAR SINAI	Robert Lekuliteh	St. Anthony of Padua
Beverly Brown	West Trenton Presbyterian	Kimberly Martin	Independent
Elaine Buono	St. Anthony of Padua	Xinia Monge	Our Lady of the Angels
Flor Campos	Our Lady of the Angels	Mary Naylor	St. Anthony of Padua
Bonnie Carcione.....	Church of Devine Mercy	Pat Neville	St. Mary's of Bordentown
Donna Case.....	Church of Devine Mercy	Olga Nineth Escobedo.....	Our Lady of the Angels
Beth Chaifetz.....	HAR SINAI	Connie O'Ruanaidh.....	Pearson Memorial U.M. Church
Rosemary Constable	St. Anthony of Padua	Jorge Prado.....	Our Lady of the Angels
Clausel Coridon	St. Anthony of Padua	Eulalia Ramirez	Our Lady of the Angels
Joanne Curry	St. Anthony of Padua	Sheila Scheibner	Blessed Sacrament
Evelyn DeLeon.....	Our Lady of the Angels	Chanel Schwench.....	St. Anthony of Padua
Alice Dickens	Our Lady of Divine Shepherd	Edwin Taylor	Shiloh Baptist
Angela Donald.....	Blessed Sacrament	Patricia Wallace.....	Blessed Sacrament
Marta Gamboa	Our Lady of the Angels	Constance Wheeler.....	Blessed Sacrament
Cheryl Golembieski	St. Anthony of Padua	Carol Wierbiel.....	St. Anthony of Padua
Gesilyn Hodgkinson	St. Anthony of Padua	Patrick Wreh.....	Blessed Sacrament
Lamin Kamara.....	Our Lady of Divine Shepherd	Gabriela Zarate.....	Our Lady of the Angels

Lutheran Night at the Trenton Thunder

Thank you to Central Jersey Chapter of Thrivent Financial for Lutherans

The Central Chapter of Thrivent Financial for Lutherans and the Mercer Cluster of Lutheran Churches sponsored Lutheran Night at Trenton Thunders on July 11th as a fundraiser to benefit Interfaith Caregivers. Through the Chapter's Care Abounds in Communities matching fund program a total of \$1,211 was raised.



Paul Stambaugh, Co-ordinator of the event presents a check to Mary Ann Isaac, Director of Interfaith Caregivers, as Beverly Bodine, Program Assistant looks on.



From the Executive Director

Dear friends of ICT,

I just love the fall when everything seems to be filled with the energy of cooler weather and new beginnings! I still have memories of being a young mother, looking forward to gathering together the crayons, papers and backpacks all fresh and clean and ready for the new school year. Although those days are gone, the remnants of the school cycle remain and I still look forward to the fall, but for different reasons.



Mary Ann Isaac
Executive Director

Now I look forward to the challenges of engaging volunteers to assist elderly people who could use a hand or two.

In the fall, our member congregations also experience a time of renewal. New volunteers are welcomed and veteran volunteers are thanked for their service. Group leaders look for volunteers who love to meet people and make initial visits. They also help match volunteers to the care receivers. If you are reading this and have thought about lending a hand, the fall is the perfect time to get energized!

We also host workshops and invite everyone from the community to join us to learn about issues of concern to the elderly. (Those of you with computers, please check out our web site at: www.ICTrenton.org for the latest information.) There is the excitement of making new friends and meeting new people through this very important ministry.

One of the greatest blessings I have received from being involved with Interfaith Caregivers is the gift of meeting the most amazing individuals. I would never

have had the privilege of attending a diversity of worship services, if not for this ministry. I would not have had the very warm, heartfelt conversations on the phone, nor would I have experienced the joy of people gathered together to celebrate their love and concern for their elderly neighbors in need. Although we sometimes face difficult situations, too, the positive far outweighs any negative. I am most grateful to God for His continued blessings and ask all of our friends to please pray for us that we will pass on this legacy to benefit many more frail elderly in the years to come.

A new initiative that we are beginning this fall is an outreach through campus ministries to engage young people who are interested in serving the elderly. We are most delighted to welcome Rev. Dawn Adamy and students from TCNJ, Rider and Mercer Community College. We are also grateful to our fantastic summer intern from the Princeton Theological Seminary, Shari Oosting, who worked so hard over the summer to help make this new program a reality. Please keep Shari and her husband in your prayers, too, as they are expecting their first child in November.

Please think about how you, too, might pass on this beautiful legacy. Is there a friend you can invite to a workshop or fundraiser? Is there a story you can share to inspire others? If you have a story you would like to share, please give me a call. I would love to hear all about it. Better yet, write it down and send it for our next newsletter! Let's encourage one another as together we work to make this world a little more caring and less lonely.

Blessings and peace,
Mary Ann

“ One of the greatest blessings I have received from being involved with Interfaith Caregivers is the gift of meeting the most amazing individuals. ”

Mission Statement:

Interfaith Caregivers is dedicated to promoting the independence and dignity of homebound elderly and people with disabilities by matching them with caring volunteers who assist with the tasks of everyday life.

Interfaith Caregivers Trenton
Faith in Action, Inc.
229 Lawrence Road
Lawrence, NJ 08648
www.ICTrenton.org

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