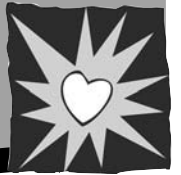




CAREGIVERS News

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



Vol. 15 No. 2 • Summer 2008

FAITH
IN ACTION

Mildred Manning shares her story

Mildred Manning, a 93 year old widow, lives alone in Trenton and has been a receiver of volunteer services provided by Interfaith Caregivers for the past two years. A WWII prisoner of war in Corregidor, Philippines, Ms. Manning began her career as a nurse in the U.S. Army in 1939 at age 25. She was posted in Fort Benning, Georgia, for six weeks before she was ordered to the Philippines to work as a war time nurse. Ms. Manning's tour of duty took an unexpected turn when the Japanese army captured all the nurses at her station and interred them in civilian camps along with 4,000 other prisoners. Ms. Manning and over 100 other nurses were kept as prisoners of war for three



years, working in the civilian camp hospitals. They endured cramped quarters with no hot water and survived on the meager diet of two cups of rice a day. The close watch of Japanese guards and the high walls and fences surrounding the camps rendered chances of escape nearly impossible. Ms. Manning testifies, however, that by God's grace she and a number of

other prisoners of war escaped the Japanese civilian camps before the infamous Bataan Death March in 1942. (Nearly 100,000 American and Filipino prisoners of war were forced to march 90 miles through the Philippines, many of them to their deaths.) Ms. Manning and her fellow prisoners hid in ditches near the water and were miraculously able to leave the war zone in the last boats.

After escaping the war Ms. Manning returned home and was afforded three months off from work. She was later assigned to a station in the United States and asked to travel the country making war bond speeches on behalf

continued, page 2

Volunteer Dinner a Special Success

We recently honored our volunteers at a special dinner in their honor. Thanks to our volunteers for all that they do!

(Top center) Corporate Angel Award: Mary Ann Isaac, Interfaith Caregivers and Cheryl Woodall, Bristol Meyers Squibb;
(top r.) Rev. James Pruner, Mary Ann Isaac, Mercer County Freeholder Ann Cannon, and Mercer County Freeholder Pat Colavita;
(bottom l.) Making A Difference Award: Paul Jellinek, Mary Ann Isaac and Susan Jellinek;
(bottom mid.) Youth Angel Award: Mary Ann Isaac, Students from Katzenbach School and Teacher Wendy Clugston;
(bottom r.) Rev. Weiman Award: Vergene Weiman and Dr. Diane Campbell, Mercer County Community College





MANNING, continued from page 1

of the army to help finance the war. Ms. Manning continued working with the Army on the home front, although her experience as a prisoner in the Philippines left her in great need of rest and healing.

Her life took a turn for the better when she met her husband, a news reporter, during one of her speeches to raise money for war bonds. They were married in the summer of 1945, and Ms. Manning left the Army to raise her two sons and a daughter. The Mannings made their home in Florida during their 49 years of marriage, and after her husband's retirement in the early 1980s, the couple enjoyed traveling the world together. In 1998, four years after her husband passed away, Ms. Manning moved to Trenton to live close to her son. She was introduced to Interfaith Caregivers through her son and daughter-in-law who found that they were not always available to provide transportation for her during the day because of work and other family commitments. Ms. Manning has expressed her great appreciation for this connection with Interfaith Caregivers, because without the help of volunteers, she would have been unable to get to her doctor's appointments. Not only has she received transportation assistance, but Ms. Manning has developed close relationships with group leader Marguerite Goff at Shiloh Baptist church and volunteer Barbara Blue. She is thankful for their faithful service as well as their friendship.

SAVE THE DATE:



An Afternoon With Barbara Trent, 2pm – 5pm

Renowned vocalist Barbara Trent and friends will perform.
\$30 per person (in advance)
\$40 per person (at door)

National Attention!

In October 2007 ICT was selected as one of 30 programs (out of 750) nationally to participate in a regional focus group for the National Faith In Action National Program Office. For more information about Faith In Action (FIA), go to our website, www.ictrenton.org and click on the FIA logo (left corner).

A Few Easy Ways to Donate to ICT

Interfaith Caregivers has joined the Commerce Bank Affinity Membership Program.



The Affinity Membership program provides Interfaith Caregivers the opportunity to earn annual cash donations. Commerce Bank will donate a percentage of the annual balance in every one of our members' accounts. Checking, savings, money market, CDs and retirement account are all included. All you have to do is visit a Commerce Bank location and either open an account or have your existing account linked to Interfaith Caregivers Trenton Affinity Program. Commerce Bank takes care of the rest. For more information contact Interfaith Caregivers at 609-393-9922 or visit a local Commerce Bank and ask about the Affinity Program.

GoodSearch
YOU SEARCH WE GIVE

Do you use www.goodsearch.com?

Every time you use www.goodsearch.com money will be donated 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.

Multiply your donations

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



 Bristol-Myers Squibb



Upcoming Fundraiser: Trenton Thunder



Interfaith Caregivers has been chosen as the benefactor of the Central Jersey Chapter of Thrivent Financial for Lutherans at Lutheran Night at the Trenton Thunder, Friday, July 11, 2008 at 7:05 PM.

Tickets are available for terrace seats for \$6.00 and pavilion seats for \$9.00. Please join us and support Interfaith Caregivers. Tickets must be purchased in advance by June 8, 2008.

Please fill out the order form on the back page of the newsletter, make checks payable to Interfaith Caregivers, and return to 207 Hillcrest Avenue, Trenton, NJ 08618. For more information contact Beverly at 609-393-9922.

Upcoming Workshop

Senior Conflict Resolution Thursday, June 12th at 7pm

Led by: Lorraine Kostinas, Elder Mediation Trainer and Certified Assisted Living Administrator, Our Lady of Sorrows Church – 3618 E. State Street Ext., Hamilton, NJ. Admission is free, but RSVP is required.

RSVP to Deanna at 609-393-9922 or via email at deanna@ictrenton.org

Upcoming Event

Mary Ann Isaac, Brother George Stevenson and others will be honored by the Trenton Ecumenical Area Ministry on June 6.

The dinner is \$40 per person and proceeds go to support the work of TEAM. TEAM has been active in the Trenton area since 1941. TEAM is an advocate for meeting human needs and promoting human dignity and healing. Programs such as the CROP walk, Urban Breakfast Roundtables, summer programs for children, clergy gatherings and housing coalitions are sponsored by TEAM.

For more information, to purchase tickets, or to make a donation contact Mary Ann Isaac at 609-393-9922.

Interfaith Caregivers Wish List

- Make public presentations on behalf of ICT
- Write stories for the newsletter
- Interview care receivers
- Volunteer to help with the Barbara Trent special event on October 26
- Volunteer to assist in office. Must have computer expertise and can input data.
- Volunteer to host house party to introduce ICT to friends. (We will supply speaker and materials.)





Los Voluntarios de Cuidado Unidos

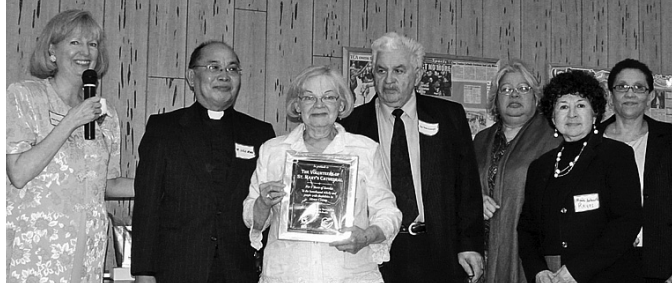
Los Voluntarios de Cuidados Unidos por la Fe continúan su búsqueda de voluntarios que quieran dar de su tiempo y talentos. Nuestros hermanos de edad avanzada necesitan de nuestros servicios.

Asimismo por las bendiciones que recibimos diariamente, existen personas que necesitan brindar sus servicios a personas mas necesitadas.

Por eso es tan importante para nosotros el reclutar, capacitar y motivar constantemente a nuestros voluntarios que a fin de cuentas son quienes hacen llegar a nuestros viejos amigos "su tiempo y talentos".

Para reclutar a nuestros voluntarios mantenemos siempre abierta la invitación aquellas personas que quieran ayudar desinteresadamente a este ministerio en favor de los ancianos.

Una vez que los voluntarios han decidido libremente compro-



meterse con este ministerio es nuestro compromiso capacitar a la gente para que realicen su labor de la mejor manera posible. Se les asiste con el curso principal, talleres y charlas durante el año. La capacitación esta a cargo de especialistas en la materia que trabajan en organizaciones de la comunidad, con la finalidad de que estén lo mejor capacitados para realizar su gran labor.

Motivar al voluntario es una de nuestras principales preocupaciones, por lo que anualmente se les dan reconocimientos en la Cena Anual de Voluntarios y de fin de año. Además, estamos pendientes a los detalles de los voluntarios.. Aunque sabemos

que la mejor manera de motivarlos, es que vayan conociendo cada vez mejor a sus viejos amigos y sus circunstancias.

En los últimos meses hemos hecho presentaciones en las parroquias de Nuestra Señora de los Ángeles y La Catedral

Santa María / Trenton. Nuestra próxima visita será en San Antonio de Padua en Highstown, NJ. El grupo de hispanos crece diariamente. Hoy en día tenemos 16 voluntarios.

A los voluntarios de la Catedral Santa María se les entrego una placa en reconocimiento por sus 5 años de servicios a los Voluntarios de Cuidados Unidos por la Fe en la Cena Anual de Voluntarios. Estamos muy orgullosos de los actuales miembros de este ministerio y esperamos que continúen creciendo.

Felicita Martinez
Coordinadora de Voluntarios

Office Space Needed For Homebound Ministry

Dear Friends of Interfaith Caregivers of Trenton,

As you may already be aware, Interfaith Caregivers is looking for a new home. We would very much appreciate your prayers and assistance in this search, as we are anxious to make a smooth transition.

We are most grateful to Grace Lutheran Church, the Lutheran Synod and the Bethel Seventh Day Adventist Church for generously donating one of their rooms as headquarters in 2000 when we

expanded our outreach ministry to homebound elderly and disabled persons. In recent years, our staff has expanded to four (2 full time, 2 part time), to support and assist the 25 congregations which are now participating.

As always, we make every effort to fulfill our mission to people in need at the lowest possible cost, relying partly on voluntary donations to cover the basic expenses of running an office. To be able to serve the growing number of home-

bound persons over the next few years, we are looking for one large or two small/medium-sized rooms available at a reduced rental or possibly as a donation. The room(s) must be available for the use of Interfaith Caregivers exclusively, but could be located in a building with multiple uses. Our need is approximately 450 square feet.

Can you help? Please call us at 609-393-9922. On behalf of the Board of Interfaith Caregivers, thank you for any suggestions!



Helping Hands to the Rescue

Submitted by Denise D. Mikics

Forty-some years ago, when I was a senior in high school, I had to select a meaningful famous quote—I can't remember which I chose; at that age I wasn't into meaningful quotes—to appear under my yearbook picture. Little did I realize that I'd be in my 60th year before a comic strip (of all things!) would introduce me to the perfect quotation. But more on that later.

My mom had passed her 40th birthday before giving me life—and a wonderful life she and my dad gave me. A few years after Dad died, Mom was in her early sixties and living a few miles away in an apartment. She already was hard of hearing, and though I'd call every day to check on her she'd often not hear the phone. I'd then go rushing over to her apartment to make sure she was okay.

After a long day of work, home work (mine), helping with homework (my son's), and PTA volunteer activities, these late night checks were beginning to get to me. So my husband and I converted our garage and extended breezeway into a small apartment, and she moved in with us.

Life was wonderful! I had peace of mind as well as the pleasure of her company. And, although her health was slowly deteriorating, all went well for more than 15 years. Then came the fall.

Mom broke her leg badly and had to be hospitalized. The trauma affected her memory and, to some degree, her cognitive abilities. After a stay in St. Lawrence Rehabilitation Center she returned home, where she needed round-the-clock care for a while. I was

fortunate enough to be able to take time off from work to care for her until she regained the ability to ambulate enough to take care of her basic needs.

Just before I had to return to work, the Helping Hands ministry was formed in St. Gregory the Great parish under the aegis of Interfaith Caregivers. Because Mom was still unable to be left alone for long periods of time, I immediately requested that a "friendly visitor" stop in to check on her around lunchtime while I was at work.

Fortunately, there were three volunteers—Dolores Emiliani, Jean Raywood, and Jeanne Shiarappa—who were able to do so, and I was able to return to work with my mind at ease, knowing that Mom wasn't alone all day and that someone would be able to help her if needed. Their help also meant that I was not as stressed and was better able to care for her when I returned home.

Their visits were a pleasant break in Mom's day; their conversation was fresh and interesting. They'd help her get her lunch from the refrigerator or bring her a glass of iced tea if she wanted one.

Each of these wonderful women brought something very special into Mom's life (and mine).

Jeanne would bring her young grandson, Christian, with her as she visited. What a day-brightener for my mother! Dolores became a close friend to both my mother and me, a friendship that has long outlasted her friendly visits. And it was Jean who found my mom and called 911 when, on the morning of her 90th birthday, she had the massive stroke that was to end her life two days later. Jean called me, then stayed with me in the Emergency Room until friends and family arrived.

Helping Hands is truly a lifeline for those in need, as are the ministries of all Interfaith Caregivers' member congregations, providing assistance and peace of mind.

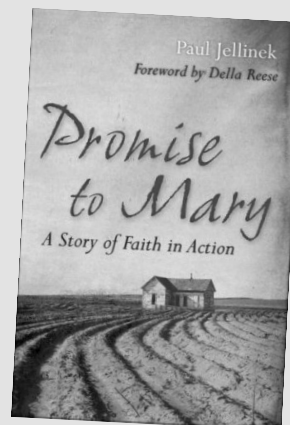
Oh, yes, that quote I mentioned at the beginning? For several days around Thanksgiving, the comic strip *Mutts* featured this "If the only prayer you ever say in your whole life is 'thank you,' that would suffice." - (Meister Eckhart

Thank you, Interfaith Caregivers volunteers!

Check it out...

"Promise to Mary" by Paul Jellinek is now available in bookstores.

"Promise to Mary" is the story of the National Faith in Action program, told through the eyes of care receivers, volunteers, directors and the author. This book is a great encouragement for anyone who is involved in one-on-one care to the elderly or people with disabilities.





Welcome New Board Member

Interfaith Caregivers is excited to welcome Reverend Ann Schoonover.

Reverend Schoonover is a graduate of Princeton Theological Seminary and an ordained minister in the Presbyterian Church USA. She currently serves as a Chaplain with the Department of Religious

Ministries at Princeton Healthcare System. Her areas of particular interest in pastoral care include the elderly, hospice and bereavement work with families and children. Her personal interests include promotion of social justice and women's issues. She enjoys dancing, poetry and summer days

fishing with her husband and children. She and her family reside in Princeton, New Jersey and are active in the faith community of Nassau Presbyterian Church.



FREE Prescription Drug Discount Cards

Save 35% or \$20.15 per prescription

Together, with very little effort, and no cost, we can reduce the cost of medicine by an average of 35%. We know it may sound too good to be true, but it's not. 95% of the pharmacies nationwide have agreed to provide lower pricing to everyone that brings in a FamilyWize prescription drug discount card.

How It's Funded

The savings on the cost of the medicine is provided by the pharmacies. They have agreed to accept prices for medications that are close to the prices they make available to large insurance companies and employers. All other program costs are provided by in-kind donations from the program sponsors and by part of the processing fee included in the cost of the medicine. For more information, please visit www.FamilyWize.org, or contact ely.mateo@uwgmc.org.



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<p>These cards are being distributed nationwide, free of charge, by the FamilyWize Partnership and participating United Way agencies, county agencies, community and faith-based organizations, some pharmacies, and schools. Discounts are provided by and available only at participating pharmacies.</p> <p>THIS IS NOT INSURANCE - DISCOUNTS ONLY</p> <p>OTHER IMPORTANT INFORMATION</p> <ul style="list-style-type: none"> • Covers all prescription drugs. Accepted at most pharmacies nationwide. Pricing is the lesser of the discounted price or pharmacy's retail price. • Go to WWW.FAMILYWIZE.ORG for a list of participating organizations and pharmacies, additional cards, drug prices, and other program information. • Cannot be used with other prescription cards. Some restrictions apply. Benefits subject to change without notice. Provided by Agelity, Inc. <p>OTRA INFORMACIÓN IMPORTANTE</p> <ul style="list-style-type: none"> • Cubre todos los medicamentos de venta con receta. Se acepta en casi todas las farmacias por toda la nación. Pague el precio más bajo, ya sea el descuento del plan, o el precio usual de la farmacia. No puede usarse con otras tarjetas para medicamentos. • Visite WWW.FAMILYWIZE.ORG y obtenga la lista de organizaciones y farmacias participantes, más tarjetas, precios de medicamentos e información del programa. • Descuentos provistos por y válidos sólo en farmacias participantes. Existen ciertas restricciones. Beneficios sujetos a cambio sin aviso previo. 	<p>Member ID: 070707 Group ID: 39201 Bin: 610194 PCN: FW Pharmacies: 877-HELP-977 Members: 866-810-3784 Expires: 12/31/2012 Copies Permitted</p>
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- Ahorre un promedio de 35% para toda la familia
- Cubre todos los medicamentos de venta con receta
- Para personas que no tengan cobertura para medicamentos o medicamentos, sin cobertura por un plan médico o Medicare
- Se acepta en casi todas las farmacias, no necesita inscribirse y no existen costos de matrícula o activación
- Presente esta tarjeta junto con la receta médica en una farmacia participante
- Pague el precio más bajo, ya sea el descuento del plan o el precio usual de la farmacia

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From the Executive Director

Dear Friends,

2008 has begun with a flurry of activity that reaffirms the goodness of people in our community who



have a heart for the elderly. Nanci Bauchman from St. David the King Church presented a workshop for us, gratis, on The 12 Keys to Spiritual Vitality and Living Ageslessly. She unselfishly gave of her time and expertise to reinvigorate our faithful group leaders and volun-

teers. The students from the Thomas Grover Middle School, directed by their teacher Frank Cincotta, designed, decorated and filled with useful and fun items, special Valentine's Day boxes to be distributed to homebound seniors to brighten up their day. The Central Baptist Women's Association and President, Evelyn Mason, honored ICT with a \$2,000 gift at their Annual Audrey Kaufman Luncheon. The preacher at that lovely event talked about faith communities reaching the people on the "outside." How easy it is to suddenly be on the "outside" of life, feeling all alone! How difficult it is to ask for help. Yet, all of us take turns in both giving help and receiving help.

At our 14th Annual Dinner, one of our care recipients, Mildred Manning, received the "Sharing Your Story Award." We are so grateful to Mildred for allowing us into her life and we thank her for her courageous service to our country during WWII. Paul and Susan Jellinek received the "Making a Difference Award." They have both volunteered for ICT since its inception and recently, Paul has written a book called "Promise to Mary," telling the story of Faith in Action programs around the country. We are part of this national Faith in Action network whose spokesperson is Della Reese. When Paul was a Vice President of the Robert Wood Johnson Foundation, he was instrumental in helping to start similar groups all around the USA. He shares how it all began with a promise to his elderly next door neighbor, Mary. It's a book that will warm your heart, but at the same time, open your eyes to the challenges that seniors and caregivers

face, day by day.

Students from the Marie Katzenbach School for the Deaf and teacher Wendy Clugston, received the Youth Angel Award for helping us get the newsletters ready to mail. So if you enjoy reading it, you can thank them for being behind the scenes!

Dr. Diane Campbell from Mercer County Community College received the Rev. Weiman Award, presented by his widow, Vergene. Diane has been a faithful friend to ICT throughout the years and has presented dynamic workshops on numerous occasions.

Last, but not least, Cheryl Woodall, an ICT volunteer and Board member from Bristol Myers Squibb, accepted the Corporate Angel Award. It's amazing how many people in the community are working together to assist us in our mission to promote the independence and dignity of homebound elderly and people with disabilities.

We are also working with a group of social service agencies through the auspices of a United Way initiative called Project Connect. This gives our care receivers a broader option of services beyond what our volunteers can provide. If any of our current care receivers are interested in learning more, please call me at (609) 393-9922. Also, care receivers, how can we better assist you? We would greatly appreciate your input by filling out and returning the enclosed survey sheet.

So much is happening in 2008 at Interfaith Caregivers because of the many people who care. It would take many pages to thank all of you for your prayers, your concern, your time, your donations, your friendly calls of encouragement, your support and love. Please know how deeply grateful I am to each one of you.

Please keep giving as we depend on you to keep going.

May God bless you abundantly as, together, we move forward to strengthen this network of care to the elderly!

Mary Ann Isaac
Executive Director

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.



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Friday, July 11, 2008 at 7:05 PM



Name _____

Phone # _____

Address _____

State _____ Zip Code _____

Number of Tickets:

_____ (\$6) Terrace _____ (\$9) Pavilion

Amount Enclosed _____

Tickets must be purchased by June 8.
 Tickets can be picked up or mailed to you after June 23.
 Please indicate how you would like to
 receive your tickets.

_____ Mail _____ Pick up tickets at ICT

Interfaith Caregivers Trenton

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