

Caregivers' News

Vol. 10 No. 3

Inter faith Caregivers of Greater Trenton, Inc.
"Neighbors Helping Neighbors Remain Independent"

SPRING 2003

What's New At ICGT?



Beverly Bodine is the newest member of ICGT Staff

Bad news - Good news!

First the bad news - after almost 3 years at ICGT, Dottie Richardson has left us to work full-time for ETS. Dottie's smile, pleasing personality and loyalty has left a great void in our staff. We wish Dottie all the best in her newly chosen field!

Now for the good news - we have hired Beverly Bodine as our new program assistant. Beverly has an extensive background in secretarial support from working in England for the BBC, to the State of New Jersey as a stenographer, and most recently at Lutheran Social Ministries of NJ. Because of this experience, she has an understanding of non-profit organizations and seeks to utilize her skills at Interfaith Caregivers.

Beverly is a faithful member of Redeemer Lutheran Church and has worked with an inter-generational program to connect teenagers with senior members of her church. She has taught Sunday school and tutored high school students.

Currently, Beverly lives with her aunt and uncle (who are in their 80's) and has first-hand knowledge of the "life of primary caregiver".

"Living with seniors, I truly understand the need for this ministry. It is also important that caregivers be given some time to take care of and listen to their own bodies. ICGT provides respite services to the caregivers to allow them their personal time and it's a great service."

Also new for Interfaith Caregivers will be employees assigned to us from General Motors, Linden. General Motors and the United Way of Greater Mercer County have worked out an agreement allowing JOBS Bank assignments to be served with non-profit organizations in their home areas.

We are grateful to Charles Fruscione, Ronald Hines, and Angelo Taormina who have volunteered their time to do data entry, carereceiver intake, small repairs, and transportation assignments from our offices. They will be available to assist group leaders when they have coverage problems caused by unforeseen circumstances such as a volunteer emergency or illness.

Angelo is currently volunteering with the program through Pearson Memorial United Methodist Church and has first-hand knowledge of our mission and services.

What a blessing to our program they will be! Thank you, General Motors!

ICGT Celebrates February and March Birthdays



February	March
1 Jean Powers	3 Donna Amick
1 Mary Ann Leonard	3 Didier Mory
3 Margaret Marshall	5 Bert Sandford
3 Martin Killmer	8 Claire Cabelus
4 Patricia A. Dooley	9 Marilyn G. Toye
5 Kimberly Relak	9 Joan Webster
6 Valerie Cook	10 Jim Buchanan
6 Gabriella Cucinotta	11 Rose Gladwell
8 Antoniette Chiavoni	11 Jan Rutkowski
8 Mary Ann Greene	12 Anna Pennacchio
8 Erika Bonsanto	13 John L. Lee
9 Carolyn Roesel	14 Patricia Ferry
10 Jonathan & Jan DeJong	15 Elizabeth Thorn
11 Richard McCarthy	15 M. E. Buckley
12 Adam Nichols	15 Gina a. Acuna
14 Barbara Anne Kervi	15 Dennis Richardson
16 Robert J. Melone	15 Tricia Hutman
16 Kristen Kenna	16 Paula Thoennes
19 Carrie Sileo	17 Yolo Gallo
20 William R. Schmidt	17 Joann Whittaker
21 Martha Logan	18 Stanley Plytynski
22 Patti Lookner	20 Carolyn Payne
22 Jeanie Heether	20 Lily Reiman
23 Jan Harclerode	20 Franceen Bentley
23 Eve Mitchell	20 Ann Pomphrey
24 Norma Dippolito	21 Geraldine Brennan
24 Sandra Amarti	21 Linda LeMay-Kelly
25 Robbie Kelly	22 Gloria Plantier
25 Mary Kirsch	22 Terry Williams
25 William Campion	22 Victoria Corrente
28 Lisa Torrington	23 Frank Chiorella
29 Amy Sczerbowicz	23 Elsie Mirrmo
	23 Teresa Diaz-Roman
	23 Monica L. Adams
	24 Julie Anderson
	25 Lola Thornton
	27 Mark Lukowiak
	29 Diane Sebastian
	30 Kathy Frascella
	31 Sally L. Tondreau

ANNOUNCEMENTS

Please save the date -April 8, 2003 @ 6:00 P.M.
ALL VOLUNTEERS & CLERGY!!
 Notre Dame High School, Lawrenceville, NJ
9TH ANNUAL DINNER

March, April & May (2 Wednesdays per month, 4:45 - 6:00 PM at ICGT offices at Grace Lutheran Church, 207 Hillcrest Ave, Trenton. Family Caregivers' Support Group, sponsored by ICGT and led by Sondra Obstein. There will be a \$10.00 fee for 6 sessions to cover the cost of materials. Sondra, herself a caregiver for nine years, is a community activist and volunteer who is generously donating her time to share her expertise to lead this group in appreciation for the work of Interfaith Caregivers. Family caregivers will share their experiences, explore relationships and learn to cope with the emotional roller coasters of their lives. A caregiver in last fall's group stated: "This gave me a wonderful venue to vent my concerns and have my questions answered, knowing it's kept confidential. Now I don't feel so alone." If you would like to attend, please RSVP to ICGT for further info.

The Center of Continuing Education of Princeton Theological Seminary is offering a seminar: **Souls are Made of Endurance: Surviving Mental Illness in the Family**, March 14, 2003 from 9:30 am - 3:30 pm. Guest speaker and facilitator is Stewart D. Govig. Please contact CCE of Princeton Theological Seminary at 800-622-6767 ext. 7990; 609-497-7990 or email: coned@ptsem.edu

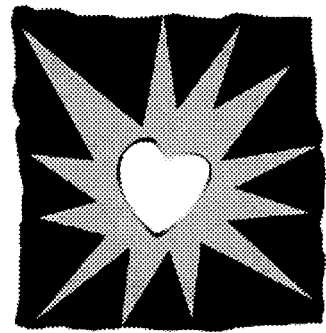
The 133rd Edition of THE GREATEST SHOW ON EARTH will be in our area April 16-27 at First Union Spectrum. We have the opportunity to purchase tickets at special discounted rates of \$10 & \$13.50 per person for groups of 20 or more. If you are interested in purchasing tickets please contact us as soon as possible.

DOVIA Workshops: Best Practices in Volunteer Management, March 11, 2003 and Training and Screening Volunteers, June 10, 2003. Please mark your calendars and come join us to address these interesting topics. We meet at 8:30 am for a continental breakfast/networking session at United Way in Lawrenceville. Our workshop ends by 10:00 am. There is a \$5.00 charge per session or you can become a member for \$15.00, covering the year from Sept. to June. To RSVP for any workshop or for further information, you may call Mary Ann Isaac at 609-393-9922 or email her at maryann@interfaithcaregiverstrenton.org.

SAVE THE DATE!!!! Interfaith Caregivers of Greater Trenton, 9th Annual Volunteer Dinner on Tuesday, April 8, 2003 @ 6:00 PM at Notre Dame High School, Lawrenceville. ICGT will recognize volunteers for their dedication and commitment to the elderly and disabled of our community. There will be a guest speaker and entertainment for the evening. Please come and join us in thanking those who serve our neighbors with kindness and love. Call ICGT for more info. Volunteers are free; guests are \$7.50 per person.

Ginny Thomburgh, Director of the Religion and Disability Program of the National Organization on Disability, and Coordinator of the National Accessible Congregations Campaign, will be the keynote speaker at the Second Awards and Celebration Dinner for the **New Jersey Coalition for Inclusive Ministries** on Sunday, May 18, 2003 at St. Thomas the Apostle Byzantine Catholic Church in Rahway. Please call Bill Gaventa (732) 235-9300 for further info.

Workshop: **Medications & Interactions: Understanding Drugs in Relationship to Aging**, May 21, 2003, 7:30 PM, Mercer County Public Library in Lawrenceville.



**Your Dollars Help Your Neighbors
2002 Individual and
Corporate/Foundation Support**

ICGT says "Thank you for making our dreams, realities through your kind generosity in support of our mission".

Estates:

Anna McGuire

Organizations, Corporations and Foundations:

Church Women United
Community Christian Choir
Hamilton YMCA
Jewish Family Services
McMaster Carr Supply Company
NJ Coalition of Inclusive Ministries
NJ Minorities with Disabilities
Mary Day Platt Fund, Columbus Foundation
Princeton Area Community Foundation
Robert Wood Johnson Foundation
Roma Savings Bank
Stark & Stark

Congregations:

Advent Lutheran Church
Church of the Sacred Heart
Covenant Presbyterian Church
Ewing Presbyterian Church
First Baptist Church of Trenton
Grace Lutheran Evangelical Church
Har Sinai Hebrew Congregation
Lutheran Mission Cluster

Congregations Continued:

Our Lady of Sorrows Catholic Church
 Pearson Memorial United Methodist Church
 Saint Gregory the Great Roman Catholic Church
 Saint James Roman Catholic Church
 Saint Mark United Methodist Church
 Shiloh Baptist Church
 West Trenton Presbyterian Church

Individuals:

Robert Barclay	Jane Miller
Hazel Bokey	Herman Mintz
Linda Bozzarello	Eva Molnar
Daniel Bradley	Patricia A. Moore
Peggy L. Brazzle	Didier Mory
Landies Bullock	Anne McGuire
Christina Cacciatore	Sondra Obstein
Elizabeth Carmalt	Ann Pomphrey
Ellen D'airia	Catherine Providence
Claire Dennis	Diana Purdy
Anna DiChico	Susan Pushman
Barbara Draper	Don Rago
Rosemary Durkin	Dawn Reinke
Jeanette Ellis	David J. Rimili
Arthur Frank	Patrice A.M. Ryan
Mabel Garemore	Kathleen Schmelz
Robert Gaudette	Brent Schutts
Agnes Golembiewski	Arnold Seltzer
Margarita Guadarrama	Barbara E. Sergeant
Gary Guear	Gertrude Silverstein
Connie Hallier	Richard & Marlene
Charlotte Hunt	Stankus
Mary Izatt	Tina Swan
Roy & Emily Hilburn	Barbara A. Swope
Paul Jellinek	Lawrence Thomton
Ida M. Koerner	Margaret Trotman
Gretel La Vieri	Leon VanSant
Levira C. Leftwich	Marjorie Vassallo
Claire Liberty	Anna Visokay
Liz Liu	Carol Wake
Audrey Magee	Margaret Ward
Maria Mendez	Shirley D. Watkins
Ruth Mayer	Sally Tondreau

Dale T McCants

Grants:

Bristol-Myers Squibb Company
 City of Trenton, CDBG
 Mercer County-Title III B
 State of New Jersey, Faith-Based Initiative
 United Way of Greater Mercer County

Slowly but Surely

By Sondra Pinto

Interfaith Caregivers is beginning to aggressively reach out to elderly homebound Latinos in the Greater Trenton area. I am Sondra Pinto and was recently employed by this non-profit organization for two months. During this time, I translated their brochures and handbooks into Spanish. I could feel the sincerity and dedication of the volunteers who serve frail elderly and disabled people.

It wasn't long after I started working there

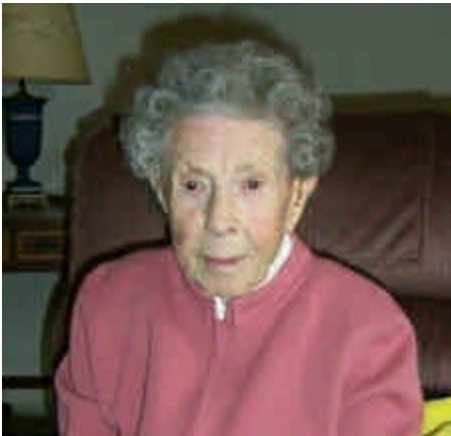
that we got a call from an Hispanic lady in need of assistance. This was exciting for the staff to realize we were making some progress. Dale McCants, the Executive Director, quickly offered to accompany me on my very first home visit. We weren't sure if our caller spoke only Spanish, but we were prepared. When we arrived the next morning, the woman was pleased to meet us and graciously received us into her studio apartment.

During our visit, we explained our services and how we would match a volunteer to work with her. We also explained that although she may have many needs, the volunteer would try to help her prioritize her needs and work to serve her most important ones.

She explained that she got ill very suddenly, and had little mobility. She felt frustrated because she could not longer do simple tasks as she had in the past. Her primary need was to clean and straighten up her apartment. Her daughter was glad to help her on Sunday, but she would need just a little more assistance. She then shared her history, showed us her wedding pictures and introduced us to her cat. She made it clear that she did not need to have a Spanish speaking volunteer and would accept anyone we assigned. We thought it was wonderful and left happy in the hope that we could connect her with just the right person.

Even though we may sometimes think that the majority within the Latino community are young, and that we take care of our own elderly, I have found that there are Latinos who are homebound because of a lack of information in their community. The intention of ICGT is to bring "friendly neighbor" services to these people. I believe that they will "slowly but surely" reach their goal in my community through patience, perseverance and love.

Our sincere thanks to Sondra for her hard work and continued support of ICGT.



Mrs. Laura Teunon is 103 young!

BRIDGES TO THE PAST

This is the first of a series of interviews ICGT will include in our newsletter highlighting the oldest of our carereceivers. This interview with Mrs. Laura Teunon who was 103 years old this past December represents how ICGT volunteers bridge the past to the present and future. Present this icy day in Mrs. Teunon's (Mrs. T) apartment are Mary Ann Isaac (MAI), Dale McCants (DM) and Dr. Jacqueline Saba (Jackie).

MAI: How long has it been since you met Jackie?

Mrs. T: Jackie, how long has it been?

Jackie: 3 years

Mrs. T: Has it been that long?

Jackie- You WeIF3 100

Mrs. T: Oh, was 1.

Jackie: Yes.

MAI: How does that feel? Being 103?

Mrs. T: (Laughter from group): Some days it's all right, some days it's not so good.

DM: Kind of like with everybody else.

Mrs. T: Yes, that's right.

DM: Sort of like at 55 - Some days are a blessing and others make you wonder.

DM: How long have you lived here?

Mrs. T: Since 1966

MAI: So you must have seen a lot of changes?

Mrs. T: Yes, when I first moved here there were all senior citizens, Jewish people. They had little shops downtown. But they were retired, most of them and now of course, ifs' all changed.

Jackie: The biggest change was that you came here with your husband. Right?

Mrs. T: Yes.

Jackie: When did you lose him?

Mrs. T: I lost him in 1979.

MAI: You've been alone for a long time.

Mrs. T: Yes

DM: Do you have grandchildren?

Mrs. T: Yes, Four. Three girls and a boy.

DM: Great grands?

Mrs. T: Yes. Three. Two boys & one girl

MAI: Jackie, what do you and Laura do when you go out together?

LT: Sometimes we have appointments.

Sometimes we just go out for lunch. Sometimes to get groceries.

Jackie: To get your hair done.

Mrs. T: Yes.

Jackie: And go to the hairdresser and to the bank.

Mrs. T: Yes.

Jackie: We went to the dentist on Monday, but today we'll go out to eat and do some shopping, right?

Mrs. T: That's right.

MAI: . . .so when you see Jackie, you're ready to go? (Laughter)

Mrs. T: She calls and tells me what time she'll be here and I try to be ready.



Jacqueline Saba (left), Volunteer Caregiver, Mrs. Laura Teunon (center), and Dale McCants (right), (CGT Director, after interview.

Jackie: You know she was independent until last December. She had a fall. Her mind is very good obviously, but she began to be unsteady on her feet. She was in a hospital, and then she went to an intermediate care facility in Maryland where her daughter lives.

DM: What part of Maryland does your daughter live in?

Mrs. T: Chevy Chase

MAI: It's beautiful in that area.

DM: I'm from Washington, DC originally, that's why I asked.

Mrs. T: Oh really. My son-in-law works in that big church there just outside Washington - National Presbyterian Church.

MAI: You know Laura, there'll be people who will be so interested in reading about you—learning a little bit about you. I guess I should ask you if you have any advice that you would like to pass along to the people that may read this article.

Mrs. T: I don't know - I've had very nice people to help me and take care of me and so the only thing I can do is keep trying and doing the best I can. That's all I know.

DM: So you don't have any secrets to longevity?

Mrs. T: smiles and says: No. I don't know why I'm here this long (she laughs). But here I am

Jackie: You know what Laura—tell them about your sisters-in-law. The 4 ladies who married the 4 Teunon brothers.

DM: How old are all of you?

Mrs. T: The youngest just had her 90th birthday this past year. The one next to me died this last year at 98, and then the next one is 94 or some-

thing like that.

DM: These four ladies married four brothers and live to be in their 90's or better. That's amazing!

Jackie: Right. We are all widows. The brothers are all gone.

MAI: So maybe part of your longevity secret is to marry a good man. (Laughter)

Mrs. T: Yes, we were fortunate about that.

MAI: Do you feel that your faith helps you in any way? Your belief in God? Does that help you?

Mrs. T: Oh Yes! I think so.

MAI: In what ways would you say it helps?

Mrs. T: Well I feel He's always with me and it's a help to me. Otherwise I don't know if I could do the things I do because —

DM: So He gives you strength to carry on.

Mrs. T: I've lived here so long I know how to get around even though I don't see too well.

MAI: So it makes you feel safe and secure to be in your own place.

Mrs. T: Right. I know to put things back so I can find them again and I manage pretty well.

MAI: What would you say is your most interesting outing with Jackie?

Mrs. T: Maybe when we went down to the shore to my daughters home, Claire and Robert, for Thanksgiving and we had a wonderful meal. Claire is my only child and she had four children. They make such wonderful meals. She lives in Chevy Chase and has a place in Seaside she uses for the summer.

MAI: So you got to be with your grandson and daughter for Thanksgiving.

DM: Do you get to go down to the shore for the summers?

Mrs. T: I used to go but not any more. to stay home It's not as convenient.

DM: Where were you born?

Mrs. T: Trenton on Redford Avenue.

DM: Really! So you're a native Trentonian.

Mrs. T: Yes. And then we moved to a little house in Pennington right across from the high school there and we lived there quite a while. Then, we moved to a little house in Morrisville. It was quite a larger house and my mother lived with us there. Then we came over here to Trenton in '66.

MAI: You raised your children and also took care of your mother.

Mrs. T: Yes. My mother had rheumatoid arthri-

tis so she couldn't help herself. We had a practical nurse to help me.

MAI: You know what it is like to be a caregiver. We get a lot of people who help take care of a parent or spouse and they know isn't easy to do. They don't ask for help because they don't realize they can use it or that help is available to them. But you were able to see that and get some help.

Mrs. T: Yes, I had a Swedish girl with me to help in Pennington. She was a big help.

DM: This has been wonderful meeting you and sitting here listening to you. It has been a pleasure for me and the highlight of my week to meet someone like you.

Mrs. T: Thank you.

DM: You truly are a classy lady and thank you again for allowing us to do this little interview.

Mrs. T: Well it was nice to meet both of you.

CELEBRATING BLACK HISTORY MONTH

February is **Black History Month** and ICGT applauds the contributions of African Americans who continue make an impact around the world to make this a better place to live and dream.

"A Mind Is A Terrible Thing To Waste!" is the slogan of the United Negro College Fund.

In 1943, ***Dr. Frederick D. Patterson,** President of Tuskegee Institute (now Tuskegee University), wrote an open letter in the Pittsburgh Courier to the presidents of our nation's private black colleges urging them to "pool all their monies and make a united appeal to the national conscience." His words would soon become the guiding principle for one of the world's leading education assistance organizations. One year later, the United Negro College Fund was incorporated on April 25, 1944 with 27 member colleges and a combined enrollment of 14,000 students.

When I asked him in the late '70's why he came up with the concept and why he was recognized as being the founder he stated simply: It was something I knew had to be done to insure the longevity of the Black colleges. And I did not do it for fame or recognition. I did it because I saw the need in our community. The success of the program is my reward."

In 1944, Mary Patterson was the 1st Black woman in the U.S. to earn an M.A. degree when this was awarded by Oberlin College.

*Dr. Patterson was the great uncle and his sister, Dr. Mary Patterson was the great aunt of Dale McCants, ICGT's executive director.

ICGT NOTE: Just recently our office received a surprise call from Mr. Frank Cincotta, a teacher at Thomas Grover Middle School in West Windsor. His students wanted to bring some cheer to homebound elderly and disabled people. Would we be interested in some Valentine's Day boxes made by the students? He explained the students would use their imaginations to design and decorate the baskets, shoe boxes and other containers. We told him we'd love to share this gift with our seniors and went to pick them up once they were ready. To our amazement they were decorated with sparkles, ribbons, hearts, and colored pictures on the outside and inside they placed all kinds of items they felt a senior or disabled person would use. There were warm socks, toothbrushes, magazines, thank you cards, lip balm, hand and body lotion, pens and pencils, soap playing cards, deodorant and combs. Of course there was candy of every description with teas and other surprises awaiting the senior upon opening his or her box. Needless to say, our care receivers were full of smiles when they received their valentine surprises. Thank you, students of Thomas Grover Middle School, for your thoughtful efforts in remembering our homebound friends!

A Prayer for You. . . .

HAVE FAITH

by Donna Newman

Faith is the answer

To every doubt, every fear,

And every question.

Faith assures you that you can

And you will.

Interfaith Caregivers Of Greater Trenton

207 Hillcrest Ave
Trenton, NJ 08618

Board of Trustees

Rev. James Pruner, Chairman	
Rev. Gregory Bezilla, Vice-Chairman	
Richard Park, Treasurer	
Linda Thornton, Secretary	
Jo Ann Baxter	Barbara Draper
Rosemary Durkin	Arthur Frank
Catherine M. Keevey	Jean Pierfy
Jeffrey Pierfy	Amy Sczerbowicz
Clara Smith	Rev. Dr. T. L. Steele

Advisors

Vivian Greenberg, A.C.S.W.
Robert Kopcho, C.P.A.
Kelvin Smith, C.P.A.

Staff

Mary Ann Isaac, Coordinator of Volunteers
Madelyn Quinones, Assistant Coordinator,
Hispanic Outreach
Beverly Bodine, Program Assistant
Dale T. McCants, Executive Director

Interfaith Caregivers

of Greater Trenton, Inc.
207 Hillcrest Avenue
Trenton, NJ 08618

NONPROFIT ORG.
U.S. POSTAGE
PAID
TRENTON, NJ
PERMIT NO. 371