

Caregivers' News

Vol. 11 No. 1

Interfaith Caregivers Trenton, Inc./FIA
"Neighbors Helping Neighbors Remain Independent"

WINTER 2003

Interview of First Hispanic Volunteer

ICT: Lydia, How did you first find out about Interfaith Caregivers?

Lydia: Through Fr. Hughes at my church (St. Anthony's). Father was asking people to volunteer from our church. He said we can all do something small, like taking out the trash, or pick up some groceries. It doesn't have to be big. (Sometimes during his talks, I feel he's talking directly to me! I would pray at home to God and ask "why" and I would get the answer in the gospel that Sunday.)

ICT: How long have you been volunteering?

Lydia: I have been volunteering for about three months now, and I am so glad I did!

ICT: What do you do as a volunteer?

Lydia: I talk to Janet about 2-3 X's a week and we see each other once a week. I will usually pick up some groceries or help bring out the trash. Little things mean so much to her. Sometimes I take her to the bank. Another time, she was unable to get her hair done, so I offered to take her to the beauty parlor. She was so excited! At 87 she looked beautiful with her earrings and makeup! She reminds me so much of my own mother back in Puerto Rico. Janet has a hearing problem; so does my Mom. She loves to dress up; so does my Mom, and her mind is so sharp, too!

ICT: Did you have any concerns about volunteering?

Lydia: When I first mentioned to my cousins that I was interested in volunteering, they said, "Be careful". I told them that I felt God wants me to do this and I trust Him to help me. I used to work in a hospital for 10 years and be with patients. I am a people person. I know how people can be, but when you tell the truth, you can move mountains.

Besides, I am working with a group. I am never alone. If a problem were to come up, I can call my group leader or the staff at Interfaith. Since I began volunteering, I can see the progress Janet has made. She even Jokes with me about buying her "a new back" the next time I go to the store.

ICT: Would you recommend this ministry to other Hispanic people?

Lydia: I would recommend this ministry to other Hispanic people and say that this can enrich your life. Whatever we do that is good on this earth is what we will take with us when we die. So many doors will open up and bless you and your family. It's not about money. It's about the heart and the feeling inside. It's about giving and reaching out to people. I think some Spanish people are reluctant to volunteer because of the language barrier. They might be thinking: "How can I talk to someone American? How can I help others?" They could start out by helping the Spanish population at church and then expand to other people. We are all one family. There is only one God. We are all searching for the same thing. Also, Madeline, at Interfaith Caregivers can train you in Spanish and she will make it as easy as possible. So many people are retired and have free time. I have noticed some older people who volunteer at Meals On Wheels and are so faithful. When I asked one man about why he volunteered, he said it was good for him. It gave him a reason to get out of bed, and get dressed in the morning. He said that alone was a blessing. He said there are people he serves who have been in bed for years.

We take life for granted. We can move. There are so many lonely people we can help. I never thought I had the time to volunteer. Janet and I have become so close. She said I am the best helper she ever had! I do it from the bottom of my heart. I want to make a difference. If only we can spread the word to others.

Entrevista con Lydia

¿Lydia, como escuchastes de Cuidados Unidos por la Fe?

Atraves de el Padre Hughes en mi congregación (St. Anthony's). El Padre le preguntaba a la gente que podiamos ser voluntarios en nuestra congregación. El decia que todos podemos hacer algo pequeño, como llevar la basura o recoger algunos encargos para alguien. No tiene que ser algo grande. A veces durante su sermon pienso que me esta hablando a mí directamente! Yo le oraba a Dios y preguntaba, "¿porque?" y recibí el mensaje el domingo.) Yo siempre he querido dar algo para a la comunidad. Yo se que yo he sido bendecida y por eso quiero dar a la comunidad. Para mí, fue un llamado.

¿Cuanto tiempo lleva como una voluntaria?

Lo estoy haciendo casi 3 meses ahora, y estoy contenta que lo hice.

¿Que haces como voluntaria? ¿Y cantas veces a la semana?

Yo hablo con Janet 2 a 3 veces la semana y nos vemos 1 vez en la semana. A veces le recojo la compra y otras veces le ayudo botar la basura. Las cosas pequeñas significan tanto para ella. A veces la llevo al banco. Otras veces, la he llevado al salon de belleza. Estaba tan alegre! A los 87 años se ve preciosa. Me acuerda mucho a mi madre en Puerto Rico. Janet tiene problemas para oír, y mi madre tambien. Le encanta vestirse tambien mi madre es igual, y su mente esta muy clara, tambien!

¿Tenias algunas preocupaciones en ser voluntaria?

Cuando primero se lo mencione a mis primas que yo estaba interesada en ser voluntaria, ellos me dijeron, "Ten cuidado. Tu sabes como las personas mayores pueden ser. Pueden olvidarse de algo y despues culparte por algo que se le perdio." Yo le dije que yo sentia que Dios queria que hiciera esto y confiaba en El que me ayudaria. Yo trabajaba en un hospital por 10 años y estaba con pacientes. Yo soy una persona que le gusta estar con otras personas. Yo se como la gente puede ser, pero cuando uno dice la verdad, tu puedes mover montañas. Tambien trabajo con un grupo y nunca estoy sola. Si surjiere un problema,

yo puedo llamar al lider de grupo o los que trabajan en Cuidados Unidos por la Fe. Desde que comenze el trabajo voluntario, puedo ver el progreso que Janet esta haciendo. Hasta relaja conmigo por comprarle "una nueva espalda" la proxima vez que yo valla a la tienda.

¿Recomendaria usted este ministerio a otras personas Hispanas?

Yo recomendaria este ministerio a otros Hispanos y les diria que esto puede esriqueser su vida. Todo lo bueno que hagamos en esta tierra es lo que nos llevaremos con nosotros cuando muramos. Muchas puertas se abiran y te bendeciran a ti y a tu familia. No es por dinero,, es por el corazon y el sentimiento adentro. Es de dar y alcanzar a otros.

Creo que algunos Hispanos tienen miedo porque no saben el idioma. ¿Quizas piensan: "Como puedo hablarle a un Americano? Pueden comenzar ayudando a los Hispanos en su congregación y expandirse a otras personas. Somos todos una familia. Solamente hay un Dios. Estamos todos buscando la misma cosa.

Tambien, Madeline en Cuidados Unidos por la Fe puede entrenarlos en español y lo hara lo mas facil posible.

Muchas personas se han retirado y tienen el tiempo. He notado algunos ancianos que son voluntarios para Comidas en Ruedas (Meals on Wheels) y son tan fieles. Cuando le pregunte a un hombre porque lo hacia, me contesto que era bueno para el. Le da una razon de levantarse por la mañana, y vestirse. El dice que eso solamente era una bendicion. Dice que hay tanta gente la cual el le sirve que estan en cama por muchos años. Tomamos la vida por nada. Nos podemos mover. Hay tanta gente la cual podemos ayudar.

Nunca pense que tenia el tiempo para ser voluntaria. Janet y yo nos hemos acercado. Ella dice que yo soy la mejor ayuda que ella ha tenido. Yo lo hago de lo profundo de mi Corazon. Y quiero hacer la diferencia. Si solamente podemos regar la palabra!

What's New At ICT?



Madeline Quiñones has joined the ICT team in February of 2003. She has an Associates Degree in Community Service from Mercer County Community College and has been an active member of the Assembly of Christ Church in Trenton for 12 years. A long time resident of the Trenton area, Madeline has a good understanding of the community and the needs and challenges that face Hispanics.

"I am pleased to work with ICT and its mission to further reach and assess the needs among Hispanic elderly and disabled. I would like to bring awareness to the Hispanic community of the great opportunities and programs that exist. Because of the language barrier, we are not always able to gain access to the resources that are available. It is a privilege to assist ICT and share its' mission of "neighbors helping neighbors" with people in the Hispanic congregations of the Greater Trenton area."

Madeline has been a great addition to our team with her enthusiasm and love for her community. Her desire to earn the trust of the different faith congregations has been a true inspiration and test of faith for the shy, young lady who first entered our office a few months ago.

Madeline has researched and reached out to 16 congregations in our area.



Della Reese

Faith in Action National Spokesperson

Della Reese has committed to lending her support to the Faith in Action national movement. Ms. Reese made her first official appearance at the FIA National Conference in Indianapolis, IN.

Actress/Performer/Singer

Ms. Reese has done it all. She has appeared in numerous movies and television series, but is best known for her role as Tess in the NAACP Image Award winning show, *Touched by an Angel*. In addition to all of her other interests and duties, Ms. Reese is an ordained minister with an active congregation in Los Angeles.

Della says she understands the need for caregivers and applauds the efforts of the volunteers who make life more comfortable for those in need.

We are delighted that Ms. Reese had the opportunity meet, sign autographs and take pictures with all of the executives from across the country. In the near future, there will be a rally in Washington, D.C. to speak with our congressmen about funding for our programs. Stay tuned!

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HALLMARK CHANNEL SPECIAL

It was a privilege to have our volunteers and receivers spotlighted as examples of the RWJF *Faith In Action* program on November 5, 2003.

The Garreth triplets and their mother/daughter volunteer team, Alice and Nichole Ferrant, showed the relationships that can be built through compassionate neighbors.

KUDOS TO ALL!!

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**NOTICE TO ALL OUR
CARERECEIVERS**

Please remember, when calling to request assistance for services, that we require at least a month to make an initial visit, and two weeks for future requests. It is only fair that we have ample time to match a volunteer to your request. Some of our volunteers work and have families to tend to, while giving valuable time to help where they can. Also, all requests for services should be made through a participating congregation or the Interfaith Caregivers Trenton office.

Thank you for your help in honoring our policies.

Family Caregivers' Support Group

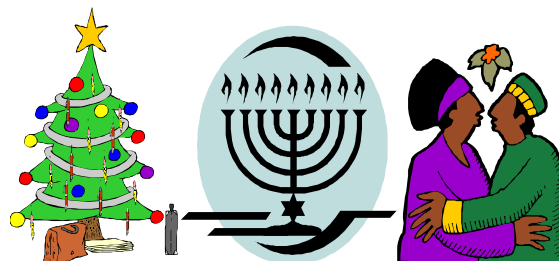
Led by: Sondra Obstein
 Two Wednesdays per month
 4:45-6:00 pm
 April & May 2004
 Grace Lutheran Church
 207 Hillcrest Avenue
 Fee: \$10.00 for 6 sessions

(covers cost of materials)

Sondra Obstein, herself a caregiver for nine years, is a community activist and volunteer who is generously donating her time and 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 ups and downs. A caregiver in last fall's group stated: "This gave me a wonderful place to vent my concerns and receive positive feedback, with everything held in confidence. Now I don't feel so alone."

For further information, please call: 609-393-9922 The support group will only be scheduled if there is enough response.

"As we grow old. . .the beauty steals inward." -Ralph Waldo Emerson



In lieu of mailing holiday greetings, ICT has decided to forgo the tradition to save mailing and card costs and print our wishes in this late edition newsletter.

Happy Holidays, Happy Hanukkah, Happy Kwanza, and Feliz Navidad y Prospero Año Nuevo to all of our volunteers, receivers and supporters of our Interfaith Caregivers Trenton/Faith In Action program.

Down Memory Lane 2003

On Saturday, October 4, 2003, over 100 supporters of Interfaith Caregivers gathered at Giovi's Restaurant to be transported back to the 1950's. The Central Jersey Antique Car Club had 7 of their vintage cars parked around the parking lot to help set the mood. We listened to the songs, popular to this era played by Mark Giovi and danced while remembering what was going on in our lives at that time.

The Emcee for the evening's program was Evelyn Mason, who not only guided us through the evening with her witty comments, but also came dressed for the evening in the '50's with her hat and white gloves.

"The King" (Elvis - Frank Grosso), dropped by and entertained us with 4 or 5 of his hits and then we did karaoke. We found a perfect jewel in Herb Norris, who stepped up and dazzled everyone with 2 exquisite ballads. There were lots of door prizes and great silent auction items that were all donated for the evenings' fundraising efforts.

We were joined briefly by Mayor Glenn Gilmore, Hamilton Township, who presented ICT with a proclamation for the services we render to homebound and disabled of Hamilton; Freeholders Brian Hughes, spoke briefly and Ann Cannon, stayed the entire evening to participate in the festivities.

The Board and staff of ICT all dressed in 50's costumes along with a few dinner guests.

Awards were given to the founders and first funders of Interfaith Caregivers. Honored were: Lisa Carmalt and Levira Leftwich, who developed the concept for Interfaith Caregivers; Ecclesia, stepped in to become our conduit or sponsor organization; Jean Oliver was our first Volunteer and is still with us

today; West Trenton Presbyterian Church gave ICT its first home; Robert Wood Johnson Foundation gave us our seed money in 1995; Ollie Green, Director, City of Trenton, CDBG gave us the first city grant; and Carl West, Executive Director, Mercer County Office of Aging gave ICT our first county grant in 1995.

We are eternally grateful to our corporate and local business supporters whose generosity made all of our festivities possible: Janssen Pharmaceuticals, St. Francis Medical Center, Stark & Stark, RWJ University Hospital-Hamilton, Yorkshire Village, Colonial Cadillac/Hyundai, HomeInstead, Kitchen Table News, and Capitol Copy Service. Our member congregations: St. Mary's Bordentown, St. Gregory the Great Church, Our Lady of Sorrows Church, St. Anthony's Church. We also thank Jerusalem Baptist Church, Mobile Meals of Trenton/Ewing, Roma Bank, Jewish Family & Children's Service, Thrivent Financial, Senior Care Management, St. Vincent de Paul Society of St. Mary's Cathedral, Vivian E. Greenberg, Assemblywoman Bonnie Watson Coleman, Freeholders Brian Hughes and Ann Cannon.

Untold gratitude to the people at Shiloh Baptist Church for the journal, and to the tireless efforts of the dinner committee, who made this all possible.

A great time was had by all. Down Memory Lane is the only fundraiser ICT does for the year and it is growing into a special, fun event for adults of all ages. We netted approximately \$7,000, thanks to the generosity of our supporters. Your dollars help us better serve the needs of homebound seniors and disabled neighbors in our communities.

UPCOMING EVENTS

Latino Health Fair at St. Mary's Cathedral in Trenton,
 Sunday, December 7, 11:30-3:30 pm

In Partnership with Children's Futures:
Seniors as Caregivers of Children Workshops

Dec. 3, 2003

Wed., 7:30 pm

Eggerts Crossing Village Community Room

Caring for Yourself as the Caregivers of Grandchildren

Dec. 14, 2003

Sunday, 1:30 - 3:30 pm

Jerusalem Baptist Church

Protecting Your Infant/Toddler at Home

January 11, 2004

Sunday, 12 - 2pm

Covenant Presbyterian Church

Legal Issues: Differences in Care Agreements

February 2004

Lutheran Church of the Redeemer

Stages of Development in Infants/Early Childhood:
 What's normal? What about discipline?

March 27, 2004

Saturday, 10 - 12noon

Har Sinai Temple

Daycare Options

April 2004

Caring for Yourself as the Caregiver of Infants/Toddlers

TBA



In our mailbox . . .

"It is with sincere appreciation that I am sending this note. There aren't enough words to express my gratitude for everything your organization has done for me during my illness & recovery. The 3 individuals that helped me were the most selfless, caring people I have ever met. Charlie, Amy & Barbara are priceless, gentle souls. Please accept the enclosed check to show my sincere thanks."

Sincerely - Nancy Falconio 10/27/03

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"We wish to express our gratitude to you for the wonderful help we are receiving from Angel Taormina. In our old age the lack of mobility is our most serious problem. It is such a comfort now to know we can call on Angelo for help. He always answers every telephone call we may make.

Angelo is always prompt, courteous and considerate. He is a very careful & skillful driver, and we entrust ourselves completely to him. He always greets us with a smile and brings sunshine into our lives.

Thanks to the kindness and care we enjoy from Angelo, the future no longer seems so threatening."

Gratefully yours - George R. & Grace Bolge 8/13/03

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"It was my good fortune to contact your office for the help you provide to handicapped seniors.

Mrs. Audrey Goosen visited me and made arrangements for Mrs. Claire Canavan to contact me and help me. I cannot find enough words to express my gratitude!

They are interesting, intelligent and most compassionate. They have helped me considerably and are truly an asset to your organization.

I shall always be grateful for their assistance. God bless all of you!" Sincerely - Mrs. Frances Applebaum 6/10/03

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"Your party for the Volunteers was so lovely, with the students, and warm and wonderful speaker. I am proud to be an Interfaith Caregiver!"

Best wishes - Terry Cooper

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"I am not exactly sure to whom I should address this correspondence. But I do want to thank you for the beautiful clock presented to me as a way of showing your appreciation for the time my husband, Bob Wieman, contributed to the Interfaith Caregivers. I was totally surprised and much honored that you have, in memory of Bob, established an award to be given annually in his honor and memory.

Thank you very much for honoring Bob in this manner."

Gratefully - Vergene Wieman

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Althea Gibson

Tennis player & inspiration to us all

Rest in Peace

Laura Gulette Teunon

It is with sincere regret that we notify our readers of the passing of our "most senior" care-receiver, Mrs. Laura Teunon. She was 103 years young and passed on to her heavenly home on Thursday, October 30, 2003.

Born in Trenton, she was a lifelong resident. She had lived at the Cartaret Arms for the past 25 years. She was a member of Covenant Presbyterian Church and is survived by her daughter, Claire Teunon Rich and four grandchildren, three great-grandchildren and two sisters-in-laws, who were all married to brothers of her late husband, Stanley.

Our deepest condolences to her family and loved ones.

The Board of Trustees and Staff of ICT

Welcome To Our Newest Members:

St. Mary's Cathedral of the Assumption
Bilingual Congregation

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We Remember Them

For everyone who may have experienced a personal loss, we offer this poem. It can be read in a group as a prayer, with the words "we remember them" spoken as a group response.

"We Remember Them"

At the rising of the sun and at its going down,
We remember them.
At the blowing of the wind and in the chill of the winter,
We remember them
At the opening of buds and in the rebirth of spring,
We remember them.
At the rustling of the leaves and in the beauty of Autumn,
We remember them.
At the beginning of the year and when it ends,
We remember them.
As long as we live, they too will live,
For they are now a part of us as we remember them.

When lost and sick at heart,
We remember them.
When we have joy we crave to share,
We remember them.
When we have decisions that are difficult to make,
We remember them.
When we have achievements that are based on theirs,
We remember them.
As long as we live, they too will live,
For they are now a part of us as we remember them.

Rabbi Sylvan Kramer

Shared by Laura Weinberg, mother of Willie, a young boy with autism. Laura's husband Richard Aranow, and Willie's father, was killed in 9/11. (Borrowed from "That All May Worship: Newsletter, Fall 2003)

WHO MAKES A GOOD BOARD MEMBER?

-What is expected of Board Members?

- Ø Participate in selected special events & essential meetings
- Ø Know the organization's mission, purposes, goals, policies, programs, services, strengths, and needs
- Ø Make an annual gift to organization
- Ø Assist the Board and staff by implementing fund raising strategies through personal influence with others

-What are the major responsibilities?

- Ø Establish policy and governance parameters
- Ø Set and monitor strategic direction
- Ø Hire & evaluate paid Executive

-Who would make a good Board Member?

- Ø Someone who would help influence public opinion favorably on behalf of our organization by promoting it's mission and programs
- Ø Someone who would prepare for and participate in Board & committee meetings

-Would I make a responsible Board Member?

- Ø Yes. Anyone with the desire to serve their community with 4 to 6 evenings per year to attend meetings and has contacts in the community, can become a responsible Board Member.

ICT is now searching for nominations for 2 year commitments for Board service from members of our community. Areas of expertise include but are not limited to: CPA or Bookkeeper; Physician; Insurance Exec; Public Relations/Marketing. Please call Dale McCants to request an information package.

Interfaith Caregivers Trenton/FIA
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Please check out our enclosed survey. Your ideas and input are needed to help us continue to offer the best quality training, services and referrals. Please help us to better serve you.