



# Caregivers' News



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

Spring 2005

## ICT SPOTLIGHT

### The Gittlemans



Jonathan and Gilda Gittleman, both retired and living in Lawrence, have spent 57 years of their lives married and they say they are still "pals". Jonathan spent 20-some years as a researcher for RCA, and taught physics at Rider University. Gilda returned to work when their youngest of three sons, went to school. She taught at the Marie H. Katzenbach School for the Deaf in Ewing.

Both Jonathan and Gilda have been volunteers with ICT since December of 2003.

The Gittlemans' happy marriage was a feature in the February 8, 2004 article in The Times and here are a few quotes from said article:

"You go through hardships over the years. I remember my mother always said that, "your spouse comes first. You have to choose what's worth fighting over and not say hurtful things. All our friends have had lasting marriages. I don't think we're unusual". said Gilda.

Jonathan said, "You have to be willing to compromise. I think too many young people today were brought up on instant gratification. They expect too much. And you must respect the other person. That keeps you close when there are the unavoidable conflicts. Having children is also a wonderful glue. You have to learn to make them feel loved and supported, and then there's the pleasure of seeing them love and support their own children. Yes, we had some rough periods, but you have to decide what you really want in life."

## INTERFAITH CAREGIVERS RECEIVES AARP AWARD



*Jan Jones, Senior Vice President, Harrah's Entertainment, Inc.; Betty Heuser, AARP NJ Outreach Coordinator-Caregiver Programs; Dale McCants, Executive Director, Interfaith Caregivers; Peg Fallon, AARP NJ Associate State Director; and John Jordan, Member, Board of Trustees, ICT.*

Interfaith Caregivers Trenton/FIA received a \$1,500 award for our partnership with AARP to recruit volunteers. Over 400 people observed the celebration of the Spirit of Volunteerism on December 13, 2004. The host of the event was Harrah's Entertainment, Inc.

Jim Dieterle, AARP NJ State Director, served as master of Ceremonies for a program that recognized people and organizations that spotlight the true spirit of volunteers.

Marilyn Askin, AARP NJ State President and Sue Miler, Director of AARP Foundation Programs, presented the Andrus Award to Bernard Verosub. Mr. Verosub said, "I encourage all the people who are planning to retire to become volunteers. The gratification is far greater than the effort."