

## SHOPPING TIPS!!!!

Just some friendly tips to help you through the few weeks of winter we have left.

- Parmalat - shelf milk lasts much longer than regular milk, even after opening.
- Buy an extra loaf of bread for freezing.
- Flour and sugar can be kept for 6 months in an airtight, non-glass container.
- Coffee can be kept in the freezer ground or whole bean for 3 months.

## RX4NJ comes to New Jersey

The Health Care Institute of New Jersey has unveiled a new website to help families sort through 300+ patient assistance programs provided by companies to needy individuals. Visit [www.rx4nj.com](http://www.rx4nj.com) for more details.

## Need a Power Wheelchair?

If you qualify, you can get a power (electric) wheelchair with no out of pocket costs through the Independent Seniors program. The wheelchairs are for people with disabilities and seniors with disabilities aged 65+ who have Medicare insurance. For more info call 800-246-6010.

## Dollar-a-Day Auto Insurance

People who are currently enrolled in Federal Medicaid are eligible for this program. For more info, please call the Personal Automobile Insurance Plan (PAIP) customer service at 800-652-2471 or go on line at [www.nj.gov/cgi-bin](http://www.nj.gov/cgi-bin), then go to number 9.



## In our mailbox . . .

Dale, Mary Ann & Bev,

I would like to take this opportunity to thank you for all the kindness and help I have received. Kathy from your organization has been inordinately helpful, thoughtful, dependable, and a kind and compassionate friend. I am so grateful, as I would not be able to survive living alone without transportation for errands and grocery shopping. I look forward to the pleasure of Kathy's cheerful smile is a real bonus.

Congratulations on all the fine and caring work that you do.

Sincerely & gratefully, Hazel B.

Thank you for caring. My husband Joseph is a dialysis and Alzheimer patient and Kitt sits with him for 2 hours. That gives me a chance to do errands.

Dear Ms. McCants,

My sister Teresa and I want to thank you and your organization for the wonderful work being done in giving assistance to those who need it. We both have been recipients and have been immensely helped through a very trying time.

We especially want to commend the two volunteers who did outstanding work on our behalf - Adrianna and Louise. They are two of the best people we have ever known. Not only have we been helped but also gained great friends as well.

Sincerely, Teresa & Helen

## FUNDRAISING SUGGESTIONS

What are your suggestions for a fundraising event that you'd be interested in attending and/or supporting? Please call or email our office to share your ideas. Thank you.

## A FAREWELL TO GRACE LUTHER-AN EVANGELICAL CHURCH

by Mary Ann Isaac

My first visit to the little white church on the corner of Hillcrest and Reading Avenues was in October 1997. Needless to say, I was a bit nervous, since I was going to address Lisa Carmalt's (the founding Director of ICT) own congregation! When Pastor Ron Bagnall warmly introduced me at the end of the service, I felt much more relaxed. Unbeknownst to Lisa, I had brought along a Trenton Times news article, written by Sharon Schlegel, which unabashedly sang the praises of Lisa Carmalt and Interfaith Caregivers. I remember saying to the members that this was all true, and that I