



CAREGIVERS News



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

Vol. 16 No. 3 • Fall 2009

FAITH
IN ACTION



Please Join Us on November 15th

SHINING LIGHTS

Sunday Brunch

CELEBRATING 15 YEARS OF SERVICE
to Homebound Seniors and People with Disabilities

at the Trenton Country Club

Featuring jazz singer
Barbara Trent



and
Special Honorees



Pastor Darrell L. Armstrong
Shiloh Baptist Church

Eileen Doremus
Mercer County Office on Aging

We are most excited to be honoring our outstanding Clergy and Community Shining Lights this November 15 from 1:00 pm - 5:00 pm at the Trenton Country Club. Each honoree has contributed significantly to our mission of helping to maintain the independence and dignity of homebound seniors and people with disabilities. Shiloh Baptist Church has been a member congregation since 1999. Rev. Armstrong's support throughout the years, both spiritually and monetarily, have helped us to serve countless people in the City of Trenton. Eileen Doremus has been involved with Interfaith Caregivers Trenton first as a Program Coordinator at the Alzheimer's

Association, sharing her expertise at workshops and now as the Executive Director of the Mercer County Office on Aging. Her leadership, guidance and support have significantly impacted the people we serve for the better. We are grateful to both of these incredible honorees for improving the quality of life for the elderly in our community.

We hope you will come out and join us for an afternoon of fellowship and fun. Seating is limited. Reservations will be made on a first-come, first served basis. No tickets will be sold at the door. For more information, please contact us at 609-393-9922.

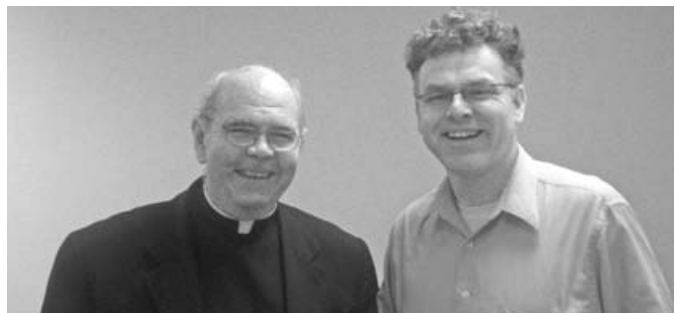
See page 3 for details





Clergy Luncheon

On June 24, 2009 clergy from our member congregations joined us for lunch and fellowship. Our clergy guide and support our mission to serve the elderly in our community. We are most grateful to them.



Father Vince Gartland, St. Ann's Church and Rev. Willem Van Der Werff, Covenant Presbyterian Church.



Father Ed Tetteth, Blessed Sacrament Church and Mary Ann Isaac, Executive Director of ICT.



Deacon Jose and his wife, Aida Beauchamps, St. Mary's Cathedral Hispanic Outreach Coordinators.



Find us on:
facebook.

Interfaith Caregivers Trenton/Faith in Action

SAVE THE DATE(S)

REFLECTIVE LISTENING: HEARING THE LEGACY/DEFINING THE ISSUE

Presenter: Barbara Stender
Interfaith Caregivers Office
229 Lawrenceville Road,
Lawrenceville, NJ 08648
7:00 pm - 9:00 pm

WEDNESDAY
SEPTEMBER
30

SHINING LIGHTS 15th Anniversary Celebration

Trenton Country Club
1:00 pm - 5:00 pm
Featuring Barbara Trent
Honoring – Rev. Darrell L. Armstrong,
Shiloh Baptist Church and Eileen Doremus,
Mercer County Office on Aging

TUESDAY
NOVEMBER
15

SCRAPBOOKING

Presenter: Adrienne Rubin
Interfaith Caregivers
229 Lawrenceville Rd.
Lawrenceville, NJ 08648
7:00 pm - 9:00 pm
\$10 fee – will give you
\$15 worth of materials

TUESDAY
DECEMBER
01

Project Connect Educational Series

Register by calling 609-393-9922

All are welcome and bring a friend along
Free materials. Refreshments will be provided.

**SERIES III:
INTERFAITH CAREGIVERS AND ARC MERCER**
Learn about: The volunteer role in providing support
for the elderly and disabled;
Ways of meeting transportation needs.

TUESDAY
OCTOBER
13

6:00pm-8:00pm
Mercer County Public Library
2751 Brunswick Pike
Lawrenceville, NJ 08648

WEDNESDAY
OCTOBER
14

12:00pm-2:00pm
Mercer County Public Library
2751 Brunswick Pike
Lawrenceville, NJ 08648

Project Connect is a collaboration made possible through funding from the United Way of Greater Mercer County.



Planned Giving

Planned giving benefits both you and the charity of your choice. Besides providing tax deductions it gives you a chance to help others and leave behind a lasting legacy.

Gifts can be made in a variety of ways. You may write a check, transfer stocks, real estate or other assets to the charity. You will receive a charitable tax deduction which, depending upon the amount and the donor's personal tax bracket, may be spread over a

number of years.

Planned gifts can also take effect upon your death through a Will, a life insurance policy designation or a transfer from a brokerage account upon death. These methods can save the donor death or estate tax liabilities.

To learn more about Planned Giving contact ICT Board member, Rosemary Durkin at Stark and Stark, Trusts and Estates Department at 609-895-7314.

SHINING LIGHTS – AD JOURNAL and TICKET RESERVATIONS

Interfaith Caregivers Trenton/FIA presents Shining Lights. Special honorees will include: Reverend Darrell L. Armstrong, Pastor of Shiloh Baptist Church and Eileen Doremus, Executive Director of Mercer County Office on Aging and Alzheimer's advocate. This Sunday brunch features jazz singer Barbara Trent. It will be held November 15, 2009 at The Trenton County Club from 1:00 to 5:00 PM. You are invited to show your support for this special 15th Anniversary Celebration of our mission by attending and/or taking an ad in the journal.

Please check the below the ad you prefer and submit ads in a PDF file or camera ready to Beverly@ICTrenton.org by **October 7, 2009**. Please no fax copy. For further information, please call 609-393-9922. Thank you. Items donated for door prizes are also appreciated.

Journal Ads:	Standard Prices
<input type="checkbox"/> Full page ad (5 ½" X 8 ½")	\$100.00
<input type="checkbox"/> ½ page ad (5 ½" X 4 ¼")	\$ 65.00
<input type="checkbox"/> ¼ page ad (5 ½" X 2")	\$ 35.00
<input type="checkbox"/> Listing	\$ 10.00

SHINING LIGHTS
Sunday
Brunch



Advance ticket sales only.
Tickets are \$65.00 per person, \$55.00 for seniors and volunteers purchased by November 1, 2009.

For further ad or ticket information, please call 609-393-9922.

Name _____ Title _____

Business/Organization _____

Address _____ Zip _____

Email address _____

Phone _____ Amount enclosed _____

THANK YOU FOR YOUR SUPPORT!



Meeting with Congressman Rush Holt in Washington, DC

Interfaith Caregivers was invited to a meeting with Congressman Holt (*below*) in June. Betsy Solan, board member, accompanied Mary Ann Isaac to Washington, DC (*right*).



From the Caregivers Mailbag

Jane,

Kevin and I had a wonderful time helping Lilian today. As she had requested, we trimmed back her ivy. It took us about 2 hours. She mentioned that she was looking to have a small flower bed made a little bigger so I did that too.

I think that Lilian was very appreciative. As we left she told me that we made her day. It was a very satisfying feeling. Just what I was hoping it would be. We chatted quite a bit. She is a wonderful lady.

I asked if Lilian had anything else she would like us to do in the future and she pointed to an area in her backyard where she had made an attempt to build a garden. I told her I would be willing to come back to help her with that if she wanted. I told her she should call you to schedule this (following the rules!), and that then you would call me. I gave her your business card.

I hope you don't mind but I took a few photos of the work we did, both for you if you want them to document our visit and also because **Kevin** (*right*) had the idea of turning his work with ICT into a class project. Let me know if you'd like copies of the photos.

I am so happy that Kevin and I have decided to participate in ICT. As I said earlier, today was a very uplifting experience for Kevin and me. I think that we got as much from the visit as Lilian did.

Regards,
Mike Bartkus



Kevin lending a helping hand.

CAREGIVERS News

Letter #2

Dear Group Leader,

Thank you for finding volunteers to take me to the hospital to see my husband. Thank everyone for me, and God Bless you and keep you well.

Always, A Grateful Care receiver



Prayer

Dear God and God of our ancestors, we ask your blessing on all those gathered here this evening. Interfaith Caregivers work together as your children, offering love, support and time to those in need. May we always understand that as we bring light into the lives of others in our community, we become closer to you. May we always understand that while we see you in many different ways, you are One and we are all Your Children. May you bless the work of our hands now and forever. We thank you for the opportunity to share the highest form of prayer – to work Hand in Hand with God.

By Rabbi Daniel Grossman of Adath Israel Congregation
Prayed at our 15th Annual Volunteer Recognition Dinner

Helping Hands



Rabbi Grossman from Adath Israel celebrating with volunteers at a past dinner.

Embracing Alzheimer's

I'm Still Here- by John Zeisel

Commentary by Brother George Stevens, Redeemer Lutheran Church

- 1) The skills and capacities of people living with Alzheimer's that don't diminish over time or do so slowly, provide windows for communication and connection.
- 2) Through those windows lie opportunities to establish and build new and meaningful relationships that can sustain them and their caregivers over time.

What are some of these windows?

- 1) Love – the international language understood far into the illness, even to the end of life.
- 2) Everyone has preexisting instinctual abilities that building a caring relationship can capitalize on, such as our ability to understand music, facial expressions, and human touch. Examples include the meaning of a song, a smile or a hug.
- 3) Memories are not held in just one part of the brain.
- 4) Alzheimer's is treatable, and the best treatment is one that balances pharmacological and non-pharmacological approaches.
- 5) Care givers need to care for themselves in order to care for others. This means accepting the help of

others in the care-giving process.

- 6) People living with Alzheimer's live in the present moment.

According to Dr. Zeisel, memories are there; it is a problem of making the right connections to retrieve them that is at the root of the problem for people living with Alzheimer's

"I'm still here, please help me, I love you, and do not give up." This is the main message Dr. Zeisel is communicating to those living with Alzheimer's as well as for those that care for anyone living with this special challenge.

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8 Industry Court,
Ewing, NJ 08638
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CARE
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Tax receipts available for all donations of medical equipment & unopened supplies.

CARE is a program of Your ReSource, Inc. a 501(c)(3) nonprofit organization.
(This ad paid for by support from Disability Rights NJ.)



El rincón latino



El 24 de mayo de 2009, *Voluntarios de cuidados unidos por la fe Trenton* colaboró con otras organizaciones en la area para celebrar un "Centro de salud" en la Cathedral de Santa María en Trenton. Este evento fue patrocinado por *La oficina de envejecimiento del condado Mercer*, *El centro médico St. Francis*, *Visiting Angels*, *La asociación del Alzheimers*, y *Voluntarios de Cuidados Unidos por la Fe Trenton*.

"El centro de salud" tuvo lugar de las 10 de la mañana hasta las 12. Como la meta era dirigir a la población latina, tener el evento entre las misas dejó a los que asistieron venir o después de la misa de las 9 que es celebrada en español o antes de la misa de las 12.

Un sitio del internet que se llama The Provider's Guide to Quality and Culture (<http://erc.msh.org/mainpage.cfm?file=7.4.0.htm&module=provider&language=English>) explica que "Los latinos que viven en los EU tienen casi doble la probabilidad de morir de diabetes que los blancos que no son hispanos. También tienen tasas más elevadas de presión arterial alta y la obesidad que los blancos que no son hispanos"

http://erc.msh.org/provider/informatic/HL_Disparities_Health.pdf.

En vista de esto, las presentaciones y la información ofrecida ese día cubrieron una amplia gama de temas, incluyendo exámenes de presión arterial, la alimentación saludable, la cesación del hábito de fumar, cuidado de los senos, y la diabetes.

Nora de Cardenas de *Visiting Angels* habló de la importancia de una dieta sana, notando, por ejemplo, la diferencia entre panes blancos y los de trigo. Su organización también proveyó comidas sanas, incluyendo frutas, vegetales, y agua en botella.

Los representantes del centro médico San Francisco ofrecieron exámenes de la presión arterial. Los resultados de un hombre fueron tan altos que le mandaron al hospital. Más tarde se descubrió que fue tratado y ahora está tomando medicina de la presión arterial para su condición.

Eileen Doremus representó *La oficina de envejecimiento del condado de Mercer* y *La asociación de Alzheimer*. Ella habló de la enfermedad de Alzheimer y sobre los servicios disponibles para los ancianos del condado de Mercer. Invitó a todos los latinos a llamar si necesitan ayuda y si quieren usar los servicios disponibles en la area.

Lucia Pérez Delgado, Aida Beauchamps, y José Beauchamps fueron responsables por ayudar en coordinar este evento, actuando como enlaces a la catedral de Santa María que, tan graciosamente, albergó el "Centro de salud." También representaron *Voluntarios de cuidados unidos por la fe Trenton* y esta misión que es tan importante a los ancianos en la comunidad.

Con más de 50 personas que asistieron, el evento fue considerado un éxito por todas las agencias participadas tanto que se habla de tener otro evento similar este otoño.

Nuestra agencia le agradezca a todos los participantes y a las otras agencias que ayudaron tanto para hacerlo exitoso este evento. ¡Son colaboraciones como ésta que hacen nuestra comunidad el maravilloso lugar que es!

Prayer

A New Day

This is the beginning of a new day.
I have been given this day to use as I will.
I can waste it or use it for good.
WHAT I DO TODAY IS IMPORTANT BECAUSE
I'M EXCHANGING A DAY OF MY LIFE FOR IT.

When tomorrow comes, this day will be gone forever,
leaving in its place whatever I have traded for it.

I pledge to myself that it shall be:
GAIN, NOT LOSS; GOOD, NOT EVIL; SUCCESS, NOT FAILURE
In order that I shall not regret the price I paid for this day.



From the Executive Director

Dear friends of ICT,

My husband John and I have been going through some changes in our home. It was time to get new carpeting, which meant clearing out the rooms and going through "stuff" that have accumulated over the years. Boxes were piled everywhere as we decided what to give away, what to keep and what to throw away. It's not the thing itself, but the memories evoked by it that make it a treasure, rather than trash. Among these "treasures" was bits of shrapnel taken from



Mary Ann Isaac
Executive Director

trees in Alsace Lorraine, where my cousins survived WWII; a music box that plays Ave Maria, given to me by a disabled widow; and a book called "The Caring Heart" with a loving note written from an ICT volunteer.

As we celebrate our 15th Anniversary of Interfaith Caregivers Trenton, we need to take some time to examine the precious treasures and memories accumulated over the years, to keep giving away to others the caring in our hearts, and to get rid of any trash that weighs us down—including negativity and fear for the future. My connection with ICT spans 13 of the 15

years, and during that time, I have been privileged to serve the "treasures" of our community—the elderly and the disabled people whose oftentimes heroic lives bear witness to such virtues as patience, humility, honesty and gratitude. Each person is a gift. Sometimes that gift is wrapped in so many layers, it remains a mystery. Sometimes it attracts us even before opening it. At other times, the wrapping may belie the precious worth of the gift itself, because it is shabby or unattractive. But when we have the privilege of receiving the gift, there is a validation that life is worth living, and an honoring of years of both experiences and memories which have formed our community, the place we all call home.

The debt we owe to our elders is one that can never be adequately repaid. We can only emulate their hard work, frugality, honesty and love of God and neighbor. We can reach out with a helping hand to neighbors helping neighbors, one person at a time. This is the heart and mission of Interfaith Caregivers Trenton. We pray for God's grace to fulfill our mission for many years to come.

Happy 15th Anniversary, everyone!

Blessings and peace,

Mary Ann

Volunteer Facts

In a 2009 survey by the Johns Hopkins University, supported by the Corporation for National and Community Service, 37 percent of charities reported relying on more volunteers between September and March than they had in the past.

Forty-eight percent, meanwhile, predict they will increase their use of volunteers this year.

Other findings from the study are collected on the website Volunteering in America. They include:

- More than a third (35.9 percent) of Americans who volunteered last year did so through a religious organization.
- For the fourth year in a row, Utah had a higher volunteerism rate (43.5 percent) than other states.

Nebraska and Minnesota rounded out the top three

- More people volunteered in Minneapolis-St. Paul (38.4 percent) than in other large cities, followed by Portland and Salt Lake City.
- Residents of midsize cities, particularly those in the Midwest, were more likely to volunteer than people in big cities.
- Women were more likely than men to volunteer, with working mothers volunteering at the highest rates. But men were more likely to participate in less-structured volunteering activities.

Thinking about volunteering, please contact Jane Latini, Coordinator of Volunteers at 609-393-9922.

Mission Statement: Interfaith Caregivers, an Interfaith Coalition, 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.

Interfaith Caregivers Trenton
Faith in Action, Inc.
229 Lawrenceville Road
Lawrenceville, NJ 08648
www.ICTrenton.org

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See Your Invitation
on Page 3!



SHINING LIGHTS
Sunday
Brunch
NOVEMBER 15, 2009

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 Celebrating **15** years
of service to seniors!

CAREGIVERS *News*

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