



Caregivers' News



Vol. 14 No.1

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

January 2007

Life as a Pilgrimage

In August, I had the privilege of going on a pilgrimage to Medjugorje, Yugoslavia with S'elah Song and others who desired to leave behind the everyday life for 10 days. (Never mind that on that very day, the terrorist plot was discovered in London!) Nothing was going to deter this group, even if we did wonder what security would be like at JFK airport. Before leaving for the airport, we gathered together at mass and prayed for all our intentions, thanking God for this opportunity.

Friends and relatives were on hand to wave goodbye and wish us well. Anticipation, excitement, and a little nervousness was in the air. Trusting in God to take care of us was our first step.

Fortunately for us, our biggest difficulty was repacking bags so that all liquids and sharp objects would be checked in. No toothpaste, mouthwash or liquid make-up (even eye-liner/mascara) was allowed in any carry-on bag. Right away, I was learning a lesson in humility. I was trying to imagine what I would look like by the time we arrived at our first stop in Vienna, Austria. My face is so pale that I look like a ghost with no eyes without my make-up. Good thing I brought my Dentine chewing gum! Already I was learning about letting go. So many things I deem necessary are not really all that important in the grand scheme of life. This pilgrimage was already teaching me spiritual lessons.

After over six hours of flying, we landed in Vienna, Austria for a lay-over. Since this would most likely be our only opportunity to see the city, we took a bus to the downtown area. There in the center was an incredible cathedral, St. Stephen's, built over 800 years ago. The beauty and majesty of this building was a testimony to the faith of all the people who wanted to give God glory. I was trying to imagine all the prayers that were said in this cathedral over these 800 years...all the baptisms, weddings, funerals and lives that walked through those doors. Have you ever felt that you were in a space that was soaked through with prayer? God's presence with us was palpable. But this was only a stop-over.

We needed to continue on. Back to the airport and now on to Medjugorje.

The next 8 days were gifts of time. Time to spend in prayer. Time to read spiritual books. Time to share fellowship with other pilgrims. Time to climb mountains. Time to visit a rehabilitation center. Time to visit a monastery. Time to listen to others who shared their spiritual walk with us. Time to sing and listen to the beautiful music of S'elah Song. (This is beginning to sound like Ecclesiastes!)

However, the most important lesson I learned while in Medjugorje happened after we climbed Cross Mountain in the dark. To be quite honest, I was even afraid to attempt such a thing. It was hard enough during daylight because of the many rocks. Just finding a foothold among all the rocks was a challenge! A group of 13 of us decided to head for the mountain at 3am so that we would be able to witness the sunrise when we got to the top. Not everyone had a flashlight, so we had to stick close together. Our field of vision was limited to just a few feet ahead. Everything else remained in the darkness. We ended up taking a back pathway that had fewer rocks, but was actually steeper in some sections. Finally, we reached the top and in record time. We were able to pray together and watch the sunrise over the village of Medjugorje. Even though the shrine was packed with people because of the special feast-day of the Blessed Mother, we were the only ones at the top of the mountain at that time. What amazed me the most, however, was that the climb was actually easier than the one made during the day! The joy we felt was incredible and will always remain in my heart.

This was the greatest lesson I learned from my trip; not to be so afraid when the darkness comes into my life. I learned that God will lift me up and bring me through it, even when I can't see how I'm going to make it. There are fellow-pilgrims with lights and help along the way. Stay focused, go one step at a time and trust in God. A glorious sunrise awaits. Blessings and peace,

Mary Ann Isaac, Executive Director

Thank You, Bristol-Myers Squibb!

ICT will be able to sustain and build upon our needed program to assist homebound elderly, thanks in part, to a generous grant from Bristol-Myers Squibb Company. We will also be able to improve on marketing and communications. Getting the word out to the community about our coalition of churches/congregations that provide free volunteer assistance to frail seniors and people with disabilities remains a challenge, even though we've been serving the Greater Trenton Area for over 12 years. We wish to thank all at Bristol-Myers Squibb for both their financial aid and their technical assistance.

We Love to be Invited!

If you belong to a group that would like a speaker to explain how Interfaith Caregivers can be of assistance to homebound elderly and people with disabilities, please give us a call. Our Board would be happy to arrange a time to speak with your group, bring a short video, answer questions and distribute brochures. Many people in the community need to know about the wonderful volunteers and the services we provide. You can be the means to connect the community with the help they need. Don't delay! Call us at 393-9922.

SEARCH ENGINE EARNS MONEY!

Each time you search the Internet, go to GoodSearch.com (www.goodsearch.com)

Money will go directly to Interfaith Caregivers Trenton, without your spending a dime!

Thank you for your continuing support!

Mission Group at Pearson Memorial United Methodist Church Raises \$1,080 for ICT



Carol Foreman, Betty Ann Slocum, Mary Gens, Mary Ann Isaac and Iris Weber share smiles after a Sunday service.

We thank Rev. Wecht and the Mission Group at Pearson Memorial for their hard work in donating proceeds from a recent flea market.

Save these dates!

Free Workshop/Luncheon

Live Safe, Live Independent, Live at Home!

Wed., March 21st, 2007 at Noon (bag-lunch)

13th Annual Volunteer Recognition Luncheon

Sat., March 24th, 2007 at 12:30 pm

Call us at 393-9922 for more information.

We welcome our new member congregations to our coalition:

Union Baptist Church

The Presbyterian Church of Lawrenceville & The United Presbyterian Church of Yardville!

The Show Must Go On!

Our wonderful Talent Show Committee is working hard to create a fabulous, entertaining evening for all our friends. They are: Brother George Stevenson, Art Frank, Fran Meade, Lucy Boyd, Beverly Bodine, Marie Bethke, Evelyn Mason, Raymond Kolison and Marguerite Padgett-Goff. The date of our Talent Show will be **April 29th at 6pm**, so please come and **bring your friends**. Some of the acts include St. Vincent De Paul's senior tap dancers, Janssen piano player, Brandon King, Shiloh Baptist's karate group, St. Ann's jazz singing, Art Mateo, Higher Ground's worship and praise dancers, Pearson Memorial's Miss Steppers, Our Lady of Sorrows/St. Anthony' blues singer, Linda Bernstein, Irish step dancers and others. Please **SAVE THIS DATE ON YOUR CALENDAR!** We look forward to a time of fellowship and fun.

There is still time for friends, organizations and companies to help sponsor our annual volunteer luncheon. This year we are being hosted at Notre Dame H.S. All active volunteers from our member congregations eat for free. It is scheduled for March 24th. Please be sure to check out the sponsorships available on our web site at www.InterfaithCaregiversTrenton.org
 Your support will benefit Interfaith Caregivers Trenton and help us continue to provide needed help to homebound elderly and people with disabilities . Thank you so much for putting your caring into action!

Do you have news you would like to share? Is your congregation celebrating a special event? We welcome you to send information for our newsletter to Maryann@ICTrenton.org.

St. Mary's Cathedral Volunteers



JOB OPENING

We are currently looking for a full time Coordinator of Volunteers. Needs own transportation. Some evening and weekend work involved. Flexible hours. Certified in volunteer services preferred, however will train. If you enjoy meeting people, have some background in teaching/training/leadership, this may be the perfect job for you. Please call Mary Ann at 393-9922 for more information.

St. Mary's Volunteers include

02/20/2010 r: Daisy Beauchamps, Carmen Alicia, Maria Melendez, Rosario Rivera, Rafael Rivera and Maria Reyes.

Teamwork Makes It All Happen!

Thanks to Joan Maybury and Marilyn Sommers who have been trained as Group Leaders, we are able to match caring volunteers with seniors in need.



Group Leaders from St. Ann's Church in Lawrenceville go over list of volunteers

Will You be Part of Our Team?
Local Churches and Congregations are welcome to join our network.

Please Call Interfaith Caregivers at 393-9922 for more information.

“May the Lord bless you and keep you.

**“May the Lord make his face shine upon you, and be gracious to you!
May the Lord look upon you kindly and give you peace!”**

Numbers 6:24-26



Sally Tondreau, ICT volunteer, Eve Mitchell-West Trenton Presbyterian Church and Terry Cooper-Trinity Cathedral share stories.



Marguerite Goff-Shiloh Baptist Church, Susan Jellinek-OLS/St. Anthony's Church Fran Meade- Church of the Blessed Sacrament/Our Lady of the Divine Shepherd and Gaeta Iseicz-St. Gregory the Great Church share smiles and fellowship at a barbecue.



A Big Thank You to Our Friends

On Oct. 20th, 2006, friends of Interfaith Caregivers gathered together at the home of Board Member, Deborah Rader and her husband, Ray Olienczak in a spirit of gratitude for the support that has been given to help our program continue to provide services to homebound elderly. Live music was provided by volunteer Georgann D'Angelo who offered to play the harp for our guests. Brother George Stevenson played the keyboard while guests milled about the beautiful home of Deborah and Ray. We are most grateful to all our friends who realize the importance of helping seniors in our community maintain their independence!

From top left is: Deborah Rader, Terry Cooper, George Stevenson, Georgann D'Angelo, Doris Jankowicz, Beverly Bodine, Tom Pryor, John Zimmerman, Rev. Jim Pruner, Lisa Carmalt, Gilda Gittleman, Wendy Cacacie, Joy Mentzer,, Eve Mitchell, Kathy Pierfy,, Eve Mitchell, Joan Hollandonner, Pierfy, Sally Tondreau, Eve Mitchell, Charlie Fruscione, Bob Paci, Rev. Jim Pruner, Jacqueline Saba, Paul Mitchell

If your company offers charitable donations through United Way, you can designate Interfaith Caregivers Trenton as your charity. Thank you for all your support!



ICT Mailbag

Dear Mary Ann and Bev,

Thank you for your condolences regarding Margaret's death. Please know that Margaret enjoyed all of the visits and attention she was afforded. We appreciate your kindness.

Dear Mary Ann and the people that help you,

Thank you for always helping me and being so nice to me. I am trying to make it the best I can. Be sweet and do the best you can. You are a good person and everybody working with you. Thank you!

Dear Mary Ann,

Enclosed is a check for rides to the doctors' and beauty salon. I cannot tell you how much I appreciate the help from you and your staff. I wish I could give you more. Wishing you, yours and the staff the best!

Sondra Obstein, Board Member, spoke at local radio station WDVR on behalf of Interfaith Caregivers, sharing her story of hope.



Interfaith Caregivers Trenton has a new fundraising program – an online Marketplace!

Every day we shop for our family and friends, purchasing books, clothing, trips to see family or for business. Unfortunately, we're not always left with a lot at the end of the month to give to our favorite cause. What if a percentage of each of those everyday purchases automatically contributed to a worthy cause? That's what our new online Marketplace is all about!

Interfaith Caregivers Trenton has recently started an online Marketplace with close to 1000 different stores to shop at including major names like Wal-Mart, Best Buy, Orbitz.com for travel – all the way to sports, entertainment, food, pets, family stores ..and more. Stores you probably shop at anyway!

If you visit our website at www.interfaithcaregiverstrenton.org where you'll see the flashing button linking to our Marketplace. When you click on that button to enter the Marketplace and shop, a percentage of each purchase will be sent back to Interfaith Caregivers Trenton. It's safe, easy and private.

Please help The Interfaith Caregivers Trenton continue to grow and to carry on with our mission for generations to come. Your everyday act of simply shopping for your self, your family and your friends will be the easiest way to play a part in our future!

Once again, **thank you** to all our donors who have given so generously over the past year! May God continue to bless you and may this New Year bring you and your loved ones health and happiness.

Volunteering to Drive Helps Keep Me Active! By Maryanne Canavesio

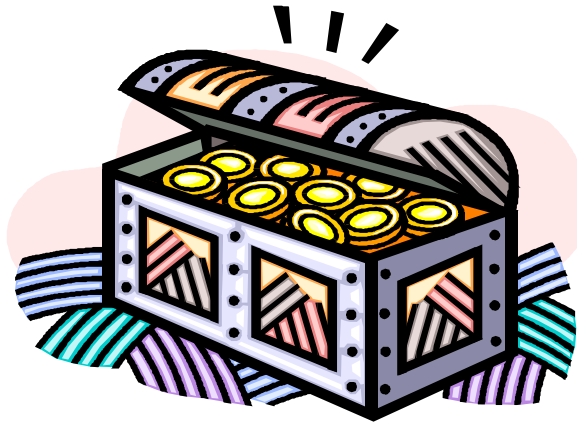
I enjoy driving. My favorite pastime on weekends used to be getting up early and taking a ride through the Sourland Mountains or through the beautiful Garden State farm lands. Due to concerns over the environment, I have eliminated these drives. In addition to running errands, the only recreational drives I indulge in now are taking my mother, who is homebound most of the time, on Sunday afternoon visits to my sister who lives an hour away. We stay for lunch, and then it's back home again.

Since my mother does not need constant care, after I retired I started to look for volunteer activities. About 5 years ago through Interfaith Caregivers I began to drive a neighbor to various appointments and shopping once a week. It has been a great pleasure to help her, and it has been an opportunity for me to keep active.

As a diabetic, it is essential that I exercise. Since I hate to exercise, I have to find activities to keep me moving. If I didn't have this problem, I would read, watch TV, and just hang around the house. Because of my situation, I try to schedule my week to get out and about almost every day. The days that I drive my neighbor help to keep me active all day. We have lunch together, which is good for me because I have always had little difficulty keeping to my diabetic diet when I eat out. We, then, grocery shop, complete errands, or keep doctor appointments.

Driving for Interfaith Caregivers has been a boon to me. It gives me the chance to get out of the house, enjoy the company of a new friend, and drive around with a goal. Thank you, Interfaith Caregivers, and St. Vincent DePaul Church for making that connection!

Our Volunteers Are a Treasure!



You are invited to join the volunteers and friends of Interfaith Caregivers Trenton/FIA at Notre Dame High School as we celebrate our 13th Annual Volunteer Recognition Luncheon Saturday, March 24th 12:30-2:30 pm

Cost: \$10.00 pp
Reservations required

Free to volunteers who have contributed hours this past year

To RSVP, please detach form and return by February 26, 2007 to Interfaith Caregivers or call 609-393-9922

Name(s) _____ Amount Due _____

Phone Number _____ Congregation _____
Volunteer _____ Caregiver _____ Agency _____ Guest _____

*Please check the appropriate categories.
Hope you can join us!*

Interfaith Caregivers Trenton/FIA, Inc.

Officers

Reverend James Pruner, Co-Chair

John Jordan, Co-Chair

Wendy Cacacie, Secretary

Jack Parra, Treasurer

Members

Frances Meade

Joy N. Mentzer

Sondra Obstein

Thomas J. Pryor

Deborah Rader

Rev. T.L. Steele

Staff

Mary Ann Isaac, Executive Director

Beverly Bodine, Program Assistant

Make a Will or a Trust!

A will or trust allows you to make
your own decisions on who should
receive your assets.

Help us ensure ongoing support to the elderly.

Please remember Interfaith Caregivers Trenton/
FIA, Inc. in your will.

Interfaith Caregivers
Trenton, Inc./FIA
207 Hillcrest Avenue
Trenton, New Jersey 08618

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"Neighbors helping neighbors"

Please be sure to check out the invitation to our upcoming Volunteer Luncheon on March 24th 2007 at Notre Dame HS. All active Interfaith Caregiver volunteers are invited to join us for free. All others are welcome to join us for \$10 pp. Please be a part of this very special event where we come together to share our gratitude, strength and hope!

Our website is: www.InterfaithCaregiversTrenton.org

Look for more information and updates.