



CAREGIVERS News



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

Vol. 17 No. 3 • Summer 2010

FAITH
IN ACTION

Please Join Us on October 24th

SHINING LIGHTS

Awards & Recognition Brunch

We are most excited to be honoring our outstanding Clergy and Community Shining Lights this October 24 from 1:00 pm - 4:00 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.

Rabbi Daniel T. Grossman



Rabbi Grossman is a Philadelphia native. He attended Temple University, Hebrew University, and Mirkaz HaRav Kook – Jerusalem, Reconstructionist Rabbinical College.

He has worked in the field of Jewish Special Education. He co-wrote and participated in the video "Some One is Listening", which is the story of a young deaf Jew and his search for fulfillment as a Jewish adult. Rabbi is a member of the Special Education Committee of the United Synagogue. He performs "Simon Tov" with his wife, Elayne. Simon Tov is an Educational and Entertainment program which uses sign language, mime, music, and storytelling to bring the audience closer to the world of the Jewish Deaf. He is also active in addiction counseling and exit counseling for former cult members. The link for Rabbi to all of these areas is a commitment to make Jewish life accessible for those groups, sometimes seen as existing on the fringe of Jewish life. Rabbi and Elayne *See RABBI GROSSMAN, continued on page 4*

Mrs. Tina Swan



Mrs. Swan was born the sixth child of seven children to the late Reverend Thomas and Mrs. Edith Ann Siplin. She was educated in the Florida and New Jersey School System. She became a servant of God at very early age. Mrs. Swan is a member in good standing at Samaritan Baptist Church.

She has been the secretary for the Trenton Ecumenical Area Ministry (T.E.A.M.), since August of 1988. Mrs. Swan community service and ecumenical expertise leadership include: Cub Scout Assistant Den Mother, Job Coordinator Blessed Sacrament Board, Secretary for Tabernacle Baptist Church, In-House Child Care, Volunteer Lunch Aid for the Trenton School System, Secretary and member of Church Women United of Greater Trenton, Nurses Aide at Mercer Hospital, former secretary for Boone, Young & Associates, Inc. and CROP Walk coordinator.

During her 22 years as a T.E.A.M. Administrator, she has initiated three successful programs such as: The Black History *See MRS. SWAN, continued on page 4*





Volunteer Dinner

Member Congregations are honored at the 16th Annual Volunteer Recognition dinner on April 20th.





In Memory of our Dear ICT Friends

A heartfelt thank you to the families who designated ICT as the charity of choice for donations to be made in lieu of flowers. Your kindness is most appreciated.

- | | |
|----------------------------|---------------------|
| ■ Dorothy Oliver | ■ Wilfred Alicea |
| ■ Joseph Riordan | ■ Elizabeth Johnson |
| ■ Dr. S.M. "Chris" Gadekar | ■ William Parent |
| ■ Hazel Bokey | ■ Henry Allegretti |
| ■ Eileen Deecan | (as of 6-8-10) |

EMAIL ALERT

Are you on our email list? Want to be kept informed with up to the minute information? Email us at Beverly@ictrenton.org and ask to be added to our email list, or just call 609-393-9922.



Interfaith Caregivers Trenton/Faith in Action

A Group Leader Remembers A Very Special Lady

Paul and I are at our home in Arizona, and although we would love to be there today, it is not possible.

I met Eleanor when Interfaith Caregivers asked me to become her friendly visitor in July 2008. This assignment started out poorly but the journey ended well.

When I received the assignment, I said I would be glad to do it, but that I would have to call her after July 28th, because I was having cataract surgery that day. For some reason, Eleanor didn't understand that message, because when I called her, she said, "WHERE HAVE YOU BEEN. I JUST CALLED THE INTERFAITH OFFICE TO COMPLAIN ABOUT YOU." It was quite obvious to me that she wasn't my greatest admirer at that point.

I explained why I had not been in touch with her, and as though a light changed, she became very warm, asking about my surgery and how I was feeling. She kept saying, you just take your time getting well, I can wait. WHAT A CHANGE!

I asked her if the following Wednesday at 1 PM would be convenient with her. It was, and we made the arrangements. When I arrived, I found her sitting in a corner in her living room, in her night clothes. She was very ill and had recently been discharged from Mercer Hospital. She spoke in a whisper and for those of you who know me, and know that I have a hearing problem, this was a challenge. My gut told me that this would be a short assignment, as this lady was really sick. We chatted for about an hour and I asked if she would like me to return the following Wednesday. The next week I found a lady who seemed much stronger. The following week she was dressed in street clothes and I could hear her much better.

Sometimes we talked for an hour or two. I found out that she was a chocoholic, so I made sure that I brought brownies on occasion. She loved brownies. I suggested games or doing crafts or playing cards. She wanted none of the above.

When she got stronger, we went to the Dollar Store, to West Trenton Hardware, to C. H. Martin where she bought clothes for NGA. Sometimes we went for lunch and sometimes to a Doctor's appointment. She loved to go to circle meetings at our church and attended our dinners, our Silent Auction and summer picnic. You know why she liked to go

to the picnic? Because she loved hot dogs.

I soon learned what an outstanding woman this was. She could be very abrupt, as most of you know, but she had a very big heart. On many occasions she would say, "You know, I am not a very nice person." My reply was always the same – YEAH, YEAH, YEAH, ELEANOR.

As you know her loves were Mercer Hospital, NGA, her church and, of course, her David.

Her many illnesses took their toll and finally her body gave out. We had talked about her 90th birthday coming up in 2010, and she laughed when I told her that I was going to get together with Cindy and plan a BASH. She was all for it, but it was not to be.

Eleanor had many friends and at Christmas time she got so many cards. She loved them.

Cindy got her a basket to keep them by her bedside, and she looked at them over and over again.

My dear friend Cindy, came into Eleanor's life and really became her personal assistant. They loved each other and had many good times together. Both Cindy and I are so thankful that we could be with her the day before she died. We were both able to say our goodbyes.

I will miss Eleanor, especially my Wednesdays at 1 P.M., when I was in New Jersey. When in Arizona we visited by telephone on Wednesdays at 1 P.M. Wednesdays will forever be Eleanor's Day in my heart.

I had the good fortune to meet Elise Mennella of the Capital Health Foundation via Email and Cindy and I thanked he and Arline for being with Eleanor when she died. That was a real blessing for us.

Thanks to Interfaith Caregivers for bringing us together and thanks to Jim Pruner for attending to Eleanor's spiritual needs. She truly loved him.

The second week back here in Arizona, I got an assignment from Verde Valley Caregivers (part of the National Faith in Action network) to visit with a lady in her home. You guessed it – she would prefer Wednesdays, at 1 PM I can see Eleanor smiling.

God bless her and everyone who was there for her prior to her death. Thank you for coming today. Love,
Eve Mitchell



RABBI GROSSMAN, cont'd from page 1

recently produced the musical cassette, *Help Us Bake a Challah, Songs for Jewish Children*.

In June 2003, Rabbi received an Honorary Doctorate Degree from the Reconstructionist Rabbinical College.

Rabbi Grossman is presently serving at Adath Israel Congregation Lawrenceville.

Rabbi and Elayne are the proud parents of Miriam Levia and Samuel Aaron.

MRS. SWAN, cont'd from page 4

Luncheon, "Feed the Hungry" (Thanksgiving Food Drive) and more recently "Empowering Youth Option".

She is a widow and a devoted mother of five lovely children, grandmother of eight, and a great grandmother of seven.

With the help of God her motto is, "If I can help somebody along the way, let my living not be in vain."

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.

El rincón latino

Este abril ICT tuvo su cena anual de apreciación de voluntarios, Rayos de Esperanza, en el colegio de Notre Dame en Lawrenceville. Más de 200 personas vinieron y disfrutaron de la comida deliciosa que nos sirvieron los estudiantes del programa del servicio de Notre Dame. También honoramos a once voluntarios, incluyendo Margarita Gandulla de la Catedral de Santa María, por el trabajo bello que hacen para los que lo necesitan en nuestra comunidad. El Reverendo Darrell Armstrong de Shiloh Baptist Church nos cautivó con su conversación inspirada de Job según el siguiente pasaje:

7 Si a un árbol se le derriba,
queda al menos la esperanza de que
retoñe y de que no se marchiten sus
renuevos.

8 Tal vez sus raíces envejeczan en la tierra
y su tronco muera en su terreno,

9 pero al sentir el agua, florecerá;
echará ramas como árbol recién plan-
tado.

~ Job 14:7-9

El 27 de junio, la Parroquia de Misericordia Divina (Divine Mercy) nos está permitiendo venir y hablar a su congregación hispanohablante. Esperamos aumentar el número de voluntarios hispanohablantes, así como receptores de cuidado. ¡Gracias al Padre Armando Vazquez por dejarnos esparzar las buenas noticias de ICT!

¡Esperamos que todos de ustedes, nuestra familia de ICT, tengan un verano seguro y divertido! ¡En las próximas noticias: más información sobre nuestra cena anual de recaudación de fondos que será el 24 de octubre!

Welcome new board member



Jay Greenberg is a congregant at Har Sinai Temple in Pennington, NJ and while serving as a member of their Social Action Committee became aware of ICT and their wonderful mission. Jay joined the Board of Trustees of Interfaith Caregivers Trenton in January, 2010 and has been a volunteer since April, 2009.

It is the immediate positive impact you can make on your community that has drawn Jay to take an active role with ICT. He hopes his time on the Board of Trustees allows ICT to thrive well into the future.

Jay currently lives in Pennington, NJ with his wife Alison and their two daughters Julia and Emily. In his free time he likes to ski, bike ride, cook and spend time with friends and family.

We are most grateful to Jay Greenberg for his generous service to homebound seniors and people with disabilities.

Do You Know About University Without Walls?

Seniors in Mercer County who spend time at home can join lively sessions over the telephone, and laugh and learn with others. You can choose from an array of classes, all lead by professional instructors, and there is NO CHARGE for this innovative program, sponsored by DOROT, a non-profit organization.

Student Grace of Yardville loves her weekly BINGO class with University Without Walls. Before each session, DOROT calls her at home to connect her to the call. Her BINGO card is ready by her telephone. Prizes come in the mail to all participants.

Grace says, "This program gives me something to look forward to every week. I give it a 10 out of 10!" To receive a University Without Walls brochure, call DOROT toll-free at (877) 819-9147 or coordinator Fran Rod at (973) 763- 1511.



Our 3rd Annual Shining Lights Awards & Recognition Brunch

will be held on Sunday, October 24, 2010 at The Trenton Country Club from 1:00pm – 4:00pm. This annual celebration allows our congregations, corporate and individual friends to recognize the outstanding service of our Honorees, show their support for our mission and at the same time, gain community recognition.

**Our Shining Lights Honorees this year are
Rabbi Daniel Grossman of Adath Israel Congregation and
Mrs. Tina Swan, Secretary of TEAM (Trenton Ecumenical Area Ministry).**



Please check the sponsorship package you prefer (below) and respond by August 15, 2010:

Sunlight package at the \$5,000 level offers:

- Table of ten with special Sunlight Sponsor signage
- Full page ad on back cover of Journal, special recognition during event
- Special recognition in our newsletter, distributed to 2,500 people (including annual report), web site, banners and PSA's pertaining to the event

Moonlight package at the \$2,500 level offers:

- Table of ten with special Moonlight Sponsor signage
- Full page ad inside cover of Journal, special recognition during event
- Special recognition in our newsletter, distributed to 2,500 people (including annual report), web site, banners and PSA's pertaining to the event

Starlight package at the \$1,000 level offers:

- Table of ten with special Starlight Sponsor signage
- Full page ad in Journal, special recognition during event
- Special recognition in our newsletter, distributed to 2,500 people (including annual report), web site, banners and PSA's pertaining to the event

Patron - \$500 4 tickets, 1/2 page ad

Friend - \$200 4 tickets, 1/4 page ad

For further information, please call 609-393-9922.

<input type="checkbox"/> Journal ads:	_____ Full page ad (5 1/2" X 8 1/2")	Outside Back Cover.....	\$200.00
	_____ Full page ad (5 1/2" X 8 1/2")	Inside Covers	\$150.00
	_____ Full page ad (5 1/2" X 8 1/2")	\$100.00
	_____ 1/2 page ad (5 1/2" X 4 1/4")	\$ 65.00
	_____ 1/3 page ad (5 1/2" X 3")	\$ 55.00

Please submit your ad, as a jpeg file, to Beverly at Beverly@ictrenton.org. Fax copies not accepted.

Brunch Tickets - \$75 per person _____ number requested

Name _____ Title _____

Business/Organization _____

Address _____ City _____ State _____ Zip _____

Email address _____

Phone _____ Amount enclosed _____

Credit Card Payment - Visa Mastercard Name on Card _____

Card Number _____ Exp. _____ Signature _____

THANK YOU FOR YOUR SUPPORT!



Volunteers who have served 5 or more years are encouraged to join us at a training session. Enjoy meeting new volunteers, get good advice and receive an updated manual. Please call Jane or Gabriela at 609-393-9922 to schedule a date.

The Wind's Not Always at our Back

(by Clay Harrison)

The wind's not always at our back,
The sky is not always blue.
Sometimes we crave the things we lack,
And don't know what to do.

Sometimes life's an uphill ride,
With mountains we must climb.
At times the river's deep and wide,
And crossing takes some time.

No one said that life is easy,
There are no guarantees.
So trust the Lord continually,
On calm or stormy seas.

The challenges we face today,
Prepares us for tomorrow.
For faith takes our fears away,
And peace replaces sorrow.

SAVE THE DATE(S).....

THURSDAY
JULY
22

TRAINING FOR VOLUNTEERS
10:00am and 7:00pm

TUESDAY
AUG
17

TRAINING FOR VOLUNTEERS
10:00am and 7:00pm

TUESDAY
SEPT
21

TRAINING FOR VOLUNTEERS
10:00am and 7:00pm

MONDAY
OCT
04

**THE CALL TO LEADERSHIP
AND SERVICE**
7:30pm – Location TBA
All are invited

WEDNESDAY
OCT
13

TRAINING FOR VOLUNTEERS
10:00am and 7:00pm

SUNDAY
OCT
24

**3RD ANNUAL
SHINING LIGHTS CELEBRATION**
Trenton Country Club
1:00pm – 4:00pm

Resources, research, and reading

www.ecarediary.com

...provides free tools, resources, and community to help manage long term care.

www.wellcore.com

...provides automatic fall detection, emergency response, and activity monitoring – all in one system.

www.needymeds.org

...online service offering a wealth of info on financial assistance for medicine, medically necessary products and healthcare assistance.

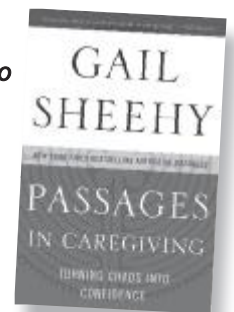
www.firststreetonline.com

...provides an incredible catalog of products for Boomers and beyond. Unique products for older people's needs.

www.rebuildingtogether.org

...amazing non-profit that retrofits older adult's homes. Like Habitat for Humanity but focused on helping low income, older people to stay in their homes. Amazing!

Gail Sheehy has come out with a new book on care giving, called *Passages in Caregiving: Turning Chaos into Confidence.*



To learn more about this book, visit www.gailsheehy.com



From the Executive Director

Dear friends of ICT,

What a blessing it was to celebrate our Rays of Hope Dinner with close to 200 volunteers from all different churches and congregations. Everyone gathered together at Notre Dame High School to celebrate our 16 years of service.



Mary Ann Isaac
Executive Director

There is a special energy that fills the room when so many hearts are united together in the spirit of service to God and neighbor.

Other friends in the community were also honored for the support they have given to ICT. Girl Scout

Troop 21217 from Sacred Heart Church in Trenton made special gifts, baked cookies and sang Christmas carols to brighten the lives of seniors in Trenton. Terry Ginther, from the Diocese of Trenton, generously shared her expertise on Succession Planning by providing an excellent workshop for our Group Leaders, and Shop Rite was designated as a Business Angel providing needed funds to move our mission forward. It takes many people who dedicate their time, talent and treasure to not only maintain, but to plan and build this ministry for the years ahead.

Sometimes the problems in the world can seem overwhelming. Our keynote speaker, Rev. Darrell Armstrong from Shiloh Baptist Church, shared his experience in Haiti during the devastating earthquake. His powerful witness gave us all hope that no matter what, God's grace will see us through. I'd like to share a note sent to us after the dinner that summed it up beautifully:

"For there is hope for a tree,
if it be cut down that it will sprout again,
and that its shoots will not cease.
Though its root grow old in the earth,
and its stump die in the soil,
yet at the scent of water it will bud
and put out branches like a young plant."

~ Job 14:7-9

"I feel very honored to share in this annual event and provide help wherever there is a need. You know one thing I have noticed through the years is that the willing heart that God has given us has no respect of persons. So wherever we find ourselves, we can't help but offer help whenever we see a need. So over time, it just doesn't seem to be enough time to perform tasks needed. So I have learned through the Holy Spirit that we are to either "plant" or "water" and it's up to God to yield the increase!! So as I carry my tools: my water hose and shovel, I know that God has equipped me for the task and He will complete it (it's not up to us!).

So I support ICT in my very minute role and only wish I could do more.

Know that me and others are praying that your FAITH FAIL YOU NOT for such a worthy calling!
Keep Hope Alive!"

So, dear friends, thank you for all you do, in whatever capacity, to be a sign of hope in our troubled world. Your prayers and support mean more than you will ever know.

May God bless you with His peace,

Mary Ann

PS. Will you help us spread the good news about ICT throughout the community? Please be sure to join us on Oct. 24th, from 1:00pm – 4:00pm and help us to honor Rabbi Daniel Grossman from Adath Israel Congregation and Tina Swan from TEAM.

It is sure to be an afternoon of fellowship and fun. We are hoping to have a surprise in store for you.

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
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8



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*Celebrating
service to seniors!*

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"Neighbors Helping Neighbors Remain Independent"

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IN ACTION**