



# Caregivers' News

Vol. 15 No. 1

Inter faith Caregivers of Greater Trenton, Inc.  
"Neighbors Helping Neighbors Remain Independent"

Spring 2008

## ICT WELCOMES DEANNA WOMACK COORDINATOR OF VOLUNTEERS



Thank you to all who have welcomed me to my new position as Coordinator of Volunteers. I have had the opportunity to meet many of our group leaders and volunteers since I began working at Interfaith Caregivers last September, and it has been such a joy for me to see the way that our volunteers put their faith into action. I'm learning each day how great the needs really are in the Trenton area, and I am amazed by the

compassion and dedication of volunteers who take the time out of their own busy schedules to visit the homebound, help them with shopping, or provide rides to the doctor and other appointments.

I came to ICT after graduating from Princeton Theological Seminary, having also served as an assistant chaplain at a nursing home in Hightstown. I grew up in Missouri and went to college in Minnesota, so I'm not a native to New Jersey. Visiting our congregations and care recipients has certainly helped me become more familiar with the Mercer County area. Besides working at ICT, I am currently completing my second master's degree at Princeton Seminary. My husband, Mike, is an English teacher at Trenton High School, and he has also had the chance to volunteer with Interfaith Caregivers.

Since the fall, I have been working to connect with each congregation and group leader to find out how to best support our volunteer groups. I have had the pleasure of visiting a number of churches to share information with the members about ICT services and opportunities to volunteer. Joining our different member congregations in worship has been a wonderful reminder for me of the beauty of maintaining an interfaith, ecumenical partnership. I have also enjoyed bringing together new volunteers from different congregations to train them as caregivers. My goal in this process has been to build stronger caregiver groups which are able to meet the growing needs of the elderly and disabled in our area. I look forward to this continued work in the New Year!

## NEWS FROM AARP

In October 2007 AARP patients and caregivers celebrated the passage of a law that requires New Jersey hospitals to publicize their infection rates.

"Transparency and information mean more accountability, fewer infections, and better health when patients leave the hospital," said AARP New Jersey State President Sy Larson at the bill signing. "This bill will save lives."

According to national studies more than 99,000 people die from hospital infections each year—more than the population of Trenton. New Jersey is the 20<sup>th</sup> state to enact legislation requiring public reporting of hospital-acquired infections.

"Publicizing this information will encourage hospitals to remain vigilant with their health and safety procedures, and it will allow patients to make more informed health care decisions," said Assemblyman Paul Moriarty, who co-sponsored the bill. "For that reason, a hospital's infection rate is vital consumer information that deserves to be made publicly available."

Hospital-acquired infections, including the much-publicized MRSA (*Methicillin-resistant Staphylococcus aureus*), often can be prevented through common-sense, higher standards of infection control practices such as more frequent hand washing and isolating infected patients.

AARP is prioritizing improvements in health care quality. The infection reporting law complements another AARP-sponsored program that requires screening of all ICU patients for MRSA.

The first infection report is expected in 2010, but AARP believes that the State can work faster to release this life-saving information sooner. Please call the Department of Health and Senior Services at (609) 292-7837 and ask them to speed up implementation of the infections reporting bill! For more information on this campaign, contact Patricia Kelmar at 609 452 3906, or [pkelmar@aarp.org](mailto:pkelmar@aarp.org)

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## PENSION RULES MAY SHAKE UP DONATION GAME *Article from the NJ Star Ledger*

One of the most significant changes has to do with tax-free distributions from IRAs for charitable purposes, said Michael Lee, a certified financial planner and wealth adviser with William Blair & Co. in Chicago.

"When it comes to charitable giving, the biggest buzz is the ability for people over 70 1/2 to make a direct contribution from their IRAs straight to a charity," Lee said. "That shields some of the income tax effects."

In the past, the owner of a traditional IRA would have had to take a distribution from the account and include it in his or her taxable income before making the donation.

IRA owners will be able to make maximum annual contributions of \$100,000, although they also could smaller amounts, Lee said.

The limitations are that the donor must be 70 1/2 when making the gift and must contribute the money to a public charity such as the United Way and not to a nonpublic entity such as a donor-advised fund or private foundation, he said. The IRA provision will be good for only two years, 2006 and 2007, and then will disappear if not extended by Congress, he said.

The Independent Sector said charitable groups think the IRA provision "could generate hundreds of millions of dollars for charities" if the nonprofit groups can get the word out quickly to eligible donors about the tax law change.

**We are most grateful to all our donors who gave so generously in 2007!** With your faithful support we are able to strengthen our outreach to homebound elderly and people with disabilities. Last year, with our new Coordinators, **we were able to recruit and train 116 new volunteers** who will provide friendly neighbor assistance to homebound elderly and people with disabilities.

**THANK YOU FOR YOUR CONTINUED SUPPORT AND PRAYERS!**

## SEEK AND SERVE OUTREACH INITIATED

I joined Interfaith Caregivers of Trenton in July 2007. Through my work with this non-profit group, I've learned so much! I have met and trained many volunteers and learned about the needs of others and resources for the aging and developmentally disabled in our community, and I know there is so much more to learn. I look forward to the challenges ahead for me in 2008. Though working with the Spanish community is a slow process, I'm sure that together we can accomplish much.

I've met the most caring people-- those who give so freely of their time and talents, who extend their hand to their fellowman and ask nothing in return. In today's society most people are so caught up in meeting their own needs and fulfilling their own desires that I have been astonished at the number of caregivers I've met. How great is God's gift to us, that though we have created a world of war, hunger, and poverty, he has blessed us with those called "Volunteers." Interfaith Caregivers of Trenton (ICT) is a faith-based, community-wide coalition of these volunteers. All in this network have contributed over 10,000 hours of friendly neighbor help to the elderly and disabled.

If your church/congregation would like to join us in this effort, ICT will:

- help recruit volunteers for your congregation/parish, organization or group
- train volunteers on how best to serve our elderly or handicapped persons.
- work with groups already formed to strengthen and further build their number of volunteers.
- when invited, visit your congregation/parish, organization or group to inform your community about our services.
- assist volunteers in locating the elderly and or disabled persons in need of volunteer services.

- keep our volunteers updated on community resources and information through Group Leaders and workshops
- offer our volunteers workshops that educate about resources in our community for the elderly and people with disabilities.

In 2007 we've presented workshops on mental illness, personal safety and community resources. All included a Spanish speaker for the Hispanic community. The mental illness workshop was presented by NAMI and was a very informative session on a subject which is most difficult for the Latino community even to acknowledge. Having a speaker of Spanish heritage give his own testimony of living with mental illness and learning to function in the world gave the participants a better understanding and some hope that they, too, could seek and find help to manage their illness.

I have been working on regrouping the Spanish volunteers for St. Mary's Cathedral – "Corazones Unidos" and we have been making steady, visible progress. I've met with the group leaders: Aida Beauchamps and Carmen Alícea on a number of occasions and on Dec 2<sup>nd</sup> I had a luncheon meeting with the group of volunteers where we discussed how to improve the caregivers' ministry. I found that this group of volunteers has been steadily serving their community. I am proud to report that with the help of our newest volunteer member, Lucia Perez-Delgado, SMC is strengthening its outreach. There is much work to be done at SMC to recruit, retain and recognize volunteers, but we're heading in the right direction.

A new group of Spanish volunteers has formed at Our Lady of the Angels Parish, "Voluntarios de Cuidados de Esperanza." The Spanish community is fast growing at OLA and I am working with the Group Leaders: Nanci DeLeon and Manuel Calvo on our mission for 2008. I hope to be making my rounds to all the parishes, churches and congregations in the Trenton area that offer services in Spanish. I'm hoping to build the communication between ICT

and these faith communities to offer our assistance in building new groups or strengthening existing groups of volunteers. You may contact me at anytime to schedule a visit to your congregation/parish, organization, or group. I will be more than happy to come and speak to your community about ICT. May God bless all those who volunteer to assist in the care of others. By Felicita Martinez

*Computer literate office volunteer needed, once a week. Flexible hours. Friendly atmosphere. Please call 393-9922 for more information.*

**A big "Thank You!"** goes to Dianne Bilello, Tony Bilello, Helen Holmes, John Covalesski, Marge Bernhard, Brother George Stevenson, Beverly Bodine, Sondra Obstein, Rev. James Pruner, John Isaac, Betsy Solan, Amanda Lewis, the ICT Board, and all who worked on any and all aspects of the Shining Lights event. Thanks for sharing you time and talents on behalf of Interfaith Caregivers. It is a joy to celebrate the work and efforts of those who help to promote the mission of ICT. God bless you!

**Bishop E. Roy Riley Receives Shining Lights Award for the Support of the ELCA. Also Receiving Award is Evelyn Mason ( Far Left), for Her Outstanding Job as Mistress of Ceremonies for Our Talent Show**



**Interfaith  
Caregivers  
Trenton/FIA, Inc.**  
gratefully  
acknowledges  
contributions in  
2007/08



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**Thank you to our Member  
and other Congregations**

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Adath Israel Congregation  
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Lady of the Divine Shepherd  
Covenant Church  
Ewing Presbyterian  
First Baptist Church of  
Trenton  
Holy Cross Lutheran Church  
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Our Lady of the Angels  
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St. Ann's Church  
St. Gregory the Great  
St. James Church  
St. Mary's Church  
St. Phillips Baptist Church  
St. Vincent DePaul  
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Union Baptist Church  
West Trenton Presbyterian  
Church

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 Delores Titano by  
 Angelo and Linda  
 Taormina  
 Arnold Bloom by  
 Carol Helton  
 Bruce O'Donnell by  
 sister Catherine  
 DiLiberto  
 Frances  
 Rosenbloom by  
 Claire Canavan  
 Estelle Willis by Ed  
 and Mary Riggs  
 Jacob DiClaudio by  
 Margaret DiClaudio  
 Evie Brown by  
 Dorothy Richardson  
 Michael Palma by  
 Frank and Nancy  
 Palma  
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 DiMaria by Rosina  
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 Evelyn Annette  
 Brown by Sam and  
 Judy Brown  
 James Washington's  
 Loved Ones  
 Joseph Johnson by  
 Henry and Gaeta  
 Iseicz  
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 Platt by Lisa and  
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 Rose Marie Isaac by  
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 beloved son, Bill

Helen Simon by  
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 beloved mother  
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 F. Gauges, beloved  
 father of Carolyn  
 Selmon  
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 Flossie Glassman by  
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 by Mildred Manning

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 Jennifer by Carol  
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 Charles Fruscione  
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 Theresa Vicari by  
 Doris Mabey  
 Terry Cooper by  
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 Anne Pomphrey and  
 Joy Neath by Judy  
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 Anna Rose Parra by  
 Minnie Henderson  
 Eve Mitchell by Betty  
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 Lisa Carmalt by  
 sister, Emily Hilburn  
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 Mary Ann Isaac by  
 Ernestine Urken  
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 by William Simon  
 Susan Jellinek by  
 Claire Watson

**Thank you to all  
 who so generously  
 donated in 2007!**



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all our other  
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For more information  
about Interfaith  
Caregivers during  
2007, please go to  
our web site and  
click on the **Annual  
Report 2007**. Also,  
**remember you can  
donate or do on-  
line shopping on  
our website, too!**

[www.InterfaithCaregiversTrenton.org](http://www.InterfaithCaregiversTrenton.org)

**Volunteer Training  
Session at St.  
Ann's  
Church in  
Lawrenceville**

For more information  
about attending a  
volunteer training,  
please call Deanna  
at 393-9922.



**Interfaith Caregivers  
Events 2008**



We especially encourage all our  
volunteers to attend. These workshops  
are also **open to the public**.

- **March 12- 7pm: Spiritual Vitality  
and Living Agelessly** with Nanci  
Bauchman of St. David the King  
Church. Location to be announced.

- **April 9 - 6-8pm: Volunteer  
Appreciation Dinner** at Trenton  
Catholic Academy at McCorristin.  
*RSVP by March 26.*

- June 12 - 7pm: Summer Workshop

**Please RSVP to 393-9922 or  
[deanna@ictrenton.org](mailto:deanna@ictrenton.org)**

**MAILBAG**

*Dear Interfaith  
Caregivers,*

*I made a new  
friend. She is like  
a sister to me. I  
have complete  
confidence and  
trust in her.  
Because of her, I  
have avoided  
depression, stress  
and worries, which*

*come when you  
are sick and  
alone. She is full  
of enthusiasm, joy  
and love. She  
amazes me with  
her energy and  
fire for life. This  
ministry is very  
much needed  
especially for the  
seniors. God  
bless you!*

## **MAKING A DIFFERENCE !**

Reflecting on our work in 2007, I see the many blessings that God has provided to ICT and I can't help but feel grateful to you, our supporters. Thank you for your prayers, your time and your talents which have contributed to making our community a warmer and more caring place for frail seniors and people with disabilities. ***It is this sustained effort of everyone working together which forms the network of love that transforms hearts and lives.*** Something as simple as picking up groceries or dropping by to say hello, can make a difference in the life of an isolated senior who feels vulnerable and all alone. It also brings joy to those who give as we see the difference we are making. Each new congregation that joins with us enlarges our circle of influence in the community, bringing God's love to our neighbor in need. Together, we can accomplish more, as we share our strengths and weaknesses, working out new ways to approach problems or affirm each other when we need encouragement.

In 2007, we invited professionals, volunteers, care-receivers and other stakeholders in the community to participate in focus groups that will help us in our strategic planning process. Thank you for taking the time to share your wisdom and insights. Your input will be most helpful in planning our course in the years ahead.

Our internet presence ([www.ICTrenton.org](http://www.ICTrenton.org)) is totally designed and maintained by our incredible volunteer, Angelo Milioto. Not only can you access up to date information on upcoming workshops, trainings, and events, there are numerous links that provide timely information for seniors, care-givers and volunteers. You can also donate online or do your internet shopping (and at the same time, a percentage of your purchase goes to us, at no cost to you). The wonders of our electronic age!

As a result of much planning in 2007, ICT is embarking in a new collaboration, through United Way, called Project Connect, which will give us the ability to help seniors who could use more community support and follow-up with a social worker. Also, our Seek and Serve program, supported in part, by Bristol Myers Squibb and other grants, will help us renew our outreach efforts to Hispanic and minority populations in need of caregiver support.

This year we hired two part time Coordinators of Volunteers, Felicita Martinez and Deanna Womack, who have been actively reaching out to our member congregations, helping with their volunteer needs.

They are available to make presentations, to conduct trainings and workshops, to recruit new volunteers and to answer questions. They also support care-receivers and their families when they call our office for assistance. Because of their work, we added 116 new volunteers this year who served an additional 101 care-receivers.

In 2007, Board President, Rev. James Pruner, led our active Board, forming 3 new committees. One planned and executed two major fundraising events, another reviewed internal controls, and another made new connections in the community by attending numerous forums and community events. All contributed both their talents and personal finances to support the mission of ICT. Also, our very own Sondra Obstein received the prestigious 2007 Mercer County Women of Achievement Award! I am most grateful to them for their behind the scenes work and support, instrumental to our continued growth and success.

Our 25 member clergy have provided prayers, encouragement and donations. It is my hope to personally visit all our clergy this year to give updates and to answer any questions. Thank you for your leadership and commitment to this ministry.

Last, but not least, I am thankful for our incredible Group Leaders and volunteers who form the heart of ICT. Day in and day out, they give so unselfishly of their time, love, and concern to their neighbors in need. Also, we cannot we forget our dear care-receivers who give us the gift of their lives, their hearts, their wisdom, their humor, their example and their prayers. Please know that we pray for you daily, and that you are a blessing in this world that often seems cold and uncaring. Please pray for us too, that we may be able to grow and be a blessing to others in the future.

I invite everyone to celebrate with us on April 9th at 6pm at our 14th Annual Dinner where we can encourage each other to keep "Making a Difference"!

Blessings and peace,  
Mary Ann Isaac



\*\*\*\*\*

**“MAKING A DIFFERENCE”**

**Please look inside for  
your invitation to our  
upcoming volunteer dinner!**

All volunteers who have actively  
contributed hours of service in 2007 are  
invited to attend *free of charge*. Please  
RSVP to Deanna 609-393-9922. See  
inside for further details.

**IMPORTANT!  
DATED MATERIAL**

\*\*\*\*\*

**Interfaith Caregivers  
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207 Hillcrest Ave  
Trenton, NJ 08618

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Felicita Martinez, Coordinator of Volunteers,  
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Deanna Womack, Coordinator of Volunteers  
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**Interfaith  
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