



# Center Harbor, Meredith and Moultonborough Community Caregivers

ISSUE 2 FALL 2008

## MINDING OUR MISSION - MACKIE HEINRICH

Carol Gerken, our Executive Director, and I recently attended a gathering of Lakes Region nonprofit organizations. As we strategized, each individual came up with an adjective to describe our individual work. We heard words like challenging, diverse, visionary, balancing, busy, multitasking, relevant, and collaborative. However, just recently a neighbor describing a volunteer arriving when she needed help the most, said to me “*she was like an angel coming through the door*”. We sometimes need to be reminded just how much our small acts of kindness, the giving of our time truly means to the neighbors we serve. Spending time with an Alzheimer’s victim to

give respite for a caregiver, picking up meds at Rite Aid (how do you get your prescription if you don’t drive), driving that lovely lady to the doctor, the grocery store or to her hair appointment or cutting the grass makes such a difference in the lives of our neighbors. The combined caring of 69 volunteers and the support of loyal donors have made it possible to provide over 665 services since the beginning of 2008 to neighbors in Center Harbor, Meredith and Moultonborough, which shows how effective and necessary Community Caregivers has become. Just remember that your time and effort, and your donated dollars are multiplied by each of your fellow volunteers’ and do-

nors’ efforts and the total makes a difference well beyond any one of us. Multiply that by ten years of service to the community and we can come up with adjectives ourselves including *rewarding, vital, necessary, dependable, reliable, friendly, indispensable, enabling and most of all caring*. I know I can speak for each and every neighbor when I say thank you for all you are doing.



*Mackie Heinrich,  
Board President*



1998-2008

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## INTRODUCING OUR NEW OFFICE MANAGER

The Caregivers Board of Directors is delighted to introduce Hilda Schmidt who was hired this summer as our Office Manager. Hilda has been a very active and dedicated volunteer with Caregivers for 5 years; she is very excited to now be our Office Manager.

Hilda resides in Center Harbor with her husband Gary. She grew up in New York City and raised her family in Woodbury, CT. She and Gary moved to this area 6 years ago from Woodbury. Hilda has been very involved in the community since moving here. In addition to her volunteer work for Care-

givers, Hilda has been very active in the Altrusa Club of Meredith, she is currently the Treasurer and has served as Chair of the Literacy Committee. Hilda has worked at Forestview Manor assisting the Activities Director and she has also been the substitute site manager for the Inter-Lakes Senior Center.

Hilda truly enjoys helping others, we are grateful to her ongoing dedication to the mission of our organization.



*Hilda Schmidt,  
Office Manager*

## MAXFIELD REAL ESTATE MAKES A DIFFERENCE TO CARGIVERS

Maxfield Real Estate is celebrating 9 years of their “We Care” program. This program was established in 1999 to celebrate their 45<sup>th</sup> anniversary. From their offices in Wolfeboro, Alton, Ossipee and Center Harbor, more than \$440,000 has been donated to local charitable organizations through the “We Care” program. Every agent is committed to donating one percent of every sales commission earned, matched by the company, to support local charities of their choice.

Community Caregivers is very fortunate to have been chosen by several of Maxfield’s agents as a recipient of their “We Care” donations. This commitment to the needs of our local community reflects the business values of Maxfield. John Byers, Bronwen Donnelly, Anne Stanford and Pam Toczko are passionate supporters of the Community Caregivers’ mission. Every dollar donated makes a difference and Caregivers is very grateful for their caring and support.



*Maxfield agents:  
Bronwen Donnelly and Pam Toczko (seated),  
Anne Stanford and John Byers (standing)*

## COLLABORATIVE EFFORT NETS FIRST PRIZE FOR OUR 4<sup>TH</sup> OF JULY PARADE FLOAT

Community Caregivers joined with the Moultonborough Seniors Group and the Sandwich - Moultonborough Meals on Wheels program to decorate a float for the Moultonborough Fourth of July parade. Joanne Farnham, of the Moultonborough Seniors Group and Caregivers, and Mackie Heinrich, of Caregivers, decorated the trailer loaned by Herbie Farnham, which was pulled by Bud Heinrich in his red 1959 Willys

CJ5 Jeep. Donna Grow of the Meals on Wheels program provided two large posters which she and her seniors at the Lions Club decorated in red, white and blue with photos of participants of the program. The float was surrounded by patriotic bunting, various posters, flags, and multicolored hearts. Mackie and Joanne tossed out candies to “youngsters young and old” along the route. A good time was had by all.



*Joanne Farnham stands next to  
the prize winning float  
she helped create*

## COMMUNITY ORGANIZATIONS SUPPORT CAREGIVER EFFORTS

Community Caregivers is especially grateful to several local organizations, including St. Charles Borromeo Catholic Church in Meredith, Ellacoya Chapter #43, Order of the Eastern Star, and Trinity Episcopal Church in Meredith for donating a portion

of their fund raising returns to support our mission. The Trinity Church raffle will be drawn October 18th and 30% of the proceeds will go to Caregivers. There are many fine prizes, for more information about the raffle please call the church at 279-6689.

## NEIGHBOR HELPING NEIGHBOR - CAROL F. GERKEN

What is the role of CHMM Community Caregivers in the three communities we serve?

The answer is a simple one. We help our neighbors remain independent with dignity. Volunteer caregivers provide supportive services such as transportation to doctor and dentist appointments, laboratory tests, pharmacy pick-ups, shopping, hair appointments, run errands, make friendly phone calls and visits, occasional meals, respite for long-term family caregivers and offer resource referrals. Our volunteers complete a required volunteer training program to prepare them for their roles as caregivers. All transportation is provided by volunteers in their personal vehicles. Our goal is to build a healthy support system for those in need and for our volunteers. Caregivers must care for themselves before they care for others.

In the ten years since Caregivers began to offer services as an outreach of the Center Harbor Congregational Church, we have made a difference in the quality of the lives of hundreds of our neighbors. In 2007, the number of neighbors served climbed by 67% to 981, the number of volunteer hours re-

corded rose by 26% to 2,742 and the number of miles driven capped at 28,492, a 35% increase. What started out as an all volunteer organization is now staffed by two part-time employees.

As a 501 (c)(3) nonprofit organization, we rely on donations from our neighbors and their families, local businesses and civic organizations and clubs, grants from foundations and fundraisers such as the Cash in the Attic event in May, the Summer Smorgasbord event at the Moultonborough Lions Club in June, the Silent Auctions sponsored by Curves in Meredith and The Red Hill Gym in Moultonborough in September and the Trinity Episcopal Church Raffle. Community Caregivers does not receive any government funding or support from the towns we serve. There is no charge for services. Support from friends like you is what helps us to help our neighbors. We partner with other social service agencies in the Lakes Region such as the MPHNA, Moultonborough Visiting Nurses, the Inter – Lakes Senior Center in Meredith, Community Health and Hospice, ServiceLink, the Community Action Program, LRGH and others to complete the circle of caring. Sharing information and resources, participating

in public educational events and creative problem solving brings us together to meet the needs of our neighbors.

Community Caregivers is committed to providing the much needed and expanding list of services requested by our neighbors. Enhancing the quality of life for neighbors, young and young at heart, is what we do. Think about becoming part of this personal and hands-on experience. Call about volunteer opportunities today. We promise to respect your time commitments, offer flexibility in meeting your schedule needs, provide valuable training to help you as you serve our neighbors and offer a support network of other trained volunteers.



*Carol F. Gerken  
Executive Director*

## LOCAL HEALTH CLUBS HOLD SILENT AUCTIONS TO BENEFIT CAREGIVERS

Thanks to the support of Curves in Meredith and The Red Hill Gym in Moultonborough, Community Caregivers has had the opportunity to hold two silent auctions in September as fundraisers for the organization. The Red Hill Gym located in Moultonborough hosted a silent auction for the first two weeks in September, at their facility on Whittier Highway. Bidding was competitive for items donated by local businesses and friends of Caregivers. Items included gift certificates from The Common Man, the Village Car Wash, Karynn's Professional Pet Grooming, The Casual Cape, Tara Vita Process, Buckey's Restaurant, Chick-A-Dee Station, The Old Country Store,

Pet Parade, Fitness by the Power of Two, Ridgewood Country Club, The Hair Connection, Y Landing Marina, Heath's Supermarket and Hardware, Yikes Gallery of Fine American Crafts, The Coe House, and The Red Hill Gym.

Curves hosted a silent auction for the whole month of September and donors included The Common Man, Mame's Restaurant, Lakes Region Nutrition Center, Tara Vita Process, Innisfree Book Store and Ogelthorpe Gifts, Meredith Station Mobil, The Broken Antler Restaurant, Good Foods Conspiracy North, Hart's Turkey Farm, The Casual Cape in Moultonborough, Pet Parade, JB Scoops, InnerGenics of

Plymouth, Family Affair Hair Salon, V's Cleaning Service, The Park Place Salon, Keepsake Quilting and several donated items from friends of Caregivers including two designer handbags, 18 holes of golf for two with cart and lunch at Laconia Country Club, gift certificates for Cackleberries and Body Sense, a hand knit scarf and a quilted dog bed.



*Auction  
Items on  
display at  
Curves in  
Meredith*



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## LOCAL LIBRARIES TO HOST CAREGIVER INFO SESSIONS

Volunteers are the *“heart”* of CHMM Community Caregivers. Our trained volunteers experience the rewards of sharing their time and talents, and enrich their lives through community service.

Join us:

- Tuesday, November 18<sup>th</sup>, 10:00-11:00AM at the Moultonborough Library
- Thursday, November 20<sup>th</sup> 10:00-11:00AM at the Meredith Public Library

Learn more about the Community Caregivers’ story. Meet volunteers who will share their enthusiasm for this caring and personal volunteer service. Help us complete the circle of caring. Make a difference in the lives of your neighbors.

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Visit us on the web at  
[www.chmmcommunitycaregivers.org](http://www.chmmcommunitycaregivers.org)

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