



Center Harbor, Meredith and Moultonborough
Community Caregivers

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WEATHERING THE WINTER - MACKIE HEINRICH

Greetings from the midst of another snow storm!! It actually has not been too severe to date but the weather continues to impact our neighbors and our ability to service their needs.

Winter has an additional impact on our services since so many of our volunteers flee the cold for places with a kinder winter climate. We currently have at least 19 volunteers who are not available until spring. That places a unique

burden on those of you who remain huddled next to your wood stove or fireplace. Thank you for all you do. There are times I am sure when the coordinator calling you sounds desperate for a willing volunteer but we all know that each of you is doing your very best. We are very excited to tell you that we have thirteen new volunteers, several of whom are here to do services in the winter months. Hurray—all the hard work recruiting,

making speaking engagements and just plain word of mouth has paid off. We welcome our new volunteers with open arms.

Remember that these cold winter days are especially hard on our neighbors. Each time you help out a neighbor, you are making a difference in their lives, your community and your own personal experience. Keep up the good work and BELIEVE IT OR NOT spring isn't that far away.

A GREAT BIG THANK YOU

There is no way we can look forward to our vision for 2009, without looking back to thank so many of you who have supported us financially. That support has come in various ways—donations in memory or in honor of another individual, donations from our neighbors for services rendered, grants and gifts from those who recognize the value in our mission. Our thanks go out to the local organizations such as the Meredith Kiwanis, the Lions Clubs in Meredith and Moultonborough, Meredith Rotary Club, the Altrusa Club of Meredith, the Meredith Public Library, The Inns at Mill Falls, all the local businesses and individuals who supported our silent auctions at Curves and the

Red Hill Gym, the *We Care Program* at Maxfield Realty, the Coe House, The Caswell Foundation, the Henderson Family Foundation, the Ellacoya Chapter NO 43 O.E. S., the Moultonborough Public Library, St Charles Borromeo Catholic Church, the Center Harbor Congregational Church, Moultonborough United Methodist Womens Club, Trinity Episcopal Church, the generosity of members of Bald Peak Colony Club, our landlords and so many more.

Our special thanks go to each of you who sent us a donation during our Annual Appeal. We believe that even in these uncertain

financial times, each of you must have recognized the importance of reaching out and making a difference for those who live right here in our own home towns. Rest assured that we as an organization take your support very seriously and because of your financial donations we will continue to be able to further our mission to help our neighbors remain independent with dignity in their own homes.

I thank you.
 Mackie Heinrich,
 Board President



1998-2008

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*Mackie Heinrich,
 Board President*

Bringing Holiday Cheer to Others

Community Caregivers participated in 2 Festival of Tree celebrations in December 2008. For the 4th year a decorated tree was donated to the 13th Annual Festival of Trees hosted by the Altrusa Club of Meredith. Following the Festival the donated trees are distributed to needy families and individuals within the area.

We also participated in the Festival of Trees hosted by the Common Man Family of Restaurants which took place throughout December at the Fosters Steakhouse in Plymouth. Visitors at this event were able to vote for their favorite tree. The Caregivers tree won 3rd prize and we were awarded a Common Man \$200.00 gift certificate.

These events are excellent ways of bringing our message out into the community while sharing in events that benefit members of our community.

We would love to have the active support of volunteers and donors in helping us to participate in these events this coming year.



Caregivers tree on display at Fosters Steakhouse



Carol and Mackie receive 3rd place prize at the Common Man restaurant Fosters Steakhouse



Carol and Hilda decorate the Caregivers tree at the 13th Annual Festival of Trees held at the Waukegan Golf Club

A Personal Perspective—Shared by Joan Henderson

Has anyone wondered what happens between a call to the Caregivers' office for a service request and a friendly volunteer arriving at the door to fulfill that request? Having been a Coordinator for Community Caregivers for several years, I can explain. My day begins at the kitchen table. The table is spread with scratch paper, various colored pens, a binder filled with the Intake Forms containing information on our "neighbors," Activity Sheets which tell of the current week's drives, and, of course, the phone. I call the Caregivers office recorder every half hour or so to see if a neighbor has called. Then the fun and personal part begins. I call the neighbor and have a little chat about the details of the service needed. That is followed by calls to our list of volunteers until an available driver is

found. The details of the drive are recorded on the Activity Sheet. I call the always grateful neighbor back to say that everything has been arranged and that the volunteer will call the day before the drive to confirm the pick-up time. I have told you the framework of providing a service. Here's what makes that activity so enjoyable and gratifying. First there is the very personal connection made with a fellow Lakes Region dweller during each phone conversation. This may include a chat about the weather, the sighting of some wildlife, or some tidbit of information about something going on around the area. By the end of the day, I have had a number of real connections with a lot of friendly and interesting people. Even more rewarding is the relief of the neighbor who now is assured of

transportation to a doctor appointment, a medical treatment, a trip to the grocery store or post office, or even the chance for a visit to the hairdresser. It simply feels very good to help someone else feel good, cared for and safe in the knowledge that help is available. As a Coordinator, my major satisfaction comes from feeling connected with my fellow caregivers and neighbors in filling a real need. I quote a fellow coordinator who commented, "I always feel better at the end of the day than I did at the beginning".

Joan is a volunteer Coordinator, a volunteer driver and serves on the Caregivers' Board as Vice-President.

VOLUNTEERS, THE HEART OF COMMUNITY CAREGIVERS

*Carol F. Gerken
Executive Director*



The mission of Community Caregivers is a simple one... "dedicated to serving our neighbors by helping them to live independently with dignity."

You as Volunteers are the heart of our organization. It is your willingness to lend a helping hand to those in need that makes Community Caregivers so successful in fulfilling the needs of so many in our first ten years.

The first "Caring and Sharing Open House" was held in late October at our office (Harbor Square Village, Unit 9A, 72 Whittier Hwy, Moultonborough). Providing an opportunity for volunteers to come together in an informal setting to share ideas, make suggestions and meet other volunteers were the goals of this session. Those who attended both enjoyed the time spent with other volunteers and asked for this to become a regular event. Beginning in February on the 4th Thursday from 10-11AM, we welcome you to join with other volunteers at

the monthly "Caring and Sharing Open House".

Two volunteer information sessions were hosted by the Moultonborough and Meredith libraries in November.

Local churches supported our effort by posting flyers and listing the events in their bulletins. Many of you shared your enthusiasm with friends, family and neighbors. As a result, thirteen new volunteers completed the training and are now part of our expanding volunteer team. There is a waiting list of prospective volunteers for the next training session.

While we continue to meet the increasing number of service requests of our neighbors, other opportunities to help are also available. Events such as the Silent Auctions held in September, the Senior Wellness Festival in September, Festival of Trees in December, "A Cup of Christmas Cheer" for volunteers and helping with office support, all contribute to the operations

of Community Caregivers.

Spring and summer events in the planning stages include: hosting a Roundtable for other local nonprofit caregivers groups, additional information sessions at local libraries, fundraising events, our Annual Meeting on May 12, a Volunteer Men's Breakfast, additional training for those interested in providing respite for long-term family caregivers presented by Community Health & Hospice, a summer picnic for volunteers and more.

When you volunteer for Community Caregivers, you open more than car doors...you open your hearts to our Neighbors!

Think about how YOU might help with these events.

In December thirteen new, and much needed, volunteers completed the Caregivers training provided by Charlotte Leavitt. We are delighted to have these new volunteers on board and welcome them to Caregivers organization.

Pictured here, from left to right are: John MacRae with Izzy on leash, Carol Landroche, Alice Capowski, Amy Baker, Susan Hauser, Marion Thornton, Rupert Hauser, and Linda Lee.

New volunteers missing from the



picture are Mary June Walmsley, Jan Welch, Susan Watkinson, Bill Lee, and Liz Lapham.



Volunteers meet with Executive Director, Carol Gerken, during a Caring and Sharing session.



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CAREGIVERS—BUSIER THEN EVER IN 2008!

Last year was the busiest year ever for Community Caregivers. In 2008 we added 60 new “neighbors” to those that we provide services to. For the first time we provided over 1,000 services—1,027 services to be exact, an increase of 5% over 2007. Those 1,027 services required our volunteers to log 30,217 miles, an increase of 6% over 2007. The volunteer hours we officially tracked in 2008 totaled 3,832, an increase of 11% over 2007. There are additionally many other hours that are donated by volunteers that are not tracked. When you see these statistics totaled for a year it is truly inspiring to see what a relatively small group of caring individuals can accomplish. The following quote from a unknown author says it all!

Volunteers don't get paid, not because they're worthless, but because they're priceless.

Feel free to contact us at any time with any feedback, questions or needs

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Visit us on the web at
www.chmmcommunitycaregivers.org

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