



Center Harbor, Meredith and Moultonborough
Community Caregivers

ISSUE 4 SPRING 2009

GREETINGS FROM SUNNY FLORIDA - MACKIE HEINRICH

With ice out and the snow gone, Bud and I must begin the ritual of saying good bye to Florida anchorages, marinas and good boating friends and begin the process of becoming New Hampshire residents once more. As I think of the months we have spent down here, one of my first reactions is to thank all of you who have remained in NH throughout the winter and helped to support our neighbors in need. Our few coordinators, who are not snowbirds, have gone over and above by filling in the vacant slots each month and despite the increased number of volunteers, I know that many of you have done multiple trips in a week just to help Caregivers keep up with the demand for services. Thank you. You have made a difference for our neighbors.

Your board and staff members have been very busy these past several months and 2009 will be an exciting year for Community Caregivers. We are looking forward to presenting the many possibilities for fellowship, education and support at our annual meeting in May. We are ALL VOLUNTEERS and members of the organization and have the responsi-

bility to vote at that meeting. According to our by-laws, a quorum or a majority vote is needed to accept the three new board members that will be presented.

We are grateful for the continued support of Luke Dupuis of Home Comfort and Chef Jeff Day, co owners of the Coe House, for assisting us in our fund raising efforts. Our second annual Cash in the Attic evening will be held at the Coe House on June 22nd. It takes more than the board to make such an event successful. You can make such a difference by inviting friends to join you, attending the event and enjoying the excitement of our own unique "Antiques Roadshow" in Center Harbor! Circle the date on your calendar and join us. Watch for additional fun and fund raising events to follow during the summer and fall.

For CHMM Community Caregivers to continue as a successful organization supporting our neighbors in need, active participation is required from each one of us. Recognizing that we all lead busy lives, I encourage you to participate whenever and however you can. The Caring and Sharing sessions the fourth Thursday of the month, at the office, are

wonderful informal gatherings where volunteers have the opportunity to share experiences or concerns, make suggestions and socialize with other volunteers and staff. The Educational Programs planned this year are specifically targeted to better support you as you support our neighbors. In the past, we had quarterly meetings which helped us to connect and have a feeling of community. Recognizing that these meetings were not always convenient, we focused on developing a newsletter and minimal meetings so that we could all stay in touch. However, the advantages of periodically getting together at a fund raiser (yes we do need to augment the efforts of our grant writing and annual appeal), and becoming better acquainted with new members of the organization at our occasional meetings and attending and supporting our social functions are keys to the ongoing success of CHMM Community Caregivers. I know I am looking forward to meeting many of the new volunteers and all of you at our annual meeting at St. Charles Church Tuesday May 12th at 7:00PM. Look for your invitation in the Spring newsletter... coming in the mail soon and put it on your calendar. See you there!!!



1998-2009

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*Mackie Heinrich
Board President*

Think green!! Please consider receiving future issues of this newsletter via email. Please email Hilda at hilda.caregivers@gmail.com to let her know you will make the switch to a paperless newsletter.

SECOND ANNUAL CASH IN THE ATTIC FUNDRAISER MONDAY, JUNE 22, 2009, 6:00PM



CHMM Community Caregivers welcomes you to attend the Second Annual “Cash in the Attic” event. Is it trash or is it a treasure? Professional appraisers will be on hand to share their knowledge and experience in the world of antiques and collectibles. Guests are encouraged to bring an item from home and learn its value and anecdotal story. All items will be on display during the evening. The gallery of displayed treasures proved to be popular with all the guests at last year’s event and sparked lively conversations. Not only will guests experience a unique fundraising event but learn more about family treasures.

Luke Dupuis, owner of Home Comfort, and co-owner with Chef Jeff Day of Coe House, are the hosts of this fundraising event. Luke is a loyal supporter who has named Community Caregivers as his local charity. Community Caregivers is grateful for his leadership support. You and your guests are invited to enjoy the famous Coe House hospitality and sample delicious signature hors d’ oeuvres prepared by Chef Jeff Day and his staff, while socializing with other guests in the beautifully appointed and elegant rooms at the Coe House.

Join with other Community Caregivers friends and supporters Monday, June 22, 2009 at 6:00PM at the Coe House for an elegant and entertaining evening. Mark your calendar...local residents and visitors were delighted to learn that the popular restaurant will re-open May 8th for the 2009 season.

Tickets will be sold prior to the event and are available at Home Comfort, the Coe House, at the branch offices of MVSB (Center Harbor, Meredith & Moultonborough), the Community Caregivers office (253-9275) and Floral Creations (253-7651), Moultonborough. The first annual event was very popular. Tickets are \$35.00 and include one complimentary beverage coupon. Tickets can be purchased with cash or checks only; checks should be made payable to CHMM Community Caregivers, Inc.

Watch for details about the Home Comfort Tent Sale. If you identify yourself as a Community Caregivers supporter at the time of purchase, a percentage of your sale will be generously donated to our organization!

With your support, Community Caregivers will continue to help our neighbors as we complete the circle of caring.

VOLUNTEER EDUCATION WORKSHOP

Community Health and Hospice, Inc., a private, nonprofit organization, is dedicated to strengthening the quality of life by providing a family with home and community health care services from birth to bereavement.

CH&H is offering an education session open to our volunteers interested in providing respite for long term family caregivers.

Active Communication presented by Maria Babineau, a social worker, will cover the following topics: Active Listening, Communication Roadblocks, Managing Boundaries, Stress, and Burnout

Thursday, June 4, 2009

12:30-1:30

Location: CH&H Building

780 N. Main St., Laconia

Please call 253-9275 for further information and to register for this **FREE** continuing education opportunity.

CARING FOR OUR COMMUNITY - CAROL F. GERKEN

Community Caregivers make a difference every day for each of our neighbors in need. Our volunteers are actively and passionately connected to our mission.

Driving, running errands, making friendly phone calls, visits, resource referrals, preparing occasional meals, assisting with home chores, and providing respite for long term family caregivers, our volunteers offer that special connection and personal touch so appreciated by our neighbors. Community outreach events such as the recent Volunteer Forum sponsored by the Altrusa Club of Meredith, information workshops at local libraries, the annual meeting, attending additional education sessions, supporting fundraisers, and encouraging others to join our volunteer team, are other options to make a difference.

The CHMM Community Caregivers Board of Directors is made up of volunteers dedicated to strengthening their effectiveness, knowledge and resources to further our mission. Through their efforts and the efforts of all our volunteers, our neighbors enjoy the support of their community, achieve independence to their full potential and remain inde-

pendent in their own homes with dignity.

The New Hampshire Charitable Foundation (NHCF), a supporter and funding partner of Community Caregivers, has recognized the significance of our work. CHMM Community Caregivers is proud to announce that the NHCF has honored our organization with two recent grant awards.

The first grant will fund a capacity building board retreat designed to help our Board of Directors meet the challenges ahead and create strategies to meet these successfully. The Board will be actively engaged in learning opportunities designed to connect these key volunteers with opportunities to promote Community Caregivers both internally and externally. Partnerships and alliances with other nonprofit organizations such as NHCF create a synergy that mobilizes and strengthens all the partners.

The second grant will support the convening of other Caregivers organizations in the Lakes Region that have made significant differences in the lives of local residents. The "Caregivers Roundtable", scheduled for late April, will provide these groups with a forum to discuss common challenges, create a

viable network to better serve our neighbors and to plan for future needs. The strong support and encouragement from the New Hampshire Charitable Foundation Lakes Region Board has made this possible. Forging alliances, creating partnerships and sharing resources will facilitate communication and strengthen the effectiveness of all groups.

Community Caregivers and NHCF share a common focus: improving the quality of life in the communities we serve. We are grateful for the confidence demonstrated by NHCF and will be good stewards of these grants.



*Carol F. Gerken
Executive Director*

Have you considered planned giving?



A volunteer education class was completed in April, bringing another 9 much needed volunteers into Caregivers. Members of this recent class, pictured from left to right are : Dave Eastwood, Wendy Bagley, Nancy Welch, Jean Walker, and Karin Wailgum. Absent from the picture are Aditi Grover, Noel Monacella, Jeannine Royer, and John Schoenbauer.

Another volunteer education session will begin at the end of April. If you know anyone who would like to volunteer, please contact us.

Caregivers participated in the Volunteer Forum hosted by the Altrusa Club of Meredith on March 28th. This was a wonderful opportunity to share information about Caregivers with the public who attended. We distributed 25 packets of information and already have 2 new volunteers from the Forum.

Hilda Schmidt, Art Christopher and Carol Gerken are pictured here at the Forum.





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PLEASE JOIN US AT OUR 2009 ANNUAL MEETING

Tuesday, May 12th at 7:00PM
St. Charles Borromeo Catholic Church Route 25, Meredith, NH

Meeting Agenda:

- Welcome
- Business
 - 2008 Reports
 - Election of Board Members
- Keynote Speaker: Steven S. Richmond, MSW Manager, Service Link Resource Center
- Refreshments: Generously provided by Ben & Jerry's
- Acknowledgements and Closing Remarks

NOTE: Any "neighbor" who may wish to attend should call 253-9100 to request a ride to the meeting

Visit us on the web at
www.chmmcommunitycaregivers.org

Feel free to contact us at any time with any feedback, questions or needs; we welcome your input.

Office phone: **253-9275**

Email: hilda.caregivers@gmail.com

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