



Center Harbor, Meredith and Moultonborough
Community Caregivers

ISSUE 5 SUMMER 2009

“TOUCHING BASE” - MACKIE HEINRICH, BOARD PRESIDENT

As I begin my third and final year as President I look back with awe at the accomplishments of our organization over the past 11 years. Each year the number of “Neighbors” we support grows larger and the types of services we provide expand. During the last three years alone, we have experienced the following growth: increased number of “Neighbors” we service from 86 to 169, raised the number of volunteers servicing “Neighbors” from 64 to 85, increased the number of miles driven from 21,126 to 30,217 miles, and increased the number of services provided from 586 to 1,027. We have a new and exciting staff,

upgraded and moved our offices to 72 Whittier Highway, finalized the data base for neighbors and volunteers, edited and upgraded our education manual, and spread the word about Community Caregivers throughout the area in a dozen different ways. None of this could have been possible without the participation of each volunteer, each donor, and so many of the supportive businesses and organizations in the area. As board president I need to emphasize to you, the responsibility we feel as a board to be effective stewards of your contributions of time, mileage, monies and most importantly the giving of yourself to others.



Time and again, we Volunteers are thanked and appreciated by our “neighbors”. Without each of you, our “neighbors”, for one reason or another, would not be able to experience the quality of life that most of us take for granted. Thank you for your continued efforts, rest assured your new board will continue to actively participate in the daily functions of Community Caregivers and we are truly grateful for your support.



1998–2009

Inside this issue:

Caregivers Roundtable	2
Getting to know our volunteers	
Who are our “Neighbors”	3
Support from Rotary	
Nantucket Basket Raffle	4
Contact info	

January - June Statistics

The first half of 2009 has continued to be very busy for Community Caregivers and our volunteers.

The following represents the activity through June that has been reported.

Services provided:	464	New “Neighbors”:	26
Referrals made:	25	Miles driven:	16,162
Cancelled services:	59	Hours volunteered:	1,943
Services not filled:	2		

Trinity Church Raffle to benefit Community Caregivers

Trinity Episcopal Church in Meredith is donating a portion of their summer fundraising returns to support the mission of Community Caregivers. Local businesses have generously donated the following gift certificates: Mills Falls Inns & SPA One Night Accommodations, Moulton Farm (\$50), Village Kitchen (\$50), Mt. Washington Cruises (2 day tickets), The Woodshed (\$50), The Corner House (\$50), Canoe (\$50), FUNSPOT (\$50), NH Music Festival (2 season tickets) & handcrafted pottery Lily Pad Bird Bath. The raffle will be drawn on October 17th. Tickets are \$1.00 each or 6 for \$5.00. For more information about the raffle, please call the church at 279-6689.

The Caregivers Roundtable

The New Hampshire Charitable Foundation Lakes Region Board and the Center Harbor, Meredith and Moultonborough Community Caregivers Inc. hosted **The Caregivers Roundtable** recently. This partnership focused on convening Lakes Region Caregivers Groups serving individuals and families in need. Caregivers groups have made a significant difference in the lives of hundreds of local residents. (Support from NHCF made this event possible.)

Representatives from the Wolfeboro Area Caregivers, Sandwich Caregivers, Tamworth Caregivers, The Shepherds Program serving the Wakefield and Brookfield area, Neighbors Helping Neighbors from Madison, and Center Harbor, Meredith and Moultonborough Community Caregivers attended the workshop held at the Moultonborough Library. The organizations discussed challenges facing all Caregivers Groups: attracting capable, dedicated volunteers, resources and referrals, fundraising, and sharing their story within their communities

As a result of this gathering, each group completed a survey developed by Carol F. Gerken, Executive Director of CHMM Community Caregivers which highlighted current programs and provided a “snapshot” of the organization and its policies and procedures. The opportunity for the groups to initiate a network for future communication, create a contacts list, and exchange informational packets will enhance the programs so that all groups will be better prepared to help their neighbors.

Pictured left to right are:
Charlotte Leavitt, founder, CHMM Community Caregivers
Ellen Koenig, Senior Program Officer, Director of Regions, NHCF
Carol F. Gerken, Executive Director CHMM Community Caregivers



Getting to know our volunteers

We want you to have the opportunity to meet some of your fellow volunteers. Feel free to call the office with a news item you would like to see included in this column of our quarterly newsletter in the future.

NANCY LEIGHLEY, a volunteer and a coordinator, is also a volunteer “Puppy Raiser” for Canine Companions, a national organization which provides highly trained dogs free of charge to children and adults with disabilities. The first 14 to 16 months of a puppy’s life are spent in a loving home environment with a volunteer. Nancy is now nurturing her second yellow lab and his name is Arnold. During the time he is with Nancy, she will teach him 25 basic commands, socialize him through exposure to various situations such as restaurants, stores, movies, groups of people and other dogs. Her first dog, Zepher, is now a companion to a wheelchair bound lady in Connecticut. He helps with daily chores, stabilizes her as she moves in and out of the wheelchair, picks up items, opens and shuts doors and does a variety of moves his mistress is unable to do. It takes a lot of dedication for Nancy to turn over her puppy to advanced training by the organization when the time comes, but she truly feels the sacrifice is worth it knowing what a difference this Canine Companion can have for a different kind of “neighbor in need”. To find out more about Canine Companions, go to www.cci.org Nancy, job well done.



WHO ARE OUR “NEIGHBORS” - CAROL F. GERKEN, EXECUTIVE DIRECTOR

When we hosted the Caregivers Roundtable in late spring, local Caregivers groups from the Lakes Region gathered for The Roundtable and enjoyed an exchange of ideas, tips, suggestions, contact information, challenges, concerns and common threads. Each group has its own identity and serves individuals and families in different ways. Those folks they help are called by different names: friends, clients, receivers and neighbors. Some offer only transportation, some offer transportation and respite, some offer services to small numbers and some, like Community Caregivers offer services to hundreds of “our neighbors”.

When we refer to “our neighbors”, those of us who are volunteers,

neighbors, staff and friends, know who we mean. We mean the folks who live in our towns, in our neighborhoods, belong to our churches, social, civic and community groups, are patrons of our libraries and may need caring community support at some time in their lives to continue to live independently in their own homes.

Neighbors...is a term that we can all understand. Neighbors live near us, shop at local businesses...the grocery store, the hardware store, use the local barber shop and hairdresser, pick up prescriptions, purchase gas and have cars serviced and repaired. They visit the bank, post office and buy the local papers.

But what if you or your neighbor lost the means to access these



services and businesses...what can you do? Call Center Harbor, Meredith and Moultonborough Community Caregivers! Spread the word about this caring, dedicated network of volunteers who make a difference in the lives of your “neighbors” every day. Community Caregivers helps to connect us all in the communities where we live.

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

Growing Support in the Community

On July 1, 2009, Carol F. Gerken, our Executive Director, made a presentation to the Meredith Rotary Club. After the presentation, John Eaton, longstanding member of the club, offered supporting remarks. He served as the Pastor of the Center Harbor Congregational Church during the formative stages of our organization. CHMM Community Caregivers Inc was funded by generous support from the parish both in dollars and volunteers. John encouraged members to continue their support by volunteering. Pictured left to right... John Eaton, Carol Gerken and Rotary President Rick Ippolito



Rotary’s Toast of the Town event to benefit Community Caregivers

On Friday September 18, 2009 the Meredith Rotary Club will host Toast of the Town—Wine tasting and dance. The event will take place from 6:30—11:30pm at Church Landing. All are invited to attend this special evening, enjoy dinner and dance the night away to the sounds of Annie & the Orphans. Black tie is optional. The cost of the event is \$50.00 / per person, call 603-279-7600 for tickets. The proceeds of this event will benefit Rotary International’s Polio Plus Incentive and CHMM Community Caregivers. We are very grateful to the Meredith Rotary Club for their support and hope that many of you are able to enjoy this special evening.



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Nantucket Basket Raffle

Community Caregivers is proud to display and offer as a raffle item, this beautifully crafted basket created in the Nantucket Lightship style. The wood for the bottom and lid bases, rims, handles, domes and keeper are all made from cherry. The wood and cane have been carefully hand sanded and sealed inside and outside to protect it. Over time, exposure to sunlight will darken the cane and cherry wood to deep rich browns and reds. One of our volunteers spent many hours over the winter and donated all the materials as her contribution to support our organization. We are most grateful and excited about presenting this opportunity to you. Tickets will be sold at the Meredith Fine Arts and Craft Fair, August 29th and 30th, as well as several Saturdays at Heaths Supermarket and Bayswater Bookstore. What a wonderful opportunity to own a remarkable treasure or to have as a special gift. For more information or to get tickets call Hilda at the office 253-9275.



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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.
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