



Center Harbor ♥ Meredith ♥ Moultonborough  
**Community Caregivers**

Issue 6 Fall 2009

**WHAT IS A GIFT?** – MACKIE HEINRICH, Board President

**I**s a gift a package, a relationship, an opportunity, a shared moment, an obligation? Now with the holidays approaching, more attention is focused on gift giving, but what does it really mean? So often gifting is an exchange of somewhat trivial items, even an obligation. The real giving in our lives often occurs naturally throughout the year with little thought of return or necessity. One example of this type of gifting is the outreach demonstrated by our volunteers, staff and donors who support Community Caregivers with their giving of time, money and self.

At the same time, as volunteers, we value the “gifts” we receive from our Neighbors: the sharing of

life stories and families, the knowledge of past history of the area, the donations, the conversations and the humor. Being a volunteer allows giving to go both ways.

Our sincere appreciation extends to those who faithfully support our mission by contributing to the annual appeal. Your gifts to Caregivers makes such a difference year around, allowing us to function, to support our volunteers and neighbors and to spread the vital information available in the community, helping to improve the lives of those who live around us. The geography of the three towns served covers more than 113 square miles, with hundreds of miles of roads. Community Caregivers



provides Neighbors with the comfort of knowing that they have a local resource which can assist them in their daily lives. Each of us, donors, volunteers, staff and neighbors, being both givers and receivers, play an important role in furthering that commitment.

May you experience the joy, the wonder and the peace of this Holiday Season.



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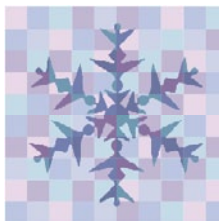
**Upcoming Events**

**January 23, 8:30–2:30**

**Fitness Experience 2010**  
Geneva Conference Center,  
Moultonborough



*A Holiday Donation has been made*



*in your name*

**Thinking of What to do for that Special Christmas Gift?**

**Want to make a difference?**

Consider a **CHMM Community Caregivers Gift Card** as a gift that keeps on giving all year long!

For more information, call **Hilda** or **Carol 253-9275**

**Mission Statement**

*Center Harbor, Meredith and Moultonborough Community Caregivers, a volunteer organization, provides supportive services and information for our neighbors to assist them in their daily lives.*

## FITNESS EXPERIENCE FOR 2010

**W**ith the holidays fast approaching you may find that you are too busy to stick with your fitness and nutrition routine.

Come January 1st we all make resolutions and commit to getting back in shape. Sometimes we get off to a good start but don't know where to go from there. Even more often, we don't know exactly what to do and this may discourage us from ever getting started.

This year can be different! On Saturday January 23rd from 8:30am-2:30pm at the Geneva Conference Center in Moultonborough NH, three of the Lakes Region's top fitness professionals will be coming together to share their expertise and help get you started. Courtney Van Etten of Meredith Bay Personal Fitness, Ellen Shannon of Ossipee Adventure Boot Camp and Pasha Marlowe from Holland Hill Studio invite you

to a day of exploring your fitness potential. Classes and seminars include:

- An energizing boot camp
- A nutrition seminar
- An all-level yoga class
- A strength training seminar
- A functional fitness class
- A fitness dance class with drums

Also a healthy and yummy lunch will be served while the 3 fitness professionals answer your questions about being and staying healthy.

The early bird special is \$99.00 if you register before January 8th. Participants who register before January 8th will also be entered into raffle with a chance to win a personal training session. A portion of the proceeds from this event will be given to Community Caregivers.



Fitness instructors Ellen Shannon, Courtney Van Etten, and Pasha Marlowe ready to help you explore your fitness potential.

Please contact **603-476-2476**  
or visit our website at:  
**[www.fitnessexperience2010.com](http://www.fitnessexperience2010.com)**  
to register and for more information.

Hope to see you there!

## HILLSIDE NEIGHBORLY GATHERING — NOVEMBER 12, 2009



**Hillside Neighborly Gathering**  
Thursday, Nov. 12  
10:00-11:00AM  
Hillside Community Room

Plan to join us and friends old and new. Visit with Community Caregivers volunteers. Enjoy tasty fall treats. We look forward to hearing from you.

See you then!

Carol Gerken and Hilda Schmidt  
Call 253-9275 for information and reservations.



## IT TAKES ALL OF US — CAROL F. GERKEN, Executive Director

**O**ur mission, to provide information and supportive services for our neighbors to assist them in their daily lives, rings as true today as it did 11 years ago when CC was established in response to community needs. As a 501(c)(3) nonprofit volunteer organization, Community Caregivers has made a difference for hundreds of our neighbors in Center Harbor, Meredith and Moultonborough. They have experienced caring support from our volunteers. Our volunteers have enjoyed the rewards of sharing their time and talents while enriching their lives through community service.

Community needs are great and growing. The need for services increases when resources decline. In these challenging times, we turn to those in our communities for support and rely on our residents' interest in helping our neighbors. There is no charge for our services and we receive

no government funding and rely solely on charitable giving. Nonprofit organizations such as Community Caregivers enable towns to leverage their dollars for more services. Other social service agencies such as Meredith Public Health Nursing Association, Visiting Nurse Service in Moultonborough, Community Health & Hospice, Service Link, Community Action Program, LRGH, Inter-Lakes Senior Center, and others help us complete the circle of caring. Sharing information and resources, participation in public educational events and creative problem solving bring us together to help meet the needs of our neighbors.

It takes a whole community to fill our neighbors' needs. We know you make choices about giving. Be inspired to act now. Every gift matters and will make a difference today, tomorrow and the next day.



Community Caregivers promises to: be good stewards of your gift, to use every dollar wisely, to connect our volunteers with our neighbors, to be there for you and your loved ones, and to lend a helping hand to those in need.

## EXECUTIVE DIRECTOR RECEIVES HONOR

**C**arol F. Gerken, Executive Director of Center Harbor, Meredith and Moultonborough Community Caregivers, was honored recently by the Meredith Rotary Club.

The club has created a new community service award to be given annually for outstanding community service.

The Community Service Committee of the Rotary Club presented the Meredith Rotary Club 2009 Community Service Award to Carol F. Gerken for "Service Above Self." Other honorees were Steve Kelley, the principal at ILES and Monica Bennett

of the Altrusa Club. Carol received an engraved, numbered and signed piece of Pepe Herman crystal. She also received a check in the amount of \$250 to donate to a non-profit of her choice. Carol generously donated it to Community Caregivers.

Carol was not only honored for her work with Community Caregivers, but also for her community service to the Meredith Community Center Steering Committee, Director of the Inter-Lakes Senior Center, and Co-Chair of the Page Pond and Forest Fundraising Campaign.



Community Caregivers Executive Director Carol F. Gerken giving one of her many presentations on behalf of the organization.



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**THINK GREEN!**

Please consider receiving future issues of this newsletter via eMail.  
Please eMail Hilda at [hilda.caregivers@gmail.com](mailto:hilda.caregivers@gmail.com) to make the switch  
to a paperless newsletter.



Group photograph from Executive Director Carol F. Gerken's presentation to the New Hampshire Charitable Foundation Lakes Region Board at Moultonborough Library.

Back row (l to r): Rose Marie Phillips, Margaret Franckhauser, Mike Ventura, and Sandy Marshall. Front row (l to r): Carol F. Gerken, Ellen Koenig, Melissa Jenness, and Linda Gray.

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

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