



Interlakes Community Caregivers, Inc.

Center Harbor - Meredith - Moultonborough - Sandwich

Issue 41 Winter 2019



President's Message

The end of 2018 has passed and with it the closing of the 2018 Annual Appeal. Interlakes Community Caregivers is proud to announce we did better than previous years for our 20th Anniversary, and we wish to thank ALL Donors, small and large. Every bit helps us to provide services throughout our four towns.

Now we start the New Year and await Spring to arrive. Though some of our Volunteers head to warmer climes over the winter, the need for rides and other services continues. Anyone who reads this newsletter knows ICCI is a fun and dedicated organization helping others in need.

If anyone can volunteer 4 hours a month, yes only 4 hours a month (more would be nice) to help others in one of our communities, it will benefit all involved. Some ICCI volunteers do much more than 4 hours as the service is very rewarding.

From helping neighbors with rides to medical appointments, shopping at local places, friendly visits, card playing, or just stopping by and checking up on a neighbor, it is a fun time.

I grew up here in Center Harbor and learned early on that our community is small and interactive, and neighbors always helped each other. ICCI is the 21st century evolution of neighbors helping neighbors, just a bit more organized.

Please think about getting involved either as a Board member, Volunteer Driver or to volunteer to help with various fundraising events in 2019. See the event calendar on our back page. Will you help in some way?

Thanks go out to all who are involved in one way or another with Interlakes Community Caregivers. We couldn't do it without you!

- ICCI**
Board of Directors
- President**
David Hughes
Center Harbor
- Treasurer**
George Jewell
Meredith
- Secretary**
Robin E. Woodaman
Moultonborough
- Richard Crocker
Meredith
- Connie Cunningham
Sandwich
- David Eastwood
Moultonborough
- Darlene M. Fritz
Moultonborough
- Jonathan James
Meredith
- Executive Director**
Ann Sprague
Meredith

CANDIDATES WANTED FOR BOARD OF DIRECTORS & COMMITTEES

Board of Directors

Want to make a positive impact and become more involved with Interlakes Community Caregivers? Consider joining our Board of Directors, a fun, cohesive group of caring individuals who work together to make sure we fulfill our mission. Each year the Nominating Committee recommends candidates for the Board who are elected at our Annual Meeting in May.

Collectively, the Board of Directors assumes legal and philosophical responsibility and establishes policy for all activities of Community Caregivers. Board members provide leadership for the program, raise operating funds, participate in committee assignments, and serve as advocates for our organization. Board meetings are held every other month.

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Darlene Fritz
Member ICCI Board of Directors
Moultonborough

Darlene first became directly involved with Interlakes Community Caregivers when former President John Buckley walked into her office and simply asked her to serve. She and her husband are long-time donors to the organization and she was aware of the value Community Caregivers brought to our communities. Since that time Darlene has become a Board member and willingly gives of her time to serve on the Nominating Committee and in other ways such as helping to organize and work on fundraisers. Fundraisers require a lot of effort but are great fun for the Board and other attendees.

While serving on the Nominating Committee is rewarding in itself, finding prospective Board members is not always easy. Those willing to serve are often unable to give the time and effort needed to provide their best service to this active Board. They admire and support our mission but are not able to commit.

Darlene feels that Interlakes Community Caregivers is vital for the communities it serves. She says “I would not be on the Board otherwise.”

One of Darlene’s goals as a member of the Board of Directors is to continue to spread the word about Community Caregivers through word of mouth and through other organizations. Community Caregivers is vital to many individuals in our communities and she feels there are many other individuals not aware of what they can do to help or how they can use our services.

Darlene has worked in business management throughout her career, in her past life in New Jersey and currently as President and Treasurer of Electrical Installations, Inc., a family business based in Moultonborough. Darlene has always readily volunteered for organizations she felt were deserving. In addition to serving on our Board of Directors, she also volunteers for the Meals-On-Wheels program, and the Make-a-Wish Foundation as well as being very active in her church.

Darlene says, “My husband has a heart of gold and we both try to live by the Golden Rule.” For Darlene that rule means giving of herself for the good of others.

Welcome to Jonathan James Meredith
Newest Member of the ICCI Board

Jonathan James of Meredith has been appointed to fill a vacancy on the Board and has agreed to serve a three-year term if elected at our Annual Meeting in May. Jonathan is a long time Meredith resident and is active in the community. With prior Board experience, he served eight years on the board and as a trustee at the Spaulding Youth Center and currently serves as Chairman of the Meredith Board of Selectmen and as a Meredith Library Trustee. When not giving back to the community, Jonathan is a self-described “car nut” and loves to work with and drive antique cars.





Executive Director's Message

In 2018, Interlakes Community Caregivers provided 2,686 services free of charge to our Neighbors. Volunteers donated 3,792 hours and drove 50, 686 miles to provide these services.

Rides continue to be our #1 requested service: 91 percent. These include rides to medical and personal appointments, to run errands and go grocery shopping.

Some of the destinations we brought our Neighbors to were medical facilities in Meredith, Laconia, Gilford, Bristol, Concord, North Conway, Ossipee, Plymouth, Tilton, Wolfeboro, Dover, Lebanon, Manchester, Rochester, and Somersworth, NH, White River Junction, VT, Portland, ME, and the greater Boston area including Joslin Clinic, Beth Israel Deaconess and New England Baptist Hospitals.

Our Neighbors in 2018 range in age from 29 to 100 years of age! Over half are 80 years of age or older, including 51 Neighbors in their 90s.

The nationwide statistic that women live longer is reflected in the make-up of our Neighbors: our Neighbors are now 71 percent female.

What would our 300 Neighbors do if we weren't here? Our Neighbors often say they don't know what they'd do without us. Thank you for sharing the commitment to fulfill our mission and your continued support as a Volunteer, Donor, or Advocate.

CANDIDATES WANTED FOR BOARD OF DIRECTORS & COMMITTEES

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Committees

Want to use your time and talents on a single project or activity? No individual is without specific talents. Would your talents benefit one of the following committees?

Finance Committee: Oversees the financial affairs and reviews and makes recommendations to the Board regarding financial affairs and policies

Fund Development Committee: Creates and implements an annual Fundraising Plan.

Nominating Committee: Identifies, qualifies, and cultivates prospective Board Candidates and presents proposed candidates to the Board.

Public Relations Committee: Develops and implements a PR plan for the organization that raises the public's awareness.

Quality Assurance Committee: Develops a plan for regular and timely assessment and evaluation of various areas of the organization to assure the delivery of quality services.

Volunteer Committee: Plans, implements and evaluates volunteer recruitment, education, recognition and retention.

You can make a difference in our neighbors' lives! Please consider these volunteer opportunities and, for more information, call Nominating Committee and Board member Darlene Fritz at 603-250-0551 or Executive Director Ann Sprague at 253-9275, ext. 4.

2019 ICCI Events

Save the Date!

April

- **Ben & Jerry's Free Cone Day**
Tuesday, April 9 Noon to 8pm
Mills Falls Marketplace, Meredith, NH
Donate \$1.00 to ICCI and get a 2nd Scoop.

May

- **ICCI Annual Meeting & Volunteer Recognition**
Friday, May 10 1:00 to 3:00pm
Wicwas Grange, Meredith Center

- **Silver Linings Senior Healthy Living Expo**
Saturday, May 11 9:00am to Noon
Common Man Inn, Plymouth, NH
Visit our booth.

June

- **New Hampshire Gives Day**
June 11-12 6:00pm to 6:00pm
*A 24 hour Social Media fundraising campaign
coordinated by New Hampshire Center for Nonprofits.*

- **Ben & Jerry's Charity Week**
Dates to be determined
Mill's Falls Marketplace Meredith, NH
A portion of sales to benefit ICCI.

October

- **TBI We Care Concert to Benefit ICCI**
Saturday, October 26 Doors Open 7:00pm
Inter Lakes Community Auditorium Meredith, NH
Enjoy the concert while supporting ICCI.

Wreaths for Our Neighbors



Pictured above Erica Whitcher, Cub Scout Leader, Theresa Huston, Sarah Arnold, ICCI Neighbors, and Ann Sprague, ICCI Director.

Thanks to a generous Cub Scout donor, two dozen of our Neighbors received festive holiday wreaths from Meredith Cub Scout Pack #55. These wreaths were delivered to our Neighbors on December 15th to be enjoyed over the holidays. Thank you Cub Scout Pack 55, Erica and the donor. Our Neighbors were all smiles with gratitude for this generous surprise!



To learn more about volunteer opportunities, services, or how you can support our mission, please call 253-9275, email Director.Caregivers@gmail.com, or visit our website at www.InterlakesCommunityCaregivers.org. Follow us on Facebook @InterlakesCommunityCaregivers. The office is open Monday-Friday 9am - 3pm and is located at 60 Whittier Hwy., Unit 8B, Moultonborough. Mailing Address: P. O. Box 78, Center Harbor, NH 03226.

Thank you to the New Hampshire Electric Co-op Foundation for support of this newsletter.

Mission Statement

Interlakes Community Caregivers, a 501(c)3 nonprofit volunteer organization, provides supportive services and information for our neighbors to assist them in their daily lives.