



Newsletter

45
Winter
2020

EXECUTIVE DIRECTOR'S MESSAGE



Rides continue to be our #1 requested service: 93 percent of all requests. These include rides to medical and personal appointments, pick up and deliver prescriptions, run errands and go grocery shopping.

ICCI provided 2,781 services free of charge to our Neighbors. Ninety-two Volunteers donated 3,969 hours and drove 51,420 miles to provide these services.

Some of the destinations we brought our Neighbors to this past year were local medical facilities in Meredith, Laconia, Gilford, Tilton, Bristol, Concord, North Conway, Ossipee, Plymouth, and Wolfeboro, New Hampshire. Long distant destinations were Manchester, Barrington, Dover, Somersworth, Rochester, and Lebanon, New Hampshire. Out of state destinations included Portland, Maine and Boston, MA (Joslin Clinic, Beth Israel Deaconess and New England Baptist Hospitals).

Our Neighbors in 2019 range from 29 to 100 years of age! Over half are 80 years or older, including 67 neighbors in their 90s.

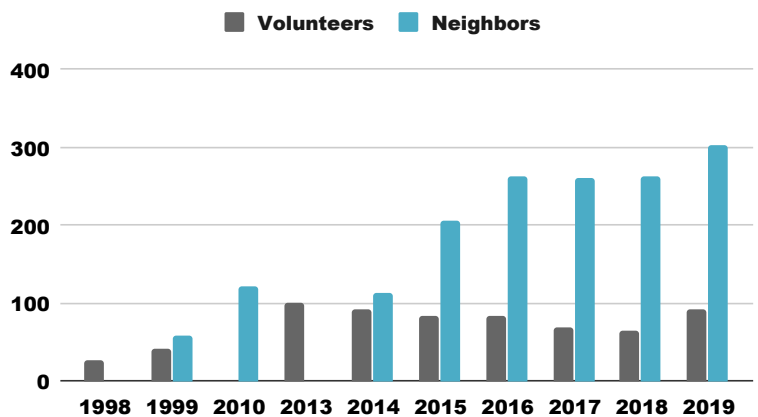
The nationwide statistic that women live longer is reflected in the make-up of our neighbors: our neighbors are now 72 percent female.

What would our 300 Neighbors do if we weren't here to assist them? Our Neighbors often say they don't know. Thank you for sharing the commitment to fulfill our mission and your continued support as a volunteer, donor, or advocate.

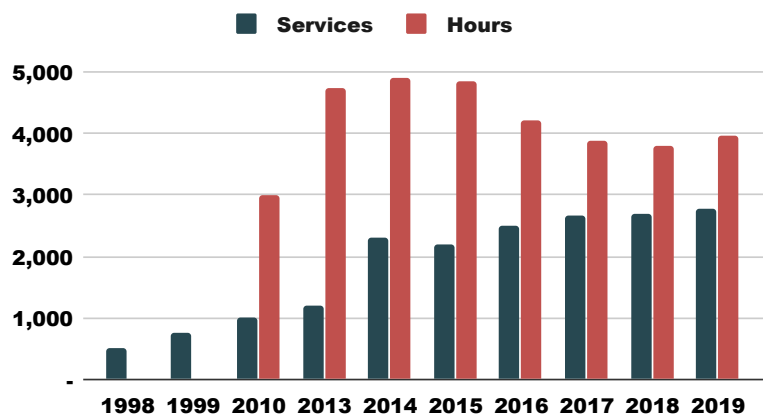
For more information on our services, to sign up for services, volunteer opportunities or how you can support our mission, please call me at: 603-253-9275, ext. 4.

THANK YOU!
Ann Sprague

Volunteers and Neighbors



Services and Hours



PRESIDENT'S MESSAGE



Now that we have passed the Holidays and are almost at the halfway point of winter, we have the opportunity to relax and reflect on Interlakes Community Caregivers and what our organization has achieved over the past 22 years; as well as to speculate on what we may accomplish over the next 22 years.

Since joining the board, I have always enjoyed my actions within and for ICCI. To me it is an extension of the way I was raised here in New Hampshire; to participate in my community; to do things for others that they can't easily do for themselves. I learned early on to respect my elders, both family and neighbors. They have many years of experience to share and guide us. I believe strongly that we owe our way of life to those who were here before us. That is not to say many of us younger people have nothing to offer, for we do. We are responsible to our communities so we can enjoy the life that our towns offer us.

We can assist adults in a time of need. We know there are limits to our abilities and capabilities, so we can only do so much. We are not the

end all be all, but we do what we can; or should I say what our Volunteers can do.

People ask how can we do what we do? We respond that with the volunteers, the donations, the grants, and the support of the four towns, as well as the annual appeal, we receive the means to get things done. Yes, our services are free. That is true volunteerism. At some point in their lives in their various communities many of our neighbors were once volunteers. We learn from them. We also try to be an example to others, to show how one can make a difference in someone's life. Even just a friendly visit is a wonderful gift. By providing rides and visits to others, ICCI staff and volunteers can help people stay in their homes and enjoy their time in our four communities.

A heartfelt thank you goes to all those in our four communities who support Interlakes Community Caregivers.

Board Members Wanted!

There are many ways to support Interlakes Community Caregivers in its quest to help as many of our neighbors as possible as they strive to live independently. Serving on Community Caregivers Board of Directors is a rewarding opportunity to become involved in the inner workings of the organization and contribute to the expansion and effectiveness of our services. Our Board is a fun, caring group of individuals dedicated to fulfilling our mission and advocating for the organization.

Each year the Nominating Committee recommends candidates for the Board who are then elected at our Annual Meeting in May. The Board provides leadership of the organization, establishes policy, raises operating funds, and promotes awareness of available services and volunteer opportunities. Each Board member is expected to serve on a committee of their choice where their talents and experience would be best utilized. Committee

membership strengthens and supports different facets of the organization such as public relations, finance, fund raising, volunteers, nominating, and more. Board meetings take place every other month and are centrally located within our service area of Meredith, Center Harbor, Moultonborough and Sandwich.

Our Board is currently in need of additional representation, **especially from the Meredith area.** Would you be interested in sharing your talents in support of the Community Caregivers mission? If so, we encourage you to contact Darlene Fritz, Board Member, or Ann Sprague, Executive Director, for more information.

Darlene Fritz, Nominations Chair – 603-520-0511, Darlene.fritz@eii-hq.com
Ann Sprague, Executive Director – 603-253-9275, ext. 4 director.caregivers@gmail.com

No Further than Your Own Backyard

Did you ever go back to a favorite place that you hadn't been to for a while and found that you loved it as much as you ever did? There's a place right in Meredith that may hold fond memories, where you can work out, meet friends, get support for health and social matters and even get help with your computer. You can even hold a birthday party there! Sounds great, right? You might travel by the Meredith Community Center (MCC) on Circle Drive and you might even know that the Meredith Parks & Recreation Department holds programs for kids and families. But there is so much more!

Meet Sarah Perkins, the Program Director at MCC. Sarah has been with the Center for thirteen years, starting as a part-time camp counselor, then running the summer camp program, the front desk and eventually becoming the Program Director. Sarah, along with eighteen part-time staff, oversees numerous community programs, clinics and social groups at MCC. Many of these programs are for adults and seniors who want to stay connected, fit and engaged in their Lakes Region communities.

Many people remember that the Senior Center that was formerly in Meredith moved to Laconia a few years ago. Sarah points out that many also believe that all of the programs moved too. In fact, with the exception of the communal meal, most of the programs still go on at the Meredith Community Center. Examples of adult fitness programs include Senior Yoga, Strength and Balance classes, Walk Fit and Pickleball. A computer class is held every other Friday. Clinics for hearing, blood pressure and foot care are also scheduled regularly. A more informal, unstructured activity is Senior Drop In time, which provides a space to visit, read, play board games, or just share a cup of coffee with fellow visitors who stop by. Nominal fees may be charged for some classes. These programs attract participants from many surrounding communities, including Laconia, Ashland, Moultonborough, Sandwich and Center Harbor. Sarah notes that they want to grow and enhance the



Sarah Perkins

programs offered, and Interlakes Community Caregivers (ICCI) wants to join in that mission.

Community Caregivers offers local rides, provided by volunteers, not just to doctor's appointments or to run errands, but to local activities that can improve quality of life by providing health, fitness or social opportunities. ICCI provides rides to "Neighbors" (Neighbors are those seeking ICCI services) once they register with the organization. Ride shares to weekly activities can be arranged, so that more Neighbors can participate in the various programs. If you have ideas for other activities, you can talk with Sarah or one of the program staff to share your thoughts when you come in.

Explore the MCC offerings to see what might be on your "want to do" list, then call Caregivers to make arrangements for a trip to the class or program that you've picked. Take advantage of all that Meredith Community Center has to offer, and bring a friend!

"A year from now you will wish you had started today." - Karen Lamb

ICCI Board of Directors

David Hughes President Center Harbor	Robin E. Woodaman Secretary Moultonborough	Darlene M. Fritz Moultonborough	Marie Samaha Moultonborough	W. Lee Woodworth Center Harbor
George Jewell Vice President & Treasurer Meredith	Connie Cunningham Sandwich	Susan Gutches Sandwich	Peter K. Van Winkle Sandwich	

2020 Program Calendar

On the following holidays, the ICCI Office will be closed and services will be unavailable. Although flexibility is allowed for unusual circumstances, we ask our Neighbors to not schedule appointments on the following dates:

Memorial Day	Monday, May 25
Independence Day	Friday, July 3
Labor Day	Monday, September 7
Columbus Day	Monday, October 12
Thanksgiving	Thursday, November 26
Day After Thanksgiving	Friday, November 27
Christmas Day	Friday, December 25
New Year's Day	Friday, January 1, 2021
Presidents' Day	Monday, February 15, 2021



**SATURDAY
MARCH
28**

SPRING FLING

WINE TASTINGS
HORS D'OEUVRES
DOOR PRIZES
RAFFLE GIFTS

Welcome Back the Spring with our **Spring Fling** at The Mug, Center Harbor, 4 to 6pm. Wine tastings and other spring-themed fun, yummy hors d'oeuvres, door prizes and raffle gift baskets! Please join us for the fun! \$25 ticket price in advance.



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.

Our Neighbors are grateful and share their appreciation with us:

I've never missed an appointment yet...I love you guys, keep up the good work. Everyone is so nice and compassionate.

Very friendly drivers! All on time! Careful driving!

I'd like to thank "everyone," both seen and unseen for helping me get to where I need to be, on time. I appreciate the time you all take away from your own lives, and families, to make sure that mine is satisfied and fulfilling. I wouldn't change a thing, keep up the great work, and continued support to all of us elderly/veterans that need the help the most. You are all greatly appreciated!!

Upcoming Events

Tuesday, March 31st

Ben & Jerry's Free Cone Day at Mill Falls Marketplace, Meredith 12noon to 8pm. We partner with our local Ben & Jerry's on this day when they give out free ice cream (one scoop). For a donation to Community Caregivers, you will get a 2nd scoop free!

Wednesday, May 20th

Our Annual Meeting & Volunteer Recognition at Corner House Inn, Sandwich, 4 to 6pm. Cash Bar and free Hors d'oeuvres. Come celebrate our wonderful volunteer program and do a bit of business, too.

If you would like to help us plan the Spring Fling or the Annual Meeting, please let me know - we can use your enthusiastic help! Sign ups for the Free Cone Day will be requested as we get closer to the date.

Find us on facebook for more news and events.



VOLUNTEER DRIVERS WANTED

Long Distance & Local

Volunteering Makes You Healthier & Happier!

Call Today 603-253-9275

or visit InterlakesCommunityCaregivers.org



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