

# Newsletter

#51  
Fall /  
Winter  
2021

## Volunteer, Board Member, Donor, Neighbor – Hitting for the Cycle



Arthur Christopher

**“The best thing I’ve ever done in my life.”**

When someone begins a conversation with these words, I admit I’m curious. That is how Arthur Christopher, Interlakes Community Caregivers (ICCI) volunteer, board member, donor and now neighbor sums up his experiences with the Community Caregivers.

A Massachusetts native, he and his wife Linda visited with his in-laws in

Loudon and decided to learn more about the area. Over the years they came up on weekends and stayed in different lakeside towns until they found their place at Jonathan’s Landing in 1996. By 2004, they were ready to be full time in New Hampshire.

Looking for things to fill his time, Arthur began doing tax preparation for seniors at the library when he heard about ICCI. Driving Neighbors for appointments, he enjoyed meeting new people and sharing stories on these trips. On one of his first rides, he met a fellow Navy Veteran and they spent their long distance ride comparing experiences in the service. Another ride found Arthur and the neighbor he was bringing to Dartmouth-Hitchcock stuck for an hour behind some rambling cows that blocked the road and refused to budge. He loved the people and the time spent riding together and continued to volunteer as a driver for about 10 years.

About five years into his volunteer service, Arthur was asked to join the Board, where he served as treasurer. Arthur is also a generous donor to ICCI and its mission.

In recent years, Arthur has become the passenger on Caregivers’ rides. Due to medical treatment for vision problems, Arthur is unable to drive immediately after his appointments. He knew exactly who to call!

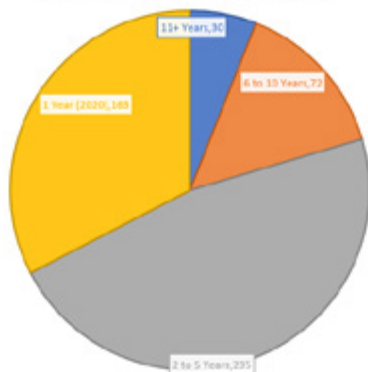
Asked what he would tell others about ICCI, Arthur responds, “You couldn’t do a better thing. It becomes fun, you hear such wonderful stories and meet great people. Sometimes I felt like I got more out of it than the Neighbors’ did.” From someone who has been a part of all facets of Community Caregivers, that is a wonderful tribute.

## CONSECUTIVE GIVING MAKES A BIG IMPACT

Over the past twenty-three years, Interlakes Community Caregivers, Inc. has provided vital services to people from different cultural and economic backgrounds. It has been shown time and time again, that no matter what walk of life people

come from, showing kindness and supporting their local communities to help others in need has an incredible positive impact on their lives and the lives around them. According to a blog by Jay Robertson from “The Life You Can Save” the positive effect of donating evokes positive change in people.

Consecutive Years Giving (2020)



They:

- Experience More Pleasure
- Help others in need
- Get a tax deduction
- Bring more meaning to their life
- Promote generosity in their children and grandchildren
- Motivate friends and family
- Know every little bit helps
- Improve their personal money management
- Save time and give financially instead of providing service.

Community members know that to consistently provide services takes money, especially in these challenging times. There are 30 individuals who have donated to Community Caregivers consecutively over the past 11 years. Almost 50% of donors have contributed for 2 or more years, which reflects highly on the value of the services ICCI volunteers provide as well as the staff in delivering that service. We hope you join our ICCI donors and continue to support ICCI’s Mission of providing direct supportive services and resources to our Neighbors to assist them in their daily lives.

Spring and summer brought us some good things and some interesting challenges. As you know, Rachel Saliba left ICCI to follow her husband to Egypt and we will miss her. However, Pamela Joyal has jumped right in to the Executive Director's position and is getting the job done.

The weather over the past few months has also been challenging, but ICCI has slogged through the downpours to provide services to our Neighbors. This, of course, is our most important endeavor. Through the generosity of our donors, both private individuals and businesses, grants and multiple towns' support, ICCI has been able to continue operations as in the past. As ICCI provides these services to our Neighbors we are guided by the ICCI Mission, COVID protocols and people's needs.

In mid-November our Semi-Annual Appeal letters will be arriving. We look forward to your continued support and appreciate all the support you have given ICCI in the past. That support allows us to continue to provide for our Neighbors and Volunteers.



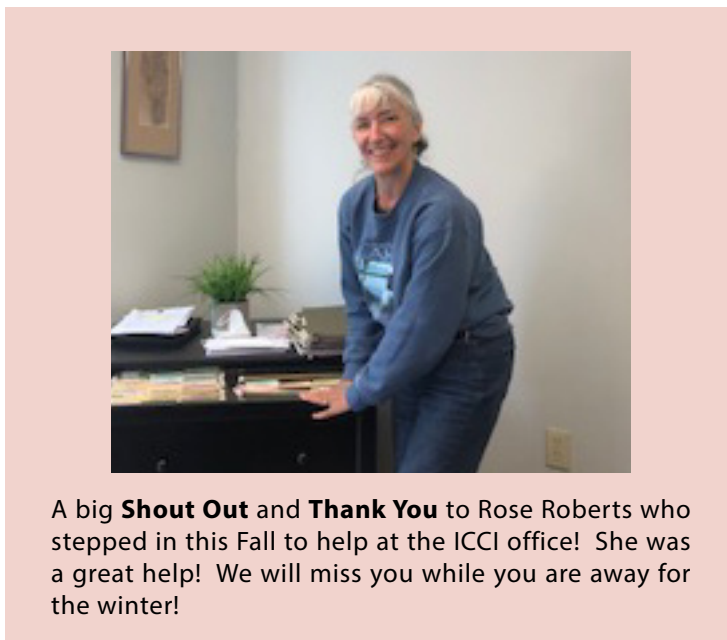
## Saying Farewell and Thank You to Peter Van Winkle



(Church Island on Squam) and for 12 years President of the Sandwich Home Industries. His background in finance from Columbia Graduate School of Business was helpful as chairman of ICCI's finance committee and member of the investment committee. Originally from Hartford, CT, the Van Winkles came to Squam in 1948. Peter and his wife Prudence bought a farm in Center Sandwich in 2005. They have two grown children and five grandchildren. Best wishes from all of us at ICCI!

In August, ICCI regretfully accepted the resignation of Peter Van Winkle from the Board of Directors. Peter had been on the Board for one year, but had also been a volunteer driver several years ago. Peter's expertise and enthusiasm for ICCI will be greatly missed.

Peter is a retired investment banker, most recently chief investment officer of PNC Financial (New England). Before relocating to Boston for health reasons he was chairman of the Sandwich ZBA. Also, he previously served as President of the Squam Lakes Association, Squam Lakes Conservation Society, Chocorua Chapel



This edition of the the ICCI Newsletter is brought to you by the efforts of Deb Thiboutot, Connie Cunningham, Pam Joyal, and Marie Samaha. Design and layout by Evelyn Lamprey.

# HOLIDAY HAPPENINGS

## Community Craft Fair at Meredith Community Center

Saturday, November 20, 9 am-2 pm  
The premise of this craft fair is homemade/ handmade crafts, food, and other items – help local crafters while stimulating the economy and giving back to our community.

## Christmas at the Castle 2021 Castle in the Clouds, Moultonborough

Saturday and Sunday, November 20 and 21  
Friday, Saturday and Sunday, November 26, 27, and 28

Available time slots: 10:00 am - 12:00 pm; 11:45 am - 1:45 pm; 1:30 pm - 3:30 pm  
For more information, visit their website at: [www.castleintheclouds.org](http://www.castleintheclouds.org)

## Meredith Public Library Celebration

Saturday, December 4, 11:00 am - 1:30 pm  
Be their guest - visit the refurbished historical library. Enjoy refreshments, activities, tours, and music. Discover the beautiful new addition.  
11:00 am - Opening Remarks and Ribbon Cutting; 11:30 am - 1:30 pm Open House



## COVID-19 ICCI GUIDELINES

**COVID-19 Vaccination**—we encourage all of our volunteers to be vaccinated for COVID-19.

**Face Masks**—we require all of our volunteers and Neighbors to wear face masks when they are together at all times. ICCI will supply volunteers with face masks if needed.

**Hand Washing**—we encourage everyone to wash their hands and/or use hand sanitizer as often as possible.

**Social Distancing and Ride Services**—we request that you maintain a distance of 6 feet from others as much as possible. This is difficult to do while assisting someone in getting in and out of a vehicle, so we ask that the following protocols are followed:

- Volunteer sanitizes the inside of their car where it is touched before and after ride.
- Face masks are worn by everyone. Face shields are still an option for Neighbors and volunteers.

## ICCI and The Altrusa Club of Meredith Sponsor "Every Step Matters" to Limit Senior Falls

On October 7, 2021, the Interlakes Community Caregivers and the Altrusa Club of Meredith partnered to bring "Every Step Matters," a workshop for seniors to give them tips and tricks on how to prevent injury from falls. Jennifer Brechtel, CHES, Community Benefits Manager for Granite VNA, outlined great tips for seniors to keep them from falling and staying vibrant and healthy as they age. Approximately 1 in 4 people 65 and older falls each year, according to the CDC. Some tips seniors can use right away are:

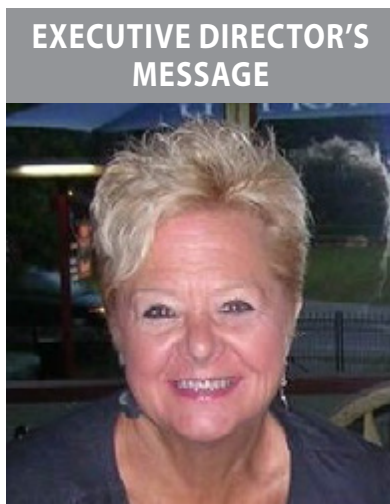
- » **Speak Up!** – Talk openly with your healthcare provider about fall risks and ask your pharmacist to review your medicines.
- » **Keep Moving!** Begin an exercise program to improve your leg strength.
- » **Get an Annual Eye Exam.** Replace glasses as needed.
- » **Make Your Home Safer.** Remove Clutter and tripping hazards.
- » **For More information,** visit [www.cdc.gov/steady](http://www.cdc.gov/steady).



As I step into this important role as Executive Director for Interlakes Community Caregivers Inc. (ICCI), I couldn't be prouder to represent such a caring, compassionate, volunteer-driven organization that understands the value of helping seniors remain independent, safe and at home with dignity. I am so excited to guide ICCI into the next phase of development as we adjust our sails to weather whatever may be ahead. Our passionate Staff and Board of Directors have done an incredible job stewarding the organization forward and I am thrilled to be working with such a dedicated group. I am amazed at how ICCI volunteers continue to help Neighbors during a global pandemic get to doctor appointments, pick up prescriptions and drive Neighbors to the grocery store for essentials.

As a public relations professional with over twenty-five years of experience, I have spent most of my career assisting organizations that help vulnerable populations and bring perspective on how each of us can make an impact by doing small things. If it is not "boots on the ground" type of work, then offering time visiting, helping in the office or donating can make a big difference.

The State of NH is now ranked as having one of the fastest growing number of older adults in the country. According to the NH Center for Public Policy Studies, the largest impact on New Hampshire is anticipated to occur after 2020, when the estimated number of older adults will rise from 106,086 to 247,740 by 2050, with NH's northern and rural counties projected to experience the highest growth percentages.

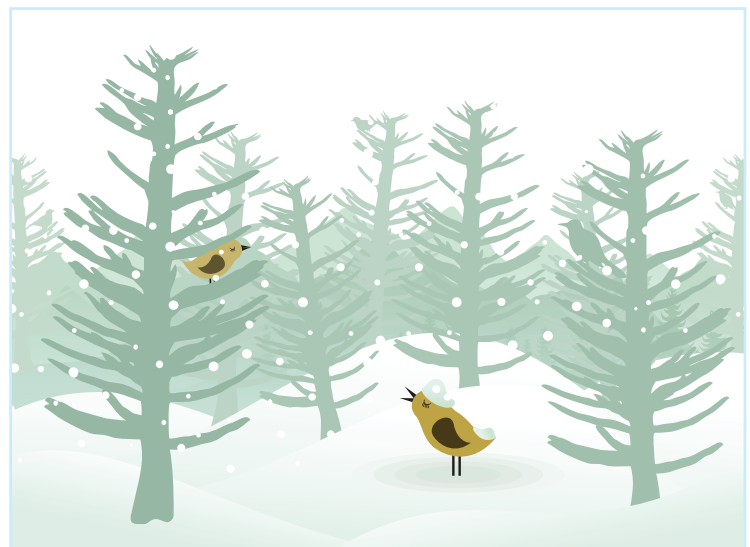


The ICCI Fall Appeal will be going out in November and I ask that whatever contribution you can make, you take the action to help us help seniors remain independent and continue to sustain the vibrant, healthy communities in which we live. I look forward to meeting you all!  
*Warmly, Pam Joyal*

## ICCI Weather Cancellation Policy

A scheduled service is automatically cancelled if the schools are delayed (if the service is in the morning) or closed (service at any time of that day) in Meredith, Center Harbor, or Sandwich (Interlakes School District) or Moultonborough School District or at the destination of your service.

In addition, if a Volunteer assigned, for any reason, feels it is unsafe to drive, then the service should be cancelled. Volunteers are encouraged to make the decision the day before a ride if possible. **The Volunteer assigned must contact the Neighbor and the Service Line at 603-253-9100 with the cancellation information.**



### MISSION STATEMENT

Interlakes Community Caregivers, Inc. supports the independence, safety, comfort and dignity of our adult Neighbors within our designated communities through the services provided by our volunteers.  
PO Box 78, Center Harbor, NH 03226

### ICCI Board of Directors

David Hughes, President	Center Harbor
Marie Samaha, Vice President	Moultonborough
George Jewell, Treasurer	Meredith
Robin E. Woodaman, Secretary	Moultonborough
Connie Cunningham	Sandwich
Darlene M. Fritz	Moultonborough
Susan Gutchess	Sandwich
Hank Offinger	Sandwich
W. Lee Woodworth	Center Harbor