

Newsletter

Winter 2025
#61



ANNUAL APPEAL

Thanks to your generosity, Interlakes Community Caregivers is maintaining the momentum we started last year. As a volunteer-based non-profit, we provide vital transportation services free of charge to our Neighbors, who often have no other options. Our volunteers give local and long distance rides for medical appointments, grocery shopping, prescriptions, and other important personal errands. As you know, it is extremely important to ease social isolation, so we make friendly visits to Neighbors whenever possible.

In 2025, ICCI volunteers provided over 2,600 services, donated over 4,300 hours and drove over 44,700 miles. We make sure that our Neighbors are able to visit their doctor, pick up groceries, and fill prescriptions, all for free.

As we continue to see the demand for our services grow, so does our need for volunteer drivers. Recruitment requires many resources, including community outreach, on-line and print advertising, and meetings with local organizations and businesses. We anticipate a dramatic increase for services in 2026, and we need to be prepared for that.

Recently, we received a very generous donation from a prior Neighbor:

"...A couple of years ago I needed rides from Concord Hospital; you came through for me. I don't forget friends!"

We can't continue to make a difference in people's lives without your support. Help us continue to provide rides and friendly visits free of charge in 2026. You can donate at interlakescares.org, scan the QR code below, or mail a check. We are so grateful for our volunteers, and for your generous support.

Thank you!



Volunteer Appreciation and Open House

September 10, Sponsored by Moulton Farm



In 2025, Interlakes Community Caregivers, Inc., has grown, successfully adding new Neighbors, new volunteers and our Board has changed as new members joined us. **As we continue to oversee our programming and add new options, please know, we need your help. Our Neighbor's needs will continue to grow, so we are always in need of new volunteers.** With our needs growing, so must our income. We thank you for your help and we ask you to continue to share your time, treasure and talent with us.

With new board members comes new energy and great ideas for our oversight of this incredible organization. We are excited to have maintained a full board of fifteen directors since we set this goal in November 2023. All of our directors offer unique skills and experiences helping us serve our communities.

You know what we are doing for you and our Neighbors. Now, we ask a favor of you. Please keep Interlakes Community Caregivers in your prayers and on the tip of your tongue. If there is someone who needs our help, let us know. If there is someone who is looking for an organization that they can get involved with, please introduce them to us. If you have the opportunity to share with us financially, please do so as we will use your gift wisely.

Our plan for 2026 is to continue to live our mission and assist those who need our services. ICCI thrives because of your support. We cannot do what we do without you. God bless you today and we wish you the best as we move through this beautiful season.

- Chris Kelly



CHAIRMAN'S CORNER

New Volunteers



(L to R) Kent, James, Mike and Christina

Kent F. grew up in Los Angeles and worked in Chicago as a medical production developer before moving to New Hampshire in 2021. Kent loves to do yard work, hiking, biking, and spending time on the lake. He is looking forward to helping others as a volunteer at ICCI.

James L. has considered Moultonborough home, at least part time, for over 50 years. He moved here permanently in 2022. Prior to his retirement, James was an analyst and did volunteer work with his daughter. His hobbies include hiking, biking, and boating. James would like to help people in our community while meeting new people, learning from people, and having fun.

Michael R. moved to New Hampshire in 1997. He has flown helicopters for the military and was a managing director for a consulting firm. Mike likes to build and fix things in his spare time. He is looking forward to "paying it forward" as a volunteer for ICCI.

Christina H. is originally from Andover, Massachusetts. She has been a teacher in New Hampshire for many years in schools, as well as a swim, ski and lifeguard instructor. She looks forward to contributing to our community.



Bob, Peter and Linda

Volunteers of the Month



August - Laura P. and David B.

Laura and David love volunteering for ICCI and show kindness and grace to our Neighbors.



September - MaryJane D.

We appreciate your involvement and your patience with our Neighbors!

Robert L. (Bob) currently resides in Moultonborough. He is the previous owner of a home heating company in Massachusetts, and also a former cab and bus driver. Bob is currently volunteering for several local organizations and is looking forward to driving for ICCI because he likes to stay busy and meet new people.

Peter C. currently resides in Moultonborough. He formerly lived in Acton, Massachusetts and worked in the beverage industry for Coca Cola for 20 years and spent 15 years as an educator. He was a volunteer for 13 years at the Acton/Foxborough Food Pantry. He enjoys walking and is excited to give back to the community.

Linda C. currently resides in Moultonborough. She formerly lived in Acton, Massachusetts and worked at the Acton Housing Authority for 25 years. She served as the treasurer for the Acton/Foxborough Food Pantry. She enjoys walking, quilting, and reading. She is happy to have free time to give back to the community, and to meet new people.

A Community of Care

A familiar destination for many residents and visitors to the Lakes Region is Moulton Farm in Meredith. Despite updated methods, the history of New Hampshire's farming tradition is evident in the fields and produce offered at the farm stand. John Moulton, who oversees this large operation, has been a part of this community for many years and understands how a rural life has its own special demands.



Moulton Farm dates back to the late 1800's, although changes in scale and products have changed. Even with a long family history of farming, John's career plans went in another direction. For seventeen years, John was a teacher, a job he loved, about 2 hours north of Meredith. Unfortunately, his parents developed health problems at relatively early ages. The difficulty of traveling back and forth and limited time to attend to his parents' needs

brought John back to the farm. It also revealed to him the challenges of trying to manage a work schedule, ailing parents and routine appointments in a rural community. While he worked to expand the farm and retail operations, he also dealt with managing his parents' care.

John first became aware of Interlakes Community Caregivers (ICCI) from an employee who was a volunteer. Although his own parents had passed by then, he valued what the volunteers provided. While many services, such as visiting nurses, are covered by third party payors, many everyday tasks like picking up prescriptions, grocery shopping or getting to doctor's appointments aren't easily available. John gives kudos to those volunteers who want to offer a ride. "The value is in the visit" as neighbors get to accomplish their errands while also spending time with the volunteer. "ICCI simplifies what had previously been complicated."

John also supports ICCI volunteers by hosting the Annual Volunteer Appreciation luncheon. It is his way to show support for ICCI's mission and to acknowledge its value to the community. ICCI is grateful to John and to all of our community supporters who help make life better for their neighbors.

- Deb Thiboutot

NEW BOARD MEMBER



Bill Goebel was born and raised in New Jersey with his five siblings. While his parents were working hard to raise six children, his mother was also an avid volunteer driver, which may be where Bill gets his enthusiasm for ICCI. Bill went to Clarkson University and obtained his BS in Civil Engineering and ultimately became a licensed professional engineer. More importantly, while at Clarkson, he met his wife,

Cheryl, and ultimately married his college sweetheart. They have three daughters and a new granddaughter who they get to see weekly and enjoy!

After over 30 successful years growing his company, Bill and his wife retired to the Lakes Region where they had vacationed decades ago and first found Lake Winnepesaukee and fell in love with it. While not volunteering with ICCI, he spreads his time with several other local charities, travelling, a number of different sporting activities, and ultimately spending time with his family whenever they can get together. He is looking forward to not only continuing to drive with ICCI as he has for several years, but share his business and ICCI experience at a Board level.



208 D W HIGHWAY, MEREDITH, NH, 603-279-0079

BECOME A NEWSLETTER SPONSOR

Your ad helps to offset printing and postage costs.
Call Kathryn at 603-253-9275 Ext. 3 for details.

ICCI Board of Directors

Chris Kelly, Chair	Meredith
John Valpey, Vice Chair	Meredith
Dyan Lowman, Secretary	Meredith
George Jewell, Treasurer	Meredith
Wendy Pelczar Bagley	Meredith
Danielle Bertagna	Sandwich
Peg Gavenonis	Moultonborough
Bill Goebel	Meredith
Jason Hall	Sandwich
David Hughes	Center Harbor
Evelyn Lamprey	Madison
Diane Poh	Meredith
Will Speers	Sandwich
Peter Whelley	Moultonborough
Jennifer Williams	Center Harbor

To learn more about our board members, services and how you can volunteer, visit interlakescares.org

I am so fortunate to be a part of Interlakes Community Caregivers, Inc. I enjoy helping our Neighbors, working with our volunteers and Board Members, and informing others about ICCI. As we continue to increase awareness of our services, we see the need for transportation continue to grow. We are looking for more volunteer drivers and are so grateful for those we have.

A huge thank you to all the sponsors, volunteers, friends, and new faces that attended our benefit concert at Moultonborough Academy in October. Evelyn and I would like to recognize Jordan Tankard of Moultonborough Academy for his help and contribution to a successful event.

In December, we will once again organize our second annual holiday program. Last year, this program brought together over 25 volunteers to prepare presents for our Neighbors. Twenty volunteers then delivered the presents and enjoyed the opportunity to remember our Neighbors and share a gift during the holiday season. At ICCI, we are happy to do what we can to improve the quality of life for those we serve.

Extending my warmest wishes for a blessed and happy holiday season,



Weather Cancellation Policy

A scheduled service may be cancelled if schools are closed due to bad weather. In addition, if the volunteer assigned for any reason feels it is unsafe to drive, then the service will also be cancelled.

OUR MISSION

ICCI’s mission is to improve access to healthcare and community resources in the communities we serve by providing transportation through a volunteer network.

PO Box 78, Center Harbor, NH 03226

If you would like to receive the ICCI Newsletter via email, please contact Amy Blongy at ablongy@interlakescares.org to be added to our email list.



EXECUTIVE DIRECTOR’S NOTE

Kathryn Holt

**COMMUNITY OUTREACH: BENEFIT CONCERT
OCTOBER 23 AT MOULTONBOROUGH ACADEMY**



Max Cohen Media photo

We saw many new and familiar faces at our Nashville Revue and Once and Outlaw benefit show. A big thank you to those who purchased tickets, as well as our incredibly generous sponsors:

- McCarthy Lawn Property Management - PRESENTING SPONSOR
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Peg
Quality Care - Home Health & Hospice
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