2013 CLERGY LUNCHEON

Living the Mission:
Yesterday, Today and Tomorrow
**Yesterday, Today, and Tomorrow**

- **Yesterday...Our beginning**
  - Est. in 1994, ICGMC began...
  - When several congregations joined together to meet the concerns and special needs of frail, home-bound elderly and people with disabilities
  - With a one time "Faith in Action" seed grant from the Robert Wood Johnson Foundation.

![West Trenton Presbyterian Church](image)

Original home of Interfaith Caregivers

- **Humble beginnings...**
  - At the time we had ...
    - 7 volunteers (trained in 1994)
    - And 1 Care Receiver who received
      - 11 hours of shopping and visiting services in 1995
Over the years...

Several Protestant, Catholic, Presbyterian, Jewish, and Inter-denominational congregations joined in the collaborative effort to meet the needs of isolated elderly and people with disabilities in Mercer County.

Yesterday, Today, and Tomorrow

And as our membership grew...

- Adath Israel Temple
- Blessed Sacrament Church/
  Our Lady of Divine Shepherd
- Church of the Divine Mercy (formerly Holy Cross)
- Covenant Presbyterian Church
- First Baptist Church
- Grace Community Church
- Har Sinai Temple
- Higher Ground Interdenominational Church
- Our Lady of Sorrows/St. Anthony Parish
- Our Lady of the Angels Parish
- Pearson Memorial Methodist Church
- Presbyterian Church of Lawrenceville
- Sacred Heart Church
- Shiloh Baptist Church

Rabbi Daniel Grossman
Fr. Guilherme Andino, SVD
Rev. Chuck Griffiths
Rev. Jan Willem van der Werff
Rev. Elizabeth Congdon
Rev. Ethan Evans
Rabbi Stuart A. Pollack
Bishop Roosevelt, Jr. & First Lady Rita Butler
Msgr. Thomas Gervasio
Fr. Jeffrey Lee
Pastor Robert M. Wecht
Rev. Jeffrey A. Vamos
Rev. Dennis Apoldite
Rev. Darrell L. Armstrong, MDiv., Ed.S, MFT
Yesterday, Today, and Tomorrow

To more than 25 congregations...

- St. Ann’s Church  Rev. R. Vincen Gartland
- St. Gregory the Great Church  Rev. Ian Tramell
- St. Joseph’s Church  Rev. Joseph Roldan
- St. Mary’s Church  Rev. Michael J. Burns
- St. Mary’s Cathedral  Rev. Joseph Roldan
- St. Vincent DePaul Church  Rev. Stanley W Krzyston
- Trinity Cathedral  The Very Rev. René Rory John
- Ujima Village Christian Church  Rev. Dr. John R. Norwood, Jr.
- Union Baptist Church  Pastor Simeon Spencer
- United Presbyterian Church  Rev. Jean Pinto
- West Trenton Presbyterian Church  Rev. Jim Pruner
- W. Windsor-Plainsboro Youth Grp  Mrs. Rupal Bhandari

Our outreach has expanded...

Neighbors Helping Neighbors

Our umbrella caregiving program

- Interfaith Caregivers helps recruit, screen, train and match volunteers who provide non-medical support services to homebound individuals **free of charge**.

- These services
  - enable them to continue living with dignity, independently, and safely at home
  - reduce isolation, and their risk of institutionalization

- Volunteers provide the following **free** services:
  - Shopping and errands
  - Transportation to appointments
  - Friendly visits
  - Indoor/outdoor chores
Our outreach has expanded...

Neighbors Helping Neighbors

Our umbrella caregiving program

- Our volunteers also provide:
  - Minor household repairs
  - Occasional meal preparation
  - Clerical assistance
  - Short-term respite care
  - Telephone reassurance

- But mostly, it’s a program about caring.

Supporting the Clergy

- Comprehensive on-going assistance in organizing and sustaining the congregation’s outreach ministry to the homebound, in keeping with your congregation’s own mission and scriptural basis for service
- Supplemental insurance coverage for volunteers serving and transporting the elderly and disabled
- Help with locating homebound members who have lost touch with the congregation
- Leadership training for group leaders who oversee this outreach ministry
- Training for volunteers serving the homebound, including an overview of aging and disabilities, dos and don’ts, emergency procedures, confidentiality, listening/communicating, community resources for seniors.
Our outreach has expanded...

Supporting the Clergy (cont’d)

- Help with recruiting additional volunteers from both within and outside the congregation to provide support such as visiting, shopping, transporting, scripture reading, household chores, respite for family caregivers, etc.

- Linkage to the community network of medical and social services

- Special workshops on topics relevant to caregiving such as Alzheimer's disease, depression, sensory loss, family relationships, bereavement, etc.

- Linkage with other congregations throughout the Greater Mercer County area which are engaged in a similar ministry

Project Healthy Bones

What is Project Healthy Bones??

- A free, 24-week, health education and exercise program – for those with, or at risk for, osteoporosis. This popular wellness program seeks to improve
- the posture, balance, strength and flexibility, as well as the socialization of caregivers and care receivers, while
- emphasizing the importance of exercise, nutrition, safety, drug therapy and lifestyle factors as they relate to osteoporosis.
- Classes are held at the Hamilton Twp Library, and at St. Mary's Cathedral, in Trenton.
- Classes at St. Mary’s Cathedral are offered in bilingual format to accommodate Spanish-speaking participants.

- This program is provided free of charge and run completely by volunteers.

Project Healthy Bones is funded by a grant from Mercer County Office on Aging.
Our outreach has expanded...

The Angel Fund

Established in 2011, is wholly funded by a grant from The FISH Foundation, Inc.

The fund provides financial assistance to ICGMC care receivers
- in unique situations
- where funding, equipment, food, clothing, shelter, or necessary services are needed
- in time of financial crisis, and not available, through alternate channels or resources.

Help from The Angel Fund in 2012...

- A care receiver who was a wheel-chair user with several medical issues had recently lost significant weight. Income did not allow for purchasing undergarments and clothing in the new size, making it embarrassing for this care receiver to go out in public or even receive visitors.
- Interfaith purchased gift cards to WalMart to buy new, size-appropriate clothing and to Shop-Rite to purchase nutritious food.
Our outreach has expanded...

The Angel Fund

Help from The Angel Fund in 2012...

- In the aftermath of Superstorm Sandy and in preparation for the harsh winter months ahead, Interfaith proactively used the Angel Fund to:
  - Assemble Thanksgiving food baskets with fresh produce, non-perishable food staples, and a Shop Rite gift card for perishable food purchases for 25 care receivers in need.
  - Provide 20 battery-powered radios to care receivers living alone to use for emergencies in times of power outages for news updates, alerts and connections to the outside world.

help from The Angel Fund in 2012...

A 61-year-old father of three young children had sustained brain damage from a motor vehicle accident, and most recently, survived a stroke that left him with major limitations. Without insurance, he and his wife lost their family home in 2012 and are now living in a subsidized apartment and receiving food stamps.

In need of special medical equipment to maneuver about with some level of independence and dignity, assistance from the Angel Fund made it possible for this father to

- purchase an electric hospital bed with rails and a trapeze bar, which he can now use to sit up in bed independently and safely – avoiding the mishap of “falling out of bed,” and
- enabling him to play with his children in the morning before they go to school.
Our outreach has expanded...

The Angel Fund:
Community Outreach

Touching Lives

Thanksgiving Food & Gift Baskets

- Pantry staples
- Shop-Rite Gift Card
- Fresh Vegetables*
- Fresh Fruit*
- Battery-op Radio
- Free books

*Donated by Mt. Carmel Guild

Strategic Alliances: UADP & United Way

- Interfaith Caregivers is part of the United Aging & Disability Partnership – a collaborative partnership supported by the United Way of Greater Mercer County. A primary benefit of our participation in this collaborative is that we are able to obtain additional, wrap-around, supportive services for our care receivers, at little or no cost.
  - ICGMC, along with eight other partners, provide “no wrong door” wrap around care management services to seniors and people with disabilities so that they can remain in their own homes and age in place with dignity.
  - People can receive as many services as they need with transportation
Our outreach has expanded...

Community Outreach

Workshops and Alliances

Strategic Alliance: UADP & United Way

Collaborative partners include:
- Jewish Family & Children's Service (JFCS) – care management, emergency food, volunteer support
- Enable, Inc. – care management, home accessibility, home modifications for people with disabilities
- Mercer Street Friends – nursing, home healthcare
- Meals on Wheels of Trenton/Ewing – home delivered meals
- Mount Carmel Guild of Trenton, Inc. – nursing, home healthcare
- American Red Cross – home delivered meals
- Greater Mercer Ride Provide – low cost transportation

Health Education Workshops

Interfaith Caregivers continues to enrich the community with free community workshops, guest speakers, and health and wellness forums, including workshops on:
- Senior Safety (Coming, March 2013)
- Care-Full Communication, on Dementia (Feb., 2013)
- Enhancing Memory Strategies
- Moving and Grooving-Physical and Musical Therapies for the Elderly,
- Emotional Intelligence
- Aging: Myths and Realities
- Plus, an annual spiritual renewal retreat for our generous Volunteer Group Leaders.
Our outreach has expanded...

Community Engagement

Grover Middle School

Students have generously donated their creativity and resources in making Valentine’s Day care packages for our care receivers for the past four years...

We actively engage our community partners to enhance the services and opportunities we provide:

**RSVP**
- For the past year, our office volunteer and board staff have included RSVP volunteers.

**Mt. Carmel Guild**
- In collaboration with MCG, we’ve fed seniors in need during holiday season for the past two years.

**West Windsor-Plainsboro Youth Group**
- For the past three years, the group has collected donations of warm winter clothing which is distributed to our neighbors in need, through T.E.A.M.

**Plus Books**
- Donations from a life-long librarian have made it possible for us to provide free books to homebound seniors. They were delivered with the 2012 Thanksgiving baskets.
Yesterday, Today, and Tomorrow

And with all this activity....

Yesterday, Today, and Tomorrow

Today...we’re stronger than ever.

In 2012, we reported the highest Level of Service in our history!

• Active Volunteers = 253
• New Volunteers = 117
• Increase: 62.5%

And we seem to be picking up momentum...

• That’s 46 more volunteers than we recruited in 2011!
• Including 5 new Group Leaders

We’re making progress
Yesterday, **Today**, and Tomorrow

**Stronger than ever...**

- In 2012 we served **319** Care receivers
  - Including **103** new care receivers

![Bar chart showing Care Receivers from 1996 to 2012](chart1.png)

In 2012 we provided

- **Total Hours = 11,820**
- **Increase = 910 hours (8.3%)**

![Bar chart showing Hours of Service from 1996 to 2012](chart2.png)
Yesterday, *Today*, and Tomorrow

**Stronger than ever...**

- We responded to
  - **779** referrals
  - **2,487** requests for assistance

Increase: **200** (9%)

![Graph showing the increase in fulfilled requests from 1996 to 2012](chart.png)

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Events of 2012

**Shining Lights, February**

**Community Workshop with Sheriff Jack Kemler**

- Shining Lights, February Workshop and Community Workshop with Sheriff Jack Kemler
- Events of 2012
Events of 2012

Inspire By Example, Volunteer Appreciation Dinner, April

Community Workshop with Laura Banks, MSW of Adult Protective Services

Shining Lights, October

Group Leader Retreat, Stella Maris, October
Events of 2012

Holiday Open House, December

Group Leader Breakfast, December

We strive...

- Community education/free workshops
- Engage the community.
- Provide opportunities
  - for fellowship
  - to live our values
- Recognize our volunteers
- Provide spiritual renewal for our dedicated Group Leaders.
- Support the caregiving ministry.
- Foster meaningful relationships for our care receivers
- Be a congregation and community resource

Community Workshop: Careful Communication with Eileen Doremus of MCOOA
Yesterday, *Today*, and Tomorrow

We’re a growing community resource...

We’re making a difference... thanks to you!

Yesterday, Today and Tomorrow

WHY IS THIS IMPORTANT?
Today

- FACT: Seniors are the “fastest-growing age cohort in Mercer County.”

- FACT: Growth in the County’s senior population is outpacing the general population.

Source: Mercer County Community Health Assessment Report, pp 10-12

Tomorrow

% Mercer Co. Population, 65+

Yesterday, Today, and Tomorrow

Projected Growth (2010-2028)

<table>
<thead>
<tr>
<th>Cohort</th>
<th>Growth (%)</th>
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<tbody>
<tr>
<td>Age 75+</td>
<td>39%</td>
</tr>
<tr>
<td>Age 85+</td>
<td>27%</td>
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</tbody>
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Population Growth (2010-2028)

<table>
<thead>
<tr>
<th>Cohort</th>
<th>From</th>
<th>To</th>
</tr>
</thead>
<tbody>
<tr>
<td>Age 75+</td>
<td>22,777</td>
<td>31,700</td>
</tr>
<tr>
<td>Age 85+</td>
<td>7,333</td>
<td>9,600</td>
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</tbody>
</table>

Source: Mercer County Community Health Assessment Report, pp 10-12
Yesterday, Today and *Tomorrow*

**INDEPENDENCE AND DIGNITY = QUALITY OF LIFE**

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**Quality of Life Factors**

- Community & Societal Factors
- Family & Network Factors
- Individual Factors

*Source: Mercer County Community Health Assessment Report, p. 66*
Finding: Except for Trenton, the limited and “unreliable” transportation in Mercer County poses a challenge to seniors’ ability to go about their daily lives.

Finding: Community challenges disproportionately affect the senior population.

For those who lack transportation, or are too feeble to go out alone, or do not have a strong family support system, there is a risk of social isolation.

## Upcoming Events

<table>
<thead>
<tr>
<th>Date</th>
<th>Event Description</th>
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<tbody>
<tr>
<td></td>
<td><em>Sam Naples Senior Citizen Center, 611 Chestnut Ave., Trenton, 10 am.</em></td>
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<tr>
<td>August 26, 2013</td>
<td>Trenton Thunder Game and 50/50 Raffle to benefit ICGMC, 7:05 pm.</td>
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<tr>
<td>September 24, 2013</td>
<td>Group Leader Meeting, <em>location TBD</em>, 6 pm.</td>
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<tr>
<td>October 17-18, 2013</td>
<td>ICGMC Retreat. This event will be opened to volunteers, if room allows.</td>
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