



Agency Fact Sheet 2022: Neighbors Helping Neighbors

All ICGMC activities support our central mission: to promote the independence, dignity, and wellness of homebound elderly and people with disabilities by matching them with supportive and caring volunteers who assist with the tasks of everyday life.

For nearly 30 years, ICGMC has been serving the community by providing various free services, programs, resources, and support to assist residents who wish to age in the safety and comfort of their homes. Our innovative programming assists in building a high quality of life for some of our most vulnerable neighbors. Though we use three main avenues to accomplish this goal, the Neighbors Helping Neighbors (NHN) program is at the heart of our efforts.

While the overwhelming majority of older Americans wish to remain in their homes as they age, far fewer are able to access the assistance or resources necessary to do so. All ICGMC programs are provided for free to alleviate economic disparity, increase access to healthcare and healthy living, and help stretch seniors' limited financial resources.

The people of ICGMC reflect the wonderfully diverse community we care for. With a volunteer base historically hailing from many different religious institutions, all services are provided without proselytization or regard to race, religion, gender, sexual orientation, income, or national origin. Thus, no volunteer or care receiver needs to belong to a member congregation or be of any faith designation.

In 2022, ICGMC began its post-pandemic rebuilding efforts. While maintaining an awareness of transmission rates and public health recommendations, the staff and volunteers remained dedicated to serving the community. As possible, volunteer recruitment and activity resumed, instilling the spirit of hope following the long days and losses of the pandemic. Reflecting on the year brings reward as we can begin to see the fruits of our labor. We attribute the success of our efforts to the patient expertise of ICGMC staff, the relentless dedication of ICGMC volunteers, and the unfailing belief of ICGMC supporters.

Since 1984, ICGMC has recruited, screened, trained, and managed **over 2,300 volunteers** who have given **almost 340,000 hours** of free services to more than **3,700 county residents**. We proudly present the grand total from our services as more than **\$8.3 million** added to the community.

- **ICGMC Agency Community Impact 2022:** Measured impact for total volunteer services in the greater Mercer County area using the standards set by the Independent Sector.
 - People directly impacted by ICGMC services: **550**
 - Hours given to the community: **more than 10,600**
 - Value of time: **\$359,642**
 - For every **\$1.00** received, **\$1.30** worth of services were mobilized
- **AmeriCorps Seniors - RSVP:** ICGMC is a federally-selected host of the Retired and Senior Volunteer Program (RSVP), a nationwide program that invites retirees to engage in meaningful and productive activities to support and strengthen their neighborhoods. The volunteer caregivers who are participants in this program not only carry out the mission of ICGMC but also experience the benefits that come from the mental and physical engagement of building positive relationships through volunteering.
 - Active RSVP caregivers: **121**

- ***Project Healthy Bones:*** Since 2012, ICGMC has provided free exercise and wellness classes to local seniors at risk of osteoporosis. This research-based program teaches seniors the benefits of exercise, nutritional needs, and lifestyle factors to safely build bone health while reducing the risk of falls and injury.
 - In 2022: Resumed in-person sessions (4 classes; 1 bi-lingual class); Continued weekly virtual class
 - Increased participants by 23% to total **97**
 - Volunteer hours given to the community: **832.5**
- ***Angel Fund:*** In 2011, the Angel Fund was established to offer emergency financial assistance to care receivers in financial crisis. Funds are typically directed toward the purchase of food or other gift cards; toward the payment of utilities, car repairs, or other bills; or toward the purchase of medical equipment, or other basic needs.
 - Care receivers assisted by the Angel Fund: **40**
- ***Neighbors Helping Neighbors (NHN):*** Volunteers are trained in the role of “caregiver” and matched with a vulnerable member of the community, the “care receiver.” Following a rigorous interview, background check, and training process, the volunteer caregiver provides free, non-medical assistance as categorized in the 2022 activity summaries below.
 - Provided essential caregiving support to **241** homebound elderly and people with disabilities
 - Most are **female** (77%), **live alone** (64%), and are **80 years** of age or older (59%)
 - Assisted **80 people** (33%) **age 90** or older to remain in the familiarity of their own homes
 - Evaluated and enrolled **53 new care receivers**
 - Increase from 2021 due to easing of pandemic restrictions
 - Able to safely increase the number of in-home evaluations for program enrollment
 - Sent **224 volunteer caregivers** into the community to serve their neighbors
 - Recruited, screened, and trained **33 new volunteers**
 - Increase from 2021 due to easing of pandemic restrictions
 - Returned to regular participation in volunteer recruiting events and presentations
 - Volunteers, on average, increased service hours by **6%** from the previous year
 - Second consecutive year with an increase in hours given per volunteer
 - Grocery Shopping: **2,094 hours** so **86 at-risk people** could safely access fresh food
 - Transportation: **2,331 hours** to/from medical appointments, social activities, or worship for **119 at-risk people**
 - An **increase of 15%** from the previous year
 - Visiting/Reassurance/Respite: Imperative since the pandemic to combat isolation and loneliness
 - In 2022: **3438 hours**; 32.33% of all service hours
 - Since the pandemic began (2020): **11,088 hours** spent fighting loneliness
 - Additional services:
 - Indoor/outdoor chores: **661 hours**
 - Health, education, wellness: **836 hours**
 - Administrative hours: **1276** (volunteer management, screening care receivers, reporting, etc.)

As we continue to work toward resuming pre-pandemic activities, the impact of the last two years on this fragile population is apparent. We are encouraged by the early successes of our rebuilding efforts and remain hopeful for continued growth as we provide the much-needed assistance to the homebound in our community.