

NEWSLETTER

Summer 2023

INTERFAITH
Caregivers
GREATER MERCER COUNTY

Our mission is 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.

"Change Brings Opportunity"

– Nido R. Qubein

We are pleased to introduce ourselves as the new leadership team for Interfaith Caregivers of Greater Mercer County. Earlier this year, we bid farewell to our previous leader, Linda Gyimoty, thanking her for her efforts in positioning our agency with great momentum for growth. Eager to advance our commitment to the community, Dr. Carla Winters, previously working as the Grants Manager, was named Interim Executive Director, Grants and Programs, and Janet Zito, CPA, former Finance Manager, was named Interim Executive Director, Administration and Finance.



Dr. Carla Winters,
*Interim Executive Director,
Grants and Programs*



Janet Zito, CPA,
*Interim Executive Director,
Administration and Finance*

Our dedication to the mission is long-standing as we both first joined the agency as volunteer caregivers. Like many of you, our affection for the agency is rooted in the many stories of friendship, hope, and compassion our mission inspires. We hope you share in our excitement as we put the pandemic behind us, explore new opportunities, and expand our good work of helping our neighbors in need!

Thank you for the love, support, and well wishes from so many of our friends and partners, our wonderful staff, and the Board of Trustees. We welcome each of you to visit our office or give us a call to hear more about our programs, events, and the many ways we serve!

Carla and Janet

Save | OCT |
THE DATE | 11 |
2023 |

15th ANNUAL
Shining Lights Gala

*Mercer Oaks,
West Windsor Township, NJ*

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RSVP Program

Welcome Kusuma Basappa

We would like to introduce Kusuma Basappa who joined ICGMC in March 2023 as the Retired Senior Volunteer Program (RSVP) Director. Kusuma brings over 16 years of progressive Human Resources Management and Program Management experience in for-profit and non-profit organizations across industries globally. As an ardent believer in the Servant Leadership style, Kusuma draws inspiration and energy to facilitate her teams to help the community. She is a graduate of Pfeiffer University with a Master of Science in Human Resources and Leadership. In her leisure, Kusuma loves to read and travel with her husband, son, and her adorable cavapoo. Many of you have already met or spoken to Kusuma. She has been busy collecting volunteer hours, participating in community outreach events, and working alongside Dottie, Kathleen, and Nancy helping our programs run smoothly. Welcome, Kusuma! We feel so fortunate that you have joined our team.



“What is RSVP, and what does it mean to Interfaith Caregivers?”

The AmeriCorps Retired Seniors Volunteer Program (RSVP) provides grants to organizations with a dual purpose: to engage Americans 55 years and older in volunteer service to meet critical community needs, and to provide a high-quality experience for the volunteers. For Interfaith Caregivers, this means that we receive funding through the Federal Gov't to encourage those 55+ to join our volunteer team in providing caregiving services. This is a very important grant to our organization, as it helps to provide a portion of the funding needed for essential items such as staffing, volunteer insurance, volunteer appreciation events, training, and resources for volunteer recruitment. Our RSVP volunteers are an integral part of our Neighbors Helping Neighbors program. Over 90% of our current volunteers are members of RSVP!

A Life Of Service

A Personal Account From One Of Our RSVP Advisory Council Members

The services provided by Interfaith have attracted some truly incredible people to our organization throughout the years. One such person, Col. (Ret) Richard S. Eckstein, currently serves on our Advisory Council for the AmeriCorps Seniors RSVP program. Unsurprisingly, he has a life-long dedication to serving others. All of us at Interfaith Caregivers are grateful to Rich for his leadership and service and have asked him to share his story with us. Below is an excerpt of an article that he recently shared with us. Please see the full article on our website, www.ICGMC.org.

My experience with service begins with being taken to Niagara University by Senator Francis (“Franny”) McManimon in 1966. Franny was a coworker with my mother and volunteered to take me to visit his former University in Niagara Falls. We met with the President of the University who reviewed my school record, then told me to go to the Admissions Office and check in. The trip and the school turned out better than I expected! Niagra had a mandatory 2-year ROTC program. I served my time and re-upped for my last two years to become an Officer in the Army. They implemented the



Draft Lottery my senior year (my number was 311) but I already signed my enlistment papers. Upon my return from Vietnam, I married Margaret Buttner, a Nursing school graduate, who I met at Niagara in 1968. She spent her nursing life in Hospitals and Schools providing for the sick.

I remained in the Reserve as I had a 2-year requirement. Afterwards, I decided to continue my service. I met and served with Pat Solan, whose wife Betsy today serves

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A Care Receiver Spotlight

In Celebration of our Care Receiver's 100th Birthday

In a world that often seems to rush by, where time can be a constraint and create barriers between generations, we are set to narrate a tale of friendship – one between a volunteer and her care receiver, which has blossomed, defying age and transcending boundaries.



ICGMC Volunteer Charlene with her Care Receiver, Nevonne

Welcome to the story of a helpful, devoted, and kindhearted volunteer, Charlene, and her Centenarian Care Receiver, Nevonne, who recently celebrated her 100th Birthday. Nevonne and Charlene met through the Retired Senior Volunteer Program (RSVP) program at Interfaith Caregivers of Greater Mercer County (ICGMC), and they have formed a remarkable bond over the past six years. United by their love for reading, their faith, and their strong family ties, their friendship has become an inspiring example of the deep connection that often forms between a caregiver and a care receiver.

“One hundred is just a number. I don’t feel one hundred. I am blessed. I need some help now, and that is where Charlene comes in. Charlene brings me friendship,

health, and delight. I consider her my friend,” states Nevonne.

“I have always been drawn to service, having been involved through my Church for most of my life,” says Charlene. She has been a volunteer caregiver for Nevonne for the past 6 years. Charlene narrates, “So, when I heard a speaker from ICGMC at St. Raphael-Holy Angels parish requesting volunteers, I decided to become a volunteer caregiver, and I was immediately matched with Nevonne. We hit it off right away, and that was the beginning of a beautiful relationship.” Charlene, an adoring grandmother of 6 grandkids, whom she calls the light of her life, says she has found a “great friend in Nevonne.”

While Nevonne’s 100th birthday has given many people a reason to celebrate her, she is quick to return the well wishes. “I would like to help with something that I can do from home,” states Nevonne, expressing interest in volunteering

with Interfaith Caregivers of Greater Mercer County. Perhaps Nevonne’s gracious attitude and heart for service, coupled with a little help from Charlene, add an extra sparkle to her 100-year-old smile.

While Nevonne and Charlene’s friendship is special, it is also a testament to the profound impact volunteers can have on their care receivers, and vice versa. It is yet another example of the transformative power of genuine connection, compassion, and shared interest.

Join us as a volunteer! Visit www.ICGMC.org to find out more about our organization and how you can help those who need it most.

Project Healthy Bones



Pictured left to right: Anita Van Wingerden, Maria Sergio and Sally Fullman.

Congratulations to our Project Healthy Bones Program Coordinator, Maria Sergio, on her well-deserved Community Advocate Award from New Jersey's Interagency Council on Osteoporosis (IOC) for her work in Osteoporosis Prevention!

Members of the ICO are appointed by the Commissioner of the New Jersey Department of Human Services to support the Council's mission and to advise the Department on and participate in the development, implementation, and evaluation of a comprehensive osteoporosis prevention and education program for the benefit of New Jersey residents. We are so proud to have one of our team members selected as an appointed member of this prestigious council. Way to go, Maria!



Interfaith Caregivers is looking for active adults to lead our Project Healthy Bones (PHB) classes.

PHB is a statewide health and wellness exercise program for seniors at risk of or who have osteoporosis. Due to the popularity of this program, there is a need for more Peer Leaders. If you are interested in learning more about this rewarding volunteer opportunity, please call us at **609-393-9922**.

REGISTER TODAY



SEPTEMBER CLASSES NOW FORMING

This program is free of charge, but registration is required.

"Bring a Friend"

[Get Started ▶](#)



Maria Sergio, PHB Coordinator
609-393-9922



www.icgmc.org/project-healthy-bones

ICGMC Healthy Bones Word Scramble

Unscramble these words associated with Project Healthy Bones.

1. ieexecrs _____
2. osebn _____
3. gstorn _____
4. cmluaci _____
5. sresoooiots _____
6. btioymli _____
7. eanlacb _____
8. exliiltfy _____
9. lfal ntveprione _____
10. snftesi _____

Answer key:

1.Exercise 2.Bones 3.Strong 4.Calcium 5.Osteoporosis 6.Mobility 7.Balance 8.Flexibility 9.Fall Prevention 10.Fitness



From an ICGMC Care Receiver

"It is a great relief to know I can ask for help from caring friendly people." - Age 82



A Walk for Wellness

On June 3rd, we celebrated another successful A Walk for Wellness. Despite a slightly overcast day, participants arrived with smiles and enthusiasm to show their support for our local senior population. Thanks to generous sponsors and volunteers, this event raised funding for senior wellness programs. We are grateful for ICGMC staff, board of directors and on-site volunteers who helped make this memorable occasion a reality!

A special thank you to our Sponsors:

- Aetna Medicare
- Air Liquide
- Capital Healthy Living
- Costco
- The Gyimoty Family
- Klatzkin & Company, LLP
- Stark & Stark
- UPS Store Bordentown
- Wawa



WELCOME

New Volunteers

Alina Bijowski
Florence Broadway
Mohan Challi
Pooja Challi
Savitha Challi
Tina L. Dunbar-Lewis
Lisa Eckel
Tina Fernandes
Kevin P Fowler
Lisa Gratkowski
Brenda Hanuschik
Bruce Harrell
Michele Kosztyu
Denise M. Lacerda
Ashley J. Lobo
Giselle M. Lobo
Nancy I. Loretangeli
Madeline K. Marozsan
Samantha (Lois E.) Mayer
Michelson Michel
Glenn Parker
Anne Pasculli
Sunil Kumar Haridas Patil
Jim Peraino
Yvonne Peraino
Deborah Pratt
Digna M. Reyes
Maureen Rhodes-Rogers
Susan Sikorski
Dorothy Simms
Nina Siwy
Frances Soltis
Susan Sunyak
Marie White-Jaromsky
Emilia Ann Winters
Dennis Wirtz
Evelyn Woods

A Life of Service

Continued from page 2

on the ICGMC and RSVP Boards. I continued my service until 1996, then retired as a Colonel. I then became a History Teacher in the Hamilton School District, for 11 years. In the following years, I accepted a Federal civilian job with the Army Reserve at Sandy Hook, and joined the Reserve Officers Association (Now the Reserve Organization of America). I moved to Kilmer Reserve Center into the 78th Division Headquarters. In 1986, I became the Information Management Officer (a brand new position at the time), and was offered a job as the Directorate of Information Management at Ft Dix in 1995, eventually becoming the Director of Information Management in 2000. During that time, I served on the Joint Base Planning Board looking to make a workable link between McGuire, Dix, and Lakehurst. The merger (JBMDL) took place in 2009. Today, the Tri-Service Base is one of the best activities in the Department of Defense.

During my time in the Government I had many mentors, advisors, and employees who became lifelong friends. All my jobs provided services to many people. Now, in my retirement, I continue to provide service. I sit on several Boards, including various positions with the Reserve Officers Association of New Jersey and the Board of the Defense Enhancement Coalition (which supports JBMDL at the Local, State and Federal levels). I also serve with Interfaith CareGivers of Greater Mercer County by sitting on the Retired and Senior Volunteer Program Board.

Please consider joining ICGMC and RSVP to serve our Senior Citizens who need our help.

Col (RET) Richard S. Eckstein

Angel Fund



Our Angel Fund helps our care receivers with limited resources. Emergency needs such as basic food supplies or an unexpected repair are paid from this fund. If you know of a care receiver who is in financial crisis, please bring it to our attention. Thanks to all the angels who generously donate to this special fund.

Thankful & Grateful

A special thank you to Stark & Stark for their generous donation of office furniture, desk chairs, bookcases, and conference room chairs. We love our improved work environment and are so appreciative of Stark & Stark's long-standing support and commitment to our mission. Stop by and visit us!

Scan Code
To Donate

INTERFAITH
Caregivers
GREATER MERCER COUNTY



With Gratitude

IN LOVING Memory

With deepest thanks we acknowledge the gifts, grants and sponsorships of \$250 or more received so far in 2023. These generous funds enable us to coordinate essential volunteer caregiving and wellness services throughout the year.

Individual Donors

Sriharsha Goppenahalli
Linda Gyimoty
Lauri Harbison
Susan Jellinek
Raymond Niedzwicz
Helen Rybar
Elizabeth Solan
Richard A. van den Heuvel

Foundations, Corporate, Community and Government Partners

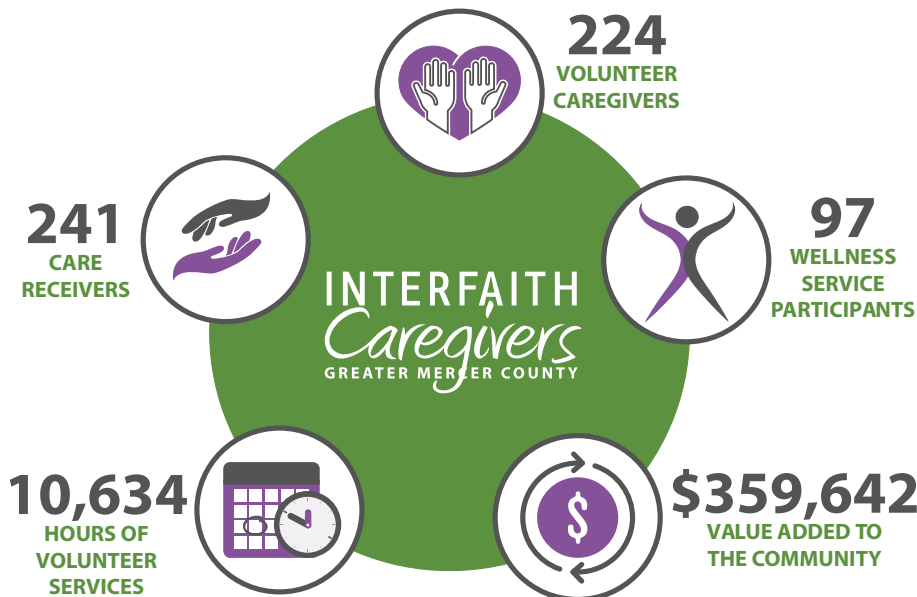
100+ Women Who Care of Mercer County
Aetna Medicare
AGA Trenton Chapter
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Capital Healthy Living
Citizens Philanthropic Foundation
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Mercer County Office on Aging/Older Americans Act (Title IIIB)
Pearson Memorial UM Church
Richard Davoud Donchian Foundation
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Please join us as we remember the following members of our ICGMC family, care receivers, volunteers and friends. May they be at peace and may their loved ones take comfort from knowing that they continue to live in our memories and our hearts.

Carol Carabelli
Sally Costantini
Mary DeCandido
Lucia Perez-Delgado
Marjorie (Marge) Diederich
Carmine DiSanzo
Sara Dowd
Norma Drew
Dolores "Dee" Frame
Mary Katona
Alfonso MacFarland
Mary Ann Nelson
Christine M. Obstein
Patricia O'Neill

2022 Annual Impact Summary

Rebuilding, Reconnecting, Reassuring



PLANNED GIVING

Would you like more information about legacy giving or making a tax-deductible gift through your IRA? Please call our office at 609-393-9922 or email us at info@icgmc.

ICGMC Community Outreach

We have been diligently working on community outreach events as we spread the word about our agency and recruit new volunteers and care receivers. Below are some of the events that we recently attended.



Evita Girón, Volunteer Recruitment Director, and Kusuma Basappa, RSVP Program Director, attend the health fair held at the Robbinsville Senior Center.



Carla Winters, Interim Executive Director, represents ICGMC at the ministry fair at Cathedral of St. Mary of the Assumption in Trenton.



Thank you GROUP LEADERS



In March, we held our group leader meeting and volunteer information event with a presentation from Alzheimer's NJ. Many thanks to all of our volunteers and group leaders in attendance. We look forward to seeing you at our next meeting on Sept. 14th. Watch your email for further information.



Join Us - Sept 14th



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Remember to **LIKE** and **SHARE** our posts on **Facebook**.

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Office Hours:
M-F 9:00 - 5:00

NEW 2023
NEW volunteer
training
609-393-9922

Now more than ever, our services are needed to support the elderly and disabled who want to remain independent in their homes. With just one hour a week, you can make a difference in the lives of your neighbors.

Our volunteers are matched with local residents who need non-medical assistance with everyday tasks such as rides to appointments and grocery shopping.

Please consider becoming an Interfaith Caregiver Volunteer. Training is held in-person at our Quakerbridge Road office.

For more information about our services or volunteer opportunities, please call Interfaith Caregivers' office at 609-393-9922.