



## Agency Fact Sheet 2023: 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.

Entering our 30<sup>th</sup> year, 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 can 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 2023, ICGMC dedicated its efforts to strengthening relationships with the community, engaging with both new and established organizations, and listening to the post-pandemic needs of the people. Our efforts resulted in teaching hundreds about our free services, as well as inspiring others to join us as volunteers.

### Total Community Engagement Activity for 2023:

- Different Religions = 7
- Parishes = 16
- Masses/Ministry Meetings = 31
- Information in Languages = 3
- Senior Centers/Clubs = 13
- Community Organizations = 13

Our diverse outreach efforts represent our longstanding commitment to a growing and changing community. Since 1984, our volunteer caregivers have been a beacon of hope and friendship for their neighbors. We are honored to continue offering our free caregiving services and attribute our successes to the relentless dedication of ICGMC volunteers and the unfailing belief of ICGMC supporters.

### Community Impact: Total Agency Activity and Annual Summary

**Total Activity:** ICGMC has recruited, screened, trained, and managed **over 2,600 volunteers** who have given **more than 350,000 hours** of free services to **almost 4,000 county residents**. We proudly present the grand total from our services as more than **\$8.7 million** added to the community.

- **ICGMC Agency Community Impact 2023:** 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: **626**
  - Hours given to the community: **more than 12,200** (15% increase)
  - Value of time: **\$433,704**
  - For every **\$1.00** received, **\$1.30** worth of services were mobilized

## Agency Program Summaries – 2023

- **AmeriCorps Seniors - RSVP:** ICGMC is a federally selected host of the Retired and Senior Volunteer Program (RSVP) that invites retirees to engage in meaningful and productive activities to strengthen their neighborhood. Participants in this program not only carry out our mission but also experience the benefits that come from the mental and physical engagement of building positive relationships through volunteering.
  - Active RSVP Volunteers: **209**
- **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 2023: Offered **6** class options – including 1 bi-lingual class and 1 virtual format
  - Increased participants by **55%** to total **150**
  - Volunteer hours given to the community: **820**
- **Angel Fund:** 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 the purchase of medical equipment, or other basic needs.
  - Care receivers assisted by the Angel Fund: **35**
- **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 caregiver provides free assistance as categorized in the summaries below.
  - In 2023, provided essential caregiving support to **239** homebound elderly and people with disabilities
    - Most are **female** (75%), **live alone** (63%), and are **80 years** of age or older (56%)
    - Assisted **64 people** (27%) **age 90** or older to remain in the familiarity of their own homes
    - Evaluated and enrolled **53 new care receivers**
  - Sent **237 volunteer caregivers** into the community to serve their neighbors
    - Recruited, screened, and trained **64 new volunteers (94% increase)**
  - Grocery Shopping: **2,274 hours (9% increase)** so **77 at-risk people** could safely access fresh food
  - Transportation: **2,462 hours (38% increase)** to/from medical appointments, social activities, or worship for **127 at-risk people**
  - Visiting/Reassurance/Respite: Combats isolation and loneliness
    - In 2023: **3577 hours**; 30% of all service hours
  - Additional services:
    - Indoor/Outdoor Chores: **1,010 hours (53% increase)**
    - Administrative hours: **1973** (volunteer management, screening care receivers, reporting, etc.)

We continue to work toward offering our services to diverse communities, remaining welcoming to all who are in need. We are grateful for the thousands of volunteers who touched the lives of almost 4,000 care receivers in our first 30 years of work. We stand firmly on their foundation as we charge ahead into our next 30 years!