

Walk for Wellness



Our 4th annual **Walk for Wellness**, held this past June, was a resounding success, bringing together nearly 150 community members and agency supporters in a spirited celebration of health and camaraderie. Thank you to our community partners who attended as part of our Vendor Village, including: ADRC, Aetna, Catholic Charities, Contact Reassurance, Family Resource Network, Hamilton Physical Therapy, JAG Physical Therapy, Labcorp, NJ Citizens Action, NJ Sharing Network, The Makers Place, Marty's Place, Volunteer Guardianship, Princeton Federal Credit Union, Senior Care Services of Greater Princeton, Senior Medicare Patrol, and Younity.

What We've Been Up To...



Since our last newsletter six months ago, we've been incredibly busy! Our team has launched new projects, expanded our services, and welcomed talented new volunteers. We've also fostered partnerships that are bringing exciting opportunities. Behind the scenes, we've been working tirelessly to enhance our offerings and ensure exceptional experiences. We can't wait to share more updates with you soon—thank you for your continued support and enthusiasm!

Estate Planning Seminar

Carl Archer from **Archer Law Firm** delivered an insightful presentation on estate planning after our June Group Leader Meeting. The session



covered topics such as wills, trusts, and healthcare directives, offering practical advice that attendees found both enlightening and actionable. We are grateful to Carl for sharing his knowledge and look forward to future collaborations. We hold three community education sessions annually. Look for our next event in the spring!

"A Healthier You"

Carolyn Schindewolf, RN Health Educator at Princeton Healthcare Systems, lead an inspiring and insightful "Healthier You: Mindfulness, Self-Care, and Letting Go" seminar at the Hamilton Library in September.



Her engaging presentation explored various mindfulness techniques, emphasized the importance of self-care, and provided practical advice on how to let go of stressors that weigh us down. Participants left feeling rejuvenated and equipped with new tools to enhance their mental and emotional health.



Newest PHB Peer Leader

We are thrilled to welcome **Catherine Schutta** as our newest volunteer peer leader for Project Healthy Bones at the Lawrence Senior Center. Catherine brings enthusiasm and dedication to our Thursday sessions, helping guide participants through exercises to improve bone health and wellness. With Catherine as our newest trained Peer Leader, we now have 15 amazing volunteers who lead our PHB program throughout Mercer County—including **Rebecca Bashian**, **Karen Breninghouse**, **Roseann Butterfield**, **Barbara Kibler** and **Liz Leonard** who were trained last year!

Stitching Smiles

As part of our **9/11 Day of Service** project, ICGMC was honored to receive 11 beautifully handmade lap shawls that were lovingly donated by **Jasenka D'Errico** and members of the ICGMC staff. These special gifts were shared with our Care Receivers who regularly receive volunteer rides to their places of worship. The recipients represented six different partner congregations—an inspiring reflection of ICGMC's mission to serve across faith communities. On September 11th, our dedicated group leaders personally delivered each shawl, ensuring that every care receiver received not only a token of warmth and comfort, but also a heartfelt reminder that they are remembered and cherished.



We sincerely thank our individual and corporate donors for their generous donations of at least \$250 in the past 6 months, significantly supporting our mission to assist seniors and adults with disabilities in aging safely at home in Mercer County.

*Robert Bernard
Joan M. Birchenall
Charles & Johanna Bound
Sharmila Deshpande
Tina Tseng-Duke
Michael and Denise Foley
Sriharsha & Kusuma Goppenahalli
Daniel and Nina Gowaty
David Grenda
Linda Gyimoty
Elizabeth Harbison
Paul and Susan Jellinek
Steve & Margarita Lucas
Raymond Niedzwicz
Vivian Pepe
Urmila Purandare
Helen Rybar
Cristina Toner
David Toner
Lorraine Wageman
Margaret Zimnes*

*AmeriCorps
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Catholic Human Services Foundation
Church of St. Gregory the Great
Glen Eagle Advisors, LLC
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Investors Foundation
Lighthouse Hospice
Mary, Mother of the Church Parish
Mercer County Office on Aging
Nightingale NJ
NJM Insurance
Our Lady of Sorrows-St. Anthony
Parish of Incarnation-St. James
Parker Health
Presbyterian Church of Lawrenceville
PSEG Foundation
Robbinsville-Hamilton Rotary
Saul Funeral Homes
Shiloh Baptist Church
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INTERFAITH
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 GREATER MERCER COUNTY
**CARDINAL CLUB
 MEMBERS:**

*Mr. and Mrs. Gary Bernabe
 Ms. Beth Dempsey
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 Mr. and Mrs. Tony Lo Bue
 Ms. Nancy Myers
 Mr. Raymond Niedzwicz
 Mrs. Helen Rybar
 Ms. Brenda Rascher
 Ms. Swati Srivastava
 Mr. David Toner
 Dr. Carla Winters
 Ms. Emilia Ann Winters*



*In Loving Remembrance of
 Our Care Givers and
 Care Receivers*

*Marian Burroughs
 Cecelia Crea
 Charlotte Hodes
 Dr. Gino Nazzarro
 Michael Rinz
 Tina Swan
 Donald Titus
 Dorothy White*

DON'T FORGET!

If you are at least 70½ years old, you can save on taxes from your IRA withdrawals by making a Qualified Charitable Distribution directly to ICGMC. Ask your advisor how to set this up! All donations are tax deductible! ICGMC EIN # 22-3312846

Hispanic Outreach Updates

We are excited to share these 2025 initiatives which strengthen our Hispanic community. Led by Carmen Bernard and Kusuma Basappa, along with our bilingual volunteers, we built new connections and supported key Hispanic events, such as: the Latin Festival, the Puerto Rican Festival, Ewing Night Out, LALDEF Health Fair and the Mercer County Latin American Network (MCLAN). We also debuted on "La Voz de Mercer County" on Maxima 92.9 FM, hosted by Lorena and Kevin. It was a joy to share information and connect live with Lorena and Kevin!



Estamos encantados de presentar nuestra trayectoria en 2025, diseñada para fortalecer y enriquecer a nuestra comunidad hispana. Liderados por Carmen, nuestra directora de Relaciones con la Comunidad Hispana, junto a Kusuma, directora del Programa RSVP, y con el invaluable apoyo de nuestros voluntarios, estamos creando conexiones sólidas y duraderas. Nuestro compromiso se refleja en nuestra presencia activa en importantes eventos hispanos, como el Festival Latino, el Festival de Puerto Rico, el LALDEF Health Fair y la Mercer County Latin American Network (MCLAN), entre otros. Además, hemos debutado con éxito en "La Voz de Mercer County", en Maxima 92.9 FM, presentados por Lorena y Kevin, donde compartimos información relevante y establecimos un vínculo directo y vivo con la comunidad. ¡Gracias!



Did You Know...

1 in 4 people spend over \$75/month on TV streaming subscriptions?

For just \$25/month, you could provide grocery shopping assistance to an elderly neighbor.

Fresh food and friendship versus paying more to skip ads— what would you choose?

Join the Cardinal Club Today!

www.icgmc.org/cardinalclub
 609-393-9922
cardinalclub@icgmc.org

Shining Lights Gala



Proudly Illuminating the Remarkable Works of
Incarnation-St. James Parish and Mt. Carmel Guild

NEVER MISS OUT ON WHAT WE'RE DOING!

Visit facebook.com/icgmc to see more pictures from this year's gala



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The Ripple Effect of Kindness...

Are you reviewing your holiday gift list and wondering, "What on earth can I give? They seem to have it all!" What if you could make a meaningful impact instead?

Consider honoring them with a donation that supports older individuals who are lonely and in need of assistance. A contribution to Interfaith Caregivers provides direct services to those in critical situations.

This act of generosity creates a **ripple effect of kindness**, spreading warmth and hope to those who need it most. By giving in this way, you not only touch the lives of the recipients but also inspire others to follow suit. Contact us today and learn how a small gesture of kindness can make a big difference.

Call us at **609-393-9922** or visit icgmc.org/donate

HAPPY
Holidays

