

Caregiver CHRONICLES

INTERFAITH
Caregivers
GREATER MERCER COUNTY

SPRING/SUMMER 2026



"I'm grateful to join this community and honored to learn from those doing the work every day."

Dear Friends and Community,

I am honored to join Interfaith Caregivers of Greater Mercer County as Executive Director and to become part of an organization so deeply committed to supporting older adults and individuals with disabilities in living safely and independently at home.

In my early days here, I've been inspired by the dedication of staff, volunteers, and board members who make this work possible every day. I bring over 20 years of experience in community leadership, with a focus on building partnerships and improving access to care. Throughout my career, I've seen how strongly health and well-being are shaped by everyday factors such as housing, transportation, nutrition, and social connection.

At its core, I believe this work is about community and our responsibility to care for one another. I look forward to listening, learning, and working alongside all of you as we continue to grow and strengthen this vital network of care across Mercer County.

With gratitude,
Mira

Meet Mira Berzofsky *Getting to know our Executive Director*

A LITTLE ABOUT MIRA: *(psst...she loves purple!)*

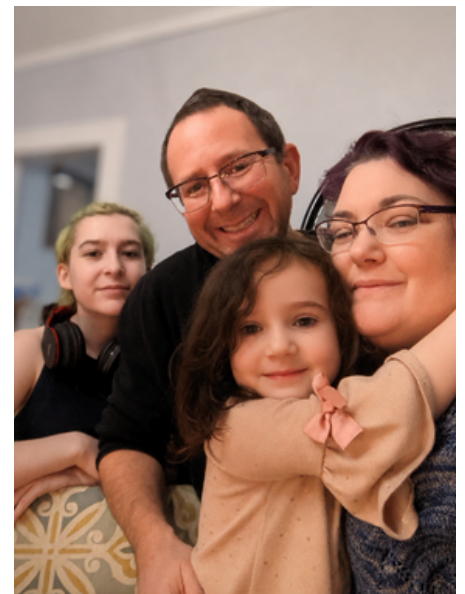
- Lives in Pennington, Mercer County
- Parent to a 7-year-old and a 22-year-old who attends Rutgers
- Shares life with her spouse and two dogs
- Brings 20+ years of experience in community settings

WHAT SHE CARES ABOUT:

- Reducing isolation through stronger human connection
- Supporting people so they can remain safely at home
- Building systems of care that feel personal and accessible
- Strengthening the network of support

WHY ICGMC

- Drawn to mission-driven work that helps build community
- Connected to the organization's hands-on, neighbor-to-neighbor approach
- Inspired by the everyday impact of volunteers who show up for others



WE PUT THE **FUN** IN FUNDRAISING!

Annual Appeal

Thanks to the incredible generosity of our community, our *Ripples of Kindness Annual Appeal* not only met its goal — it exceeded it! Every gift created a ripple of compassion, connection, and support for older adults and caregivers throughout our community. With the additional funds raised, we are able to expand programs, reach more neighbors in need, and strengthen the services that help older adults remain connected, supported, and independent. We are deeply grateful to everyone who donated, shared, and helped spread kindness further than we imagined possible.



Luck o' the Draw

Celeste emerged as the lucky winner of our annual *Luck o' the Draw 50/50 Raffle!* When we reached out to share the exciting news, she exclaimed in disbelief, "No way! I never win anything!" Because of your support, this year's raffle raised **\$6,000** for Interfaith Caregivers. Every ticket purchased helps further our mission of empowering older adults to remain independent, engaged, and connected. Thank you to everyone who participated and made a difference in the lives of our neighbors. Will next year's lucky winner be you? Stay tuned for details on our next Luck o' the Draw 50/50 Raffle!

Looking for Another Way to Support Interfaith?

Help make our **Shining Lights Gala** on September 29 a success! We are seeking donations of gift baskets, gift cards, themed items, and experiences for our raffle and silent auction. Your contribution helps support Interfaith Caregivers' mission while adding excitement to one of our biggest fundraising events of the year. To donate a basket or new and unused item(s), please contact Maria at sponsor@icgmc.org. Thank you for helping our community shine!



*A Special Day at
Interfaith Caregivers*
.....
OUR VISIT WITH SENATOR ANDY KIM

(standing, left to right) Sharmila Deshpande-Board of Trustees Secretary, Denise Migliaccio-volunteer, Dottie Richardson-staff, Nancy Remer-staff, Senator Kim, Melissa Horne-staff, Evita Girón-staff, Urszula Filipek-staff, John Migliaccio-volunteer, Maria Sergio-staff. (seated, left to right) Janet Zito-staff, Lisa Ungrady,-volunteer, Kusuma Basappa-staff, Dr. Carla Winters-staff

This winter, we had the unique opportunity to meet with *Senator Andy Kim* for a meaningful, firsthand look at our work in action. In addition to sitting down for a thoughtful conversation about our mission, Senator Kim, along with two of our volunteers, visited one of our care receivers in her home—an experience that brought our work to life in a powerful and personal way.

Seeing the connection between volunteer and care receiver firsthand offered Senator Kim a deeper understanding of the impact of the consistent, compassionate care provided by our volunteers. It also highlighted the very real needs that exist in our community and the importance of supporting

programs such as ours. As a small nonprofit, the opportunity to discuss our mission with a U.S. Senator helps to keep the needs of the community we serve in the foreground.

We are especially grateful to Senator Kim and Senator Booker for our selection for Congressionally Directed Spending to expand our Neighbors Helping Neighbors Program.

Experiences like this remind us of the power of working together in support of our neighbors. We're thankful for the chance to share our mission, amplify the voices of those we serve, and strengthen the community support that makes our work possible across Mercer County.



Centennial Spotlight

*This past April, in recognition of the 100th day of the year, we featured two remarkable Care Receivers on our social media pages whose stories exemplify resilience, kindness, and the power of connection. Through our **Centennial Spotlights**, we shared their inspiring journeys, meaningful friendships with Interfaith volunteers, and the wisdom they've gained through more than a century of life. Their stories remind us that every year brings opportunities to learn, grow, and make a difference.*

Meet Nevonne D.

At 103 years young, Nevonne has witnessed extraordinary moments in history while building a life centered on family, gratitude, and the comfort of home. As part of our Centennial Spotlights, we are honored to share her story.

Born in North Carolina, raised in New York, and a proud Hamilton resident for the past 75 years, Nevonne has lived through remarkable change. When asked about the most memorable events of her lifetime, she recalls the disappearance of Amelia Earhart, the development of the space program, and the rapid advancement of technology. While amazed by many of these changes, she is quick to admit she is not a fan of artificial intelligence.

Nevonne first connected with Interfaith Caregivers through a woman at her church, and the support has made a lasting impact.

"Oh my goodness, I don't know what I would do



without Interfaith," she says. "Charlene and Debby, the women who shop for me and spend time visiting, are wonderful. They've become much more than helpers--they're friends."

For Nevonne, remaining in her own home is deeply important. "It means being able to be comfortable," she shares. "I've lived in my home for 75 years, and I don't plan on going anywhere anytime soon."

She began her career as a laboratory technician before later working at Trenton Trust Bank, where she remained until retirement. However, when reflecting on her life, Nevonne speaks most proudly of her two children, whom she considers her greatest accomplishments.

One thing that surprises many people is Nevonne's love of reading. An avid reader, she finishes an astonishing 200 to 300 books each year and especially enjoys thrillers!

Her outlook on life is grounded in gratitude. "I haven't had a rich life or a poor life. I've had an ordinary life, but I thank God I have been so blessed." She credits family, friends, and her love of reading with helping her stay connected throughout the years. "A prayer or two doesn't hurt once in a while either."

Nevonne reminds us that a meaningful life is not measured by extravagance, but by gratitude, connection, and the comfort of home.

As for the secret to a long life? With a smile, Nevonne offers a simple answer: "A glass of wine doesn't hurt."



Meet Doris Z.

Continuing with our Centennial Spotlight is Doris; an inspiring woman who will turn 102 this June and continues to prove that curiosity, kindness, and creativity have no age limit.

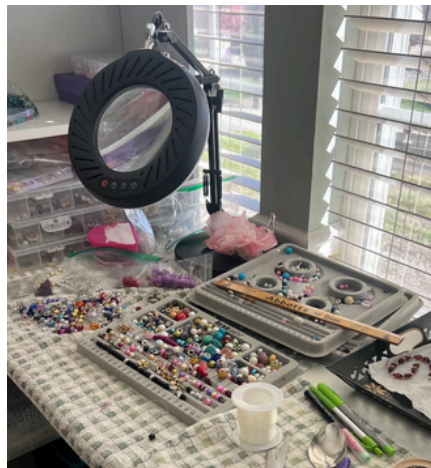


Doris first connected with Interfaith Caregivers more than 20 years ago when she needed transportation to medical appointments. What began with a knock on the door from volunteer Judy soon became a lasting friendship. "She's been so pleasant and nice. Anything I've ever asked for, I've gotten," Doris says. Today, the two speak every morning. "I call her my aunt. She really is family to me," Judy shares.

Raised on a 170-acre farm in Chesterfield, Doris grew up

helping her family grow tomatoes for Campbell's Soup Company and learned to milk cows before she even started school. Her love of creativity has remained a constant throughout her life. After taking a painting class later in life, she developed a passion for art that continues today.

At 99, Doris added jewelry making to her list of hobbies and continues creating beautiful pieces to this day. Known for her baking, Doris often makes homemade cookies for neighbors, friends, and anyone lucky enough to receive them.



When asked what has helped her stay connected throughout her life, she offers a simple answer: "I try and stay active. I'm willing to learn anything now, any day."

Her outlook is rooted in compassion. "Friendship and

caring about others. That's what matters most. If you can help people, do it." Judy agrees. "If you help somebody, you're the one who walks away blessed."

As for the secret to a long life, Doris points to her upbringing, surrounded by fresh food and hard work. With a sister who is 104, longevity clearly runs in the family. Yet Doris remains unfazed by age itself. "Age means nothing to me," she says. Her advice to younger generations is timeless: "Learn as much as you can. Be friendly. Be kind and caring, because everyone has problems, but don't dwell on the negatives."

Through her extraordinary bond with Judy, Doris reminds us that a meaningful life is not measured with years, but by how we continue to learn, give, and care for others.





Cardinal Club Members, Charlie & Johanna Bound



Group Leaders Gaeta Iseicz & Kathy Harlicka



PHB Volunteer Lead Coordinator (...and winner of "Name That Tune") Beth O'Brien

On Saturday, April 25th, Group Leaders, PHB Peer leaders, Volunteers, and Board Members gathered for our annual *Volunteer Appreciation* celebration held at Mercer County Community College. Together, we shared gratitude, laughter, and stories that reminded us just how meaningful our volunteers' time and compassion are to our mission. It was a wonderful opportunity to reflect on the countless lives touched through the generosity and dedication of ICGMC volunteers. The sense of community in the room was a powerful reminder that every ride, visit, phone call, and PHB class makes a difference. Thank you to each volunteer who helps bring connection, care, and support to older adults throughout our community. We are so grateful for all that you do!



 Like us on Facebook

Stay connected! Follow us for event photos, updates, volunteer stories, and more.

Connect with us on 



In Loving Remembrance of Our Caregivers & Care Receivers

Linda Binz
Sharon Callahan
Joseph Curto
Ronald Durborow
Eduardo Fuchs
Mary Ann Fuchs
Catherine Grogan
Greg LeCerff
Robert Lipscher
Louise Logan
Donald Mayer
Brenda Quinby

Geraldine Rafalski
Lillian Rooney
Coralie Russo
Barbara Thomas
Lew Thurston
John Toth



Share Your Care

Small gestures can create a profound impact! We are excited to hear your heartwarming tales of uplifting interactions, whether it's a simple act of kindness, a shared laugh, or a moment of deep connection.

Please send your stories or photos to kusuma@icgmc.org. By sharing these experiences, you can inspire others and foster a spirit of kindness within our community. Your story may also help highlight the meaningful difference volunteers make every day in the lives of those we serve.



INTERFAITH Caregivers GREATER MERCER COUNTY CARDINAL CLUB MEMBERS:

Mr. & Mrs. Gary Bernabe
Mr. & Mrs. Charles Bound
Ms. Maureen Cozzi
Ms. Beth Dempsey
Ms. Alice DiPaola
Ms. Maryann Frisbie
Dr. & Mrs. Christopher Harbison
Mr. & Mrs. Tony Lo Bue
Ms. Mary Murray
Ms. Nancy Myers
Mr. Raymond Niedzwicz
Ms. Constance Offer
Ms. Terri Olexa
Mr. & Mrs. Chuck Pesce
Ms. Rajul Radia
Ms. Brenda Rascher
Mrs. Helen Rybar
Ms. Swati Srivastava
Ms. Elaine Tanimura
Mr. David Toner
Dr. Carla Winters
Ms. Emilia Ann Winters

The Difference a Cardinal Makes

Interfaith Caregivers of Greater Mercer County's Cardinal Club is an initiative that unites people touched by our mission to support our neighbors as they age in place. Cardinal Club members create a community of supporters committed to compassion, service, and connection.

Recently, one of our members shared her thoughts on becoming a monthly donor. "I'd look at my monthly statement and not have any memory of what I spent. Joining the Cardinal Club assures me that some of my monthly spending is going to a bigger purpose. That is important to me."

Another member observed, "There are so many aging people who don't have the support they need. Family members may not live close and have busy lives. They can't always provide the kind of help necessary. We can be that bridge to help."

People become Cardinals in many ways - through the steady commitment of monthly giving, through thoughtful, tax-advantaged gifts from investments, or by creating a legacy that will endure. Together, these gifts do more than support our mission; they provide hope and connection, touch countless lives, and create a lasting impact that will endure for generations.



READY TO BECOME A CARDINAL?

Join our Cardinal Club with a monthly gift and help provide ongoing support to older adults and caregivers in our community.

Scan the QR code or visit icgmc.org/cardinalclub to get started!
609-393-9922 • cardinalclub@icgmc.org



VOLUNTEER EXERCISE INSTRUCTORS NEEDED!



Interfaith Caregivers is looking for Peer Leaders to lead our **Project Healthy Bones (PHB)** exercise & education program for seniors who have or are at risk of developing osteoporosis.

CALL 609-393-9922

Classes are held mornings and afternoons Monday-Thursday at various locations in Hamilton, Lawrenceville and Trenton. Volunteers are expected to commit to attend, lead or assist with at least 1 class per week.



WHAT TO EXPECT :

- PHB is a program monitored by NJ Division of Aging Services
- Volunteers need to be at least 21 years old
- The program offers a 2-session training and ongoing support
- All manuals, weights, and curriculum materials are provided
- Volunteers should be comfortable researching, sharing and discussing educational topics during class



SCAN HERE
to learn more about
Project Healthy Bones

www.icgmc.org
INTERFAITH
Caregivers
GREATER MERCER COUNTY

The Benefits of **VOLUNTEERING**

**Small acts.
Big impact.**



Volunteering does more than help others-- it transforms communities and improves our own health and happiness. Here are 5 benefits associated with volunteering:



BETTER MENTAL WELL-BEING

Volunteering is linked to lower rates of depression, reduced stress, and greater life satisfaction.



STRONGER PHYSICAL HEALTH

Studies show volunteers have lower rates of hypertension, better physical functioning, and even a lower risk of mortality.



MEANINGFUL CONNECTIONS

Volunteering helps build friendships, reduce loneliness, and strengthen our sense of belonging.



A GREATER SENSE OF PURPOSE

Having a reason to contribute fosters confidence, optimism, and fulfillment.



STAY ACTIVE & ENGAGED

Volunteering keeps your mind and body active and can lead to healthier habits and a more vibrant life.



YOU MAKE A DIFFERENCE... (AND IT MAKES A DIFFERENCE IN YOU)

Whether you're delivering groceries, making a friendly phone call, helping at an event, or sharing your skills, your time and kindness create a ripple effect that touches lives, including your own.

HOW YOU CAN HELP:

- Friendly Visiting
- Grocery Shopping
- Transportation Assistance
- Light Household Chores
- Short-term Respite Care

READY TO FEEL GOOD AND DO GOOD?



VOLUNTEER TODAY!
icgmc.org/volunteer

Sources: Stanford Center on Longevity • Mayo Clinic Health System • International Journal of Environmental Research and Public Health • American Journal of Preventive Medicine



609-393-9922



info@icgmc.org



www.icgmc.org

SAVE THE DATE

Shining Lights Gala

"Celebrating the Soundtrack of Care"

Tuesday, September 29, 2026

6:00-9:00PM

Mercer Oaks Golf Course

Sponsorship Opportunities

INCLUDED IN PACKAGE	\$7,500 SPOTLIGHT	\$5,000 SUNLIGHT	\$2,500 STARLIGHT	\$1,000 TWILIGHT
Event Tickets	up to eight (8)	up to six (6)	up to four (4)	two (2)
Program ad type/placement	Inside cover	Full-page	Half-page	Quarter-page
Champagne bottle for table	✓			
Mentioned during ceremony	✓			
Logo/name displayed on all tables	✓	✓		
Inclusion in all promotional material	✓	✓	✓	
Recognition in event email communications	✓	✓	✓	✓
Included in slideshow presentation, event webpage, and sponsor poster	✓	✓	✓	✓

Additional Opportunities:

* Single opportunity

Staff Meals - \$125

Photographer* - \$500

DJ Entertainment* - \$500

INTERESTED IN SPONSORING THIS YEAR'S SHINING LIGHTS GALA?

Your support helps older adults and caregivers in our community remain connected, independent, and supported. To learn more about sponsorship opportunities, contact us at sponsor@icgmc.org or call 609-393-9922. We'd love to have you join us in making a difference.

Donors and Supporters

2 INTERFAITH
0 Caregivers
2 GREATER MERCER COUNTY
5 IMPACT

261 <i>Volunteers</i>	231 <i>Care Receivers</i>	216 <i>PHB Participants</i>
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In 2025, Interfaith Caregivers volunteers provided services valued at \$521,351 to our community. That's more than half a million dollars returned in compassion, connection, and support for older adults and caregivers. Thank you for helping make this impact possible.

INDIVIDUAL GIVERS of \$250 or more.

Ali Wilson
Anuja Saxena
Celeste Gibilisco
David Toner
Deborah Silver
Deirdre Derossett
Doris Jankowicz
Elizabeth Carmalt
Elizabeth G. Harbison
Frank Mattozzi
Janet & John Zito
Lauri & Chris Harbison
Margaret Zimnes
Marybeth Tran
Maureen Cozzi
Raymond Niedzwicz
Rick & Dawn van den Heuvel
Rosemary Durkin
Sandra Robinson
Sue & Paul Jellinek
The Lo Bue Group, Kathy & Tony Lo Bue

CORPORATIONS, FOUNDATIONS AND CONGREGATIONS



Corp. for National & Community Service
(AmeriCorps Seniors)
Church & Dwight Employee Giving Fund
Curtis W. McGraw Foundation
Ewing Covenant Presbyterian Church
Fred C. Rummel Foundation
Henry E. Niles Foundation
Knights of Columbus-St. John the Baptist #7333
Lawrence Township Community Foundation
Mary G. Roebling Foundation, Inc.
Mercer County Office on Aging/ADRC
Pearson Memorial United Methodist Church
State Street
Taco Bell - Sloan Ave
The Church of St. Gregory the Great
The George H. And Estelle M. Sands Foundation
The Lebensfeld Foundation
The Lillian Schenck Foundation
US Administration on Community Living

OUR MISSION

Interfaith Caregivers of Greater Mercer County is dedicated to promoting the independence, dignity, and wellness of older adults and adults with disabilities.

ICGMC Staff

Mira Berzofsky, MBA
Executive Director

Kusuma Basappa
RSVP Program Director

Urszula Filipek
Administrative Manager
& Web Design

Evita Girón
NHN Program Coordinator

Melissa Horne
Finance Manager/Bookkeeper

Nancy E. Remer, RN, BSN
Senior Nurse Case Manager

Dorothy M. Richardson
Volunteer Manager

Maria Sergio
PHB Coordinator
& Marketing & Design

Carla Winters, PhD
Director, Grants & Fundraising

Janet Zito, CPA
Director, Administration & Finance

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Parish Business Manager
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Rev. Aaron Twitchell
Consultant & Advocate,
LoveWellNJ & Lighthouse Hospice