



Interlakes Community Caregivers, Inc.

Center Harbor Meredith Moultonborough Sandwich

Issue 36 Summer 2017

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President's Message



Cooperation. Webster defines it as "actions of someone who is being helpful by doing what is wanted or asked for a common benefit." Also, "a situation in which people work together to do something in a common effort." This word exemplifies Interlakes Community Caregivers.

We would not exist without cooperation. It takes many forms in regards to our mission. To serve our neighbors, cooperation is essential between the numerous requests and the volunteer coordinators who try to fill those needs. They go to great lengths to pair up with drivers who give of their time to see that the neighbor's request is fulfilled.

Cooperation was the word of the year as Caregivers conducted two successful joint fundraising events with the Meredith Historical Society and Lakes Region Food Pantry respectively. We are very grateful to those groups for their participation in helping us to fund our mission. We constantly want to reach out and extend our network of support.

Through the cooperation of countless donors, sponsors, volunteers, and Angels, we are preparing for our biggest event of the year- the mini golf tournament on September 9th. This is a very fun event that features wonderful atmosphere with games, prizes, trophies and an all-around good time for teams and spectators. This year we will have a raffle for a flat screen TV. Make a \$10 donation and you are given a numbered golf ball that will be placed in the raffle drum. The drawing will be the day of the event. Contact the Caregivers office if you would like a number. This event takes many hours of planning and execution. Now if only the weather will cooperate?

Having Conversations That Matter

Join Interlakes Community Caregivers, Lakes Region Visiting Nurse Association and the Meredith Parks and Recreation Department for a free presentation entitled "Having Conversations That Matter" on Wednesday, September 20 from 10am to 12 noon at the Meredith Community Center. The program will include time for questions and to discuss wants and needs of the senior community. The program is free and open to the public.

"People often ask: How do I talk to my family? How do I talk to my doctor? What questions should I ask?" said Mary Ellen McCormack, Nurse Liaison with Lakes Region Visiting Nurse Association, lead presenter at the event. "Supporting people with and through transitions in their lives is really my passion and expertise."

"One of the difficult discussions we find at Community Caregivers surrounds the fear of losing independence, particularly regarding driving. We don't want to have to rely on someone else, but often transportation is a main issue in whether or not we can remain living independently in our own homes," said Ann Sprague, Community Caregivers Executive Director.

Mary Ellen McCormack, Nurse Liaison and Hospice Educator at Lakes Region Visiting Nurse Association, is a Registered Nurse with a Bachelor of Science in Holistic Health and Wellness, and is a Certified Dementia Practitioner. Her diverse background includes Wellness Director at Plymouth State University, Director of Assisted Living at the Taylor Community in Laconia, and Hospice Director at Pemi-Baker Home Health and Hospice in Plymouth

Sometimes we wait too long to share with our loved ones how we feel about what we want regarding medical decisions and life sustaining treatment. The earlier we start having these conversations, the better. Come and learn how. Please RSVP by calling Interlakes Community Caregivers at 253-9275.



Pauline Greenleaf and Theresa Huston
Jackie Berry in back

NEIGHBORS MAKE GOOD FRIENDS



Pictured above Pauline Greenleaf with Theresa Huston
comfortably ensconced on a reclining sofa.

One recent Monday I was privileged to join three very special ladies for lunch. Jackie Berry is an Interlakes Community Caregivers Volunteer who enjoys having ‘friendly visits’ with two of ICCI’s Neighbors. Jackie lives in Meredith and is the key to a friendship between Theresa Huston and Pauline Greenleaf.

Pauline and Theresa met one day when Jackie was driving Theresa home from a doctor visit. Theresa asked if they could stop for a hot fudge sundae at MacDonald’s. Jackie told her she could not as she was scheduled for a ‘friendly visit’ with another Neighbor. To appease Theresa, Jackie agreed to call Pauline to see if she would like to join them for ice cream. Pauline said, “Yes.” That was the start of what now is a many months long friendship between Pauline and Theresa.

Theresa is a long time Neighbor whose history I covered in an interview in the Fall 2015 newsletter. Theresa will be 90 in November. She loves ICCI because it gives her a sense of independence. She doesn’t have to depend on her family or friends to drive her where she needs to go. She thinks friends can feel used. ICCI gives her options.

Pauline, an 89 year old, is a more recent Neighbor having moved first to Alton Bay some 42 years ago from Haverhill, MA and now living at Forest View in Meredith. Pauline has a daughter living in Alton Bay. She loves talking about her family and visiting with them as well as Theresa and Jackie. Pauline appreciates the chance to leave her room at Forest View and be out and about.

Jackie lives in Meredith with her husband, Greg. Her daughter and 4 grandchildren currently live in Washington State. Three grandchildren are teenagers but one is almost ready to walk. Jackie has traveled to visit that newest not quite one-year old grandchild and her siblings twice this year. When not traveling or visiting family Jackie is a dedicated Volunteer. Jackie says that volunteering for Caregivers is her focus right now. Volunteering gives her a sense of purpose and accomplishment. Neighbors are always grateful for her service.

About once a week Jackie picks up first Pauline in Meredith and then they drive to Moultonborough and pick up Theresa. Usually they plan lunch somewhere in our four-town region. I joined them at the Café on the Green in Sandwich. They were planning a trip to Giuseppe’s in Meredith next week.

No one was in a hurry to end the day’s visit. As they said good-bye Pauline and Theresa hugged each other and I heard a quiet ‘I love you.’ It was a very nice well spent 4 hours.

Connie Cunningham

Dates to Remember!

Mini-Golf Tournament - September 9, 2017

Having Conversations That Matter - September 20, 2017

Cookies and Caroling - December 8, 2017

To volunteer please call 603-253-9275

**Please consider Interlakes Community Caregivers, Inc. when planning your will.
Contact ICCI at 603-253-9275 for more information.**

Executive Director's Message

We are excited to present the upcoming “Having Conversations That Matter – How & When to Discuss Difficult Subjects Regarding Healthcare.” The program will be held on Wednesday, September 20 at the Meredith Community Center beginning at 10am (see related article). We are happy and grateful to collaborate with Lakes Region Visiting Nurse Association and the Meredith Department of Parks and Recreation in what may be the first of many.

The program is presented as part of our Volunteer Education Program. To encourage participation in ongoing education, we created a survey for our volunteers to choose from a variety of appropriate subjects. The most popular was in the Communication Skills area regarding discussions on difficult subjects such as death, diagnosis and family issues. So this program is in direct response to what our volunteers expressed as relevant and of interest. As this is an important subject matter, we are opening it up to the general public and anyone is welcome to attend. Please RSVP to the Community Caregivers office at 253-9275.

If you are one of our registered Neighbors who'd like to attend but need a ride, please call our Service Line at 253-9100.

Thanks everyone and I hope to see you there!



Cookies & Caroling

Friday, December 8 • 1:00-3:00pm

Moultonborough Function Hall

139 Old Route 109, Moultonborough

Bringing Neighbors & Volunteers Together

To Celebrate the Holidays!

“Having Conversations That Matter”

A presentation on how and when to discuss difficult subjects regarding healthcare

Wednesday, September 20th • 10am - 12Noon

**Meredith Community Center, One Circle Drive, Meredith, NH
Free & Open to the Public – Please RSVP 253-9275**

*Presented by Interlakes Community Caregivers,
Lakes Region Visiting Nurse Association &
the Meredith Parks & Recreation Department*

Join the Fun at the 7th Annual MiniGolf Tournament! Saturday, September 9th, 1:00pm Paradise Falls, 252 Lee Road, Moultonborough. Come and root for your favorite team!

Our largest fundraising event is coming soon. At press time, we have room for a couple more teams, so get your friends together, pre-register, and come and compete in our family-friendly MiniGolf Tournament. Awards for Teams and Individuals. The Best Dressed Award this year will go to the team who is the most creative at the Dress Up Hole with our costumes and accessories. Free Ben & Jerry's sundaes! Call Ann at the office for details (253-9275, Ext. 4). We are grateful to our lead sponsors who at press time are:

Gold: Shep Brown's Boat Basin

Silver: McCarthy Lawn Property Management

Bronze: At the Lakes Vacation Rentals, DAK Financial Group, DeTolla Dental, Golden View Health Care Center, Interlakes Animal Hospital, Interlakes Family Dental Center, Meadow Pond Animal Hospital, Meredith Rotary Club, Moulton Farm and Moultonborough Lions Club.

Special Thanks to Electrical Installations, Inc.!





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Ben & Jerry's Generous Again!



Ben & Jerry's of Meredith recently donated **\$575** to Community Caregivers. Thanks to everyone who came out and enjoyed some ice cream in support of Community Caregivers during the designated Ben & Jerry's Charity Week at Mill Falls Marketplace!

Ben & Jerry's has been working with Community Caregivers since 2003, after scoop shop owner, Jayne Cohen, had the personal experience of primary care giving of an aging parent. Although her family did not need direct assistance from our organization, Jayne realized how important our services are to other families that do. Jayne has been dedicated to supporting our organization since that time in memory of her father, Marvin.

Ben & Jerry's is located at Mill Falls Marketplace, 312 Daniel Webster Highway, Meredith and is open daily from 11am to 10pm. Check out their expanded indoor seating area - new this year with climate-control (A/C and heat), WiFi and USB ports. Thank you, Ben & Jerry's!

Thank you to the New Hampshire Electric Co-op Foundation for support of this newsletter.

MISSION STATEMENT

Interlakes Community Caregivers, a 501(c)3 nonprofit volunteer organization, provides supportive services and information for our neighbors to assist them in their daily lives.

Visit us on the web at: www.InterlakesCommunityCaregivers.org or call us at 253-9275. We welcome your input.

Follow us on **Facebook** @InterlakesCommunityCaregivers