



# Interlakes Community Caregivers, Inc.

Center Harbor - Meredith - Moultonborough - Sandwich

Issue 44 Fall 2019

## *A Goal In Sight!*

One of the best things about being a Volunteer with Community Caregivers is that one meets so many interesting people. You are invited to read about three Neighbors whose vision impairment has brought them together as advocates, friends and part of the Interlakes Community Caregivers community.

Deb Moore was a summer visitor to the Lakes Region for many years. While working in credit union data processing, she traveled to many locations to install new data systems and to train new users, a hectic pace she enjoyed. When Deb developed eye problems in 2005, she moved in with her parents who had retired to Sandwich. She underwent several surgeries to restore her sight while caring for her mother. In 2006 she voluntarily stopped driving because her vision was too limited for her to feel safe behind the wheel. Friends and family and Community Caregivers have provided rides for her for over ten years. Deb is profoundly grateful to each and every Volunteer and has found each one to be kind, generous and willing to help in any way. "Caring is a big part of what they do and it comes through loud and clear." Deb regularly participates in meetings for those with vision impairment and other disabilities with rides from Caregivers.

Tony Bonanno was another visitor to the Lakes Region, building a summer home on Moultonborough Neck in the 1970s. He was Maintenance Supervisor at Logan International Airport for twenty years, overseeing a large staff and multiple contractors before retiring to the area. Due to diabetic retinopathy, Tony lost most of his sight and struggled to deal with his new circumstances. Tony eventually met Ed Mesky (profile below) who helped him with computers and brought him to a meeting of the National Federation of the Blind which Tony joined in 2010. Tony became more than a member putting on the state convention for the past three years. He also was the Chapter President for the Lakes Region for five years. He learned about Community Caregivers from Ed, and has had several long distance rides to doctor's appointments in Boston as well as transportation to meetings and conferences. He appreciates the assistance that Caregivers provides and states that all the Volunteers are very nice and that he enjoys getting to know them on their long trips together.

Ed Mesky's name comes up frequently when discussing local and state resources for the vision impaired. Born in Brooklyn, NY, Ed eventually became the Chairman of the Physics Department at Belknap College. Due to a birth defect, Ed's vision was always limited. He lost his sight completely at the age of 35. After four unsuccessful operations to restore his sight, Ed went to St. Paul's Center for the Blind now known as the Carroll Center for the Blind in Massachusetts for fifteen weeks to learn Braille and how to complete the activities of daily living without his sight. Not deterred by his vision loss, Ed resumed teaching using audio textbooks and customized teaching materials. He also was an officer in the National Federation of the Blind and continues to serve on the Governor's Commission for Disabilities. An avid science fiction fan, Ed and his wife, Sandy, travel often to club conventions and Ed continues to publish an email newsletter on topics of interest to science fiction aficionados.



Tony Bonanno, Deb Moore, Ed Mesky and Bob Bradley, Volunteer

(Continued on page 2.)



## *President's Message*

I hope this Newsletter finds everyone well and enjoying Fall in New Hampshire. I know many can't always get out and about, and sometimes that's where Interlakes Community Caregivers helps out.

With the changing leaves and cooler weather it's always a time when we plan for the onset of winter. We at Community Caregivers have a few irons in the fire for events and some fundraising to keep us operational.

On October 26, 2019, a Saturday night, we are having a Doo Wop Deville concert. Good food, good music and a chance to reminisce about music we may have enjoyed in our youth and still enjoy. That Saturday night the Doo Wop Deville Show Band will be playing at the Inter-Lakes Community Auditorium some fun music beginning at 7:45pm. The Temple B'nai Israel is sponsoring this We Care Fundraiser in support of Interlakes Community Caregivers. Doors will open at 7:00pm with refreshments provided by friends and members of Temple B'nai Israel of Laconia. Refreshments will also be available during intermission. Tickets at \$27.50 each may be purchased from the Temple web site [tbinh.org](http://tbinh.org) or by contacting the ICCI office at 603-253-9275.

In October of each year ICCI also launches its Annual Appeal. The Annual Appeal helps us to continue to provide all those services which we as volunteers perform to help our neighbors. Watch your mail for further announcements or letters.

Don't forget when you change your clocks, you should change the batteries in your smoke detectors.

Thank you all for what you do within and for the Interlakes Community Caregivers Community.

### ICCI

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**Executive Director**  
Ann Sprague

*This 44th edition of the Interlakes Community Caregivers Newsletter brought to you by the efforts of Deb Thiboutot, Ann Sprague, Marie Samaha, and Connie Cunningham.*

### A Goal in Sight!

(Continued from page 1).

When asked about how Community Caregivers has helped over the years, Ed said that they have assisted him with rides to meetings and conferences. Sandy said that having such rides allows her some flexibility in her life when there are scheduling conflicts with Ed.

Deb, Tony and Ed frequently arrange rides together with Interlakes Community Caregivers to local advocacy meetings. They embody a true "can-do" spirit as they remain committed to living active lives and improving the lives of others with disabilities. To quote Helen Keller, "Blindness is an unfortunate handicap but true vision does not require eyes."

Interviews by Deb Thiboutot



# *Executive Director's Message*

“Very friendly drivers! All on time!” “Nice to have people who really care about others!” “I appreciate the time you all take away from your own lives...to make sure mine is satisfied and fulfilling...keep up the great work!”

These are some of the comments our Neighbors shared in a recent survey. Neighbors reported that, since receiving services from Interlakes Community Caregivers, they:

- Are more in control of their life: 86%
- Feel less of a burden to family and friends: 92%
- Are able to maintain or regain their independence: 85%
- Are able to go to medical appointments, the grocery store, run errands: 92%
- Don't hesitate to make necessary medical appointments: 92%
- Eat healthier meals: 84%
- Feel less anxious: 71%
- Feel more connected to people: 76%
- Are happier: 82%

Survey responders were 100% satisfied with the Community Caregivers Program and felt that the program has met their expectations.

These positive outcomes show we are making a true and positive difference in our community and are fulfilling our Mission each and every day.

I wish to publicly thank Ellen Avery, Community Volunteer Transportation Company Director; Renée Pepin, Ph.D., Research Scientist in Community & Family Medicine, Dartmouth Centers for Health and Aging; Lisa Garcia, Marketing Consultant; and Sara Thielbar, NH Electric Co-op Foundation Executive Director. Their gracious donation of valuable advice allowed us to develop this survey at no cost to our organization.

If you would like to know more about the survey, our services or volunteer opportunities, please contact me, Ann Sprague, at 253-9275, ext. 4 or by email at [Director.Caregivers@gmail.com](mailto:Director.Caregivers@gmail.com)

\*\*\*\*\*Congratulations to Richard Casella of Moultonborough who won the \$50 Gift Card, generously provided by an anonymous donor as an incentive to participation in the Neighbor Survey.



*Help  
ICCI  
by*

*attending  
an activity  
to support  
ICCI*

*or*

*donating  
as much as  
you are able  
to the  
ICCI  
Annual Appeal.*

*Our  
Neighbors  
depend on  
your  
support.*

*Thank you!*



## Fall 2019 ICCI Events Save the Dates!

**Doo Wop Deville Concert**  
Inter-Lakes Community Auditorium, Meredith

**Saturday, October 26, 2019**

Doors open 7:00 pm - Music starts 7:45 pm

Refreshments and Entertainment

Tickets \$27.50

E-tickets available at [www.tbinh.org](http://www.tbinh.org)

Tickets are also available at the ICCI office  
and from members of the Board.

**Lakes Region Dancing with the Stars**  
Inter-Lakes Community Auditorium, Meredith

**Friday, November 15, 2019**

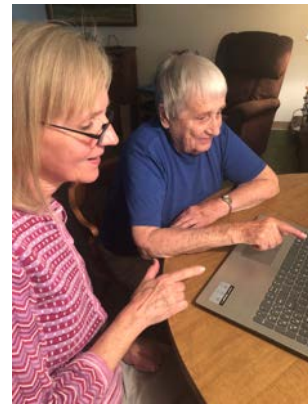
6:30 pm to 9:30 pm

Come and cheer our team!

Purchase votes in support of our team with \$1  
donation per vote at the offices of Interlakes Family  
Dental or of Interlakes Community Caregivers both at  
60 Whittier Hwy in Moultonborough.

These events support ICCI

**VOLUNTEERS WANTED**  
Long Distance & Local Drivers  
Friendly Visitors



**Volunteering Makes You  
Healthier & Happier!**

Call Today 253-9275

or Visit

[www.InterlakesCommunityCaregivers.org](http://www.InterlakesCommunityCaregivers.org)

**INTERLAKES COMMUNITY  
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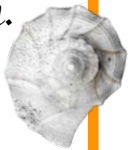
Neighbors Helping Neighbors Since 1998  
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### *Donations Needed*

*Altrusa Festival of Trees will be held December 6th, 7th and 8th.*

*The Interlakes Community Caregivers Christmas Tree  
needs donations with a **SEA/OCEAN** theme.*

*Please bring your donations to the office at 60 Whittier Highway before  
November 22, 2019*



To learn more about volunteer opportunities, services, or how you can support our mission, please call 253-9275, email [Director.Caregivers@gmail.com](mailto:Director.Caregivers@gmail.com), or visit our website at [www.InterlakesCommunityCaregivers.org](http://www.InterlakesCommunityCaregivers.org). Follow us on Facebook @InterlakesCommunityCaregivers. The office is open Monday-Friday 9am -3pm and is located at 60 Whittier Hwy., Unit 8B, Moultonborough. Mailing Address: P. O. Box 78, Center Harbor, NH 03226.

*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.