



# Interlakes Community Caregivers, Inc.

Center Harbor Meredith Moultonborough Sandwich

Issue 34 Winter 2017

## President's Message

With this first Newsletter in 2017, it is both a time to reflect back on 2016 and look forward to our plans for 2017. Here are some highlights of past accomplishments and future activities.

Last year continued to be a very positive one for Caregivers. We celebrated the holidays in December by bringing together 100 of our Neighbors and Volunteers at our first "Cookies & Caroling" party. Thanks go to Peter Allen, our Vice President, who came up with the idea and provided the musical talent, the Moultonboro Lions for their generous hosting of the event, and all the Volunteers who brought over 50 dozen cookies. As you will see from the pictures, everyone had a GREAT time! It may have been the first time some of our Neighbors had the opportunity to meet others that we serve.

We implemented our on-line volunteer scheduling system in 2016. The Assisted Rides technology has proven to be a more efficient way for us to coordinate service requests and we appreciate everyone's time and acceptance in its implementation.

Our activities in fundraising continue to be important for our ongoing success to fulfill our mission. The 2016 50/50 Raffle and Sixth Annual Mini Golf Tournament were both productive fundraisers. We have just completed a successful 2016 Annual Appeal which exceeded our budget by 8 percent! All this leads us into 2017 in a secure financial position. Thank you for all your support.

In the upcoming year, Caregivers will be implementing an expanded Screening Policy to increase the protection of our Neighbors' privacy and security. Made possible by a generous grant from Meredith Village Savings Bank Fund, background checks will be done on current and new Volunteers, as well as Staff. We will also be implementing HIPPA privacy features in the Assisted Rides Program.

We will further expand our work with area charities and service organizations for both service opportunities and joint fundraisers. Beginning with a "Cabin Fever Reliever" in conjunction with the Meredith Historical Society, a beer and wine tasting fundraiser will be held at The Mug on March 25th. What a terrific way to shake off the Winter Blues! We are also working with The Lakes Region Food Pantry to Co-host a Summer Auction on Saturday, July 8, 2017. Our 2017 Annual Meeting & Volunteer Recognition will be in mid-May and our Seventh Annual MiniGolf Tournament on September 9, 2017. Details will follow.

Thanks for all those who supported Caregivers in any way in 2016. We hope we can rely on your ongoing support in 2017 and beyond.



### ICCI Board of Directors

- John Buckley  
President
- Peter O. Allen  
Vice President
- John Byers  
Treasurer
- Debra Peaslee  
Secretary
- Amy Brown
- Sally Dussault
- David A. Eastwood
- David Hughes
- George Jewell
- Carrie Jordan
- Naella McLaughlin
- Nathan Torr
- Executive Director**  
Ann W. Sprague

**Joint Fundraiser put on by ICCI and Meredith Historical Society**

See details on page 3.

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

2016



Neighbors, Volunteers and Friends celebrating together!

## A Very Special Neighbor!



Jane Foster, one of the Interlakes Community Caregivers Founders, has served on the ICCI Board in many capacities most recently, before retiring in 2013, on the Nominating Committee.

Jane Brewer Foster with her first husband, Bob Brewer, moved to New Hampshire from Connecticut sometime in the 1950's just after the birth of their first daughter. Jane says we moved because "We fell in love with this old house in Sandwich and just had to live there." The house is still there but Jane has moved on.

For many years Jane was a very active Girl Scout Leader taking her troop on many trips. The most unforgettable one was the last to Mexico. She is still in contact with some of the girls.

Jane has held many forms of employment but eventually found her way to Social Work, her true calling. Jane says she always liked to help the 'outcast'. I think she just liked to be of service to those in need.

She volunteered for many years with the Mayhew Program, a service with the purpose of helping young boys to develop into strong, self sufficient adults capable of supporting themselves and others. This, Jane says "...was dearest to her heart." She still enjoys hearing from the young boys, now men, and how they have started their own businesses or in other ways have become successful.

Jane is still on the Board of The Barnstormers Summer Theater in Tamworth another of her pet projects. She likes to attend each of the shows every summer.

Church has always been a large part of her life. It is through her work with others on a Center Harbor Congregational Church Committee that Community Caregivers became a reality. Jane over the years has encouraged many people to become ICCI Volunteers. Today, Jane is an Interlakes Community Caregivers Neighbor.



## Director's Message

Creating kindness is an everyday thing at Interlakes Community Caregivers. Our compassionate volunteers create kindness by supporting local residents' efforts to live independently in their own homes. We primarily provide rides to doctors' appointments, whether at LRGH, Dartmouth Hitchcock Medical Center or Lahey Clinic in Boston (for example), providing access to health care. We also bring our neighbors to the grocery store, help with shopping, run errands and offer various opportunities for socialization, at no charge to our Neighbors.

The demand for these types of services is high and growing. With our local population aging at a higher rate than the US average, aging will play an increasingly central role in state, county and local policy. According to the NH Center for Public Policy, 37.4% of the population of Belknap County will be 65 or older by 2030, and Carroll County 48.9%. A network of family, social service agencies, visiting nurses associations, businesses, churches and others is often what is needed to allow people to be at home, and ICCI is a key link within this network.

In 2016, ICCI provided 2,504 services, a 15% increase from 2015. Volunteers donated 4,206 hours and drove 51,261 miles last year. Our services currently support nearly 300 people, whether for a short-term recuperative period or a long-term aging in place situation. Although we offer a variety of free services no matter what the age to residents of Meredith, Moultonborough, Center Harbor and Sandwich, 70 percent of those we serve are 70 years of age or older and their #1 request is transportation-related.

ICCI needs more Volunteer Drivers to respond to this demand. We offer mileage reimbursement, flexibility in your time commitment, and the opportunity to create kindness in today's world where more compassion is needed.

If you have a good driving record, a reliable vehicle, can volunteer during the typical workday, and have access to the Internet, please consider ICCI's volunteer opportunities. To learn more, visit our website at [www.InterlakesCommunityCaregivers.org](http://www.InterlakesCommunityCaregivers.org).

If you think we'd make a good match for your desire to create kindness right here in our local community, or if you have any questions, call me at 253-9275, ext. 4. Thank you.



Chase the Winter Blues Away with our Upcoming

### CABIN FEVER RELIEVER At The Mug

Route 3 Center Harbor

**Saturday, March 25, 2017  
6:00pm - 8:00pm**

Beer & Wine Tastings  
Vote for your Favorite!  
Free Door Prize  
&  
Appetizers  
Raffle Baskets Galore!

**Tickets:** \$25 in advance,  
\$30 at the door

Call 253-9275  
to buy your ticket today!

Co-hosted by  
Interlakes Community Caregivers  
&  
The Meredith Historical Society

Sponsors:  
The Mug,  
Woodstock Brewery  
&  
American Liberty Wines

Must be 21 Years of Age  
or Older



Interlakes Community Caregivers, Inc.  
P O Box 78  
Center Harbor, NH 03226

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**Interlakes Community Caregivers Statistics  
2016**

**2504 Services Received  
4206 Hours Volunteered  
51, 261 Miles Driven**

**280 Neighbors Served**

**These figures show an increase of 15% from 2015**

**Volunteers are Always Needed!**

Services include:  
Rides to Medical and Dental  
Appointments,  
Rides to the Grocers with  
Assistance Shopping,  
Rides to Social Events,  
Rides for Personal Grooming  
Appointments,  
Rides for Legal Appointments,  
Rides to Veterinarians with Pets,  
Pick-up and Delivery of  
Medications,  
Friendly Visits by Volunteers  
and More!

*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.**