



# Interlakes Community Caregivers, Inc.

Center Harbor   Meredith   Moultonborough   Sandwich

Issue 33 Fall 2016

## President's Message

This newsletter tells the story of two of our many long term volunteers, Alvina and Marty Heine. We are so fortunate at Caregivers to have many dedicated volunteers. Without them we could not fulfill all the service requests we receive from our neighbors.

When we ask volunteers why they enjoy working for Caregivers, they consistently say that they receive great satisfaction from helping others. Unlike other volunteer opportunities, at Caregivers there are no scheduled times to serve, no minimums and we understand that people may occasionally need to take a break in service.

Then there comes a time when volunteers no longer desire to drive neighbors, as is the case with Alvina and Marty. However, volunteers find other ways to stay connected and contributing to Caregivers. Some will help with office work while others enjoy becoming a "Friendly Visitor" to the homebound.

Later on, some of our former volunteers find that they too need Caregiver services. We find it particularly gratifying to serve those who have served others so faithfully for so many years.

Over the 18 years that Caregivers has been serving our communities, we have built and nurtured strong relationships with our network of very special friends. They may be volunteers, neighbors and in increasing cases, both.



### 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

## ICCI Receives Health Champion Award



The Partnership for Public Health has honored Interlakes Community Caregivers by presenting us with the 2016 Health Champion Award in the Community Category.

We are grateful for this recognition by the Partnership for Public Health to assist our Neighbors in accessing healthcare services. Although we offer a variety of services, the #1 request from our Neighbors is a ride to a medical or other healthcare-related appointment.

The Partnership for Public Health's mission is to improve the health and well-being of the region through inter-organizational collaboration and community and public health improvement activities. The annual awards were presented at the 2016 PPH Annual Meeting held on September 22, 2016 at Lakes Region Community College in Belmont.

Pictured here at the award presentation are Peter Allen, Charlotte Leavitt, John Buckley and Ann Sprague from ICCI with Alida Milham, PPH Board President, and Lois Morris, PPH Executive Director



## *Volunteers Make a Difference!*

Marty and Alvina Heine have been Volunteers who have made a difference. Over the years this couple has provided rides for a countless number of Neighbors but now they feel it is time to retire from driving. We wish this pair a happy retirement from ICCI. They deserve it!

The Heines have lived in the Lakes Region, first in Gilford since 1974 and now in Meredith since 1990. While in Gilford they raised 4 children who all enjoy skiing and hiking. These children, their spouses and their own children live in Idaho, Washington and other western states with multiple skiing and hiking opportunities. The chance to spend more time with their children and grandchildren is one reason for retiring from Caregivers.

Marty worked as an engineer and tool maker. He owned his own business engineering and manufacturing mascara brushes before retiring. This is something he is proud of as it put their four children through college and provided for their lovely home with a view. When he tells this story he usually gets a laugh or two.

Alvina had been employed as a Physical Therapist providing home health care. She learned how many people she served needed transportation to and from medical appointments or to do grocery shopping. She and Marty decided this was something they could provide. First, they drove people for the American Cancer Society to treatments in Manchester and Concord. Eventually they met Earl Miller and Charlotte Leavitt, long term ICCI Volunteers, and learned about Interlakes Community Caregivers. Since that time, close to fifteen years ago, they have acted as Volunteer Drivers for ICCI.

Driving for Caregivers is just one of the many thoughtful and kind services that Marty and Alvina have provided. When they had children at home they often volunteered to house foreign exchange students from AFS-USA formerly American Field Service. Alvina said they hosted 30 students or more over the years for weeks and sometimes months at a time. Marty told of hosting several students for four weeks who came from equatorial regions and during that time the temperature in New Hampshire never rose above freezing. For the students that was quite a chilling experience. Alvina and Marty still keep in touch with many of their former exchange students.

It is obvious that the Heines have enjoyed sharing time serving others. Now it is their time to be recognized and to accept our gratitude for all their kind and generous acts. May they enjoy many more years of retirement with their dog, Cody, and visits with their family.

Shopping online this holiday season? Support Interlakes Community Caregivers at the same time! Sign into [Smile.Amazon.com](https://www.smile.amazon.com) using your Amazon account information. It will ask you which charity you wish to sign up for. Select Interlakes Community Caregivers and then go shopping - 0.5% of eligible purchases will go to us with no cost to you. Thank you!



**COME ONE**

**COME ALL**

COOKIES AND CAROLING  
AT  
MOULTONBOROUGH LIONS CLUB  
ON  
DECEMBER 9, 2016 \* 1:00-3:00pm  
BRINGING NEIGHBORS  
AND  
VOLUNTEERS TOGETHER!  
Call ICCI office by 11/21/16  
253-9275 to RSVP





## Director's Message

Interlakes Community Caregivers Volunteers and Neighbors will come together this year for a holiday party! "Cookies & Caroling" will be held on Friday, December 9, 2016 from 1:00pm to 3:00pm. The Moultonborough Lions Club will be our hosts at their building on Old Route 109, Moultonborough.

This will be a new event to bring the ICCI Family together for an afternoon of holiday cheer, music, refreshments and fun. All are welcome to bring a guest to share in the festivities. If you've started your holiday baking, feel free to bring your favorite holiday cookies to add to those we'll have already! Please "RSVP" by calling the office at 253-9275 before November 21, 2016.

To our Neighbors, please let us know if your guest can bring you or if you need a ride to the holiday party, so we can make arrangements.

Volunteers, this event will take the place of our usual Holiday Open House at the office. We'll be preparing a special Email with ride requests for this event, so watch for the Pending Rides Report after Thanksgiving. Thank you in advance for helping to pull this together!

We are grateful to the Moultonborough Lions Club for their generosity that allows us to expand our holiday festivities to be more inclusive. If you have any questions, please contact me at [Director.Caregivers@gmail.com](mailto:Director.Caregivers@gmail.com) or 253-9275, ext. 4. Come one and all to enjoy some holiday happiness and thanksgiving!

Speaking of the holidays, we will once again be participating in the Meredith Altrusa's Festival of the Trees taking place on December 1 – 4 at the Waukegan Golf Course, Meredith. We are seeking heart-shaped ornaments for our "Caring Hearts, Helping Hands" theme and could also use an extra string of white lights. If you'd like to help this effort, please bring your donated ornaments to the office by November 21, 2016.

Finally, at a time of gratitude and appreciation, many thanks to everyone who has shared their time, talent and tithes with us this year. From providing rides, doing friendly visits, helping with grocery shopping, serving on a program committee, distributing our newsletters, and working in the office, or sponsoring our MiniGolf Tournament, buying a raffle ticket, or making a donation, we couldn't do what we do without you. If you're interested in joining the team as a volunteer or have any questions about our program, please contact me at 253-9275 extension 4 or [Director.Caregivers@gmail.com](mailto:Director.Caregivers@gmail.com).



*Neighbors  
Helping  
Neighbors  
Since 1998!*



Our 2016 Annual Appeal is now underway. If you believe our services to promote and maintain independence and healthy living for people in our local community are important, please consider making a donation. As a 501(c)3 nonprofit, your gift is tax deductible. We do not charge for services and do not receive any funding from the federal government or state agencies and rely solely on charitable giving to fund our program, through donations such as yours, fundraising events and grants. Thank you in advance for your consideration.

Please donate online at [InterlakesCommunityCaregivers.org](http://InterlakesCommunityCaregivers.org) or mail a check to:  
Interlakes Community Caregivers, Inc., P. O. Box 78, Center Harbor, NH 03226



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

NONPROFIT ORG  
US POSTAGE PAID  
CENTER HARBOR, NH  
PERMIT #42

### *2016 50/50 Raffle Winner*



The winner of the 2016 50/50 Cash Raffle is George Jewell, one of our own Volunteer Drivers. His lucky winning Ticket #16 was drawn on September 10th at the 6th Annual MiniGolf Tournament.

“I was shocked to have won - I never win anything!” said George. “I was happy to support this fundraising effort because, as a Volunteer Driver for Community Caregivers, I know first-hand the important role we have in the community.”

“The 50/50 Raffle raised \$4200 for our nonprofit which will help support our efforts to provide transportation and other support services that allow people in our community to remain independent in their daily lives. We sold 84 tickets and appreciate all who purchased and all who sold raffle tickets,” said Sally Dussault, Raffle Committee Chair.

Pictured above are left to right: Ann Sprague, Director, George Jewell 50/50 Raffle Winner, and John Buckley, President of the Interlakes Community Caregiver Board.

*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.**