

# Newsletter

# 47  
Summer  
2020

## Volunteer Spotlight

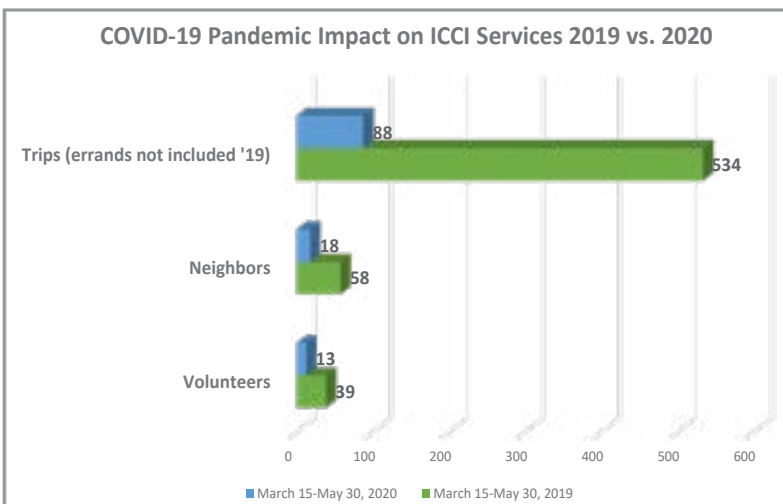
The past few months have been trying for so many. Cancelled appointments, delayed treatments and few, if any, regular social activities made us wonder if there were any services still available. Thankfully, even during the midst of the shutdown, Interlakes Community Caregivers was still operating, coordinating with wonderful volunteers who were ready to step in and bring neighbors to critical medical appointments as well as to supermarket and pharmacy visits.

One of these dedicated volunteers is Paul Helfinstein. Paul is a relatively new volunteer to Community Caregivers, having completed his training in December 2019. In a very short time he was dealing with the restrictions and ride preparation guidelines brought about by Covid-19. Paul was one of thirteen volunteers (compared to 39 volunteers for the same period in 2019) who helped Neighbors keep important appointments and collect needed food and medications when staying at home was the order of the day. During the height of the shutdown, Paul drove six Neighbors a total of 845 miles over 39 hours, including long distance trips to Nashua, Concord and Lebanon.

Paul comes to New Hampshire from Southern California, living prior to that in Austin, Texas. He was a management consultant and application software professional before arriving in Meredith. Paul has two adult children and family on both sides of the US. He also volunteers with Big Brothers/Big Sisters. Paul says that he really enjoys his time driving and chatting with Neighbors. He already has a few stories to tell about his driving adventures. And no doubt those he drives are delighted to share the trip with such an enjoyable companion. ICCI is grateful for all of its volunteers who have kept the wheels turning during these uncertain days. As things return to normal and ride requests increase, perhaps you'll get to meet Paul and share a ride together.



Paul Helfinstein



## PANDEMIC IMPACT ON ICCI

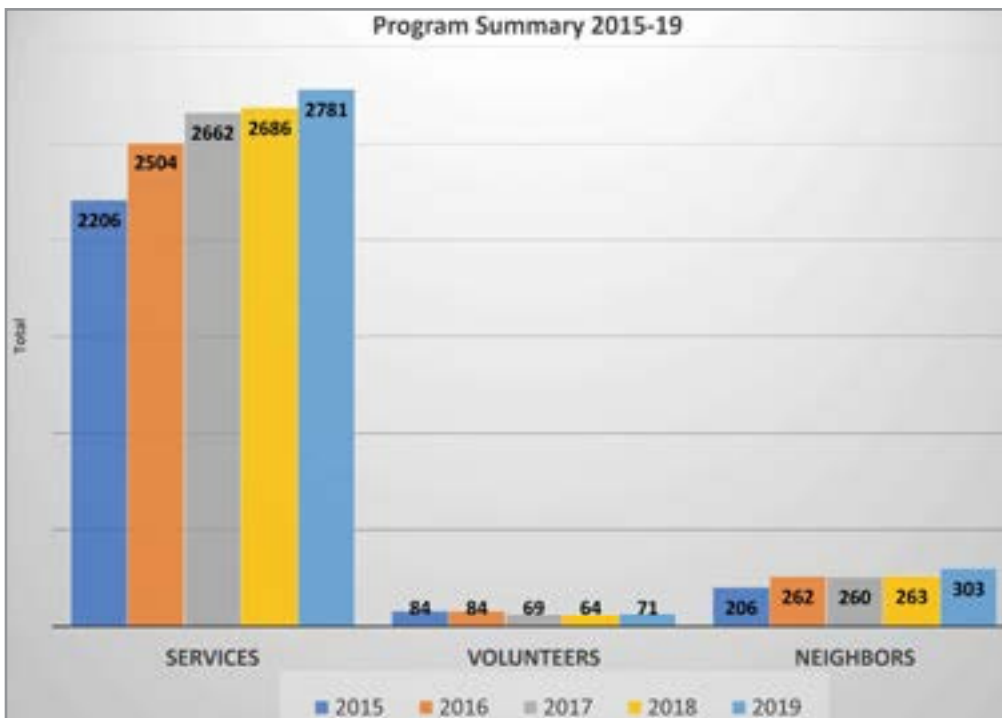
ICCI Volunteers never stopped providing services to our Neighbors during the COVID-19 Pandemic, but the total number of Volunteers and Neighbors has dropped dramatically compared to the same time period last year.

As the numbers show, many of our Volunteers made the decision to stop volunteering when the pandemic broke. As we adapt to the new normal of face masks and social distancing and become more comfortable with ways to mitigate our risks of infection, it would be wonderful for more

Volunteers to return to driving as they feel comfortable to do so. ICCI has face masks and hand sanitizer available for our Volunteers and Neighbors and we have put protocols in place to keep our Volunteers and Neighbors as safe as possible. Please reach out to Rachel Saliba at [rsaliba@interlakescares.org](mailto:rsaliba@interlakescares.org) if you have any questions or would like any face masks or hand sanitizers to use while you are volunteering.



# MORE VOLUNTEERS NEEDED!



Between 2015-2019, almost the same number of ICCI Volunteers provided more services to more Neighbors. This is not sustainable and our need for more Volunteers is even greater during this pandemic as many of our regular Volunteers are understandably unable to provide services.

If you'd like to be a Volunteer, please contact Audrey Wedick at [awedick@interlakescares.org](mailto:awedick@interlakescares.org) or call her at 603-253-9275

## EXECUTIVE DIRECTOR'S MESSAGE



As the new Executive Director of Interlakes Community Caregivers, I have been spending the majority of the past two months listening to our Neighbors and Volunteers and learning about the important work of ICCI. I have been struck by the common compassion, empathy and underlying belief that supporting our local neighbors in need is not only a good thing to do, it is the right thing.

Last month, we held our first-ever Virtual Annual Meeting where we re-elected Darlene Fritz to the Board of Directors. Congratulations Darlene!

We also honored other Volunteers who stood out in 2019 for their commitment to empowering our Neighbors to live independently and with dignity.

The following individuals were recognized for serving five plus years as Volunteers: Sylvia Detscher, David Hughes, Barbara Cochrane, Sally Lyon and Lisa Davis. Sally Silbulkin donated the Greatest Number of Hours (346); Linnie Page completed the Highest Number

of Services in 2019 (294) and she drove the Greatest Number of Miles (5,202).

Linnie was also one of 13 Volunteers who became members of our "Thousand Mile Club" by driving more than 1,000 miles in 2019. Those Volunteers were: Paul Arnold (2,653), Jackie Berry (2,223), Randall Dearborn (1,963), Sylvia Detscher (3,974), Bill Doyle (1,034), George Jewell (4,099), Nancy Law (1,633), Peter Olsen (3,735), Wendy Papagolos (1,902), Sally Sibulkin (1,522), Deb Thiboutot (1,108), and Katherine Trout (1,559).

***As always, I would like to hear from you. Please reach out to me directly by email at [rsaliba@interlakescares.org](mailto:rsaliba@interlakescares.org) or by phone at 603-253-9275 ext 4 if you have any questions or suggestions.***

*~Rachel Saliba*



Darlene Fritz re-elected to a second term on the Board of Directors.

# Charlotte A. Leavitt Awardees Announced

The Charlotte A. Leavitt Award was established in 2014 to recognize outstanding volunteer service with commitment, dedication and passion to the Interlakes Community Caregivers mission as exemplified by this co-founder of the organization. Other factors taken into consideration are length of service, adherence to service guidelines including administrative requirements, number and types of service donated, hours donated, and miles driven.

## 2020 Recipients of the Charlotte A. Leavitt Award in Recognition of Outstanding Volunteer Service:



### SYLVIA DETSCHER

Sylvia is a tireless and dedicated volunteer with boundless energy for helping as many people as possible, every day. We're not sure she even sleeps! Two Neighbors need rides the same morning? You can count on Sylvia to devise a "relay" plan to get everyone where they need to go in a safe, efficient manner and Covid-19 responsible manner, yet still feeling special and cared for. Got a project that needs doing? Sylvia is there, making things happen. We are very fortunate to have Sylvia on the ICCI team!



### LINNIE PAGE

Linnie simply glows with genuine enthusiasm for helping Neighbors. The true, personal joy she gets from each of the many services she provides is unmistakable. Every ride, friendly visit or reassurance telephone call she makes, she describes as a valuable opportunity to "catch up and visit with her Neighbors." She just has a way of making everyone she meets feel important and cared for. Neighbors can't say enough good things about her. Neither can we.

Linnie Page and Sylvia Detscher join their prestigious peers of CAL Awardees:

- 2014 Charlotte A. Leavitt
- 2015 Mackie Heinrich
- 2017 John F. Buckley
- 2018 John and Joan Henderson
- 2019 Connie Cunningham
- 2020 Linnie Page and Sylvia Detscher

Thank you to our Volunteer Coordinators  
Connie Cunningham, Sally Sibulkin, Betsy  
Merkle, Rose Roberts, and Gail Hughes  
for their hard work, dedication and great  
organization skills.



Volunteer Pauline Pope is a regular driver for Neighbor Therese Boucher who was forced to stop driving after a terrible car accident three years ago. They are seen here doing an errand on Therese's 92nd birthday. **Happy Birthday Therese!**

## ICCI Board of Directors

David Hughes  
President  
Center Harbor

Darlene M. Fritz  
Moultonborough

George Jewell  
VP & Treasurer  
Meredith

Susan Gutchess  
Sandwich

Robin E. Woodaman  
Secretary  
Moultonborough

Marie Samaha  
Moultonborough

Peter K. Van Winkle  
Sandwich

Connie Cunningham  
Sandwich

W. Lee Woodworth  
Center Harbor

## Summer 2020 Update

**In addition to the generous contributions made by many individual donors, ICCI is grateful for the support of the following organizations who recently made impactful donations:**

- Bald Peak Community Fund to support our programming (\$1,000)
- Community Church of Sandwich's Dessert Auction to support our programming (\$1,914)
- Anonymous Donor to support ICCI's Technology Plan (\$3,199)

**Interlakes Community Caregivers continues to need financial support for our programs as we face an uncertain year of fundraising ahead of us.** If you'd like to make a contribution, please send a check to our office at PO Box 78, Center Harbor, NH 03226 or go to our website at [interlakescommunitycaregivers.org](http://interlakescommunitycaregivers.org) or click **HERE** to donate by credit card or PayPal.



**PRESIDENT'S MESSAGE**

So far 2020 has been a very challenging time for everyone, our Neighbors, our Volunteers, staff and communities as a whole. Inter-Lakes Community Caregivers has remained in operation, following all the healthcare professionals' advice, helping our Neighbors, and communicating with all. We are getting the job done as best we can with lots of support.

Due to covid -19, we have had to cancel all our various Fund Raiser Gathering Events out of consideration for the safety of our communities. We canceled our spring fundraisers and asked the

community to support us directly instead and they did. Best of all, the people of the Granite State are doing well supporting each other. ICCI was able to make arrangements with our local stores to ensure that our Neighbors' shopping needs could still be met. Now that medical offices are re-opening, we are assisting our Neighbors to get to needed medical appointments and/or get medications to them.

Best of all, we at ICCI have developed a few new ways to meet our goals and continue to assist our Neighbors and stay safe at the same time. Here's hoping all our fellow citizens continue to stay strong and healthy as the dog days of summer flow through our lives. Thank you to all who have supported ICCI over the past months of this pandemic; especially those ICCI volunteers who have stepped up and helped our fellow Neighbors. ~ *David Hughes*

### 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.



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