

The Official Newsletter of :



Caring Connections

VOLUME 5, ISSUE 2



SPRING 2010

Helping the frail, elderly & disabled to maintain their independence & dignity through the spirit of volunteerism.

CareGiver Spotlight: Caring and Sharing

Dot is 81 years old and lives in Manchester with her daughter. Two year's ago, Dot's daughter contacted The CareGivers looking for a volunteer to provide some companionship for her mother who is alone all day. Long-time CareGiver volunteer, Joannie, was looking for a friendly visit assignment at that time – a perfect match! A wonderful friendship has formed between these two women.

Joannie sees Dot at least once a week and they usually talk over coffee and a "goodie". The pair will go out occasionally if Dot is up for it. When the women are together, they are never at a loss for conversation. Dot enjoys doing puzzles and playing cards, but when Joannie visits "we just get talking and have so much to say, we never get to doing anything else" Dot

explains. She goes on to say, "Joannie is very special to me; she is such a good, close friend. We have a lot of fun and she makes me laugh a lot." Joannie's sentiments about Dot are much the same, "Dot is a sweetheart with a great sense of humor. I consider her a really, really good friend." Despite her medical issues, Joannie says Dot is always fun and never complains. She is so appreciative and never has a bad thing to say about anyone.

Even though Joannie is busy with her own life, she always makes time to visit or call Dot. "Visiting Dot is not a chore", says Joannie. "I look forward to going every week. I would go every day if I could because I love our time together so much". If Joannie has to miss a visit, she makes a point of calling just to check in on Dot. Dot can't say enough about Joannie; "she let's me talk things

out when I have something on my mind and is never judgmental. I always feel better afterwards." The two women share stories about their lives and keep up-to-date on each other's families, which sometimes involves a phone call in between visits. Dot thanks The CareGivers for sending Joannie to her... "she fills a void in my life". Joannie's mother passed away a couple of year's ago and finds spending time with Dot helps fill a similar void in her own life. It takes a friend to be a friend...



Dot and Joannie Share Coffee & a Laugh

"Spring Cheer" Service Project

On March 25th, thirty CareGiver clients from Greater Manchester and Greater Nashua received a little "Spring Cheer" with a personal touch. Vases of fresh floral arrangements were personally delivered to them by volunteers from St. Anselm College Student Nursing Association.

Our agency engages in several service projects and outreach programs throughout the year that help to promote our clients independence and sense of well-being. Our aim

is to bring joy and personal contact to our neighbors in need.

Feedback from these projects is always heartwarming. Often it is hard to tell who benefits the

most from the experience—the clients or the volunteers.

A special thank you to all the Nursing Students who helped bring a little sunshine into the lives of so many of our clients.



St. Anselm Nursing Students Kelly Lenehan and Jacqui Rossignol



Fresh Floral Bouquets Ready for Delivery

Main Office
19 Harvey Road
Bedford, NH 03110
622-4948
Fax 384-3901

Nashua Satellite Office
491 Amherst Street
Nashua NH 03064
595-4502

www.caregiversnh.org

"Experience the power of caring!"



"It's so nice to get a touch of Spring in the cold weather. It makes your day when you receive something like this. Oh, I'm telling you I get more happiness from your agency."

Theresa, client, age 81
 (Recipient of a Spring Cheer Floral Arrangement)

“Profiles of Service” A Board Member’s Perspective



Ruth-Ellen Mason
 Board Member

Why did you become involved with The CareGivers?

The CareGivers has been an important part of my life since December 2000 when I was asked to be a board member by Donny Guillemette. It has been a privilege to serve and share my experience in fund-raising with such a dedicated and committed group of professionals.

Why do you think the mission of

The CareGivers is important for the community?

Although a small non-profit, compared with other national organizations, The CareGivers has assisted and enabled thousands in the Manchester and Nashua area since the 1980's by putting their mission-”Helping the frail, elderly and disabled maintain their independence and dignity through the spirit of volunteerism”- to work in practical ways. It's exciting to be a part of the changes and to know the programs that have been put in place are making the lives of so many happy and healthy.

What interests you most about The CareGivers organization?

Flexibility is one of the key factors I enjoy when working the 'friend-raising' programs of The CareGivers. Annually

in May, The Chocolate Lovers Fantasy Event has introduced the hospitality industry and the public to the outstanding work of The CareGivers in a delectable and decadent manner. The local NH artists in the field of Fine Arts and Music have contributed their special talents in our Art of Sounds Auction and on our Sounds of Caring music CD.

The Caring Cupboard was started as a response to a specific need that our programs did not address, and the partnerships that developed between The CareGivers and the academic and business communities continue to grow. The staff and other board members of The CareGivers make a difference in lives of so many, it's wonderful to be associated with such a vital organization.



A Look Inside the Cupboard

The CareGivers Caring Cupboard is a mobile food pantry delivering free grocery packages to low income elderly and disabled neighbors.

	<u>Delivery Business Partners</u>	<u>Households Served</u>	<u>Amount of Groceries</u>
JANUARY '10	Duncan Black & Prudential Verani	143	4,606 lbs. Value: \$7,571.13
FEBRUARY '10	Manchester Fire Department & St. Anselm College	161	5,190 lbs. Value: \$9,666.42
MARCH '10	UPS, St. Anselm College & Ocean Bank	182	6,464 lbs. Value: \$11,132.14
TOTALS		486	16,260 lbs. Value: \$28,369.69

Highlights

The Caring Cupboard has expanded its inventory and is now able to offer a wider variety of produce items for clients to choose from. Various dairy products, such as milk, yogurt and cheese have also been added as well as a variety of packaged meats. With these new additions, clients can create well balanced and nutritional food packages.

THANK YOU!

Upcoming Events & Short News



Support The CareGivers, Inc.! Sunday, August 8th, 2010, Fisher Cats vs. Bowie Baysox at 1:35pm. A portion of each ticket purchase will be donated back to The CareGivers.

There will be a parade of CareGiver volunteers, an information booth and CareGiver features and highlights throughout the game. Come and join in the fun!! See enclosed flyer for details.



This year's *Warm Your Heart* grocery store fundraiser collected over \$3,000. Our thanks to all the grocery stores who displayed CareGiver collection canisters/kiosks in their stores during the month of January.



The CareGivers would like to take this opportunity to thank our generous and long-time supporting corporate

partner, Great NH Restaurants, which includes T-Bones Great American Eatery and Cactus Jack's Great West Grill, for another successful "Sweetheart of a Deal" fundraiser. This promotion ran during the months of January and February 2010 and invited diners to receive a \$10 T-Bones/CJ's Dining Certificate for every \$5 donated to The CareGivers. This *sweet* promotion raised \$42,660.



Stephen Scheiner, CG Board Treasurer, Donny R. Guillemette, CG President & CEO, and Tom Boucher, CEO of Great NH Restaurants

"A word of appreciation to you for accommodating and scheduling rides to my medical appointments these months past. This is a caring and vital service that CareGivers provides to those in need."
Elizabeth, client, age 74

From the President...



Donny R. Guillemette
President & CEO

We often say that our organization is only as strong as our volunteers. A truer statement could not

be made. The CareGivers, Inc. relies on the spirit of volunteerism to fulfill our mission of helping the frail, elderly and disabled maintain their independence and dignity. The recruiting of new volunteers, however, is a difficult task, but the impact of one new volunteer can be profound. They have the potential of touching the lives of many and enriching their own in the process.

There are numerous methods to recruit volunteers, but the best method we have found is referrals from like minded individuals. One of the best sources of future volunteers is current volunteers and supporters. If someone is passionate enough to volunteer their time or support an organization, they are likely to have some family members or friends who share those same passions and interests. Our current friends can be the perfect volunteer recruiters. Maybe you have a

neighbor or a person a few pews over at church who would make a wonderful and caring volunteer. Whether someone has an hour week or an hour a month of their time to share, we have numerous volunteer opportunities to fit their schedule, such as:

- Transport someone to a doctor's appointment.
- Take someone grocery shopping.
- Call a client on the phone.
- Share a friendly visit with a client.
- Call clients to take their food orders.
- Pack food orders for our Caring Cupboard.
- Help with one day service projects.
- Become involved with fundraisers.

These are just a few, but the opportunities are endless.

If you know of someone who might be interested in joining our organization as a volunteer, please forward their contact information onto our office...we will take care of following up.

Thank you for your ongoing support.

Happy Birthday Volunteers:

January

Claire Marquis	1/1
Steven Botana	1/4
Blanca Oleary	1/5
Amy Lazzar	1/7
Paula Pease	1/10
Rita Soderberg	1/12
Scott Davis	1/13
Maddy Murphy	1/16
Sree Sridharan	1/17
Judith Tremblay	1/18
Regine Messamore	1/22
Deborah Sandall	1/22
Joy Brett	1/22
Pat Tollenger	1/23
Nancy Fitzpatrick	1/25
Franz Lang	1/31

February

Karen Walter	2/10
Carole Hackert	2/13
Bill Peabody	2/13
Donald Bournival	2/14
Sheila Queenan	2/24
Diane Pictwroski	2/26
Lisa Subisak	2/27

March

Jill Jones	3/1
Cathy Fitzpatrick	3/2
Tomasine Hall	3/2
Rob Haas	3/4
Stephen Mulloy	3/5
Lisa Parker	3/6
Diane VanSandt	3/9
Mary Lou Brindisi	3/11
Maribeth Lazich	3/12
Rodman Leavell	3/12
Jessica Nichols	3/12
Jean Lovely	3/16
Sonja Tahsin	3/17
John Patenaude	3/24
Susan Shaughnessy	3/31



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Bedford, NH 03110
603-622-4948

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U.S. Postage
PAID
Manchester, NH 03103
Permit No. 185

Staff

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President & CEO

Bernadette Douzanis
Development & Resource Manager

Mary Ellen Subisak
*Community Outreach & Events
Coordinator*

Kelly Urban
Manchester Program Coordinator

Eric Emmerling
Nashua & CCC Program Coordinator

Ellie Martel & Diane Gardini
Office Support Staff

Jill Puchacz
*AmeriCorps Member
Caring Cupboard Volunteer Coordinator*

Robert G. McCullough, Jr. &
James Howarth
Caring Cupboard Warehouse Clerks

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Community Volunteer

Treasurer
Steve Scheiner
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Secretary
Cyndi Spiers
Comcast

H. Andy Crews
AutoFair

David Harrity
*Retired-U.S. Dept. of Housing &
Development*

Ann Hartman
Fidelity

John MacGilvary
Prudential Verani Realty

Ruth-Ellen Mason
Encrease Sales & Marketing, LLC

Mary Wainright
Community Volunteer