



The Caregiver Connection

Fall 2017

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Caregivers' Mission:
Enriching lives and supporting individuals to remain independent through a compassionate volunteer community.

All services are free of charge and available to eligible residents in the towns of Chester, Danville, Derry, Hampstead, Londonderry, Sandown & Windham.



Dear supporters:

I sit here today feeling blessed for our good fortune in a time when so many locally and elsewhere in the United States are struggling. We have always been secretly grateful that we have never been reliant on state or federal dollars that can be cut in a heartbeat and force agencies to make staffing and program cuts. We will thrive with the modest campaigning, fun fundraisers, loyal donors/towns and a great grant writer. The other fortunate thing about operating a grass roots / independent organization is that we have the ability to help when other agencies cannot. So, have comfort knowing that I think we will always be around and able to serve and help others to serve. We so often hear that someone is not OLD enough, POOR enough, RICH enough, or DISABLED enough to be assisted elsewhere. We do not have income guidelines to deem someone eligible to serve. My rule is simple: when someone is seeking help, I simply ask myself, "Are their needs being met or adequately met? Do I think they would be a suitable match for our volunteer program (i.e. be receptive to the dynamic, be flexible, be appreciative)? and Would a volunteer question my judgment in assisting them?" In most cases, we are able to mobilize and help.

I hope by my writing this, all our funding partners, affiliate agencies and friends will know that we try our hardest to help nearly everyone who calls or comes in even if it is just in giving them our attention, respect and guidance. Most people just want to be heard. They want their lives witnessed. In my 13 years at Caregivers, I have come to the conclusion that most if not all wouldn't be asking for the help from a perfect stranger unless they really needed it. If any of you reading this feel marginalized, alone or isolated and want to be welcomed into our community as a client or volunteer, please don't hesitate to call or come in. Our doors are always open.

Sincerely, Cindie Alice Tanuma, Executive Director

BOOTH AT WINDHAM CHILDREN'S HARVEST FESTIVAL - OCT. 14
MACK'S APPLE BAKE SALE — OCT. 22
CHARLIE ZAHM CONCERT— NOV. 17 & 18
CAREGIVERS HOLIDAY OPEN HOUSE— DEC. 6, 4-6PM
POTTER'S BOWL — JAN 27, 2018

Warm Welcomes, Anniversaries & Bittersweet Retirements



Community Caregivers of Greater Derry retired just one Board member this spring. Kelly McIntire joined us in May, 2014 from our partner church St. Mark the Evangelist and as a Londonderry resident. She was instrumental in developing the client handbook that is now provided to each new individual, brokering a partnership with her parish to sell our Christmas wreaths as a yearly fundraiser, filling in for staff at times, and serving on our personnel committee. She is rejoining the workforce after years of raising a family and caring for her now departed parents. Sad to see her go, but we know she will remain close. Good luck!!

Paula Flynn, our grant writer, celebrated her 10th anniversary with Caregivers. If any of you have not had the pleasure of meeting her it is because she is our best-kept secret hidden in the back room office where she prefers to work her magic. She has been a grant writer for 30 years, is a whiz with numbers and data and has a way of narrating that is second to none. In the past ten years, she has single-handedly fundraised **\$879,865** through town funding applications, private and public grants and local businesses. She has also helped the agency with cash flow analysis, our business plan, our gift acceptances policy and annual reports and taxes. We are so very fortunate to have her time and talent.



We welcomed one new member to the Board of Directors in June. This member was nominated due to her years of volunteering with a in-home match, outreach events, Panera Bread late-night pickups and years of Potter's Bowl involvement. Her advanced knowledge of our group will give her a great head start. Ashley MacKinnon is the Executive Administrator for the Professional Fire Fighters of New Hampshire. Residing in Derry for more than 10 years, she started volunteering with Caregivers to give back locally. She is very excited to support the community in this new role. She will be asked to help with our new webpage, social media, multi-media projects, and outreach events along with all the normal Board duties. Board terms are 3-years in length.

Dear Caregivers Clients & Volunteers,

With deep sadness, I must let you know I will be retiring from CCGD as of October 31st.

I have some serious, ongoing health issues which require my full attention. They are not life-threatening but they are life-altering. The time has come for me to devote my efforts to taking care of myself and allowing myself to heal.

During my more than seven years working with the Caregivers family, I have been blessed to meet and work with truly wonderful clients, volunteers & colleagues. You are the best folks ever! And I wish for each of you the best life ever!

Please know I will be thinking of you often and hoping you are all doing well. And please accept my heartfelt thanks for allowing me the pleasure and privilege of working with you. It has been such an honor to serve you.

With love & best wishes, *Yancy*



Caregivers Remembers...

We extend our thoughts and sympathies to the families and friends of the following:

Hortencia Anderson Warren Pillsbury Dotty Grover Walter Knowlton Cory Holm Gene Rocco Bruce Thatcher



SPECIAL THANKYOU'S...

Thanks to our longtime partners at Granite State Poker Alliance & Anagnost Companies

We hosted a 5-night GAMES OF CHANCE FUNDRAISER this past June and grossed an astounding \$17,791.

The poker room opens every day at noon. The games offer tournaments and cash table games including poker, black jack, hold 'em and roulette. There are bar and restaurant services.

The facility is located inside the Manchester Bingo Building off So. Willow St.

Charities receive 35% of each night's gross profits after all prizes have been paid. We hope to receive nights next July...Stay tuned!

Every year, our supporters continue to astound us with their generosity and love for any game of chance. The 2017 Pick 5 Spring Fling Raffle was a great success with over 133 raffle ticket holders helping us raise close to \$3000! On June 29th, Pam Rugg, from Mulrennan & Rugg, helped pull the winning tickets. Frances Savard, a beloved client, won the grand prize of \$500! Thank you to all who participated. This is typically a lean time of year for us so a spring fundraiser with little work and great return is always welcome.

Our Funding Partners since the last newsletter:

Since the last newsletter, Caregivers has received grants from **The Alexander Eastman Foundation** (\$25,000), the **TD Charitable Foundation** (\$5,000) and the **Walmart Distribution Center** in Raymond (\$1,000) for our **Volunteer Care-giving Program**. We also received grants from **Anthem Blue Cross and Blue Shield** (\$2,500) and **The Rogers Family Foundation** (\$1,000) for **The Loaner's Closet**, and from the **People's United Community Foundation** (\$2,500) for **Project Upkeep**. Finally, we also got a very generous grant from **The Eversource Foundation** (\$1,000) to purchase marketing supplies, game board and prizes geared toward engaging a younger audience for our summer and fall outreach events. See a listing of these events elsewhere in this newsletter and come by our booth to say hi and to try your luck at our new game! In addition to grants from private funders, we also receive support from all of the towns we provide services in: Chester, Danville, Derry, Hampstead, Londonderry, Sandown and Windham.

NH GIVES

On June 6th, we participated for the first time in the NH GIVES Campaign. Throughout the entire state, in 24 hours, 297 non-profits raised over \$310,000. On our first try, we reached our goal of \$1000 with just 19 donors. We were 58th in money raised and 45th in number of donors.

Please mark your calendar for next year's event. For more info, visit www.nhgives.org.



Did you know NH-EMS records that in an average month, 250 adults have cardiac arrest?

We have received a potentially life-saving device thanks to the generosity of a local women's group. The Londonderry Women's Club used their charitable funds to purchase an automated external defibrillator, or

AED, for us in July. As part of this initiative, the staff and 2 Board members also underwent CPR certification courtesy of the Derry Fire Department in May.

A big thank you to Sara Clark, vice chair of the club, for spearheading the effort and to Bill Wood, Preparedness Coordinator, State of NH, EMS, for coming down to train the staff on using and maintaining the unit.

The state encourages the use of AEDs in any and every place where people gather. It is very important to us as 3000 people loan from our loaner's closet each year and many are frail and at risk of a heart attack.

CAREGIVING OPPORTUNITIES AND NEEDS AS OF 9/29/2017

Call Caregivers for more info on assignments listed below, 432-0877 X-4

Specialty Help

We are seeking volunteers specifically to help with frequently asked technology questions. We have begun to receive more requests for one-time or multiple session help/lessons with personal computers, tablets and social media questions. If you have patience, speak slowly and clearly and are good at explaining, training and troubleshooting, we would love to hear from you.

All Towns

Volunteer drivers needed to take folks to local med. appointments. Need only help twice a month.

Service groups, large and small, needed for fall work projects. We will also need occasional shovelers to be on call after storms.

Chester

Replacement dialysis drivers needed - Wednesdays: Bring gentleman home from Derry dialysis at 2:30PM to his home on Raymond Road.

Danville

Friendly visitor needed for 94 year old WWII vet (decorated at Iwo Jima) looking for new friend. Lives with 90 year old wife, sweeter than pie. Still very much in love. Very frustrated by the fact that he can't drive or get around too well.

Replacement dialysis drivers needed - Tuesdays: Bring gentleman home from Salem dialysis at 2:30PM to his home off Hersey Road in Danville.

Derry

Long-time volunteer drives turned client. Legally blind female. Lives off Folsom Road. Two needs: Checking on her antique booth at "A Well Kept Secret" in Kingston a couple times a month, taking her to Hannaford once a week.

Humorous gentlemen in Derry Country Club Estates looking for helper to take him to the bank, Aldi and the estate's main office each Friday morning. Shops quickly, in and out. Mostly just needs help bringing groceries in.

Elderly female in Fairways needs replacement teen laundry helper as hers got a job to pay for car. Time and day is flexible as long as you are consistent and reliable. Has flourished with teen matches for years. Also needs help bringing heavy items in from car.

Elderly woman in senior housing in Derry looking for someone once a week to vacuum, dust and clean bathroom. Family comes once a month for deep cleaning. Non-smoker and no pets. Married 63 years but husband is in nursing home (visits him M, W, F so T and Th would be better for visit.). Very sociable, used to engage constantly with neighbors but can no longer due to poor ambulation and steps to her unit.

Widower and former avid skier looking for someone to visit with in the afternoons and go on outings together. Goes to McDonald's each morning, but the afternoons pass very slowly. Doesn't smoke or have children.

Army vet in Fairways looking for help with dog walking. First and last pee call of the day would be most helpful. 8AM or 8PM.

Wheelchair-bound elderly woman due to recent lower amputation, who has early stage cancer and recent heart attack, and who is hearing impaired (lip reads), and her husband and his sister are looking for assistance with light chores. Children live out of state. Does smoke and has multiple animals.

Former lead guitarist (male) with cat looking for companionship and help to access personal shopping. Isolated due to recent triple bypass.



Continued on next page....

Hampstead

Retired 3rd grade teacher from the Cape looking for someone to keep her company when husband needs to go out. Lives on Wash Pond, good health just falling a lot lately.

A retired Marine recently discharged from the VA with heart problems needs help around the home. Used to be the primary worker in home as wife is also ill. Lives off Central Street.

Londonderry

Cute married couple, new to area from Waltham, looking for companions/household help. She is former nurse, he was a contractor as well as WWII Army vet. Teens OK. He would love walking buddy, too.

Dog walker needed for Chihuahua on Auburn Road. Any day between 9AM and 12PM.

Overwhelmed husband looking for respite so he can join Monday night bowling league. Lucid wife just has extensive breathing problems. No pets. Children all out of state.

Elderly woman near Senior Center looking for someone to clean up around small apartment (in-law) twice a month. Broken back and neck from someone crashing into her car and totaling it. Raised children in Malden. No pets or smoke. Retired from fed. govt. and hotel industry.

Sandown

Long-time client - homebound man recently alienated from an exploitive adult son looking for several different volunteers. Has a cat and home is quite cluttered. Former flooring specialist and builder. From the Lawrence area originally. Needs a shopper for him, trash taken out, kitchen, bath and living room cleaned and laundry needs to be done off site. Perfect for the patient person who is looking to help support someone on a number of different levels.

Windham

Husband near Griffin Park looking for respite care for his medically frail wife so he can go shopping, out for appointments or be busy elsewhere in the home. Female preferred. Wife likes TV, puzzles, Elvis Presley, Turner Classic Movie station, and conversation.

Holiday Help Only

Each year, we fulfill the wishes of over 60 of our clients at Christmas time. We work with 4 partner agencies, supplying them with angel tree requests which their supporters then fill. We will need to have all the gifts back into our office by Wednesday, December 13. We are looking for elves to pick up 3 to 5 gifts apiece to deliver to their list by December 21st. Don a funny hat, ugly Christmas sweater, bring along your children or a baked good and spend 15 minutes visiting someone who just wants to know they matter.



*"Volunteers are not paid
-- not because they are
worthless, but because
they are priceless."*



COMMUNITY RESOURCES

Attention MEDICARE Seniors--DID YOU KNOW?

Medicare Part D and MedAdvantage Open Enrollment begins Oct 15 & ends Dec 7.

You can enroll in a **Part D** (drug) plan even if you are not taking medications, to avoid a possible penalty.

You can review and/or change your **Part D** plan with no restrictions during this time, to ensure that your prescription drug needs are covered for 2018.

THIS IS ALSO THE TIME:

You can review and/or change your **MedAdvantage Plan** to ensure that the plan meets your medical and prescription drug needs.



Call ServiceLink: (603) 893-9769 for your Part D/MedAdvantage information packet today!

The senior population in our area needs help, but they are not likely to ask. We hear often the reason is that someone needs it more than they or they probably are over-income. Think again. Let SNHS help offset your fuel/electrical needs so it frees up more funds for important medication and food purchases. If you know a senior or are a senior struggling to pay your bills, please look into the great assistance offered for so many in NH. Now is the time to apply before it gets cold. **Call Derry, 965-3029 - Raymond, 895-2303 - Salem, 893-9172 - Manchester, 647-4470 to apply.**

Seniors that live alone need to make under \$3,433 and couples under \$3,433. Heat included in your rent? No problem. Payments can be made directly to landlord and your rent can be reduced accordingly.

Fuel Assistance: Benefits from \$76 to \$1125 may be available. Benefits are a grant and do not need to be repaid.

Electrical Assistance: The EAP provides customers of participating electric utilities with discounts on their monthly electric bill.

Note: If you don't qualify for fuel assistance, but are in a hardship situation, they may have other programs that could help you pay for your fuel bill or electric disconnect.



2017/2018 ENERGY ASSISTANCE PROGRAMS

ATTENTION BABY BOOMERS & THOSE TURNING 65 YEARS OLD SOON!

Right after the new year and before April 15th, when you start to collect all your documents for your tax filing, think about whether or not you are eligible for A UNIFORM ADJUSTED ELDERLY EXEMPTION through your local assessor's office.

- Qualifications:**
- 1) A person has to have been a resident of NH for at least 3 consecutive years
 - 2) Must have income no greater than \$35,000 for a single person and no greater than \$45,000 if married;
 - 3) Owns assets of any kind, not greater than \$150,000;
 - 4) Is at least 65 years old on or before April 1st;
 - 5) Must not have received transfer of the property from a blood relation, or person related by marriage, within 5 years prior to date of application.

An exemption of \$85,000 for residents 65 years of age up to 74, \$125,000 from 75 years of age up to 79, and \$165,000 from 80 years of age and older is applied to the assessed value of the property.

So, if you are 70 years old and your home is assessed at \$200,000 then you will only be paying taxes on \$115,000. It's certainly worth looking into to make staying independently in your own home a reality.

UPCOMING EVENTS...

An Evening of Celtic Music

We will again be partnering with St. Luke's United Methodist Church to bring **Charlie Zahm and his fiddle player Tad Marks** into the area for another evening of Celtic music. They will also delight us with a bit of maritime music and Broadway tunes. The last two concerts sold out so we are adding a second night. Tickets are priced reasonably at \$15.

Fri., Nov. 17 & Sat., Nov. 18 7:30PM
St. Luke's United Methodist Church
63 E. Broadway, Derry, NH



Cash, check or credit card accepted, call Julie 432-0877 x1



BENEFIT BAKE SALE

Sun., Oct. 22nd @ Mack's Apples

Pies are best sellers and are preferable, but donations of cookies, brownies, breads, Rice Krispy treats, fudge, coffee cakes, cakes, and cupcakes are welcome! Cookies and brownies wrapped in twos or a plate of a dozen would be great. Diabetic, gluten-free, or other special diet options should be marked accordingly. Please call Julie and let her know what you will be bringing. Items may be dropped off between 1-4PM on Sat., Oct. 21st @ Episcopal Church of St. Peter's Carriage House, 3 Peabody Row in Londonderry or brought to the orchard at 230 Mammoth Road on the day of sale. *Pickups can be arranged per request. Don't bake? Donations of packaging materials are appreciated.*



DOUBLE-FACED:

THE THREE RIVERS DIFFERENCE

Three Rivers Wreaths are always double faced. This means that wreaths are the same on the front and the back unlike our single-faced competitors. Hang our wreaths in a window or on a front door and don't worry about a metal frame banging or scratching your home. Our quality is hard to beat and your customers will easily notice the superior standard of a Three Rivers Wreath!



Back of a Plain Wreath

Starting October 2nd, we will again be accepting online orders for direct to customer shipping of wreaths, kissing balls, garlands, and amaryllis kits. All the choices are on our landing page:

<https://ThreeRiversFundraising.com/fund/ccgd-wreath2017>

Best thing is, Caregivers profits up to \$10 from each item. We can guarantee these will be the best you have ever owned!

We will also be selling both decorated (\$20) and undecorated (\$15) wreaths here at our office starting the week of Thanksgiving and at the St. Mark's Knights of Columbus, Council # 10448 Annual Tree Sale at the Rt. 102 BP Gas Station (by Crossroads Mall in Londonderry). *Want to save on shipping? Order anything through Julie at our office, and pick up from us when we call you. Order forms will be in-house after October 2nd.*

Community Caregivers

of Greater Derry
1B Commons Drive, Unit 10
Londonderry, NH 03053

Non-Profit

Organization

U.S Postage

Permit # 60

Derry, NH 03038



Fall 2017 Newsletter



"Never doubt that a small group of thoughtful, committed citizens can change the world. Indeed, it is the only thing that ever has."

-Margaret Mead

Board of Directors as of 09/2017

Chairman: Martin Couture, Hampstead

Vice-chairman: Jill Jamro, Manchester

Treasurer: Lee Carvill, Londonderry

Secretary: Priscilla Lane, Danville

Paul Loffler, Derry

Ashley MacKinnon, Derry

James McCoy III, Manchester

Justin Paré, Windham

Jill Pelunis, Derry

Barbara Smith, Chester

Susan Walker, Manchester

Caregivers Staff:

Cindee Alice Tanuma x4

Executive Director

Julie K. Levesque x1

Office Manager

Paula Flynn

Grant Writer

Nancy H. Pierce x2

Transportation Coordinator

Donna Kluk x3

Loaner's Closet Coordinator

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HOURS: DAILY MON-FRI 9AM-3PM

