

# The Caregiver Connection

Community Caregivers of Greater Derry

## THE 4th ANNUAL POTTER'S BOWL WAS A HUGE SUCCESS!!!

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Another year sold out in advance and a big hit for the community! You do not know how good it feels to have an event the public looks forward to, the average person can afford to attend, and that has the integrity of being an event which celebrates the arts in NH. Thank you to the 70 volunteers who helped out a combined 300 hours to make the event possible. Over 150 community members enjoyed Panera bread, fabulous desserts and ten wonderful soups. Restaurants and businesses that took part included T-Bones, Blackberry Bakery, The Kitchen at The Windham Junction Country Store, Anthony's Cucina, Promises to Keep, Avandi's, Gourmet Grille, The Homestead, Lucciano's, Pinkerton Tavern, Sabatino's North, Shaw's in Derry, Market Basket in Londonderry and Hannaford Supermarket in Derry. Flowers were donated by Wisteria Flower Shoppe, Pretty Petal Florists, Countryside Florists, Backmann Florists and Taylor Made Florals. Party supplies were donated by 4yourparty.com and Partyrama in Londonderry. Also, a special thank you to The Windham Presbyterian Church for hosting the event and the Derry News and Nutfield Publishing Company for covering the event. We had music this year brought to us by Simply the Best Entertainment. Some local potters who donated to the event include You're Fired, Museware Pottery, Brian Gricus, Bruce Haber, Chris Archer, Mike Gibbons at Nutfield Pottery, Magpots Studio, Rock Garden Pottery, Kit Cornell Pottery Studio and Jessica Seaton. The schools donating artwork included Nutfield Cooperative School, Alvirne High School, Kimball Union Academy, Pinkerton Academy, and the students at the Currier Museum Art Center and New Hampshire Institute of Art. Some of the potters even showed up for dinner, met their recipients and signed their programs! Our first silent auction was also a hit with exquisite jewelry, wonderful paintings, handcrafted purses, scarves, and afghans, as well as many signed books from local New Hampshire authors. Thank you, again, to all the contributors who did their parts to make the Potter's Bowl our most successful community fundraiser. We look forward to seeing you all next year!!

### Caregivers' Mission:

To provide, through a volunteer network, support and assistance to help the elderly and disabled remain independent in their home environment and the community.

Please see our website [www.comcaregivers.org](http://www.comcaregivers.org) to see the complete list of participants and photos from the event  
 Save the date for next year's event:  
 Saturday, February 6th, 2010.



Proud member agency of the  
 Heritage United Way



# THANK YOU

*The public has been very good to Caregivers this holiday season. We would like to highlight some of the generosity we have been witness to.*

♦ **The Caregivers, Inc.** in Manchester generously gave enough us \$500 from their T-Bones Sweetheart of a Deal Fundraiser from 2008.

♦ **St. Mark's Lodge No. 44** has been distributing funds to charity from their annual Christmas Tree Sale for more than 20 years t. Again this year, Caregivers, along with The First Baptist Food Pantry, The Sonshine Soup Kitchen, and the Santa Fund, received \$225 each for their good work. Thank you for your long-term support.

♦ **The Holy Cross Church** in East Derry selected Caregivers as the recipient of their Angel Tree again. We were elated with the hospitality we received. Delivered to us was \$600 worth of gifts cards and presents for us to distribute to over 35 of our clients. They received holiday surprises such as books of stamps, toys, new clothes, fruit, crossword puzzle books, lapel pins, and gifts cards up to \$50 apiece. Their Faith in Action truly made an impact this holiday season. Thank you for your good work.

♦ **New England Duplicator** in Manchester for their continued support on publication printing. They help Caregivers and many other worthy non-profits through your discount program.

## LOANER'S CLOSET THANK YOU'S

A special thank you to **St. Thomas Aquinas Catholic Church** and their Emergency Missions Fund for all the many cases of SM, MED and XXL Depends and Chux underpads for our Loaner's Closet. We have had many clients in need of these expensive items. We cannot thank them enough for their generosity! This enables us to continue our mission to help the community with medical equipment that they otherwise would not be able to afford or access, and to make our waitlist shorter for some of these products. If you know anyone who needs these products, please call the Caregivers office at 432-0877.



A ROUND OF APPLAUSE to the kids at the Community Service Learning Program through the Upper Room's Juvenile Youth Diversion Program for help with the Potter's Bowl set-up, and assembling this newsletter, as well as the mailing for the Holiday cards and Party invitations. Their partnership with us each month is invaluable.



### **MONARCHS 50/50 RAFFLE**

Thank you to the *Monarchs Cares Foundation* and all of the volunteers who helped with the Monarchs Hockey Game 50/50 Raffle in January. Caregivers received just under \$500 in funds to assist with our volunteer caregiving program.

If you want to lift yourself up,  
lift up someone else.

Booker T. Washington

## COMMUNITY RESOURCES

### FREE TAX ASSISTANCE

AARP will be offering free help with federal and state income taxes. You don't have to be a member of AARP to receive free assistance. Qualified IRS and AARP trained people will be at Marion Gerrish Community Center, 39 West Broadway, Derry  
Through Apr. 14th Tuesdays & Thursdays from 10AM to 3PM  
Please bring last year's tax return, W2's, 1099's, income, expense, etc.  
Handicapped accessible.



### Another Free Tax Assistance Program...

Heritage United Way is working to advance the common good by focusing on the basic things we all need for a good life: education, income and health. Heritage United Way, Southern New Hampshire Services and the Internal Revenue Service are currently working together to assist families in receiving their rightful Earned Income Tax dollars by operating a local Volunteer Income Tax Assistance site in Manchester. You do not need to be a Manchester resident to use this service. Here, individuals can receive free tax preparation services and learn how to claim their EITC.

Through APRIL 15, 2009 Southern New Hampshire Services, 60 Rogers Street, Manchester



Tuesdays & Thursdays 5:00 PM to 8:00 PM  
Saturdays 9:00 AM to 1:00 PM



### MEDICATION MANAGEMENT:

#### WHAT YOU NEED TO KNOW

Do you ever have questions about the medications you take? Medication regimens have become so confusing with all of the medical advances and newer medicines on the market. Seniors are at high risk for developing medication-related problems due to their age, as well as having several doctors prescribing many medications. This can cause over or under-medication complications and could result in hospitalization. Seniors are encouraged to take an active part in their healthcare by knowing their medications and keeping an updated list with them at all times. Here is a list of questions to ask your doctor about your medication:

- ⇒ What is the generic name/brand name?
- ⇒ Is it available as a generic?
- ⇒ What is the medication used for?
- ⇒ How do I take the medication & how often?
- ⇒ Should I stop taking any of my other medications?
- ⇒ What are the common side effects?
- ⇒ How long will I be taking this medication?
- ⇒ Do I need blood tests to monitor this medication?



### CAREGIVERS REMEMBERS...

"May I never get too busy in my own affairs that I fail to respond to the needs of others with kindness and compassion."

Thomas Jefferson

Community Caregivers has experienced the loss of the following individuals. We extend our thoughts and sympathies to their families and friends.

*James Lefasseur      Winifred Brown*

*Thomas Violette*

*Board Member Judy Worthington's mother, Eileen Howell*

**WE DID IT! WE COMPLETED THE 2008 ANNUAL CAMPAIGN TO SUPPORT CAREGIVERS. WE EXCEEDED OUR GOAL BY ALMOST 30%, AND WE WERE ABLE TO RAISE JUST OVER \$10,000. THANK YOU TO ALL WHO HAVE DECIDED TO SUPPORT US FOR THE FIRST TIME OR AGAIN (MANY WHO HAVE CHOSEN TO REMAIN ANONYMOUS). WE KNOW HOW BAD THE ECONOMY IS THIS YEAR, AND WE ARE SO THANKFUL THAT YOU ALL MAKE GIVING TO CAREGIVERS, ON ANY LEVEL, A PRIORITY. THE DOWNTURN HAS AFFECTED OUR CLIENT BASE AS WELL, AND WE HAVE HAD AN INCREASED NEED FOR IN-HOME, TRANSPORT, AND HOME REPAIR SERVICES. YOUR DONATIONS ALLOW US TO HELP A GREATER NUMBER OF INDIVIDUALS.**

**SPONSOR OF CAREGIVERS (Gifts over \$500)**

Mary Ellen and Daniel Swietlik in honor of Mary  
Dunbar  
Grant G. Benson, Jr.

Mr. & Mrs. Richard Goodhue  
Mr. & Mrs. Leo VanSteenburg  
Paula & Richard Flynn  
Robert Young & Evan Dooley

**ADVOCATE OF CAREGIVERS (Gifts of \$151-\$500)**

Mr. Richard Wells  
Mr. & Mrs. Vincent Smith  
First Parish Congregational Church UCC  
Mr. & Mrs. Frederick Soule in honor of Eleanor  
Mr. & Dr. Mark Foley in memory of William Tombari  
St. Matthew's Parish Windham  
Shawna Robbins

**SUPPORTER OF CAREGIVERS (Gifts of \$51-150)**

Ray Mailloux of Community House Calls  
Robert Warren  
Warhall Family Revocable Trust  
Dr. Richard P. Lafleur  
Dr. Stanley Gorgol  
Mr. & Mrs. Alan Hoffman  
Robert Spiegelman & Truda Bloom  
Eleanor Bassett in memory of friends  
Brasher's Flooring Center in memory of Susan Fleury  
Mr. Jon Anderson  
Janet Caron  
Rev. Beverly & Mr. Charles Lindsey  
Andrew Yasment & Patricia Letourneau  
Mr. & Mrs. Albert Lamson  
Anne Hoffman & Philip Myers  
Marion Willis  
Mr. & Mrs. Peter Manning in memory of Sara Hirsch  
Mr. & Mrs. Philip Plante  
Ruth Caloggero  
Beatrice Goodrow  
Mr. & Mrs. Gerard Salvucci  
Central Congregational Church  
Mr. & Mrs. Edward Garone  
Mr. & Mrs. Brian Eagan

**ASSOCIATE OF CAREGIVERS (Gift of \$26-\$50)**

Anne Kallander  
Christine Wellington & William Wheeler  
Olympia O'Neill  
Barbara Maloney  
Virginia Kidder  
J.C. Anderson  
Lois Richardson  
Col. Robert Madden  
Mr. and Mrs. R. Visnor  
Adelheid Cunnien in memory of husband  
Mr. & Mrs. Roger Beliveau  
Patricia Roberts  
Lisa Laurence  
David Lefrancois  
The College Guide, LLC  
Joyce Simione  
Martin Foodman  
Mary Barden  
Mr. and Mrs. Warren Pillsbury  
Arthur Rugg  
Mr. & Mrs. Michael Bertrand  
Mr. & Mrs. Melburn True  
Mr & Mrs. Roland Pothier  
Ernest Corless  
Barbara Driggers  
Norma Helbig  
Peabody Funeral Homes, Inc.  
Pine Hill Retirement Home  
Virginia Fucillo  
Mr. and Mrs. Robert Behrens  
in memory of John & Minerva Ruckman

## 2008 Annual Appeal cont.

### FRIEND OF CAREGIVERS (Gifts up to \$25)

David Chin  
 Dorothy Gallant  
 Ethel Menard  
 Hazel Abbott  
 Juliette Stevenson  
 Joanna Stack  
 Joanne Seery  
 Kathleen Ryan  
 Lillian Stevens  
 Marion McPherson  
 Mary Dunbar  
 Mr. & Mrs. Richard Anderson  
 Mr. & Mrs. Thomas Touseau  
 Mr. & Mrs. William Diemer  
 Patricia & Ray Crowell  
 Priscilla Caswell  
 Ruth Young  
 Suzanne Kelley  
 Mr. & Mrs. Elwin Boisvert  
 D. Frederick Blake  
 Leo Jezierski

Mr. & Mrs. Michael Sweet  
 Muffy Cardello  
 Beryl Miller  
 Mr. & Mrs. James Stikeman  
 Mr. & Mrs. Donald Bernard  
 Constance Webber  
 Jacqueline Elsmore  
 George Sharpe  
 Arlene Gitten in honor of Tom  
 Mary Ann Eisner  
 Ernest Colby  
 Roberta Tuells  
 Mr. & Mrs. C. Hubert  
 Mr. & Mrs. Michael Lee  
 Paul Elmore  
 Joan Marquis  
 Mr. & Mrs. Allan Fernald  
 Mr. & Mrs. Roland Routhier  
 Charles A. DiPerri  
 Mizpah Rebekah Lodge 15  
 M. Drowne  
 Mr. & Mrs. Kenneth Yates

### *Did you know that your company might **MATCH YOUR DONATION** to Caregivers?*

**If you work for, or are retired from, a company that has a matching gift program, you can make a contribution and ask you employer to match your gift to **Community Caregivers of Greater Derry**. Check with the company's human resource department and ask for information on how to participate!**



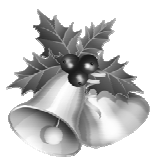
### New Fundraiser Needs Committee Members

*We are planning an end of summer 3-on-3 basketball tournament as an outdoor fundraiser to replace the Spring Fling Horse Show. If you have always wanted to help us out with a fundraiser but were looking for something that you had interest in, this opportunity might be for you.*

*Volunteers needed to organize event, solicit donations, gather grand prizes, help with promotions and recruiting teams.  
 Email Cindee at [cindee@comcaregivers.org](mailto:cindee@comcaregivers.org).*

**A balanced diet  
 is...  
 a  
 cookie  
 in each hand!**





## Holiday Open House Review

On Wednesday, December 17th, Caregivers hosted its annual Holiday Open House downstairs in the ballroom of the Masonic Temple for approximately 50 people. Despite the dreary weather and continuing power outages, many volunteers and clients along with several board members and staff, enjoyed a sumptuous pot luck supper and desserts. Many volunteers received milestone pins and certificates for their years of service to Caregivers. As always, each transportation driver received an embossed monthly planner.

For their contributions to the celebration, we would like to thank the following people:

- ◆ **Lowes Home Center** in Bedford for their tremendous discount on 35 poinsettias. We would not have been able to afford them otherwise.
- ◆ **The Derry Masonic Association** for the use of the function hall downstairs and the beautiful holiday decorations.
- ◆ **The Palace Theatre in Manchester** for donating tickets for any show this season, which we used as our door prize.



(L-R) Lois Gibbs and Norma Helbig enjoying the party.

*Please help us in Congratulating the following volunteers:*

<b>20 Years</b>	<b>Priscilla Caswell</b>
<b>15 Years</b>	<b>Vic Harmon</b>
	<b>Ed &amp; Kathy Younker</b>
<b>10 Years</b>	<b>Mary &amp; Ben Hamblett</b>
	<b>Joan Anderson</b>
	<b>Olympia O'Neill</b>
	<b>Carole Doyon</b>
	<b>Ginny Boucher</b>
<b>5 Years</b>	<b>Patricia Crowell</b>
	<b>Rhonda Haller</b>
	<b>Kerry Madigan</b>
	<b>Mary Christie</b>



### Program Note

Cindee Tanuma, Executive Director, will be on maternity leave from mid-April until the end of June. However, she will be accessible through email and phone for ongoing volunteer-client match management and support, special projects and occasional group trainings. You may be hearing new voices on the phone when you call in or if you are a transportation driver or client. Please be patient with the staff during this time.

## VOLUNTEER DRIVERS' INSURANCE

There are a few volunteer drivers who have not yet mailed in a copy of their car insurance information and agreement that was sent out in January. We need both these documents for our volunteer insurance policy. If you need another copy of the form, please call the office at 432-0877 or email Cindee at [cindee@comcaregivers.org](mailto:cindee@comcaregivers.org).

Only a handful of you responded to us and told us you would like to receive the quarterly newsletter through email. Continue to let us know. If so, email [julie@comcaregivers.org](mailto:julie@comcaregivers.org) and she will send you a reminder link to the website when it is sent out to everyone else through regular mail.

## **CAREGIVING OPPORTUNITIES AND NEEDS AS OF MARCH 2009**

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

- Two ladies in Hampstead need help with cleaning twice a month. Perfect for team that wants to alternate between two households. Can be done any day or time.
- Respite needed weekday evenings for elderly man in Derry who recently moved here from Brooklyn, NY. Would not need to do any personal care, only companionship. Night owls preferred.
- Elderly couple in Hampstead off 111 looking for someone to clean for them every other week, weekdays before 3PM.
- Fill-in dialysis driver needed from March to April for Monday late mornings coming back from Exeter one way to East Hampstead. Replacement dialysis driver needed from June on for Wednesday morning drive to Exeter dialysis from Sandown.
- Frail elderly woman living off Anthony Drive in Londonderry needs help getting to the Manchester Kidney Dialysis Center on Perimeter Road Tuesday or Thursday, either there for 10:45am or home for 2:30pm. This is a permanent position and we are looking for drivers one way either day.
- We have over 25 Derry residents alone waiting for occasional transportation to local doctors' appointments. For every new Derry transport volunteer willing to do three drives per month, I can take on four of these individuals. Please don't wait. Call today.
- Active elderly man in Londonderry looking for patient person to teach him how to navigate his computer. Daytime preferred.
- Active elderly couple in Londonderry looking for friendly visitor(s) interested in gardening, animals, nature, old school baseball, and classical music. Visiting preferable in early afternoon one day a week.
- Gentleman in Derry looking for someone who knows about collectibles to help him research history and value for resale. Also organized individuals wanted to help him liquidate files.
- Elderly woman in her late 90's looking for person of any age to come into her Londonderry home to do crafts.

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*We know that some of you are helping us out temporarily while you look for employment. Although we would hate to lose you, here is some information on an upcoming job fair.*

**WMUR's Project Economy: Statewide Job Fair and Career Expo**

**Presented by:**

**WMUR. The State of NH and Southern New Hampshire University**

**Thursday, April 9, 2009 10AM – 3:30PM**

**At Southern New Hampshire University, Athletic Complex**

**2500 North River Road ~ Manchester, NH 03106-1045**

**For all questions about the event, call 603-271-2341**

Community Caregivers  
of Greater Derry  
58 E Broadway  
Derry, NH 03038

Non-Profit  
Organization  
U.S Postage  
Permit # 1  
East Derry, NH 03041



Winter 2009 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

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**Community Caregivers of Greater Derry  
Current Board of Directors as of 2/2009**

Chair: Alan Hoffman, Londonderry  
Treasurer: Todd Powers, Derry  
Secretary: Nancy Pierce, Derry  
Rev. Beverly Lindsey, Chester  
Jim Mitchell, Londonderry  
Hilary Hall, Chester  
James Kane, Derry  
Judy Worthington, Windham  
Vincent Smith, Londonderry

Caregivers Staff:  
Cindee Tanuma,  
Executive Director  
Julie K. Levesque,  
Office Coordinator  
Paula Flynn,  
Grants Administrator  
Phone: 432-0877  
Fax: 432-7041

E-Mail: [office@comcaregivers.org](mailto:office@comcaregivers.org)  
[www.comcaregivers.org](http://www.comcaregivers.org)

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**SAVE THE DATE**

**Senior Health Fair April 28, 2009 10AM-2PM  
West Running Brook Middle School, Derry  
FREE LUNCH, giveaways, screenings, info, and more  
Call Caregivers at 432-0877 for information**