



FAITH
IN ACTION

Faith in Action

310 Villa Road, Suite 110 / Newberg, Oregon 97132 / 503-537-1549

News & Notes — Winter 2011

Program Grows by more than 2000 hours in 2010

Throughout 2010, volunteers provided various types of free, non-medical assistance, such as an adult relative would if he or she lived nearby, so those with special needs can stay connected with their community and live well at home for as long as possible. Every week, volunteers cleaned, shopped, chauffeured, mowed lawns, delivered library books, and checked in on people with long-term health needs and, during 2010, volunteers contributed over 2000 more hours of community service than ever before through *Faith in Action* with 7612 hours. This means it would have cost area families approximately \$91,350 to hire the care *Faith in Action* volunteers provided free of charge in 2010.

Some of the causes for so much growth: Neighbor 2 Neighbor Day grew by 462%, from 16 homes to 74 homes served in one day, requests filled by Volunteer Caregivers doubled with 1891 requests, two new fitness programs were added and 63 new Strong for Life participants were enrolled, and the Family Friends program grew, providing 139% more hours mentoring 29 children.

One recipient spoke for all recipients when she said, “Thanks for all you have done for me throughout 2010. I don’t know what I would have done otherwise.”

A Caring Atmosphere

Deciding to participate in a support group, or finding one that is right for you, isn’t necessarily an easy thing to do. But research has pointed out the real physical and emotional impacts of care giving and confirmed the importance of social support for caregivers, as well as for their loved ones, thus legitimizing the role of support groups in the eyes of health care professionals. Joining a support group should be just as important as regular visits to the doctor, consulting with other specialists, and paying attention to treatment.

What benefits can you expect from a support group?

- A safe haven for sharing feelings in a non-judgmental atmosphere.
- A social outlet where you can make new friends.
- Information about reliable products and services.

- A place to learn coping mechanisms, saving you much trial and error.
- Advice on what lies ahead, so you can anticipate changes.
- Support for your sanity and confidence—you are not alone.
- Help in dealing with family members.
- TLC from people who truly understand your situation.

If you or someone you know is caring for an older adult and would like to come to the caregiver support group, please let them know about *Faith in Action’s* support group. It is free, no registration required and drop in welcome. It meets 2nd and 4th Thursday of each month from 1:30-3pm at Providence Newberg Medical Center. Call 503-537-1549 for more information.

Our mission is to coordinate volunteers to help people who face challenges related to health or aging



Faith in Action Introduces a New Leader



Faith in Action has a new leader and the commitment to the same great mission has not wavered. Kathy Watson took over the reins from long-time manager, Jan Irish, in November, but vows to maintain the same free services that are unique to this community for older adults, children with special needs, and their families. “We have a fantastic foundation from which to build,” says Watson of the agency’s staff, volunteers, advisory board, and community partnerships. “I love being in the position of connecting people who want to be of service with those who need and are in a place to accept it.” Watson sees her roles as being one of helping people live “missionally”

locally. According to her, “*Faith in Action* gives people an avenue to live what they believe right here in our community, and I really like that.”

Watson was previously the coordinator for the Family Friends program. She will be working alongside Program Coordinator, Deana VandenHoek to coordinate the Family Friends Program. VandenHoek began with *Faith in Action* in 2005, with the Family Friends program, then became the coordinator for the Strong for Life program. She will be dividing her time between the two programs and has visions to grow the Family Friends Program, with outreach to Newberg, Dundee and Sherwood.

First Federal Becomes Newest Coalition Member

We are very pleased to announce that First Federal has become an official *Faith in Action* coalition member! Cathi Reardon, VP and Human Resources Director, currently serves on our Advisory Board and was instrumental in negotiating a partnership agreement. First Federal is extremely community minded and has supported *Faith in Action* in a variety of ways over the years. *Faith in Action* benefits from their community rewards program (see below), the occasional small grant for special projects, event sponsorships, and from the expertise of their very capable staff who have served as Advisory Board members both now and in the past.

Please join us in welcoming First Federal to the coalition by frequenting the business and thanking those you interact with for their support.

New Board Members Elected

During *Faith in Action*’s annual coalition member meeting on January 20th, three new Advisory Board members were elected. Voted on by each coalition partner, Carol Brentano, Jack Quinby, and Jacob Wolff were chosen to help provide advice and direction, each for a 3 year term, to *Faith in Action*.

Carol is a native of St. Paul, retired from a 27 year career as an EMT intermediate with the St. Paul Fire Department. Jack is a band leader, music director, conductor, composer, clinician, and adjudicator. He is the proprietor of Jack Quinby’s Musical Services, teaches music at George Fox University, and lives in Dundee. Jacob is a resident of Newberg currently an agent with American Family Insurance. Jacob is a Newberg native with a heart for children with disabilities that stems from an elementary school friendship. Each are committed to helping further *Faith in Action*’s mission and services.

Customer Ballot at First Federal

Please be sure to turn in your Customer Ballot from First Federal and vote for *Faith in Action*. It was mailed out the week of Jan 10th. This is part of their community giving program. Each vote designated to our organization brings dollars to FiA. Last year \$788.53 was donated to the program through this ballot. So vote today!

Emergency Preparedness Class

Please attend a free class presented by RSVP of Washington County on **March 14th at 1:00pm** at the Adult Enrichment Center, 101 W. Foothills Road, Newberg (next to Crater Elementary). Learn about emergency and disaster preparedness, complete an emergency medication card, assemble an emergency kit and more. This is open to the public.

Call 503-537-1549 for more information.

We want to say thank you to all our supporters!

Your gifts do make a difference.

To help reduce use of paper, and costs of printing, our supporters are now recognized on our webpage.

You can also find the 2010 Annual Report on our website at

www.faithinactionnewberg.org

Donated Poinsettias Bring Smiles to Seniors



Baby Grace, Lois and Angie enjoy a visit during the holidays after receiving a poinsettia.

As Newberg's *Faith in Action* volunteers delivered donated poinsettias to grateful senior recipients in the area, smiles were abundant. Accepting her bountiful red poinsettia, Lois Welton of Newberg also accepted hugs. Volunteer Angie Stevens, who had started the early December poinsettia giving project, was already fast friends with Lois, as she had initially spent several hours a week doing laundry for her so Lois could maintain her independence in her home. Now Angie visits with Lois in a retirement home, where their friendship continues to bloom. "This friendship started with my volunteer experience with *Faith in Action*," Angie says. "I am able to hear stories about Lois' life and receive her words of wisdom. I have so much fun delivering this Christmas poinsettia to her!"

"Getting this poinsettia is wonderful!" Lois Welton smiles at the small group who are not in a hurry to leave. "There's nothing that can

top getting it from people who love you. It comes with heart, too." She explains how the red is the perfect Christmas color for her. It lightens up my room, and enlivens it like no other plant. I shall say goodnight to my poinsettia tonight," she adds, her eyes twinkling. She has also enjoyed seeing Angie's daughter, Missy Getsinger and her 9-month-old baby, Grace, who she was able to hold – and tickle.

Not only do the poinsettias bring cheer to seniors, but the poinsettias are also used the evening before to decorate the Methodist Church for the Sing-Along Messiah service, Angie Stevens explains. Some purchased poinsettias are then taken home, and about 14 were generously donated for gifting.

Other *Faith in Action* delivery volunteers included Arlen Benson, Jack Neff, Lydia Schramm, and John Oliver. The poinsettia program, now in its second year, includes the chance to purchase poinsettias for yourself, and/or donate your purchase of a poinsettia to delighted seniors. New *Faith in Action* volunteer, Sheila Stephens, jumped at the chance to donate a poinsettia and join in the delivery process. "It gives us an opportunity to participate in the real warmth and love of the holidays, and is so fun. The wonderful people you visit, plus the team of good-hearted volunteers you share the experience with make it a memory that stays in your heart forever. If more people knew about it, I am sure donations to seniors would increase dramatically."

Angie Stevens points out that almost everyone has been touched in one way or another by *Faith in Action*, whether it's one of our parents, grandparents, sibling, children or friends. "It's a wonderful feeling to be with a senior who gives to you," Angie Stevens explains, "while you're trying to give to them!"

Please Welcome Our Newest Volunteers!

Elisa Carlsen	Mandi McCall
Laura Groves	Kenneth Sisco
Hayden Hartford	Nanci Staley and
Kimberly Hartford	boys, age 2 and 4
Savannah Hartford	Dan Swanson
Jim Keough	

If you are not yet a volunteer and are looking for a way to get connected with your neighbors, consider volunteering for *Faith in Action*!

Call 503-537-1549

Coalition Members

2nd Street Community Church
AARP
Chehalem Valley Baptist Church
Family Life Church
First Federal
First Presbyterian Church
George Fox University Christian Services
GodSong Community Church
Grace Baptist Church, XYZ Group
Joyful Servant Lutheran Church
Newberg Church of the Nazarene
Newberg Friends Church
Newberg Ministerial Association
Newberg Public Library
North Valley Friends Church
NW Senior & Disability Services
Providence Newberg Medical Center
St. Michael/San Miguel Episcopal Church
St. Peter Catholic Church
West Chehalem Friends Church
Zion Lutheran Church

Calendar Notes

Family Support Group–

Family Caregiver Support group for parents caring for a child with special needs meets the 2nd Friday of every month from 10:15 to 11:45am Family Life Church, Call 503-537-1546 for more information.

Caregiver Support Group-

For caregivers of older adults. Open to community. 2nd and 4th Thursday 1:30-3pm. Providence Newberg Medical Center conference room. Call 503-537-1549 for more information.

Emergency Preparedness Class-

Monday, March 14th at 1:00pm. Adult Enrichment Center, 101 W. Foothills Drive, Newberg. Learn about emergency and disaster preparedness, complete an emergency medication card, and more.

Neighbor 2 Neighbor Day-

Saturday, May 7th. Volunteer Groups help older adults with yardwork, window washing, gutter cleaning and more. Signing up early is encouraged. To volunteer or receive help call Jill at 503-537-1549.

Staff: Kathy Watson, Program Manager
Jill Smith, Program Coordinator
Deana VandenHoek, Program Coordinator

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FiA is an outreach of Providence Newberg Medical Center

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