



Faith In
Action

Faith in Action

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

News & Notes – Spring 2011

Volunteer Appreciation: Lets Celebrate

Did you know that our volunteers logged over 7500 hours last year? Well we want to say thank you to everyone who contributed to our programs and helped to make *Faith in Action* a thriving organization. April 11th-17th is Volunteer Appreciation Week, and this year we are celebrating our volunteers and all they do by providing a drop in volunteer social at one of our coalition members cozy coffee shops during this week (to be announced). Tasty treats will be provided as well as yummy coffee drinks. Door prizes will be awarded every half hour. We will also be showing our newest video featuring some of our recipients who receive services from our volunteers telling them how much the programs and their volunteers help them every day. Don't miss this event, invitations will be mailed soon to volunteers with the date and place soon! For more information about this event please call the *Faith in Action* office at 503-537-1549.



Spring is here and that means it is time for our annual Neighbor 2 Neighbor Day. This year it will be on Saturday May 7th. This event coordinates groups of volunteers to help out our older adults with yardwork, window washing, gutter cleaning and more. Last year 74 homes received help on Neighbor 2 Neighbor Day. We expect just as many or more homes to need the help again this year. Volunteer groups and individuals last year comprised of 120 people for the day. We need more volunteers this year so please save the date and call to sign up to help, either as an individual or with your family and friends.

All *FiA* recipients of services are encouraged to call and get on the list for help. New recipients are also encouraged to call and get help (an initial home visit is required so call early).

Volunteers will meet at 8:30am at the Faith in Action offices to coordinate with other group members and receive their assignments. This year in addition to free coffee and snacks from our coalition partner GodSong Community Church, each volunteer will receive a free Neighbor 2 Neighbor Day tee shirt designed by Nate Travers from Rendered Clothing.

To help or receive help on this day please call by April 25th at 503-537-1549

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



Volunteer of the Year 2010



Arlen Benson was recognized as *Faith in Action's* 2010 Volunteer of the Year. Arlen, volunteering since 2006, volunteered every month in 2010 with 96.75 hours, always helps with anything he possibly can. Last year he helped to fill 53 requests; he regularly mowed

a gentleman's yard, transported recipients at least once a week, he helped to deliver poinsettias to homebound recipients after the Sing Along Messiah, he also helped drive students for GFU serve day and was a Strong for Life Coaches Aid for 3 months, he also helps to host the Family Friends support group at Family Life Church and is a dedicated coalition liaison. One recipient told us, "Arlen is the nicest person, I am so glad he can take me to my appointments, I enjoy visiting with him during our car rides. He is so caring, easy to talk to, and makes me feel like my doctor's appointments are not a problem to go to."

It Pays to Volunteer

First Federal our newest Coalition Partner is offering its Community Rewards Program again this year, reopening April 1st with another \$20,000 up for grabs. Join First Federal Community Rewards and your volunteer time can earn funds for *Faith in Action*. The program is simple: for every hour you volunteer at a Yamhill County nonprofit like *Faith in Action*, they will contribute \$2. The more time you volunteer, the more funds you can earn, making your service even more rewarding. Simply fill out a registration form online at firstfedmcm.com/home/home/community and complete a time card turned into your *FiA* program coordinator before the end of each month.

Caring Connections Dinner

Our annual fundraising event, Caring Connections Dinner, will be held April 14, 6-8:30pm at St. Peter Catholic Church. It will entail Italian cuisine dinner, music by Humlie Trio, and a dessert auction. Invitations have been sent, however seats are still available, please call Kathy Watson at 503-537-1548 for more information. Even if you cannot attend, please consider a donation to this worthy cause.

Community Service May Be the Fountain of Youth

Every day volunteers for *Faith in Action* do quiet acts of kindness that make the world a brighter place for older adults or children living with a disability. But did you know that volunteering may actually make you healthier? According to a survey of 4,500 of adults developed by United Healthcare and Volunteer Match in 2010: 68% of those who volunteered in the past year report that volunteering has made them feel physically healthier and 89% of volunteers said that volunteering has improved their sense of well-being. 73% of volunteers agree that "volunteering lowers my stress levels." 92% of volunteers reported that volunteering enriches their sense of purpose in life.

In another study conducted by John Hopkins Schools of Medicine and Public Health similar responses were found. The study followed 128 Experience Corps volunteers, who were predominately between the ages of sixty and eighty-six, with low education levels and socioeconomic status. For Experience Corp volunteers, physical activity, strength and cognitive ability increased significantly in comparison to those who were not volunteering. Half of the women who were using canes stopped and forty-four percent reported feeling stronger.

Linda P. Fried, M.D., director of the Center on Aging and Health at John Hopkins, who was the study's lead author says, "Giving back to your community may slow the aging process in ways that lead to a higher quality of life in older adults." This is good news for all of us!

We want to say thank you to all our supporters!

Your gifts do make a difference.

To better steward our resources, our supporters are now recognized on our webpage.

www.faithinactionnewberg.org

Please Welcome Our Newest Volunteers!

Sulamita Barbiyeru
Sandra Barnes
Carol Brentano
Erica Chun
Carrie Cooper
Mareesa Fawver

Aurora Heffernan
Savannah Mendoza
Kathy Ronning
Randy Snow
Sharay Souza

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

Burgerville Supports Faith in Action

On March 15th, board members and Faith in Action staff merrily bussed tables and served meals at Burgerville in Newberg from 4-8pm to dining guests. Thanks to Burgerville allowing us to inhabit their space for the evening, we were able to promote Faith in Action to many, raising awareness about individual programs as well as our next annual event Neighbor 2 Neighbor Day. Volunteers for the night wore our new *Faith in Action* tee-shirts that were made by Nate Travers from Rendered Clothing. Burgerville graciously donated ten percent of the evenings proceeds to *Faith in Action*. Although we are not sure how much was donated yet, we are very pleased to have had the opportunity to be out in the community, and to partner with Burgerville. Thanks to all who came out to support *Faith in Action* that evening and enjoy a tasty burger, onion rings or a delicious shake. And thanks to board member, Jake Wolff for setting up the evening for us!

Faith in Action: Daily Caring Connections

Faith in Action connects caring community volunteers with homebound neighbors who may be isolated and living with a chronic health condition or disability. Our coalition of twenty-one churches, businesses, and agencies are working together to address the unmet needs of frail older adults, children with special needs, and their families by recruiting, screening, and training people who live out their personal faith and values through volunteerism. Daily, recipients of *Faith in Action* are touched by our volunteers through our three programs.

Volunteer Caregivers



“I am so grateful for the students that you sent me to help me in my yard. You even found me a tall volunteer to trim my overgrown bush.”

Strong for Life



“I had some stiffness in my shoulder and now it’s gone. I feel better. I wish Strong for Life were more widespread. I tell everyone I meet. I enjoy the people in my class.”

Family Friends



“I have seen improvement in my daughter’s desire to initiate conversations.”

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

Ongoing Support Groups– FREE

For family caregivers (parents caring for a child with special needs), 2nd Friday of every month from 10:15 to 11:45am, Family Life Church, call 503-537-1546 for more info.

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.

Volunteer Appreciation-

Celebrating our volunteers with coffee, and treats during the week of April 11-17th. All are welcome. TBA. Call 503-537-1549 for details.

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

Email: NewbergFaithInAction@providence.org

Website: www.faithinactionnewberg.org



FiA is an outreach of Providence Newberg Medical Center

Providence Health & Services
Faith in Action Newberg
310 Villa Road, #1110
Newberg, Oregon 97132

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