



A Neighbor's  
Independence  
Depends On You

**FAITH**  
IN ACTION

May 24, 2010  
Vol. 3 No. 4

## E-News



- **Neighbor 2 Neighbor Day Explodes.** Jill Smith has reported that on Saturday, May 15<sup>th</sup>, 68 households of older adults were served by 124 volunteers. Volunteers spent the morning cleaning gutters, pulling weeds, and washing windows for their neighbors. Comparatively, on N2N Day last year 16 households were served by 83 volunteers. Our deepest thanks to those, like Lauren Shelp of Newberg Kiwanis pictured here, who turned out to serve together!
- **We received this note from St. Peter's Catholic Church:** "Our next Faith in

Action Simple Dinner is scheduled for **Saturday, June 6th** from 5:30 to 7PM. Our menu will feature Spaghetti, meat balls, salad, bread, beverage and spumoni ice cream." \$5.00 per person. Proceeds support Faith in Action programs. Everyone is invited; bring your friends and family.

- **"Just breathe – better health is in the bag!"** Providence is sponsoring a free health forum for older adults. Gain insight from local providers on lifestyle options, resources and services for seniors. Providence Newberg Rehabilitation experts will share tips on staying fit through the golden years and Strong for Life coaches will demonstrate strengthening exercises. Osa Peck, Providence nurse and certified diabetes educator will cover healthy nutrition for body and brain. This will take place from **3 to 6 p.m., Tuesday, June 15<sup>th</sup>** at Providence Newberg Medical Center's conference center on the first floor. Limited seating is available. Please register by calling 503.574.6595.
- **Board Retreat.** The *Faith in Action* advisory board gathered at Claygate Vineyards for their annual retreat on May 14<sup>th</sup>. Our thanks to Rick and Deb Clagget for providing a wonderful place to hold the retreat and to board member Angie Stevens for making all the arrangements, including a wonderful home-cooked Mexican meal prepared by Hilda Stoller.

The board spent time getting to know each other and examining the changing environment of our community in order to determine priorities which need to be addressed in the coming year.

## Ongoing Support Group Meetings:

**Caregiver Support Group** for individuals caring for older adults.

Meets the second and Fourth Thursdays of the month. 1:30 to 3:00 at Providence Newberg Medical Center.

**Family Support Group** for individuals caring for children with special needs.

Meets the second Friday of each month (September thru May) at Family Life Church, 502 St. Paul Hwy, Newberg.

Childcare available to preschoolers enrolled in Family Friends by reservation one week prior to each meeting.

**503-537-1549**



**Additional Coalition Members include:**

George Fox University

- You can financially support Faith in Action by bringing your **Naps receipts** and **used cell phones** to the office. Drop by any time during office hours, Monday through Thursday between 8:00 a.m. and 4:00 p.m.
- **Worth repeating.** When speaking with a group of older adults last week, Kathy Watson said that, *“while asking for help can be one of the hardest things we do, it is one of the most valuable. Our community is full of good neighbors, people who want to serve, but in order to fulfill this inner call there needs to be someone who will let them be of service.”* A gentleman in the audience asked Watson to repeat her statement because he wanted his older friends to recognize the gift they give when they make their needs known. Through Faith in Action, the giver and the receiver are equals. We understand each to be generous with the other. It is the relationship between the two that is priceless.
- Did you get the Faith in Action newsletter in April? If not, please call the office with your email or snail mail address and we will make sure you get the next one!

## April Averages

- 153 older adults and children with special needs received service through Faith in Action in April.
- 114 volunteers contributed 570 hours of their time to connect with those in need of chore services, transportation, exercise, and companionship.
- We welcomed 7 new volunteers and 9 new recipients into our programs.

## How to contact us:

- [Jill Smith](#), Program Coordinator, matches volunteers who help older adults, 503-537-1549
- [Deana VandenHoek](#), Program Coordinator, manages the Strong for Life exercise program, 503-537-1471
- [Kathy Watson](#), Program Coordinator, matches children and families who have special needs with volunteer companions, 503-537-1546
- [Jan Irish](#), Program Manager, 503-537-1548

**Office hours: 8:30 to 4:00 Monday thru Thursday**

We're on the web at [www.faithinactionnewberg.org](http://www.faithinactionnewberg.org)

**A printer friendly version of the e-news has been posted HERE on our website.**

Please note that if you 'unsubscribe' to the e-news, you are also unsubscribing to all other Faith in Action e-lists you may belong.

Christian Services  
 Newberg Ministerial Association  
 NorthWest Senior & Disability Services  
 First Presbyterian Church  
 Newberg Friends Church  
 Zion Lutheran Church  
 St. Michael's/San Miguel Episcopal Church  
 North Valley Friends Church  
 Joyful Servant Lutheran Church  
 Chehalem Valley Baptist Church  
 Newberg Public Library  
 West Chehalem Friends Church  
 AARP  
 2nd Street community Church  
 Church of the Nazarene  
 GodSong Community Church  
 Family Life Church  
 Grace Baptist Church  
 XYZ Group  
 St. Peter Catholic Church