



FAITH
IN ACTION

Faith in Action

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

News & Notes – February 2010

Help and Reassurance as Close as Your Mailbox



Often, the first person to realize that something is amiss at the home of an older adult or a person with a disability who lives alone is his or her letter carrier. Because of that, *Faith in Action*, the U.S. Postal Service, the National Rural Letter Carriers, and the National Association of Letter Carriers are working together to provide a safety net to vulnerable individuals who receive their mail from the Newberg, Dundee, and St. Paul post offices.

CarrierLink is a free service in these communities that offers the comfort of knowing that someone who visits your home regularly will call for help if you need it. If you are registered with CarrierLink and your carrier notices an accumulation of mail or any other signs that you might be in distress, he or she will report it to *Faith in Action*. *Faith in Action* will then try to reach you by phone and if you cannot be reached, they will call the emergency contacts that you provided when you registered.

All you have to do is ask two friends, neighbors, or relatives to serve as emergency contacts and to stop by your home, if called, to check on you. Then return a completed registration form to *Faith in Action*. Simple! Call Kathy Watson at 503-537-1546 if you have questions about how to register yourself or someone you love for CarrierLink. Older adults and people with disabilities need not be a recipient of *Faith in Action's* volunteer caregiving services to register.

Creating Caring Connections

Reaching out to others, even in the simplest ways, can make a tremendous difference for all of us. As Dr. Martin Luther King Jr. said, "Make a career of humanity...and you will make a greater person of yourself, a greater nation of your country and a finer world to live in." Everyday our volunteers reach out to older adults and children with disabilities in our community. Did you know that in 2009, an average of 104 volunteers participated in at least one of our three programs per month? Volunteers reached out to 319 of our recipients throughout the year! Between helping recipients and assisting in our office, our volunteers donated 5,337 hours. Today is an excellent day to start planning what you'll do in the year ahead to connect with others and make a difference.



Strong for Life celebrates its 11th class located at Newberg Friends Church January 2010

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

Caregiver Hand-washing

Hand-washing is the single most effective way to prevent the spread of infection or germs.

- Use bottle-dispensed hand soap.
- If the person in your care has an infection, use antimicrobial soap.
- Rub your hands for at least 30 seconds to produce lots of lather. Do this away from running water, so that the lather is not immediately washed away.
- Use a nailbrush; keep nails trimmed. Do not wear artificial fingernails or extenders if caregiver duties include direct contact with people at high risk for infection.
- Wash front and back of hands, between fingers and at least 2 inches up your wrists.
- Repeat process.
- Dry your hands on a clean towel or paper towel.

Neighbor 2 Neighbor Day

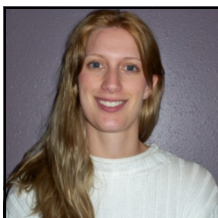
Care Crews will help again this year, on **Saturday May 15th**. Mark it on your calendar. If you need help with a project, yard work, gutters or spring cleaning then one of our Care Crews could help this spring if you are a recipient of FiA!

Let us know if you would like to volunteer that day, we will be in need of lots of volunteers.



Call 503-537-1549 to participate.

Meet Tara Clark



Please join us in welcoming Tara Clark, George Fox University student intern. Tara is a junior in the Social Work program at GFU, a valuable coalition partner, and will be working with each of the program directors to expand her knowledge and skills as well as explore potential career paths. Tara will be with us through mid-April on Mondays and Wednesdays.

We want to say thank you to all our supporters!

Your gifts make a difference!

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

www.faithinactionnewberg.org

Faith in Action Fundraiser

Friday Night

April 16, 2010

Joyful Servant Lutheran Church

SAVE THE DATE

Great BBQ dinner - Entertainment
Faith in Action stories- Dessert auction
And much more!

You can help by selling tickets, making a dessert, or serving on the planning committee.
To get involved please call the *Faith in Action* office at 503-537-1549.

Welcome New Volunteers!

Arianna Ackerman	Laura Pearson
Jennifer Bobb	Donna Read
Michelle Bornfleth	Paulina Rodriguez
Priscilla Donaghue	Bruce Schultz
Amanda Hodson	Charlotte Seth
Monica Kelly	Linda Smith
Chris Lumsden	Ashley VanMeter
Larkin Madden	Noemy Vega
Steven Manners	Karin Whittemore
Brent Montgomery	Bertha Wilson

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

Ongoing Support Groups

Faith in Action provides the following support groups

Family Support Group–

Family Caregiver Support group for parents caring for a child with special needs. Meets the second Friday of every month from 10:15 to 11:45am at the Family Life Church, 502 Hwy 219, Newberg. Call 503-537-1546 for more information.

Caregiver Support Group

For caregivers of older adults. This is open to community. Second and fourth Thursday 1:30-3pm. Providence Newberg Medical Center conference room.

Simple Dinners benefit Faith in Action– Bring your appetite

The *Faith in Action* coalition welcomes **St. Peter Catholic Church**. Leaders in the Knights of Columbus and Catholic Daughters all agree that our missions are a very good match. We all look forward to working together to better meet the needs of older adults and children with special needs within their parish as well as around the community. Volunteers from St. Peters have already stepped up to serve several *Faith in Action* recipients. In addition, St. Peter Catholic Church will be supporting *Faith in Action* financially every other month with proceeds from their Simple Dinner. A dinner meal served by parishioners is open to the public for \$5.00 per person. **The next dinner is Saturday, February 6th from 5:00 to 7:00 p.m.** featuring tacos, Spanish rice, refried beans, a beverage, and fried ice cream. We encourage everyone who likes to eat to join St. Peters in supporting Faith in Action by coming for dinner!

A Year in Review From Outgoing Board Chair

In 2009, the *Faith in Action* Board broadened its efforts to reach new people in the community with the message of what *Faith in Action* is about. Cathi Reardon, who works for First Federal Bank, and Angie Stevens, who works for the Chamber of Commerce, joined us at the beginning of 2009. Both of them have been great assets to the Board and bring a wealth of new ideas and knowledge about the Newberg community. In December, Angie organized an evening Christmas event at the new home of Kelly Hagglund that included delicious food, music by Jack Quinby, and provided an opportunity for some Newberg area residents to meet and hear about *Faith in Action*. December also brought the fourth annual Sing-Along-Messiah. Each year the event has grown and more and more community people have begun to consider it a part of their “must do” Christmas season activities. In the summer the Family Friends picnic and the Providence Health Foundation golf tournament were tremendous successes. Watching kids build bird houses and rocket launch water bottles is a treat not to be missed. The golf tournament helps *Faith in Action* meet its budget by giving a portion of the proceeds to Family Friends. This has been a record breaking year for the organization in general. There were more volunteers aiding seniors and families with special needs children than ever before. Strong for Life has been able to develop new exercise classes throughout the Newberg community.

This year the Board decided to “redesign” its annual fund raising dinner. We intend to invite more people, make it less formal and perhaps even loosen up a bit with some program fun. Right now we are not quite sure what the latter part of that sentence will look but come and see. The event will be held at the **Joyful Lutheran Church, April 16th**. The plan is for the event to have 80 attendees. We hope to see your faces among the crowd that evening. Your support is a big part of what makes *Faith in Action* such a vital part of this community.

In this year when so many things have diminished in value, *Faith in Action* has shown that not all things that have value are monetary. The excellent staff, the invaluable volunteers, and the generous donors without whom we could not be have only appreciated in value. Thanks to all who have worked to make this such a good year.

-Carol Sherwood

Coalition Members

2nd Street Community Church
AARP
Chehalem Valley Baptist Church
Family Life Church
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



New Board Members welcomed at Annual Coalition Meeting on Jan 26th (from left to right) Paul Almquist, Dimitri Tsohantaridis, Kera Hallman, and Stephen McKinney

Staff: Jan Irish, Program Manager
Jill Smith, FiA Program Coordinator
Deana VandenHoek, SFL Program Coordinator
Kathy Watson, FF Program Coordinator

Email: NewbergFaithInAction@providence.org
Website: www.faithinactionnewberg.org



United Way Partner
Organization

FiA is an outreach of Providence Newberg Medical Center

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