



Interfaith Volunteer Caregivers

WINTER NEWSLETTER

Important Letter From Board President

Dear Volunteers, Supporters and Friends of Interfaith Volunteer Caregivers,

On behalf of the IVC Board of Directors, I am writing to inform you that our Board has decided that starting in January of 2014 the name of our organization will change from Interfaith Volunteer Caregivers to Island Volunteer Caregivers. While our name will change, our mission will not.

After much discussion and consideration, we have made this decision in order that our name will more clearly reflect that IVC's mission is inclusive, welcoming care receivers, volunteers and supporters of any and all backgrounds and regardless of presence or absence of religious affiliations or beliefs.

In reaching this decision, the Board recognizes that originally members of various local religious congregations founded IVC (in 1996) and carried out its mission; and we are enduringly thankful for their vision and dedicated efforts. We also gratefully recognize that throughout our existence, many IVC volunteers and donors have been and are religious group members, and this support has been and remains vital to sustaining IVC's mission and growth.

However as time has passed, the rather small enterprise of those who began IVC has succeeded in growing into a community-wide circle of generous giving that includes significant numbers of our volunteers and donors who do

not have religious affiliations.

So as we move ahead under our new name, we look forward to continued growth and success of our mission thanks to the involvement and contributions of a wide diversity of people and organizations in our area.

With that support, IVC will continue to enable volunteer opportunities for compassionate service to a great many of our neighbors in need. By so doing, we will continue to honor and to energize the spirit of caring community that inspired our founders.

Sincerely and with gratitude to all of you,

Dick Goff,
President, IVC Board

The Gift of Time

With the holidays upon us, we are once again inundated with ads to buy more, party more, eat and drink more. That frenzied feeling starts up the day after Thanksgiving and doesn't let up until New Year's Day. And yet, we all know that the true meaning of these winter holidays has nothing to do with any of the above, but in fact has much more to do with slowing down and appreciating all that the season has to offer. It's not about the things we can accumulate, but rather about spending time with friends and family and creating moments of connection.

Of course, not everyone has these close connections. People often live far from their

family or their close friends are no longer here. This is where IVC makes such a valuable contribution to our community. So many close connections are made between our volunteers and our



care receivers. It's an intangible but very real part of what we do. IVC volunteers take valuable time out of their day to help get people to doctor's appointments, to the grocery store or to the Senior

Center. And along the way, friendships are formed, connections are made.

So as we sit in the midst of another holiday season, I want to offer my heartfelt gratitude to the volunteers, donors and care receivers who make IVC such a unique and valuable organization. The gift of time is the most precious gift of all.

Robin Gaphni
Program Manager

Featured Volunteer—Helen Burke

Helen Burke has only been volunteering with IVC since September, but she has become one of our most regular volunteers! Helen and her husband moved to the Island in 1997 after law school. Her husband grew up here, so they already knew what a great community Bainbridge is for raising a family. They have two daughters, and Helen volunteers at the library at Blakely because, as she put it, her secret life's ambition is to be a librarian! She has a regular yoga and meditation practice and is very involved in the Karma Yoga group at Bainbridge

Yoga House, where they practice performing random acts of kindness for people on the Island.

Helen is very committed to getting involved in her community, and one of the ways she does this is through her volunteer work at IVC. She says that



she has been impressed by each and every one of the care receivers she has met. Their attitudes and approach to life are inspiring, even when their circumstances appear difficult. Whether she's driving someone to an appointment, helping organize a move or walking around Winslow with a care receiver, she has seen relationships form. Helen believes we are lucky to live in a community where an organization like IVC can be the connection hub for the people who need help and those that are able to help. We are so fortunate to have Helen as one of our volunteers!

Be Prepared!

With winter upon us, there's a good chance that we will lose power at some point in the next few months. Here are a few things to keep in mind as the temperatures drop:

- Prepare a Disaster Supply Kit. It should include enough food, water, prescription medications and supplies for 3 days.
- Have a battery operated radio on hand.
- Your family may not be together during an emergency. Make a plan for how you will communicate with one another.
- Know where your water, electric and gas shut off valves are.
- Keep a full tank of gas in your car. Gas stations may be closed during emergencies and/or unable to pump during power outages. Keep a blanket and water bottle in your car in case you get stranded while traveling.
- If you have a wood stove, make sure you have enough wood to heat your home for 3 days. If you haven't done so already, have your chimney inspected and cleaned if necessary.
- If electric heat is your only source of heat, know where the nearest warming shelter is. On Bainbridge, the Waterfront Park Community Center on Brien Drive will be open and staffed by American Red Cross trained volunteers. For more information on its operation during an outage, call 206-842-1616 for a recorded message.

Keep your eyes open for IVC's Winter Training on Safety Awareness and Emergency Preparedness. Information will be coming out after the first of the year.

Dinner Auction-Thank You

2013 Annual Summer Dinner Auction Sponsors

Platinum



Gold



Silver



**Supporters: Coldwell Banker McKenzie
New Motion Physical Therapy**



Over \$62,000 raised!!!

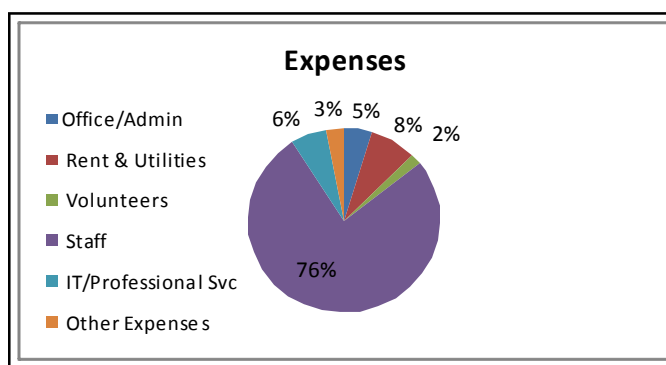
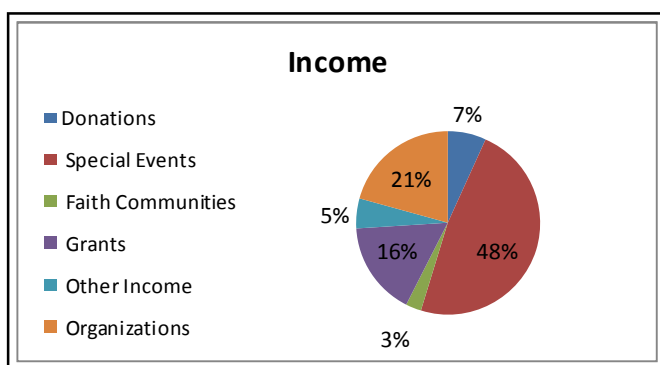
A Year In Transition

As we approach the end of our fiscal year on December 31st, we thought it would be helpful to have a snapshot of our year to date financial position.

Income: As you can see, the majority of our income comes to us through the generosity of our donors, whether individual direct donations, those made through organizations such as One Call For All or United Way, or through support for our Annual Dinner Auction. In addition, we receive funding from several local faith communities, grants from foundations, and have a contract with the City of Bainbridge for Human Services.

Expenses: Expenses are running ahead of budget for this year, mainly due to increased staffing costs. This is partly related to final employment payouts to two long time staff members for unused Paid Time Off. Staff expenses, which include payment for Health Reimbursement Accounts, should return to budgeted levels in the upcoming year.

Summary: As of the end of November, we are clearly moving towards ending the year with a deficit. However, we do expect additional income during the month of December to partially offset this. Several years ago, due to the generosity of a care receiver, IVC was the co-beneficiary of her estate along with the Senior Center. Those funds have been carefully managed to provide a reserve for unexpected expenses as well for special projects, so our overall financial position remains sound.



Income

Direct Donations	8,756
Special Events	62,505
Faith Communities	3,457
Grants	21,515
Other Income	6,870
Organizations	<u>26,926</u>
	\$130,029

Expenses

Office/Administrative	7,074
Rent & Utilities	12,317
Volunteers	3,221
Staff	118,479
IT/Professional Services	9,217
Other Expenses	<u>4,695</u>
	\$155,003

Featured Care Receiver-Dorothy Bland

Dorothy Bland has been a care receiver with IVC since May of this year, and she is one very active lady! Dorothy moved to Bainbridge in 1997 following the death of her husband. She moved here to be closer to her daughter and her family. She immediately checked out the offerings of the Senior Center and has been involved in a myriad of activities for the past 16 years.

Dorothy grew up in Leavenworth, Kansas, the second oldest of nine children. After graduating from high

school in 1940, she worked on welding airplanes and eventually joined the Marine Corps, where she met her future husband. After World War II, they moved to Georgia where they raised their two children. She went to business school on the GI bill and was an office worker for much of her professional life.

In talking with Dorothy, you are struck by how grateful she is to live in this community and to work with the various IVC volunteers. In her words,

“IVC is an absolute gift to this community.” She goes to the Senior Center almost every day, and is involved in activities ranging from line dancing to Tai Chi to chair yoga. She’s also been in a book club there, and is thinking about writing poetry again after a long hiatus. IVC volunteers drive her there and back, and friendships are formed along the way. Her openness and gratitude for life are evident after just spending a few minutes with Dorothy, and we are so lucky to have her as a care receiver.



interfaith
**VOLUNTEER
CAREGIVERS**

P.O. Box 11253

375 Ericksen Ave. NE, Ste. 212

Bainbridge Island., WA 98110

206-842-4441

www.ivcbainbridge.org

Helping Hands Open Hearts



BOARD OF DIRECTORS AND STAFF

Dick Goff, **President**

Janie Ekberg, **Vice-President**

Eric Cederwall, **Treasurer**

Peg Nickum, **Secretary**

Len Beil

Carol White

Beverley Kraus

Karen Conoley

Marilyn Dearsley

Ian Forbes

Cheryl Denton

Marj Masla

Sandy White

John Payne

Rita Elsberry, **Executive Director**

Robin Gaphni, **Program Manager**

Mission Statement:

Interfaith Volunteer Caregivers of Bainbridge Island is an outreach service of trained volunteers assisting the elderly and those in need to maintain their dignity, independence and quality of life.

Some of the services we provide include:

- **Transportation:** Driving and accompanying someone to health-related appointments.
- **In-Home:** Companionship, Reading, Light Housekeeping, Home Maintenance, Pet Care, Respite, Gardening
- **Errands:** Grocery, Pharmacy, Banking
- **Flowers from the Heart**
- **Phone Reassurance**
- **Advocacy and Referrals**
- **Support Groups**
- **Spirit Lifting:** Taking to concert, museum, or special event