



Interfaith Volunteer Caregivers of Fayette, Inc.

Volume 19, No. 1

NEWSLETTER

June 2011

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Mission Statement

Believing that God calls us as people of faith, to minister to those in need, the Interfaith Volunteer Caregivers of Fayette, Inc., will, through an interfaith network of trained volunteers, provide supportive services and outreach to meet the needs of the elderly (ordinarily Age 60+)

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The Benefits of Volunteering

You may think of volunteer work as a waste of time, or something that millionaires or retirees do with their spare time. Volunteer work is for people who don't need money or who are bored, right? WRONG. Volunteer work is not just something people with altruistic tendencies do to fill their time. It can also be an excellent source for beefing up your resume, helping your community and making you feel good about yourself.

Volunteer work helps you see that you are needed and important and that you can make a difference in someone else's life. People will depend on you and you will gain a sense of purpose. Not only can you learn new skills, but also you can do volunteering within your area of expertise. Sometimes just having something to do can help lift our spirits and put us on the right track.

You are able to touch the lives of so many people when you volunteer for a community organization such as Interfaith Volunteer Caregivers. Please contact us at 724-438-0709 or email cashton@ivcgf.org if you are interested.

**INTERFAITH VOLUNTEER J
CAREGIVERS**

**BOARD OF DIRECTORS
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Carol's Reading Corner
Enjoyable reading....

**Why Forgive? By Johann
Christopher Arnold**

**How Quantum Activism Can
Save Civilization by Amit
Goswami, Ph. D.**

RX Plus Annual Oldies Dance

Our Oldies Dance held on May 7, 2011 is over for another year and there are so many people to thank for our continuing success. Our donors, sponsors and patrons are listed on pages 6 & 7 of this newsletter and I hope you will take the time to see who they are. In case we may have missed someone our heartfelt appreciation to anyone who helped in any way to make our dance the success that it was.

We especially want to give a huge thank-you to **Fred Bonchosky at RX Plus** for his 10 years of support to Interfaith in working with us on our various fundraisers.

Interfaith at Work in the Community!

In the interest of helping our clients understand what we actually do... there is a process. When a client calls us for assistance in getting to an appointment we take the information and it is provided to our Volunteer Coordinator who begins calling volunteers who may be able to fulfill the need. Sometimes it is accomplished in one or two calls but sometimes it takes five or six calls, requiring that she leave word for the volunteer to return her calls. When she has found a volunteer, the client is called and told that we have someone to take him/her. It is very important that we be given enough time to find a volunteer and just as important that we are called when there is a cancellation so we have time to cancel with the volunteer so that they don't make a trip needlessly. We like to have a guilt free relationship with our volunteers who are encouraged not to be afraid to say "no" if they are unavailable for the day & time requested. We will call again. We understand that sometimes there are emergency situations when no advance notice can be given. In these cases we do our very best to help our clients, but it is difficult and unfortunately sometimes impossible. It is also important to know that the staff & volunteers only work from 8:30 a.m. to 5:00 p.m. and are not available on weekends. Since most of our volunteers are ages 60-80 years of age they are unable to handle heavy wheelchairs or do grass cutting and snow shoveling. We are **proud and happy** to serve our clients in any way we can and hope this helps you understand why certain rules must apply.

We, once again, would like to bring you up to date on our services to your community. From January 1, 2011 to May 31, 2011, **192** caring Interfaith volunteers have served **789** clients and provided **958** separate services. A total of **3,987** hours were expended benefiting our older adults in the community. If you are retired or have some time on your hands and would like to give back to your community, please consider volunteering. If you are interested, contact Interfaith Volunteer Caregivers of Fayette at 137 N. Beeson Avenue, suite 106 in Uniontown or call 724-438-0709. You may also email us at cashton@ivcgf.org. Please contact us if you have any questions.



Cherish Your Chompers

(Taken in part from AARP March/April 2011 issue)

Various Dentists have given the following advice:

- **Break a Sweat** - Exercise may lower the risk of gum disease.
- **Power Up** – Use a high quality electric toothbrush with a small head.
- **Go beyond floss** – If your gums recede (as even healthy gums can), interproximal brushes, which look like tiny pipe cleaners, may work better than floss, which can miss plaque on a root.
- **Wait to brush** – It takes 30 minutes to an hour for saliva to neutralize the acids in foods. “Brushing right after eating can brush the enamel away.”
- **Watch your gums** – Insist that your dentist examine your gums with a probe. If the gum pocket surrounding a tooth is deeper than 3mm, you might have gum disease.
- **Get off the bottle** – Many bottled waters lack fluoride. Consider adding a filter to your tap instead.



VERRRRRRY INTERESTING

Stewardesses is the longest word typed with only the left hand.

Personal Safety and Burglar Prevention Advice for Older Adults.

1. Use a sturdy chain on the front door and use it every single time the door is opened.
2. Never give any personal details out on the telephone
3. Keep the front garden/landscaping free of overgrowth that can be used as a hiding place.
4. Leave lights on, the curtains drawn, and switch on the radio when going out in the evening.
5. Know the neighbors and welcome their help.
6. Do not keep large sums of cash in the house.
7. Ensure all windows are locked in rooms not being used, upstairs and downstairs.
8. Leave a key with a trusted neighbor rather than under the mat.
9. Never leave keys hanging by a string behind the mailbox.
10. Make sure downstairs curtains are closed at night.
11. If tradesmen come to your door unexpectedly do not let them in without verification from their company.

Donor List

January 1, 2011 to May 30, 2011

The following have contributed recently to Interfaith and their generous support is greatly appreciated!

Congregations

Calvary United Methodist Church -
Methodist Women
Central Christian Church
First United Methodist Church Of
Brownsville
Third Presbyterian Church-Deacons Fund
Trinity United Presbyterian Church
Walnut Hill United Methodist Women

Corporations/Organizations

Brothers Lazer Service, Inc.
Connellsville District UMC Mission Festival
Committee
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Grant/Allocations

Southwestern Pennsylvania Area Agency
on Aging
Uniontown Rotary Club

United Way Support (Through Donor Option)

United Way of Westmoreland County

Allegheny Energy
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Centra Bank
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Brestensky, Tammy
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Mitchell, Vicki
Richnafsky, Lynn
Siesky, Bonnie
Trickett, Randall
Trump, Brenda
Williams, Joyce
Columbia Gas

Brewer, Timothy
Crews, Robert
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Fayette County Housing Authority
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Herald Standard
Sloan, Albert
Hunter Panels
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Steich, Charlotte
Waltz, Sharon
Spectra Energy
Pamela Smith
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Novotney, Anastasia
Stollings, Rev. C. E.
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In Honor of...

Ashton, Don by Jim Fearer
Ashton, Don by Sarah Aultz
Ashton, Don by Millie Cavalcante
Ashton, Don by Betty Wilson
Burnworth, Jeremy (40 under 40 honor) by
Helaine & Sion David
Cahn, The Rev. Dr. Robert by Linda
Mitchell
Carney, Rose by Thomas Carney
Clark, Lana Louise by Mildred Clark
Nozimek, Joseph by LaVaughn Nozimek
Opel, Ken by Jarrott & Bobbi Pukl Brogdon
Rowan, Jeff by Kay Molnar
Scarfo, Matthew (IVCF Logo Design) by
Helaine & Sion David
Shea, Carole my very good friend by Melva

Shebeck
Shearer, Louise by Catherine Molnar
St. Vincent de Paul Store by Shirley
Pikulsky
Steich, Charlotte by Esther Ziska
Tanner, George by Mabel Lilley

In Memory of..

Ashton, Vivian by Don & Carol Ashton
Balchak, Mike, Ronald, & Jim by Marie
Clark
Basinski, Barbara (Kasunic) by Bea & Jerry
Glover
Bonney, Thomas, Sr. by Cathy Gabriel &
Children
Broesicke, Christine by Margaret Broesicke
Butler, David by Bill & Nancy Denny
Butler, David by Don & Carol Ashton
Campbell, Carolyn Mae by Pete & Jean
Rendina
Christopher, Walter by Emma Christopher
Cluss, Charles by John & Paula Gabriel &
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Conaway, Dolores by Bea Glover
Conaway, Dolores by Wendy Marks
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DeMotte, Ruth by Joseph & Linda
Alexander
DeMotte, Ruth by Don & Carol Ashton
DeMotte, Ruth by John & Tonye Sharp
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Frankhouser, Roberta by RX Plus-Fred
Bonchosky
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Gray, Tyler by John & Paula Gabriel
Hagan, Bernardine by Connie & Carl
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Holonich, Joseph by Irene & Elwin
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Honza, Joseph by Irene & Elwin
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Swaney, Paul by Charles, Sheila & Robert
Gabler
Swaney, Paul by Donna, Jim & Tina
Swaney
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Bryner
Yauger, Amzizj "Jake" by Rose Yauger

Yasenosky, Hermina "Minnie" by Irene &
Elwin Dickerson III
Young, John E. by Tom & Donna Wallace

Individuals

Biddle, Martha
Bozek, Fred & Josephine
Brownfield, Charles
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Campbell, Julia
Carney, Rose
Cavalcante, Millie
Cofsky, Janet
Cook, Barry
Correal, Don & Susan
Davis, Joyce
DelGado, Tillie
Devine, Frances
Fearer, Jim & Eleanor
Fike, Mark & Joy
Friend, Stella
Gasparatz, Janet
Getzi, Margaret
Herring, Barbara Jean
Hrezo, Catherine
Jameson, Robert & Louise
Keffer, Sophia & Larry
Lilley, Mabel
Martin, Betty
Miller, Mary Miller
Miller, Ronald
Mitchell, Linda
Molish, Sofia
Molnar, Kay
Moore, Pamela
Morgan, Beverly
Nudo, Anne Marie
Pace, Dorothy
Peterson, Barbara
Rock, Gloria
Santa, Anna
Schipani, Vivian
Sausman, Leona
Sherlock, Donna
Shilling, Bill
Sible, Joseph & Gloria
Solari, Alvin & Josephine
Stanec, Matilda
Syling, Virginia

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Thompson, Freda
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VanVerth, Robert & Carmella
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Wardzella, Paula
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Wilson, Betty
Wirbicki, Vincent

Oldies Dance RX Plus Patrons

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Anonymous
Anonymous
Anonymous
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Big Banana
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Brownfield, Gary
Buehner, Bill
Buehner, John & Mary Hasley
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First Federal Savings/Loan of Greene Co.
Fischer, Celeste & Scott

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Gaita, Lucille
George, Joseph, Jr.
Girod, Richard & Linda
Hartosh, Michelle
Hauger, Richard & Deborah
Heneks, Jack
Iannamorelli, Dr. Anthony & Kathy
John, Franklin & O'Delia
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Kenney, Jaison & Gina
Kula, Deberah
Kurta, Patti & Tony
Lally, Sean
Laurel Ridge Surgical Associates, Inc.
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Piccolomini Contractors
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Punkin & Bonnie
Redman, Donald
Reilly, Denise & Dr. Michael
Reilly, Dr. Phillip
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Secrest, Rod
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Sepic, Joseph & Michele
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Shell, Jerome & Maryann
Shimshock, Daniel
Smithfield Chiropractic Center PC

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Ted Sova Body & Fender Repair
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Thompson, Charles & Joanne
Tobacco World, LLD
Uniontown Newspapers, Inc.
Upper Room
Valentine Pharmacy, Inc.
Venneri, Charles, DMD & Associates, LLC
Vernon, Bob
Vignali, Lawrence DMD
Vince's Electrical Service
VitaLink
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Winterhalter, Lance
Wirbicki, Vincent
Wyndham Grand Hotel
Yoder, & Co., Inc.
Zeigler, Rhonda & Fred III
Zimmerlink, Angela

Oldies Dance RX Plus In Memory of

Altman, H. Wesley by Altman &
Altman
Humbertson, Eula & Clarence by Joyce
Williams
Taylor, Mr. & Mrs. Harold by Mr. & Mrs.
John Carom Sr.

XX4V Campaign

Campbell, Janice & John
Heid, Sheryl R.
Perry, Mary
Rapano, John
Stoen, James & Kendra
Vanek, Dr. Josef

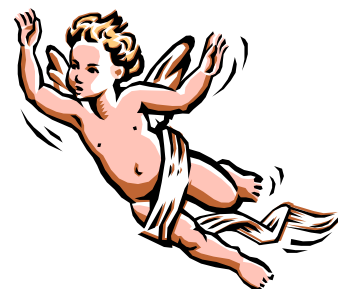
In Memory of

Neely, Virginia by W. Harry & Dorothy S.
Springer

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The official registration and financial information of Interfaith Volunteer Caregivers of Fayette, Inc. may be obtained from the Pennsylvania department of State by calling toll free, within Pennsylvania 1-800-732-0999, registration does not imply endorsement.

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