

# Faith in Action of Edgar County

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Paris, IL 61944



(217) 466-6388    [faithinactionparis@gmail.com](mailto:faithinactionparis@gmail.com)    [www.fiaec.com](http://www.fiaec.com)    January~ February~ March 2015  
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## *Faith in Action Christmas at Tuscany's December 5, 2014*



What a great day for a Volunteer Christmas get together! The conversation was light and joyful as volunteers, guests and staff of Faith in Action took a well-deserved break from volunteering and all the planning for Christmas. Thirty-One Volunteers and guests enjoyed a great time of fellowship. This luncheon has become a yearly event and plans have already been made for next year's luncheon to be held December 4, 2015 at 11:00am.

Be sure to mark your calendars and plan to join a great group of friends for lunch next Christmas Season!



## *Faith in Action Card Angels*



All around this table you see the talented fun-loving ladies known as our "FIA Card Angels"! The Angels in this photo include from left to right~ Wilma Overton, Judy Hall, Joan Mattingly, Pat McDaniel, Anna Schumacher, Cathy Walker (card designer and fearless leader) and Lillie Davis. This group, along with many others meets seven or eight times a year to create special cards to send to more than 270 care receivers. The fun and laughter that is contagious in the room while these cards are being created is amazing, but doesn't even compare to the smiles on the faces of all who receive these little reminders that someone cares and is thinking about them. If you would like to be a "Card Angel" call us for our next date!

## *Nila's Corner*

I can hardly believe the date at the top of this letter! As I reflect over the blessings of the past year, I have to stop and thank God for all He has done to enable the ministry of Faith in Action to reach out to help more residents of Edgar County! We were happy to welcome 12 New Volunteers in 2014 and blessed to be able to reach out to 79 New Care Receivers! This brings our active Care Receiver list to 308. Our listed as Active number of Volunteers is 109! Last year was a huge building year for our Special Project Volunteers! The group completed 45 Wheelchair Ramps. When they weren't building ramps, they were putting up 17 sets of steps/handrails and bath grab-bars.

The office has gone through a little upgrading to help make our outreach more efficient. We have added a second phone line. This allows us to answer all incoming calls more quickly. If only one staff member or volunteer is in the office, the second line will go to voice mail and messages can be left. We then return the second call as soon as possible. This is working great! We have also changed our internet provider and have a new email address. Please note the address at the top of this page. **The joink account is no longer valid and we cannot receive emails sent to that address.**

Looking into the New Year, we are planning on adding a second office volunteer to make wellness calls and to help with all the outgoing mailings. Then coming very soon will be our Annual Chili Cook-Off!

These are truly exciting times for FIAEC as we make plans to better serve the residents of Edgar County who find it difficult to remain independent due to chronic illness and/or long-term physical limitations.

*We Wish You a Happy, Safe and  
Healthy New Year! Nila, Cindy and Judy*



In Memory of

*Jack H. Milam*

**We are saddened over the death of Jack Milam. Jack came to Faith in Action as a volunteer in September, 2007. He was lovingly known as "The Singing Cowboy". He made many friendships as he shared his time transporting many residents to various medical appointments all around our area. He is greatly missed. Our prayers are with his family.**

**HERE WE GROW AGAIN! Faith in Action would like to welcome newest FIA Volunteers:**

*Elaine Garwood, Dawn Maynard, Jasmine See, Gary Hall, Dick and Karan Cunningham*

It is great to see our Volunteer Family grow to include the talents and energy of Elaine, Dawn, Jasmine, Gary, Dick and Karan. Elaine, Dawn, Gary, Dick and Karan are all interested in helping with transportation! The need for transportation is always in great demand and in need of volunteer help. Both Dawn and Jasmine have shared interests in several areas. It is exciting to watch the growth in FIAEC!

*Welcome!*

**Thank you for supporting the work of FAITH IN ACTION .....** 😊

It is the generosity of this community that has made FIAEC a growing outreach program. **Another creative means to help cut our expenses is through the donation of Office Supplies and Gas Cards.** Basically any type of supplies used in an office setting such as reams of copy paper, 5160 Avery White, Easy Peel Address Labels, Forever Postage Stamps, etc. would be appreciated. Also \$10 gift cards from Wal-Mart or Casey's that are used for gas cards are very helpful. Faith in Action is a 501(c)3, non-profit, charitable organization. Therefore all donations are tax deductible.



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**Faith in Action**

**Nilu Nugent ~ Program Director**

**Board of Directors**

- |                |                |
|----------------|----------------|
| Linda White    | President      |
| Karl Marshall  | Vice President |
| Diana Acord    | Secretary      |
| Judy Benton    | Treasurer      |
| Terry Bergdolt |                |
| Lillie Davis   |                |
| Rita Goodman   |                |
| Ron Hensley    |                |
| Norma Henson   |                |

**FAITH IN ACTION VOLUNTEERS.....ON THE MOVE!**

<u>Service</u>	<u>September - November Hours</u>
Transportation	429
Visiting	13
Shopping/Errands	12
Light Housekeeping	2
Yard Work	12
Telephone Contacts	16
Sewing and Mending	0
Laundry	0
Meal Prep	11
Special Projects - (ramps/steps/handrails, etc.)	151
Special Care Receiver Event	5
Admin/Fundraising/Training	149
<b>Total Hours</b>	<b>800</b>
<b>Total Miles Driven</b>	<b>7564</b>

Volunteers reporting hours Average monthly: **33**  
Contacts made with care receivers Average monthly: **126**

**VOLUNTEERS PLEASE REMEMBER TO CALL-IN, MAIL or EMAIL YOUR SERVICE TIMES AND MILES ~ Thanks**

**Jan 1- New Year's Day-Happy New Year!**

Jan. 7 - Board of Director's Meeting 8:30AM -

**Feb 3 - Card Angels Meet at 9:30AM -**

Feb 4 - Board of Director's Meeting 8:30AM -

Feb 14 -Happy Valentines Day !

Feb 21 -Faith in Action of Edgar County Chili

Cook-Off 4:30PM - 7:30PM

**Mar 4 - Board of Director's Meeting 8:30AM**

March 24-Card Angels Meet at 9:30 AM-

**Reminder: Check us out on the WEB!**

[www.fiaec.com](http://www.fiaec.com) &"Like" us on Facebook!

email:[faithinactionparis@gmail.com](mailto:faithinactionparis@gmail.com)

**LIVE UNITED**



The United Way Campaign 2014/2015  
is in full swing!

Please support the

**United Way of Edgar County**



## **We need Chili Chefs! Join the fun!**



### **Faith in Action to Host 11<sup>th</sup> Annual Chili Cook-Off**

This annual event will take place Saturday, February 21<sup>st</sup>, from 4:30 pm to 7:30 pm. in the Family Life Center at Lake Ridge Christian Church, 122 E. Steidl Road, Paris. Chili makers are encouraged to enter their favorite pot of chili for competition. There is no entry fee! Each contestant will be asked to **provide three gallons** of their favorite chili. All who attend the dinner will cast a vote for the chili they consider to be their favorite. Prizes will be awarded to the top three entries receiving the most votes, in three categories of “Mild” and “Hot” and “Unique”. Medium will be categorized as “Mild”. The grand prize winner over-all will have their name engraved on a Grand Champion Chili-Cook Off plaque! This plaque proudly hangs in the FIA Office with the names of all former winners. The grand champion will also receive a trophy to commemorate their accomplishment. Each entry will receive a number the evening of the event. The entry will need to be designated as Hot, Mild or Unique. We encourage individuals, congregations, agencies, organizations, clubs and businesses to enter their favorite pot of chili and join the fun! **We are limited to the first 18 entries.**

So call soon to reserve your spot!

**“Deadline for chili entry is Monday, February 16<sup>th</sup>.”**

**This is a great evening with light hearted friendly competition. It is also one of the two major fundraisers hosted by Faith in Action for the year. The cost for the dinner continues to be DONATION! All you can eat Chili, Veggies, Hot Dogs, Cheese, Crackers, Drinks and Cookies will be included in your donation. The proceeds from this event will go to support the work of Faith in Action of Edgar County.**

See and Share the enclosed Flyer and Chili Chef Sign-Up Sheet!

For questions, to enter your chili for competition or to receive information contact, Nila Nugent,



### **DID YOU KNOW?**

1. To date we have had **193** volunteers who have enlisted as FIA Volunteers. Currently **109** are listed as active.
2. We have been an outreach for **845** residents and their families, with **308** currently listed as active.
3. Our Special Project volunteers have completed **377** wheelchair ramps for residents throughout the county. There is always a waiting list for Ramps, Step, Handrails and inside safety devices such as grab bars.
4. Since September 2003 Volunteers have driven over **360,000 miles** and shared more than **38,000 hours** of service by reaching out to neighbors who need a little help remaining independent.
5. Youth groups get involved, learning the joys of working together to help others with Spring and Fall Cleaning.
6. Volunteer Services include Transportation, in-home Visiting, Telephoning, Sewing and Mending, Shopping and Errands, Occasional Yard Work, Occasional Laundry, Card Creating, Special Projects such as wheelchair ramp construction and limited minor home repair, and FIA Clerical and Fundraising Assistance.
7. Services are provided at no charge to the Care Receiver.
8. Faith in Action is a Nonprofit, Interfaith, Volunteer, Care-giving program. All services are Non-medical.
9. We operate solely on donations, private grants, fundraisers, individual donations, congregation mission giving, and the United Way of Edgar County.
10. Faith in Action of Edgar County receives no government funding.
11. **31 congregations and 12 agencies partner with Faith in Action of Edgar County**
12. **Volunteers gain personal satisfaction knowing they are a valuable asset to their community by using their skills to help others who are in need.**

## Faith in Action is a Service of the Heart

♡ *Happy Valentines Day!* ♡



Do you like to travel with a group, meet new friends, and have a great time? Be sure to check out the flyer for the next trip sponsored by Faith in Action, hosted by Judy Benton, and provided through Diamond Tours! There will be two trips in 2015. The first will be to Mackinac Island, in the Spring. Then another trip is booked for Cape Cod and Martha's Vineyard in the Fall. Each trip is a fundraiser for Faith in Action as well as a very nice vacation for a very reasonable price!



Changes are Coming!



Faith in Action has been looking for ways that we can increase our outreach. We are looking for volunteers who would be willing to spend time in the office a few hours a week or month. The duties would include making wellness calls to our care receivers and help with sending out mailings such as cards and newsletters. Our volunteer and Board of Director, Judy Benton has been in charge of these areas of service. We are excited that now she has expressed interest in changing her service focus to plan and oversee special outings for our care receivers! This will increase opportunities for socialization and seeing sights of interest. These local trips will be directed toward those who are homebound or have very limited opportunities to get out of their homes. If you would like to volunteer in this area please contact the FIAEC office.



### **FYI---This year the flu seems to be on a rampage. Are you prepared?**

Influenza, commonly called the flu, is caused by viruses that infect the respiratory tract (nose, throat and lungs) and spread from person to person when an infected person coughs or sneezes. Unlike many other viral respiratory infections, such as the common cold, the flu can cause severe illness and life-threatening complications in some people.

Symptoms of flu include fever, headache, extreme tiredness, dry cough, sore throat, runny or stuffy nose, and muscle aches. Children can have additional gastrointestinal symptoms, such as nausea, vomiting and diarrhea, but these symptoms are uncommon in adults. Although the term "stomach flu" is sometimes used to describe vomiting, nausea or diarrhea, these illnesses are caused by other viruses, bacteria, or possibly parasites, and are rarely related to influenza. Influenza is highly contagious. After a person has been infected with the virus, symptoms usually appear within one to four days, with an average of about two days. Once infected, a person may be contagious from one day prior to becoming sick to five days after they first develop symptoms.

Typical treatment includes getting bed rest, drinking plenty of liquids, avoiding alcohol and tobacco, and taking medication to relieve the symptoms of flu. In some cases, certain antiviral drugs may be prescribed to treat the flu. Influenza is caused by a virus, so antibiotics, such as penicillin, do not cure it. Never give aspirin to children or teenagers who have flu-like symptoms, particularly fever, without first speaking to your doctor.\*The above article is an excerpt from **WEATHERING WINTER** by the Illinois Department of Public Health