

# Faith in Action of Edgar County

104 E. Washington St. P.O. Box 154  
Paris, IL 61944



(217) 466-6388

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

[www.fiaec.com](http://www.fiaec.com) July - September 2015

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## *Faith in Action Volunteer Family Picnic* *Saturday, July 25, 2015*



### *Summer Fun at Step Station*

Special building crews display their skill at our 5<sup>th</sup> Annual FIA Volunteer and Family Picnic! It was an enjoyable time for everyone, complete with delicious food, beautiful surroundings, yard games, an interesting game of "Useless Trivia" and a Jenga game that gave two "special" project teams an opportunity to show off their skills at construction and demolition! An interesting twist occurred as we all became authors with our combined creation of a poem titled, "I love Paris in the Summer". At the close of the picnic the poem was shared to the delight of all who attended.

Thank you Mike and Denise Step for allowing us to enjoy your beautiful "air conditioned" facility at Step Station! A special Thank YOU to Mike for smoking all that delicious Pork Loin!

What a FUN Saturday afternoon!



### *Nila's Corner*

I am so excited about the activity that has been buzzing around Faith in Action of Edgar County this Summer! Cindy has recovered from her knee replacement surgery. (She is grateful for all the prayers given in her behalf.) Judy has been busy planning and traveling on her bus trips. Their most recent trip to Mackinac Island was amazing! Coming soon in September will be their trip to Cape Cod and Martha's Vineyard. All the trips are fundraisers for Faith in Action! Our Special Project volunteers have been busy constructing wheelchair ramps, steps, handrails, etc. So far our Transportation volunteers have made 477 roundtrip transports, Card Angels have designed, created and sent hundreds of cards to our residents. We have been praying, visiting, shopping and doing minor repairs to help keep our residents who live with chronic illness or physical challenges safely independent within their own homes. Awesome Work! Thank You Volunteers! Coming soon will be Volunteer Appreciation week the 13<sup>th</sup> – 19 in September. Pray for FIA will be Sunday the 13<sup>th</sup>.

**I am also excited because this September 19<sup>th</sup>, Pumpkin Works of Paris is Sponsoring their Annual "Pumpkin Pi" Race and Faith in Action has been chosen to be the recipient for this fundraiser! Thank You Pumpkin Works! Good Times are Coming! Nila**

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*Thursday, September 17, 2015*

*"Volunteers Make a World of Difference!"*

A night to honor our volunteers is in the planning! Tables will be decorated to represent various countries around the globe. A delicious dinner will be prepared by McDaniel's Catering and Nichole Hope Fessant will be our guest entertainer for the evening! She lives in Paris with her husband, B.J. and their children D.J., Maddie and Annalise. Nichole is a beautiful vocalist having received National recognition nominations and Awards, which include a top five nomination as Female Vocalist of the Year for the 2011 Inspirational Country Music Awards in Nashville. She won the Female Horizon Award and Song of the year for, 'Said One Mother' at the 2010 King Country Fan Appreciation Awards in Texas. You can visit her website at <http://nicholehopemusic.com>. It will be a great evening! **Volunteers Mark Your Calendars!**

**More info Coming Soon!**

## Thank You to Everyone who Helped in any way with our Bake Sale in June!

We appreciate all who visited our tent and bought ALL of our delicious goodies during our Annual Bake Sale throughout Shriner's Weekend in June! Faith in Action was able to visit with so many people! It is always so much fun and very successful as we raised \$362.00 to help support the work of Faith in Action in Edgar County!

Our bakers this year included Evelyn Ring, Peggy Drake, Lorma Hensley, Marilyn Bear, Sara Goddard, Norma Henson, Rita Goodman, Debbie Nicholas, Thelda Pitts, Doris Lau, Edie Emrick, Jasmine See and Georgia Horsley.

We also couldn't do it without all of our helpers who worked throughout the weekend in the tent! These included Debbie Nicholas, Ron Hensley, Peggy Drake, Norma Henson, Rita Goodman, Jim and Diana Acord, Karl Marshall, Jasmine See, Katie Marlowe, Ron and Nila Nugent.

Faith in Action of Edgar County provides all our services at no charge to our care receivers. All proceeds from all of our fundraisers are used in Edgar County to help keep our residents who struggle because of long-term illness or physical challenges independent for as long as it is safely possible.

THANK YOU EDGAR COUNTY for SUPPORTING the work of FIAEC!



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#### Faith in Action

Nilia Nugent ~ Program Director

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Rita Goodman	
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Norma Henson	

#### Calendar of Events

\*COMING in \*July August September\*

July 25 -Volunteer Family Picnic -Step Station

Aug.5 - Board of Director's Meeting: 8:30AM

Sept. 2 - Board of Director's Meeting 8:30AM -

Sept. 7- Labor Day - Office Closed

Sept 8- Card Angels Meet at FIA 9:30AM

Sept.13 -Faith in Action of Edgar County Week!

Sept. 13th - Sept. 19<sup>th</sup>

Sept.17-Volunteer Appreciation Banquet 6:00PM

Lake Ridge Christian Church Family Life Center

Sept. 19- Pumpkin Works Pi Run @ Pumpkin Works

Sept 26 thru Oct.4 -FIA Hosted Bus Trip

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**LIVE UNITED**



Support the United Way of Edgar County.

Working together we DO make a difference!

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

#### MONTHS OF APRIL ~ JUNE

Service	Hours
Transportation	563
Visiting	6
Shopping/Errands	35
Light Housekeeping	0
Yard Work	3
Small home fix-it	4
Telephone Contacts	11
Sewing and Mending	0
Meal Prep	0
Special Projects	232
Special Care Activities	0
OA/Board Meetings/Fundraising	327
<b>Total Hours</b>	<b>1,181</b>
<b>Total Miles Driven</b>	<b>10,887</b>
Avg. Number of Volunteers reporting hours monthly:	40
Contacts made with care receivers	379

THANK YOU FIAEC VOLUNTEERS!

If you want to drop your timesheets after hours, use our little mail slot on the inside door.

**In the year 2010 there were 210,000 persons with Alzheimer's Disease living in Illinois. This number was projected at that time to increase 14% by the year 2025.** (AD IL State Plan 2014-2017 Report and Recommendations, January 2014 - IL Dept. of PH)

Because this disease affects so many in our area, many whom we know and love, I am honored to share this following story.

It is a two-part unveiling of life through the eyes of a daughter who watched her heroic father face the daily challenges of the journey through Alzheimer's Disease. Elaine Garwood is a Faith in Action Volunteer and this is her story.

*Part one of her journey.*

## **Family Life with Alzheimer's**

by *Elaine Garwood*

Alzheimer's is a heartbreaking disease that, sadly, affects countless families in Edgar County. We became one of those families when Alzheimer's took my Dad away from us. Each Alzheimer's victim has a different story, different symptoms, with different reactions. I am not an Alzheimer's expert, but just a daughter who helplessly watched as my Dad went on this heart wrenching journey. Each day took his walk just a little bit farther from the ones he loved.

Looking back, Dad started showing symptoms at age 83 or about 7 years before his death. At that point, we didn't have a clue what was beginning to happen to him. We must have thought he was getting older and just wasn't as sharp as he'd always been. He started showing poor judgment in his decision making (like allowing 8 hours for a destination that would take 4 hours to drive) and would get furious when we would try to persuade him there was a different answer. He would have trouble following the instructions of how to assemble a new purchase. He forgot how to play the card game that he had played for years. As time went on, he got lost driving home from his bowling league, which was less than a 5 minute drive and one that he had made countless times. Dad began having trouble thinking of the right word that he wanted to say. Often times, he would be talking and all of a sudden, stop mid sentence and be unable to continue, as his thought process had been abruptly stopped. He eventually lost the ability to count money or perform simple tasks as his confusion grew. Dad had always been super intelligent, up to date on the stock market and world news, and could always be counted on for wise counsel. Slowly, bit by bit, Alzheimer's robbed him of nearly all of his personality traits, and left him a pitiful child-like soul, unable to care for himself in the most basic of ways.

Dad also had Sundowners, a condition of dementia where as the day wears on and the sun begins its downward path, the confusion and agitation dramatically worsens. We could always tell when the Sundowners was coming by watching Dad's body language. He would become fidgety, especially with his hands...feeling, twisting, patting, folding, creasing, rubbing whatever he was touching (blanket, the tail of his shirt, the newspaper, etc). His eyes would also get a wild look in them. Eventually, he would fixate his mind on a totally unreasonable thought and become extremely agitated and irate when he couldn't do what he wanted to do (like trying to go upstairs when there was no second floor)!! It was impossible to reason with him at that point, so your only hope was to try to redirect his mind to a more pleasant topic. Mom called me many evenings and would ask me to talk to Dad on the phone. I would usually try to get Dad to talk about his cattle (he had been a big cattle farmer for years before retirement)..or we would talk about the Honor Flight he had taken to Washington, DC, with other WWII veterans. He LOVED to talk about that! After a while, he would be calm again, and say he had kept me long enough on the phone and would tell me good night!

Eventually, it was too much for Mom to care for Dad at home and we had to place him in "Shady Lane" (Alzheimer's unit) at Paris Healthcare, where he got excellent care until he passed away some 14 months later.

In the early months of Dad's disease when he was still functioning fairly well at home, Dad never mentioned what was happening to him. He never expressed the fears he must have felt as the various symptoms presented themselves, never talked about what could lie ahead, didn't discuss his wishes, and not once did he say the "A" word.....Alzheimer's. Once Dad was in the nursing home, never did he say anything about going home or ask where he was. It was as though he had always lived there. For that, we were extremely grateful. I have to think his behavior at both ends of the disease was rare and not the norm. Through our experience as we watched Dad battle Alzheimer's, we learned a few things about what worked and what didn't. I will explore some of those ideas next time. **(Elaine can be contacted by email: [garwoode@yahoo.com](mailto:garwoode@yahoo.com)) (Part-Two will conclude in our October Edition)**

