

Faith in Action of Edgar County

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



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www.fiaec.com

July - September 2014

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Faith in Action Family and Friend Picnic June 28, 2014



Rita Goodman and Joan Brown display their "driving" skill at our 5th Annual FIA Family and Friend Picnic! It was a really great time for everyone. The attendance was a little low, but the food was great and the fellowship was so sweet! We were introduced to the fine art of Woodcarving by Master Carver Dick Hillier, enlightened by Country Movie Trivia, and enjoyed the talent of several participants as they demonstrated their creative art of ramp building, using cardstock paper, aluminum foil, popsicle sticks and scotch tape. To end the afternoon on a high note, Nila Nugent shared a couple songs, encouraging the group to join her on the finale. It was such a good time!

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### *Nila's Corner*



What a gorgeous summer this has been! Summer much like every season of the year is very busy for our Faith in Action Volunteers. Our Ramp crew has been busy building Ramps, Steps and Handrails to keep our residents safely mobile. So far this year our ramp crew has completed 22 wheelchair ramps! There are still several on the list waiting their turn. Transportation volunteers have been taking advantage of this beautiful weather to make sure our residents can get to doctor's appointments, shopping, beauty shops and other places that make living with a multitude of physical limitations easier. So far this year they have answered the call to 488 transports! Our visitor volunteers have been compiling several hours and making many contacts to keep many of our residents from being lonely. There is never a dull day in the ministry of Faith in Action! If you want to be a part of a rewarding team of volunteers, just give us a call! 466-6388

*Good Times are Coming!* ☺

**Have a Great Summer and May God Bless! ~ Nila**

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*Thursday, September 18, 2014*



*Volunteer Appreciation Banquet!*

Mark you calendars for Thursday, September 18<sup>th</sup> and plan to attend our 11<sup>th</sup> Annual Volunteer Appreciation Celebration. It will be held at the Lake Ridge Christian Church Family Life Center. Once again a delicious dinner will be prepared by McDaniel's Catering. Entertainment will be provided by Jake Hoult. This rising star performer has won the "Voice of the Valley Award" at the Vigo County Fair and performs onstage in Branson MO. The theme for our banquet this year is "Serendipity!" Serendipity means a "fortunate happenstance" or "pleasant surprise". All volunteers and guests will be sure to be "pleasantly surprised" by this fun-packed evening! We have had a very blessed 11 years of ministry in Edgar County. Thanks to our:

**THANK YOU to EVERYONE who HELPED in any way with our Bake Sale in June!**

Thank you to 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 \$400.00 to help support the work of Faith in Action in Edgar County! Our bakers this year included Evelyn Ring, Virginia Milam, Phyllis Bennett, Kendra Simpson, Peggy Drake, Lillie Davis, Lorma Hensley, Sara Goddard, Lynn Marshall, Norma Henson, Trudy Arrasmith, Donna Goddard, Rita Goodman, Marilyn Bear, Debbie Nicholas, Thelda Pitts, Linda White, and Gladys Wright. We also couldn't do it without all of our helpers who worked in the tent! These included Debbie Nicholas, Ron Hensley, Peggy Drake, Linda White, Norma Henson, Kendra Simpson, Rita Goodman, Lillie Davis, Terry Bergdolt, Dianna Hale, Jim and Diana Acord, Karl and Barbara Marshall, Katie Marlowe, Ron and Nila Nugent.



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**Faith in Action**

**Nilá 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   |                |

**Calendar of Events**

**\*COMING in \*July August September\***

- July 2-** Board of Director's Meeting 8:30AM -
- July 4 – Independence Day – Office Closed**
- July 30 –Aug.** Board of Director's Meeting 8:30am
- Sept. 1 – Labor Day – Office Closed**
- Sept. 3 -** Board of Director's Meeting 8:30AM -
- Sept 16-Card Angels Meet at 9:30AM**
- Sept.14 –Faith in Action of Edgar County Week! Sept. 14th - Sept. 20<sup>st</sup> -Pray for Faith in Action of Edgar County Sunday**
- Sept.18- Volunteer Appreciation Banquet 6:00PM - 8:00PM**
- Lake Ridge Christian Church Family Life Center**

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**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**

| <u>Service</u>                                            | <u>Hours</u> |
|-----------------------------------------------------------|--------------|
| Transportation                                            | 371          |
| Visiting                                                  | 4            |
| Shopping/Errands                                          | 8            |
| Light Housekeeping                                        | 24           |
| Yard Work                                                 | 7            |
| Telephone Contacts                                        | 12           |
| Sewing and Mending                                        | 0            |
| Meal Prep                                                 | 0            |
| Special Projects                                          | 360          |
| Special Care Activities                                   | 0            |
| Office Assistance                                         | 33           |
| Board Meetings/Fundraising                                | 176          |
| <b>Total Hours</b>                                        | <b>995</b>   |
| <b>Total Miles Driven</b>                                 | <b>8,363</b> |
| <b>Avg. Number of Volunteers reporting hours monthly:</b> | <b>29</b>    |
| <b>Contacts made with care receivers</b>                  | <b>347</b>   |

**THANK YOU FIAEC VOLUNTEERS!**

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



# "Faithful Friends"

## Faith in Action of Edgar County

"Faithful Friends" is a way to donate a little to help out a lot! To date we have had 207 families become partners as Faithful Friends. It's very easy as you are never asked for your donation, but you agree to make a one-time donation as a Faithful Friend or be a 5-Year Faithful Friend by making a donation one-time a year for a period of 5 years. This effort is a tremendous help to the mission of Faith in Action. Our services are provided by volunteers at no charge to their receiver. We have built 355 wheelchair ramps as well as steps and handrails. Faith in Action provides the cost of the lumber when the receiver does not have the means to do so. FIA offers mileage reimbursement for our volunteer transportation drivers. Since we started providing service on September 1, 2003 our volunteers have driven 345,000 miles and provided 36,000 hours of a variety of services. We are reaching out and changing lives one person at a time. Please consider becoming a Faithful Friend or renewing your pledge today. For more information contact Nila Nugent, program director ~ 466-6388. A Flyer is enclosed in this newsletter. Should you want to join or renew your gift through Faithful Friends cut off the bottom portion and send with your choice of gift.

**We are proud to be a United Way Agency and operate solely on mission and charitable donations.**

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**Myths About Healthy Aging** - [http://www.helpguide.org/life/healthy\\_aging\\_seniors\\_aging\\_well.htm](http://www.helpguide.org/life/healthy_aging_seniors_aging_well.htm)

**MYTH: Aging means declining health and/or disability.**

**Fact:** There are some diseases that become more common as we age. However, getting older does not automatically mean poor health or that you will be confined to a walker or wheelchair. Plenty of older adults enjoy vigorous health, often better than many younger people. Preventive measures like healthy eating, exercising, and managing stress can help reduce the risk of chronic disease or injuries later in life.

**MYTH: Memory loss is an inevitable part of aging.**

**Fact:** As you age, you may eventually notice you don't remember things as easily as in the past, or memories may start to take a little longer to retrieve. However, significant memory loss is not an inevitable result of aging. Brain training and new learning can occur at any age and there are many things you can do to keep your memory sharp. The sooner you start, the sooner you'll reap the benefits.

**MYTH: You can't teach an old dog new tricks.**

**Fact:** One of the more damaging myths of aging is that after a certain age, you just won't be able to try anything new or contribute things anymore. The opposite is true. Middle aged and older adults are just as capable of learning new things and thriving in new environments, plus they have the wisdom that comes with life experience. If you believe in and have confidence in yourself, you are setting up a positive environment for change no matter what your age.

### **Staying Healthy Over 50: Tips for Staying Connected**

**Connect regularly with friends and family.** Spend time with people you enjoy and who make you feel upbeat. It may be a neighbor who you like to exercise with, a lunch date with an old friend, or shopping with your children. Even if you are not close by, call or email frequently to keep relationships fresh.

**Make an effort to make new friends.** As you lose people in your circle, it is vital to make new connections so your circle doesn't dwindle. Make it a point to befriend people who are younger than you. Younger friends can reenergize you and help you see life from a fresh perspective.

**Spend time with at least one person every day.** Whatever your living or work situation, you shouldn't be alone day after day. Phone or email contact is not a replacement for spending time with other people. Regular face-to-face contact helps you ward off depression and stay positive.

**Volunteer.** Giving back to the community is a wonderful way to strengthen social bonds and meet others, and the meaning and purpose you find in helping others will enrich and expand your life. Volunteering is a natural way to meet others interested in similar activities or who share similar values. Even if your mobility becomes limited, you can get involved by volunteering on the phone.

**Find support groups in times of change.** If you or a loved one is coping with a serious illness or recent loss, it can be very helpful to participate in a support group with others undergoing the same challenges.

Here we go again! This is a fundraiser for Faith in Action as well as a good-time get away! If you want to take a nice Smoky Mt. vacation and see 7 entertaining shows at a very reasonable price, here is a great opportunity! Call Judy today to make your reservation or to receive more information! Reservation deadline is Sept. 1. 217-466-6388

**FAITH IN ACTION OF EDGAR COUNTY PRESENTS**

## Pigeon Forge and Smoky Mountains Show Trip



**INCREDIBLE PRICE INCLUDES:**

- ◆ Motorcoach transportation
- ◆ 4 nights lodging
- ◆ 8 meals: 4 breakfasts and 4 dinners
- ◆ Four Evening Shows: CHRISTMAS AT THE SMOKY MOUNTAIN OPRY, LUMBERJACK FEUD SHOW, THE SMITH FAMILY SHOW, and THE HATFIELD-MCCOY SHOW
- ◆ Three Morning Shows: PATTY WASZAK SHOW, the BLACKWOODS MORNING VARIETY SHOW, and AMERICA'S HIT PARADE, "TIS THE SEASON" SHOW
- ◆ Free time in HISTORIC DOWNTOWN GATLINBURG
- ◆ and much more

**\$476 \***

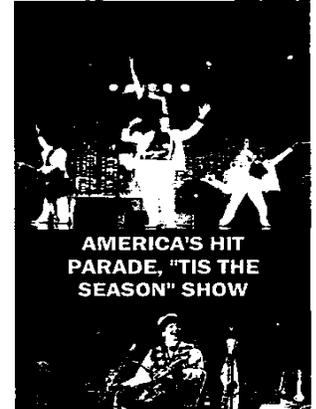
**5 DAYS 4 NIGHTS**

PER PERSON, DOUBLE OCCUPANCY

**(Mon - Fri)**

**November**

**3 - 7, 2014**



AMERICA'S HIT PARADE, "TIS THE SEASON" SHOW

**Departure: Kroger Market, 518 E. Jasper Ave, Paris, IL @ 8 am**

### *Letters of Appreciation*

"Thank you so much for the ramp. You have no idea how wonderful this is for us. The person in charge and the others did a wonderful job. God bless you all..."

"Thank you for sending Mrs. E. to clean my windows inside and out. She did a fantastic job. I thank you and her.... Thanks for all your services to me."

"You can't imagine how much we appreciate the ramp. Everyone comments on what a fine ramp we have. We are so thankful & grateful to Faith in Action. God Bless."

"Thank you for helping schedule my transportation to Sara Bush. And a very special thank you to Judy for the travel & chats. Thanks Again, God Bless You All."



### *Coming Soon*



**Sept.14 – Sept. 20<sup>th</sup>**

Faith in Action of Edgar County Week!

**Sunday ~ Sept. 14<sup>th</sup>**

Pray for Faith in Action of Edgar County Sunday

**Thursday ~ Sept.18<sup>th</sup>**

Volunteer Appreciation Banquet 6:00PM - 8:00PM -  
Lake Ridge Christian Church Family Life Center

**Friday ~ Oct.17**

*Faith in Action of Edgar County  
Spaghetti Dinner and Silent Auction*

4:00PM - 7:00PM at Lake Ridge Christian Church  
Family Life Center 122 E. Steidl Rd. Paris, IL 61944

Not only is this a wonderful evening of Italian Dining complete with candlelight and music, it is also a great time to shop! But we need auction items such as new or gently used merchandise, baked goods or crafts. Do you own or operate a business that would be willing to donate a product or service to our auction? We are collecting items now and all can be brought to the FIA office at 104 E. Washington St. Paris. All proceeds will be used to benefit residents of Edgar County.