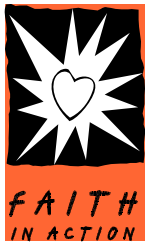


Faith in Action of Edgar County

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



[\(217\) 466-6388](tel:(217)466-6388)

fiac@joink.com

www.fiac.com January~ February~ March 2013

Do You Goodsearch? Check out what's new on www.fiac.com !

Christmas at Tuscany's December 7, 2012



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 Christmas preparations. Thirty-four 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 6, 2013 at 11:00am.

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



Faith in Action Card Angels



Our Card Angels Busily Preparing Cards for Christmas

Christmas was in the air December 11th after this group of Angels finished making special cards to be sent to more than 225 Care Receivers. The cards remind these people that many are thinking about them during the Holiday Season. Enjoying this little get together was Anna Schumacher, Diana Beason, Card Angel Coordinator, Cathy Walker, Judy Benton, Wilma Overton, Helen Creed and Jean Willoughby. Our Card Angels get together several times a year to create beautiful cards that put smiles on the faces of their receivers

Nila's Corner

*Happy New Year! Happy Groundhog's Day!
and Happy Valentine's Day!!*

All three celebrations share their own unique excitement and are welcome events for those of us who look forward to each one! ☺

Exciting times are also ahead for Faith in Action in 2013! The program has seen tremendous growth in the last year and we anticipate an even greater outreach in 2013! This year will usher in our 10th year anniversary of serving residents of Edgar County who struggle to remain independent due to chronic illness or long-term physical limitations. In this time frame we have been blessed to have served more than 675 residents and their families throughout Edgar County! We have welcomed more than 170 volunteers into Faith in Action! What a blessing they have all been! FIAEC will not charge for any service that we provide. This is what makes us unique to any other program. Anyone interested in helping others within your own availability, should not hesitate to give us a call! I would be happy to show you how easy and fulfilling it is to be a FIAEC Volunteer!



Would you like to go to Washington D.C.?

Faith in Action is sponsoring a tour through Diamond Tours to spend 6 days and 5 nights in the Capital City for ONE VERY LOW price of \$519! As a fundraiser FIA will receive \$30 for each ticket reserved. **There are just a few seats left on the bus! Be sure to contact Judy Benton, by calling Faith in Action for more information.**



COMING SOON!

OUR 9th ANNUAL CHILI COOK-OFF

info is inside this newsletter. This is a really great time of Food, Fun and Fellowship!

Faith in Action reaches out to make life better for those who struggle to maintain their independence. The last two events are fundraisers that are essential to keep the work of FIAEC Alive and Well in Edgar County!

We want to thank you for your support!!

May you be blessed with a Great New Year!

Nila

Welcome New Faith in Action Volunteers!

Dianna Hale

Faith in Action of Edgar County is very happy to welcome our newest volunteer! Dianna is working with FIA as a Prayer Partner and a Prayer Card Angel! We are very happy to welcome her into our Faith in Action Family!



WISH LIST



Faith in Action is very grateful for all donations we receive both great and small! It is the generosity of this community that has kept us a growing outreach program. **If you are interested, 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 would be appreciated. We also are in need of gift cards from Wal-Mart or Casey's that would be used for gas cards. These are a great blessing to help our drivers who transport residents out of town for medical appointments.



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Faith in Action

Nilu Nugent ~ Program Director

Board of Directors

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

- Jan. 9** - Board of Director's Meeting 8:30AM
- Jan 29** - Card Angels Meet at 9:30AM
- Feb 6** - Board of Director's Meeting 8:30AM
- Feb 14** - **Valentine's Day**
- Feb 16** - Chili Cook-Off 4:30PM - 7:30PM
- Mar 6** - Board of Director's Meeting 8:30AM

Reminder: Volunteers
Monday Morning Coffee Break 8:30 - 10:00
each Monday morning.



The United Way Campaign 2012/2013
 is in full swing!
 Please support the Edgar County
 United Way.

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

<u>Service</u>	<u>October - November Hours</u>
Transportation	269
Visiting	6
Shopping/Errands	7
Light Housekeeping	5
Yard Work	0
Telephone Contacts	4
Sewing and Mending	9
Laundry	2
Meal Prep	1
Special Projects - (ramps/steps/handrails, etc.)	97
Special Care Receiver Event	3
Admin/Fundraising/Training	109
Total Hours	512
Total Miles Driven	6,374

Volunteers reporting hours Average monthly: 29
 Contacts made with care receivers Average monthly: 93
VOLUNTEERS PLEASE REMEMBER TO CALL-IN , MAIL or EMAIL YOUR SERVICE TIMES AND MILES ~ Thanks



We need Chili Chefs! Join the fun!



Faith in Action to Host 9th Annual Chili Cook-Off

This annual event will take place Saturday, February 16th, 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. This year a name does not have to be chosen for the chili. Each entry will receive a number the evening of the event. They will just be put into their own category of hot, mild or unique. We encourage individuals, congregations, agencies, organizations, clubs and businesses to enter their favorite pot of chili and join the fun!

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. Advanced sale tickets are available now. All you can eat Chili, Veggies, Hot Dogs, Cheese, Crackers, Drinks and Cookies will be included in the ticket price. All 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 pertaining to this year's Chili Cook-Off.

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

“Deadline for chili entry is Thursday, February 7th.”



DID YOU KNOW?

1. To date we have had **171** volunteers to enlist as FIA Volunteers, with **93** currently active.
2. We have been able to reach out to **677** residents and their families, with **253** currently active.
3. Our Special Project volunteers have completed **293** 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 **290,000 miles** and shared more than **30,200 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. Services provided include Transportation, in-home Visiting, Telephoning, Sewing and Mending, Shopping and Errands, Yard Work, Laundry, Card Creating, Special Projects such as wheelchair ramp construction and minor home repair, and Clerical and Fundraising Assistance.
7. Services are provided at no charge to the Care Receiver.
8. Faith in Action is a Nonprofit, Interfaith, Volunteer, Caregiving program. All services are Non-medical.
9. We operate solely on donations, grants and fundraisers, individual donations and congregation mission giving, and the Edgar County United Way.
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** to help residents with various needs.
12. **Volunteers gain personal satisfaction knowing they are a valuable asset to their community, by utilizing skills that help others remain living in their own homes for as long as safely possible.**

FYI--- This year the flu seems to be on a rampage are you prepared?

Influenza ~ Tis' the Season



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. The best way to prevent this illness is by getting a flu vaccination each fall. The flu season usually runs from November until April and often peaks between January and March. While October and November is the best time to be vaccinated, a flu shot can be given any time during the flu season.

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. Some young children and people with weakened immune systems may be contagious for longer than a week.

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.

Faith in Action is a Service of the Heart

Thank You!

Happy Valentines Day!