

## Faith in Action of Bloomington-Normal *"Legacy of Serving Seniors"*

### **A Letter From The Director**

**2022** is upon us. With the complications that COVID has brought, I want a fresh start for this new year. How about you?

Please consider taking charge of your health, both physically and mentally, because this time of year can be dreary and cold.

Are you longing to talk to someone that cares? There are willing volunteers waiting to phone you and share their time with you.

Faith in Action hosted a successful Mum Sale with \$4,000 in profits. Many fundraisers have been cancelled or postponed, so I thank you for your continuous donations to Faith in Action.

Remember we have an eBay store. We will gladly take your collectibles and new clothing. Most items that fit in a small box are accepted. A volunteer will list and price these items. Faith in Action receives the donation and you have donated something you no longer need or want. Some accepted items have

been Hallmark ornaments, Willow Tree figurines and old silk ties. Please don't hesitate to call us at 309-827-7780 and verify if your donation is suitable

Please pray that Faith in Action continues to grow and flourish so we can spread our wings and serve other communities. Many seniors located in small towns could use a service like Faith in Action as there are few options, if any.

Have you received a call from the Faith in Action office asking how you are getting along? If so, you are part of a Care Receiver Survey. This survey will be used to help us receive a grant. If you haven't been called yet, Volunteers will still call you for both the survey and a wellness check-in. Please provide any updates in your status or contact information at that time.

Please note changes in the FIA board and office in this newsletter. A fond farewell to exiting board members Sandy, Aggie, and Laura. Thank you for your many years of service.

I wish you a very, merry New Year and hope **2022** brings you much joy.

Blessings,

*Donetta Kerr*

***In youth we learn, in age we understand.***  
***- Marie von Ebner-Eschenbach***



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## Betsy H - Volunteer Spotlight

About five years ago, Linda C invited me and my husband to an FIA event and I was reminded that I was interested years ago and now had the time to volunteer. I have done a few medical rides but I primarily work at the transportation desk.

I really enjoy working at the transportation desk. I love interacting with the staff and having the opportunity to talk with numerous Care Receivers and Volunteers. There are a variety of activities that I can help with and it's especially fun when I feel like I've brightened the day for a Care Receiver that just wants to talk.

I'm married to my husband Marlon and we have two daughters, two sons-in-law, and five grandchildren who are the joy of my life. After graduation from Illinois State University, I began working in the IT area at State Farm Insurance until retirement.

I love to read and travel. I also enjoy following my grandkid's activities, some of which are in Minnesota.

Working in the office has opened my eyes to everything that FIA provides beyond transportation for medical rides and grocery shopping. The effort put in by staff and volunteers to stay in touch with our Care Receivers with cards and phone calls is inspiring. The staff prioritizes showing Volunteers how appreciative they are for all the Volunteers do for FIA. It's a joy to volunteer for Faith in Action.



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## NEW VOLUNTEERS IN OCT, NOV & DEC



Alicia S - Anita O - Anne H - Bob F - Cheri T - Destiny R



Diane H - Diane M - Katie C - Kellee C - Landry E - Laura S

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# FAITH IN ACTION NEWS



## **Jennifer Doran, 2022 Faith in Action Board President**

Jennifer is a Senior Trust Officer with First State Bank of Bloomington. She grew up in southern Illinois and attended college at Illinois State University. She currently resides in Normal with her husband and their two children.

Jennifer has served on the FIA Board of Directors for the past three years. She is looking forward to working with the incredible Faith in Action staff and volunteers as they continue to serve the seniors in our communities throughout the coming year.

## **Martha Hillmer, New Board Member**

I am a McLean County native, growing up on the family farm near Danvers. I have a bachelor's degree in Education from ISU. One year after graduation, I became the wife of an Air Force officer and for 30 years, I accompanied him around the world and raised our four children. Instead of a teaching career, I spent those years volunteering in schools, Scouts, nursing homes, parishes, and the communities in which we lived. For 19 years, after we returned to Bloomington, I was a substitute teacher at St. Mary's School, often subbing up to half the school year.

I have been a Faith in Action volunteer since its inception 16 years ago, providing transportation, helping with fundraisers, and editing publications. I'm honored to be on the FIA Board of Directors and hope that my many years of volunteer experience will be of benefit to this important organization.



## **Michael (Mike) O'Donnell, New Board Member**

Mike retired from the East Central Illinois Area Agency on Aging in 2015 after serving for 36 years as a professional Planner and Executive Director. Since retiring, Mike drives for Faith in Action and coaches classes for A Matter of Balance – an evidence-based falls prevention program for older adults.

Mike also serves on the Board of Directors of the Illinois and National Coalitions on Mental Health and Aging. As an older adult, Mike believes that serving as a volunteer with Faith in Action promotes his physical and mental health while helping others to manage their health and stay socially engaged with people in our community.



# BEHIND THE SCENES VOLUNTEERS



A special **THANK YOU** to **Mary C.** for being the **Volunteer Shopping Coordinator** for the last **5 years**. Mary has touched many Faith in Action Care Receivers' lives by ensuring a Volunteer was matched to take them shopping. Mary will still be an active FIA driver, shopper and occasionally help in the office.

## **New Shopping Coordinator, Jodi T.**

Jodi transitioned into this role mid-December. Call the Office at 309-827-7780 if you are interested in being matched with a Volunteer Shopper. Jodi will follow-up with a call to you.



## **Assistant Volunteer Care Receiver Coordinator, Linda C.**

Linda is calling Care Receivers for a wellness check-in as well as asking questions from our Care Receiver Survey. This survey will us assist in serving you better. Linda will also make any personal updates for you as needed.

## **REMINDERS**

- **Masks are Required:** All Faith in Action Care Receivers and Volunteers must wear a face mask to help protect themselves and each other.
- **Inclement Weather Policy:** Faith in Action will not provide transportation or other services in the event of dangerous weather. It is up to the discretion of the volunteer and the office to decide if the ride is a danger to both parties. The volunteer will call you to cancel the ride if necessary. And, of course, you can cancel your ride if you do not want to go during inclement weather. Faith in Action aims to always keep both parties safe.
- **Appointment Requests:** All requests should be made at least one week before the appointment time. The sooner we have an appointment, the more likely we are to have time to find a volunteer. Appointments can be made up to one year in advance.



### Decluttering Tips

- Start with five minutes at a time. You can slowly build momentum.
- Choose one item each day to give away; designate a special box for this purpose.

- Joshua Becker, *Becoming Minimalist*

### Healthy Snack Ideas for Seniors

- Greek yogurt topped with fresh fruit.
- Scrambled eggs with avocado.
- A banana topped with peanut butter.
- A Smoothie bowl blended with favorite fruits and almond milk.
- Oatmeal.
- Cottage cheese with roasted veggies.
- Hummus with fresh vegetables.

### Trouble Reaching Items in the Back of the Refrigerator?

Add a lazy susan (turntable) on top of a shelf so you can rotate it to bring items you need to the front for easy reach.

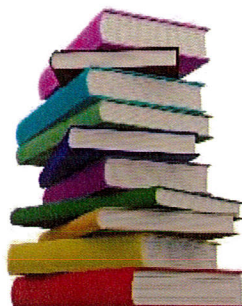
- Daily Caring website

### Exercise and Physical Activity

- Strength exercises make your muscles stronger. Using a resistance band can build strength.
- Balance exercises help prevent falls.
- Flexibility exercises stretch your muscles and can help your body stay limber.

If you have not been active, you can start slowly and work up to your goal. How much exercise you need depends on your age and health. Check with your health care provider on what is right for you.

- Medline Plus



### Bloomington Library & Normal Library

#### Free — Home Delivery Service

#### Bloomington Residents:

Call Olivia at 309-590-6117

#### Normal Residents:

Call Stacy at 309-452-1757

### Tip for Making Hard-Boiled Eggs

Add a tsp. of baking soda to the pan during cooking. By doing so, the shells can be removed more easily.

- Caroline Jones

## 7-Day Notice for All Rides



### Medical Transportation

Medical appointments are limited and given priority.



### Shopping Transportation

Matched with a Volunteer, provided "for" or "with" a senior, 2 times a month.



### Friendly Visitor or Phone Calls

Volunteers make regularly scheduled calls to establish ongoing friendly relationships

## Charleston, SC Bus Trip

April 3 - 9, 2022

BOOK  
NOW!

\$899 covers 6 nights lodging, tours and 10 meals

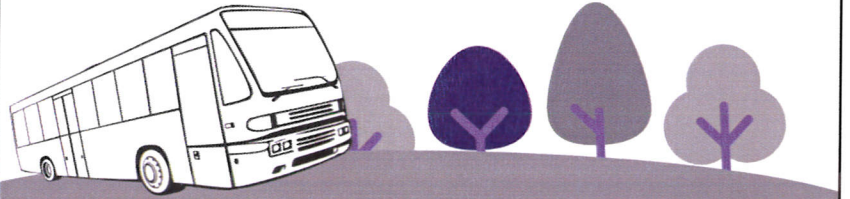
(based on double occupancy)

Information and forms:

<https://bit.ly/2YqLSlp>

Or call Jan at 309-827-7780

Payment due Jan 27, 2022



Thank you for  
serving on the  
FIA Board

AGGIE HEDIN, SANDY HOLCOMB  
& LAURA FURLONG

## Senior Services in Our Community

Community Care Systems 309-661-6400 or 888-322-5712

PATH (Providing Access to Help) 309-828-1022 or 211

Activity & Recreation Center (ARC) 309-888-9099 or [www.activityandrecreationcenter.org](http://www.activityandrecreationcenter.org)

Connect Transit 309-828-9833 or [www.connect-transit.com](http://www.connect-transit.com)

East Central Illinois Area Agency on Aging 309-829-2065 or 800-888-4456

Illinois Department on Aging's Senior Services Help Line - 800-252-8966

LIFE CIL (Life Center for Independent Living) 309-663-5433

Peace Meal 800-543-1770 or 217-345-1800 or [www.sarahbush.org/peacemeal](http://www.sarahbush.org/peacemeal)

Prairie State Legal Services 309-827-5021

## VOLUNTEER CHRISTMAS CARD SIGNING

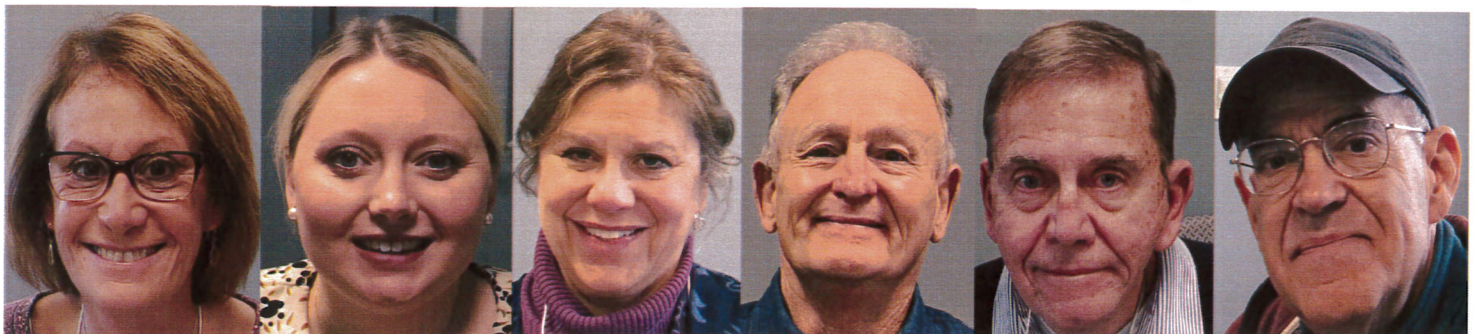
This year's Card Signing party was in-person and drive thru. Each volunteer in attendance received bundles of Christmas cards to sign and envelopes to address.

A *SPECIAL THANK YOU* to our sponsors for making this event possible: **Avanti's Italian Restaurant, Health Alliance, Popcorn Courtesy of Molly Olsen, Sugar Creek Alzheimer's Special Care Center, Synergy Home Care, Thrivent Financial, and State Farm.**

And thank you to all of the Volunteers that worked behind the scenes so everyone could enjoy the day!



### NEW VOLUNTEERS IN OCT, NOV & DEC (continued)



Lynn B - Mallery W - Mindy M - Phillip H - Rich S - Terry D



600 E. Willow Suite 201  
Normal, IL 61761

Return Service Requested

**FIA Office Hours**

**Monday - Thursday:**

**9 AM - 4 PM**

**Friday: 9 AM - 12:30 PM**

**Closed Saturday & Sunday**

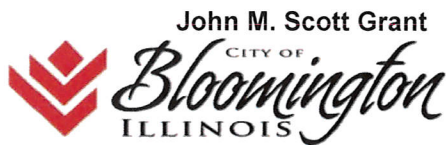


**Phone:**  
**309-827-7780**

**website:**  
**www.bnfia.org**

**Follow FIA on Facebook:**  
**Faith in Action - Bloomington/Normal**

**THANK YOU FOR SUPPORTING FAITH IN ACTION IN 2021!**



Phillips & Associates, CPAs, P.C.  
Richard W. Phillips, CPA

