

Sharing the Caring

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Director's Note



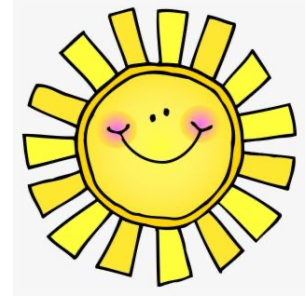
These are exciting times in our world and here at CFiA.

First, we held our annual large fundraiser in July at the Collinsville Gateway Convention Center, and it was an inspiring and beautiful night. Be sure to see some of the photos of our guest speaker, supporters, and the live entertainment in this issue.

Second, we are piloting our famous Assisted Transportation service in both Granite City and Troy. For over 26 years, we have served residents only within the Collinsville Unit 10 School District, so this expansion test is what experts call “a pretty big deal.” The test ends on September 30, 2024, and at that time, CFiA will analyze the test results. A very necessary component of success will be the partnerships we build in Granite City and Troy. So far, we’ve been meeting with churches and senior centers, and the response has been positive, but there is much work to be done.

Third, CFiA has received approval for a grant to fund Residential Repair & Renovation (RRR). Clients will need to apply and be income-eligible, and the program will begin October 1, 2024. Although we have been offering minor home repairs for quite some time, this is the first time in many years that we will receive funding from AgeSmart. We look forward to continuing our partnership with Meadow Heights Baptist Church and their wheelchair-ramp builders and with crews of Rebuilding Together of Southwest Illinois, but we also need to build our own corps of CFiA volunteers who have the skills to complete home repairs.

Let’s face it, sometimes exciting can be a little scary too. The growth at CFiA had been anticipated, and we have been preparing for the increase in activities and clients; nonetheless, this growth requires additional support from the communities we serve, from our dedicated board, and our hardworking staff. We appreciate your continued prayers and support as we navigate our way through this exciting period of growth.



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Issue:

August 2024



Healthcare Cost Assistance

Did you know that the Social Security Administration (SSA) administers a program that can significantly reduce prescription drug costs for Medicare participants with limited financial resources? People with lower income and limited assets may qualify for the Extra Help (a.k.a., Low Income Subsidy [LIS] program). Extra Help limits the cost of generic drugs to \$4.50 for a month's supply to \$11.20 for brand name drugs.

If you are a single Medicare participant with an income of less than \$22,590/year (\$30,660 for married couples) and assets of less than \$17,220 (\$34,360 for married couples), you may qualify.

In many cases, SSA is able to determine who is eligible and will automatically enroll the participant in Extra Help. If you meet the criteria and have not been automatically enrolled, contact SSA at 800-772-1213 to complete the application. If you need further assistance, contact SHIP Counselor Pat Bivens at 618-344-7788.

Collinsville Faith in Action Board of Directors

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Dorothy L. Young

Calling for HELP!

1. Auditors! CFiA is in search of auditing firms to submit bids for performing an annual financial audit at CFiA.
2. Volunteers! CFiA has a multitude of volunteer opportunities for church and youth groups to individuals. A few hours of your time can make a significant impact to one of our clients, and read about the 40 in 40 Challenge happening nationally on page one. Call Karen at 618-344-8080 to learn how you can help local community members.
3. Mulch! Would you be able to donate mulch for our garden project surrounding our office building? We are transforming the outdoor areas to low-maintenance gardens and need mulch for weed prevention.

Do you like a paper copy mailed to your home? No problem, but if you prefer to receive our quarterly newsletter by email, please contact us by sending a quick email to volunteers@fiacollinsville.org. We'll start sending you the newsletter through email in 2025. If you prefer to continue receiving a paper copy by mail, no need to take any steps. We'll keep you on our newsletter mailing list and there will be no interruption of your service.

Answers on Aging

Patrick Bivens - Answers on Aging

618-344-7788

answers@fiacollinsville.org

From our earliest years, summers have been rife with possibilities. With school out of session, we had freedom and long days to fill any way we wanted. As adults, we may not have quite the freedom we had as children, but there is still an excitement and energy that begins with Memorial Day that lasts through September.

I hope this abundant sunshine is motivating you to increase your activities. Whether you like to garden, take walks, putter around the yard, or just sit in a park with a good book, staying mentally and physically active results in better health.

But St. Louis weather can be stifling, if not downright brutal. According to the Center for Disease Control, people age 65 or older are more prone to heat-related health concerns, such as heat syncope (sudden dizziness), heat cramps, heat edema (swelling of feet and ankles), heat rash, heat exhaustion, or extremely dangerous heat stroke.

Here are some tips from the National Institute on Aging (NIA) that will allow you to take advantage of the longer days while avoiding illness:

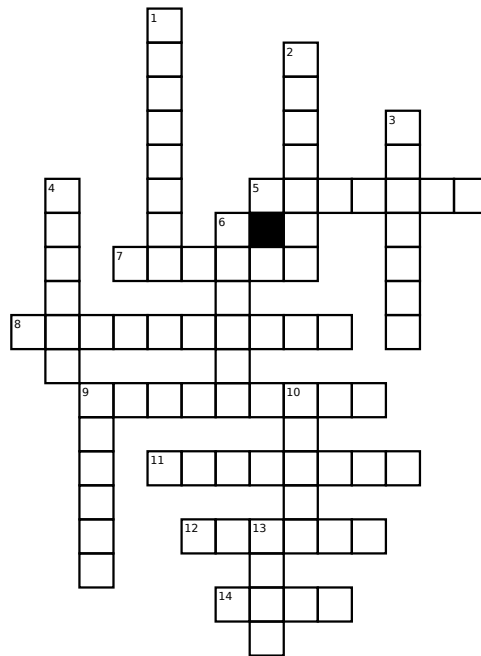
- Ask your doctor about any medications you take that can be affected by heat. Diuretics, sedatives, blood pressure medications, and antibiotics can affect how your body handles heat and sun exposure.
- Ask your doctor about any physical conditions that affect how you handle the heat. Obesity, cardiovascular diseases, some lung and kidney conditions, and other conditions may be impacted by the heat.
- Avoid alcohol and caffeinated beverages.
- Get to your doctor, urgent care facility or emergency room if you experience symptoms of heat exhaustion: excessive sweating, fatigue, dizziness, and nausea.
- Maintain a safe temperature in your home. According to the National Institute of Health, the ideal room temperature is no more than 78 degrees.
- Use common sense:
 - Drink plenty of water.
 - Avoid being outside during the hottest times of day (noon to 4 p.m.).
 - Use cold compresses to bring down body temperature.
 - Relax. Don't exert yourself, especially during the warmest periods of the day. If outdoors, take frequent breaks out of the sun.
 - Dress for the weather. Wear lightweight, light-colored clothing made from natural fibers.

Heat-related illness can be very serious. Approximately 2,000 people in the U.S. will die each year of heat-related illnesses.

By all means, you should remain as physically and mentally engaged as possible. Just engage safely.

Have a great summer, and stay cool.

CFiA Summer 2024



Down:

1. a time to travel and re-energize
2. a coarse-grained igneous rock and the name of a neighboring city of Collinsville
3. this means sudden dizziness and can be a heat-related health issue
4. there can be dog days of this season
6. this is a Collinsville club that recently starting supporting CFiA's efforts
9. this city named in a Shakespearean play is also a local business that supports CFiA
10. The SSA offers this kind of help to reduce the price of prescription medications
13. in Latin it's known as Ilium

Across:

5. this local organization supports CFiA and has members who also serve on our board
7. newly formed volunteer teams will provide this service to welcome new clients
8. this is the first word in the name of a partner non-profit that helps CFiA provide home repair
9. to offer oneself for some service or undertaking
11. another word for thrilling that reflects the current times at CFiA
12. this local club supports CFiA and recently had members team-volunteer with us
14. CFiA's July gala focused on the growth of this

Hope Grows Gala



Fr. Mike and Jeff Gurley from Sts. Peter and Paul Catholic Church enjoyed the evening, and we're grateful to Fr. Mike for opening the evening with a prayer.



The Granite City Swing Band was excellent, and their performance set the tone for a lively night.



Our guests enjoyed the night, the music, and learning about the important mission of CFiA .



This little one will be the 3rd generation in his family to attend CFiA's annual fundraiser. We can't wait till he's ready for volunteer training!



Guest speaker and CFiA client, Pete Eaton, shared his beautiful story.



Friends from the Collinsville Food Pantry and the Collinsville/Maryville/Caseyville Rotary Club showed their support and their love for community organizations like CFiA.



VOLUNTEER SPOTLIGHT



CFiA is a member of the National Volunteer Caregiving Network which is celebrating its 40th anniversary. We'd like to challenge you to donate 40 hours during this 40th Anniversary year. We have lots of different volunteering opportunities, so call Karen and join the 40 in 40 Challenge to make a difference in our community.

Mike is one of those volunteers we love to have at CFIA. He is a very active driver, handyman, co-chair of one of our committees, and the vice president of our board. He is dependable, loyal and always ready to lend a hand. Mike is the volunteer every organization wants to gain, and we are honored to have him on our team. Mike, we cannot thank you enough.



Crossword Puzzle Answers

Down:

1. vacation
2. granite
3. syncope
4. summer
6. garden
9. verona
10. extra
13. troy

Across:

5. kiwanis
7. intake
8. rebuilding
9. volunteer
11. exciting
12. rotary
14. hope



Annie came to volunteer with us during Covid. She said " I have a new car and I am ready to drive." She is on the road with clients multiple times a week. She does not bat an eye with any location. She will call the office once a week to ask " What have you got for me?" Annie recently added Reassurance Caller to her list of volunteer services. She also actively sits on our board as well as committees. She is a powerhouse of volunteering and deserves this spotlight. Annie, thank you.

Welcome:

Karen Saravia - Manager of Volunteers
618-344-8080

Karen Saravia - Manager of Volunteers

volunteers@fiacollinsville.org



Meanwhile, back at the CFIA office we see boxes, baskets, and wrappinghustle and bustle, chatter and people... what is going on? It could only be our Hope Grows Here Gala.

Our volunteers are hard at work and busy as usual. In addition to our day-to-day services carried out by our volunteers, we have all of the planning, preparation, and execution for one amazing night. The Gala was a successful event driven by our volunteers with the help of our staff. All this work so our volunteers sit back and enjoy the event, right? Wrong! Our volunteers also worked at the event. Volunteers, along with our Board of Directors (who are also volunteers), and staff all stepped in, joined arms and threw a beautiful and successful event-- with all the silent auction items and baskets wrapped and tied with a bow, tables lined with runners, and beautiful centerpieces of live, growing plants. Also, there were baked goodies in Tastee Shop assembled and boxed up, raffles, good food, great entertainment, and a heartfelt testimony from one of our clients, about the impact CFIA makes in the lives of our clients, the impact it has on his life. We started the night with a 17-piece swing band and ended with an acoustic guitar and singing. A great time was had by all.

CFIA has been working hard in the background to create a more effective way to welcome new clients. We have created Intake Teams. This group of volunteers will be the first face of CFIA that our incoming client will see, a type "Welcome Wagon," They will meet clients in their homes to explain CFIA's guidelines to the client, answer questions, explain the services we offer, as well as make sure our clients are at ease and understand how everything works. This service will help our clients as well as our volunteers. Let's welcome the first Intake Teams, Steve and Rhonda Evans, Linda Stehman, Kathy Hoelscher and Stacy Jones. We are so happy to have you on board and cannot wait to see how you take this new service to the next level.

As we approach the end of summer, I am once again reminded of how amazing our volunteers are! We all have the busyness of life that seems to ramp up during the summer and that is no different at CFIA. I have seen our volunteers step up in so many areas to help serve and support our community, as well as our expanding territory, with new clients from Granite City and Troy. This expansion test is helping bring our services to new neighborhoods, as well our growing community. Yet our volunteers daily step in and fill the need to the best of their abilities and get the job done. Frequently we receive calls in the office from our clients praising our volunteers. That is the team they are -- and that is the team I get to be a part of. As the need for our services increases, so grows the need for



Many Thanks to Our Generous Donors!!!!

Individual Donations

Anonymous	Bernard & Sandra Kolo
Chris Bivens	Jeri McCormick
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Cody & Laura Cruse	Sharon Kay Reichmuth
Sharon Dressel	Karen Schauwecker
Joyce Fitzgerald	Donna Moore Schwartz
Jenn Glover	Mary Shaffer
Anthony & Rhonda Hausmann	Dale & Donna Shearer
Dorothy Hunt	Gloria J. Wagener
Clarence Jackson	Kyla Waltermire
Toni Kalbfleisch	Mark & Pam Waltermire

In Honor of

Sam & Lauren Borders Wedding
by Scott & Rosemarie Lankford
Lisa Brennan by Janice Williams

Business Donations

Budget Blinds
Hartmann Realtors, Inc.
Hillside Pet Clinic
L.W. Contractors Inc.
Verona Coff

Church Donations

Trinity United
Methodist
Church –
Granite City

Community Donations

Collinsville Garden Club
St. Louis Community Foundation

Donations received are updated monthly and acknowledged with a receipt sent by mail to the donor. Online donations are acknowledged with a receipt sent automatically and immediately by email. Donations are then recognized quarterly in this newsletter. Gifts received after our newsletter has been sent to the printer will be recognized in the next newsletter.

Click to Donate: Click the DONATE button on our webpage to make a one-time or recurring monthly donation. Regularly scheduled monthly or quarterly donations help us plan our budget more accurately.

Text to Donate: Text the word PLEDGE to 618-249-3227 on your smart phone to quickly and easily set up a one-time or regularly scheduled donation. This is an easy way to donate, and you can share the text-to-donate information easily with friends and family.

Plan to Donate:

1. Check with your employer to see if they offer a Matching Donor benefit. If so, for every dollar you donate, your employer will match that amount thereby doubling your donor power.
2. Bequests are a beautiful way to build your Faith in Action legacy. Working with Land of Lincoln Legal Aid at no charge or your own lawyer, you can name CFIA in your will or as an organization that is named by you as a recipient receiving donations in your memory.
3. Talk to your financial advisor to have funds that may increase your taxes to be directly donated to CFIA. You help your community, and you don't have to pay income tax on the earnings.

Call to Donate: Call us at 618-344-8080 to set up a one-time or recurring donation with your credit or debit card. In just a few minutes, we'll have you set up!

Mail to Donate: It's always a pleasure to receive notes from our supporters, so if you prefer to mail in a check, we appreciate it! CFIA, 233 N. Seminary St., Collinsville, IL 62234.



SUNDAY CHICKEN DINNER

Benefiting Collinsville Faith in Action

Edwardsville Moose Lodge, 7371 Marine Rd,
Edwardsville, IL 62025

Sunday, August 18, 2024, 11A-2P

\$12 for full meal, dine in or carry out

For tickets, call 618-344-8080 or visit our website at

www.fiacollinsville.org

and click the "Sunday Chicken Dinner" button



Collinsville Faith in Action
233 North Seminary
Collinsville, IL 62234



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Catholic Church
Our Lord's Lutheran Church

Collinsville

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