

Summer 2009

Newsletter



FRIENDS IN ACTION

Friends Connection

Feeling Stretched as a Caregiver?

Powerful Tools for Caregivers is an educational series designed to provide you with the tools you need to take care of yourself.

This program helps family caregivers reduce stress, improve self-confidence, communicate feelings more effectively, balance their lives, and increase their ability to make tough decisions and locate helpful resources.

Classes consist of six sessions held once a week. Two experienced Class Leaders conduct the series (many are caregivers themselves who have successfully applied the techniques they teach). Interactive lessons, discussions and brainstorming will help you take the “tools” you choose and put them

into action for your life.

You will receive a book, *The Caregiver Helpbook*, developed specifically for the class. Classes will be held at various locations and times to accommodate caregivers who are working and those who are caring for someone at home. Respite is available through Friends in Action’s trained volunteers!

Take a look at the fall class schedule. Registration in advance is required, and SPACE IS LIMITED, so please call Friends in Action for more information and to register: 333-1363.

**POWERFUL
Tools
for Caregivers**

A LEGACY Health System Program

Powerful Tools for Caregivers **Fall Schedule**

Tuesdays
noon-1:30
Sept. 15—Oct. 20
Healthwise, Inc.

Saturdays
9:30 am –noon
Sept. 12—Oct. 17
First Presbyterian Church
950 W. State St.,
Boise

Wednesdays
4:30-6 pm
Oct. 7-Nov. 11
AARP
300 E. Gentry Way
Meridian

Thursdays
9:00-11:30 am
Oct. 8-Nov. 12
AARP
300 E. Gentry Way
Meridian

Who is a Caregiver?

A caregiver is anyone caring for a family member or friend. You are a caregiver whether you are helping a parent, spouse, other relative, friend or neighbor. You are a caregiver if you are helping someone who lives at home, in a nursing home, or across the country.

If you are interested in learning more about family caregivers, respite resources, and how *Powerful Tools for Caregivers* can benefit you, please call the Friends in Action office at 333-1363.

**Thanks for supporting
Powerful Tools for
Caregivers:**

Willow Park
AARP
Healthwise
**First Presbyterian
Church of Boise**

Friends in Action / www.fiaboise.org

info@fiaboise.org / 208-333-1363

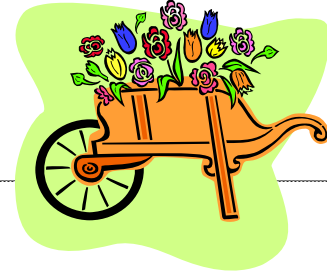
Fun at the Shabby House!

During Mother's Day weekend last May, friends enjoyed a delightful Garden Party and Estate Sale, with proceeds benefiting Friends in Action. We extend heartfelt thanks to Lesli and Lori from **The Shabby House**. We'd also like to thank **Pinto Bennett and Friends** who provided fabulous live music, and **3 Girls Catering** for their delicious treats. The evening was beautiful and fun to shop the Estate Sale and other treasures in the garden.

The Shabby House is an eclectic, electric, exciting store!! They have antiques, uniques, furniture, salvage, garden and outside items, great gift's, home decor and more . You can find the House on the north side of State Street, just west of

Collister.

Thanks Shabby House for your support!



The Shabby House

Unique finds for today's home
Salvage pieces, primitives, shabby chic, cottage style, deco, contemporary, swedish, rustic, cabin, garden, gifts and more. All styles, great prices. 4906 W. State Street, Boise

We Love our Volunteers!

Our volunteers are our most valuable asset. We appreciate each and every one of you. Please recommend us to your friends and colleagues as we are always ready to welcome new volunteers.

Thanks to Willow Park

The *Powerful Tools for Caregivers* classes being launched this fall by Friends in Action are taught by pairs of trained and certified class leaders. **Willow Park**, a senior residence providing independent, assisted living and memory care provided a

beautiful training facility and delicious meals for the June training of our class leaders. Thank you Willow Park for your gracious and generous hosting of the training program. We appreciate your support of Friends in Action!

Willow Park Senior Living
2600 N. Milwaukee Street
Boise, ID 83714
208-373-1234

Welcome new FIA Board Members

Friends in Action is proud to welcome two new members to



our Board of Directors. **Mary Lou Long**, Director of Community Services for St. Luke's Regional Medical Center's Home Health and Hospice Program brings a wealth of knowledge about developing services and programs for older persons. **KK Lipsey** of K Lipsey Creative,

is a great communicator and brings her marketing and strategic management expertise to our Board. Friends in Action is thrilled to engage the talents and knowledge of Mary Lou and KK as we grow and reach out to more elders and caregivers in our community.

From the FIA Office.....

The effects of the current economic situation have taken their toll on many in our community. Non-profits, like Friends in Action, have not been spared. Grant funding is down and unpredictable for the foreseeable future. Yet the need for our services continues to grow. We seek increased support from individuals and organizations who recognize the value of our volunteer-based services. Friends in Action is a major contributor to the vitality of our community. Each year our volunteers provide thousands of hours of assistance to frail elders and their families, providing support needed by elders to remain independent and in their own homes.

Giftng opportunities to support our work can take many shapes:

Join our “Circle of Giving Club”

Help provide a regular source of income for Friends in Action by making a pledge to give a certain amount monthly, quarterly or annually. Making such a commitment enrolls you in the “Circle of Giving Club” and it allows FIA to add and train more volunteers.

Create a Memorial

Make a gift to Friends in Action in “**honor of**” or in “**memory of**” a friend, family member, business associate, employee or customer.

Payroll Deductions

Designate Friends in Action as your charity of choice by choosing to have a payroll deduction

taken out of your salary through United Way, the Combined Federal Employees Campaign, or the Idaho State Employees Campaign. It is a simple and easy way to make a gift.

Company Matching gifts

Remember to check with your employer and see if the Company you work for will match your gift to Friends in Action. Please request the necessary form and enclose it with your gift.

Please contact Stephanie Bender-Kitz, Executive Director, at 333-1363 for information regarding any of the above “**Giftng Opportunities**”. Use the enclosed envelope to make a donation to support out seniors!

Recommended Resources

Families facing difficult decisions about long term care will find answers to critical questions in “10 Questions to Answer About Long-Term Care,” the latest resource in the 10 Questions series released by the Heinz Family Foundation. The questions and answers are avail-

able online at www.tenquestionsandanswers.org. The 10 Questions campaign is intended to help caregivers, especially women, with answers to many questions dealing with long-term care, as well as the most current, concise, accurate and unbiased information about long-term care.

You will find 10 Questions to Answer....

**Before You or a Loved One Needs LTC*

**Before You or a Loved One Purchases LTC*

**Before Choosing a Nursing Home or Assisted Living*

**Before Managing Your LTC Services*

**When You are Not Happy with Your LTC*

Friends in Action is on the Web!

We are making plans to update our web site and add links for resources like the one referenced here. You can also find us on Facebook.

www.fiaboise.org

Alzheimer’s Association Memory Walk

This year’s Memory Walk is Saturday, August 29th. Proceeds will fund support groups for families caring for loved ones living with Alzheimer’s Disease. Register online at www.alz.org. Don’t miss out on this fun and beautiful walk that supports local families!



P.O. Box 1516
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 Boise, ID 83701
 Phone: 208-333-1363
 E-mail: info@fiaboise.org

NONPROFIT ORG
 US POSTAGE
 PAID
 BOISE ID
 PERMIT NO 887

Many Thanks to our Partners and Donors for your Support

AARP	Gilbertson, Gil	Lewis, Gerald	Severance, Nancy
Alzheimer's Association of Greater Idaho	Gribben, Gary and Virginia	Lutheran Community Services Northwest	Severn, Winkle and Magette, L.L.P.
Anson, Rob and Cindy	Happy Homes Chore Management System	Meadow Lake Village	Shoemaker, Fred and Wendy
Area III Agency on Aging	Hall-Smith, Mary	Micka, Irene	Siefert, Avery and Susan
Assisting Angels Home Care	Healthwise, Inc.	Morningside LLC	Spence, Joann
Banducci, Lori	Hennessey, Tom and Alice	Neitzel, Herb and Angie	St. Luke's Community Foundation
Bender-Kitz, Stephanie and Kevin Kitz	Higgins, Miriam	Norco	Steine, Elsie
Bleymaier, Danell	Houston, Jane	Petersen, Diane	Stinker Stores
Boise State University Service Learning	Howard, Richard	Peterson, Gary and Ann	Swartley, Jim and Rhoby
Boise SW Rotary Foundation, Inc.	Idacorp Employees Community Fund	Pratt, Melissa	Sweaney, Emma Jean
Bowman, Terry and Julia	Idaho Commission on Aging	Presbyterian Women Of The First Presbyterian Church	Syringa Construction
Brookover, Hollis	Idaho Community Foundation	Radeke, Tom & Suzanne	The Shabby House
Brownsmith, Cynthia	Idaho Power	Range In Motion	Thomas, M. Glenda
C.K. Quade Law, LLC	Idaho Statesman	Reed, Jill	Van Ocker, Juno
Cardwell, Elsie	Immanuel Lutheran Church	Rhoades, Kenneth and Elizabeth	Venable, John E.
Corporation for National and Community Service	Intermountain Gas Company	Rice, R. Fred and Sandy	Walker, Effie
Critell, Brenda	Jensen, Mitzi	Rotary Club of Boise, Southwest Idaho	Ward, Psy. D, Yvette
Dillon, Loren	Joint School District No. 2	Ryden, D.R. and Ann	Wells Fargo Bank Foundation
Edward Low Memorial Trust	Juanita, Simpson	SAGE Community Resources	Westby, Faun
Erickson, Kimber	Kaufman, Ray and Effie	Saldin, Tom and Sue	Wilford, Tom and Mary Glynn
Finch, Nancy	Kennaly, Margaret	Schupack, Richard and Megan McMahon	Willow Park
First Presbyterian Church	Kiefer, Phyllis	Scribner, Ella May	Wilson, Jacquelyn
Florence, Reisa L.	KIVI Channel 6	Sety, Mike and Charlie	Woolley, Virginia
	Lemps Apothecary		Zimmerman, Doug
	Lesio, Nita		

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Please let us know if we have inadvertently missed you or your business and accept our apology.