

FAAC Connection



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WINTER 2010

Faith in Action of Adams County
108 E. North St. Friendship, WI
608-339-0504

Richard Higby Donates Tree to Ripon College

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The FAAC Connection is published four times a year. Submissions and ideas are always welcome.



United Way
of Inner Wisconsin

Richard Higby is one of our most interesting recipients and one of our most colorful volunteers. Recently Karl Weiner drove him to Ripon College, where he donated a Black Spruce tree.

Richard has been donating trees to Ripon College for the past 30 to 40 years. In fact he has donated over 100 trees to the college he attended in 1938. His first gift in 1970 was a group of White Pines planted to shield an athletic practice field on campus.

93 years old, Higby knows quite a bit about trees, and regards his gifts of trees to the college his “living legacy.”

Richard is a native of Ripon, who now resides at Liberty

Manor in Adams.

He directed the planting of his latest donation, the Black Spruce from his wheelchair. He chose this tree because of its dense foliage which he predicts will make a lush habitat for song birds.

Higby enjoys visiting Ripon College, and luckily so does his volunteer driver, Karl Weiner. Higby gets great satisfaction from seeing how each of his gifts has flourished. Karl Weiner stated: “Even after Richard is gone, people will remember him because of these beautiful trees he donated. This is his legacy.” Richard loves Ripon College and loves going there to visit—and eat lunch with the college Director, Bill Neill.



It makes perfect sense that Ripon would be the place he would choose to plant his beautiful trees. “It’s so nice here,” he said smiling. “The people are so nice. I like to do business with nice people.”

Second Christmas Concert Joyous *Sing For Joy*

Faith in Action hosted the Sing for Joy! Christmas Concert on Sunday December 6th at Immanuel Lutheran Church in Adams.

The 27 member choir, under the direction of Dr. Gary Bangstad, accompanied by a group of 14 instrumentalists entertained the capacity audi-

ence with both traditional and unusual Christmas carols and selections.



A variety of sandwiches, salads and desserts were shared in the church’s fellowship hall

after the concert.

The concert, which is fast becoming an annual event in the Adams-Friendship Community, was presented free of charge as Faith in Action’s gift to the community.

The committee planning the

(Continued on page 2)

High Blood Pressure—Silent Disease

High Blood Pressure, which is also known as hypertension, is a disease that can affect anyone, without their knowing it. Even though you are not experiencing any symptoms initially, the disease can still cause serious long-term complications.

Complications from high blood pressure can include heart disease, heart attack, congestive heart failure, stroke, kidney failure, peripheral artery disease and aortic aneurysms. So it is nothing to mess around with. In fact public awareness of the dangers has increased, making high blood pressure the second most common reason for visits to the doctor in the U.S.

High blood pressure in adults is defined as a consistently elevated blood pressure of 140 over 90 or higher. As many as 60 million Americans have high blood pressure, which is about one of every 4 adults aged 18 and

older. Uncontrolled high blood pressure is indirectly responsible for many deaths and disabilities resulting from heart attack, stroke and kidney failure. The risk of dying of a heart attack is directly linked to blood pressure. The higher your blood pressure the higher your risk, even with blood pressure in the normal range.

If you have or think you might have high blood pressure you should talk to your doctor and follow his prescribed treatment. Adults, aged 18 and over, should have their blood



pressure checked at least every 2 years, more often if you have been diagnosed with high blood pressure.

You can reduce your risk for developing high blood pressure by making the following life style changes:

- Don't smoke cigarettes or use any tobacco product
- Maintain a healthy weight
- Exercise regularly
- Eat a healthy diet that is low in fat and includes lots of fruit and vegetables
- Limit your intake of sodium, alcohol and caffeine
- Try relaxation techniques or bio-feedback

(Article based on information from eMedicine Health and Family Doctor.org.)

Reducing your weight by just 10 pounds may be enough to lower your blood pressure. Losing weight can help to enhance the effects of high blood pressure medication and may also reduce other risk factors, such as diabetes and high bad cholesterol.

Choir Concert a Success

(Continued from page one)

concert consisted of Reverend Steve Miller, Barb Neumiller, Joan Kronstedt and Lucille Davis. They hope to repeat the event again next year.

Members of this year's choir were: Elinor Bangstad, Ryan Baxter, Chris Breene, Katy Brzakala, Barbara Cole,

Susan Czarnik, Harry Davis, Tom Davis, Harriet Dehlinger, Beverly Downey, Sam Downey, Will Fenner, Sharon Gusman, Myra Hickey, Doris Kolberg, Celine Delly, Joan Marti, Mary Martin, Carla Miller, Pastor Steve Miller, Barb Neumiller, Phil Neumiller, Jenny Petrie, John Stake, Margaret Stake, Sally Strom and Pat Sunderlage.

Instrumentalists:

Sharon Gusman, Kathy Seymer, Brenda Jones, Pela Steiner, Tom Davis, Chris Breene, Carol Alford, Gary P. Bangstad, Melinda Brogan, Derek Curless, Jim Janssen, Trea Kimball, Dave Page, Chuck Pfeiffer and Maynard Pier..



Generous Givers

FAAC is a 501 (c)3 charitable organization. We rely on monetary and in-kind donations to continue our efforts to assist the elderly and disabled throughout Adams County. Without your help, we would not be able to exist. Thank you for your support!

Emily Peterson	Loren & Helen Walker Foundation	Allen & Gail Schultz
Bob Tyme	Edwin and Marilyn Burdick	Spencer IGA
Thrivent Financial for Lutherans	Sarah Antisdell	Georgia Accardi
Davis Corners United Methodist Church	Nancy Metcalf	Dorothy Kleman
Thomas Shaff	Donna Turcany	Rose Hendricksen
Patricia M. Steberl	Barbara Weade & Michael Goz	Rev. Steven Miller
Harry & Dorothy Hatton	Karen & Jeck Mickler	Burdick Family
Grand Marsh Harmony HCE	Romemakers HCE	Kathleen James
Pamida Foundation	Big Spring Congregational Church	Nancy Livingston
Margaret de Pereiro	Billy Roberts	Valorie Schable—Liberty Manor
Zion Lutheran Church of Big Flats	Larry & Elaine Metcalf	Eileen Santarelli
Easton HCE Club	Eugene & Gail Lawrence	Phillips Roche-A-Cri Pharmacy
Joan & Nate Kronstedt	Tom & Anita Henke	Nick Schultz

Upcoming Events....

Big Springs Congregational Church, located at 373 Golden Court, Wisconsin Dells is sponsoring the following fundraisers:

- Chili Supper on February 27th from 4 to 7
- Bake Sale March 27th from 9 to 3

Proceeds from these fundraisers will be used for the addition they are adding to their church.



handsonnetwork.org/comics

If you are interested in volunteering with Faith in Action of Adams County we would love to hear from you!

Contact Jan Hatton, Program Director at:

608-339-0504 or at faac@verizon.net.

And check out our new website at faacwi.org.

Market Day Sale Cancelled

Due to consequences beyond our control, we will not be having our winter Market Day sale this year.

We are looking for a replacement fundraiser at this time.

A spring fundraiser is being planned, but we can always use creative and new ideas for raising money. Please call Jan at 608-339-0504 if you know of a good fundraiser that we could do.



FAAC Recipients Respond to Survey

Surveys were sent to 59 of our current Faith in Action of Adams County recipients in November of 2009. Sixteen responses have been received.

Respondents were asked to state whether they strongly disagreed, disagreed, agreed or strongly agreed with each statement:

1. I am satisfied with the quality of services I receive from Faith in Action of Adams County (FAAC).
2. The services I receive from FAAC meet my needs.
3. The volunteer caregiver assigned to me treats me with respect.
4. I know who to contact if I have a complaint about FAAC.
5. I know who to contact if I need more help from FAAC.
6. If a friend or relative were in need of assistance I would recommend FAAC.
7. FAAC has contributed to my ability to remain independent.
8. I have received transportation to medical and other appointments.
9. I have become more independent in my daily activities (such as shopping, food preparation, and doing laundry) because of FAAC.
10. I feel less lonely and more satisfied with my life since FAAC volunteers have become a part of my life.

Recipients' Responses to Survey:

59 Surveys 16 Responses	Question #									
Response:	1	2	3	4	5	6	7	8	9	10
Strongly Disagree	0	0	0	0	0	0	0	1	1	0
Disagree	0	0	0	0	0	0	0	1	0	0
Agree	2	3	3	4	4	2	2	1	2	2
Strongly Agree	14	13	13	12	12	14	14	11	10	12
No Response	0	0	0	0	0	0	0	2	3	2

Conclusions

1. 12.5% of respondents agreed and 87.5% of respondents strongly agreed that they were satisfied with the quality of services they were receiving from FAAC. **Question 1**
2. 18.7% agreed and 81.2% strongly agreed that the services they receive from FAAC meet their needs, and that volunteer caregivers treat them with respect. **Questions 2 and 3**
3. 25% agreed and 75% strongly agreed that they knew who to contact at FAAC if they had a complaint or needed more help. **Questions 4 and 5**
4. 12.5% agreed and 87.5% strongly agreed that they would recommend FAAC to a friend or relative that needed assistance and that FAAC has contributed to their ability to stay independent. **Questions 6 and 7**
5. 74.9% of respondents have received transportation to medical or other appointments and were satisfied. {**Question 8** confusing and should be rewritten for next survey.}
6. 6.2% strongly disagreed, 12.5% agree 62.5% strongly agree that they have become more independent in their daily activities because of FAAC. 18.75% of the respondents had no response to **Question 9**.
7. 12.5% agreed, 87.5% strongly agreed that they felt less lonely and more satisfied with their life since FAAC volunteers have become part of their life. 18.7% had no response to **Question 10**.

IN MY OPINION

Jan Hatton, Program Director



A few years ago I moved to Adams County with my husband. He took a job at Moundview Memorial Hospital, and I tried to get us settled into our new home. My plan was to unpack all of the boxes of stuff we had accumulated over 28 years of marriage, organize and decorate our new home. I planned to start looking for a job in September of that year. One day I was reading the Adams-Friendship County Times and I saw an ad for the Program Director for Faith in Action of Adams County. The job description sounded like something I could do, and it was a part time job!!!! It would give me an opportunity to help people, (I have always wanted to make the world a better place) and make some friends.

Well, it is now almost 3 years later and all of the boxes are not unpacked, and I have a feeling they won't be unpacked anytime soon. And that is OK. Faith in Action has given me a bit more than a "part time job". Through FAAC I have met many wonderful people. And by wonderful I mean terrific, giving, kind, fun, loving, God-filled, people who are willing to share their time and talent to assist their neighbors in Adams County. I have also learned that you never know what a day will bring... or what you will find when you aren't even looking for it.

I watched President Obama's State of the Union speech last night. I was moved by his "get it done" attitude. I am not a very patient person... and I know it takes time to solve major problems, there is protocol to follow and rules and regulations... you can't just "fix" a problem in a day. Which is why Faith in Action is the right place for me. We might not be able to solve anyone's problems, but we can help them to solve their immediate needs, like getting to the doctor's or the grocery store. The most important thing FAAC volunteers do though isn't driving, or cleaning, or snow blowing... it's caring.

Are we making the world a better place? I think we are. We are reaching out to our neighbors in need—without making judgments about their lifestyle or asking them to disclose their financial situation. It isn't always easy, what FAAC volunteers do for our recipients, but it is worthwhile—for our recipients, and for ourselves.

FAAC Coalition Members

- Adams County Department of Aging
- Adams County Health and Human Services
- UW-Extension
- Adams Trinity Lutheran Church
- Arkdale Trinity Lutheran Church
- Assembly of God Church
- Big Spring Congregational Church
- Central Wisconsin Community Action Council, Inc (CWCAC)
- Church of Jesus Christ of Latter-Day Saints
- Davis Corners United Methodist Church
- Grand Marsh
- United Church of Christ* Hospice Touch
- Immanuel Lutheran Church
- Liberty Manor
- Moundview Memorial Hospital and Clinics
- SHARE
- St. Joseph's Catholic Church
- Trinity Congregational Church
- Villa Pines Living Center
- White Creek Congregational Church
- Woodland Lutheran Church
- Zion Lutheran Church

Coalition Representatives

- Carol Johnson / Rita Riedel
- George & Edy Rehm
- Joyce Pavelec
- Shirley Eytzen
- Robin Skala
- Vicki Jaquith
- Rev. Steve Miller
- Barb Goble/Mary Rezin
- Donna Turcany
- Valerie Schable
- Beverly Downey
- Joan Kronstedt
- Edie Felts-Podoll
- Wendy Goerke
- Doris Kolberg
- Walter Dobbs
- Nancy Livingston
- Cleo Hendricksen
- Francis Coon
- Ann Rasmussen

* No current representative for this organization/congregation

Thank you to all the coalition members who attend meetings, respond to requests and help where needed!

YOU ARE INVITED
to an evening filled with
delightful wines...
decadent chocolates...
delicious hors d'oeuvres...
uplifting music...
engaging laughter...
hopeful tears and
extraordinary opportunities

BENEFITING
HOPE HOUSE
OF SOUTH CENTRAL WISCONSIN
FEBRUARY 24, 2010
5:30 pm - 9 pm
WINTERGREEN RESORT
GRAND BALLROOM WISCONSIN DELLS

FEATURING
Nationally acclaimed
MIKE DOMITRZ'S
engaging performance of
"Can I Kiss You?"
Mike will have you laughing, crying and thinking as he takes on one of society's most devastating and traumatic events—sexual assault—with the perfect blend of humor and compassion.

Also featuring selections from
Mamma Mia! performed by
Y.T.B.N.
SAUK PRAIRIE HIGH SCHOOL'S GIRLS SHOW CHOIR

\$50 /ticket! Hurry seating is limited!
Reserve online HopeHouseSCW.org
or contact Agnes at 608.356.9123

THE MISSION OF HOPE HOUSE
is to provide shelter, advocacy, and education to people affected by domestic violence and sexual assault.

Hope House Fundraiser February 24th

"Wine and Kisses": Hope House fundraiser to be held the evening of February 24 at the Wintergreen Resort in Wisconsin Dells. The evening will feature Mike Domitrz's nationally-renown "Can I Kiss You?" presentation, a performance by the Sauk Prairie Show Choir, along with a silent auction, hors d'oeuvres, wine, and chocolate.

Hope House provides shelter, advocacy and education to people affected by domestic violence and sexual assault. Adams County is included in their service area.

The mission of Faith in Action of Adams County is to provide a faith based community program of interfaith volunteers to help with daily activities of the elderly, physically disabled, mentally challenged, young families and/or chronically mentally ill of Adams County with long term health needs in order to maintain their independence and quality of life in their place of residence for as long as possible, and to build a network of friends and neighbors to establish a strong sense of community and volunteerism.

Office Hours

Monday, Tuesday, Wednesday
8:00 a.m. to 4:00 p.m.

VISIT OUR NEW WEBSITE

FAACWI.ORG

Yes, You can count on my support!

- I would like to become a volunteer!**
- I would like the help of a Faith in Action Volunteer**
- Please accept my tax-deductible donation**

Your donations to FAAC are tax deductible. Our expenses are low because of all our volunteers, but we do have administrative expenses needed to keep things running smoothly. Make checks payable to *Faith in Action of Adams County*

Name: _____

Address: _____

Donation Amount: _____ Phone Number: _____

Check here if you **do not** want your name included as on a donor on promotional materials.

Please send me information on

- Volunteering
- Requesting a volunteer for a person in need
- Coalition membership for churches or organizations



FAITH
IN ACTION

Faith in Action of Adams County

108 E. North St.

Friendship, WI 53934



United Way
of Inner Wisconsin