



**FAITH  
IN ACTION**

# Faith in Action of Marathon County, Inc.

*"Assisting seniors with compassionate, quality NO COST services."*

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Follow Us on Facebook: <https://www.facebook.com/FaithinActionMC>

**April Edition 2024**

## We are celebrating 22 years of serving Marathon County Senior Residents!

We are blessed with a dynamic group of volunteers, the generosity of donors, and the commitment of community partners. Throughout the years, it has been our joy to experience the time, talents, and treasures you have so generously and unselfishly donated in helping to fulfill our mission! We sincerely **THANK YOU** for your continued support and involvement with Faith in Action of Marathon County. We are excited to continue collaborating with you and embarking on this journey together.

### FIAMC contributed the following impact to our senior neighbors this past year:

- **5,705** Service Opportunities supplied,
- **6,472** Volunteer Service Hours. **Savings to our community = \$209,550.00.**
- **26,718** Miles driven for Transportation to / from medical appointments, personal activities, and food securities.



### Seeking to Reach and Serve More Seniors

**We are accepting applications for Marathon County resident seniors (60+ years.) Please share with whom you know would benefit from our services.**

**Our 2024 aim is to increase the number of seniors we serve and expand our impact in our community.**

**FIAMC provides Marathon County seniors with these NO COST service options:**

Types of services provided by FIAMC include:

#### Transportation for...

- Medical appointments
- Grocery shopping
- Personal appointments
- Visits to other locations: a spouse, family, friends
- Community activities
- Library
- Good News Project
- The Neighbor's Place Deliveries

#### Other Service Offerings...

- Compassionate Visits
- Safety/Wellness Phone Calls
- Grocery Delivery
- Greeting Cards (Encouragement and Birthday)
- "Christmas Gifts of Hope" Gift Certificates
- "Adopt-A-Senior" (Building Volunteers-to-Care-Recipients Relationships)
- "Heart to Heart" (Care-Recipients Supporting Each Other)

Contact our office at [715-848-8783](tel:715-848-8783) or email

[wausaufiainfo@faithinactionmc.onmicrosoft.com](mailto:wausaufiainfo@faithinactionmc.onmicrosoft.com)

### April is Volunteer Appreciation Month

**National Volunteer Month** is an opportunity to recognize the impact of Volunteer Services and the power of volunteers to tackle society's most significant challenges, build stronger communities, and be a force that transforms the world.

FIAMC shines a light on our people and causes that inspire others to serve, recognizing and thanking our **highly valued Volunteers** who lend their time, talent, and voice to make a difference in our agency and community.

On behalf of the entire Faith in Action of Marathon County staff and Board of Directors, **"THANK YOU" to all of our wonderful and compassionate Volunteers.** Your willingness to help others makes a world of difference for our care-recipients, who are part of a vulnerable population.

*Thank you!*  
TO OUR VOLUNTEERS

### April is National Stress Awareness Month

April is recognized as **National Stress Awareness Month** to bring attention to the negative impact of stress. Managing stress is an essential component of a healthy lifestyle. Knowing how to manage stress can improve mental and physical well-being as well as minimize exacerbation of health-related issues.

Below are some tips to practice a stress-free lifestyle:

- **Remove the source**
  - This isn't always possible, but if you can, try to identify what's causing your stress and do something to change that.
- **Eat well**
  - Following a healthy, balanced diet can boost the immune system, help combat the effects of inflammation, and fuel positive physical energy.
- **Stay hydrated**
  - Drinking enough water yields many health benefits, including improved brain performance.
- **Exercise**
  - Regular physical activity helps reduce blood pressure, ease arthritis pain, combat chronic illness, and lift your mood.
- **Get enough sleep**
  - Sleep is essential to good physical and mental health.
- **Meditate**
  - Engaging in deep breathing, positive visualization, and other mindfulness practices can help calm racing thoughts, slow a rapid heart rate, relax tensed-up muscles, and create a sense of well-being.

**Remember: everyone experiences stress from time to time. Being proactive about managing yours can help maintain your physical, mental, and emotional health so you can age well.**

### FIAMC Provides Compassionate Visits

Did you know that FIAMC offers compassionate visits? If you are in need of socialization, please reach out to our FIAMC office. We can connect you with one of our friendly Volunteers who can either provide in-person visits or via phone calls.

### Community Corner

#### This month's partner promotion: St. Vincent de Paul

The Society of St. Vincent de Paul Cabrini Conference is a catholic organization that assists neighbors in need with a variety of requests. Volunteers conduct home visits to provide assistance where possible. Their conference members also run the St. Vincent de Paul Thrift Store and provide Getting Ahead classes for community members motivated to get out of poverty.



If you are in need of transportation to and from the St. Vincent de Paul Thrift Store, please call our FIAMC office to schedule a ride.