



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 2024 Edition

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.



"The seasons change and so do we ~ there lies flexibility in meeting those life changes"

Trusted Advocate for Seniors

Building and Maintaining Genuine Relationships

are essential to vital, sustaining, thriving connections. Our compassionate staff, board of directors, and volunteers serve area seniors with non-judgmental empathy and ability. They provide high-quality services to those hurting more than ever and build genuine, lasting relationships with those less fortunate.

Isolationism and Loneliness

Did you know "**social isolation and loneliness**" can put older adults at a health risk? Seniors are lonelier than ever—a dilemma the COVID-19 pandemic exacerbated. We have a clarion call for the need for regular interactions to keep loneliness at bay. Social isolation and loneliness are not necessarily the same thing: Just because someone is physically distant from people does not mean they will experience the subjective feeling of loneliness -the two do tend to go hand in hand.

Would you **help** us fight against it?

Friendly visiting is an increased opportunity for our Volunteers to enjoy time with our Care-Receivers. Together, we can help combat the growing problem of Isolationism in our area seniors.

You can help by:

- Volunteer to visit one of our Care-Receivers in person or by phone.
- Visiting with your Care-Receiver during their rides.
- Invite someone you know to become a Volunteer.
- Share with your family and friends the excellent services FIAMC provides and suggest they apply to help share the care.
- Encourage your senior family members, neighbors, and friends to apply for our services to help them.

Contact our office at **715-848-8783**

or email 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-receivers, who are part of a vulnerable population.

Thank you!
TO OUR VOLUNTEERS

Congratulations to the winner of this month's \$50 gas certificate: **Wolfram W.** Thank you for everything you do!

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 a Care Receiver is in need of socialization, they will reach out to our FIAMC office. We can then connect them with one of our friendly Volunteers who can either provide in-person visits or via phone calls.

Enjoy a cup of coffee or tea together, go for a walk, try your luck at a puzzle, listen to their favorite music, look through photo albums, or simply exchange meaningful conversations are all great ideas on how to spend valuable time with a Care Receiver.

If you are interested in providing compassionate visits to any of our Care Receivers or would like to provide a different FIAMC service, please call our office.

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 a Care Receiver is in need of transportation to the St. Vincent de Paul Thrift Store, they will reach out to our FIAMC office to schedule. Please watch for our Volunteer opportunities to help a Care Receiver in need.