

Faith in Action Upcoming Events

October

Fall-Clean Up

Any time in October
We need volunteers to rake and do general yard clean-up. Please contact the FIA office if you are available to help with yard work.

Save the Date!

Friday, November 21

Holiday "Care"-oling for Faith in Action

Concert Fundraiser

7pm Wausau West High School Auditorium

Please add our Number

(222925) to your Pick 'N Save Savers Club Card. You can have up to 3 groups listed on your card

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Heroes on the Home Front

Volunteers like you are priceless! Always caring, always sharing, you represent our community at its best! Your contribution of time, talent and compassion makes a valuable difference. Volunteers like you are people who reach out to others and in so doing, become extraordinary! You bring joy and sunshine, and set an example wherever you go. Thanks for all you do. You're truly a treasure!

Sally, (not her real name) a wonderfully, cheerful 90 year-old widow, is living with Macular Degeneration. Her eye sight is almost completely gone. She is unable to take public transportation because she cannot get to the bus stop without help. Even if she could get to the bus stop, it is very difficult for her to know which bus is going her way and where she is along the route so she can get off at the right stop. In addition, once she gets to her destination she needs help to find her way in and around the doctor's office. Sally contacted Faith in Action to assist her with getting to her appointments. Our volunteers provide this much need service for Sally. She enjoys the time she spends with her care givers from Faith in Action. "Thank you so much", she said, "they (the volunteers) are so helpful and caring. I don't know what I would do without them."

Thank you to all of the volunteers who provide supportive services to clients of Faith in Action. You truly are a blessing in the lives of so many!

"To give without any reward, or any notice, has a special quality of its own."

- Anne Morrow Lindbergh American pilot and writer

Faith in Action Coalition of Neighbors

Board of Directors

Tom Peterson, President
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Marge Lindell, Treasurer
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Coalition Members

Aging & Disability Resource Center
Aspirus Volunteers
Aspirus VNA Home Health
Comfort Care & Hospice Services
Ebenezer United Church of Christ-*Stratford*
First English Lutheran Church
First United Methodist Church
Grace United Church of Christ
Good Shepherd Lutheran Church
Holy Family Catholic Church-*Poniatowski*
Interim HealthCare
Immanuel Lutheran Church
Mount Sinai Congregation
Pilgrim Lutheran Church
St. John's Lutheran Church-*Mosinee*
St. Francis Xavier Catholic Church-*Knowlton*
St. Paul's United Church of Christ
Zion Lutheran Church-*Aniwa*

Staff

Colleen Motley - Program Director
Kim Tillou - Volunteer Coordinator

Letter from the Program Director

Picture in your mind the following scenario...

You have just been told that you can no longer drive. After the initial shock has gone away, many things are running through your mind.

How will I go grocery shopping? When can I pick up my medication at the pharmacy? Do I have enough food to last until someone can take me shopping? I have an appointment with my doctor next week, how will I get there? My children live too far away to help me. Public transportation is too far from my home. I don't live in Wausau, so I am not eligible for the WATS program. Cab fare is too expensive on my already limited budget. Where can I turn for help?

Our elderly and disabled neighbors find themselves facing many of these questions. Faith in Action is here to help with these needs. However, at this time the need for transportation is exceeding our ability to provide it. ***We need your help.*** Can you provide a ride once or twice a month? Do you know someone who would like to meet new people and help our neighbors in need? If the cost of gasoline is keeping you from being a volunteer, we are offering mileage reimbursement for medical transportation. The gift of your time is very valuable to the people that we serve. Please prayerfully consider becoming a Faith in Action volunteer driver. Our neighbors in need are counting on us.

Colleen Motley

*In the wake of the September 11, 2001 tragedies came a glimmer of hope- a rejuvenation of American patriotism and overwhelming desire to serve. In the five years since the nation's worst terrorist attack in history, the number of Americans who answered the call to service... has been at a 30 year high.
(Peace Corps release, Sept. 11, 2006)*

Fellowship Opportunities

YWCA Happenings

Monday Morning Readers

Are you interested in a book club that reads interesting books and meets in a lovely setting? If so, this group of friendly people may be just for you. Please contact the Faith in Action office if you are interested in joining this club.

Monday Morning Readers meets in the YWCA Parlor on Monday mornings, September through May from 9:30am - 11:00am.

Religious Heritage Series

Beginning October 7 participants meet at a different location each week and listen to clergy and/or lay people speak about their faith and its history in our area. This series is designed to increase our understanding, acceptance and appreciation for a wide range of diverse religious practices.

Please contact Ginny Dimeo at 842-7921 for details and the YWCA at 842-3381 to be included on the mailing list.

A Day at the Theatre

Join us for a day at the Grand Theater and invite a friend to come along. These matinee productions are offered at a very special price. For complete details and descriptions of all five shows, please stop in at the YWCA or call 842-3381 to request a copy of our "Day at the Theatre" flier.

Jitro Czech Girls Choir

Tuesday, November 11 10:00 am

Jitro means "daybreak", and like the dawn for which it is named, this prize-winning girls' choir from the Czech Republic brings both light and life to songs from classical to spiritual, from folk to modern.

Tickets are \$5.50 per person
Please call the YWCA at 842-3381 extension 100 at least one week in advance to reserve your spot. Pre-payment is required.

Senior Luther League Group

Immanuel Lutheran Church 630 Adams Street

At our meetings we often have a craft project, music, entertainment, discussion and a short communion service. This is an ecumenical group and includes members from many church in the Wausau area.

Please join us for fun and fellowship!

September 25th (Thursday)

October 23 (Thursday)

November 5 – Harvest Party (Wednesday)

November 20 (Thursday)

Questions? Contact Pam Henkel at 842-3644



Community Meals



St. Paul's U.C.C. Neighborhood Meal

**426 Washington St. Wausau
(Use Parking Lot Entrance)**

Everyone is Welcome

Come Share a FREE Meal & Fellowship

**Tuesdays September 30th, October 28th,
November 25th, December 30th 4- 7 pm**

**Questions? Call Dawn @ 551-4166 or
Jane @ 842-8351**

First Presbyterian Church of Wausau

offers a community meal every Sunday evening in the basement of the church located at 406 Grant Street in Wausau.

EVERYONE IS WELCOME

Meals are prepared and served by participating congregations beginning at approximately 5pm. Join us for a meal and fellowship.



CALLING ALL VOLUNTEERS!

(and those that want to be)

How do you suppose it feels not to be able to drive anymore? To no longer be able to get to the grocery store by yourself? How does it feel to have to ask for help? If we think about these questions and mentally climb into someone else's situation, it becomes easier to see how loving another as God loves us can really make a difference in the life of one person. Opportunities for servant ministry . . . for care giving . . . are all around us today . . . opportunities to extend the hand of love to our neighbors in need. *Faith in Action of Marathon County* provides a way for people of faith to do God's work in the world.

- Consider donating an hour of your time once or twice a month. Take an elderly neighbor who can't drive to the doctor or the store to shop for groceries, or do grocery shopping for a shut-in – and make a difference in the life of a neighbor. Live out your beliefs by sharing compassionate service.

Volunteer Drivers:



Provide rides using their own vehicles.

Choose the days, times, and areas they wish to drive. (We're flexible!)

Receive reimbursement for mileage costs for medical transportation.

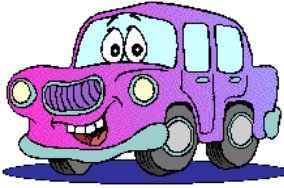
Do no heavy lifting or bearing of weight.

- Do you enjoy cleaning someone else's house more than your own? An elderly neighbor may need someone to vacuum, mop a floor, or change a light bulb – things s/he now finds difficult to do. Several opportunities are available to assist for an hour or so once or twice a month.
- Being a full-time caregiver isn't easy. Do you have an hour or two once or twice a month to sit with a shut-in while the spouse takes a much needed break? It really brightens their outlook on life to be able to get away once in a while.
- Do you enjoy cooking or baking? Why not join our Baking Buddies and make a little extra to share with an elderly or disabled neighbor in need? Someone who would really appreciate good food probably lives in your neighborhood.
- Change isn't easy when you've lost the love of your life. Consider befriending a lonely elderly neighbor – go for walks, to the park to feed the birds, out for an ice cream, to watch your children play a game of sports, or just visit. It takes so little to make such a big difference.
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2nd Annual Fall Clean-Up

Volunteers are needed for the second annual Fall Clean-Up any time that you are available during the month of October. We need volunteers to rake and do general yard work for our neighbors in need. Please consider donating your time to help on older or disabled neighbor in our community.

Please contact the Faith in Action office at 848-8783 to volunteer your time.



Attention Faith In Action Volunteer Drivers:

Due to the increase in the cost of gasoline and the rise in the number of requests for transportation, the Board of Directors of Faith in Action is offering mileage reimbursement for volunteers transporting care-receivers for medical appointments beginning July 1st. Reimbursement will be provided as follows:

- Reimbursement will be for local transportation within the greater Wausau area
- Mileage will be reimbursed at 20¢ per mile, for medical appointments only, up to 50 miles round trip
- Requests for reimbursement must be received within 30 days of expense
- Non-local transportation (more than 50 miles round trip) will be reimbursed at the full federal rate upon request
- No reimbursement is available at this time for non-medical transportation

You may request reimbursement by contacting the Faith in Action office at 848-8783, by emailing your request to Colleen Motley at faithinaction@dwave.net or mailing your request to Faith in Action Attn: C. Motley

630 Adams Street
Wausau, WI 54403

Attention Faith in Action Volunteers!

PLEASE REPORT YOUR TIME

Please make it a habit to send in your volunteer hours each month! I know you were taught not to brag about the good things you do in life...but this is one time you need to tell all! Not only will I get to know you better through your participation in our program, but our agency will be able to document our worth!

If you haven't submitted your volunteer hours recently, please do so right now.

Be sure to include:

1. Dates of service
2. Client(s) name
3. Type of service provided
4. Total time to the nearest quarter hour
5. Mileage

Please mail to: Faith In Action Attn: Kim Tillou 630 Adams Street Wausau, WI 54403

Or E-mail : faithinactionmc@charter.net



Announcing the debut of our website:

www.faithinactionmc.org

Our website is now available! Log on to see what Faith in Action of Marathon County is up to in the community. You can request services for an aging or disabled family member, fill out a Volunteer Application, submit your Volunteer hours online, or see how you can help us serve our neighbors in need.

We are adding new information all the time, so let us know if there is something you would like to see.



Neighbor to Neighbor Newsletter is Available Online!



Help us reduce our printing and mailing costs by receiving the FIA newsletter online. To begin receiving our newsletter electronically, please email us at faithinaction@dwave.net. We will not share your email address with anyone, and we will not fill your email box with unnecessary mail. We will send you notices of our newsletter's online availability and special announcements.

Upcoming Events

SAVE THE DATE



Holiday “Care”oling for Faith in Action

Concert Fundraiser

Friday, November 21st

Wausau West High School Auditorium

Faith in Action is hosting a community holiday concert fundraiser on Friday November 21st at 7pm. The event will be held at Wausau West High School in the auditorium. Please join us for holiday music provided by area church choirs. It will be a wonderful way to start the holiday season. Tickets will be available beginning November 1st. Please contact the Faith in Action office for more information, at 848-8783.



IT’S HOLIDAY GIFT BOX TIME!

You are cordially invited to our Holiday Gift Box Building Meetings!

Come to Immanuel Lutheran Church (630 Adams Street) on either Saturday December 6th and/or 13th from 9 – 11am in the basement fellowship hall.

Deliveries will take place on 12/13 beginning at 11 am.

Together we will be building Holiday Gift Boxes for the neighbors-in-need that we serve. We need people to fill boxes, wrap, and write cards. You may bring

donations of small items such as wrapped candies, toothbrushes, slipper socks, gloves, hats, scarves, sugarless candies, note pads, pens, shampoo, individual soaps, lotion, chap stick, puzzle books, cookies; anything fun and compact. Also, we are in need of shoe boxes or like sized boxes, wrapping paper and holiday cards. Bring what you can – everyone adding a few items is part of the fun!

Donations will be accepted at participating coalition member churches from November 2 – 30th.

Join us for holiday cheer and the best volunteer assignment of all – delivering those full gift boxes! Please contact the Faith in Action office to sign-up and bring a few friends! (848-8783)

THE RED TRUCK

The RED TRUCK is a consignment store with a heart. People donate items and 50% of the selling price goes to the charity of their choice. What a great idea! Tell them you want the donation to go to Faith in Action.

They are accepting all items: clothing, jewelry, household items, pictures, and knick knacks, everything you can think of!

You can drop off your items during business hours, or you can call to arrange for a pick-up. (Call Mary 715-298-6699)

The store is located at:

112 Clark Street, Wausau (by KFC)

Hours: M, Th, F Noon – 9pm

Sat Noon – 6pm

Should you get a flu shot?

Influenza, or the flu, is a highly contagious viral respiratory infection that affects about 10 to 20 percent of Americans each year. It is spread from by coughing or sneezing. But, the virus can also live for a short time on objects, such as doorknobs. So, you can catch the virus by touching something that has been handled by someone infected with the virus and then touching your own mouth, nose, or eyes.

What are symptoms of the flu?

Usually symptoms of the flu appear within 1-4 days of being infected. The flu can be spread to others before symptoms start and for another three to four days after symptoms appear.

These are the most common symptoms of the flu. But some people may experience symptoms differently. Symptoms may include:

- Headache, chills, dry cough
- Body aches, fever, stuffy nose
- Fatigue and extreme exhaustion
- Sore throat (sometimes)

Fever and body aches usually last for three to five days, but cough and fatigue may last for two weeks or more.

The symptoms of the flu may resemble other medical conditions or problems. Always consult your physician for a diagnosis.

Are there side effects to the flu vaccine?

The most serious side effect that can occur after a flu shot is an allergic reaction in people who have a severe allergy to eggs. For this reason, people with an allergy to eggs should not receive a flu shot.

“The **CDC** says influenza vaccine causes no side effects in most people who are not allergic to eggs. Less than one-third of people who receive the vaccine experience soreness at the vaccination site, and about 5 to 10 % experience mild side effects, such as headache or low-grade fever, for about a day after receiving the vaccination.”

Because of these mild side effects, some people believe you can get the flu from receiving the influenza vaccine.

However, according to the **CDC** “influenza vaccine produced in the United States has never been capable of causing influenza because the only type of influenza vaccine licensed in the United States at the present time is made from killed influenza viruses, which cannot cause infection.”

Shingles Vaccinations Recommended for all 60 and Over

The Center for Disease Control and Prevention has recommended everyone age 60 and older be vaccinated for shingles with FDA approved **Zostavax vaccine**. This extremely painful viral disease inflicts many senior citizens with blisters and nerve pain caused by the re-activated chicken pox virus.

“Generally, anyone 60 and over should be vaccinated, even if they have had shingles in the past,” said Curtis Allen, a spokesman for the Centers for Disease Control.

Merck, who makes the vaccine, said the drug costs about \$150, and key insurers would be Medicare and Medicaid.

The recommendation that the vaccines begin at age 60 is based on the evidence that the disease is most common among older people, whose immune system has weakened. The average person has about a **30% chance** of developing the condition in their lifetime.

Please take the time to discuss this vaccine with your doctor and insurer this year.

Pam Henkel
Parish Health Coordinator, Immanuel Lutheran Church



FAITH
IN ACTION

Faith in Action of Marathon County, Inc.

Connecting People in Need with People Who Care!

630 Adams Street, Wausau, WI 54403

Upcoming Events



October (any time during the month)

Volunteers needed to do yard work

November 2 - 30

Donations for Holiday Care Packages being accepted

Friday, November 21

Holiday “Care”-oling for Faith in Action Benefit Concert

Saturday, December 6, 13

Holiday Gift Box Assembly (6th)

Delivery (13th)