Happy Birthday Collinsville Faith in Action! Collinsville Faith in Action turned 15 years old on February 14, 2013. Our story began when Nancy J. Berry, our founder, applied to the Robert Woods Johnson Foundation for some start up seed money. This money was then added to the wisdom, vision, and guidance of St. John Evangelical United Church of Christ Collinsville, who became our host and mentor, our parent. The Collinsville Area Ministerial Association (CAMA) took us under their wing and became our legal entity. Many other volunteers and organizations gave us time and other things we needed to get started. With this help and a prayer, Collinsville Faith in Action went to work.

February 14, 1998 was a snowy Valentine’s Day. A determined future care receiver called and asked for help to run necessary errands. (She had some things to do before Valentine’s Day – in addition she needed a trip to the beauty shop before a party!) The first official CFIA run was planned.

SAVE THE DATE!
2013 Dinner Auction July 19

Write the date July 19 in your calendars for the 2013 Collinsville Faith in Action Dinner Auction. You don’t want to miss all the fun – and the opportunity to help your favorite organization.

This special fundraising event will be held again at the Gateway Convention Center in Collinsville. Doors will open at 5:30 p.m., and bidding starts immediately on Silent Auction items. A delicious buffet dinner is offered at $40 per person, or you could choose the “dessert only” option for $10 per person. These prices haven’t changed from last year! That leaves you with lots of money to bid on the vast selection of items during the Silent Auction, and the always exciting Live Auction. The wonderful Terry “Bones” Allan from Allan Auction and Real Estate Appraisal will be calling out the Live Auction. There’s sure to be some interesting items that you won’t be able to resist.

The Auction Committee started working in January on a county fair theme titled “Meet Us at the Fair.” They’re working hard gathering donations that will tempt you to bid. The care receivers craft table
From the Director’s Chair - Continued

for the following week. However, when a volunteer heard this care receiver’s story and recognized her needs, she agreed to go out right away. So this is how it came to be that Valentine’s Day became CFIA’s official anniversary.

Looking back over the last fifteen years, so much good has come from this group of volunteers. Countless care receivers have been transported to cancer treatment and dialysis. Many snowy days have been spent shopping so our seniors need not brave the ice and cold. Many a hand has been held on happy days and sad ones too! Many of us – staff, volunteers, care receivers – have become good friends. It has been a good 15 years.

I’d like to say thanks to all of you for what you do. Thanks for sticking by us day by day. Thanks for talking us up in the community. Thanks for sending us money when, in this economy, there are many places money is needed. This organization is only as good as the people involved. It is clear. Collinsville Faith in Action is a group of angels. So here’s hoping for another 15 years and many more Valentine’s Days.

Collinsville Faith in Action has four students helping out with the load! They are:

**Krystin Taylor** – Krystin is a Sophomore at SIU-E majoring in social work. Krystin will be Lori’s “shadow” one day a week until the end of the semester.

*Mason McNeil* – Mason is a Senior at SIU-E majoring in business and pre-law. Mason designed our new logo for his small group communications class.

**Kayla Meyers** – Kayla is a Freshman at SIU-E who has not declared a major. She is considering social work, so CFIA is a perfect fit! Kayla designed a PowerPoint presentation to use at our 15th anniversary events.

**Kevin Vysoky** – Kevin is a Sophomore at SIU-E studying English and communications. Kevin is part of a group working on materials for our 15th anniversary. He is helping us out by writing for CFIA.

SAVE THE DATE!

2013 Dinner Auction July 19

again will be available in the Silent Auction. Craft items donated by Collinsville Faith in Action care receivers will be displayed and available for bidding. You’re sure to be tempted by the delicious baked goods in the Tasty Shop. There will be irresistible items for men, women, children, the home and the garden. You’ll find gift certificates for restaurants, local attractions, and services. Plus, there will be beautiful theme baskets.

Donations of items for the Silent and Live auctions are encouraged. If you have an item to donate, or would like to place an ad in the Auction Book, call Nancy Kaprelian at 799-9085.

Then, gather your friends and make up a table or two at the auction. It’s a lot of fun, and all for a good cause. Last year, the Auction made over $22,000 for Collinsville Faith in Action programs for our care receivers. Let’s throw down the gauntlet and challenge each other to top that figure by thousands. See you at the Gateway Center on July 19!

*(If you have any questions or would like to join the Auction Committee, call Nancy Kaprelian at (618) 799-9085.)*
Thank you!

MEMORIALS:
Eileen Achenbach
By Ron Achenbach
Nel Ambers
By Anita Napier
Edwina Bailey
By Donna Dodelewa
Chuck, Ruth, and Inez
By Virginia Bakken
Edward Rigney
By Rita Wilhelm-Rigney
Winona Barberis
By Ronald Barberis
Emil Baquet
By Helen Baquet
Gerda Bolanis
By William and Minnie Feig
Philip and Caroline
Charlwood
By Don and Carol Block
Bill, Billy, and Terry Feig
By William and Minnie Feig
Kathryn Esterlein
By Dorothy Frey
Larry Fornero
By Rebecca Fornero
Michael Hall
By Glenna Stewart
Dean Hartman
By R. Stanley and Julie Clark
Ed Hayes
By Margie Wright
Bob Hess
By Joyce Bobka
Dorothea Hogue
By David Kell
Jannie Staats
Susan Kampwerth
By Thomas Kampwerth
Magie Marco
By Margaret Sheets
Terry Martinez
By Iva Martinez
Uncle Joe Matten
By James and Gail Herren
Art McDaniel
By Arthur McDaniel
Doris McMullen
By Barbara Carrillo
Nancy Melton
By James Melton
Louis Molinar
By Jane Molinar
Mary Molitor
By Ron and Sandy Bopp
Joseph Mueller
By Todd and Ellen Drenk-hahn
Kim and Orville Mueth
By Carol Ricketts
Our parents,
By James and Rae Price
Dona and Pat O’Mara
By Pat Watkins
The Strom and
Niedringhaus Families
By William and Patricia
Niedringhaus
Frank Sagovach, Jr.
And Ken Sagovach
By Helen Sagovach
Mary Schroeder
By Judy Bromolich
Jerry Sims
By Sandra Coleman
Floyd Sperino
By Bernice Sperino
Russ Talbot
By Pat Watkins
Bernice Taviner
By Shirley Deconcini

IN HONOR:
Terry Allan
By Pamela Picchioldi
Benjamin Ballou
By Rita Wilhelm-Rigney
Charles and Ann Bugger
By Mary Lou Schultze
Mary Lynn Stringer
Judie Frasier
By Betty Paterson
Kay Curtis
By Dorothy Frame
Mark Fedder, M.D.
The McKee Family
Dean Hartman
By Julie Clark
Dr. Eric Lopatin
By Dr. Craig McKee, M.D.
Doris McMullen
By Barbara Carrillo
Pat and Jim Schapp
By Beulah Kalbfleisch
Mike Watkins
By John and Mary Jane
Ostanik
Wallace Wilhelm
By Rita Wilhelm Rigney

A Gift to Collinsville Faith in Action

Collinsville Faith in Action makes a difference in the lives of those we serve. We have a vision for the future. CFIA would like to continue to serve those who need us today, tomorrow and in the future. Our continued success is crucial to our mission.

If you are a volunteer, care receiver, community member, or other type of CFIA family please consider including a bequest to our organization. A few simple words can make such an enormous difference. It can ensure the life of our organization - an organization we love and hold dear to our hearts - an organization that so many have come to depend on.

If you share the vision of Collinsville Faith in Action, or care about CFIA, won’t you consider including us in your will? Make your bequest by giving the following language to your attorney: “To Collinsville Faith in Action I give -----% of my residuary estate.” Or you can name a fixed dollar amount. It’s that simple. You can have the peace of mind knowing the organization you hold dear will continue as a part of YOU.

Remember “A neighbor’s independence (really does) depend on you.”
## 2013 Schedule of Social Events for Care Receivers

<table>
<thead>
<tr>
<th>Date</th>
<th>Event Description</th>
<th>RSVP Information</th>
</tr>
</thead>
<tbody>
<tr>
<td>Sunday, April 7, 2013</td>
<td>Early Dinner Sunday Evening Chicken Buffet Shrine Restaurant - Belleville—4 p.m.</td>
<td>RSVP by Monday April 1, 2013 Nancy Kaprelian - 799-9085</td>
</tr>
<tr>
<td>Saturday, June 8, 2013</td>
<td>Lunch—Fast Eddie's Alton - 11:30 a.m.</td>
<td>RSVP by Monday June 3, 2013 Nancy Kaprelian - 799-9085</td>
</tr>
<tr>
<td>July 2013</td>
<td>No Event Scheduled</td>
<td></td>
</tr>
<tr>
<td>Saturday, August 10, 2013</td>
<td>Lunch—Happy Cow Caseyville—11:30 a.m.</td>
<td>RSVP by Monday August 5, 2013 Nancy Kaprelian - 799-9085</td>
</tr>
<tr>
<td>Sunday, September 15, 2013</td>
<td>Early Dinner - Ravanelli’s O’Fallon - 4:00 p.m.</td>
<td>RSVP by Monday September 9, 2013 Nancy Kaprelian - 799-9085</td>
</tr>
<tr>
<td>Saturday, October 12, 2013</td>
<td>Lunch - Eckert’s Family Restaurant Belleville—11:30 a.m.</td>
<td>RSVP by Monday October 7, 2013 Nancy Kaprelian - 799-9085</td>
</tr>
<tr>
<td>Saturday, November 16, 2013</td>
<td>Lunch - Golden Corral Buffet Collinsville - 11:30 a.m.</td>
<td>RSVP by Monday November 11, 2013 Nancy Kaprelian - 799-9085</td>
</tr>
</tbody>
</table>

Events are open to individuals registered as care receivers of Collinsville *Faith in Action*.

### The Fun Continues for Elder Connection

Elder Connection members celebrated the Chinese New Year on February 9th with lunch at Ginger Buffet in Fairview Heights. Seven volunteers picked up 14 care receivers and met at the newly remodeled restaurant. We chatted and mingled, and had a great time cruising the buffet lines and sampling all the available food. No one left hungry!

On March 9, we gathered at the Cracker Barrel in Caseyville. The restaurant was packed, but our group of 14 care receivers and six volunteers sat down to breakfast and lunch, and a whole lot of conversation.

We’ll continue our adventures in the coming months. Elder Connection will be going to the Shrine Restaurant in Belleville on Sunday, April 7, for the Sunday Evening Chicken Buffet. Then we’ll celebrate Cinco de Mayo with lunch at Bert’s Chuck Wagon in Collinsville on Saturday, May 4. Next, we’ll travel to Alton for lunch on Saturday, June 8, at Fast Eddie’s, one of our group’s favorite places to eat and mingle.

No Elder Connection event is planned in July as we concentrate on our fundraising Collinsville *Faith in Action* Dinner Auction on July 19. We’ll meet for lunch on Saturday, August 10 at one of our favorite restaurants, the Happy Cow in Caseyville.

Look in the mail for details on upcoming events during the months of April through August. You don’t want to miss anything!
Free Tax Preparation

Did you know that Collinsville Faith in Action has handymen, friendly visitors, cold weather shoppers, respite care, and yard work volunteers? Just call the CFIA office at 344-8080. Judie will find just the right person to help! If you don’t ask, we can’t help! Give us a call today.

A Care Receiver Who Loves Faith in Action

GMD is a 71 year old male who uses Collinsville Faith in Action (CFIA) volunteer assisted transportation service. GMD, in his younger life, was a crane operator for 20 years when a stroke caused him to stop work. Now twenty five years later, he finds the need to go to dialysis three times a week. The medical center is local, however, his wife BD works part time as a school bus dispatcher and is not always available for his transport. This is where CFIA comes in. BD frequently drops him off at the dialysis center and then CFIA transports him home. On Fridays, because he has the weekends off from dialysis, he insists on taking the senior transportation bus home. This helps him keep his independence and his ability to go out on his own.

GMD has made many friends. His transport is one of our most popular assignments. In particular, John, a long term volunteer, frequently asks to pick him up. They have a great time on the short trip home. They love to talk about their pets – particularly their cats. They are nearly the same age and share many interests. They also know some of the same people in community. The two would like to go out on extended visits, but unfortunately GMD is tired and hungry from his treatment. More visiting time is impossible.

GMD says that John brightens his day. He looks forward to seeing him, and all his volunteers, after a long and tiring, dialysis treatment. John, and the other volunteers, are more like friends than volunteers. The volunteers make a stressful situation somehow better. He still dislikes dialysis, but his time with his volunteers makes it much more tolerable.

Recently, GMD was called for a kidney transplant. After the quick trip to the hospital, the doctors found that the kidney was not viable. It was a false alarm. There was no kidney. GMD, his family, and his volunteers are praying for a kidney, or some solution to this problem. In the meantime, he has his volunteer friends to comfort him. All are in hopes that a solution will be found that will improve his health and situation.

In GMD’s own words, “I couldn’t live without you guys.” He gives CFIA credit for his success with his dialysis treatment. CFIA gives him credit for reaching out to let CFIA help him. It’s a win/win situation.
In 2012, Collinsville *Faith in Action*

† Performed 3,710 hours of service † Drove 42,503 miles † For 190 care receivers (39 new care receivers) † By 16 church teams - 117 volunteers (including fundraising) † For 1,748 events. Good job!!!

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**surviving caregiving**

**A MAP THROUGH THE MAZE**

An insightful conference designed for family caregivers who wish to gain valuable knowledge and resources that will help them navigate the maze of caregiving.

*Saturday, April 13, 2013*

*9:30 a.m.–2:30 p.m.***

**St. John Church - Faith Hall**

*307 W. Clay St.*

*Collinsville, IL 62234*

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**HIGHLIGHTS OF THE DAY**

**KEYNOTE PRESENTATIONS:**
- Legal & Financial Information
- Caregiver Anxiety

**ASK THE EXPERT:**
- ArtTherapy
- Living With Alzheimer’s, Practical Solutions

**LUNCH:**
- Ask the Expert

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Register at www.alz.org/stl or call 800.272.3900.

*This conference is free, but registration is required. Box lunch included.*

Complimentary care will be available at St. John’s Adult Day Center during the conference hours. Pre-registration for adult day care service is required. Contact Stacey Rhodes, at 618.344.5008.

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**SURVIVING CAREGIVING IS CO-PRESENTED BY:**

[Logos of various organizations]
Healthy Living Expo

Facts and Fun for Older Adults

MAY 17, 2013
8:00 A.M. - 12:00 P.M.

MORRIS UNIVERSITY CENTER
SOUTHERN ILLINOIS UNIVERSITY EDWARDSVILLE

Join us for the 39th Annual Healthy Living Expo.
Gain information and enjoy great entertainment with a Vegas twist.

Parking and Shuttles available.
Over 80 vendors! Prizes every hour!
Two stages of entertainment and educational seminars.

This free event is hosted by the Area Agency on Aging of Southwestern Illinois in collaboration with Southern Illinois University Edwardsville.

Ask us about sponsorship opportunities.

Planning Committee
Anderson Hospital
Area Agency on Aging
Christian Home care Services
Family Hospice
Hospice of Southern Illinois
Main Street Community Center
Senior Services Plus
SIUE
Southern Bus and Mobility
Veterans Home Care

DO YOU NEED TRANSPORTATION TO THE EXPO? OR FOR MORE INFORMATION: CALL 1-800-326-3221.
2013 Community Resource Fair
Free to the Public

“Bringing the Community Resources to you, to make life easier”

Friday, April 19, 2013 from 12pm – 3pm
First United Presbyterian Church
201 E Church St, Collinsville, IL 62234
Westminster Hall
For information call or email
Micaela Rodriguez 618-691-2635 - micaela.cama@att.net

Some of the organizations participating in the event are:

- University Of Illinois Extention
- RideFinders
- Chestnut Health Systems
- Puentes De Esperanza (Bridges Of Hope)
- SIHF (Southern Illinois Healthcare Foundation)
- Karla Smith Foundation
- Call For Help
- Fun Food Ministries
- St. John Community Care
- Sanford Brown College – Medical
- Reveal Mosaic Pregnancy Center
- Helping Hands Medical Transportation
- Stop Heroin
- Land Of Lincoln
- Compassion Café
- Knollwood Retirement Community
- Hospice Of Southern Illinois
- Senior Services Plus Community Care Program
- Express Employment Professionals
- Collinsville EMA/Citizen Corps
- CAMA’s Helping Hands Ministries
- MCT (Madison County Transit)
- DHS (Department Of Human Services)
- Hoyleton Family Services
- SIHF Mobile Unit
- Familia Dental
- S.O.S. (Spirit Of Sharing) Soup Kitchen
- Collinsville Faith In Action
- Sanford Brown College – Massage
- Allsup
- St. Louis Food Bank
- Headstart
- Habitat For Humanity
- Challenge Unlimited
- Madison County Aids Program (MadCAP)
- Extra Help
- United Way 211
- Lessie Bates Davis Daycare
- Alton Catholic Charities
- Collinsville Rehabilitation & Health Care Center
**Aging News & Information**

**Happiness Increases with Age for All Generations**

**But your overall level of well-being depends on when you were born**

Feb. 11, 2013 - Psychological well-being has been linked to many important life outcomes, including career success, relationship satisfaction, and even health. But it’s not clear how feelings of well-being change as we age, as different studies have provided evidence for various trends over time.

A new report published in *Psychological Science*, a journal of the Association for Psychological Science, reveals that self-reported feelings of well-being tend to increase with age, but that a person’s overall level of well-being depends on when he or she was born.

Psychological scientist Angelina R. Sutin of Florida State University College of Medicine conducted the study while at the National Institute on Aging (NIA) at the National Institutes of Health (NIH), where she remains a guest researcher.

She and colleagues at NIA predicted that people in the same “birth cohort” - born around the same time - may have had unique experiences that shape the way they evaluate happiness and optimism. They hypothesized that the level of well-being a person reports would, therefore, vary according to his or her birth year.

Using two large-scale longitudinal studies, NIH’s Baltimore Longitudinal Study of Aging (BLSA) and the CDC’s National Health and Nutrition Examination Survey (NHANES), Sutin and colleagues looked at data from several thousand people over 30 years, including over 10,000 reports on well-being, health, and other factors.

When the researchers analyzed the data across the whole pool of participants, older adults had lower levels of well-being than younger and middle-aged adults.

But when Sutin and her colleagues analyzed the same data while taking birth cohort into account, a different trend appeared: Life satisfaction increased over the participants’ lifetimes. This trend remained even after factors like health, medication, sex, ethnicity, and education were taken into account.

So what explains the different results?

While life satisfaction increased with age for each cohort, older birth cohorts - especially people born between 1885 and 1925 - started off with lower levels of well-being in comparison to people born more recently. Looking at life satisfaction across all of the participants, regardless of when they were born, obscures the fact that each cohort actually shows the same underlying trend.

Sutin and colleagues point out that the level of well-being of cohorts born in the early part of the 20th century, particularly those who lived through the Great Depression, was substantially lower than the level of well-being of cohorts who grew up during more prosperous times.

The greater well-being of more recent cohorts could be the result of economic prosperity, increased educational opportunities, and the expansion of social and public programs over the latter half of the 20th century.

According to the researchers, these findings may have important implications for today’s younger generations.

“As young adults today enter a stagnant workforce, the challenges of high unemployment may have implications for their well-being that long outlast the period of joblessness. Economic turmoil may impede psychological, as well as financial, growth even decades after times get better.”

Co-authors on this research include Antonio Terracciano also of Florida State University College of Medicine and a guest researcher at the NIA; Yuri Milaneschi of the National Institute on Aging and VU University Medical Center; and Yang An, Luigi Ferrucci and Alan B. Zonderman of the National Institute on Aging, NIH.

This research was supported in part by the Intramural Research Program of the National Institute on Aging, National Institutes of Health.

The APS journal *Psychological Science* reports it is the highest ranked empirical journal in psychology.
Partner Congregations

Caseyville
Caseyville United Methodist Church
St. Stephen Catholic Church

Maryville
Copper Creek Christian Church
Our Mother of Perpetual Help Catholic Church
Our Lord’s Lutheran Church

Collinsville
Alpha and Omega Christian Fellowship
First Assembly of God
First Baptist Church
First United Methodist Church
First United Presbyterian Church
Holy Cross Lutheran Church
Meadow Heights Baptist Church
Pleasant Ridge Baptist Church
Son Life Church
St. John United Church of Christ
S.S. Peter & Paul Catholic Church

Faith in Action is a registered trademark of The Robert Wood Johnson Foundation.
Collinsville Faith in Action is a program of the Collinsville Area Ministerial Association.