



FAITH
IN ACTION

Faith in Action of Marathon County, Inc.

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

630 Adams Street, Wausau, WI 54403

(715) 848-8783 • Email: wausaufiainfo@faithinactionmc.onmicrosoft.com

Website: www.faithinactionmarathoncounty.org

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

June 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:

- **6,835** Service Opportunities supplied,
- **7,281** Volunteer Service Hours. **Savings to our community = \$210,840.**
- **26,927** 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-Recipients. 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-Recipients 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

FIAMC Is Growing!

Do you know someone that is compassionate, reliable, and has a willingness to help others? If so, we want to connect with them!

FIAMC is growing and looking for more Volunteers to advocate for our seniors.

Current Volunteer Opportunities (must be 18+ and have a valid driver's license/auto insurance):

- **Transportation**
 - Medical appointments
 - Personal errands
 - Grocery shopping
- **Intake Volunteer**
 - Complete home visits for new FIAMC recipients. This can be completed in person or over the phone.

If you know anyone who is interested, please have them contact our office or download a Volunteer Application from our website.

If you are already a FIAMC Volunteer looking to help more seniors, please give our office a call to let us know.

Benefits of Being Outdoors

Summer is almost here in Marathon County, and it is the perfect time to get outside and enjoy the fresh air. Getting outdoors is a great way to relax and soak in peace from the natural beauty surrounding us. Best of all, there are real benefits to enjoying the outdoors, especially for seniors.

Improves Mental Health:

- People who run, bike, or walk in natural settings are less likely to develop mental health problems than those who do the same inside.
- Nature provides relaxation that can improve mood and increase overall feelings of happiness.

Helps Fight Fatigue:

- Suffering from mental fatigue? Restorative environments, such as being outside, can help get your mind into gear.
- One study found that people's mental energy bounced back just by looking at pictures of nature, while pictures of city scenes had no effect.

Diminishes Feelings of Isolation:

- Getting outdoors promotes social interactions.
- Natural environments are comforting sites for spiritual connectedness.

Consider spending time outside with a Care Receiver the next time you provide a friendly visit. Marathon County has many beautiful parks and walking trails that would provide a flat and safe path for seniors.



Friendly Visiting

FIAMC provides friendly visiting for any Care Receiver who needs socialization. Many Care Recipients do not have family or friends to spend time with them. The only interaction they may receive is from you—a FIAMC Volunteer. It is always great to plan an array of different options while visiting. Activities such as playing cards, reminiscing about family memories, listening to music, grabbing coffee, or going for a walk are all great options.

If you are a FIAMC Volunteer who would like to provide a friendly visit(s) to a Care Receiver(s), please reach out to our office.

Community Corner

This month's partner promotion: Cycling Without Age

Cycling Without Age strives to enhance the lives of older adults in Marathon County. They provide the opportunity to remain active in our local community through the joy of being outdoors in the fresh air on a trishaw, a 3-person rickshaw bicycle. Free trishaw rides may be scheduled for community members by calling The Landing at 715-841-1855.



If a Care Receiver is in need of transportation to and from The Landing, they will call our FIAMC office to schedule. Please watch for our Volunteer opportunities to help a Care Receiver in need.

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