

June 2023



# News and Notes

## **Board of Directors**

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## **A Note From the President**



At the end of last year the fabulous team of Ed and Susan Kircher, the Presidential "Team" at Goshen Community Care were called away from their beloved Goshen to continue their life's journey in Arizona. Although I had served on boards and commissions before and had fiduciary and administrative experience, I was unsure of my ability to fill their shoes as President of GCC.

I cannot overstate my gratitude to the principle officers, board members, staff and volunteers that make this organization run. Each individual has a unique combination of professional and life skills and experiences that guarantee innovative ideas and programs and lively board meetings. On the fundraising side, we will continue with our Goshen Fair Water Booth and Light Up A Life ceremony with a few added events to fill the quiet times in the year. On the service side, we hope to increase our outreach to our elderly, infirmed, grieving or needy clients and offer new or expanded programs to all.

There are many charitable organizations in town and all could use your help both physical and mental, so please consider volunteering for one of them. It will enrich your life and the lives of those you serve. I look forward to the coming months of promoting the good works of Goshen Community Care and assisting in the delivery of our services.

Thank you to our many friends an benefactors who make Goshen truly "A Town Above All Others."

## **Neighbors Helping Neighbors**

PO Box 202, Goshen, CT 06756, 860-491-HOPE (4673)  
goshencommunitycare@gmail.com, [www.goshencc-h.org](http://www.goshencc-h.org)

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# Coordinator's Report

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As the new Goshen Community Care coordinator, I am settling in well. I've had big shoes to fill following my predecessor, Erin Reilly. It's been ten months, and it seems every day comes with new ideas and ways to work along with our great community.

We continue to deliver outreach bags to residents that don't get out much or could use a little reminder that people care about them. If you know someone that could use one, please let us know!

A lot of people have been coming out for Tuesday socials and especially our luncheons, which still serve an average of 50 seniors. This program is made possible with grant support from Connecticut Community Foundation and Stock the Shelves. Our meals are provided by our local restaurants—AJ's Steak and Pizza, Goshen Pizza, and Milk and Honey Grill—and are always delicious! We have very informative speakers at our luncheons also. Each Tuesday our group plays May I, Marjan, and Scrabble. If you're interested in these, or something else, please join us.

You may have noticed our new look! We've simplified our name, changed our logo, and are in the process of building a new website, so stay tuned! Our office has also been completely renovated—please stop by to check it out when you have a chance!

The Goshen Recreation department organizes monthly trips for seniors in partnership with Goshen Community Care. Some of the places we've been to are Marsh Botanical Garden at Yale University, the annual Flower Show at the Connecticut Convention Center, the immersive Van Gogh exhibit, and the Mark Twain House, just to name a few. Please contact Erin at 860-491-2249 or [parkandrec@goshenct.gov](mailto:parkandrec@goshenct.gov) for more details.

Our loan closet is equipped with many medical supplies. If we don't have what you need, we will do our best to help you find it. The food pantry is available to those in need at the Church of Christ. Call the church directly at 860-491-2793 for information.

Thank you! We had a very successful Give Local campaign this past April. We appreciate all who supported our organization. We're also grateful for our volunteers that help with visits to residents, lunch deliveries, and transport residents to appointments. If you have some free time and would like to volunteer with us, please give a call!



# Sources of Income

As a small community-based nonprofit, Goshen Community Care relies largely on the generosity of our neighbors and local businesses. Many contributions are sent in memory of a loved one, to celebrate someone special or as general support for our work.

We extend a special thank you to:

- Estate of **John Lang** for a very generous bequest.
- **Local foundations** that provide grant support: Civic Family Services, Connecticut Community Foundation, Crosswicks Foundation, Rona Jaffe Foundation, Northwest Connecticut Community Foundation, and Stock the Shelves.
- All who purchased water at the Goshen Fair, with special appreciation for the **American Legion**, who graciously sold water at their booth to benefit our organization.
- These generous donors during the recent **Give Local Greater Waterbury and Litchfield Hills** campaign:

Monika Brendel-Visokay

Emily Cole

Paul Collins

Elizabeth Cosgrove

Eileen Coyne

Robert Donaldson

Wilrose & Linda Duquette

Michael & Lida Exstein

Pamela Hicks

Carl & Janet Hooper

James Johnson

Johanna Kimball

William Lane

Sarah Leonard

Marc & Tracy McCarthy

Rino & Donna Molon

David & Tricia Poirier

Diana Savory

Mary Steinberg

Lynn Marie Steinmayer

thank you



The next two pages contain a list of all of our supporters over the last 12 months (April 2022-March 2023). If we have mistakenly omitted your name, please forgive us and kindly let us know. *Thank you to all* who support Goshen Community Care!

# Thank you supporters!

## **\$10,000+**

Rona Jaffe Foundation  
Estate of John Lang

## **\$1,000 - \$9,999**

American Legion Auxiliary  
Connecticut Community  
Foundation  
Connecticut Community  
Foundation Give Local Campaign  
Crosswicks Foundation  
Ken & Anne Green  
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Northwest CT Community  
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# Volunteer Spotlight

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## Catching up with the Kirchers

*It was so hard to say goodbye to Suzan and Ed—long term Goshen Community Care volunteers—when they moved to Arizona in December. We thought it would be nice to spotlight their work and give the community an update on how they are doing!*



Suzan first became involved with the organization when she joined the Board of Directors shortly after moving to Goshen in 1996. She was drawn to the organization's mission of helping Goshen's older community members and was happy to help in whatever way she could. In 2014 Suzan was invited back on the board and soon after took on leadership roles and served as President for several years. And Ed was also recruited to serve as a board member!

Reflecting on their time with Goshen Community Care, it's clear that Ed and Suzan cherished each and every individual they interacted with. "Goshen is full of wonderful people. They don't hesitate to help – offering a ride to someone in need, delivering a hot meal, making a caring phone call, or so many other little things – they are so kind and giving," Suzan fondly recalled.

Another highlight was when things finally opened back up after the quiet days of COVID. "It was so great to finally have folks feel comfortable returning for social activities. We started playing bingo every week and it made the seniors so happy to be with each other again."

While Ed and Suzan are still getting acclimated to their new life in sizzling Arizona, they are enjoying their time so far. They are now close to their daughter's family and love spending time with their grandchildren. "We're now able to attend dance competitions and watch our grandson rise through the ranks in karate," Ed adds. They have also been enjoying their exploration of Arizona's natural beauty, taking in a fair amount of hiking and fishing. They also look forward to catching a glimpse of the beautiful wild horses of the desert.

Ed and Suzan send their best to everyone in Goshen. "Goshen is still very much in our hearts. We love and miss all those seniors so much! If I could just pick up all my friends from Goshen and bring them here, my life would be perfect," remarks Suzan.

Goshen Community Care was fortunate to benefit from the time and talent of Ed and Suzan for so many years. We genuinely thank them for their many hours of service to our community and wish them all the best in this next chapter of their lives.

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# Community Spotlight

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## Mary Tracy

“Goats are peaceful, tranquil animals and really are quite manageable.” Mary would know. She has operated Ivy Mountain Farm for the past quarter century, currently caring for 30 goats, 30 chickens, as well as a four alpacas.

When asked how she became a goat farmer, Mary recalled that she was asked to provide temporary foster care for an infant brought to Connecticut from Belize by Healing the Children Northeast. This nonprofit organization is committed to helping children around the globe that need specialized medical care. Due to complications from cerebral palsy, the baby could not chew or suck, so Mary asked the family if they would like to try goat milk.



“I did some research and learned a lot from another goat farmer in my area.” The baby was thriving with the goat milk, but Mary feared what would happen when she was brought back to Belize. “We sent the family two goats! And I had gotten so attached to the baby, that I decided we would visit her regularly.” And so began Mary and her husband’s trips to Belize every six months. She also visits other children she fostered through this program – traveling to places such as Albania, Nicaragua and Honduras.

Kindness and compassion exude from Mary, and she is a natural caregiver. She has worked as a visiting nurse, at nursing homes, and at Connecticut Hospice in Branford. Mary currently serves as an EMT in Goshen. “I was learning a lot about the opioid crisis and wanted to do something.” Mary also volunteers with Goshen Community Care and is part of a local group assisting a refugee family placed in Torrington.

Mary has high hopes for the future of Goshen, highlighting the needs of marginalized populations. “Many residents have difficulty paying taxes. More affordable housing is needed. Older people have a desire to remain in their homes. Transportation is a huge concern as our community ages.”



Mary truly goes out of her way to help others. Opening her home to children and adults in need. Encouraging others to visit the farm to experience the tranquil nature of the goats. Advocating for handicap rights. Bringing the goats to nursing homes – all things Mary does every day to take care of this community.

As I was leaving the farm, a van pulled up full of adults with special needs from a group home. “They come often just to spend time with the goats,” Mary adds.

- Submitted by Tricia Poirier

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*This is part of a series of interviews with some of the amazing people of Goshen. The focus is to explore their personal interests and activities that promote joy, serenity, humor, happiness, and the many other emotions that help to support their personal and community-wide mental health.*

# Our Core Services

## Tuesday Senior Socials



Games, goodies and great company!

Every Tuesday at 1 PM in the  
Congregational Church Parish Hall

## Let's Do Lunch!

Free lunch is available for seniors  
on the 2nd Tuesday of every month  
at 12 noon!



We also host monthly lunch trips to  
some amazing restaurants around the area!

## Bereavement Support



Healing and finding hope after loss  
can be difficult to navigate on your  
own. We regularly host group  
bereavement services. Contact us to  
learn about our next session.

## Loan Closet

We have medical equipment available  
to loan. Items include wheelchairs,  
crutches, shower chairs, bed tables  
and much more! We generally have  
disposable items such as bed pads,  
braces and gauze wraps.



## Outreach at any level



Staff and volunteers provide ongoing contact with our older neighbors through  
visits and phone calls.

We offer short term assistance to those returning home from the hospital or  
nursing home.

Hospice support is available for end of life patients and their families. We  
partner with medical providers to help provide care with dignity and comfort.



## Neighbors Helping Neighbors

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