



A Note from the President



As I reflect on my path since joining the Board of Goshen Community Care in mid-2020, I am reminded of the challenges posed by the COVID pandemic. The urgency to support and uplift my local community in new ways became necessary for me. Stepping into greater responsibilities over the past few years, I have seen how my knowledge of and engagement with the Goshen community has been greatly enhanced by my experiences with Goshen Community Care.

Amidst a backdrop of significant turnover in both staff and board leadership, our organization is poised for a period of introspection. In the coming months, we will embark on a journey of self-assessment, seeking to identify and leverage our strengths while addressing areas for improvement. Central to this process will be the input of our community members. I encourage all to actively participate in this process, as together, we can chart a course that best serves the needs of Goshen. Please stay tuned for more details!

I am so grateful for all who contributed to this organization. Our volunteers--your efforts extend our outreach and impact, the many seniors--your presence enriches our programs, our committed staff and board--your passion drives our mission forward, and our generous supporters--your financial contributions sustain our work. Each of you plays a vital role and I extend a heartfelt thank you to all!

~Tricia~

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Round Glass Ornaments returning soon!

We are pleased to announce that Goshen Community Care will have round glass ornaments available for purchase this fall at the Goshen Fair.

The ornament will be the *first* in a series of yearly ornaments - each will feature a Goshen business. The 2024 ornament will recognize a long-established local business that offers products produced both directly and indirectly from Goshen farmland.

As always, all profits from the sales of the ornaments will be used for programs that we provide to our residents.

Coordinator's Corner



It has been a very active year so far, and we continue to bring new ideas to Goshen Community Care! We have many new board members and are very excited about the fresh perspective they bring. We continue to enjoy our senior socials every Tuesday. There is always a guest speaker at our free monthly luncheons (on the second Tuesday of the month). It's been great partnering with Goshen Recreation Department for weekly chair yoga and floor yoga. We enjoy delivering "goodie" bags to our local shut-ins, who are always so appreciative.

Our free medical equipment has been used on a weekly basis and is an important resource for our community. We continue to offer free blood pressure screenings to all residents monthly from a VNA registered nurse. The free bereavement support group, facilitated by Karen Jax Giarnese, is offered twice a year. Free covid tests are available to residents in need.

We have recently added a monthly senior lunch trip, where we enjoy each other's company while dining at a local restaurant. We have also introduced to the community a wide selection of books by various authors. They are available during our Tuesday social hours.

We recently ordered T-shirts featuring our new logo. If anyone would like one, please give us a call. We are looking forward to bringing back our famous glass holiday ornaments. Please be sure to say hello to us during the Goshen Fair, where we will be selling ice cold water as well as the holiday ornaments. And do save the date of Sunday, December 1 for our special Light Up A Life ceremony.

There is so much to look forward to! Please stay tuned to our new Facebook page and website (<https://goshencommunitycare.org/>) for updates on programs and special events. As always, if you need anything, please reach out. We are here for YOU!

~ Donna



**Follow our new
Facebook page!**

Please search for
"Goshen Community Care"
and follow our new page for
the latest updates.

Save the Date!

Goshen Community Care will host the annual **Light Up A Life** celebration on Sunday, December 1st at Goshen's Church of Christ Congregational. There will be a non-denominational service where we will recognize and honor loved ones who are no longer with us. The evening will conclude with a festive tree lighting and reception.

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 thanks to:

- Estate of John Lang
- Sepples Tree Service for hanging lights on our festive holiday tree.
- 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 sells water annually to benefit our organization.
- These generous donors during the recent 2024 Give Local Greater Waterbury and Litchfield Hills Campaign:

Judi Armstrong
Monika Brendel Visokay
Cindy Barrett and Paul Collins
Betty and Chris Cosgrove
Eileen Coyne
Barry and Mary Donaldson
Wilrose Duquette
Verilee Herpich
Pamela Hicks
Jeff and Diane Johnson
Goshen Running Club
Johanna Kimball
William Lane

Michael and Sarah Leonard
Jack and Vicki Lynch
Marc and Tracy McCarthy
Donna and Rino Molon
Joyce Mowrey and Chris Craig
The Poirier Family
Micky and Joe Pratt
Diana Savory
Adena Siegel
Mary Steinberg
Erin and Will Strouse
Joseph Welsh
Lu-Ann Zbinden

*Thank
you!*

Thank you supporters!

These next pages include a list of all our supporters between April 2023 – March 2024. If we have mistakenly omitted your name, please forgive us and kindly let us know. Thank you to all who support Goshen Community Care!

\$10,000+

Rona Jaffe Foundation
Estate of John Lang

\$1,000 – \$9,999

American Legion Auxiliary
Connecticut Community Foundation
Connecticut Community Foundation - Give Local

Stephen and Kathryn Connolly

Crosswicks Foundation
Goshen Farmers Market
Ken and Anne Green
James Mazzarelli
Michael and Barbara McPhee
Northwest Connecticut Community Foundation
Torrington Concessions LLC

\$500-999

Archbishop Annual Appeal
James and Arline Barber
John Burek
Tim and Lora Cermola
Civic Family Services
Leya and Michael Edison
Goshen Running Club
Marc and Tracy McCarthy
Raymond and Heather Turri

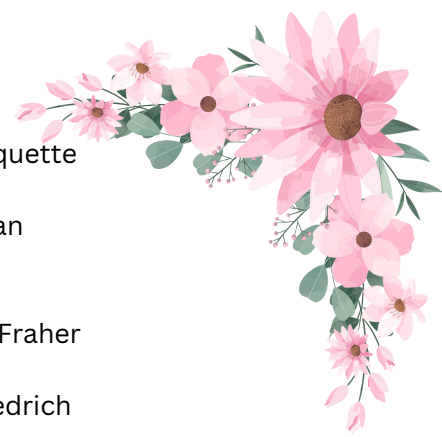
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Whitehall Construction LLC



Up to \$99

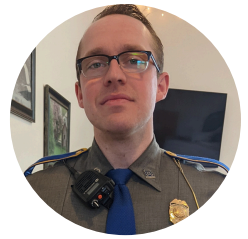
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Bring Me Back Home Program

Information provided by State Trooper Josh Wedge, Troop B Canaan, CT



What is Bring Me Back Home?

Bring Me Back Home is a new registry for Connecticut residents which allows law enforcement access to information to assist in the recovery of missing or wandering persons. The provided information and photo, accessible via the COLLECT criminal justice and safety system, helps first responder and families reunite with individuals living with cognitive challenges, such as dementia or autism. This information is confidential and secure and can only be accessed by law enforcement personnel in an emergency.

How does it work?

A family member or guardian registers a loved one that has cognitive challenges through the link, or in person, at your nearest police department. The information becomes part of the statewide Bring Me Back Home registry. Law enforcement officers will have access to confidential and secure information and respond appropriately. If the loved one wanders or is missing, call 9-1-1 IMMEDIATELY, and indicate that they are registered with the Bring Me Back Home program.

Who is eligible?

All members of the community whose cognitive challenges may lead to confusion and disorientation, and who are at risk of wandering or getting lost.

Why is this important?

Wandering can be dangerous and life threatening. If not found within 24 hours, there is a much higher probability individuals may suffer serious injury or death. For example, according to the Alzheimer's Association, 6 in 10 people living with dementia will wander. Alzheimer's disease and other forms of dementia can cause people to lose their ability to recognize familiar places and faces. This can happen at any stage of the disease and at any time of the day or night; this risk weighs heavily on caregivers and family. The Alzheimer's Association Connecticut Chapter offers a 24/7 helpline providing information and resources for all those affected. Call 1-(800) 272-3900 or visit www.alz.org/ct or www.alz.org/safety.

Support

For issues logging in or any other questions regarding the Bring Me Back Home service, please send an email to bringmebackhomesupport@ct.gov. You will receive a response within 1-2 business days.



For more information or to register a loved one:
visit <https://portal.ct.gov/despp/division-of-emergency-service-and-public-protection/bring-me-back-home> or
scan the QR code.



Volunteer Spotlight

I was so happy when I was asked to interview Pat Reilly. Pat always said hello to me at the firehouse and always listened to my stories about my goats and the time when I saw a mountain lion on our street. He was interested in me, and now I can be interested in his stories.

My first question to him was, “What makes you happy?”

He answered in two parts. First, he said “Waking up in the morning.” I wasn’t sure exactly what he meant, but I think he was expressing a thankfulness for life, implying that he had a positive attitude for life. I had just read the words of our forefathers: “life, liberty, and the pursuit of happiness” from the Declaration of Independence. They considered life as an “inalienable right for all,” along with reaching out for happiness along the way.

So Pat is right up there with our forefathers.

His second comment on what makes him happy was “keeping busy” and throughout our interview enumerated activity after activity that keeps him busy. The one he referred to most was his work with Friends of the Goshen Public Library. As people donate their unwanted books, he “culls” them.

He says “no one likes to throw books away.” The only books not accepted are encyclopedias. This year the book table at the Goshen Fair accepted a donation for a bag of books- rather than a set price per book. This was a great relief for a pastor who had no money last year and was so interested in a few books.

In addition to keeping busy, Pat likes to “keep moving.” Wood is always there waiting for him to split! He says it is a “rude awakening” when the house get cold!

Helping in the community is also part of “keep moving.” He is part of the EMS division of the Goshen Fire Company and is now taking a course to renew his status. Pat is a member of the Recycling and Trash Committee and is an alternate to the Finance Board. Involvement with Goshen Community Care has him looking for new members and he is glad to see younger people being active with fresh ideas.

As he was growing up in Waterbury, there were always work opportunities in factories. “You learned by the seats of your pants. You showed up. Waterbury was the brass center of the world back then and then the factories went overseas. And the corporate raiders drained the pension funds.” After a successful apprenticeship at Pratt and Whitney, Pat went on to a career with the Waterbury Fire Department where he retired as a Fire Captain.



“When you are young, you are busy raising your family. Now I have time to give back. But now I don’t have the physical ability, so we are looking for younger people to come in. If you are blessed with a skill or unique ability, or even just a strong back, there are plenty of opportunities to share your blessing with a local civic organization.”

And with that last comment, Pat looked at the door and said, “I have to go to the library and sort books.”

~Submitted by Mary Tracy

Volunteer Appreciation

We thank our wonderful volunteers who have helped give rides to those who were unable, visit shut-ins, delivered monthly bags, and helped in so many, many ways to enhance our work!

Thank you to:

Judi Armstrong
Helene Andrews
Janet Hooper
Vicki Lynch

Mary Orlando
Lynn Perlotto
Josephine Radocchio
Holly Simpson
Lauren Taft

Mary Tracy
Kit Wright
Jim Withstandley
Diane Withstandley

.....and if we forgot anyone, we are truly sorry. We appreciate you all!

Our Services

Outreach to Homebound



Weekly Senior Socials



Bereavement Support



Medical Loan Closet



Monthly Senior Lunch

