

Senior Quality of Life Foundation Newsletter

VOLUME 1, ISSUE 1

AUGUST, 2007



President's Message

Hello Friends:

Every non-profit organization has a mission statement. A mission statement tells the community the original purpose for the formation of the organization. Our mission statement is:

- **To provide programs and activities for Sussex County seniors not available from government sources.**

- **To educate seniors, their families, and the community about resources available in Sussex County which will enhance the quality of the lives of our senior citizens, now and in the future.**

Many non-profits also have a vision statement. The vision statement refines and expands on the mission statement and tells the community about the "feel good" side of the organization. SEQUAL's vision statement is:

- **Eliminating isolation, one visit at a time**

I recognize that our vision statement at first glance seems lofty and unattainable. But, the reality is – we are doing just that. The Neighbor to Neighbor program, which was a mere dream in the hearts and minds of the Board of Trustees in June of 2006, is a reality. Match by match and visit by visit, we are indeed eliminating the sense of isolation and the feeling of loneliness of Sussex County's homebound seniors.

Thank you to each and every person who has helped along the way to make the Neighbor to Neighbor friendly visitor program a reality. Kudos to our Program Coordinator, Mary Adelman, for her patience and perseverance. It takes a lot of effort to get one match going. Hugs and kisses to our volunteers. You are out there, in the trenches, bringing joy to your senior neighbor. To our committee members, thanks for staying the course. To our trustees, thank you for your support. To the Sussex County Community, thank you for your generosity.

Come celebrate with us at our fourth annual Silent Auction & Reception on September 30th, meet the volunteers, applaud the Senior Neighbor of the Year Award winner, greet your friends and enjoy yourself while you bid on the "oldies & goodies" auction items. Stop by and say hello, I would love to greet you.

Sincerely,

Ellie Benz, President

The Annual Oldies & Goodies Fall Reception and Silent Auction

The date has been set for our Annual Oldies and Goodies Fall Reception. Mark your calendars for September 30, 2007 at the Farmstead Golf and Country Club in Andover Township. The fun begins at 3:00 p.m. and goes until 6:00 p.m. We will have entertainment, complimentary wine and a fun filled evening with our silent auction. The price of the tickets will be \$30.00 per person or \$50.00 per couple. We hope to see everyone there! Look for your invitation in the mail or contact info@sequalfoundation.org.

Our Funding Priorities Include:

- *Life Enhancing Activities*
- *In-Home Services*
- *Intergenerational Programming*
- *Community Outreach*
- *Volunteer Development & Support*

**ENTER OUR
RAFFLE and a
chance to
win a Flat Screen
Television and
Installation!**

**Don't miss your
chance, contact
us today for your
raffle tickets.**

**Tickets cost
\$5.00 each or a
book of 5 for
\$20.00.**

**The winner will
be drawn on
9/30/07 at
Farmstead Golf &
Country Club at
5:30 p.m.**

Neighbor to Neighbor Program

SEQUAL Neighbor to Neighbor Program matches volunteers with lonely, isolated senior citizens in Sussex County. The visits may include such activities as playing cards, or games, sharing a hobby, and spending time in conversation. In addition to providing companionship, the visits provide reassurance, socialization, and contact with the community. Volunteers are matched with a recipient in their chosen geographic area. **All volunteers and clients are screened.**

We have had a busy summer with four matches! Our volunteers have been visiting their clients weekly. We have had clients who have shared their family heritage with our volunteers, we have helped give some relief to the primary care taker in a client's home by allowing them to go out and run errands while we sit with their ailing spouse. We sit and read or just talk to our clients which provides them with personal contact alleviating the feeling of isolation.

If you have a loved one or know of someone who is isolated and needs company, please contact us at www.sequalfoundation.org and if you want to brighten someone's day then become a volunteer.



I've learned that every-day you should reach out and touch someone. People love a warm hug, or just a friendly pat on the back.

Maya Angelou

Volunteer News

Are you covered under **NORWESCAP's RSVP Program**? If you are asking yourself what is this then please visit www.cimaworld.com for additional information. You will be receiving a brochure and application in the mail shortly.

Resource

With technology the way it is the information is a click away. One site that you as a senior citizen might want to check out if you have access to the internet is **www.state.nj.us/health/**, which is our state website Department of Health and Senior Services.

Senior Quality of Life Foundation

PO Box 497
Andover, NJ 07821

Telephone
973-940-9094

E-Mail
info@sequalfoundation.org