



Neighbors Helping Neighbors

Helping seniors, including those with limited mobility, remain independent in their homes

Volunteering? Are you out of your mind?



A report from **Paul J. Schultz**, Executive Director

Having a high level of cognitive functioning is critical to the definition of successful aging and to the ability of older adults to maintain an active and engaged lifestyle. Unfortunately, as we age, cognitive functioning declines, but a significant amount of research has shown that one way older adults can maintain or increase cognitive functioning is through volunteering.

While the associations between volunteering and physical and mental health are well established, there is less evidence for the associations between volunteering and cognitive health. Because formal volunteering likely requires cognitive, social, and intellectual engagement, it might improve, maintain, or slow the decline of cognitive functioning.

In fact, a study of more than 2,500 older adults that took place over eight years showed that those who worked or volunteered were more likely to maintain cognitive functioning, whereas those who did not were more likely to decline cognitively over time. Comparisons of adults who engaged in volunteer programs versus a control group (no volunteering) showed that those who volunteered and had borderline to impaired cognitive functioning at baseline showed clinically meaningful improvements in cognitive functioning and memory perfor-

mance after eight months in the volunteer program!

In plain English, what does this mean to those of you who are familiar with, and perhaps already involved as a volunteer, in the work of Interfaith Caregivers of Ozaukee County? That's easy.

It means that not only do Interfaith Ozaukee volunteers provide valuable assistance for clients who need help getting to their appointments, keeping their refrigerators full or having their prescriptions filled, they also benefit themselves. Our volunteers are engaged and motivated, making others' needs a priority as they reach out to our community. They unselfishly ask what they can do to make someone else's life a little easier.

Study results suggest that volunteering in the community could help slow or even reverse the progression of cognitive decline in older adults. All the more reason to keep doing these little acts of kindness that are a big part of our mission and that make such a huge difference in our clients' lives.

As another year at Interfaith Ozaukee passes, we thank our volunteers and members of the community for all you do.

We couldn't exist without you.

Interfaith Ozaukee's impact

Whether providing services or benefiting from them, folks have wonderful things to say about Interfaith Caregivers of Ozaukee County. Here is just a sample:

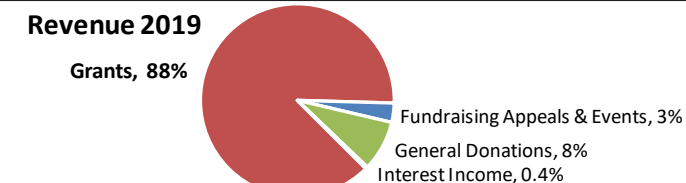
"My daughter was driving up from Milwaukee twice a week until I found you. We both thank you so very much."
--Jane C., client

"I do not know what I would do without your help. You are always there for me when I need you."
-- Marion M., client

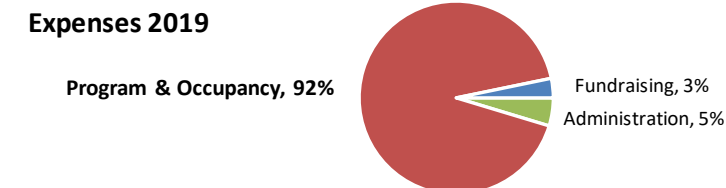
"Having someone come each week and visit my husband allows me to accomplish so many tasks. He has a chance to meet so many interesting, wonderful people. We both look forward to these visits."
-- Kathy Z., client

"Your wonderful services are such a help to me. Last month I became 99 years of age. You are helping me so much."
-- Frances, client

2019 Income		
Grants	88%	\$255,084
Fundraising Appeals & Events	3%	\$9,331
General Donations	8%	\$24,593
Interest Income	0.4%	\$1,028
Total Revenues	100%	\$290,036



2019 Expenses		
Administration	5%	\$14,746
Program & Occupancy	92%	\$290,159
Fundraising	3%	\$10,224
Total Expenses	100.0%	\$315,129



1993	1994-1996	2000-2004	2005	2007	2012-2013	2014	2015	2017	2018	2019	2020
Interfaith Ozaukee launches as a Faith in Action model supported by the R.W. Johnson Foundation.	Services expand to provide 4,000 volunteer hours and 1,800 service requests.	Add respite care and friendly visits to services offered.	Expand service to clients with dementia.	Begin collaboration with other county organizations and extend outreach, education and program services.	Offices move to FEC. Fulfill 99% of requests and provide more than 10,000 instances of service.	Report 92% increase in instances of service reaching 700 clients with 400 trained volunteers.	Start providing mobility resources for Ozaukee County. Partner with 30 community organizations and 50 congregations.	Launch wheelchair-accessible van fleet. In our 24 years we have served a total of 1,000+ clients with 500+ volunteers for 25,000 transports.	Move to larger office space in the FEC to provide headquarters for the Ozaukee h.e.l.p. Corner, which lends durable medical equipment. Add a second van to the ICO fleet.	Add third wheelchair-accessible van to fleet. Maureen Squire retires as executive director. Paul Schultz tapped to succeed her. BeST program (Befriend a Senior Today) is created. ICO volunteer video makes its debut, becomes available on YouTube.	COVID-19 pandemic results in changes to ICO procedures, based on the best interest and safety of clients and volunteers.

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Contact us

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By the numbers

The growth of the senior population in Ozaukee County continues to have a major impact on Interfaith Caregivers of Ozaukee County's mission. Consider these statistics that compare the year 2018 to 2019.

20% Increase in total
miles driven by Interfaith
Ozaukee volunteers.

46% Increase
in number of client
health-care trips.

5,389 Requests for service
by Interfaith Ozaukee clients.

28

Number of new
volunteer sign-
ups in 2019.

73
Number of new
client sign-ups in
2019.

92%
Increase in total
wheelchair van
transports.

8,288 Calls processed for clients
and volunteers by ICO staff.

Won't you join us?

As the Ozaukee County population ages, Interfaith Ozaukee has a critical need for more volunteers so that we may continue to meet the community's needs. Call us at (262) 376-5362 or go to www.interfaithozaukee.org to learn more about volunteering.