

MINUTES OF THE HOUSE KANSAS FUTURES COMMITTEE

The meeting was called to order by Chairman Carlos Mayans at 1:30 p.m. on February 15, 2001 in Room 526-S of the State Capitol.

All members were present except: Representative Laura McClure - excused  
Representative Mike O'Neal - excused  
Representative Bonnie Sharp - excused

Committee staff present: April Holman, Legislative Research Department  
Lynne Holt, Legislative Research Department  
Lois Hedrick, Committee Secretary

Conferees appearing before the committee:  
Rita Mika, Director, Interfaith Caring Neighbors

Others attending: See attached list

"ICAN"

Rita Mika reported on the ICAN interfaith volunteer program that provides informal support services to people over the age of 60 years who reside in their own homes in the Lawrence area. There are no financial qualifications for those who need services.

A Robert J. Wood Foundation grant five years ago provided start-up funding. Since then, fifteen area church congregations partner the project with finances and volunteers recruited through those congregations and the community. Volunteers are not individually bonded, but are covered by general liability and excess automobile liability insurance policies.

Ms. Mika described the services provided: (1) "Friendly Visiting" by volunteers who visit or telephone elder neighbors, and may provide transportation to doctors, errands or other events, and do simple light housekeeping chores; (2) "Friendly Phoning" to check on health, safety and general well-being; (3) "Grocery Shopping"; (4) "Handyperson" who helps on simple household repairs and yard work; and (5) "Caregiver Respite" where volunteers offer 2-1/2 hours per week to give caregivers a break.

ICAN is not a United Way agency; 20% of its funding is from partner congregations; the remaining funds are from pie sales or similar fundraisers; working the concession stand at Sandstone; and grants. Last year ICAN had 180 referrals; 150 of which received more than one service.

Ms. Mika also recognized several problems that the elders encounter: homes that need major repairs and no money, high cost of drugs, isolation, and loneliness. "The latter is an area where ICAN volunteers do a good job, but the elders must be willing to accept help." (See ICAN brochure, Attachment 1.)

The next meeting is scheduled for February 19, 2001.

KANSAS FUTURES COMMITTEE  
GUEST LIST  
FEBRUARY 15, 2001

PLEASE PRINT - NAME

REPRESENTING

Darvin Hirsseti

KDOA

Rita Muka

Sean

Cindy Deaton

Budget

Tucker Poling

intern- Rep. Huff

Bill Hennel

Area Agencies on Aging

Natalie Bright

United Way of the Plains

Harry A. Watts

Speake Glasscock staff

## Our Mission

Interfaith Caring Neighbors is an interfaith volunteer effort to provide informal support services for senior citizens in the Lawrence area, helping them maintain their independence, dignity and quality of life. Services are provided by trained volunteers from a variety of faith communities, all with a tradition of concern for others, putting faith into action.

## Getting Involved

Orientation for persons who have an interest in serving elders is held each month. For further information regarding the next orientation for volunteers and services offered please call the ICAN office.



**ICAN**

*Interfaith Caring Neighbors*

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**ICAN**  
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Lawrence, KS 66044



*ICAN is an interfaith cooperative effort that provides informal support services for elders.*



## ■ Friendly Visiting

Elder neighbors often find themselves isolated and lonely. ICAN volunteers make weekly personal visits and telephone calls in between, giving our elder neighbors an opportunity to share their lives, joys and concerns. These contacts often lead to lasting friendships.

Friendly visitors may provide transportation or simply accompany elder neighbors to doctor appointments, on errands or to gatherings or events that they would otherwise have to miss. Since household chores may be difficult for an elder to perform, ICAN volunteers help by doing simple light house-keeping.

## ■ Friendly Phoning

Several times a week volunteers telephone homebound and elder neighbors to check on their health, safety and general well-being or simply to say "hi." These calls reassure isolated, elder adults who may fear falling ill or being injured and not being able to get help.

## ■ Grocery Shopping

Remaining independent for as long as possible is extremely important to most elders. Every two weeks, ICAN volunteers help our elder neighbors with grocery shopping or other small errands. When possible, the volunteer and elder run errands or shop together. But sometimes elders give their shopping lists to our volunteers, who then buy, deliver and store the groceries.

## ■ Handy person

Elder neighbors are able to stay in their homes longer when they get help with simple household repairs and yard work. ICAN's handy person volunteers provide a full range of services and perform minor repairs, provide electrical and plumbing services, do yard work and numerous other household maintenance tasks.

## ■ Caregiver Respite

Taking care of an ill parent or spouse is a stressful and consuming task. Through Caregiver Respite, ICAN volunteers offer caregivers a break. They provide them an opportunity to run errands, keep medical appointments, participate in religious activities or just work in the garden.

## ICAN'S Role

ICAN helps elders stay in their homes and maintain independence, dignity and quality of life by providing volunteer services not available through other agencies. With volunteers and support from area congregations and the community, ICAN offers unique and needed services.

ICAN's role is one of facilitator, matching needs with resources. Elders, 60 years of age or older, may request help from ICAN. Family members, neighbors, congregations and social service agencies refer elders needing assistance to us. ICAN matches the individual task or need with a trained volunteer. Through partnerships with area congregations, ICAN continues to develop a pool of creative and dedicated trained direct service volunteers.

ICAN helps partner congregations with the following:

- Recruiting
- Training
- Referring
- Supporting