

# Heart & Hands

CONNECTION



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SPRING 2013 PUBLISHED BI-ANNUALLY

VOLUME 30, No. 1

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*Angel artist Bill Jeralds, in his workshop.*

## Heart and Hands: A Symbol of Charity

It's not happenstance that the CAREGIVERS logo is a *heart and hands*. This organization boasts many traditions, not the least of which is rooted in the charitable giving of the volunteers and donors who set the pace of our collective heartbeat. Without you, we would not be here to serve hundreds of seniors every day!

That's why it made so much sense for us to partner with Angel Artist Bill Jeralds on our *Heart and Hands Campaign* to raise money for General Operating Support and to build our endowment for the future.

Bill survived a near fatal illness in 2005. For three and a half weeks, he was in a coma with a collapsed lung, pneumonia, sepsis of the blood and Acute Respiratory Distress Syndrome. Jeralds survived, but he lost his long-term and short-term memory, and along with that his professional career in corporate America. What he gained, however, is nothing short of a miracle.

*HEART AND HANDS continued on page 4*



## Building Bridges: Now Offered at Six Schools

When Oxnard High School, now one of six schools enrolled in the Building Bridges Intergenerational Program, called to report 30 student volunteer applications received, Program Coordinator George Harrell didn't take it too seriously since the CAREGIVERS van only holds seven! Usually, the kids will sign up and drop out.

"But, not these kids," George said. "They're a determined group!" George, who has served as the coordinator for the Building Bridges

Intergenerational Program since 2009, expressed concern last June. "Most of the students in the program were seniors and had graduated," he said. "When school kicked off in September, I felt like we were building from scratch. The first few weeks of pitching the program were discouraging."

In no time, word was out CAREGIVERS needed student volunteers and George started receiving inquiries. One of the first came from Santa Paula High School.

*BUILDING BRIDGES continued on page 7*

## ...Message from the Chairman

Think naught a *trifle*, though it small appear;  
Small sands the mountain, *moments make the year*,  
And *trifles* life. – Edward Young (1683-1765)



*Rededicating Bertie's Room: Celia Daniel, Carol Jones, Sylvia Barnes, Hazel Mitchell, Barbara Maitland, & Dale Coberson*

Last fall, the “newsletter ladies,” more fondly referred to as “Bertie’s Girls,” put CAREGIVERS on their calendars once again to help with our various mailings. They’re here at least twice a year, and more, if we have special mailings that are going out.

During this visit, they rededicated our conference room that also serves as the staging area for bulk mail. It’s been more than 20 years since Bertie Gaertner first volunteered with CAREGIVERS and recruited a group of women—and eventually, men—whom CAREGIVERS could call upon for special projects. Little did Bertie imagine that even long after she was gone, this sorority would still be getting together to fulfill her mission. “When I help out, I get that good feeling,” Bertie once told CAREGIVERS for the *Heart & Hands* newsletter, “How do you possibly put that into words? It’s so satisfying to be able to help!”

As Chairman of the Board, I find that same satisfaction in volunteering. Coming off from the 21st Annual *Wearin’ o’ the Green* Golf Tournament, my co-chair John Zaruka and I are delighted to know that we’ve been able to develop a business and organizational model that not only is a solid fundraiser for CAREGIVERS, it’s also helping to expand awareness of the organization’s good work in the community. In fact, this year’s tournament was truly over the top in every way, and that magic happens thanks to the generosity of volunteers and donors—people who give from their hearts.

Please join us! CAREGIVERS has a place for you to make a meaningful contribution. If something you see in this newsletter resonates with you or a friend, please give us a call. We need you!

Bob Knudsen, Chairman of the Board ♥

## On Valentine’s Day: Be Mine!



*Building Bridges Student Volunteer Shea from Pacific High School with Senior Mary Alice*

Fifty of the seniors served by CAREGIVERS received a Valentine’s Day surprise on Thursday, February 14. For the 5th year in a row, Volunteer Keith York donated roses for delivery to some of our special sweethearts.

“I wanted to do something that touched the person, and by working with Bella at The Growing Company in Ventura, we’ve been able to keep the cost down and make this an annual event,” Keith said, noting each long stem rose is adorned with a personal note from one of the Building Bridges students, volunteers or staff. Keith, who has been a volunteer with CAREGIVERS since the organization was founded in 1984, has been an integral part of the organization. As a volunteer serving seniors, a former member of the Board of Directors, a donor, an advocate, an event volunteer, Keith has served in every capacity he could imagine—outside of joining the staff.

“CAREGIVERS is so blessed to have the generosity and dedication of our volunteers like Keith,” said Tammy Glenn, executive director of CAREGIVERS.

This year, Volunteer Chuck Engle also helped to orchestrate delivery of the roses throughout the six cities served by CAREGIVERS. “It’s truly a surprise,” said Program Manager Courtney Darrough. “They don’t know we’re coming, so when we show up on Valentine’s Day sporting red roses, it’s really nice to see the smiles on everyone’s faces.”

With more than 500 seniors enrolled in CAREGIVERS, it’s challenging to just pick 50 lucky recipients. “We try to be in touch with every senior, every month,” Courtney said, “so, we have a pretty good handle on who’s in need of a little extra T.L.C. Little gestures go a long way in warming someone’s heart. Some even cry because they have never received a long stem rose in their lives, let alone on Valentine’s Day.” ♥

## Welcome Marketa Pospuchova & Meredith Buttlar!



*Team CAREGIVERS: Program Coordinator George Harrell, Executive Director Tammy Glenn, Program Assistant Marketa Pospuchova, Administrative Assistant Meredith Buttlar, and Program Manager Courtney Darrough*

# FORE! Golf Tournament Goes Over the Top!

On Monday, March 18, CAREGIVERS celebrated the 21st Annual *Wearin' o' the Green* Golf Tournament at BuenaVentura Golf Course honoring Jack Tingstrom, former Ventura Mayor, and Shane Morger, Public Relations Director for Alexander of Oxnard, for their years of service to the organization.

“Both Shane Morger and Jack Tingstrom have been extremely generous with their time and efforts over the last several years to help ensure that both CAREGIVERS and this great annual golf tournament continue to succeed,” said Bob Knudsen, CAREGIVERS’ chairman of the board. “As non-profits like CAREGIVERS become increasingly vital to our social network, volunteers like Jack and Shane must be recognized for the personal commitments they’ve made over the years to sustain these services to our seniors.”

This year’s *Wearin' o' the Green* attracted close to 150 golfers—more than three times the number of the first tournament. That’s quite a thrill for Tournament Founders Jack Collings of Collings and Associates and Norm Weitzel, retired from Southern California Edison, who organized the first event in 1982. “Not unlike today, the organization depended on contributions from the community to sustain its services,” said Norm, who is delighted to see continued successes. “Jack Tingstrom and Shane Morger not only recognize the growing needs of our elders, they step up to the challenge and have carried the torch for an event that is now a tradition in Ventura County.”

For the third consecutive year, CAREGIVERS is proudly joined by the members of the Ventura South Rotary Club for the presentation of the golf tournament. The Rotary members have been active participants in the tournament since its inception 21 years ago.

The top sponsors included **Bushey Financial Services, Wedgewood**



*The 2013 Men in Kilts: Augie Martinez of Rabobank, Pablo Ortiz of Gold Coast Broadcasting, and Artist David SchwARTZ of ARTZworks.com with Honorees Jack Tingstrom and Shane Morger (center). Not pictured are Jim Jacobs of Intuit and Tseng Liampetchakul of Tipps Thai.*

**Wedding & Banquet Centers, Sheeler Moving & Storage, Law Offices of Lowthrop, Richards, McMillan, Miller, and Templeman, Howard Kern of UBS Financial Services, SignARama, Montecito Bank & Trust, and Tournament Co-Founder Norm Weitzel.** ♥

## *Thanks to our generous donors who contributed more than \$20,000 in gifts for Raffle Prizes as well as the Silent and Live Auctions. Special thanks to Volunteers Betty Knudsen and Linda Zaruka for putting it all together!*

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John Zaruka

*and Special Thanks to branches of the **Wedgewood Wedding & Banquet Centers** that contributed trip packages in:*

- Burlingame
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- Indian Hills
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- San Ramon



## Celebrate the Good Deed Doers in your life with a gift to CAREGIVERS!

Good Neighbor • Jewel • Gentlewoman • Gentleman • Diamond • Capital Fellow • Superhero • Pearl • Persona Grata • Mensch

*Back where I come from there are men who do nothing all day but good deeds. They are called phila... er, phila... er, yes, er, Good Deed Doers.*

— *The Wizard of Oz*

Dear Friend,

Each of us has at least one Good Deed Doer in our lives, one who has made a difference. You know...the Teacher, the Clergyman, your Aunt or Uncle, Sister or Brother, a Mentor, a Friend, your Mom or Dad. We invite you to say “Thank You” to these special individuals by making a gift to CAREGIVERS in their honor or memory.

These are the Jewels, the Good Neighbors, the Personas Gratas who have cared for you in the Past, who are there for you in the Present and will be here for you in the Future.

Not all of our Ventura County seniors are as fortunate to have this circle of care, and that’s when CAREGIVERS steps in to fill the gap by matching dedicated volunteers with needy homebound seniors.

Your gift honoring the Good Deed Doers in your life will help Ventura County continue to demonstrate how our community bands together to support our most valued elders. Look for your special someone(s) to be recognized in the Ventura County Star later this summer, after Father’s Day.

We look forward to adding you to our list of good people who contribute their time and resources to our mission of independent living for frail elders so that we can call you a Good Deed Doer, too.

With Gratitude,

*Berta Steele*  
Volunteer

*Ginny Camarillo*  
Honorary Board Member

*Mel Sheeler*  
Board Member

**P.S.** *If you are honoring and/or remembering more than one person, please use a separate piece of paper to list their names. Send to CAREGIVERS, 1765 Goodyear Avenue, Suite 205, Ventura, California 93003, or call (805) 658-8530. ♥*



### Join us for our Evening of Gratitude...

Wednesday, May 8 • New West Symphony  
Oxnard Performing Arts Center

For information or to RSVP, call (805) 658-8530

*HEART AND HANDS continued from page 1*

When he came out of the coma, he was given the gift of making Angels, a gift his wife Shannon calls “snapshots of Heaven.”

No less miraculous is that Jeralds had never used a skill saw prior to the coma, and yet his ability to create Heaven on Earth has had far-reaching impact. In fact, one of his Angels was commissioned for Pope Benedict XVI and featured on CBS News.

To our good fortune, CAREGIVERS has arranged for an exclusive design created by Jeralds to honor donors who commit to helping underwrite the cost of care for a senior over the next five years. Nestled in the center of the CAREGIVERS Heart & Hands is your own Prayer Angel. He or she rests in the palm of your hand during your prayers or meditation and is yours for a gift of \$2,500 or more, payable over five years, to CAREGIVERS: *Volunteers Assisting the Elderly*. A second Angel has been designed and will be hand-crafted for your matching gift of \$2,500, designated for our endowment.

Why these two funds? General Operating Support is what keeps us going on a day-to-day basis, and our Endowment is the fund that will ensure sustaining funds for CAREGIVERS into our future. With nearly 30 years of proven history in Ventura County, we’re confident that the service we provide is one that will only grow in demand as the years go by. Creating sustainable funds are critical to the financial health of our organization. Consider your gift one that Pays It Forward.

Please consider including us in your philanthropy—with monthly, quarterly or annual donations—to support the *Heart and Hands Campaign*, or let us work with you to craft a contribution plan and recognition that is meaningful to you. Either way, we need your support today, tomorrow and always. ♥



# CAREGIVERS: Volunteers Assisting the Elderly wishes to thank everyone for their generous support.

Following is a list of Donors who were able to give from Nov. 2012 through March 2013.

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Norm & Lynn Weitzel • *In memory of Jesse Dunlap*

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## IN MEMORY OF OUR SENIORS...

*We celebrate the lives of the individuals who give meaning to our work.*

Senior Nancy Butala • *Served by CAREGIVERS since January 2012*  
Senior Soledad Lardizabal • *Served by CAREGIVERS since November 2009*  
Senior James Serio • *Served by CAREGIVERS since October 2008*  
Donor, Senior & U.S Veteran Suleyman Sir • *Served by CAREGIVERS since February 2007*

**You can use the PayPal button at [www.vcCaregivers.org](http://www.vcCaregivers.org) to make your gift today. Just be sure to send us an email to [info@vcCaregivers.org](mailto:info@vcCaregivers.org) designating your honoree.**

*Some donors are not listed and wish to remain anonymous. If your name is missing, incorrectly listed or misspelled, please accept our sincere apology and bring the error to our attention. CAREGIVERS: Volunteers Assisting the Elderly does not sell or share our donor list with any other organization.*

## Ventura East Rotary Builds Ramp for Oxnard Senior

Photo by Chuck Kriman/courtesy of Ventura County Star



*Mixing cement for the ramp.*

Senior Mabel Larson, 79, of Oxnard, was the fortunate recipient of volunteers from Ventura East Rotary who spent two days in March constructing a wheelchair ramp at her home.

Larson's mobility was extremely limited due to access challenges she faced at her home. Her front door could not accommodate a motorized wheelchair. Thanks to the efforts of a few volunteers from Ventura East Rotary, she

now has a ramp that allows her to come and go with ease. "That's what we do in Rotary," said Jim Word. "We see a need and do what we're able to do to help." Word was joined by Augustine Ponce de Leon and Bruce McGee who combined their talents to design and build the ramp, including pouring a concrete slab.

"We're lucky enough to have Rotary there to do these things when we need specialized help," Program Manager Courtney Darrough said. "We couldn't do it without them." In fact, Ventura East Rotary has stepped up to the plate more than once to tackle projects of this nature. Last year, they built a similar ramp and the year prior they cleared out an entire yard that was posing a fire hazard for one of CAREGIVERS' seniors.

"Keeping our seniors living independently in the comfort of their own homes can be a challenge, but not when you have friends in the community like we do," said CAREGIVERS' Executive Director Tammy Glenn. Ventura East Rotary is one of the partners who makes a difference between independence and dependence. "There's no place like home," Mabel said. "I've spent time in skilled nursing care facilities, and some of them have been really nice. But to be able to be in my own home — words can't express how elated I am." ♥

### Coffee@CAREGIVERS

11 a.m. to Noon | 4th Thursdays  
CAREGIVERS Office  
1765 Goodyear in Ventura

Join us in the office for a casual get-together with other volunteers who are serving seniors.

Share your triumphs, but most of all, share your challenges. We can all learn from each other's experiences. RSVPs are welcome, but not necessary to participate.



## Volunteers Told to Take a (5K) Walk



*Volunteers Janine Pizano (L) and Jamie Pliska (far R) with CAREGIVERS' Staff George Harrell and Marketa Pospechova at the Aut2Run on April 6, 2013. Not pictured are Intern Emma Boudreaux and Volunteer Leticia Reynoso.*

On April 6, Volunteers Janine Pizano, Leticia Reynoso and Jamie Pliska did a test run as part of CAREGIVERS plan to identify opportunities to bring volunteers together more often.

"I attend almost every Coffee@CAREGIVERS on the 4th Thursday of the month," Janine said, "but I like the idea of having other opportunities to meet volunteers who work with the organization. Participating in 5K Walks around Ventura County is a great way to get some exercise and spend an hour or so with people who volunteer with seniors like I do."

CAREGIVERS Staff George Harrell, Marketa Pospechova and Tammy Glenn participated as well. "We know that people who age well generally pay attention to their health," Tammy said. "Exercise, good eating habits and avoiding unnecessary prescriptive drugs makes a world of difference in how comfortable we are as the years progress."

"The walk was so much fun!" said Marketa. "I like being with my colleagues and volunteers, and getting some exercise at the same time."

Tammy concurred, sharing her vision for future events, "I would love to increase visibility for our mission with the volunteers all wearing caps sporting the CAREGIVERS logo. I picture a sea of purple hats that will promote awareness of our organization, and possibly even generate more volunteers from among other race participants."

Look for a postcard in early summer announcing the 5K Walks that CAREGIVERS is planning to participate in. Volunteers will be asked to pay for their entry fee. Additional information soon will be posted on the Events Page of the website at [www.vccaregivers.org](http://www.vccaregivers.org). ♥

Coreen Herzog directs the Work Ability Program and requested a meeting to find out how she could enroll her students. “Adding Santa Paula High School to the program is so rewarding,” said Executive Director Tammy Glenn. “I’m so grateful we have a dedicated team with people like George Harrell who are willing to go the extra mile—in this case, the extra 27 miles!—to bring the program to our seniors.”

This was the first time seniors in Santa Paula are able to benefit from the good work of our student volunteers, George said. “It’s not as easy as it sounds to introduce the idea of a group of students coming out to your home—at no cost—to help out with laundry, yard work and other projects,” he said, adding that the Building Bridges Intergenerational Program is one of the most important services we offer our seniors. It’s also a vital connection that keeps the staff in tune with seniors who are normally served by our adult volunteers on a one-to-one basis.

Interest by students this year has grown so dramatically that George now has added Saturdays to his schedule. In addition, he has to alternate weeks so that he can accommodate the number of students who want to participate. “There’s only one of me, and our van holds six students,” George explained. “That means we have at least 36 students out each week on average, and we have close to 50 in total.” ♥

## Impact Report: The Golden Years in Ventura County CAREGIVERS: A Successful Community-Based Model Since 1984

*“From now on, we will be seeing an increase in service needs, not just within our agency, but all social service agencies are being overloaded. More than ever, we will be depending on organizations such as CAREGIVERS, to help us with the needs of Ventura County’s elderly residents.”*

*~Victoria Jump, Ventura County Area Agency on Aging (2012)*



*Spring semester Sociology Capstone students*

In the fall 2012, five seniors from the Sociology Capstone Program at California State University, Channel Islands launched the beginning studies for a comprehensive report about the impact of CAREGIVERS on our community.

This semester, 12 students are enrolled in the Sociology Capstone and have dedicated their entire class to CAREGIVERS. Here are some of the highlights from Capstone Research. Look for additional findings in the fall issue of *Heart & Hands*.

### **Research shows:**

- California makes up 10.6% of persons over 60 living in the U.S.
- Ventura County boasts one of the largest concentration of the oldest, over the age of 85—the fastest growing population in the country.
- Of the 138,621 people 60 years and older who reside here, 31,100 are considered low income.
- Our county’s senior population is expected to double by the year 2050, following national GDP for long-term care (6.8% in 2000 to 13.2% in 2050).
- Increasing loss of control over one’s life is associated with reduced independence and wellbeing in the elderly (Feingold & Werby, 1990)
- The risk of depression in the elderly increases with other illnesses and when ability to function becomes limited. Estimates of major depression in older people rises to 13.5 percent in those who require home healthcare. ♥



### **Celebrating 100 Years with Senior Vi Limpus!**

CAREGIVERS celebrated the 100th birthday of Senior Vi Limpus with her volunteer, Glatha Hemme, on Friday, March 1, 2013 in Ventura. Serenaded by members of the Pacific Sound Chorus, Vi enjoyed a 100-year retrospective of her life that Glatha created for her, along with presents and a cake with hot pink roses—Vi’s favorite color!

Vi and Glatha were introduced almost nine years ago through CAREGIVERS. Their friendship is just one of many who have come together thanks to careful matching done through the organization. ♥

*If you’d like to volunteer to put a smile on the face of one of our local seniors, call (805) 658-8530.*





1765 Goodyear Avenue, Suite 205  
Ventura, CA 93003-8015

RETURN SERVICE REQUESTED

Phone (805) 658-8530

Fax (805) 658-8537

[www.vccaregivers.org](http://www.vccaregivers.org)

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## CAREGIVERS MISSION

*To promote the health, well-being, dignity and independence of frail, homebound elders through one-on-one relationships with trusted volunteers.*

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**GOT CAR? WE NEED DRIVERS! CALL (805) 658-8530**

*Thanks to our Volunteers who drive 485,028 miles per year.  
Charitable mileage can be claimed on your taxes at 14 cents per mile!*

**CAREGIVERS** was founded by the Sisters of St. Joseph of Carondelet in collaboration with Trinity Lutheran Church, Ventura; First United Methodist Church, Ventura; Sisters of Holy Cross; National Council of Jewish Women; First United Methodist Women, Ventura; First Presbyterian Church, Santa Paula; Ventura County Church of Religious Science, and the Aid Association for Lutherans. **CAREGIVERS: Volunteers Assisting the Elderly** is committed to providing services, offering employment and volunteer opportunities to all, without discriminating on the basis of age, gender, race, religion, sexual orientation, ethnicity, national origin or disability.